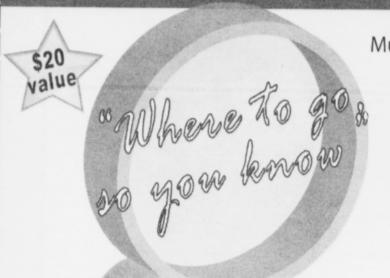
### Take Action. Get Tested!



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** 

"Free with this coupon"



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

Se habla español: other interpretation by appointment.



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

## THE

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.

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

: 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

2124NEHancock, Portland Oregon 97212

Phone: (503) 287-5504

# 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

Street

Portland's White Bird Uncaged choreographers, Yossi Berg and Oded Graf, and their critically acclaimed work 4Men, Alice, Bach and the Deer.

Since they started collaborating in 9:30 p.m. 2005, Yossi and Oded have quickly achieved recognition both in Israel and Europe as two of Israel's most

gifted and imaginative choreogradance series concludes its current phers and dancers. They created season with the Portland debut of 4Men in 2009, and immediately their two of Israel's most talked-about 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

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

#### Friday April 15th, 2011

Urban Arts Dance Company

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

**Newmark Theater** 1111 SW Broadway, Portland, Or Show begins at 8pm

Join us for the preshow mixer at 7pm

www.urbanartsdance.com