

'Night of the Living Dead'

The un-dead are taking another bite out of the Rose City in George Romero's classic work "Night of the Living Dead," performed in a stage play at the Northwest Neighborhood Cultural Center.

The limited engagement play is presented by Theater Nocturne, a division of the Northwest Children's Theater specializing in late-night productions for teen audiences. With Halloween just around the corner, performances are Friday and Saturday night at 10 p.m. at the center on 1819 N.W. Everett St. Tickets are \$12 in advance, \$15 at the door.

For more information or to reserve seats, call 503-222-4480 or visit www.nwcts.org.



Shuhe Hawkins is traumatized by ravenous zombies in 'Night of the Living Dead.'

Advertise with diversity in
The Portland Observer
Call 503-288-0033
www.portlandobserver.com

Rapper Kanye West Plans Two Portland Concerts

Grammy awarding winning singer Kanye West is coming to Portland for a Dec. 9 performance at Memorial Coliseum with special guests Fantasia and Keyshia Cole. The concert is on the heels of

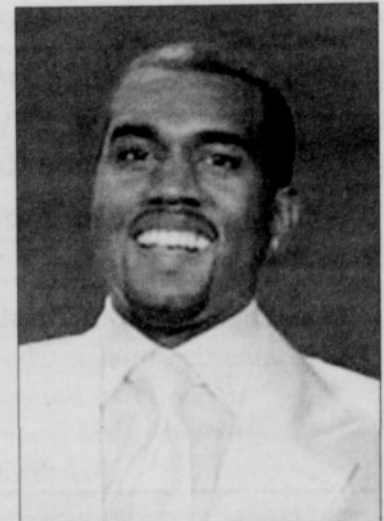
West's multi-platinum album, *Late Registration* and his major influence on the hip-hop community after gracing the cover of *Time Magazine* in addition to winning three Grammy Awards.

Tickets went on sale Friday and can be purchased at the Rose Quarter Box Office and all Ticketmaster outlets.

This will be West's first to two appearances at the Rose Quarter, as he will open for U2 in the Rose Garden on Monday, Dec. 19.

Originally from Chicago, West's rapid ascension to hip-hop's elite class began when he produced a string of hits for Jay-Z's *The Black Album*, including "Izzo (H.O.V.A.)," "Never Change," and "The Takeover."

He switched gears and released his first album, *College Dropout*, in 2004 and went on to have several number one hits as well as skyrocketing album sales. Unlike many other producers who step to the mic, Kanye is also an extremely talented emcee who flexes a relaxed but focused flow that's never short on



Kanye West

clever lyrics.

Fantasia Barrino made history when she became the first artist in history to debut at #1 with their first single, "I Believe" - written by Idol alum Tamyra Gray. Her passionate take on George Gershwin's "Summertime" had everyone talking weeks after she had performed and helped her win the third season of *American Idol*.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated

vertebra. To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions. By

making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office

2027 Lloyd Center Mall, Portland Oregon 97232

Phone: (503) 287-5504