

FOCUS

Ongoing and Upcoming Music

- The Blue Monk on Belmont plays live jazz every Sunday night at 9 p.m. For a schedule, visit www.thebluemonk.com.
- Thorn City Improv, featuring members of Old Dominion, Quivah, The Chosen and The Black Notes perform every Tuesday at 10 p.m. at Conan's at 3862 S.E. Hawthorne.
- 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



Mel Brown and Ron Steen

Maks on Tuesdays and Thursdays and 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.

Poet Lends Voice to Causes

Maya Angelou has taped two sets of public service announcements to educate the public about parental controls on cable TV and HIV/AIDS awareness and prevention.

The distinguished author, actor and historian, is featured in several 30-second PSAs for the "Take Control. It's Easy" campaign to emphasize that parental control features provided by cable operators are accessible and easy to use.

The majority of cable cus-

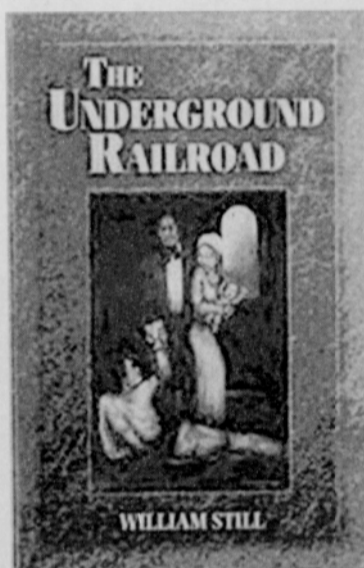


Maya Angelou

tomers already have parental control technology available to them because it is a feature built in to the "set-top" box that is provided to all digital and many analog cable subscribers, and 100 million TVs have built-in V-chips that can block programming based on TV ratings.

Angelou is also featured in two different 30-second PSAs to support "Join the Fight," the cable industry's HIV/AIDS awareness and prevention campaign.

'The Underground Railroad' a Legendary Book



Originally published in 1872 and out of print for many years, "The Underground Railroad" by William Still is a landmark book that presents accounts of slaves escaping north by way of the Underground Railroad.

The stories were recorded and preserved by Still, a son of emancipated slaves and a key figure in Philadelphia's anti-slavery movement during the mid-19th century. From his base in Philadelphia, Still (1821-1902), helped un-

known numbers of fugitive slaves reach freedom and recorded hundreds of their stories.

His work stands among the most significant records of human oppression, struggle, and deliverance, of all time.

The 2005 edition includes the complete text of the 1872 edition, along with a biography of Still.

Author Explores Love in Personals

Like her protagonist, first time author, Carrie Carr entered the personal ad dating world with one guideline: never date a married man.

With that golden rule in mind, she placed an ad in the Chicago Sun-Times which she still recalls this day: "I dream of you. Slim, 30-something, black female, playful and intelligent, in search of tall, independent and affectionate single male to enjoy indoor and outdoor activities with. Non smokers only."

Her book, "Single Black Female," mimics experiences and fictionalizes the consequences of falling helplessly in love with a married man.

Though the main character makes a pact with herself to never date a married man, she falls in love with one, with disastrous and heartbreaking results.



Single Black Female
Carrie Carr

MUSIC MILLENIUM

BONUS SAVINGS COUPON

This Coupon Good for \$2⁰⁰ Off Any Regular Priced CD Over \$10⁰⁰ (5 CD Limit)

* Not good on red tag items or any other offer. Offer good thru 7/05/05

Find your favorites at MUSIC MILLENNIUM's 2 locations:

2nd & Burnside - East Portland 503-231-8926 or NW Portland - 23rd & NW Johnson 503-248-0163

Thera-Party's Spa-Day

Relaxation without Frustration

Special Offer \$25.00

Take pleasure in a day of pampering with massage therapy, luncheon, foot soaks, facial steams and more.

- Saturday, June 18, 2005
- 11 am - 4 pm
- Country Inn & Suites
- Located near PDX airport. 7025 NE Alderwood Rd.

Make Your Reservation Before June 11

For ticket information contact (Bold) Thera-Party @ (503 522-0507 or send check or money order to: P.O. Box 4968 Portland, OR 97208-4968 Attention June 18th Spa-Day.

Enjoy Thera-Party's natural Spa products

- **Brown Sugar Scrub**
- **Hand & Foot Cream**
- **Milk Bath**
- **Complex Bar**
- **Terry's Bath Bar**
- **Goccia Oils Drops**
- **Relaxation Tea**

ENTERTAINMENT GUIDE

Famous Lipizzaner Stallions

The world's most graceful and artistic horses in equestrian entertainment trop, jump, dance and gallop into the Rose Garden for two shows on Sunday, June 26. Tickets are on sale at all Tickmaster outlets.

On the Radio — Groove to soul and hip-hop with Kevin Berry from 7 to 9 p.m. Mondays at 90.7 FM/KBOO. Check out the Community Potpourri talk show from 7 to 8 a.m. Mondays, Wednesday and Fridays at 1480 AM/KBMS. Count your blessings with Melodies from Heaven from 6 to 10 p.m.

Mondays through Fridays at 1290 AM/KKSL. Tune in to African American Health Radio Wednesday nights on 1290 AM/KKSL.

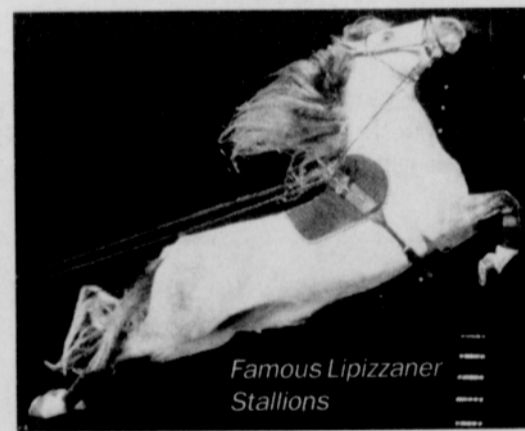
Gypsy Classes — Caravan Studios offers classes in belly dance, African dance and more. Visit www.gypsyncaravan.us.

Have a Ball — Kids will have a ball at OMSI's new Innovation Station by exploring the human side of

technology. For more information, visit www.omsi.edu.

Amusement At Oaks Park — 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.

Time to Jam — Jam Night, Portland's ever-popular comedy and variety show is at Christian Performing Arts Center, 8131 N. Denver Ave. Shows continue every Friday Night starting at 9 p.m. with dinner by Mondemaj Catering next door to the show at 6:30 and 7:30 p.m. Dinner is \$13 and tickets are \$7 for adults and \$4 for children under 12. For dinner reservations, call 503-286-2590.



Famous Lipizzaner Stallions

Movin' Out — The Tony Award-winning new dance musical 'Movin' Out' directed by Twyla Sharp and based on songs by Billy Joel will be in Portland at the Keller Auditorium from June 7-12. Tickets start at \$24.

Rose Festival — The Rose Festival Waterfront Village downtown is open each day through Sunday, June 12 from 11 a.m. to midnight. The Grand Floral Parade is Saturday at 10 a.m.

Good in the Neighborhood — This year's multicultural "Good in the Neighborhood" festival will take place on Saturday, June 25 from noon to 9:30 p.m. and Sunday, June 26 from noon to 7:45 p.m. at King School Park on the 4800 block of NE 6th Street. International music, arts and crafts, food and more will be featured at the free event. For more information, visit www.goodinthenighborhood.org.

The Full Monty — A rare, one-night only concert performance will take place at the Lincoln Performance Hall at Portland State University. The musical comedy is based on the Oscar-winning British film. Proceeds from the performance will go toward supporting the non-profit theater company and its educational programs. Tickets range from \$30 for general admission to \$125, which includes a post-show cast party. For more information contact the Profile Theatre Box Office at 503-242-0080.

Laugh Factory — Comedy returns every second Wednesday of the month at the upscale Bacchus Restaurant, thanks to EEI International.

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.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?
A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in detail. Another cause, however is often stress. Many of you have prob-

ably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved. Patients come back well-

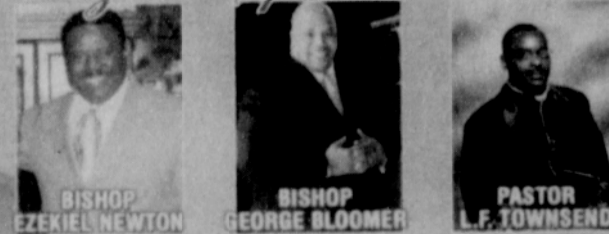
rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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

FULL GOSPEL PENTECOSTAL CHURCH CONVENTION

JUNE 19TH - 26TH 2005
7:00PM NIGHTLY

Keynote Speakers



PRESIDING BISHOP
A. A. WELLS

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EMMANUEL TEMPLE CHURCH
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