

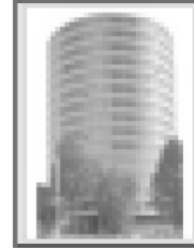
Arts & ENTERTAINMENT



Jam-Packed Evening of Fun

A large group of clowns is coming to the Fertile Ground Festival in Portland this year, but there's no need to be scared. These talented actors, all trained at the Del'Arte School of Physical Theatre, are here to delight, and inspire, and, most importantly, make you laugh. Join three companies for three acts in one jam-packed evening. Shows are Jan. 23, Jan. 24, Jan. 25, Jan. 30 and Feb. 1 at the Friendly House Community Center at 1737 N.W. 26th Ave.

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Leaving Her Past Behind

PHOTO BY TRIUMPH PHOTOGRAPHY
In a remote Irish village, a young American woman leaves her past behind to discover love and redemption in the world premiere of C.S. Whitcomb's 'The Seven Wonders of Ballyknock,' now playing through Feb. 15 at Lakewood Theatre Company in Lake Oswego. For tickets and more information, call the box office at 503-635-3901.

THE SPINA COLUMN™

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

Part 33. Osteoporosis and Bone Loss Reversal

Q: I have osteoporosis and now my back has a more "rounded" look. What is this?

A: You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance. To help stop and even reverse bone

loss:

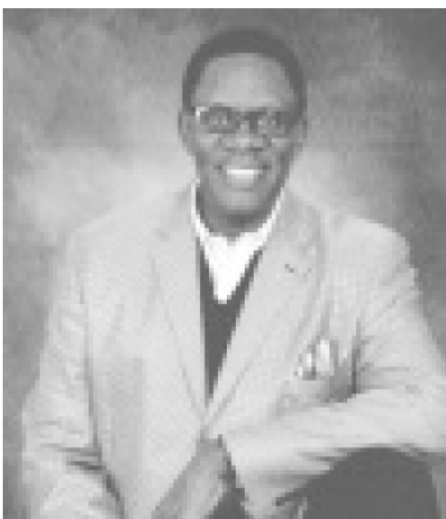
- Develop good body mechanics through exercises to improve your posture.
- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

• Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

Flowers' Chiropractic Office

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



Dr. Billy R. Flowers