

Arts & ENTERTAINMENT



Massive Book Sale Weekend

This weekend, the Fort Vancouver Regional Library Foundation is proud to host its annual massive 4-day book sale. Bookapalooza brings together over 25,000 books to be sold at extremely low costs to the general public. With hardbacks and trade paperbacks available at \$1, and mass market paperbacks available at only 50 cent, this sale is expected to bring in thousands of visitors and book collectors. Proceeds from the sale will be used to support the Fort Vancouver Regional Library District's Summer Reading Program. Bookapalooza runs from Friday, Jan. 16 to Monday, Jan. 19. The hours are 9 a.m. to 6 p.m. except on Monday, when the sale takes place from 9 a.m. to 3 p.m.

Church Hosts MLK Concert

The Community African Methodist Episcopal Zion Church in Vancouver opens its doors for a Martin Luther King Jr. Musical Tribute, Black Lives Matter.

celebrate black life and the commitment the black community has to keeping its young people alive. It will be held on Sunday, Jan. 25 at 4 p.m. The church is located at 3605 E. 13th St.

Free and open to the public, the concert will

Advertise with diversity in *The Portland Observer*
Call 503-288-0033 ads@portlandobserver.com



Cori Stewart--
Owner, Operator

Avalon Flowers

520 SW 3rd Ave., Portland,
OR 97204 • 503-796-9250

A full service flower experience

- Birthdays
- Funerals
- Anniversaries
- Weddings

Open: Mon.-Fri. 7:30am til 5:30pm
Saturday 9am til 2pm.

Website: avalonflowerspdx.com
email: avalonflowers@msn.com
We Offer Wire Services

Platinum Fade Salon

Come in and be pampered



Ashley Lewis

- Box Braids
- Hair Extension
- Relaxer
- Color
- Wash & Set
- Press & Curl
- Dredd Loc

Specializing in All Hair Types

5010 NE 9th, Unit A, Portland, Or 97211
503 284-2989



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 32. Associated Pain

Q: Is my leg pain related to my recent back injury?
A: Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this

type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

Flowers' Chiropractic Office

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