

**Tee it up fore Fun!**



**Leisure Hour Junior Golf Program Presents**

**2nd Annual Auction Dinner and Dance**

Saturday May 7th, 2016  
Doors Open at 5:00 PM Silent Auction  
Dinner and Oral Auction 7:30 PM

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**Tee it up fore Fun!**

**FEATURING**



**DJ Michael Morris**

**\$50 Per Person**  
Includes:  
Dinner • Dance  
No Host Bar • Complimentary Photo

Doors Open at 5:00 PM Silent Auction  
Dinner and Oral Auction 7:30 PM  
Dance Immediately Following

**WHERE**  
Holiday Inn-Portland Airport  
8439 NE Columbia Blvd., Portland, Oregon



**Antonio Self Portraits**

**FEATURING**

**Too tired to drive? Stay the night!**  
Only \$114.00 per night includes tax  
Enjoy full breakfast  
For hotel reservations: (503) 256-5000  
Ask for Leisure Hour Jr. Golf Program rate

**Contact & Ticket Information**

Johnnie Mayfield (503) 282-5809  
Debra Ingram (503) 936-8568  
Angie Harris (503) 320-0123  
JP Custom Framing  
418 Killingsworth, Portland OR  
(503) 288-2118



PHOTO COURTESY TRACKTOWN USA

Middle schoolers from Self Enhancement Academy (SEI) tour the Oregon Convention Center ahead of the upcoming IAAF World Indoor track championships.

# Indoor Track Championships in City More than a Meet

## Students at SEI get close up look

More than 50 middle school students from the SEI Academy recently enjoyed a field trip to the Oregon Convention Center as part of the school's academic, professional and personal support program.

The tour was arranged by convention center staff and TrackTown USA, the local organizing committee for the IAAF World Indoor Championships Portland 2016. The four-day meet will be held in the Oregon Convention Center on March 17-20.

For many students, this was their first visit to the Oregon Convention Center. The field trip was part of TrackTown's ongoing effort to promote the IAAF World Indoor Championships as "more

than a meet" by connecting the event with local community members of all ages.

The SEI Academy students were welcomed with a series of short presentations on the many professional opportunities which exist at the facility: sales, guest services, operations, administration, event management, audio/visual and catering.

Besides explaining how they landed in their current roles, OCC staff were able to get the students excited about how "small, part-time roles can be a stepping stone to discovering a passion," one that still resonates with many staff members.

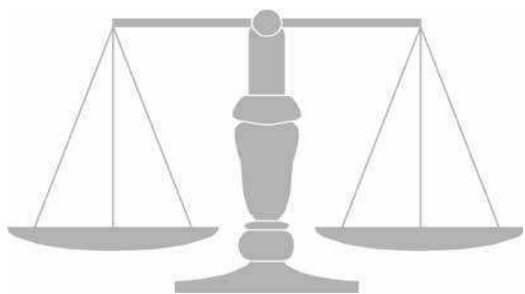
For the students, one of the highlights of the tour was a visit to the massive exhibit halls where a temporary 7,000-seat stadium is being built for the meet, including a new 200-meter banked oval track.

Many of the students will return to watch the Opening Ceremony and Pole Vault competition which kicks off the IAAF World Indoor Championships on March 17 at 6 p.m.

The other favorite stop was the kitchen, where students were introduced to the many aspects of the catering business. They were excited to put on hair nets before entering the kitchen, prompting one student to exclaim, "The only way this could be better is if doughnuts were raining from the ceiling!"

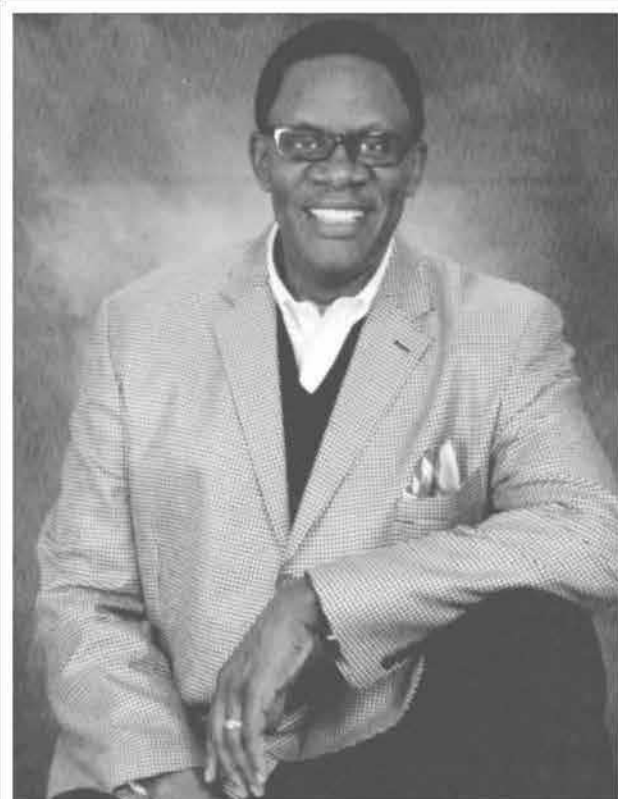
TrackTown USA said it was proud to partner with the SEI Academy and Oregon Convention Center on this endeavor, and it hopes that lasting relationships can be achieved with all ages in the community through additional professional development programs.

## LEGAL NOTICES



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Dr. Billy R. Flowers

# THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

## Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

**Q:** My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

**A:** Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go

from doctor to doctor seeking relief, being told they have bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to

see what caused the injury. You see, the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

### Flowers' Chiropractic Office

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