

# Build Better Futures

**CONTINUED FROM FRONT**

known for sharing his knowledge and experience with others to enrich the lives of children and those around him. He has focused on being a positive role model.

White joined Nike in 1982 after a stellar college career at Maryland and a stint in the NBA cut short by injuries. He is vice president of the Jordan Brand, a division of Nike and is the founder of the sports apparel company's "Believe to Achieve" youth movement to inspire kids to reach their full potential through focus, sacrifice and positive role models.

Known by the letter "H" for his days at Maryland when he only wore the letter "H" on the back of his jersey, White helped the Terps win the NIT and twice helped his team make it to the Elite 8 of the NCAA tournament.

It was after a second knee surgery in college that he began to focus on "who" he was rather than "what" he was. Basketball played an important role in White's life,

but it didn't dictate its outcome.

White and his wife Donna reside in Portland, and are the proud parents of a daughter, Mandy, a two time All-American track star, who helped lead the University of Oregon to three Pac-10 championships during her career, is now a professional track and field athlete.

"Each One Teach One" will not only raise money for scholarships, it's a resource for students and parents considering college. Information about the grants and resources available to attend both local universities and the UNCF network of colleges and universi-

ties will be a big part of the festivities.

This is just the second "Each One Teach One" fundraiser the local UNCF group has organized and is sure to draw the interest of a new generation of students and parents. The event is free thanks to the generosity of sponsors, including Nike's Jordan Brand, the Portland Trailblazers, and Pacific Power. Evening activities will include a silent auction, raffle, cocktails, hors d'oeuvres and music.

For questions or more information, email [infoportland@uncf.org](mailto:infoportland@uncf.org) or call 503-223-8890.

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*Yo dawg is gonna look like a show dawg  
 and your kitty will be pretty.*



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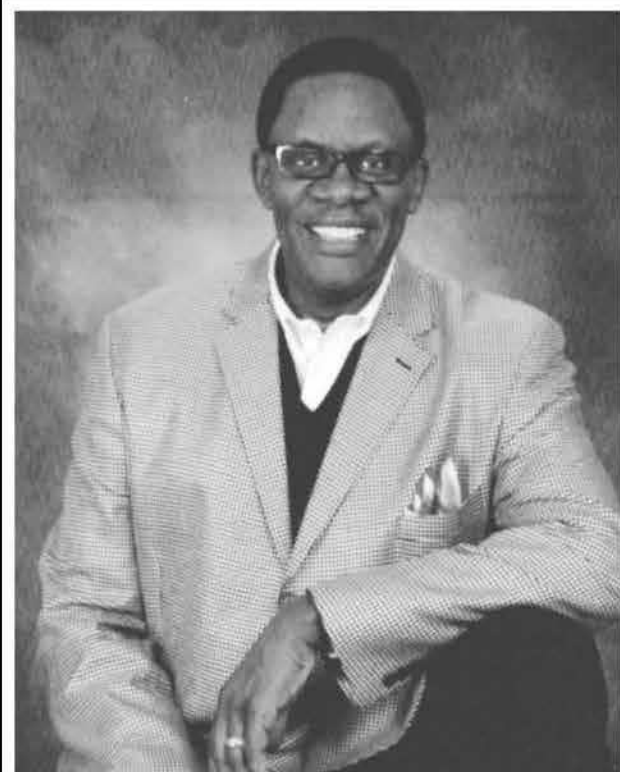
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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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### 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?

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