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# Boweivel

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# Arts & ENTERTAINMENT

## Powerful Film Classic

The Northwest Film Center presents "Black Girl" from the unofficial "father" of African cinema as part of its series of restored or preserved film prints.

The 1996 classic by director Ousmane Sembene is about a young Senegalese woman who moves to France with dreams of a better life, with sophisticated leanings. She works as a nanny for a wealthy couple, but before long it becomes clear that the couple intend to have her do more than just nanny, and her new life spirals out of control.

The movie in French with English subtitles screens on Friday, May 20 at 7 p.m.; Saturday, May 21 at 7 p.m. and Sunday, May 23 at 7 p.m. in Whitsell Auditorium at the Portland Art Museum, 1219 S.W. Park Ave. Admission is \$9 general and \$8 for students and seniors.



A Senegalese woman works as a maid in France for a couple who treat her as a slave in the 1966 classic film 'Black Girl.'

# 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**

**BONUS ROUNDS**

**PLAY LOTTO-STYLE GAMES! WIN PRIZES!**

**PLINKO'S BUSINESS CENTER**  
2410 N. Mississippi Ave • Open every day 11 am-midnight  
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GET YOUR SHOT at our  
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**THOUSANDS in ALL-CASH SWEEPSTAKES PRIZES EVERY DAY!**

**EVERYONE IS GOING PLINKO'S!**

**FREE DRINKS & SNACKS FOR PAYING PARTICIPANTS**

supporting Canoes & Kayaks for Kids and the History Collection building restoration, a 501(c)3 non-profit

**ALL CASH PRIZES**

Receive **FREE 500 PLINKO'S POINTS** TO START!

must be 18 or older to participate, no purchase of internet time is necessary to gain entry into game promotion.

## Powerful Stories to Share

Write Around Portland releases its 50th anthology "Draw the Outside" at two free community events featuring readings of powerful works by adult and youth participants.

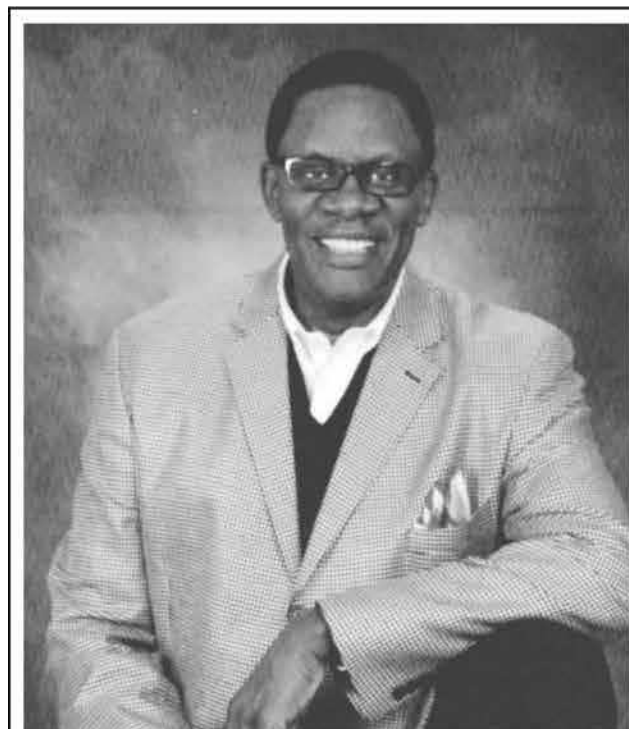
The readers will include survivors of domestic violence; middle and high school students; adults experiencing mental illness; adults with developmental disabilities; members of low-income housing and assisted living communities and many others.

Write Around Portland runs community-building writing

workshops in hospitals, schools, homeless youth shelters, senior centers, low-income housing buildings, prisons, treatment facilities and social service agencies.

The first reading event will be held Friday, May 20 at 6:30 p.m. at the Portland Community College Willow Creek Center, 241 S.W. Edgeway Dr. The second reading will take place on Wednesday, May 25 at 6:30 p.m. at Taborspace, 5441 S.E. Belmont St.

For more information, visit [writearound.org](http://writearound.org).



Dr. Billy R. Flowers

# THE SPINA COLUMN™

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

## Part 23. Chiropractic And Knees: Knees need to know how Chiropractic helps too.

**Q:** My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

**A:** Your case sounds familiar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that

he could not pull his pant leg up to show me. I talked to him about his knee and showed him graphs of the nervous system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he

had an added bonus. His back was stronger and healthier than it had been in years. His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today, Isn't it time you stepped up to Chiropractic?

### Flowers' Chiropractic Office

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