

Arts & ENTERTAINMENT

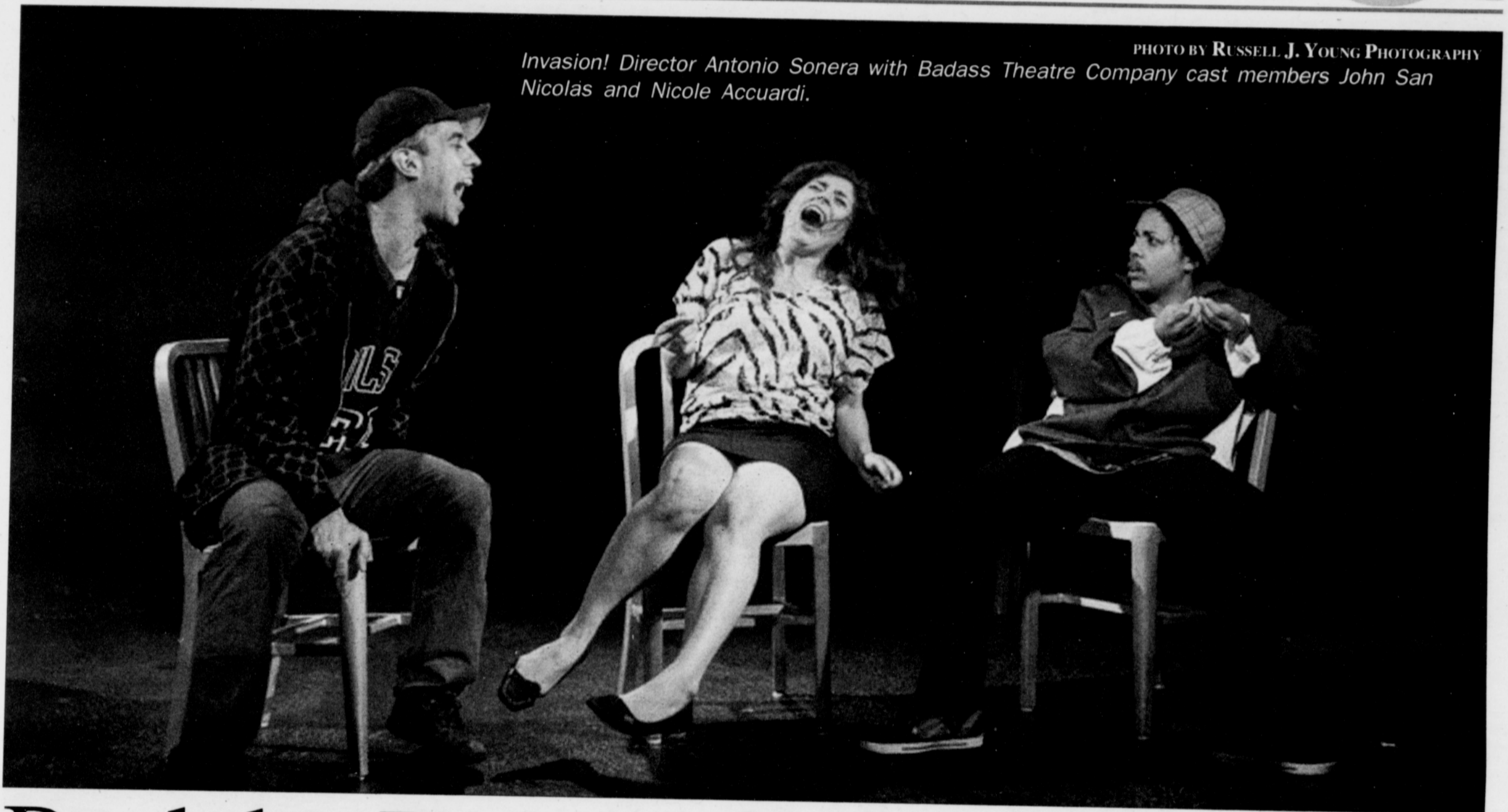


PHOTO BY RUSSELL J. YOUNG PHOTOGRAPHY
Invasion! Director Antonio Sonera with Badass Theatre Company cast members John San Nicolas and Nicole Accuardi.

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Diverse theatre group tackles race

Badass Theatre Company presents a limited engagement of the most dynamic production of last year's theatrical season, "In-

vasion!" The play was named Best Production of 2013 by the Willamette Week.

Written by Jonas Hassen Khemiri and translated by Rachel Willson-Broyles, *Invasion* is an uproarious tornado of words, images and ideas, all centered around a magical name: Abulkasem.

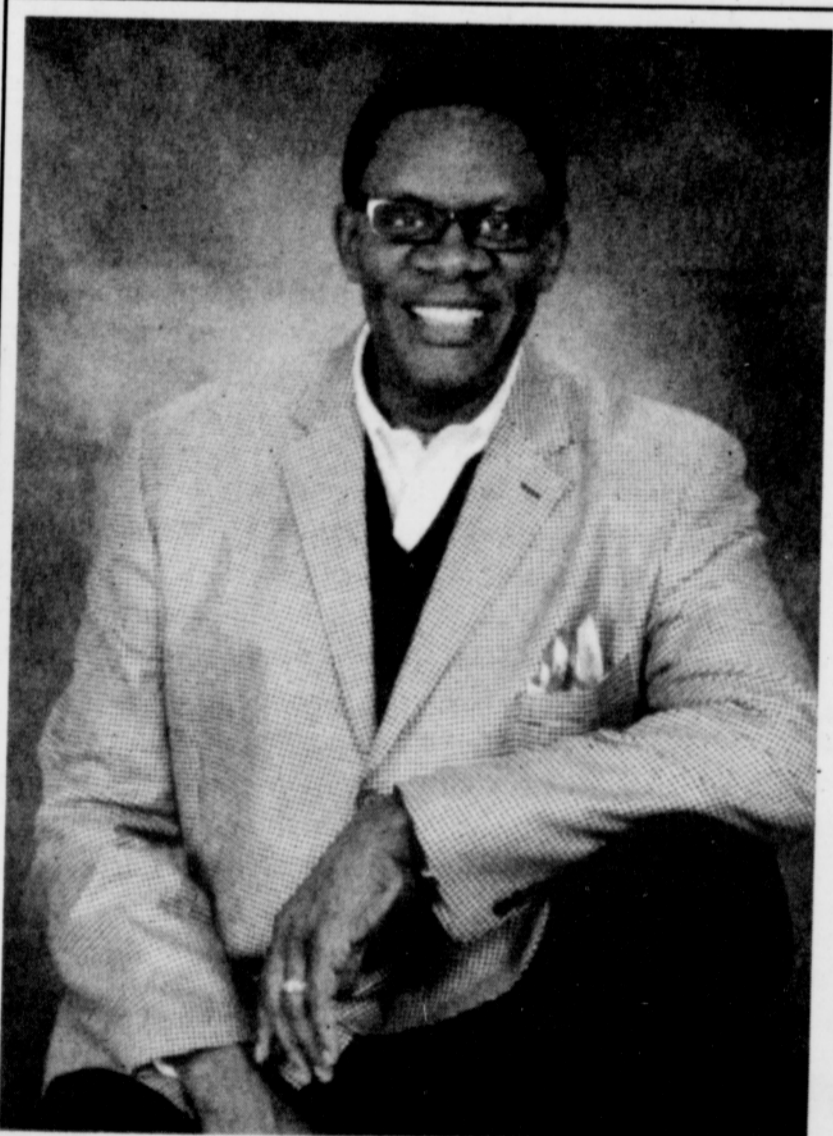
The play assaults our deepest prejudices about identity, race and language. At once hilarious, unsettling and poignant, this deeply subversive play deconstructs a threatening identity – the Arabic male – and forces us to confront our own cultural identity.

The play runs Wednesday, June 11 through

June 27 with the official opening on Friday, June 13 at Milagro Theatre, 525 S.E. Stark St.

Tickets are \$15 for students and \$20 for general admission. Visit badasstheatre.org or 503-358-4660.

Badass Theatre Company is on a mission to keep theatre accessible for all. The group was founded in 2011 by a group of Portland's most talented and diverse theatre artists who wanted to inspire and diversify the landscape of Portland theatre.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra.

To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions. By

making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office

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