

Arts & ENTERTAINMENT

Salute to a Legendary Drummer

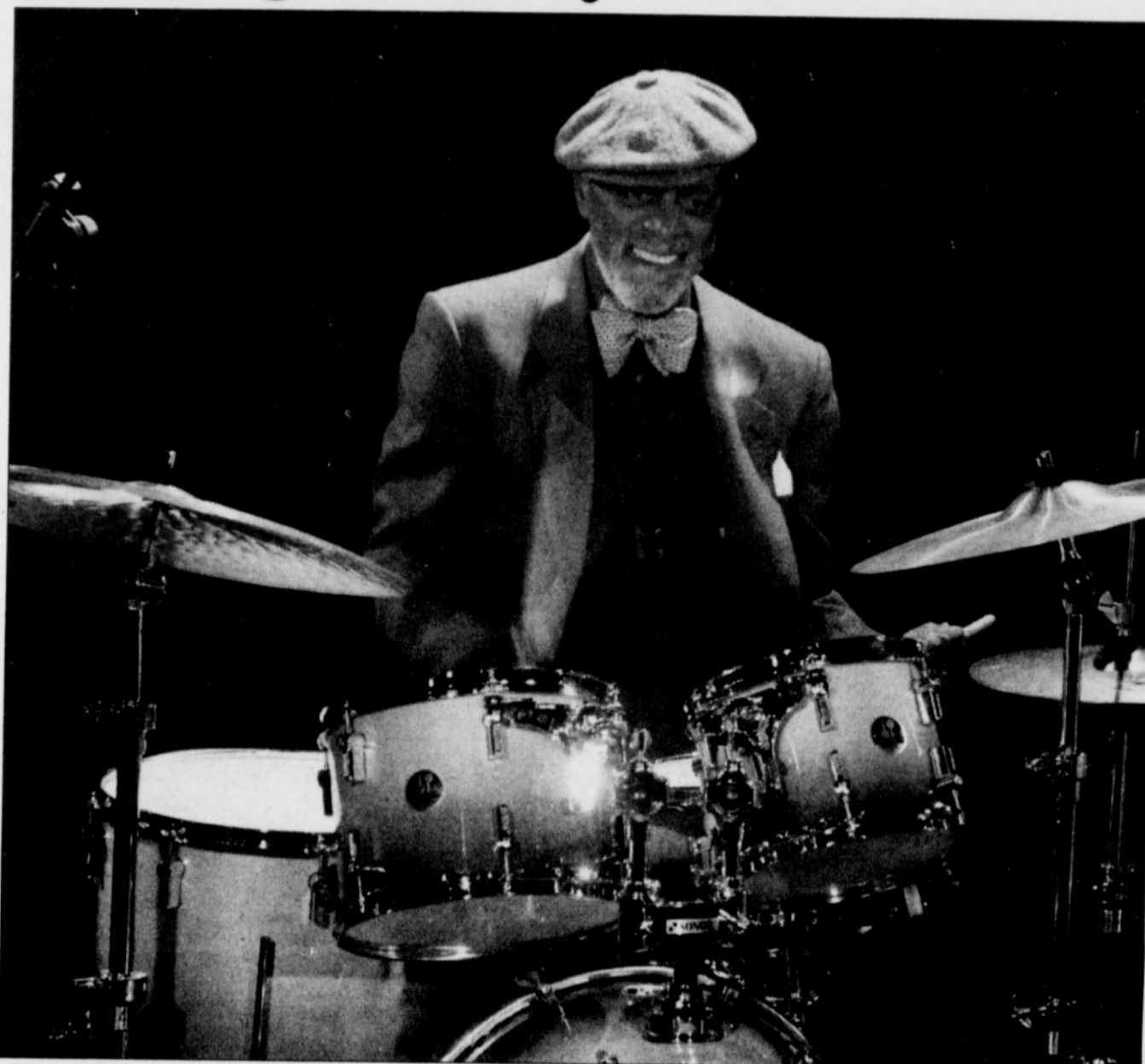
A birthday celebration concert for legendary drummer Albert "Tootie" Heath will be held on Friday May 30 at 8 p.m. at Jimmy Mak's, downtown.

Joining Mr. Heath on drums will be Chuck Israels on bass and Richard Sears on piano. The event is presented by SoulPatch Music Productions, a local company dedicated to producing world-class jazz performances in Portland.

Born on May 31st 1935 in Philadelphia, Heath was raised in a musical household as the younger brother of saxophonist Jimmy Heath and bassist Percy Heath. In pursuit of a musical career as a drummer, he moved to New York in 1957 and in a few months made his recording debut with John Coltrane for the saxophonist's first recording "Coltrane."

Tootie Heath's career reads like a who's who in jazz. He has recorded with Dexter Gordon, Sonny Rollins, Nina Simone, Bobby Timmons, Yusef Lateef, Herbie Hancock, Milt Jackson, Wes Montgomery, Billy Taylor, Mal Waldron, Cedar Walton, J.J. Johnson and countless others.

Tickets are \$22 for reserved seating and \$18 for general admission and available at tickettomato.com.



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Recruiting Community Volunteers

Alberta Main Street, a group advancing efforts to develop Alberta Street as a vibrant, creative and sustainable commercial district serving residents and visitors to the community, is looking for volunteers.



You can learn more at the next volunteer orientation on Wednesday, June 4 at 6:30 p.m. at Main Street office 1722 N.E. Alberta St.

Volunteering with the group is a great way to make an impact in your community, gain experience in a variety of areas and meet new friends.

Vernon resident Larry Holmes volunteers because it is his community. "It's a great organization. We say we are going to do something and we do it. I volunteer because I want to make Alberta Street a great place for small businesses to succeed and for residents to live, play and eat," he said.

Alberta Main Street is committed to cultural, racial, linguistic, economic and sexual diversity to achieve its mission.

For more information, call Geoff Gibson at 503-683-3252 or email geoff@albertamainst.org.



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

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Part 35. Different Benefits by Age Group

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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