



BEEZY FITNESS
2 DAY CAMP
JULY 7TH & 8TH
\$40

Out Work Your Opponent
COLONEL SUMMER PARK
 SE 17TH & TAYLOR
 Ages 6-12 register at 8am
 Camp 9-11am
 Ages 13-18 register at 11am
 Camp 12:30-2:30pm
 Focusing on helping YOU
 become a better ATHLETE
No matter what sport you play!!!!



Leaving standing water in a wheelbarrow creates a breeding ground for mosquitos.

Mosquito Season Arrives

Mosquito season has arrived, and the pesky insect population is higher than years past.

Clark County Mosquito Control District crews are finding a higher number of mosquitoes this season than they have the last sev-

eral years.

Officials suspect the mild weather during the winter, followed by an unseasonably warm spring, provided ideal conditions for the mosquito population to increase dramatically.

Clark County health officials are urging residents to take steps to help prevent mosquitoes from

breeding and avoid mosquito bites.

To eliminate mosquito habitat around your home, drain standing water from old tires, flower pots, buckets, plastic tarps and wheelbarrows. It's also important to change water in bird baths, ponds, wading pools, pet bowls and animal troughs twice a week.

FREE FOOD FOR FAMILIES. LOW ON GROCERIES? WE CAN HELP.

COME THIS SUNDAY. WE WELCOME YOU, YOUR FAMILY & FRIENDS

Macedonia Temple Church

**sunday
School
10AM**

7015 NE 23rd Ave and NE Bryant Street,
Portland, OR

Pastor & Mrs. James W. Booker

**worship
service
12:30pm**

Everyone is welcome here. Your Past is your Past, and we don't Judge you. God wants to do something NEW in your life. Are you ready to receive Greater Blessings? Join Us. We LOVE meeting NEW people. Do you like to sing? Dance? Teach? Pray? Cook? Other?

RETIREMENT LIVING



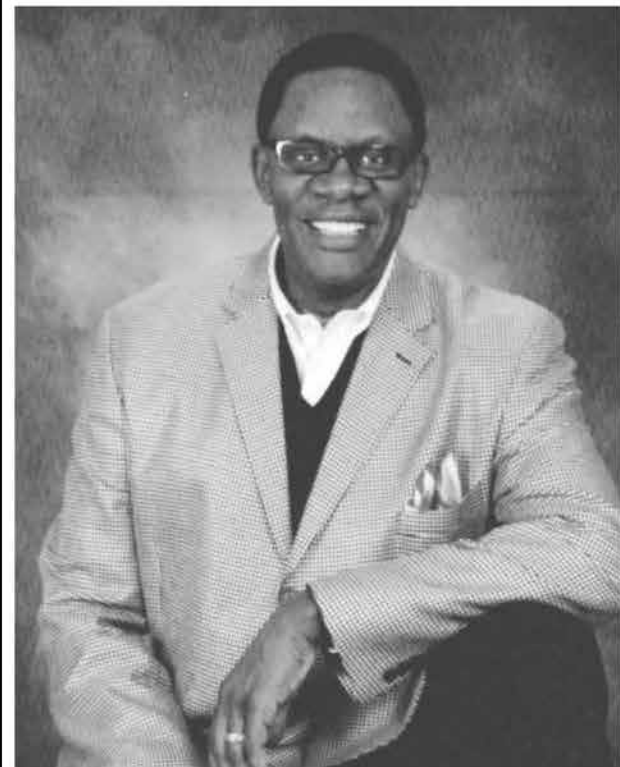
SUMMER RUN APARTMENTS



7810 SE Foster Road
Portland, OR 97206

503•774•8885

- STUDIO & ONE-BEDROOM APARTMENTS
- AFFORDABLE RENT
- NO BUY-INS OR APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE
- IDEAL URBAN LOCATION NEAR SHOPPING, BUS LINES, RESTAURANTS, AND MORE!
- ENJOY OUR SMALL COMMUNITY ATMOSPHERE THAT'S RELAXED AND FRIENDLY!



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

Q: I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

A: As you might know, there is a tremendous amount of health research going on today Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount

of osteo-arthritis and the amount of pain a person suffers. In fact it has been found that pain and osteo-arthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis .

In Chiropractic we evaluate where

the joint and bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to , effective Chiropractic?

Flowers' Chiropractic Office

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