

PASTOR APPRECIATION



Fellowship MBC Celebrates
Pastor Johnny Pack IV and Sis Angela Pack
with their 29th Appreciation
July 17th @ 3:00pm.
4009 N. MISSOURI AVE

Guest Speaker: **Bishop Garry Tyson,**
Pastor of Goodwill Baptist Church, Seattle, WA

Horror, Anger and Healing

CONTINUED FROM FRONT

emony along with acting Police Chief Donna Henderson. Both tried to assure the lesbian, gay, bisexual, transsexual and queer community that violence against them will be conquered by the advancement of civil rights and love.

Mayor Hales also shared his thoughts on the tragedy via his Twitter account, stating in separate tweets how Portland stands in support of Orlando, and sharing a video of him raising a rainbow flag to half-mast at City Hall in honor of those who lost their lives in the shootings.

"My heart, and the hearts of all Portlanders, goes out to everyone affected by the tragedy in Orlando. It is shocking, horrifying, unacceptable; we must stand together in support of our LGBTQ

communities," Hales said. I'm calling on all Portlanders to hold our LGBTQ community close, and come out in a show of force against terrorizing people because of who they love."

The Portland Police Bureau also stated in a press release that acting Chief Henderson will be ramping up security for the upcoming Pride festivities, especially at nightclubs and bars most frequented by members of the LGBTQ community.

"The way to safety is to be a community, not to huddle indoors," Mayor Hales told OPB in regards to showing support at the approaching Pride events.

Community organizers at Pride Northwest, sponsors of the city's Pride parade and waterfront festivities, addressed their feelings towards the community with heavy hearts.

"When senseless violence rocks our world, it seems as if the sorrow is too great to carry and the darkness too great. There aren't any words to heal the wound;

our love goes out to the survivors, friends, and families of the victims of the Orlando shooting. We stand with you," a statement by the group said.

Tragedies like what occurred in Orlando can spark an increased sense of community and such has proved more than true with the vigils held in Portland and the wealth of support expressed toward the LGBTQ community.

"It's heartbreaking to think that people were having a good time with friends one moment and the next they're running for their lives," said black bisexual photographer Clifford Prince King. "It could've been anyone of us in any other city. This event should remind us that nothing is promised and we have to love one another while we know we can."

The Q Center is welcoming those that need to discuss their feelings about the shootings in a private or group setting. They can be reached at 503-234-7837 and are located at 4115 N Mississippi Ave.

HUMBOLDT NEIGHBORHOOD CLEANUP

1033 N Sumner
Saturday, June 25th
9:00am—1:00pm



Partnering to provide this opportunity to you at no cost! Donations welcome!

Emmanuel Church



Get rid of that household junk you no longer want!
ATTN: No bagged trash will be accepted; all items must be visible to volunteers.
Early birds take home a plant or tree seedling while supplies last!

Free hot dogs and refreshments provided by generous sponsors! Ice cream for purchase on site!

Featuring live music!

What to bring:

- Bulky waste (furniture, mattresses, etc.)
- Electronic appliances
- Scrap metal (no refrigerant containing items)
- Tires

What not to bring:

- Yard debris
- Curbside recycling
- Hazardous waste
- Construction debris
- Concrete
- Paint

Reusable/trade items:

- Furniture
- Household items
- Gardening tools
- Books and toys
- Bicycles

Hazardous items, along with some other materials, are prohibited, including:

- Any type of cleaner, car fluids, chemicals, paints, fertilizers, glues, medicine, smoke detectors, and other discretionary items will be turned away at this event.
- Construction, demolition and remodeling debris, kitchen garbage, residential yard debris and trimmings, waste and recyclables collected curbside, commercial landscaping, roofing, waste not allowed at a regional transfer station.

For more information, ask Metro at 503-234-3000.



Juneteenth Weekend Celebrations

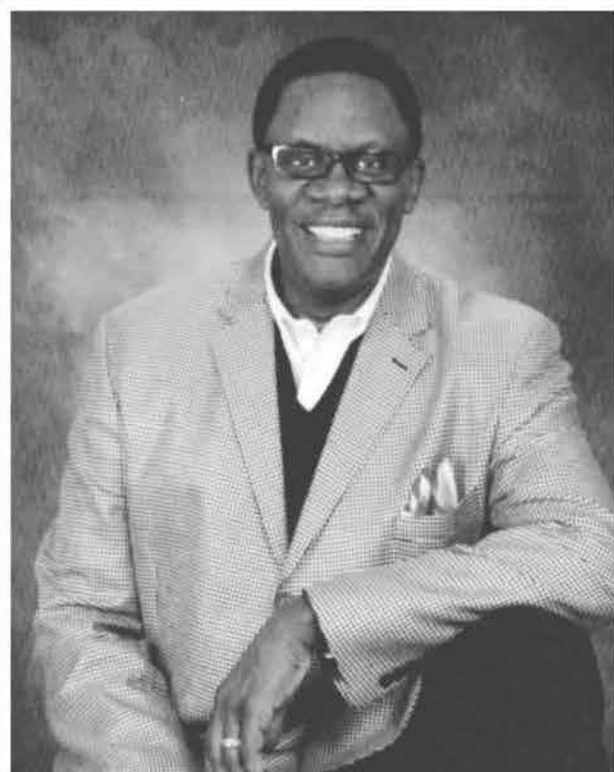
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AME Church, 5828 N.E. Eighth, and go west to Martin Luther King Jr. Boulevard, south to North Russell and end at the Legacy Emanuel field at North Graham and Vancouver Avenue where festivities will follow the parade and continue through 7 p.m.

In Vancouver, a Juneteenth celebration sponsored by the NAACP Vancouver Branch, will take place on Saturday, from 11 a.m. to 3 p.m. at Marshall Park, 1015 E. McLoughlin, highlighting local black culture with a sweet potato pie contest, as well as entertainers, food vendors and crafts.

Juneteenth is the oldest known celebration among African Americans across the country commemorating the announcement of the end of slavery in the United States. It has been an African American tradition since the late 19th Century.

The relationship between Juneteenth and Portland dates back to 1945, when Clara Peoples from Muskogee, Okla., while working in the local shipyards, discovered that her co-workers were not familiar with Juneteenth and talked her supervisor into allowing for a celebration during a 15 minute break, an event that turned into a new tradition.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here

for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504