

Arts & ENTERTAINMENT

Ocean Stewardship Film Premiere



Ocean Frontiers: The Dawn of a New Era in Ocean Stewardship will premiere on Wednesday, March 7 at 7 p.m. at the Hollywood Theater in northeast Portland during a special event with Oregon First Lady Cylvia Hayes. A question-and-answer session with ocean experts will

First Lady of Oregon Cylvia Hayes signs an Ocean Frontiers poster at the film premiere with Karen Meyer, the documentary's producer.

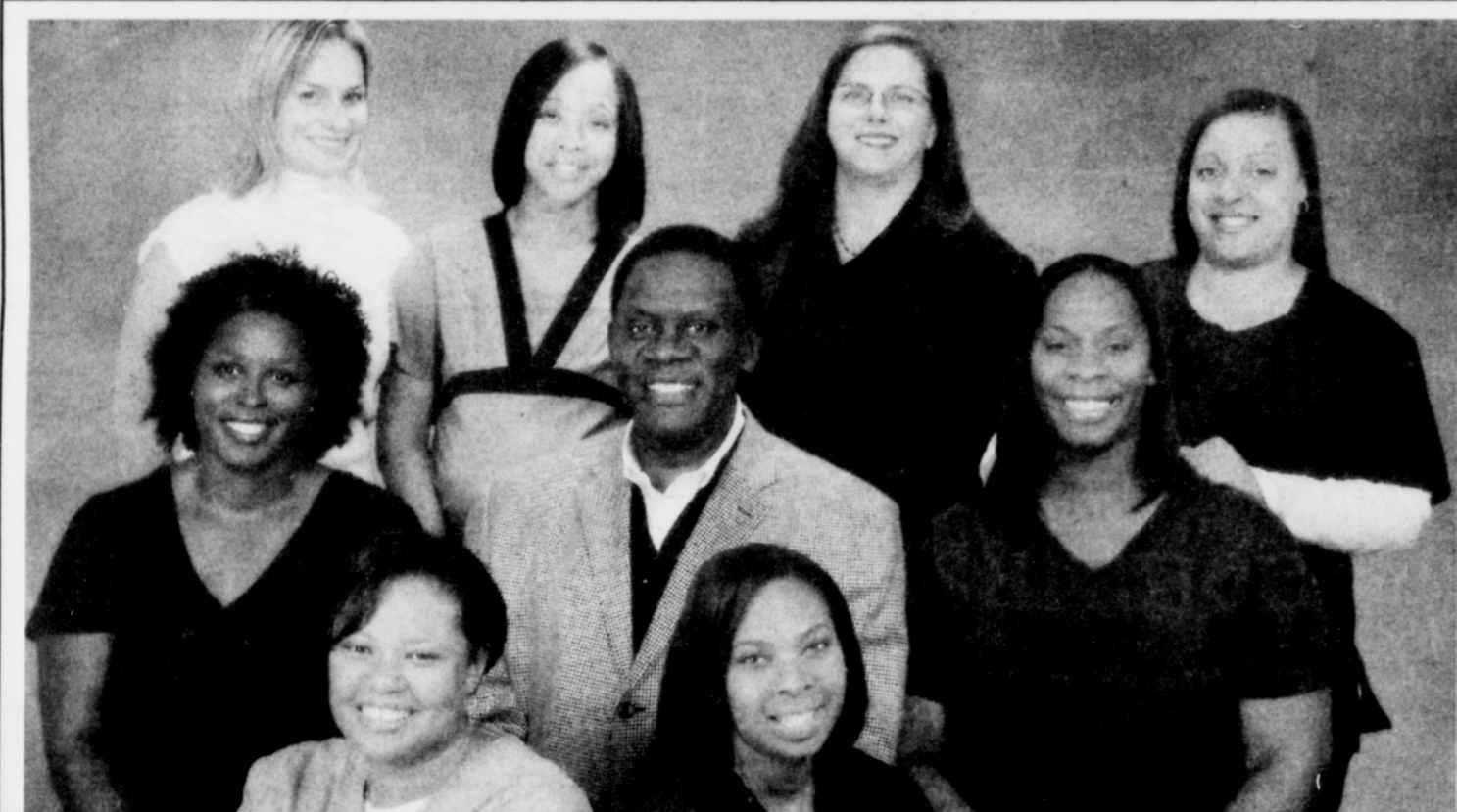
follow the film.

"We are excited to present the solution-oriented, bipartisan stories of Ocean Frontiers to the American public," said Karen Meyer, the film's executive director and producer. "This documentary clearly conveys that people across the country want to work together to sustain their coastal and ocean economies that depend on a healthy ocean."

Ocean Frontiers illustrates how holistic and collaborative ocean governance will generate solutions that work for our economic interests, as well as the environment.

To learn first-hand about an Oregon story featured in the film, Gov. Kitzhaber and First Lady Hayes recently climbed aboard a fishing vessel to tour the newly designated Redfish Rocks Marine Reserve, which is just off Port Orford.

First Lady Hayes said, "Ocean Frontiers is an important film because it shows that we can successfully restore health to our oceans and coastal communities. The stories told in this film have much to offer in protecting and restoring our oceans and the diversity of values directly linked to them around the world."



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 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you. Limit your meats and refined foods as well as

alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good night's sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually affect our entire chemis-

try. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office
2124 N.E. Hancock Street, Portland Oregon 97212
Phone: (503) 287-5504

Snakeoil and Blue Cranes



Saxophonist Tim Berne will bring music from his first studio album in eight years, Snakeoil, and join the Portland band Blue Cranes for performances Friday, March 2 at 8 p.m. at the Alberta Rose Theater, 3000 N.E. Alberta St.

The Blue Cranes create music that is as invigorating as it is disarming, working a thin line between improvisation and catchiness.

The concert is sponsored by the Creative Music Guild and KMHD. Tickets are \$12 in advance and \$15 the day of show.



Tim Berne

Jackson Doctor Denied Bail

(AP) — A Los Angeles judge has refused to release Michael Jackson's doctor on bail while he appeals his conviction for involuntary manslaughter in the pop star's death.

Superior Court Judge Michael Pastor rejected Conrad Murray's bid for bail Friday. Murray was not present.

Pastor says Murray is a flight risk and would be a danger to society if he tries to practice medicine again.

The judge says he was scared when he heard Murray say during a documentary interview that he thought it was permissible to give the anesthetic propofol in a home setting.

Jackson died of an overdose of the drug in June 2009, while in Murray's care.