

Arts & ENTERTAINMENT

New Jim Crow Book Discussion

The NE New Jim Crow Study Group is hosting a panel discussion based on information from Michelle Alexander's New York Times best-selling book *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*.

Speakers include: Ricci Franks, a sociology professor at the Cascade Campus of Portland Community College; JoAnn Hardesty, a former state representative and police accountability activist; J.R. Robinson, a Seattle attorney and author of the *Crime Dog Cite Book*; his client Anthony Greer; and Nabeeh Mustafa, a former convict and prisoner's rights activist.

The free event is Thursday, July 5, from 6:30 p.m. to 8:30 p.m. at the PCC Cascade Campus, Moriarty Arts and Humanities Building, 705 N. Killingsworth St.

Bridgeport Village Concerts

Popular Northwest group Hit Explosion will perform live Thursday, July 12, as part of the Bridgeport Village Summer Concert Series.

Voted Best Live Performance Cover Band by the Northwest Music Awards Association, Hit Explosion performs authentic 70's and 80's disco and dance hits.

Taking place every Thursday from 6:30 p.m. to 8:30 p.m. through Aug. 30, the free family-friendly concerts also feature a wine and beer garden, food and a large children's play area. A portion of food and drink sales from the concerts series will be donated to the Foundation for Tigard-Tualatin Schools Bridging the Gap campaign.

Bridgeport Village is located off I-5 at exit 290 in Tualatin.



The award-winning group Hit Explosion, will open the Bridgeport Village Summer Concert Series on Thursday, July 12.

Free Summer Concert Series

Convention Center Plaza Palooza

The Oregon Convention Center has joined forces with radio station 101.9 Kink FM to offer a free summer concert series at its new Center Plaza beginning July 12 and continuing every Thursday evening from 5-7 p.m. through Aug. 30.

Located directly across Northeast Martin Luther King, Jr. Boulevard from the center's main, the series is anticipated to be a popular gathering place for friends and families to enjoy the summer weather,

exceptional live music and a distinctive food and beverage menu, Oregon beer, wine and distilled spirits will also be available for purchase.

The Center Plaza opened earlier this year as an outdoor extension of the convention center.

The line-up includes Curtis Salgado, Soul Vaccination, Pepe and the Bottle Blondes, Wheel in the Sky, Stolen Sweets, Sonny Hess, Bobby Torres Big Band, and Quarterflash.

More information on the concert series, visit oregoncc.org/PlazaPalooza.

Hotel Room Tax for Tourism

The Portland City Council has approved a Tourism Improvement District proposed by Portland hoteliers. Funds gathered by the two percent assessment on guest room nights will be allocated to Travel Portland.

"Portland's visibility in the national and international travel landscape has grown in recent years with the city receiving accolades for our tremendous culinary scene, arts

programs and outdoor activities," said Steve Jung, general manager of the Embassy Suites Portland Downtown and chair of the Travel Portland executive committee.

"The Tourism Improvement District will allow us to build on our current marketing momentum, further strengthening Portland's position as a first-choice destination," said Jeff Miller, president and CEO of Travel Portland.



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 8. CONSTIPATION:

The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is when we seemingly move our bowels regularly, but never completely eliminate everything in our colon

(large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis.

Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two, three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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