

Arts & ENTERTAINMENT



The fun comes with crowns made of hops for a group enjoying the Oregon Brewers Festival. The 31st annual event opens Thursday and fills the weekend calendar at Tom McCall Waterfront Park.

Craft Brewers Throw a Party

Beer lovers from here at home and around the world will pack Tom McCall Waterfront Park for the 31st annual Oregon Brewers Festival which opens Thursday, July 26 and fills the weekend calendar through Sunday, July 29.

One of the nation's longest-running and best-loved craft beer events, over 80 beers from small, traditional and independent breweries in 10 different states as well as The Netherlands and Baja, Calif. will be available for tastings. Taps will be open from noon to 9 p.m. Thursday through Saturday, and noon to 7 p.m. Sunday.

The festival will also feature live music all four days with no cover charge, six food booths, a num-

ber of beer related vendors, souvenir sales, and homebrew demonstrations.

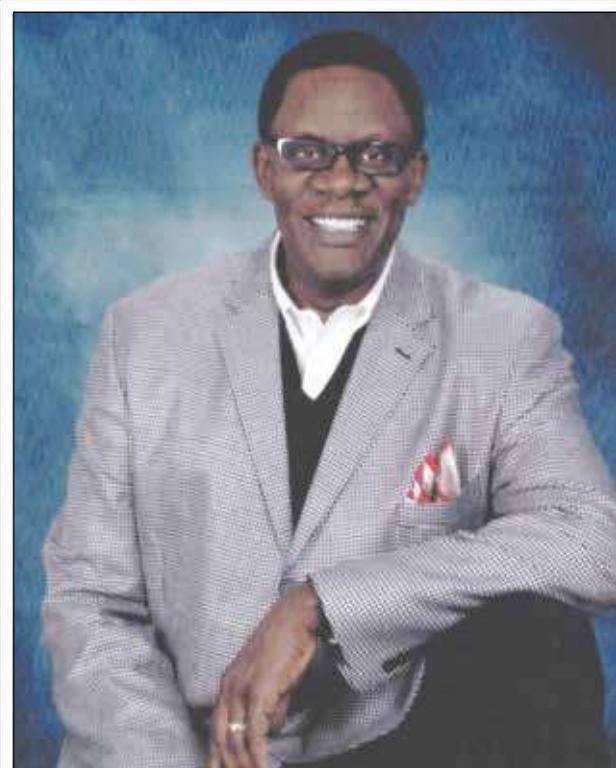
Admission is free. In order to consume alcohol, the purchase of a souvenir tasting mug is required, which costs \$7. Alcohol is purchased with wooden tokens, which cost \$1 apiece. Patrons pay four tokens for a full mug of beer or cider, or one token for a taste.

The Oregon Brewers Festival was founded in 1988 as an opportunity to expose the public to microbrews at a time when the craft brewing industry was just getting off the ground. Today, that industry has flourished, with an annual impact on the Oregon economy of more than \$23 million.



Phantom Returns to Stage

Quentin Oliver Lee portrays the man behind the mask and Eva Tavares the innocent young soprano he falls madly in love with in the spectacular new production of Andrew Lloyd Webber's 'The Phantom of the Opera,' which opens Wednesday, July 25 and runs through Aug. 5 at Keller Auditorium. For tickets visit BroadwayInPortland.com or call the Portland's Box Office at 800-273-1530.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here

for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504