

Arts & ENTERTAINMENT

Portland Radio Show Honored

“From the Grassroots,” a local radio magazine format show was just awarded the West Coast Hometown Media Award for audio programming and independent producing. Two segments from the show are also finalists in the East Coast-based Public Media Awards of Excellence taking place this week in New York City during the 8th Annual People’s Film Festival.

The recognition comes from a broadcast dedicated to the late Curtis Mayfield’s critically acclaimed album Superfly. The episode included political satire by LaNita Duke, the producer of the magazine format show, with political analysis by The Profit of Rage on voter suppression in Georgia.

“From the Grassroots” agitates for social change using music, commentary, satire and analysis to provoke thought and discussion. The broadcast is live every other Friday on KBOO Community Radio (90.7 FM). Besides Duke, the show’s talent includes The Professor Soul, the Profit of Rage, faith reporter Nia Gray and mental health professional Cheryl Jefferson.



LaNita Duke, broadcasts from KBOO Community Radio as producer of “From the Grassroots.” The magazine format show was just awarded a West Coast Hometown Media Award.



I Am Sam, Sam I Am

PHOTO BY SHERVIN HESS/OREGON ZOO
 Samudra (left) and Samson had their first tusk-to-tusk encounter at the Oregon Zoo last week and keepers say the pair seem to be fast friends. The two males have been seeing, hearing and smelling each other since Samson arrived last year from a zoo in Albuquerque, N.M. “It’s great to be getting these two Sams together,” said Bob Lee, who oversees the zoo elephant program. “The timing is good because Samudra is maturing into an adult bull now, and he could benefit from the companionship of an older male.”



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Dr. Billy R. Flowers

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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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