



# Arts & ENTERTAINMENT

## Community College Latino Festival

Clackamas Community College's annual Festival Latino will take place Saturday, June 4, from noon to 4 p.m. The free event will feature dancers from Ecuador, art, music, face painting, community resources and information, food, a soccer tournament and inspirational speakers. "This festival is a wonderful opportunity to introduce Latino families to the college and the many resources we provide," Camilo Sanchez, CCC Spanish GED instructor said.



It Does Good Things™

# It Does Good Things™

This page is sponsored by Oregon Lottery®

## CALENDAR June 2016

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

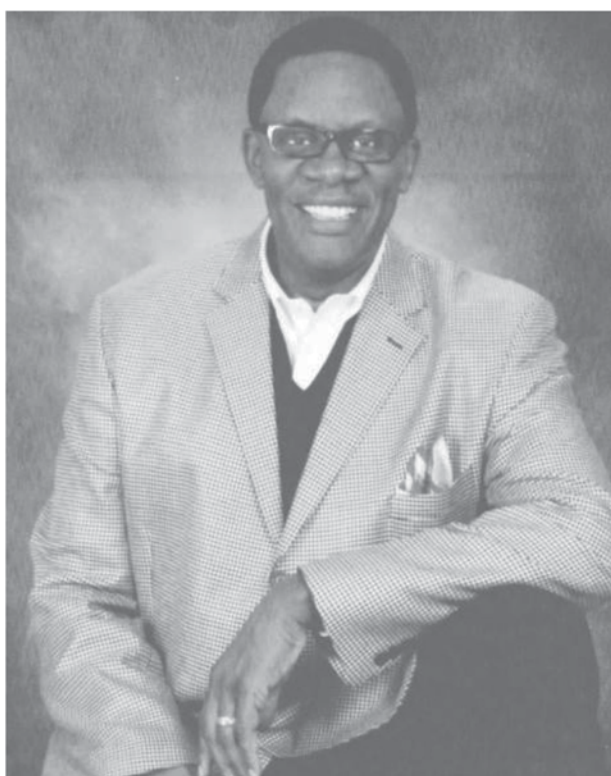


**1**  
*Oscar the Grouch's Birthday (Sesame Street)*  
**Stand for Children Day**

**2**  
*Helen Oxenbury born, 1938*  
*Anita Lobel born, 1934*

**3**  
**Donut Day**  
*First US Space Walk*  
*By Ed White in 1965*

**4**  
*Aesop's Birthday*  
*First Ford Made, 1896*  
*First Hot Air Balloon Flight*



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 25. Chiropractic and Fitness: The way to wellness in the eighties

**Q:** I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

**A:** A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good night's sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

**Flowers' Chiropractic Office**

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504