



The 10th annual Billie Holiday Tribute Night comes to the Alberta Rose Theater on Saturday, April 16, sponsored by Siren Nation, the local nonprofit that showcases and creates performance opportunities for women.

A Tribute to Billie Holiday

Siren Nation, a local nonprofit impact. Her vocal style, strongly feature performances by Carra that showcases and creates performances opportunities for women, presents Lady Sings the Blues, the 19th annual Billie Holiday Tribute Night to showcase one of the greatest jazz singers and songwriters of our time.

and songwriter who had a huge Theater in northeast Portland will

inspired by jazz instrumentalists, pioneered a new way of manipulating phrasing and tempo. Above all, she was admired all over the world for her deeply personal and intimate approach to singing.

The event on Saturday, April "Lady Day" was a jazz singer 16 at 8 p.m. at the Alberta Rose benefitting the 2016 Siren Nation

Barratt, Emily Overstreet, Mia Nicholson, The Dolly Partners (featuring Shelley Short and Alia Farah), Lenore, Kris Deelane, Phoebe Spier, Ezza Rose, Josie Seid and more!

Tickets are \$15 with proceeds Festival



The legacy of jazz trumpeter Clifford Brown is celebrated by PDX Jazz.

Legacy of Jazz Celebrated PDX Jazz short-lived period of Portland history post World War II when there was

sponsors concerts, Jazz Town movie

PDX Jazz celebrates Jazz Appreciation Month in April with a slate of events beginning with a tribute to iconic jazz trumpeter Clifford Brown named after his signature tune, "Joy Spring." The performance, featuring Charlie Porter, a Seattle area trumpeter, will be held Thursday, April 14 at 7:30 p.m. at the Alberta Abbey, N.E. Alberta St.

"Jazz Town," a film premiere produced by Eric Cain as part of OPB's "Oregon Experience" will screen on Thursday, April 21 at 7 p.m. at the Moriarty Auditorium at North Killingsworth and Albina Avenue on the Portland Community College Cascade Campus.

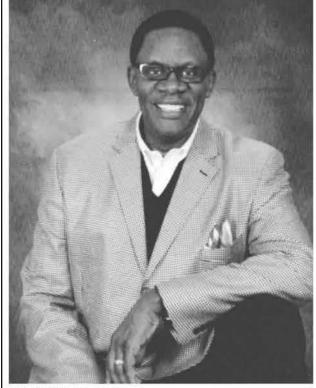
The film explores a vibrant but events.

an eruption of music and nightlife with black clubs on North Broadway and Williams Avenue. Presented largely through first-hand accounts as told by local residents, the program will showcase the kinds of music and the parade of musicians that put Portland on the "jazz map."

On Sunday, April 24 at 3 p.m. at Alberta Abbey, PDX Jazz will recognize founding board member and life-long jazz advocate Wayne Thompson, who died earlier this year, with a musical celebration of life concert.

Then on Saturday, April 30 at 4 p.m., the Incredible Journey of Jazz under the direction of Darrell Grant, will present a music program designed for students to tell the story of jazz music, also at the Alberta Abbey

For a complete list of the upcoming shows, visit pdxjazz.com/



Dr. Billy R. Flowers

An ongoing series of questions and answers about America's natural healing profession. Part 18. Chiropractic And Prevention: Life doesn't have to be a series of emergencies anymore

THE

: It seems that I am always and irritated, the immune system cannot amazed at the energy you have with sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

: Constant colds and influ-Aenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If you nervous system is stressed

work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress better. And you'd be

preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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