

# Arts & ENTERTAINMENT



## Bike Rides and Safety Festival

The group Portland Safe Routes to School in partnership with the city of Portland, local schools, neighborhoods and community organizations hosts a bike ride and traffic safety fair to kick off spring on Saturday, April 25 from 10 a.m. to 1:30 p.m. at Harvey Scott School, 6700 N.E. Prescott St.

There will be activities, for parents, kids, and young children, along with a \$6 helmet sale and raffle drawing to win a bike and other prizes. There will also be a bike rodeo, bike riding classes, instruction on basic bike repair (including a course on repairing a flat tire), craft tables, route planning instruction and map reading guides, and a free lunch for the first 120 guests.

A community bike ride will take place near the end of the event at 1 p.m., with a planned return to the starting point by 2 p.m.



## Special Effects Rap Tour

One of the most popular independent rappers in the world, Tech N9ne, has embarked on his "Special Effects" national tour and will stop in Portland for a performance on Thursday, April 23 at the Roseland Theater. Special Effects is Tech N9ne's 15th studio album and the Kansas City rapper has released four singles off the project, the most popular of which, "Hood Go Crazy," has enjoyed nationwide radio play and debuted at #29 on the rap charts. The Portland show will also feature performances by Chris Webby, Tech's label-mates MURS and Krizz Kaliko, King 810, and Zuse. For more information or tickets, visit [roselandpdx.com](http://roselandpdx.com).



## Ultra Van Krome & Cyber Funkist

Night @ Apollo Funk 'N' Soul Circus '!

Featuring Randy Star & the Players plus Nekked Bonz

May 2nd 8:00pm @ Rose land in Peter's Room.

\$5.00 21 & Over IT'S GONNA BE FUNKY!!

No Advance Tickets 3 cans of Food



## RETIREMENT LIVING

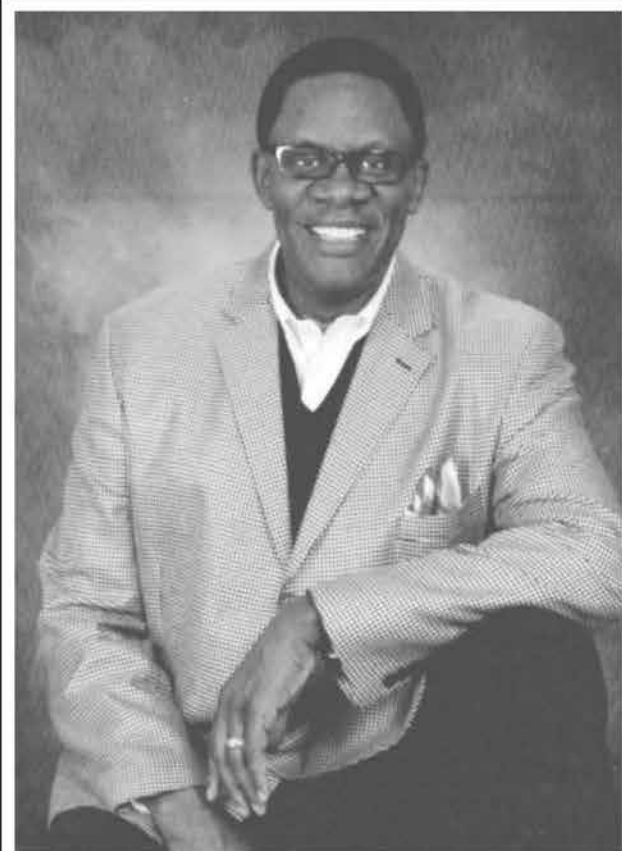


### Smith Tower

515 Washington Street  
Vancouver, Washington

**360.695.3474**

- Studio & One-Bedroom Apartments
- Federal Rent Subsidies Available
- No Costly Buy-Ins or Application Fees
- Affordable Rent includes all Utilities except telephone and cable television
- Ideal urban location near shopping, bus lines, restaurants, and more!



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 7. CHILDREN & CHIROPRACTIC: Start off early in life for a lifetime of health

**Q:** When will my children be old enough to benefit from seeing Chiropractor?

**A:** Children of Chiropractors often receive their first spinal adjustments the day they are born. Using special techniques for infants, Chiropractors are able to correct spinal misalignments caused by the traumatic and turning of childbirth. What's more, we're frequently able to alleviate infant problems like colic that often keeps both babies and parents up all night.

**Q:** I have a friend who takes her children to a Chiropractor even

when they aren't sick. Why would she do this?

**A:** Actually, there are more reasons for children to see a Chiropractor regularly than there are for adults. First of all, because of their activities in school and out, children naturally take more spills than an average adult. This is one of the most common reasons people bring their children to a Chiropractor. But the

best reason of all is so that with regular Chiropractic care, children can develop a nearly perfect spine. Not only to help them do better in school, but to gain increased strength, health and vitality throughout their adult lives. To find out all the ways Chiropractic can help your children experience a lifetime of good health, please call us at the number below.

### Flowers' Chiropractic Office

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