

Arts & ENTERTAINMENT

Gun Violence Drama

– In a world premiere play, a cast of six diverse women bring the story of Brandon, a young man who is always in and out of trouble, until he is shot in the back by a member of his own community. “A Dark Sky Full of Stars,” directed by Portland’s Jocelyn Seid, shows through May 12 at Shoebox Theater, 2110 S.E. 10th Ave. For tickets visit theatrevertigo.org or call the box office at 503-482-8655.

Teen Party Alcohol-Free – Clark County middle and high school students are invited to join a drug and alcohol free celebration for youth with swimming, basketball, a DJ, video games table games, giveaways and prizes on Friday, April 19 from 8 p.m. to 10:30 p.m. at Vancouver’s Firstenberg Community Center, 700 N.E. 136th. Sponsored by youth educators working to prevent substance abuse among their peers.

PDX Global Eats – Enjoy global cuisine and support refugees and immigrants at the PDX Global Eats fundraiser, Wednesday, April 24, from 6 p.m. – 9 p.m. in the Lagunitas Community Room, 237 N.E. Broadway St. Event tickets need to be purchased in advance at therefugeecenter.org.



Soul’d Out Festival Presents – Trumpeter, composer and arranger Theo Croker, grandson of the legendary trumpeter Doc Cheatham, performs Wednesday, April 17 at the Jack London Revue, downtown. A multi-instrumentalist from Florida, Croker is at home playing standards, swinging post-bop and groove-oriented electric jazz.

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Links Masquerade Ball – The Portland chapter of The Links present the Phantom Phantasy Masquerade Ball on Saturday, April 27 at the Adrianna Ballroom, 918 S.W. Yamhill, from 6 p.m.-11 p.m. All proceeds will benefit Portland Links Scholar-

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ship Fund and Programs. For tickets, visit online at wrefinc.ejoinme.org/register2019.

Norman Sylvester Band – “Boogie Cat”

Norman Sylvester plays; Friday, April 19 at the Rogue Pub in North Plains; Saturday, April 20 at the Vinyl Tap; Wednesday, April 24 at Billy Blue’s in Vancouver; Friday, April 26 at Clyde’s; and Saturday, April 27 for the Inner City Blues Festival.



Roots-n-Harmony Benefit – Cathedral Park Performing Arts Collective hosts their 3rd annual benefit show and silent auction “Roots-n-Harmony” on Saturday, May 4 at 6 p.m. at the Wayfinding Academy in St. Johns. The all-ages event includes a buffet-style dinner, live music, theatre performances and a silent auction and raffle to benefit the collective’s student scholarship program.

Zoo for All – The Oregon Zoo has launched “Zoo for All,” a discount program that provides \$5 admission for low income individuals and families. Visitors may purchase up to six of the \$5 tickets by bringing a photo ID and documentation showing they participate in low income service, like the Oregon Trial Card, Medicaid, Section 8, Temporary Assistance for Needy Families, and Head Start.

Discount Tickets – Low income families and individuals can purchase \$5 tickets to classical musical performances in Portland as part of a unique program called Music for All. Participating organizations include the Oregon Symphony, Portland Opera, Oregon Ballet Theater, Chamber Music Northwest, Portland Youth Philharmonic, Portland Baroque Orchestra, Friends of Chamber Music, Portland Chamber Orchestra, Portland Piano International, Portland Symphonic Choir, Cappella Romana and Portland Vocal Consort.



north by northeast COMMUNITY HEALTH CENTER

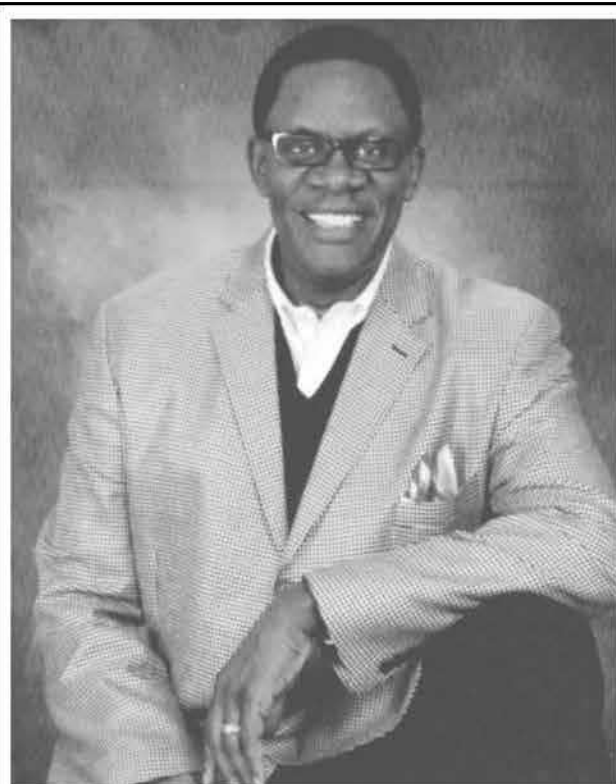
North by Northeast Community Health Center is the only clinic in Oregon focused on African American health. We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority has been to serve the local African American community and to reduce the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you’re uninsured, we can help you get covered!

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Dr. Billy R. Flowers

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Part 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you.

Limit your meats and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually

affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn’t it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office

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