

Arts & ENTERTAINMENT



Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique

926 N. Lombard
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Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
and your kitty will be pretty.*

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PHOTO BY MOLLY LUCINDA

Portland Playhouse's Nikki Weaver in a promotional image for "The Other Place," a psychological drama about dementia and the puzzles of the human brain.

Playhouse's Psychological Drama

Portland Playhouse, the community organization that has transformed an old church at 602 N.E. Prescott St. into a theater space, presents "The Other Place" a riveting psychological drama about dementia and the puzzles of the human brain.

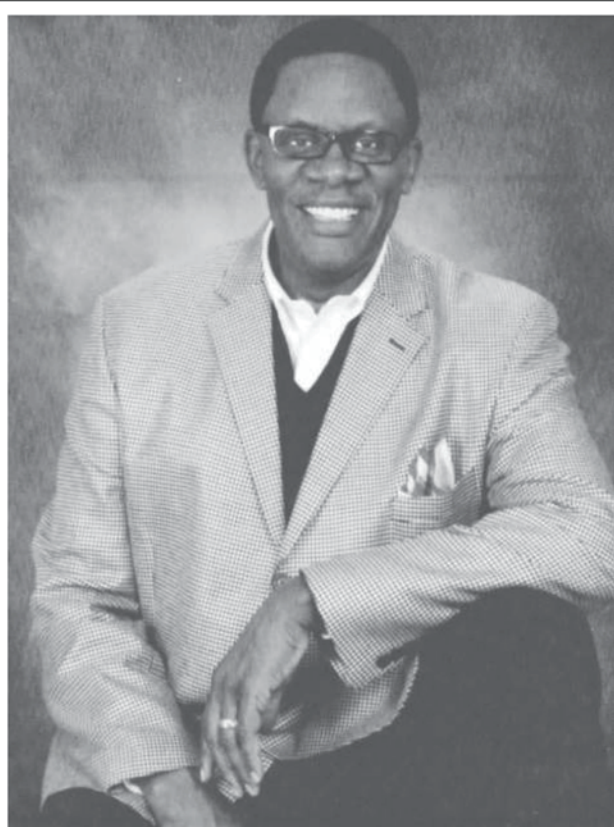
Sharr White's drama has been hailed by critics as

piercing and tonally on-target. It follows the life of a powerhouse biophysicist, wife, and mother who has achieved great success as a pitchwoman for pharmaceutical companies, specializing in drugs that combat dementia. But after an episode of minor confusion, she discovers that she might

be suffering from medical troubles that painfully resemble the focus of her research.

The show opens Saturday, March 21 with previews on March 18, 19, and 20 at 7:30 p.m. and runs through April 12.

For tickets and more information, visit portlandplayhouse.org.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

Q: I hear a lot about stress these days. Just how serious is it?

A: Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

Q: I have a very stressful job. How can Chiropractic help me?

A: Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working properly. What's more, today's Chiropractors can also help you with

natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504