

# Arts & ENTERTAINMENT

## Birds Eye View Festival brings people and birds together

People of all ages will get up close and personal with our avian neighbors at the 2013 Festival of the Birds. Portland Parks and Recreation hosts the free event at Sellwood Park and Oaks Bottom Wildlife refuge, Saturday, May 11, from 9 a.m. to 3 p.m.

The event will feature live birds, bird-themed arts crafts, nature walks and more. Naturalists will lead guided bird walks along the trails of Oaks Bottom all day on the half hour.

Special events will be held at the Sellwood Pool building throughout the day. Teen activities, including chocolate tasting, birding and active sports, will begin at 10:30 a.m. Northwest wildlife photographer Paul Bannick will present photographs about the connections between woodpeckers and owls at 1 p.m. The Native American dance group Danza Azteca will commence their ritual dances at 11 a.m.

Some food and birding supplies will be available for purchase.

*The Native American dance group Danza Azteca will perform their ritual dances in ornately designed feather-covered costumes at the Festival of the Birds, Saturday, May 11 at Sellwood Park and Oaks Bottom Wildlife Refuge.*



## Student Production Shines

The Mt. Hood Community College theatre department will present *One Flew Over The Cuckoo's Nest* Thursday, May 9 through Saturday, May 11 at 7:30 p.m. in the Studio Theatre. The well-known tale of mental ward mistreatments is treated to an all-student production, with Gresham High School graduate Caitlynn Didlick directing. Tickets are \$5 for students and \$10 for adults, and may be purchased online at [mhcc.edu/theatre](http://mhcc.edu/theatre) or at the box office.



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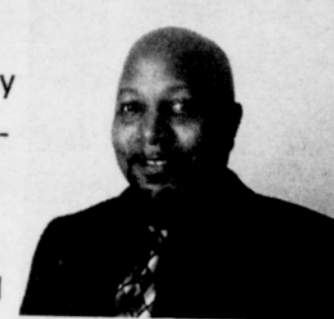
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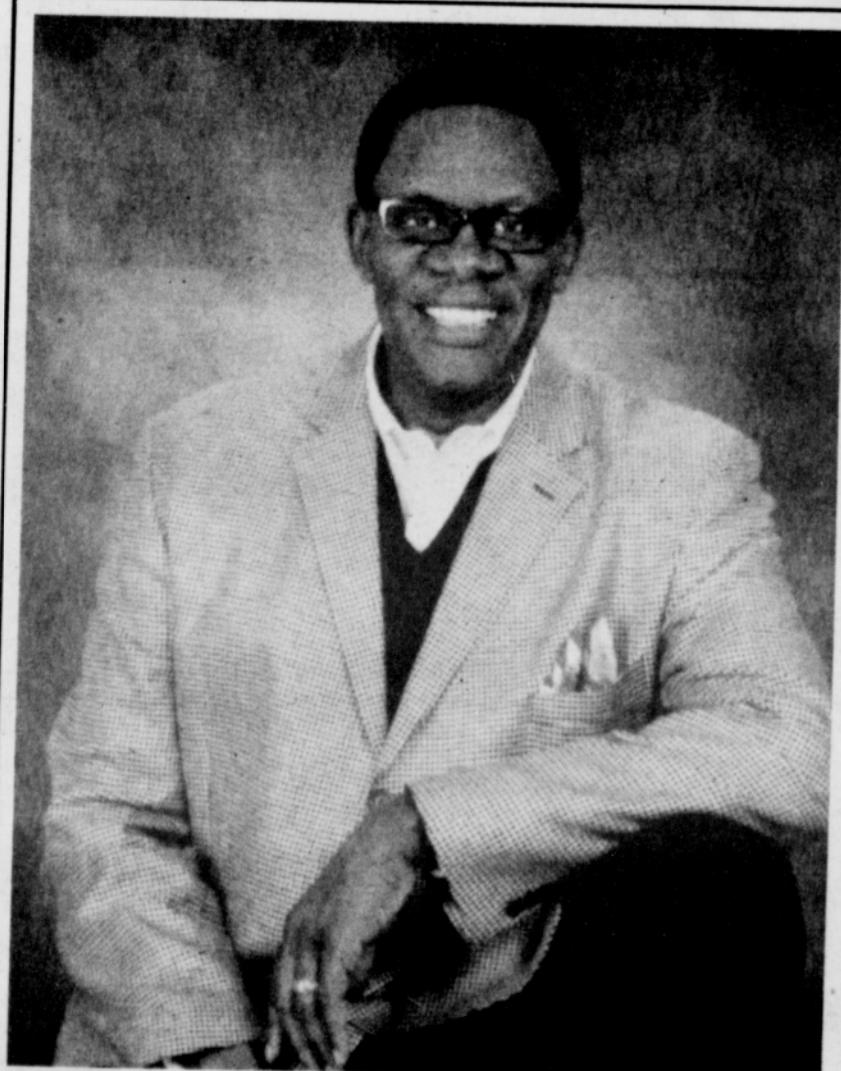
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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

**Q**: I always know when my back hurts. But I rarely know why.  
**A**: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

### Flowers' Chiropractic Office

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