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RIB EXPRESS

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Wayne Cannon (Proprietor)

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5410 N.E. 33rd 503-288-3836

# Arts & ENTERTAINMENT

## Faith and Homelessness Collide



PHOTO BY DAVID STRAUB

Ayanna Berkshire is a nun who questions her life's work amid issues of faith and homelessness in 'Grand Concourse,' now playing at Artists Repertory Theatre, downtown.

Grand Concourse, a West Coast premiere tackling issues of faith and homelessness as well as the perspectives of immigrants and youth is now playing at Artistes Repertory Theater, downtown.

The tragic comedy written by Pacific Northwest native, playwright and acclaimed TV writer Heidi Schreck takes place in an industrial soup kitchen in the Bronx, where we meet Shelley, a nun struggling to pray and questioning her life's work.

With touching humor, a motley group of characters unravel the intricacies of need, the vagaries of compassion and limits of forgiveness.

Plays through Sunday, June 5 on the Morrison Stage, 1515 S.W. Morrison St. For tickets, call 503-241-1278 or visit [artistsrep.org](http://artistsrep.org).

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GET YOUR SHOT at our **\$3000 GRAND PRIZE!**

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

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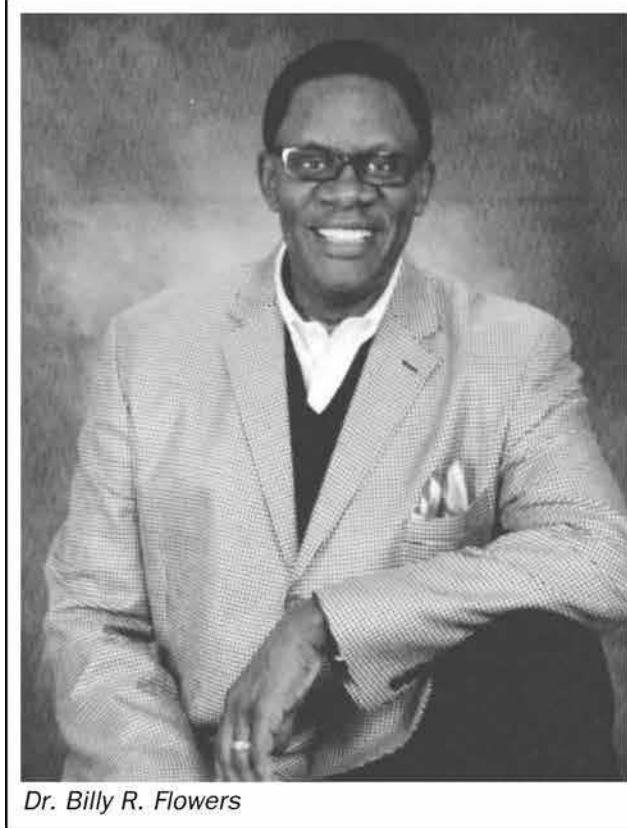
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**ALL CASH PRIZES**

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

## Ice Kream Man Tour

Ginuwine, one of the top R&B artists of the late 90s and early 00s, brings his 'Ice Kream Man Tour' to Portland with co-stars Karlos Farrar and Will Jordan, on Friday, May 27 at the Wonder Balloon, 128 N. Russell St. Doors open at 8 p.m. The show starts at 9 p.m.

Dr. Billy R. Flowers

# THE SPINA COLUMN™

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

## Part 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

**Q:** I have been having a lot of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

**A:** As you might know, there is a tremendous amount of health research going on today Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount

of osteo-arthritis and the amount of pain a person suffers. In fact it has been found that pain and osteo-arthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis .

In Chiropractic we evaluate where

the joint and bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) – not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to , effective Chiropractic?

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