

# Arts & ENTERTAINMENT



Adventure, fun and thrills for all ages draw area residents to the Clark County Fair in Ridgefield, opening Friday, Aug. 3 and continuing through Sunday, Aug. 12.

## Clark County Fair Opens Friday

One of the summer's best attractions kicks off with the 144th edition of the Clark County Fair, opening Friday, Aug. 3 and continuing through Sunday, Aug. 12 at the

fairgrounds in Ridgefield, just north of Vancouver.

The Clark County Fair is ranked as one of the top 10 fairs in the country. This year's line-up in-

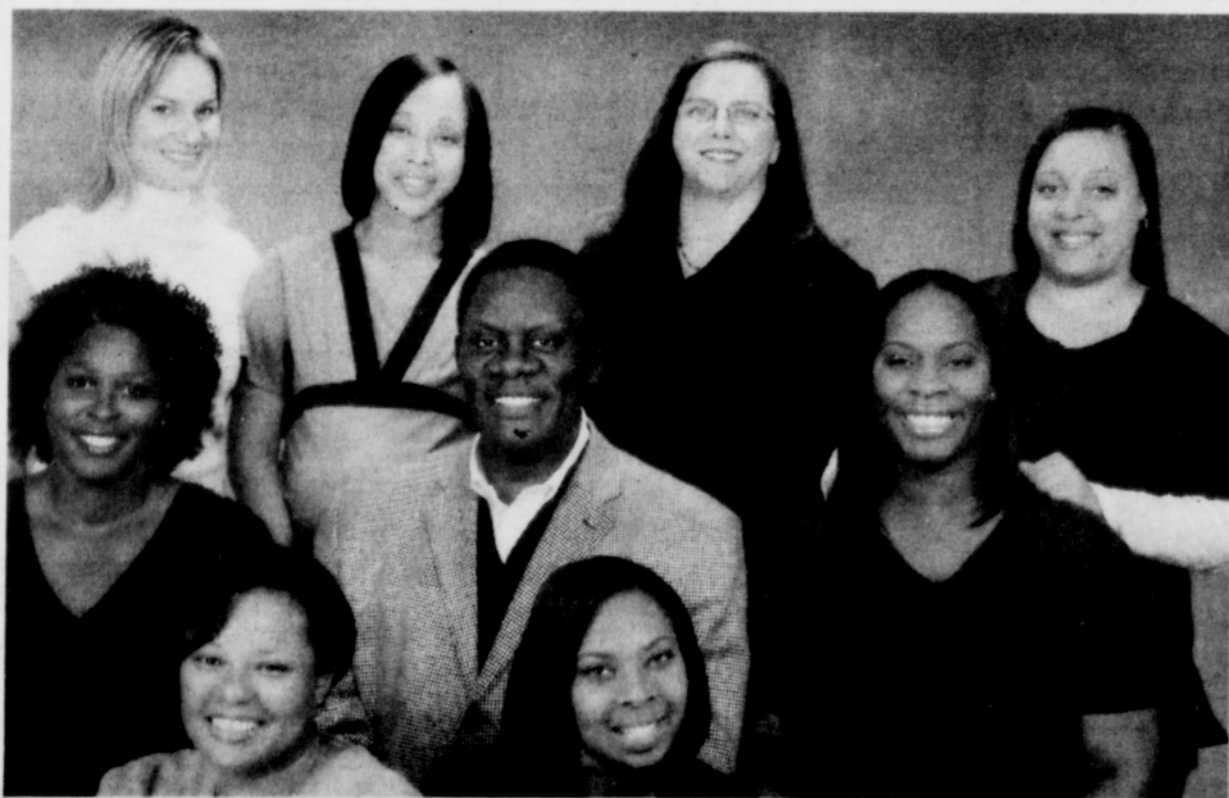
cludes a Wild West adventure called Washington Lottery's Summer's Best Goes West! Stroll through a complete western town and you might just get caught up in a wacky

bank robbery and get tossed into a simulated jail cell for some great photo-ops!

The assortment of entertainment includes a truck pull extravaganza, monster trucks, rodeo, medieval jousting and more. The musical headliners include Sara Evans (Aug. 3),

Creed (Aug. 4), the free Texaco Country Showdown (Aug. 5), Chris Young (Aug. 6), and Sublime with Rome (Aug. 7).

To buy concert tickets, which also includes fair admission, you can go to any Ticketmaster outlet.



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

### Part 12. Regular Checkups: As important to your back as they are to your eyes or teeth.

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

**A**: 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.

# THE SPINA COLUMN™

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

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504