

**Write Around Portland**

Write Around Portland's free creative writing are at various locations around the city. For more information and locations, visit [www.writearound.org](http://www.writearound.org) or call 503-796-9224.

**Audrey II Arrives**

Little Shop of Horrors comes to Keller Auditorium at Southwest Third Avenue and Clay from Oct. 19 through 24. Tickets range from \$23 and \$64. For more information, call 503-241-1802 or visit [www.portlandopera.org](http://www.portlandopera.org).

**Symphonic**

Vancouver Symphony Orchestra performs on Saturday, Oct. 9 and Sunday, Oct. 10 at 7 p.m. Music Conversations begin at 2 p.m. Saturday at Skyview High School, 1300 N.W. 139<sup>th</sup> Street in Vancouver, WA. Tickets range from \$15 to \$35. For more information, call 360-735-7278 or visit [www.vancouversymphony.org](http://www.vancouversymphony.org).

**Amusement At Oaks Park**

Celebrating 99 years of fun, Oaks Park in southeast Portland offers rides, picnic grounds, roller-skating and family games in the shade of 100-year-old oak trees on the banks of the Willamette River. Rides and roller-skating are open daily. For more information, call 503-233-5777.

**Gotta Love That Pooch**

Problem pooch classes are a must take for anyone who may be new to the world of pet parenthood or is interested in considering adopting a new friend. Come to the Oregon Humane Society to find out why your dog does those silly little things. Meetings are every first and third Saturday of the month at 11 a.m. For more information, call 503-285-7722.

**Greatest Show on Earth**

The all-new 134<sup>th</sup> edition of the Ringling Bros. and Barnum & Bailey circus comes to Portland for shows Wednesday, Sept. 22 through Sunday, Sept. 26. Matinee and evening performances are scheduled. Call the Rose Garden ticket office for more information.

**Ongoing and Upcoming Music**

The Blue Monk on Belmont plays live jazz. For a schedule, visit

## ENTERTAINMENT GUIDE

[www.thebluemonk.com](http://www.thebluemonk.com). Interstate Bar and Grill has mature live music at 4234 N. Interstate. The Black Notes play Thursdays at the Candlelight Room. Mel Brown plays jazz at Jimmy Meks on Tuesdays, Thursdays, Fridays and Saturdays at Salty's on the Columbia. A Community Unity Breakfast is held every third Thursday at SEI at 7:30 a.m. Skip Elliott Bowman Jazz Trio plays Saturdays from 10 a.m. to noon at Hannah Bea's, on northeast MLK Jr. Blvd. and Shaver. R&B and live funk bands perform weekends at the Interstate Firehouse Cultural Center.

**Laughing Through It**

A Portland Jam Night plans to heal the community's ills through laughter at the Wave Theatre in north Portland. The live music and clean sketch improv comedy is at 9 p.m. Fridays. Tickets are \$7 for adults and \$4 for kids. For more information, call 503-735-4184 or visit [www.jam-night.com](http://www.jam-night.com).

**Trippin' through Town**

Take a trip through time to find the hottest poetry, hip-hop and soul influencing Portland on Wednesdays at the Ohm. \$7 cover. 31 N.W. First Ave.



Ringling Bros. and Barnum & Bailey circus comes to town on Sept. 22nd.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

**Q:** I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

**A:** We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic works by taking the stress and irritation off the ner-

vous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make

The body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by being

flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

#### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland, Oregon 97212

Phone: (503) 287-5504

**World Animal Festival**

A multi-cultural celebration on Sept. 25-26 and Oct 2-3 from 11 a.m. to 4 p.m. will be an exciting showcase of how various cultures around the world revere and celebrate animals. For more information, visit the zoo's web site at [www.oregonzoo.org](http://www.oregonzoo.org) or call 503-226-1561.

**Native Art Exhibit**

Lewis and Clark College presents "Encounters: Contemporary Native American Art through Oct. 24 at the Ronna and Eric Hoffman Gallery of Contemporary Art. For more information, call 503-768-7687.

**Local Artists Featured at Abbey Cafe**

The Abbey Café, 441 N. Killingsworth St., invites musicians to sell their CD's and perform on Fridays and Saturdays. For more information, call 503-286-4847.



### Snoop Dogg to Host Video Game Awards

(AP) — Snoop Dogg will host Spike TV's second annual Video Game Awards on Dec. 14. The hip-hop star and other celebs will pass out awards to honor games, designers, animators, musicians and performers.