

Take Action. Get Tested!

\$20 value

"Where to go, so you know"

Multnomah County Health Department's HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

Downtown Community Test Site

Call 503.988.3775 for an appt.
Mon | Thurs | Fri
426 SW Stark St., 6th Floor,
Portland, 97204

Northeast Health Center

Just walk in
Tuesdays | 5:30 - 7:15 pm
5329 NE MLK Jr. Blvd, 2nd Floor,
Portland, 97211

"Free with this coupon"



Se habla español: other interpretation by appointment.

Arts & ENTERTAINMENT



Northeast Portland's Alberta Rose Theater will host a week of performances by Israeli choreographers Yossi Berg and Oded Graf and their critically acclaimed work 4Men, Alice, Bach and the Deer.

Gifted,
Imaginative
Dance



Portland's White Bird Uncaged dance series concludes its current season with the Portland debut of two of Israel's most talked-about choreographers, Yossi Berg and Oded Graf, and their critically acclaimed work 4Men, Alice, Bach and the Deer.

gifted and imaginative choreographers and dancers. They created 4Men in 2009, and immediately their work for four versatile male performers generated unanimous acclaim.

Shows are at 8 p.m., Wednesday April 13 through Friday, April 15; and Saturday, April 16 at 7 p.m. and 9:30 p.m.

Since they started collaborating in 2005, Yossi and Oded have quickly achieved recognition both in Israel and Europe as two of Israel's most

Alberta Rose Theatre is located in the former motion picture house at 3000 N.E. Alberta St.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 12. Regular Checkups: As important to your back as they are to your eyes or teeth.

Q: I don't have any serious back problems. Why should I see a Chiropractor?

A: That is a good question. Sometimes we don't realize that a small crick in the neck or some slight back discomfort is beginning of larger problems which are often much more difficult to treat at a later stage in life.

Unfortunately, eight out of ten Americans will be struck down by severe low back pain at one time or another. The mechanical or structural defects of the back usually develop slowly and with very little

pain, but if left untreated, may disable you for days, months or sometimes permanently. The likelihood of disability increase dramatically in over 30. Fortunately, we are able to avoid many spinal problems with regular, precautionary checkups. Just as an eye exam or dental checkup prevents potential problems or corrects the problems or in its early stages, so do

Chiropractic checkups. Detected early, spinal defects are not only easier to treat, but may save a lot of pain and money, as well as reducing the chance of a disabling spinal disorder. To arrange for your checkup, or for answers to any questions you might have about your health, call our office at the number below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504

Friday April 15th, 2011

Urban Arts Dance Company

Under the direction of Jenelle Yarbrough & Dana Ingram Presents.....

HOSTAGE

Newmark Theater

1111 SW Broadway, Portland, Or

Show begins at 8pm

Join us for the preshow mixer at 7pm

www.urbanartsdance.com