

# Arts & ENTERTAINMENT



The search for candy eggs during the Oregon Zoo's annual spring celebration, Rabbit Romp. This year's event takes place Saturday, March 26, from 9 a.m. to 3 p.m.

PHOTO BY MICHAEL DURHAM, COURTESY OF THE OREGON ZOO.

## Eggs-citing Time for Kids at the Zoo

Eggs-citing times are in store Saturday, March 26, when the Oregon Zoo hosts its annual Rabbit Romp, a celebration of spring geared toward families. Rabbit Romp is free with regular zoo admission.

Rabbit Romp features candy "egg" hunts every 15 minutes between 9 a.m. and 3 p.m. Children

ages 3 to 10 are invited to hunt for eggs, candy and prizes. Toddlers 2 and under can participate in a special hunt organized especially for them. Guests should bring their own baskets to collect the treats.

Rabbit Romp festivities also include pettable animals at the Family Farm, bunny crafts, games, photo opportunities, KIND snack

samples, plus a free prize wheel with fun giveaways and information about how to save for college, hosted by the Oregon College Savings Plan.

General zoo admission is \$11.50 (ages 12-64), \$10 for seniors (65 and up), \$8.50 for children (ages 3-11) and free for those 2 and younger.

## Director Shares Short Works

Portland filmmaker and educator Jodi Darby has been making festival rounds with her award- which she co-directed with Julie Perini and Erin Yanke. Darby will join audiences at the Northwest Film Center to present a program of some of her earlier short works, including *Stonewall* (2010), an essay film exploring the American Civil War through a queer lens; *100 Suns* (2011), a found footage work utilizing film from a Los Alamos nuclear testing lab and set to a score by Marisa Anderson; *Man Movie* (2013), a deconstructive look at male-centric cinematic action, and *Constellation* (2014), a visual documentary exploring the border wall between the US and Mexico and the ideological divide it represents for the two cultures on either side of the fence. Darby will introduce the program scheduled for Wednesday, March 30 at 7 p.m. at Whitsell Auditorium located in the Portland Art Museum.



## Making Career Connections

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and career opportunities included are as diverse as the job seekers attending. Employers will be hiring for a large range of positions in a large range of fields and will be looking for people of all experience and skill levels.

Recruiters from federal, state, county, and city governments will be there. Paid apprenticeship programs like roofers, waterproofers, electricians, and carpenters will be represented. Nonprofit

organizations will also be recruiting. Job seekers and career changers of all experience and skill levels are encouraged to attend.

This event is free and open to the public and conveniently located at the DoubleTree Hotel near Lloyd Center with transportation access by both MAX and TriMet bus stations.

The Urban League of Portland, founded in 1945, helps empower African Americans and other Oregonians to achieve equality in education, employment, and economic security.

**Tee it up fore Fun!**

**Leisure Hour Junior Golf Program Presents**

**2nd Annual Auction Dinner and Dance**

Saturday May 7th, 2016

Doors Open at 5:00 PM Silent Auction  
Dinner and Oral Auction 7:30 PM

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**Tee it up fore Fun!**

**FEATURING**

DJ Michael Morris

**\$50 Per Person**

Includes:  
Dinner • Dance  
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Doors Open at 5:00 PM Silent Auction  
Dinner and Oral Auction 7:30 PM  
Dance Immediately Following

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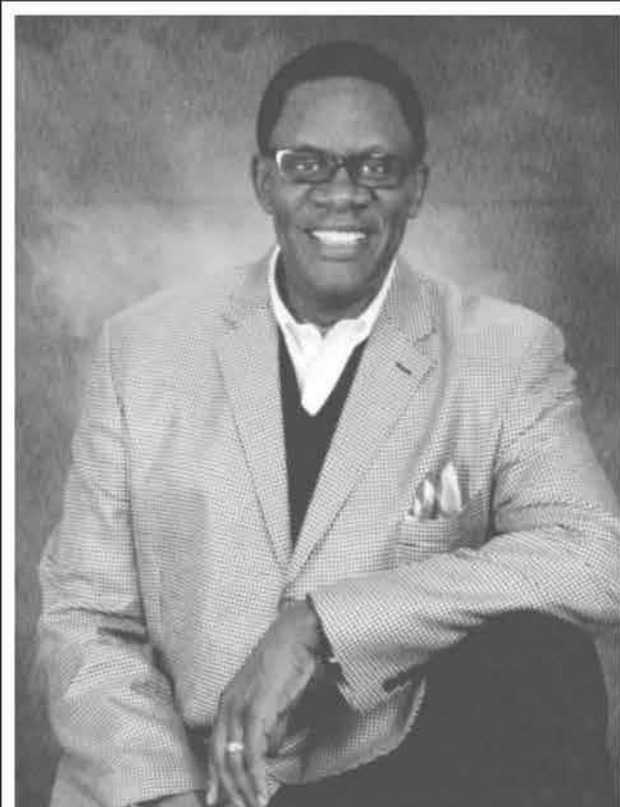
**FEATURING**

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Dr. Billy R. Flowers

## THE SPINA COLUMN™

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### Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

**Q:** I always know when my back hurts. But I rarely know why.  
**A:** Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

### Flowers' Chiropractic Office

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