

Arts & ENTERTAINMENT

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24 Hour Good Neighbor Service®



Rod Man at the Helium

Last Comic Standing season 8 winner Rod Man will deliver four shows during his tour in Portland, Friday, June 24 and Saturday, June 25 at the Helium Comedy Club, 1510 S.E. Ninth Ave.

A true gem in the world of stand-up comedy, Rod Man's unique delivery and voice easily captures the attention of his audiences. He has a laid back style, southern charm, wit and ability to find the funny in everyday life.

Tickets are \$25. For more information, visit portland.helium-comedy.com.



Last Comic Standing season 8 winner Rod Man is coming to Portland's Helium Comedy Club.

HUMBOLDT NEIGHBORHOOD CLEANUP

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



Emmanuel Church

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



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.



Club Barbeque for Scholarships

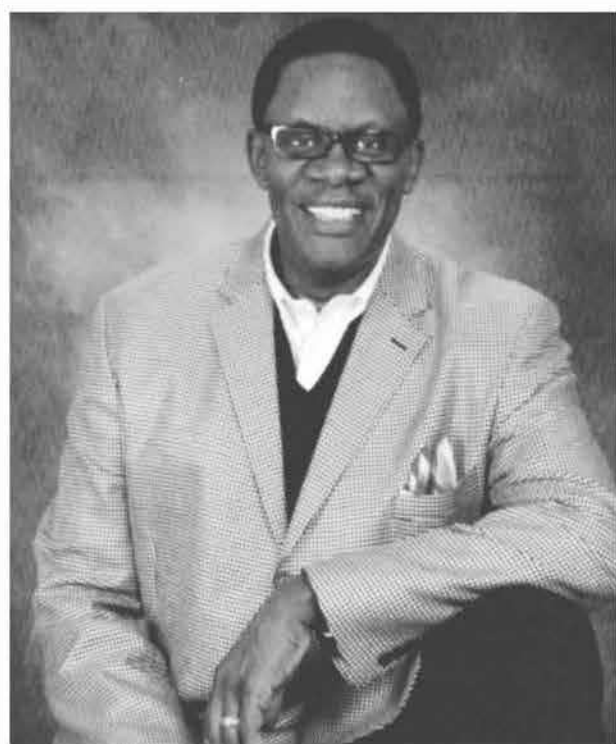
The African American Men's Club, a local community group dedicated to helping the community, hosts a barbecue to raise donations for scholarships.

The dinner sale will take place Saturday, June 25 from 12 p.m. to 6 p.m. at 606 N.E. Ainsworth, one block east of Martin Luther King

Jr. Boulevard.

A choice of rib or chicken dinners will be available for \$12 and includes two sides of either potato salad, cole slaw or green beans, and peach cobbler and a soda.

For information, call Larry at 503-267-2891, Kenny at 503-515-8308 or Mel at 971-235-2441.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 28. Industrial Injuries:

What to do if you are hurt on the job

Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our office has

an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible – often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run \$100,000. I'm

sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

Flowers' Chiropractic Office

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