

“Soul Boat Express”

3rd Annual cruise
down the mighty Willamette River



Wednesday evening, August 22nd 2018

Cruise liner sets sail promptly at 7:00 pm from
110 SE Caruthers Portland Spirit Fleet Dock
(down the street from OMSI)

Complimentary guest parking in the lot

Cruise length: approximately 3 hours



Special Guest: **Sunny Blue Bland**

Cruise package includes hors d'oeuvres, dancing, live DJ
and a surprise celebrity guest host. Come see the sights
& listen to the soulful sounds of “Old School R & B”

Cost: \$125 per person

For ticket information call 503-757-6017

“Don't Miss the Boat”

Attire: Summer White & Comfortable Shoes

Arts & ENTERTAINMENT

Obo Addy Legacy Project Farewell Celebration to honor 32 years of outreach

After 32 years of introducing people to the positive music and culture of Ghana, the

Portland-based Obo Addy Legacy Project will be closing. A celebration to honor the work of the late African musician and his wife Susan Addy, will be held on Wednesday, Aug. 22 from 6 p.m. to 9 p.m. at the Lagunitas Community Room, 237 N.E. Broadway, Suite 300.

The Obo Addy Legacy Project was the Pacific Northwest's first African arts organization operating under their first name Homowo African Arts and Cultures.

Susan Addy recently decided to retire after a serious illness and subsequent recovery. She has been the executive director of the non-profit group since its inception in 1986. Obo Addy died in 2012. The music and curriculum were based on his teachings as a legendary master percussionist, composer, and educator.

Over the years, the project sponsored events and activities that allowed audiences and students to see the African roots of more familiar, popular music and how musical forms are intricately woven into the fabric of everyday life. Working in local schools, the organization gave kids an overview of rhythm, movement, storytelling, and singing in traditional Ghanaian culture and workshops to introduce the drumming and dance in their techniques specific



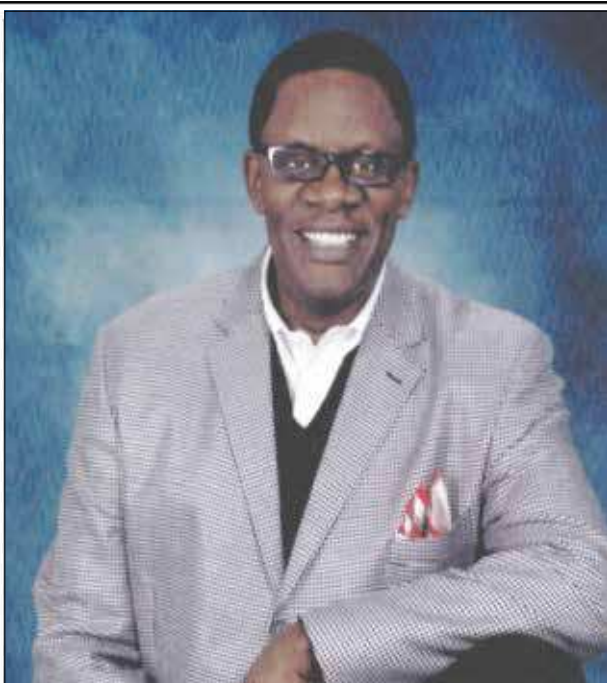
The late Obo Addy was a Ghanaian drummer and dancer who was one of the first native African musicians to bring the fusion of traditional folk music and Western pop music known as worldbeat to Europe and then to the Pacific Northwest in the late 1970s.

to Ghana, West Africa.

The organization's resident performing troupe Okropong, comprised of 29 drummers and dancers originally from Ghana

who made their home in Portland, had their final performance July 5 at the Waterfront Blues Festival.

For tickets and more information, visit oboaddylegacyproject.org.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 31. Treatment for Lower Back Injury

Q: My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

A: Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery

because non-invasive treatments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and injuries, and who

works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat your pain.

Flowers' Chiropractic Office

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