

Arts & ENTERTAINMENT



Marilyn Kelle

Augustana Hosts Summer Party

Augustana Lutheran Church, located on the corner of northeast Knott and 15th Avenue, will host its annual Summer in the City neighborhood party on Sunday Aug. 12 from 4 p.m. to 7 p.m.

All are welcome at this free outdoor event celebrating the

diversity of our city and featuring a barbecue, a book sale, and music provided by Marilyn Keller and other notable jazz musicians. There will also be a Jazz/Gospel worship service beginning at 6 p.m. For more information, call the church at 503-288-6174.

Advertise with diversity in
The Portland Observer
Call 503-288-0033
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Portland Parks & Recreation's Dive-in Movies return to pools this summer, including at the Grant Park pool (pictured) in northeast Portland.

Dive-In Movies for Summer

One of the biggest splashes of summer, Portland Parks & Recreation's Dive-in Movies are back.

This month, you can watch the family-friendly classic movie "Toy Story" from the pool deck or while floating in the pool itself on large screens at Pier, Wilson, Montavilla, Creston, and Sellwood Pools. The outdoor pools

are heated to warmer than normal for the evening viewing to maintain a comfort level for people in the water. Cost is only around \$5; and the series runs Aug. 14-18.

Food and drink will be offered for sale, including popcorn, caramel corn, and hot cocoa. Pools will also sell glow sticks and will raffle off door prizes.



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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