

Arts & ENTERTAINMENT

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and your kitty will be pretty.*

Novel brings up issues of addiction and fear

BY JAMONDRIA HARRIS

The broken shadows of the black American Dream is the setting of James Hannaham's new novel "Delicious Foods" (Little Brown), bringing up issues of addiction and fear.

The novel follows the descent of an African-American family into the bare horror of the afterlife of slavery in its modern attachments to the black body. Hannaham's darkly satirical combination of allegory, magical realism, and southern gothic drives a love triangle between a widowed mother, her wayward son, and her addiction to crack.

The journey takes them to a drug rehabilitation work camp that resembles a slave plantation, where both are subjected to multiple forms of violence that attempt to physically and emotionally strip from them what little sense of their own humanity they have left.

The love between mother and son binds them in an inexorable orbit around and into places of intense degradation. "Delicious Foods" resonates with a sharp, incisive love honed ever sharper and finer by struggle.

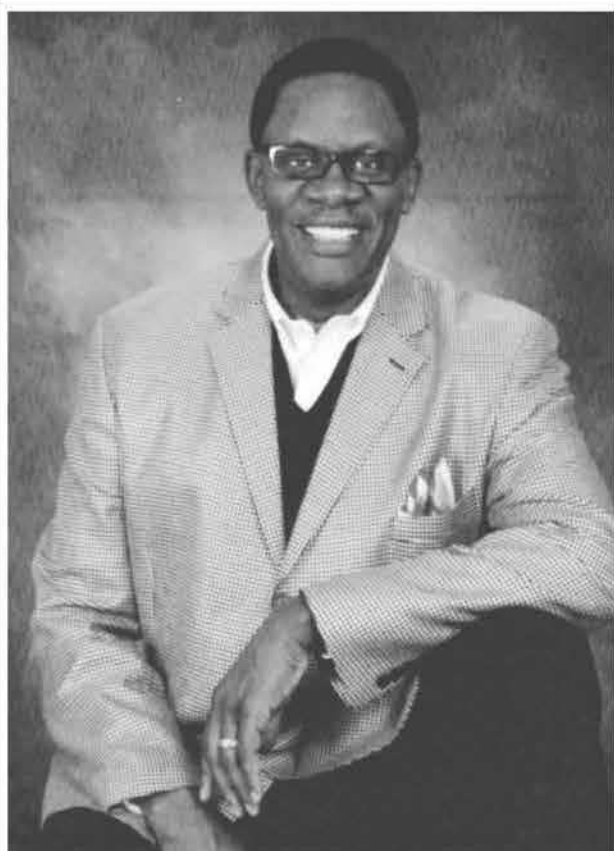


James Hannaham

James Hannaham, whose first novel, "God Says No", was honored by the American Library Association, will be at Powell's City of Books on Wednesday, March 25 at 7:30 p.m. to give a free read-

ing. He will open up for questions and answers afterwards.

Jamondria Harris is a Portland poet and artist. She is the founder of the Portland's Afro-futurist art collective, Solar Throat.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

Q: How bad an accident does it take to actually cause whiplash?

A: While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

Q: How can I tell if whiplash has happened to me?

A: Whiplash often exhibits symptoms such as a sore neck,

arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

Q: What should I do if I've had a fall or a car accident?

A: Don't take any chances. Schedule a complete chiropractic

exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

Flowers' Chiropractic Office

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