

*Obituaries*

# In Loving Memory

Reva Mae Lawrence



Reva Mae Lawrence (born Grier) passed away Dec. 15, 2018 at the age of 71 at her home in north Portland. She was born May 15, 1947 to Annie Isabelle Grier (now Jennings) and Meade Lee Grier Sr. in Twinsburg, Ohio.

She was preceded in death by her father; a brother Meade Lee Grier Jr.; a sister Judith Anne Brooks; her husband Charles Edward Lawrence and son Brian Earl Ballard.

She is survived by her mother; brothers Mardas, James and Richard Jen-

nings; sister Cheryl Jennings; children Earle Grier, Cleo Grier, Laverne Ballard and Vanessa Crawford; and a number of stepchildren, grandchildren, great-grandchildren, nieces, family and friends.

She attended Eliot Elementary and Washington Monroe High School in Portland. She worked for many years as a Certified Nurse's Aid all over the Portland-metro area. She enjoyed card games and other social events and shared a special love for her cat Skippy.

She was laid to rest during a service on Dec. 27, 2018 next to her late husband at Wilamette National Cemetery.

# Celebration of Life

## Mary Julia Booker

Long term Portland resident Mary J. Booker passed peacefully in her home among family on Dec. 26, 2018.

Mrs. Booker lived in the Portland area for over 60 years. She and her husband were once residents of Vanport and assisted families in the evacuation of residents from the 1948 flood that destroyed the city. She and her husband Floyd Booker also owned and operated Courtesy Janitorial Services, one of Portland's long-term African American owned businesses.

Celebration of Life Services for Mrs. Mary J. Booker will be held Thursday, Jan. 10 at 11 a.m. at Vancouver Avenue First Baptist Church, 3138 N. Vancouver Ave.



**FREE COMMUNITY EVENTS**

**SAFE HOMES! HEALTHY HOMES!**

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**Jan 11th 2-5pm**  
 North by Northeast  
 Community Health Center  
 714 NE Alberta St.

**Upcoming Events**  
 Mar 8, 2019  
 May 10, 2019

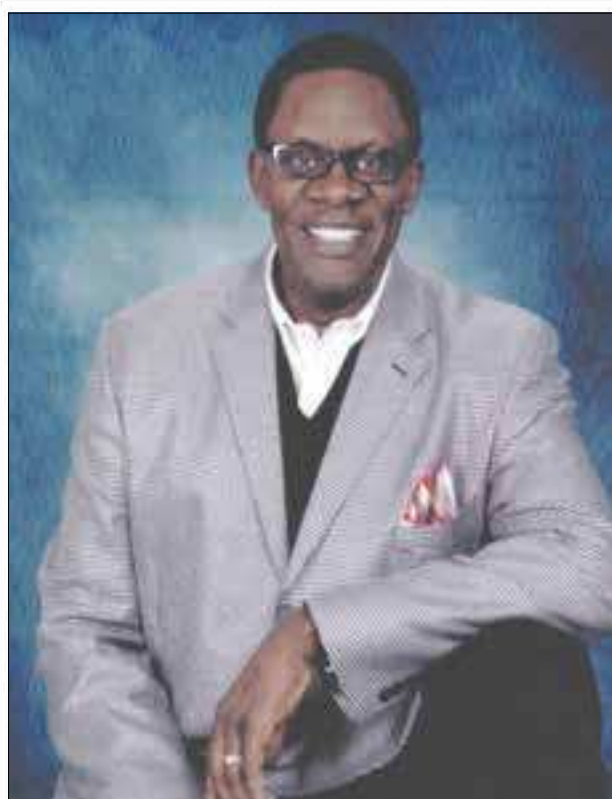
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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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### Part 13. Shoulder Pain: Why many people cannot, and should not, take it lying down.

**Q:** My shoulders hurt so bad at times, I can hardly sleep. What can Chiropractic do for me that no one else has been able to?

**A:** Shoulder pain is without question, one of the most debilitating types of pain we encounter. Because the shoulder is so intricately related to the spine, virtually any movement can be excruciating. It is not at all uncommon to see cases like yours where patients' hurt so bad, they cannot even get a decent night's sleep. To Complicate matters, many patients go

from doctor to doctor seeking relief, being told they have bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to

see what caused the injury. You see, the cause was there long before the pain itself. By treating the cause, we not only relieve the pain, don't suffer through another sleepless night. Call for an appointment to find out how Chiropractic can eliminate the cause of the problem once and for all. Or feel free to call us if you have any questions whatsoever about your health.

**Flowers' Chiropractic Office**

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