

Arts & ENTERTAINMENT

'Nekked Bonz' Kick Off Tour

Local group will have you dancing

Nekked Bonz, one of the Northwest's newest, live music acts, is kicking off their first West Coast tour with a performance on Saturday, Nov. 16 at Club Reo's at Southeast 112th Avenue and Powell.

The group brings a high energy blend of rap, rock, funk and soul -- a style they call "Urban Crunch," and a form of entertainment that will have you dancing all night.

Lead singer Da'mone Batease started the band in 2010. He has over 25 years of experience in the music industry as a singer, musician, and entertainer. He is joined by Natham Seaman on lead guitar, Ernest Fredericks Sr. on bass and Yacub Webb on drums.

With support by the Oregon Music Hall of Famer and Grammy nominated artist John Smith and Valerie Day of Nu Shooz (I Can't Wait), Nekked Bonz have been busy as a featured and main act in the Portland Rose Festival, Sunday Parkways, the Martin Luther King Jr. Dream Run and other community events and festivals. The band's high energy, entertaining performances of original, infectious grooves sprinkled with some of today's hot-

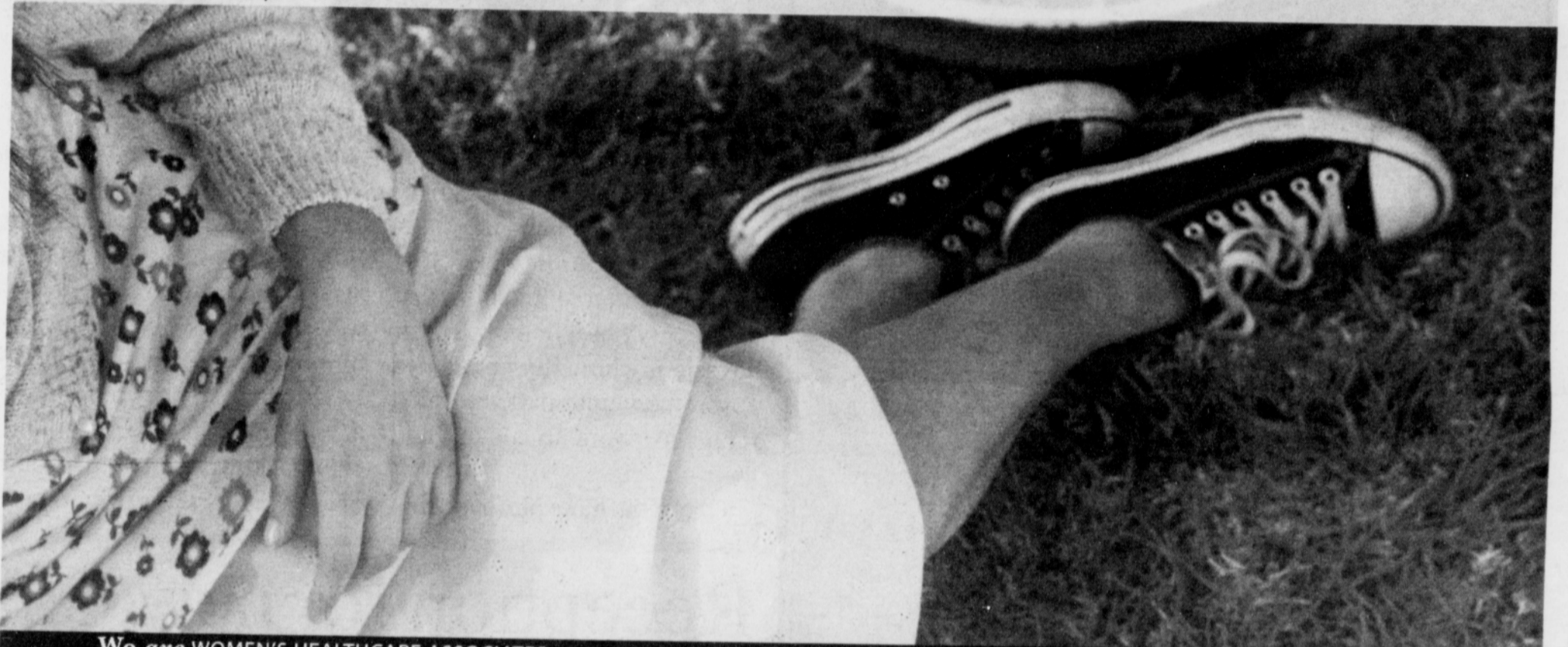
test cover tunes keeps the dance floors packed at several local night clubs in which they play frequently. The free admission, 21 and over show at Rio's will get started at 8 p.m. with special guest DJ Doc Rock.



Nekked Bonz, a local rap, rock, funk and soul group comprised of Nathan Seaman, Ernest Fredericks Sr., Yacub Webb and Da'mone Batease kick off their first West Coast tour with a performance on Saturday, Nov. 16 at Club Reo's at Southeast 112th and Powell.



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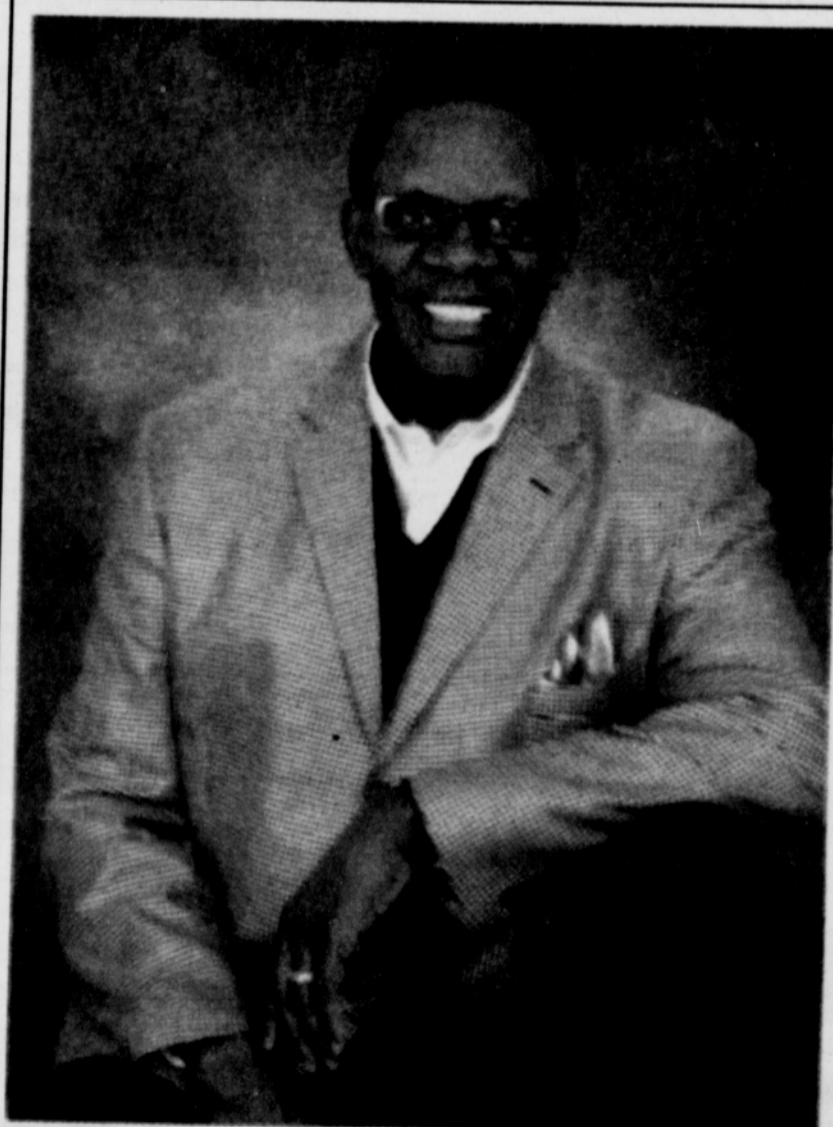
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Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause

extreme pain. Your problems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the cause of the headache. What's more,

drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

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