

# Arts & ENTERTAINMENT



Portland Police Chief  
Danielle Outlaw



OHSU President  
Dr. Danny Jacobs



Linfield College President  
Miles Davis



People carry what they can during an evacuation of Vanport as Columbia River floodwaters pour into the town just north of Portland from a broken railroad levy on May 30, 1948. Soon the entire town would be washed away. The Vanport Mosaic project is sharing oral histories from of life in Portland during the time and over the course of Portland's African -American history



Meyer Memorial Trust President/  
CEO Michelle J. DePass



Oregon Supreme Court Justice  
Adrienne Nelson



Portland City Commissioner Jo  
Ann Hardesty

## Blazers Salute Black History

### Recognizing historic firsts by local leaders

The Portland Trail Blazers will recognize six leaders from the African American community when it celebrates Black History Month during pregame and halftime activities, Tuesday, Feb. 5 in game against the Miami Heat at the

Moda Center.

The individuals are Portland Police Chief Danielle Outlaw; Oregon Health & Sciences University President Dr. Danny Jacobs; Linfield College President Dr. Miles Davis; Meyer Memorial Trust President and Chief Executive Officer Michelle J. DePass; Oregon Supreme Court Justice Adrienne Nelson and Portland City Commissioner Jo Ann Hardesty.

With impressive accomplishments and credentials, these leaders have ushered in a new era of historic firsts for Portland and for Oregon, the Trail Blazer organization announced.

A portion of the event's proceeds will be donated to iUrbanTeen, a group whose mission is to expose and inspire underrepresented youth to become tomorrow's business and technology leaders.

## Sharing Oral Histories

### Vanport Mosaic presents living archives

Using archival footage, historic photographs and compelling first-person narratives, the Vanport Mosaic invites the community to join them for a free screening of oral history documentaries, part of a living archive that traces the story of Portland African American community from the 1940s to 1970s.

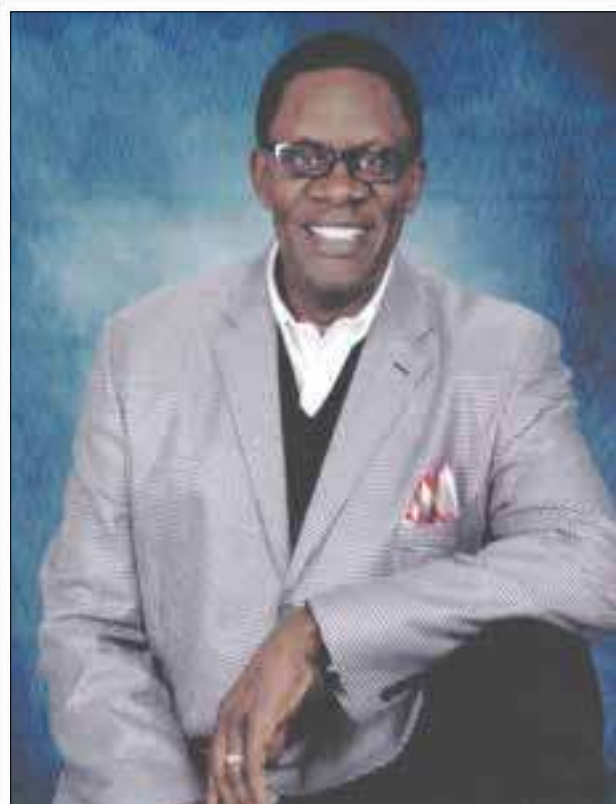
If you attended the Vanport Mosaic Festival 2017, you might have spotted a silver Airstream trailer parked in front of one of the festival venues. The promoters of the event said it was from there that a team of memory activists were busy inside record-

ing the memories of life from people who lived in Portland at the time.

It is a story of struggle, perseverance, and resilience that continues today. Organizers said you should be prepared to be inspired, moved, uncomfortable, confused, entertained, sad, and uplifted; possibly all at the same time.

"A Place Called Home: From Vanport to Albina" will be presented for free on a first come first served basis on Sunday, Feb. 3 at 3 p.m. at the St. Johns Library, 7510 N. Charleston Ave.; and on Monday, Feb. 4 at 6:30 p.m. at the Albina Library, 3605 N.E. 15 Ave.

Artist and Vanport descendant Velynn Brown will share her poem Roots and Remnants, and will facilitate a reflection on the beauty and challenges of story, home, community and belonging.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

**Q:** I always know when my back hurts. But I rarely know why.  
**A:** Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

### Flowers' Chiropractic Office

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