

# Arts & ENTERTAINMENT

## Big Band Bash at Clark College

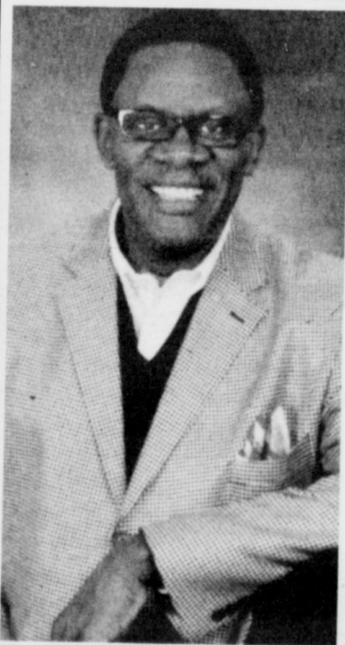
The public is invited to a free jazz and swing concert as Clark College in Vancouver hosts its third annual Big Band Bash, Saturday, June 7 at 7 pm. in Gaiser Hall Theater, 1933 Fort Vancouver Way.

The Beacock Music Swing Band, under the direction of Cary Pederson, will open up the exhilarating evening. The Lower Columbia College Jazz Ensemble under the direction of David Valdez, will also join the line-up, and the evening will finish with the nationally acclaimed Clark College Jazz Ensemble under the direction of Clark Director of Bands, Rich Inouye.

If you like big band jazz and swing this is definitely one community event you won't want to miss!



The nationally acclaimed Clark College Jazz Ensemble under the direction of Clark Director of Bands, Rich Inouye.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 36. Healing Time

out of the adjusting room. And yet, 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 (curvature 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.

**Flowers Chiropractic Office**  
2124 NE Hancock  
Portland, Oregon 97212  
Phone: (503) 287-5504

**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

### Flowers' Chiropractic Office

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