

BUSINESS Guide

Arts & ENTERTAINMENT



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A new generation of youth entrepreneurs learn state-of-the-art video technology through the Green Lighting Black Lives Matter Youth Media Project.

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Youth Media Film Screenings

A showcase of final films produced by local youth to inspire their own stores of what it means to grow up black in Portland is ready for a night of public screenings.

The Soul District Business Association presents the 2nd annual Green Lighting Black Lives Matter Youth Media Project Film Screening event


on Wednesday, May 16 from 5 p.m. to 8 p.m. at Instrument, located at 3529 N. Williams Ave. Admission is free. To reserve a space call Fawn Aberson at 503-841-5032 or email outreach@nneaportland.org

Now in its second year, this groundbreaking program is presented by professional black filmmakers who recruit and train

the next generation of youth entrepreneurs, ages 16-26, in the operation and purposeful application of state-of-the-art video technology, film and video production equipment.

The skills gained in the learning process can then be leveraged to propel students forth into careers in the exploding film, video and tech industries.

A.G. WARDS
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Free Estimates

810 N. Rosa Parks Way, Portland, OR 97217
503 719 5907 503 544-0947

Free Fishing Clinics Begin

The Mt. Hood National Forest will be hosting its annual Free Youth Fishing Clinics starting on Saturday, May 12 for the Barlow Ranger District and Saturday, May 19 for the Hood River Ranger District, both kicking off at 8 a.m. and ending at 1 p.m. The Clackamas River Ranger District will host its fishing clinic on June 2 from 10 a.m. to 3 p.m. and the

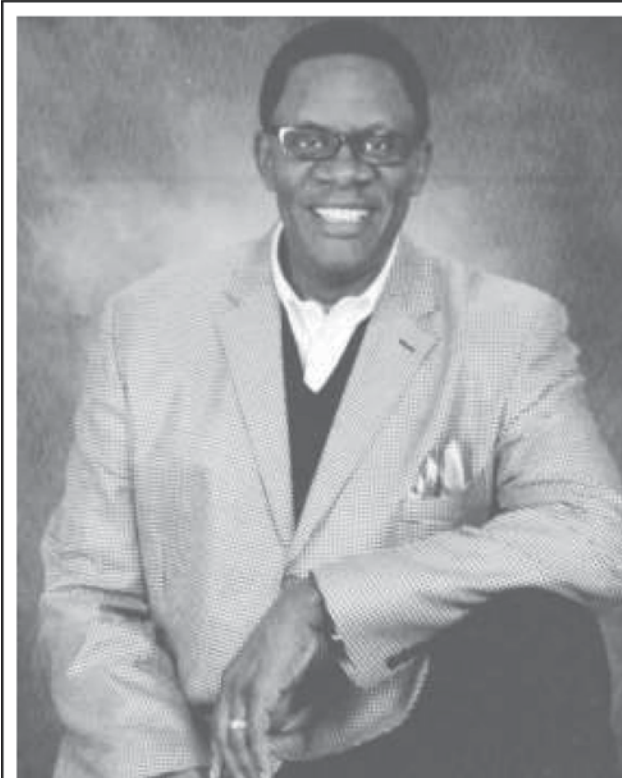
Zigzag Ranger District's clinic is June 23 from 9 a.m. to 2 p.m.

The clinics are free and are intended for kids 11 and younger, but young adults and parents will also find the events both fun and interesting! Children will also have the opportunity to fish with an expert angler, to learn "catch and release" techniques and to learn how to cast.

"This is a great event for the

whole family, and an opportunity for kids to not only have fun fishing, but to also learn about the aquatic environment and to be in the outdoors," said Darcy Saiget, fish biologist for the Mt. Hood National Forest.

For more information, contact the Clackamas district at 503-630-8798; the Barlow district at 541- 467-5119, the Hood River district at 541-352-1217 or the Zigzag district at 503- 622-2002.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

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A: We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic

works by taking the stress and irritation off the nervous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by

being flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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