

Arts & ENTERTAINMENT

Healing Healthcare Blues Festival

Join 'Boogie Cat' Norman Sylvester and an all-star line-up for the 8th annual Healing the Healthcare Blues Festival, Saturday, April 27 from 5:30 p.m. to 11 p.m. at the North Portland Eagles Lodge. For tickets and more information visit hcao.org.



From Sacajawea's Point of View – "Crossing Mnisose" is a play that weaves together Native American voices from past and present with current efforts to save the Missouri River and ancestral burial grounds from the Dakota Access Pipeline. Commissioned by Portland Center Stage at the Armory, shows continue through May 5 on the U.S. Bank Main Stage at The Armory.

Storytelling Festival – Washington County's annual Story Telling Festival featuring professional storytellers and adult story slam contestants takes place Saturday, April 27 through Saturday, May 4 with 14 free public events at the Beaverton City Library and other locations. No registration required. For the complete schedule, visit beavertonlibrary.org.

Black Health Celebration – North by Northeast Community Health Center, the only medical clinic in Oregon devoted to black health, will hold a Community Supper on Saturday, May 18 at the Jantzen Beach Red Lion from 5:30-9:30 p.m. Everyone is invited! Join emcee Jamaal Lane, Alonzo Chadwick, Andrew Clay and many others for a night of music, dancing, community, and raising money for a great cause. For tickets, visit nxneclinic.ejoinme.org.

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," di-

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rected 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.

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 Scholarship Fund and Programs. For tickets, visit online at wre-finc.ejoinme.org/register2019.

Norman Sylvester Band – "Boogie Cat" Norman Sylvester plays 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.

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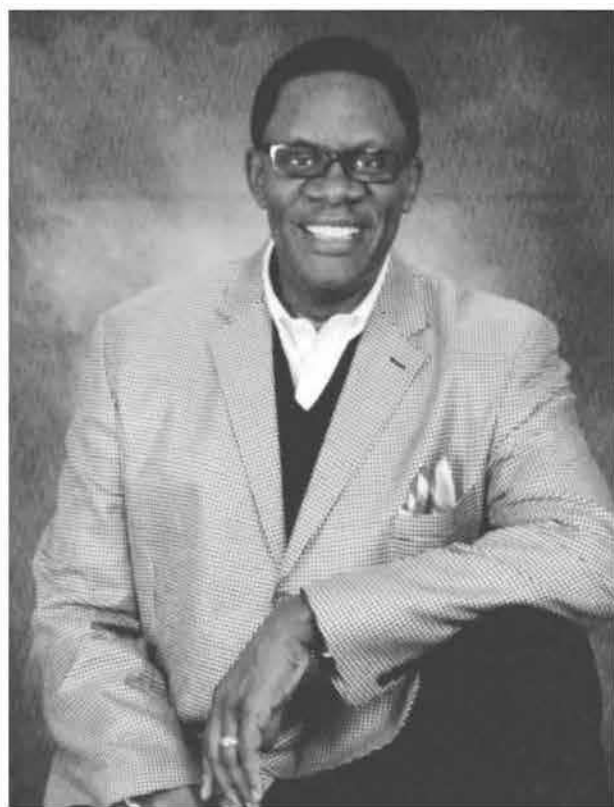
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Dr. Billy R. Flowers

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Part 26 KIDS AND CHIROPRACTIC As the twig is bent so grows the tree

Q: I have recently noticed my son has one shoulder higher than the other. Could this be a sign of a problem in his spine?

A: Good thinking, mom! It surely could. In fact having one shoulder higher than the other is a cardinal sign of curvature of the spine. According to Chiropractic research, the earlier a curvature is caught, the higher the potential for success. To be certain about health of your child, call our office today for a professional spinal evaluation. Spines (big or small)

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A: You most definitely should have a thorough Chiropractic checkup on your child immediately. Spinal surgery gets. All conservative efforts at handling your child's problem should be considered before consent-

ing to surgery. Our office is highly trained and skilled at handling problems like that of your child's. Don't be fooled by the thought of "watching the condition" either. Without proper assistance it won't go away. Offer your children the best in health care. Give them regular Chiropractic checkups. As the twig is bent so grows the tree!

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