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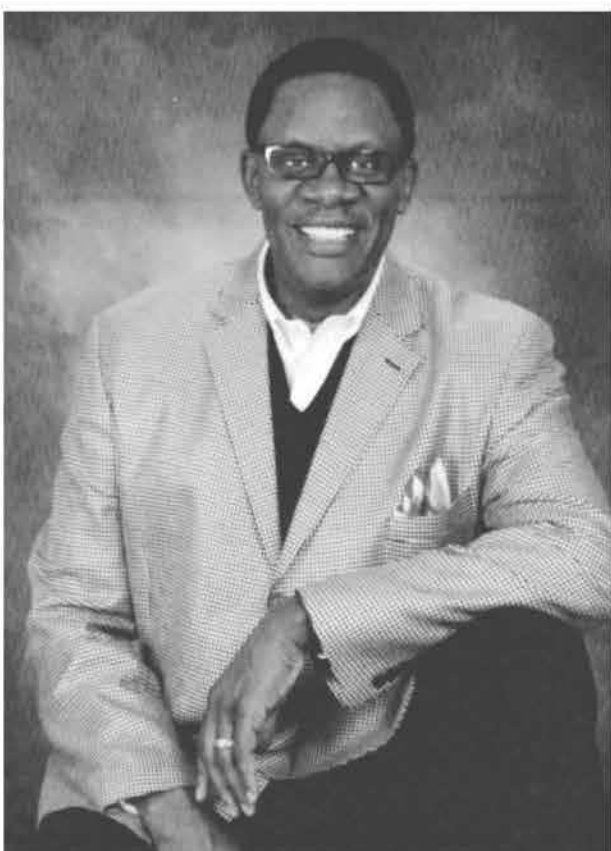
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Dr. Billy R. Flowers

**The Miracle Worker --** The Artists Repertory Theatre presents a soul-stirring show



about the life and struggles of activist and author Helen Keller. "The Miracle Worker," is one of the most triumphant stories of the human spirit ever told. Shows now playing through Sunday, Jan. 17 on the Alder Stage at 1516 S.W. Alder St. For more information, visit [artistrep.org](http://artistrep.org) or call 503-241-1278.

**Used Book Sale --** Vancouver Regional Library Foundation is hosting a three-day used book sale with over 25,000 books on Thursday, Friday, and Saturday, Jan. 14-16. Bookapalooza '16 will be held from 9 a.m. to 6 p.m. on all three days in Library Hall, located downstairs at the library foundation headquarters, the former Vancouver Community Library building at 1007 E. Mill Plain Blvd.



**Back by Popular Demand --** The musical "The Book of Mormon," a religious satire co-created by the makers of South Park returned to Portland this week with shows playing at Keller Auditorium through Sunday, Jan. 24. A winner of nine Tony awards, the play tells the story of two naïve and optimistic missionaries who have trouble connecting with their villagers in Uganda who are more worried about war, famine, poverty, and AIDS than about religion.

**Holy Trinity Tribute Night --** On Saturday, Jan. 23 at 9 p.m. at the Holocene, 1001 S.W. Morrison St., celebrate your three favorite black pop divas by dancing the night away to 'The Holy Trinity' – Beyoncé, Rihanna, and Nicki Minaj who will be on play all night courtesy of DJs Ronin Roc and Freaky Outty. Enjoy a free R&B themed photo booth all night and come dressed commemorating your fa-

## ENTERTAINMENT GUIDE

vorite of the three ladies to help judges decide at the end of the night who is truly the queen of queens. Cover is \$10.

**Norman Sylvester --** Boogie Cat Norman Sylvester performs Friday, Jan. 15 at the Rogue Pub in North Plains; Saturday, Jan. 16 at Jimmy Mak's; Friday, Jan. 22 at Clyde's; and Saturday, Jan. 23 at Solae's Lounge.



**American Drama Masterpiece --** Lakewood Theatre Company in Lake Oswego presents "Golden-Boy," the Clifford Odets drama masterpiece about a young violinist who gives up his career for a chance at immortality in the boxing ring. Performances continue through Feb. 14. Order tickets online at [www.lakewood-center.org](http://www.lakewood-center.org).



**Music Millennium Free Shows --** The Music Millennium, 3158 E. Burnside, hosts in-house live performances. Enjoy free music and the opportunity to meet artists. Call 503-231-8926 for a schedule.

**Fourth Sunday Jam Night --** A friends and family variety comedy show in a Saturday Night Live format with local recording and performing artists, bands, dance crews, poets, and drama groups, takes place each fourth Sunday of the month at 7 p.m. at Celebration Tabernacle, 8131 N. Denver Ave. The free event is open to the community.

**Discount Tickets --** Local low-income families and individuals can purchase \$5 tickets to classical musical performances in Portland as part of a unique program called Music for All. Participating organizations include the Oregon Symphony, Portland Opera, Oregon Ballet Theater, Chamber Music Northwest, Portland Youth Philharmonic, Portland Baroque Orchestra, Friends of Chamber Music, Portland Chamber Orchestra, Portland Piano International, Portland Symphonic Choir, Cappella Romana and Portland Vocal Consort.

## 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**