

Arts & ENTERTAINMENT



International Ensemble on Stage

Korean sisters Soo-Jin and Soo-Kyung Hong and Danish pianist Jens Elvekjaer created Trio Con Brio Copenhagen in 1999 to become one of the finest piano trios in the world. Presented by Friends of Chamber Music, the group will perform, Monday, March 31 and Tuesday, April 1 at 7:30 p.m. at Lincoln Performance Hall, Portland State University. For tickets, call 503-224-9842 or visit boxofficetickets.com

Terrance Feed on Sunday

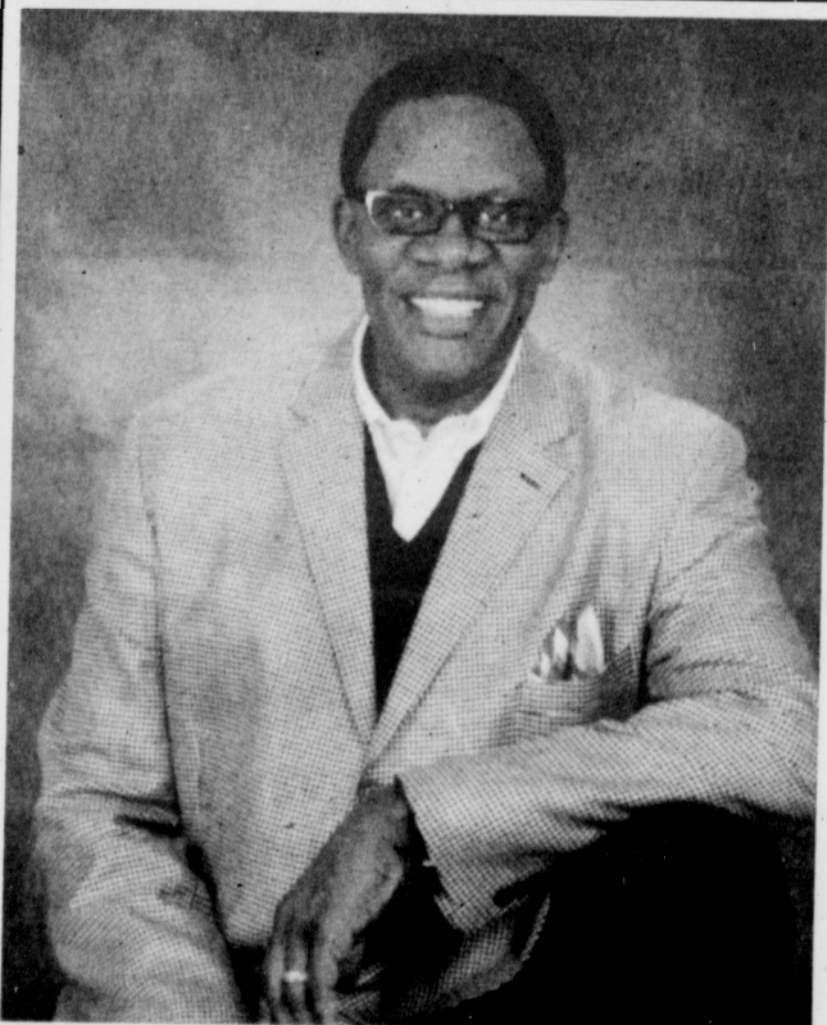
At just 4-years-old Terrance L. Burton helped raise \$1,000 with a fundraiser and community event in which 100 percent of the funds raised when to the Portland Rescue Mission.

Terrance, now 6 has chosen Portland Rescue Mission as the receiving organization for the second annual event.

The community is invited to come

out to the Rosewood Initiative, 16126 S.E. Start St. on Sunday, March 23 from 5:30 p.m. to 7:30 p.m. for light refreshments, community socialization, and live performances by renowned emcee Mic Crenshaw, as well as Speaker Minds, and more.

Cash and check donations will be welcomed. For more information, contact Rochell D "Ro Deezy" Hart at rodezy4real@gmail.com



Dr. Billy R. Flowers

Q: I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

A: As you might know, there is a tremendous amount of health research going on today Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount

of osteo-arthritis and the amount of pain a person suffers. In fact it has been found that pain and osteo-arthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis .

In Chiropractic we evaluate where

the joint and bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to , effective Chiropractic?

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504

TERRY FAMILY



2337 N. Williams Ave.

Portland, Or 97227

503-249-1788

We make the service personal,
You make the tribute personal.

Every time we arrange a personalized funeral service, we take special pride going the extra mile. With our online Memorial Obituary, now we can do even more. Friends and family can find out service information, view photos, read obituary, order flowers and leave personal messages of condolences from anywhere, anytime.

Simply go to our website.

www.terryfamilyfuneralhome.com

"Dedicated to providing excellent service and superior care of your loved one"



Dwight A. Terry
Oregon License CO-3644
Amy S. Terry
Oregon License FS-0395

THE SPINA COLUMN™

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

Part 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore