

# Arts & ENTERTAINMENT

## Jet Magazine Goes Digital



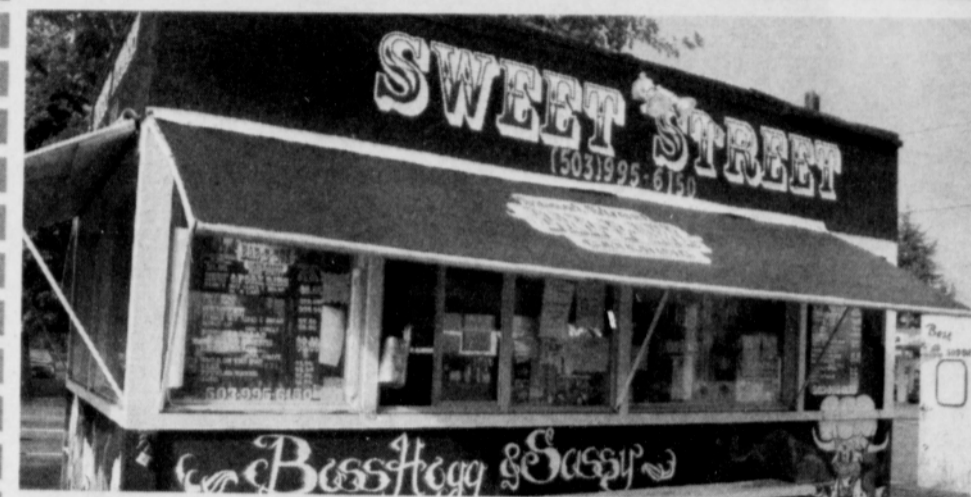
Jet magazine, which first hit newsstands at the dawn of the civil rights movement, is ceasing regular print publication and transforming into a digital magazine app.

Johnson Publishing Co., which owns Jet along with Ebony magazine, says the switch will occur at the end of June. The Chicago-based company says the move is a proactive effort to adapt to the changing needs of its readers.

Jet, conceived by Johnson Publishing founder John Johnson as a newsweekly digest for African-Americans, was founded in November 1951.

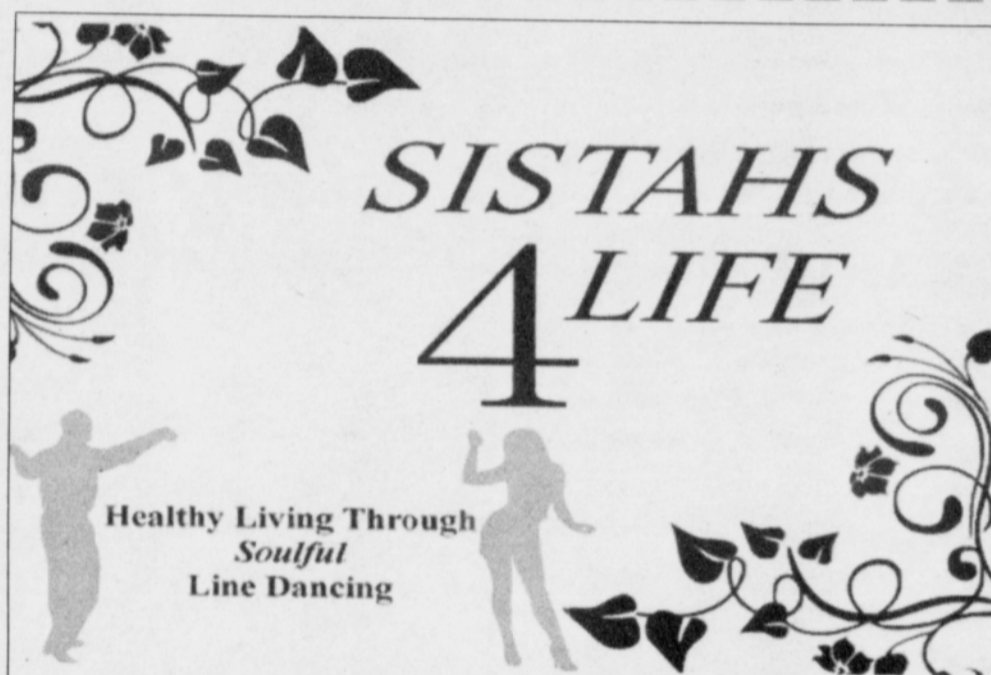
The new weekly digital magazine app will include video interviews and other digital elements. Breaking news will be updated daily and the company will publish an annual special print edition.

Jet is the No. 3 magazine in the African-American market and has about 720,000 subscribers.



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## Senior Center Throws a Party

The North Portland Senior Services Center will celebrate National Older Americans month on at the Charles Jordan Community Center, 9009 N. Foss St.

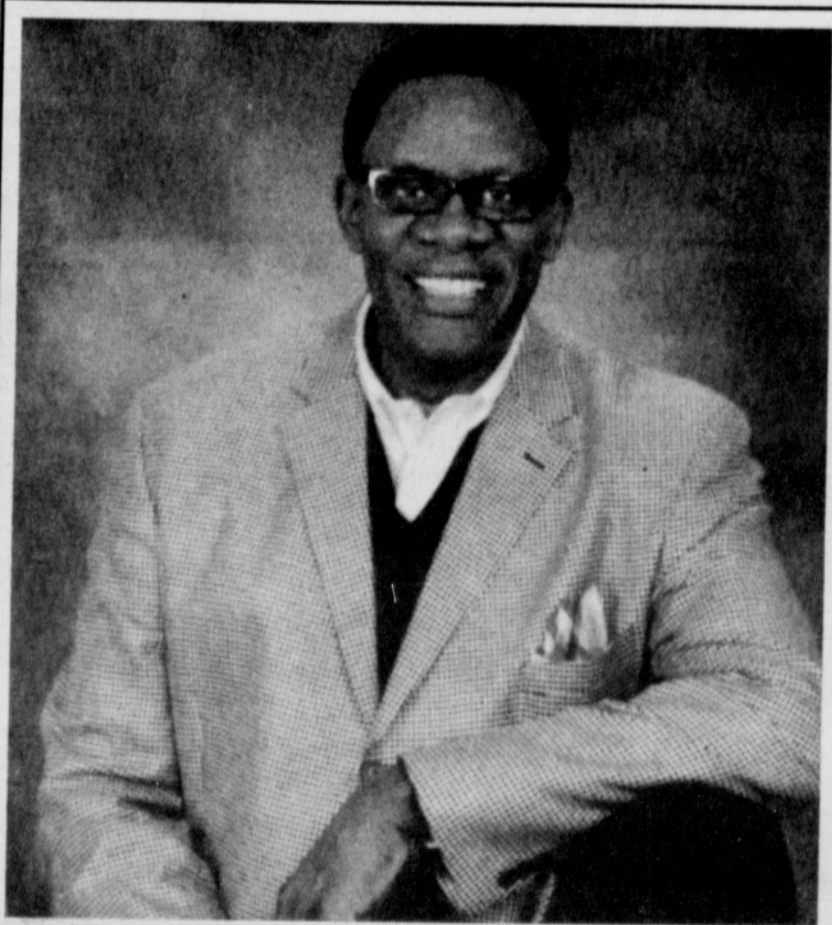
The free event will be Wednesday, May 28, from 1:30 p.m., to 3:30 p.m., and feature live music and refreshments.

"We're hoping Baby Boomers and seniors will join us for cake, appetizers and other treats," said Amber Kern-Johnson, director. "It's a time to

celebrate older Americans."

Older Americans Month was established in 1963, when only 17 million Americans had reached their 65th birthdays. In 2010, that number reached 40 million.

"The demographic of what is considered 'older' is definitely changing," Kern-Johnson said. "We see more Boomers using our services and participating in our activities. We're continually adapting to meet these needs and preferences."



Dr. Billy R. Flowers

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### Part 34. Osteoporosis and Bone Loss Reversal

**Q:** Could my golf swing hurt my back?

**A:** People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of

fitness. Most injuries of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

### Flowers' Chiropractic Office

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