

Church Hosts Jazz Concert

Augustana Lutheran Church, 2710 N.E. 14th Ave., will host its second annual Jazz Community Benefit Concert for Sisters of the Road Café on Sunday, June 23 from 6 p.m. to 8 p.m. Sisters of the Road is a non-profit in Portland's Old Town neighborhood working to create systemic change that will end poverty and homelessness by providing nourishing meals in a safe, dignified space.



Marilyn Keller and Ron Steen will join some of the very finest jazz musicians in Portland for a Sunday, June 23 concert at Augustana Church in northeast Portland to benefit Sisters of the Road.

The Augustana concert will feature some of the very finest jazz musicians in Portland, many of whom are internationally known, including Marilyn Keller, Ron Steen, Kevin Deitz, Nancy King, Shirley Nanette, Chuck Israels, Dan Balmer, Devin Phillips, Noah Simpson, Bobby Torres, Phil Baker, Sherry Alves, Perry Thoorsell, Anandi, Kerry Politzer, John Nastos, Dan Gaynor and George Colligan. A suggested minimum donation is \$20 with all proceeds to go to Sisters of the Road. For more information contact Rev. Dr. W. J. Mark Knutson at 503-757-3697; Marilyn Keller at 503-201-8615; or George Colligan at georgecolligan4@gmail.com.

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Q: Could my golf swing hurt my back?
A: People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of

fitness. Most injuries of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

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