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THE SPINA COLUMN™
An ongoing series of questions and answers about America's natural healing profession.



Dr. Billy R. Flowers

**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 nervous 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

Arts & ENTERTAINMENT



Reed Hosts Classical Trio

Elegant violinist Nadja Salerno and innovative classical guitarists the Assad brothers will be performing Tuesday, April 28 at 7:30 p.m. in Reed College's Kaul Auditorium. For tickets, call 503-224-9842.

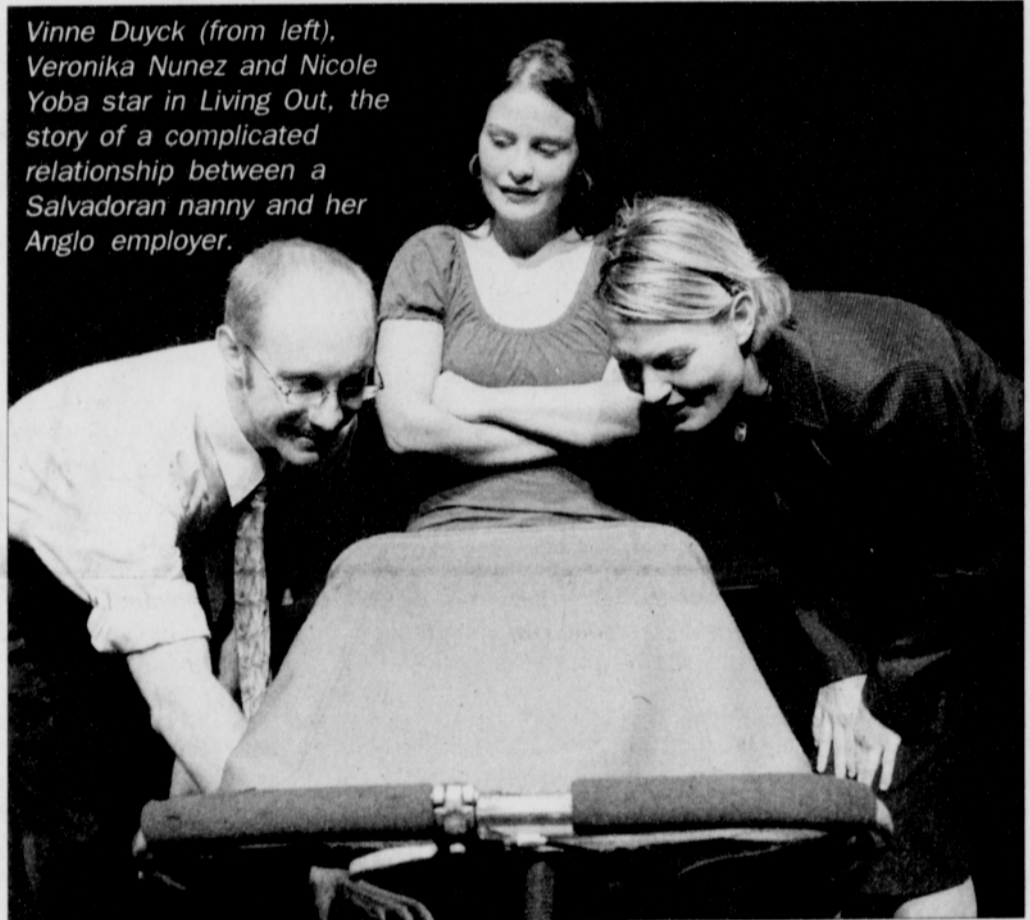
Race, Class and Humanity

Rife with wit and humor, the play Living Out pulls no punches.

The Portland Actors Conservatory production explores the shared humanity and the differences wrought by race and class between a Salvadoran nanny and her Anglo employer. Both women are smart, hardworking mothers who want better lives for their children.

Performances continue Thursday through Sunday, April 23-26 at the Firehouse Theater, 1436 S.W. Montgomery.

For tickets and more information, call the theater at 503-274-1717.



Vinne Duyck (from left), Veronika Nunez and Nicole Yoba star in Living Out, the story of a complicated relationship between a Salvadoran nanny and her Anglo employer.

PHOTO BY FRANK DIMARCO

'Rudy' Gets Reality Show

Rudy from "The Cosby Show" has grown up, and she's about to show off her life on cable TV.

Oxygen said that it's developing a reality show about actress Keshia Knight Pulliam and her live-in boyfriend, Atlanta area entrepreneur Kaseem Penn. It will explore what it's like being young, rich, single and co-habiting.

No air date is set for the show, titled "Keshia and Kaseem."



Keshia Knight Pulliam

'Idol' Tour Coming

"American Idol" producers announced the dates on Thursday for the U.S. "Idol" summer tour with the top 10 contestants from the current season.

The tour kicks off in Portland on July 5 and crisscrosses the country for two months before ending in

Manchester, N. H. on Sept. 15. Tickets for the tour, featuring Adam Lambert, Allison Iraheta, Anoop Desai, Danny Gokey, Kris Allen, Lil Rounds, Matt Giraud, Megan Joy, Michael Sarver and Scott MacIntyre, go on sale on May 9 and details can be found on americanidol.com.

Idol to Star in VH1 Series

Former "American Idol" star Fantasia Barrino will return to reality television in a new



Fantasia Barrino

unscripted series on VH1. The nine-time Grammy nominee has received a series commitment from the network for a show, as yet untitled, that will premiere in early 2010. The project will chronicle Fantasia's life as a recording artist and young single mother. The North Carolinian rose to fame as the winner of the third season of "Idol" and has gone on to a successful career as a recording artist. Her autobiography, "Life Is Not a Fairy Tale," led to a Lifetime movie in which she played herself.

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7:00-12:00 Funk & Soul

Mon. Live Music Twelve 22 All-Stars Band
8:00-12:00 Open Mic, Singers, poets, Musicians, Guests

Tues. Reggae Night
8-12:30 Guest DJ's and Bands

Weds. Ladies Night - Twelve 22 All-Stars Band Guest DJ
Rehearsal 5:00-7:00 Live

Thurs. Jazz Band -- coming Soon-Happy Hour 6-9

Fri-Starting April 10 -- Kings of Ol-Skool. Dress Code Enforced. DJ's: Ken Berry, Larry Bell & Mike. \$5 cover

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