



Marilyn Kelle

Augustana Hosts **Summer Party**

7 p.m.

outdoor event celebrating the 503-288-6174.

Augustana Lutheran Church, diversity of our city and fealocated on the corner of north-turing a barbecue, a book sale, east Knott and 15th Avenue, and music provided by Marilyn will host its annual Summer in Keller and other notable jazz the City neighborhood party on musicians. There will also be Sunday Aug. 12 from 4 p.m. to a Jazz/Gospel worship service beginning at 6 p.m. For more All are welcome at this free information, call the church at

> Advertise with diversity in The Portland Observer Call 503-288-0033 or email ads@portlandobserver.com



Portland Parks & Recreation's Dive-in Movies return to pools this summer, including at the Grant Park pool (pictured) in northeast Portland.

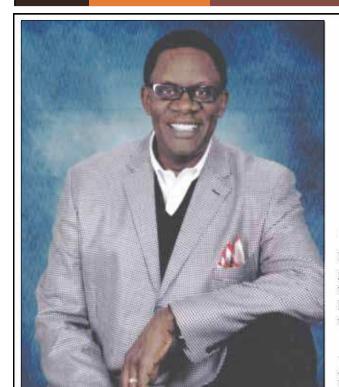
Dive-In Movies for Summer

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

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

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?

: You should immediately Are- quest 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 o 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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