

Arts & ENTERTAINMENT

Diamonds and Denim Gala

The Links to host annual benefit for scholarships

The Portland Chapter of The Links will host its Diamonds and Denim Gala on Saturday, April 28 at the Sheraton Portland Airport Hotel, 8235 N.E. Airport Way.

You're invited to wear your fanciest denims with all that glitters for a diamond studded gala that will start at 6 p.m. and end at 12 a.m. There will be a champagne reception (for patron tickets only), no-host bar, silent auction, sit down dinner, scholarship presentations, mu-

sic and dancing.

All proceeds from the gala will benefit the Portland Chapter of The Links, Inc. scholarship fund and programs.

General admission is \$60 per person and \$600 per table. The Patron Champagne

Reception is \$80 per person and \$800 per table. For tickets or other information, call 503-253-0617 or visit portlandlinksinc.org.

The Links, Inc. is a not-for-profit organization committed to enhancing the quality of life in our community. The group is committed to community service through five main facets: The Arts, Services to Youth, National Trends and Services, Health and Human Services, and International Trends and Services.

Passionate R&B Group

continued ▲ from page 11

ing Frankie Beverly Live in L.A., which served both as a retrospective of the group's remarkable career to date and a fitting close to the first chapter of the Maze legend.

Although the group has never

won any awards, they continue to attract sold-out audiences, giving them the title, "the best kept secret in the industry."

Tickets available at Fred Meyer, Soulddoutfestival.com, the PCPA Box office or call 1-800-745-3000.

Inner City Blues Festival REUNION

Saturday, April 14

MELODY BALLROOM, 615 SE Alder, doors 6:30pm, show 7pm

"HEALING THE HEALTH CARE BLUES"

We need universal, affordable healthcare for all
"EVERYBODY IN, NOBODY OUT"

FEATURING — Norman Sylvester, Lloyd Jones Struggle, LaRhonda Steele, Jim Mesi, Sonny Hess, Bill Rhoades, Lenanne Miller-Sylvester (tribute to Lady Day), Janice Scroggins, Lloyd Allen, Sarah Billings, Shohorn (sax & tap), Chatta Addy (African drums)



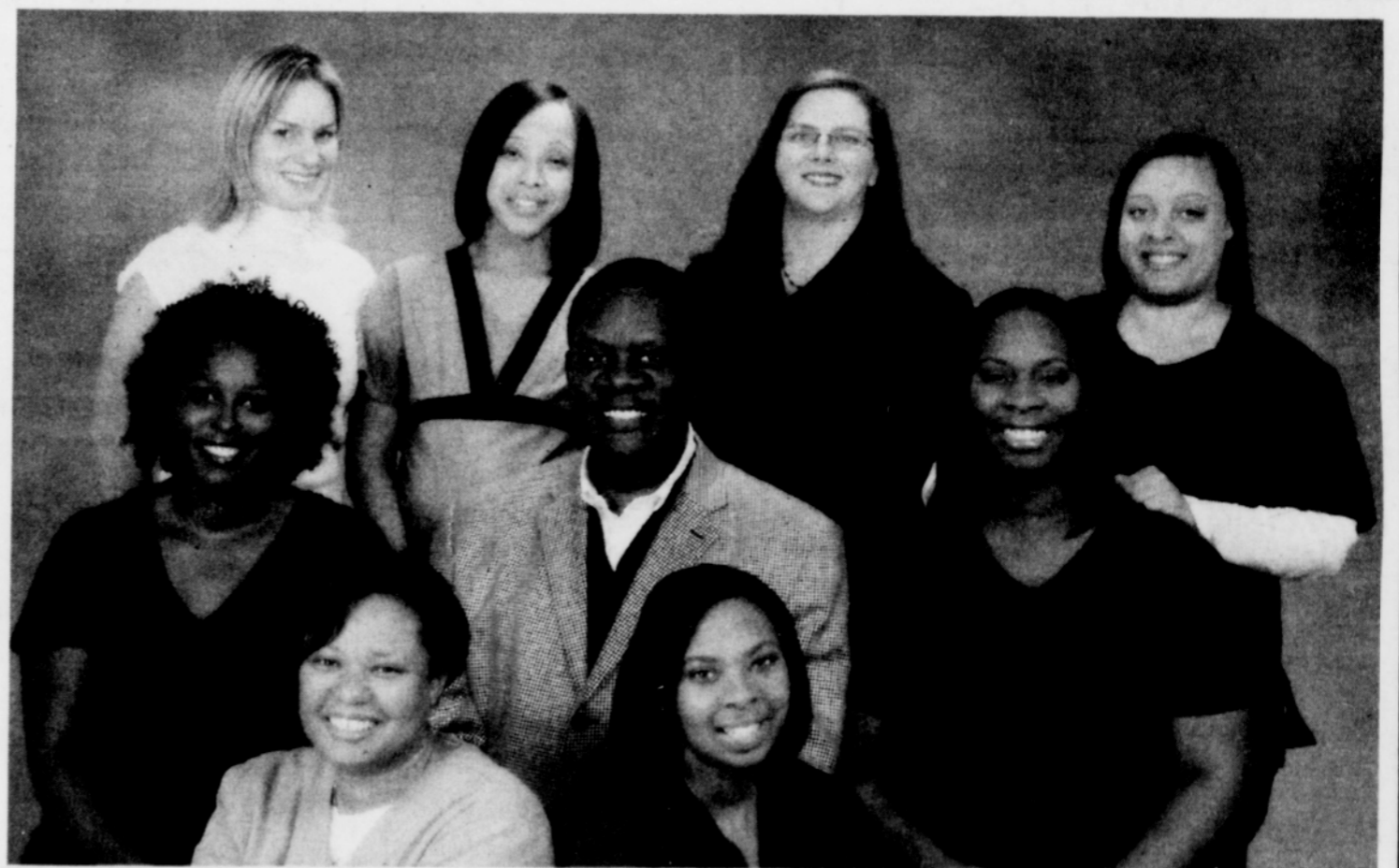
Food for sale, plus full-service bar, 21 & over
\$15 (CBA members \$1 off) —

Benefit for the

Oregon Single Payer Campaign

Co-sponsor—Cascade Blues Association

Tickets: www.ticketsoregon.com; Music Millennium, Reflections, Geneva's, Pattie's Home Plate more info www.singlepayeroregon.org or Bob Gross 503-235-9800



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

Avalon Flowers

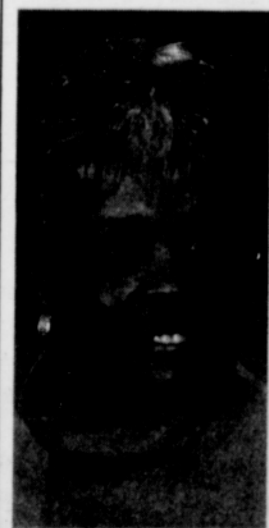
520 SW 3rd Ave., Portland, OR 97204 • 503-796-9250

A full service flower experience

- Birthdays • Anniversaries
- Funerals • Weddings

Open: Mon.-Fri. 7:30am til 5:30pm
Saturday 9am til 2pm.

Website: avalonflowerspdx.com
email: avalonflowers@msn.com
We Offer Wire Services



Cori Stewart--
Owner, Operator

THE

SPINA COLUMN™

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

Part 31. Treatment for Lower Back Injury

Q: My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

A: Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery because non-

invasive treatments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and

injuries, and who works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat you pain.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504