

Arts & ENTERTAINMENT

Grace Potter and the Nocturnals

Rising stars ready to rock Oregon Zoo

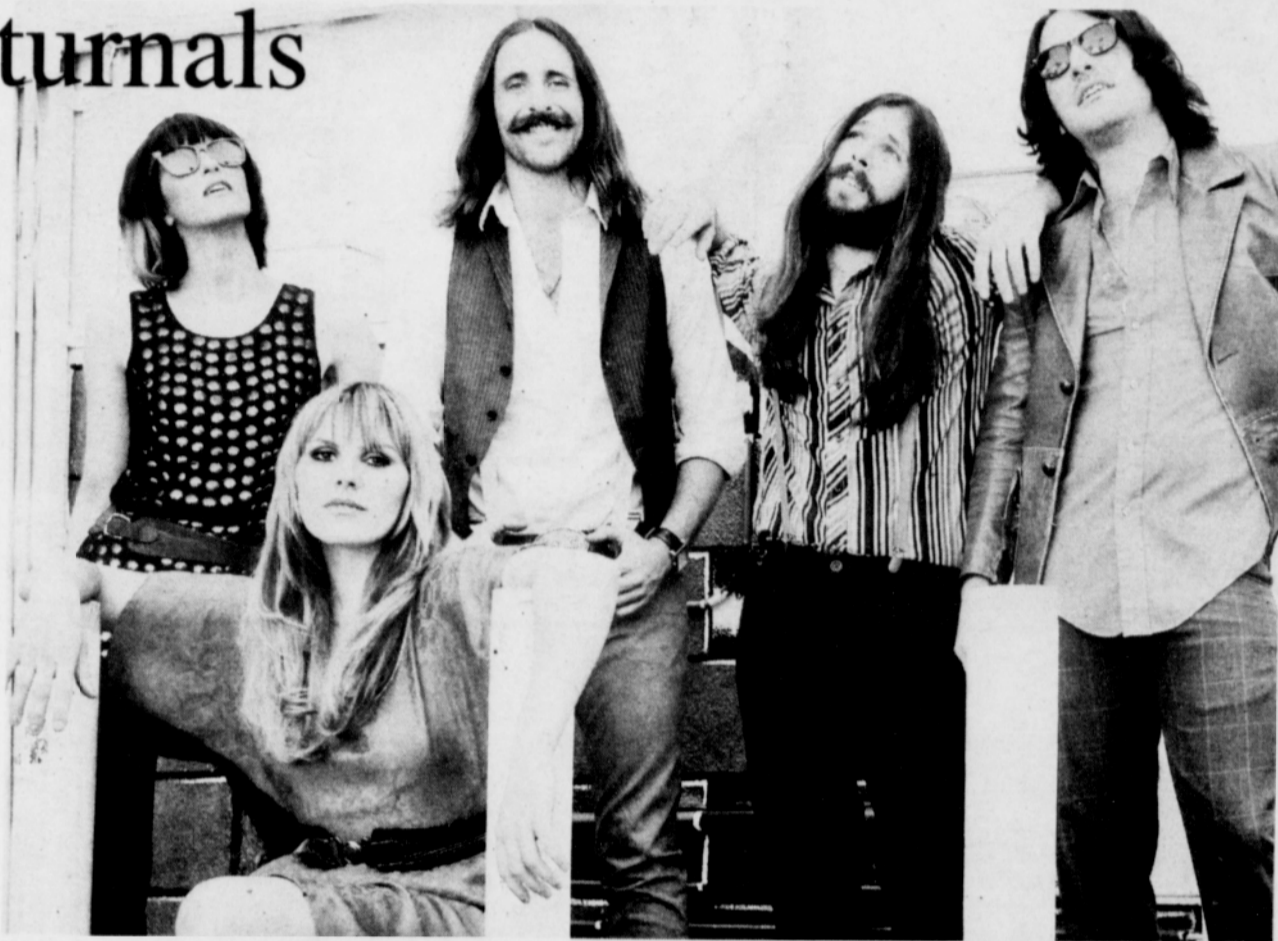
They've been billed as "a modern-day version of Tina Turner stroking the microphone in a spangled mini-dress while fronting the RollingStones" — and if that description sounds a bit over the top, well, it's definitely in the right ballpark.

Grace Potter and the Nocturnals bring their high-energy rock 'n' roll to Portland Thursday, July 19, as part of the Oregon Zoo's summer concert series presented by RegenceBlueCross BlueShield of Oregon with support from U.S. Bank and Toyota.

With fiery, soulful vocals and a blistering, blues-based rock attack, Potter and the Nocturnals have been steadily winning fans since 2002 and now seem poised for breakout success.

Opening the July 19 zoo concert is Oregon native ZZ Ward. Raised in Roseburg, Ward blends back-porch blues and hip-hop with a soulful voice and high-energy beats.

Tickets for Grace Potter and the Nocturnals are \$22 and can be purchased at the zoo during normal operating hours. Tickets can also be purchased (with service charge) at all Ticketmaster ticket centers, online at Ticketmaster.com and by phone at 800-745-3000. Purchase of a concert ticket allows entry into the zoo after 4 p.m.; the concert begins at 7 p.m.



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American Idol Tour

American Idol will bring the 10 finalists from its most recent season for a live performance on Thursday, July 19 at 7 p.m. at the Rose Garden. The singers include Colton Dixon, DeAndre Brackensick, Elise Testone, Erika Van Pelt, Heejun Han, Hollie Cavanagh, Jessica Sanchez, Joshua Ledet, Phillip Phillips and Skylar Laine.



Happy Brithday
Eslynn Ilon (20)



Happy Birthday
Andrea Ferguson



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 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in detail. Another cause, however is often

stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved. Patients come back well-

rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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