

# Platinum Fade

SALON



We have the Best Barber & hair Stylist in Portland. We do Razor Line Cuts, Weaves, Relaxers and Cuts.

Barbers & Hairstylist Wanted - 1 month free

5010 NE 9th Unit A, Portland, Oregon 97221

**503-284-2989**

Hours of operation:

M-F 9 am - 6 pm  
 Sat 8 am - 9 pm  
 Sun 11 am - 6 pm

# Arts & ENTERTAINMENT

## Prom Gown Giveaway

### Abby's Closet gears up for weekend event

High school women are starting to think about finding their ideal prom dress. Abby's Closet's annual gown giveaway offers the perfect shopping experience for those who want to browse through thousands of dresses in one place and walk away with a free dream gown.

The sixth annual event will be held at the Doubletree Hotel Lloyd Center Exhibition Hall on Saturday, April 10, from 8 a.m. to 5 p.m., and Sunday, April 11, from 10 a.m. to 2 p.m.

Young women from Oregon and Southwest Washington will be able to choose from over 4,000 dresses ranging in sizes from 0 to 26. All that is required to enter the boutique is



2009 Rose Festival Queen Rachel Seeman models one of the free dream gowns the non-profit group Abby's Closet provides to high school women who otherwise could not afford to attend prom due to the expense.

a student ID or proof of high school registration.

Sally Eglund, founder and president of Abby's Closet, expects this year to be the biggest event yet.

"We have helped almost 5,000 young women find the gown of their dreams," Eglund said. "Last year alone we had over 1,800 students from over 120 high schools attend, and we expect even more this year."

Abby's Closet, an Oregon-based nonprofit organization, is an all-volunteer group with a vision to help prom dreams come true. The

group has but one mission: to collect prom gowns and distribute them without cost to high school women who wouldn't otherwise be able to attend prom due to the expense.

Receiving a gown presents an opportunity for young ladies to experience an once-in-a-lifetime event, and promotes the confidence essential to setting and attaining goals in their future.

Girls are encouraged to call Abby's Closet at 503-722-1524 or visit its website [abbyscloset.org](http://abbyscloset.org) with any questions they might have.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 32. Associated Pain

**Q:** Is my leg pain related to my recent back injury?

**A:** Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is

this type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

#### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

**Phone: (503) 287-5504**

## BUSINESSES IN MOTION

Interested in Becoming a Vendor

Purchase a table for \$75.00 by April 15th

Contact Person  
 Shirlene Carson  
 503-481-8007  
[exctrav@aol.com](mailto:exctrav@aol.com)



An opportunity to network with small businesses in the Community.

INFORMATION THAT WORKS FOR YOUR BUSINESS.

We are a networking organization with professional contacts informing other small businesses and the community with great information to help grow your business or obtain information about other local businesses.

Sat. May 1st, 2010

Mallory Avenue Community Enrichment Center (MACE)

126 N.E. Alberta St. Portland, OR 97211

10 a.m. - 4 p.m.



### Video at JFK Site Causes Stir

Soul singer Erykah Badu has caused a stir with a music video in which she strips naked in public at the site of President John F. Kennedy's assassination, and falls to the ground as if shot. Badu, 39, released the "Window Seat" music video as part of the promotion of her fifth studio album "New Amerykah Part Two (Return of the Ankh)", released last week.