



INNER CITY BASKETBALL & MIKE LEE PRESENTS
ROSE CITY SHOWDOWN
 SATURDAY JULY 7TH SUNDAY JULY 8TH
5th - 8th Grade Boys

ARE YOU COMPETING IN LAS VEGAS AT THE END OF JULY?
 PREPARE YOUR TEAM BY COMPETING IN THE TOURNAMENT KNOWN AS "VEGAS PREP"
<http://www.innercitybasketballclub.com>

3 Game Guarantee | Half Court Shootout
 Three Point Shootout | LIVE DJ | Concessions + Fish Fry

TEAM FEE ONLY \$75
SPECTATOR ADMISSION \$6.00 - 9 & UNDER FREE
ALL GAMES PLAYED IN PORTLAND GYMS TO BE ANNOUNCED

DOORS (OPEN AT 8:00AM) | ENTRY FEE REQUIRED FOR SPECTATORS
 NO OUTSIDE FOOD OR DRINK | FULL CONCESSIONS AVAILABLE

Arts & ENTERTAINMENT



Kids discover the importance of safety around cold water with the help of a Bonneville Lock and Dam park ranger during National Get Outdoors Day, a free event with outdoor activities and family fun, coming Saturday, June 9 from 10 a.m. to 3 p.m. at Fort Vancouver National Historic Site in Vancouver.

Get Outdoors Day at Fort Vancouver

You're invited to kick off summer by joining in on free, outdoor activities and family fun at the 10th annual National Get Outdoors Day on Saturday, June 9 from 10 a.m. to 3 p.m. at Fort Vancouver National Historic Site in Vancouver.

Kids and families can enjoy climbing a rock wall, meeting live birds of prey, catching a fish from

a pond, participating in obstacle courses, soccer, archery, crosscut sawing and more! Smokey Bear, Woodsy Owl, Ranger Rick, and their friends will be on hand to greet visitors. A historic fur trade encampment will re-enact life at Fort Vancouver during the 1840s.

Volunteers at the encampment will demonstrate outdoor skills,

music, dancing, and other cultural traditions of the fur traders and their families."

National Get Outdoors Day is a national free event that encourages people, especially youth, to stay healthy and experience the outdoors by embracing our parks, forests, wildlife refuges, and other public lands and waters.



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Free June Fishing Events

June is a great time to grab a fishing pole and head outside! And for kids and families there are free fishing events in southwest Washington to enjoy with no reservation needed in advance, just show up.

On Saturday, June 9, the Gifford Pinchot National Forest presents Mt. St. Helens Kids' Fishing in the day use area in Merwin Park east

of Woodland from 9 a.m. to 1 p.m. This fun filled event has 1,500 large rainbow trout in a netted-off section of the lake waiting to be caught by kids. There will be loaner rods available for kids to use, worms for bait, and volunteers to show kids how to fish. Everything is free, including lunch!

On Saturday, June 9, also from 9

a.m. to 1 p.m., the Gifford Pinchot presents Lewis County Kids' Fishing Derby at Lake Scanewa. Kids can fish for trout and win prizes, learn how to clean fish, discover fish biology, and participate in games.

On Saturday, June 16, the Mt. Adams Ranger District sponsors a free fishing day with activities from 10 a.m. to 2 p.m. at three locations, Goose Lake, Forlorn Lakes, and Big Mosquito Lake.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

Q: I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

A: Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In

Chiropractic, we work with reducing subluxations, releasing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

Flowers' Chiropractic Office

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