

Arts & ENTERTAINMENT



CANNON'S
RIB EXPRESS

Catering & Take-Out

Chicken • Pork Ribs • Beef Ribs
Our Specialty: Real Hickory Smoked Bar-B-Q
Wayne Cannon (Proprietor)

Mon-Thur 11:30am-9:00pm • Fri-Sat 11:30am-11:00pm • Sun 1:00pm-7:00pm
5410 N.E. 33rd 503-288-3836



The Jacksons with brothers Jackie, Jermaine, Marion and Tito will perform live in concert at Chinook Winds Casino in Lincoln City, May 20 and May 21.

The Jacksons at Chinook Winds

The Jacksons are live in concert in Lincoln City, Friday and Saturday, May 20 and 21 performing at 8 p.m. at Chinook Winds Casino.

Adored by millions of fans the world over, the Jacksons forever changed the landscape of popular music. When siblings Jackie, Jermaine, Marlon, and Tito Jackson rose to fame with their late brother Michael in the 1970s, they in-

stantly became an unstoppable global sensation.

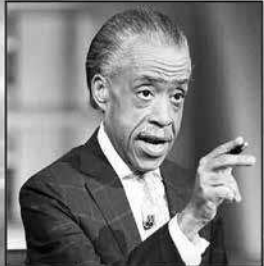
The Jacksons' unique brand of soulful pop-funk, their lengthy catalogue of hits, and their impeccable live performances have made them one of the most beloved musical acts of all time.

Tickets are \$50-\$65 and are on sale now. Call 1-888-MAIN-ACT or visit online at chinookwindscasino.com.


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MONDAY - FRIDAY	SUNDAY
12 Midnight - 3 A.M. MIKE SHANNON	12 Midnight - 3 A.M. MIKE SHANNON
3 A.M. - 7 A.M. TOM JOYNER	3 A.M. - 6 A.M. TOYA BEASLEY
7 A.M. - 10 A.M. TONI TERRELL	6 A.M. - 12 NOON SUNDAY MORNING GOSPEL WANGELA
10 A.M. - 1 P.M. REV. AL SHARPTON (KEEPING IT REAL)	12 NOON - 1 P.M. HIGHLAND C.C. LIVE BROADCAST
1 P.M. - 3 P.M. KENNY SMOOV	1 P.M. - 4 P.M. PAPA SMURF
3 P.M. - 7 P.M. D.L. HUGHLEY	4 P.M. - 12 Midnight DOUGLAS WILLIAMS
7 P.M. - 9 P.M. PAPA SMURF	
9 P.M. - 12 Midnight MIKE SHANNON	



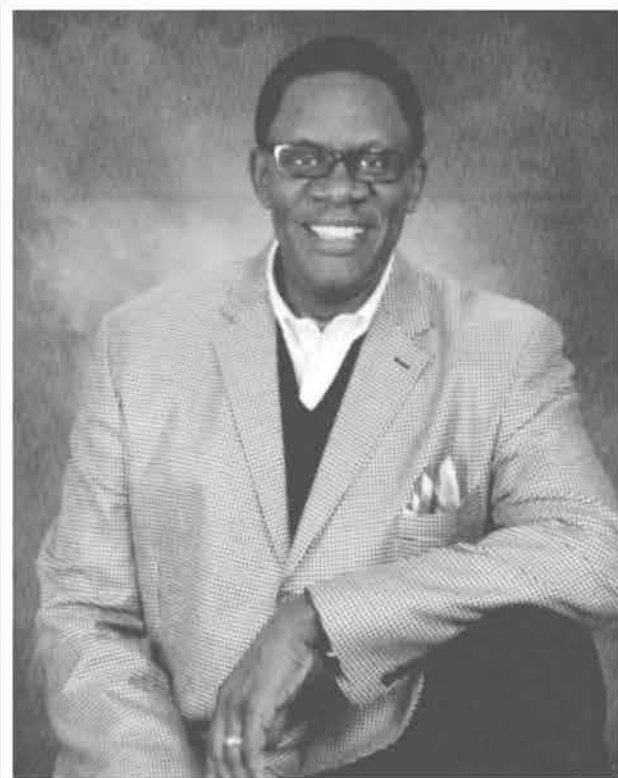
Rev. Al Sharpton
10am - 1pm



Tom Joyner
3am - 7am



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Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave Him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly

impossible. He still climbed the steps at work but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy in the body.

If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office
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