

# Summer program fills a hunger gap

CONTINUED FROM FRONT

need is not being met currently.

This program has been meeting the nutritional needs of some of Portland's most food insecure families for more than five years. The home-delivery program, funded by the Portland Children's Levy, provides a week's worth of dinners, along with fresh fruit, bread and milk to participating children and their caregivers

throughout the year.

The lunches are made possible by additional grants from the Oregon Department of Education, Partners for a Hunger Free Oregon and PepsiCo's Food For Good program. The support has covered the costs of leasing of a delivery van, the employment of five AmeriCorps members and initial program startup costs.

"Our goal with the Meals 4 Kids program is to ensure that vulnera-

ble children and their families have sufficient daily nutrition," said Morris. "Without access to free and reduced lunch program during the summer, many of these kids would go hungry during the day."

Two of the locations served by the Meals 4 Kids summer program that attract more than 50 children on weekdays are the Midland Library at 805 S.E. 122nd and the Meals on Wheels People Two Rivers Center at 9009 N. Foss.

# RELIGION

## Church Hosts Youth Advocate

Augustana Lutheran Church, 2710 N.E. 14th Ave., will host a workshop and jazz gospel service with special guest Rev. Dr. Al Hollie Jr., a youth pastor and mentor and founder of Urban Inspire, a consulting and coaching firm dedicated to improving the lives of urban youth.



Rev. Dr. Al Hollie Jr.

A pastor of the Greenforest Community Baptist Church in Atlanta and author of a new book, "All Things to All People" Hollie believes firmly that "Life demands results, not ex-

cuses." He will present a community workshop geared to the Millen-

nial generation at Augustana on Sunday, Aug. 25 at 5 p.m. and followed by a 6 p.m. Jazz Gospel Service with Dr. Hollie preaching. Local jazz musicians Marilyn Keller, Ron Steen, Kevin Deitz and George Mitchell will perform. All are welcome at both events.

**SATURDAY, SEPTEMBER 14, 2019**  
**WALKATHON**  
**9:00 TO 12 NOON**      **\$20**



**WHERE:**  
**AMERICAN RED CROSS**  
**3131 N. VANCOUVER AVENUE**  
**PORTLAND, OR 97227**

TO REGISTER GO TO [www.sicklecelloregon.org](http://www.sicklecelloregon.org)  
 OR CALL 503 249-1366



**WALK FOR LIFE! BE THE DIFFERENCE WHILE HAVING FUN!**

Sponsored by The Sickle Cell Anemia Foundation  
 4188 NE 87th, Portland, OR 97220



## Obituary

### In Loving Memory



Carl Ross Sr.

A Home Going Celebration for Carl Ross Sr. will be held Friday, Aug. 23 at 11 a.m. at the Highland Christian Center, 7600 N.E. Glisan. Viewing will take place at the church one day earlier, on Thursday, Aug. 22 from 4 p.m. to 6 p.m.

Carl Ross Sr. was married to Keleka Ross for 35 years. He is the father of two children, Keleka and Carl Jr., and five grandchildren.



**Good in the Hood**  
**ESSAY SCHOLARSHIP**  
**Multicultural Music, Arts & Food Festival**

Good in the Hood 501(c) (3) is awarding five \$1,000 academic scholarships to college students. Applications should be submitted by August 31, 2019. Recipients will be notified via phone call and email by September 17, 2019.

#### SCHOLARSHIP CRITERIA

1. Applicants MUST fill out the essay scholarship application by August 31, 2019. Scholarship recipients will be notified by September 17, 2019. Apply Online: [goodinthehood.org](http://goodinthehood.org)
2. High school students who just recently graduated and will be attending college this fall qualifies for this scholarship.
3. Current college students who will be attending college this fall qualifies for this scholarship.



Dr. Billy R. Flowers

# THE SPINA COLUMN™

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

## Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

**Q**: I hear a lot about stress these days. Just how serious is it?

**A**: Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

**Q**: I have a very stressful job. How can Chiropractic help me?

**A**: Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working properly. What's more, today's Chiropractors can also help you with

natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

### Flowers' Chiropractic Office

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