

FOCUS

'Out of Africa' Concert: Musicians to perform in NAACP benefit

A concert of African and African-American composers takes place on Sunday, May 15 at 3 p.m. at St. Joseph Church, 400 S. Andresen Road in Vancouver.

The 'Out of Africa' performance is presented by The Bravo! Vancouver Concert Series, featuring the 60-voice Bravo! Chorale, and guest artist and pianist William Chapman Nyaho. Proceeds will support NAACP programs in Vancouver.

Nyaho is an expert on the music of Africa. He will perform a wide range of piano music by African composers, including Robert Nathaniel Dett's "In the Bottoms Piano Suite" and arrangements of traditional spirituals.

A native of Ghana, West Africa, Nyaho has performed concerts in Europe, Africa, the Caribbean and across the United States including Washington D.C.'s Kennedy Center. He has been featured on radio and TV broadcasts in Ghana, Switzerland and on National Public Radio, and recently released a recording on the Centaur Label called "Aaron Copland: Music for Two Pianos."

The Bravo! Chorale opens the concert's second half and will perform more than a



This music, like jazz and blues, is a uniquely American art form, and is part of a diverse culture and heritage.

—Maria Manzo, Bravo!

dozen traditional Negro spirituals by African American composers.

"This music, like jazz and blues, is a uniquely American art form, and is part of a diverse culture and heritage," said Maria Manzo, Bravo! Chorale music director. "Many of these songs will be familiar to people who have sung in high school or college choirs. But although they are a joy to sing and hear, spirituals are deceptively difficult to sing—it's all about style, just like jazz and blues."

Tickets are \$15 for reserved seating and are available at www.bravoconcerts.com. Tickets are also available at the Bravo! Infoline at 360-906-0441 and TicketsWest at 503-224-8499. To purchase NAACP tickets, call 360-896-9649.

William Chapman Nyaho will perform Sunday, May 15 in a special performance to support NAACP programs in Vancouver.

Ice Cube a Refreshing Proxy Shines as 'XXX' operative in sequel

(AP)—Ice Cube fills in for Vin Diesel in "XXX: State of the Union," the next installment in the franchise about a National Security Agency program to recruit the baddest of bad boys for the baddest of assignments.

The new movie is as preposterously plotted and outrageously combustible as the 2002 original, so action fans will come away with their fire-and-brimstone quotient well sated.

And those tired of Diesel fumes will find Ice Cube a refreshing proxy.

Not that the sequel is anything close to a good movie, but Cube is a more personable presence and better actor than Diesel, while still retaining the smoldering stoicism the world has come to expect of its "XXX" operatives.

Samuel L. Jackson's return in a beefed-up role as puppetmaster of the "XXX" brand and Willem Dafoe's recruitment as a traitor intent on taking over the presidency theoretically gussy up the sequel. Neither character has enough depth for the actors to dig in and make

much dramatic impact, though.

"XXX: State of the Union," released by Sony's Columbia's Pictures release, is rated PG-13 for sequences of intense action violence and some language. Running time: 101 minutes. One and a half stars out of four.

Darius Stone (Ice Cube) is coerced into becoming a super field agent under their new "XXX" program in "XXX: State of the Union." (AP photo)



B.B. King Monument Approved

(AP) - The Arkansas Legislature has approved a \$5,000 expenditure to build a monument honoring bluesman B.B. King in the tiny Delta town of Twist.

More than 50 years ago, King's famed guitar Lucille earned its name after a dance hall brawl in Twist. King's trademark Gibson guitars have been called Lucille ever since.

"B.B. put Twist, Ark., on the map," Allan Hammons, interim director of the planned B.B. King Museum in Indianola, Miss., said. "I think it's very important that the state of Arkansas took the opportunity to memorialize that great American story."

State Sen. Steve Bryles said that he pushed the funding through for the monument because too little is known of King's connection to the state. Bryles also hopes the marker will draw tourists to the area.

Teen Stars as Super Hero

Tajja Isen portrays the cartoon super hero Atomic Betty, a sweet and intelligent little girl who is basically your average 12-year-old; she has crushes on classmates, is a good student, and has a strong feeling of loathing for the family cat.

In real life, Isen is a 13-year-old African-American girl known as an accomplished singer and voice-over actress who embodies the same energy and excitement of her animated character.

In her new role, she is set apart from the rest by her secret identity as Galactic Guardian Defender of the Cosmos.

While the citizens of Earth carry on with their every day lives, Atomic Betty zips across the galaxy on daring and valiant missions, from saving a race of space monkeys from a giant caterpillar invasion to rescuing a kidnapped ambassador from a ruthless king. She's a hero to the universe, but on her home planet Earth, Betty's just one of the gang. But that's the way



The impressive young talent Tajja Isen lends her voice to "Atomic Betty."

she likes it — if her Mom and Dad knew she was out zooming through the cosmos without a license, she'd be grounded for sure.

Atomic Betty airs on Cartoon Network on Sundays at 8:30 p.m., with repeats Fridays at 9:30 p.m. and Saturdays at 4:30 p.m.

New Abstracts at Firehouse

Artists from two different sides of the world are being featured at Interstate Firehouse Cultural Center's galleries beginning Thursday, May 5, with a First Thursday reception from 5:30 p.m. to 7:30 p.m.

Junko Iijima, featured in the main gallery, immigrated to the United States when she was 17 years old from Japan. Her talents are best classified as that of an object maker, a creator, and producer of objects that have always been a large part of her life.

Katherine Pappas Parks, featured in the entry gallery, has enjoyed a large part of her career as an established artist and professor in Chicago and Detroit. She has lived in Portland for the last six years and has exhibited her work while teaching painting as an adjunct associate professor at Portland State University.

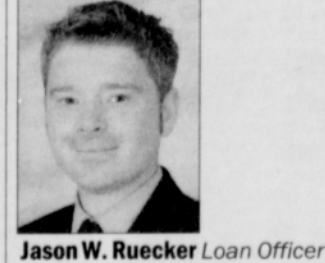
Park's paintings have been described as magical realism.

On NE ALBERTA ST
Street Farmers Market
Coming May 21

Northeast Alberta Street has a new farmers' market coming each Saturday starting May 21 and continuing into late November.

Local farmers will supply the Alberta Farmers market on the corner of Northeast 15th Avenue and Alberta with affordable and delicious fresh produce. Look for seasonal fruits and vegetables, wild mushrooms, fresh eggs, hot food, plants and live music.

The goal of market is to serve a diverse and vibrant northeast community with fresh, affordable and delicious produce while creating a community hub complete with music. For more information, call Sarah, the market manager, at 503-OR-GANIC.



Jason W. Ruecker Loan Officer

FLAGSTAR BANK
Home Purchase Refinance Great Service

My first priority is your best interest!

Office: 503.223.2162
FAX: 503.223.2163
Toll Free: 800.280.4187
Cell: 503.803.5177

926 NW 13th Avenue, Ste. 140, Portland, OR 97209

Jason.ruecker@flagstar.com



COMPLUS
Keeping you in Touch

Prepaid Cell Phone Service

Airvoice \$39.99
Free Activation
+60min if you mention ad!

503-286-6070 317 NE Killingworth, Ptd



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: *I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?*

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause extreme pain. Your problems could be

nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: *Why should I go through a full course of Chiropractic when drugs often relieve my headaches?*

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache.

What's more, drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office
2124 N.E. Hancock Street
Portland, Oregon 97212
Phone: (503) 287-5504