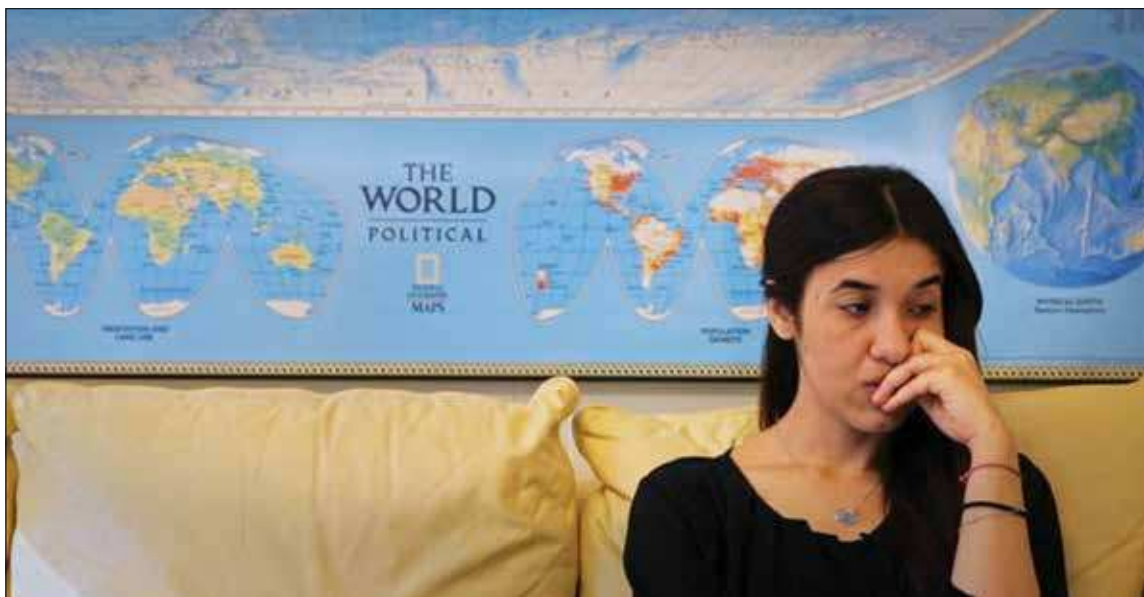


# Arts & ENTERTAINMENT

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## On Her Shoulders

The Northwest Film Center presents the award-winning documentary "On Her Shoulders," a film that captures the vital urgency of a human rights activist from Iraq who escaped with her own life from sex slavery and witnessing the murder of her family, and a Yazidi, a Kurdish religious minority captured by ISIS. The screening is Sunday, June 3 at 7 p.m. at the Portland Art Museum.

### YOUR NEIGHBORHOOD, YOUR VOICE

PORTLAND HOUSING BUREAU  
 NORTH / NORTHEAST NEIGHBORHOOD  
 HOUSING STRATEGY

Are you a longtime homeowner in N/NE Portland?

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City of Portland

Home Repair Loans

Information Sessions

MAY 30th & JUNE 13th

Doors open at 2:30pm  
 Presentations at 3:00pm & 4:00pm  
 North Portland Library  
 512 N Killingsworth St, Portland, OR 97217



For more information about home repair loans, call 503-823-3336 or visit [www.portlandoregon.gov/phb/repairs](http://www.portlandoregon.gov/phb/repairs).



Portland Parks & Recreation recently renovated the Whitaker Ponds Nature Park in Northeast Portland with a new bus drop-off area and increased parking area, as well as a beautiful hardscape gathering area and improved path system.

## Nature Park Celebration

Portland Parks and Recreation will host a community celebration on Saturday, June 2 to mark the recent renovations to the Whitaker Ponds Nature Park in northeast Portland. The free event will take place from 11 a.m. to 1 p.m. at the park, located at 7030 N.E. 47th Ave. There will be a Native Blessing ceremony, cupcakes, nature walks and activities for kids and families.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 19. The Golden Years: Keeping in full swing throughout the autumn of life

**Q:** Back when I was younger, I loved playing golf. Now some-thing is always hurting so I don't dare play! Could you help?

**A:** It is so unfor-tunate that millions of our senior citizens have worked and saved and give to their Community only to find the "golden years" more "old" than "gold". Right at the height of their freedom, they often find it difficult

to get around, their old activities. Unfortunately, it is often thought that they must "learn to live with it" or be given yet another pain pill. Actually that may be anything but true. In our office we commonly see people in their seventies and eighties. And they love the

spring in their step and the twinkle in their eyes they get through Chiropractic. Why don't you get back in the swing of things again? Give us a call today. Isn't it time you stepped up to Chiropractic? Life's "golden years" truly can be golden once again!

### Flowers' Chiropractic Office

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