

Arts & ENTERTAINMENT

ENTERTAINMENT GUIDE

Urban Threads Fashion Show -- On Friday, Jan. 22 at 8:30 p.m., the Dirty's Spin Room, downtown, hosts Urban Threads Fashion Show, combing fashion, shopping and philanthropy to support programs for young girls. Attendees will watch a live fashion show featuring local designers, music by the popular Zane Fischer, DJ Mikey and dancing by Soulsations. Suggested donation \$10.

Totally Gospel II -- Come enjoy a night of live music and fashion!!! Peninsula Open Bible Church, 8225 N. Peninsula, hosts all styles of gospel, country, and contemporary music with host Riny Horst on Friday, Feb. 5 and every other month on the first Friday night from 7:30 p.m. to 9:30 p.m. For more information, call 503-335-3132.



Oh What a Tangled Web -- Agatha Christie's "Spider's Web," is now showing through Feb. 21 at the Lakewood Theatre Company in Lake Oswego.

Live Jazz -- Every Friday and Saturday from 8 p.m. to 11 p.m., the Third Degrees Lounge at the River Place Hotel, 1510 S.W. Harbor Way. No cover or minimum purchase. For more information, visit pdxjazz.com.

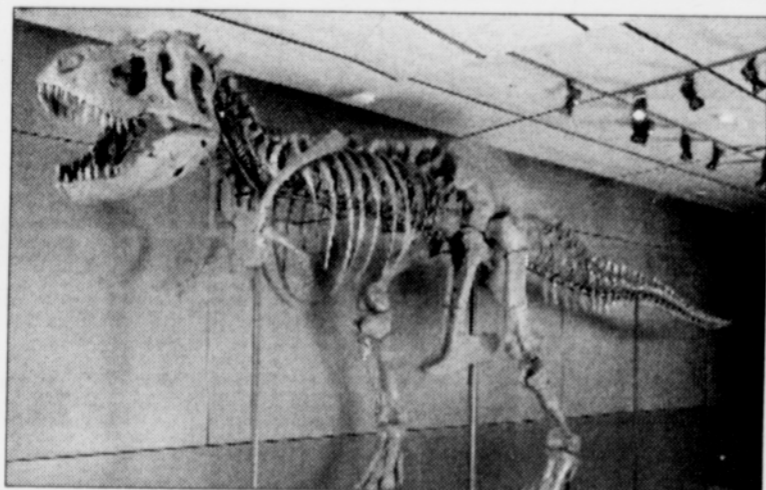
Predators of the Serengeti -- Come hear the roar as the Oregon Zoo shows off its newest and most ambitious exhibit with three African lions and other animals that are home to the Serengeti.

Mel Brown Live -- Portland jazz giant Mel Brown performs at Salty's on the Columbia every Friday and Saturday night. Known as the "Gentleman of Jazz," Brown has a career spanning over 40 years.



Normal Sylvester -- The Normal Sylvester Band plays Friday, Jan. 22 at Domenic's in Milwaukie; Saturday, Jan. 23 at Clyde's; and Saturday, Jan. 30 at the Tillicum in Beaverton.

Samson the T. Rex -- A magnificent 39-foot-long Tyrannosaurus rex skeleton, one of the most fearsome carnivores ever to walk the face of the earth is on display at OMSI. The 66-million-year-old fossil known as Samson is one of the most complete Tyrannosaurus rex specimens in existence.



Music Millennium Free Shows -- The Music Millennium, 3158 E. Burnside, hosts in-house live performances. Enjoy free music and the opportunity to meet artists. Call 503-231-8926 for a schedule.

OMSI After Dark -- OMSI After Dark is a night at the museum for the 21 and over crowd filled with food, drink and science fun; \$10 fee. For more information, call 503-797-4000 or visit omsi.edu.

Food and Entertainment -- Sliders Grill, 3011 N. Lombard, features an eclectic assortment of performers on the main stage, accompanied by delicious food. Call 5459-4488 for more information.



The Clark College Jazz festival draws high school jazz ensembles from throughout Oregon and Washington.

Vocal and Big Band Jazz

Clark College hosts 48th annual event

Clark College and the Director of the Clark College Jazz Festival, Richard Inouye, invite everyone to three full days of exciting vocal and big band jazz.

The 48th annual Clark College Jazz Festival will take place Thursday through Saturday, Jan. 28 through Jan. 30, in Gaiser Hall on the Clark College campus in Vancouver.

Sixty vocal and instrumental jazz ensembles from throughout Washington and Oregon are scheduled to perform in this year's high school competition.

The showcased groups this year will be the Clark College Vocal Jazz Ensemble, under the direction of Janet Reiter, performing at 9 p.m. on Thursday, Jan. 28, and the Clark College Jazz Ensemble, performing at various time over all three days of the event. The 2009 Sweepstakes Band, Roosevelt Jazz Band I, will hold the spotlight on Saturday, Jan. 30 at 9 p.m.

Admission is \$5 per day. Clark College students and children under 12 accompanied by an adult will be admitted free of charge.

Clark College is located at 1933 Fort Vancouver Way. For more information, contact the Clark College Music Department at 360-992-2188 or visit clark.edu/special/jazz_festival.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

Q: I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

A: Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about emotional nerves. The research team, of course, was talking about the nervous system. When pres-

sure or irritation gets on nerves (scientifically known as subluxation), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In Chiropractic, we work with reducing subluxations, releas-

ing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

Flowers' Chiropractic Office

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