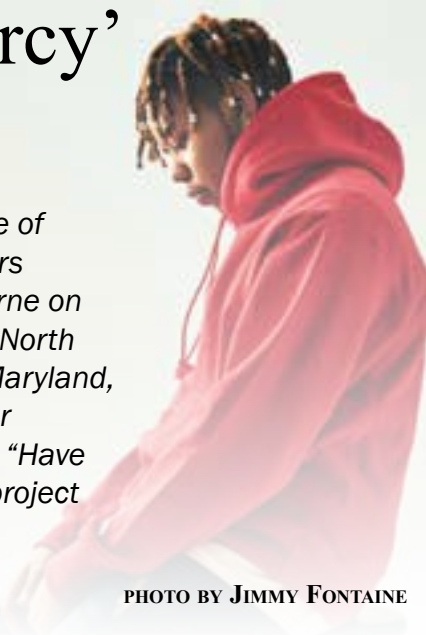


# Arts & ENTERTAINMENT

## 'Have Mercy' Rapper

Rapper YBN Cordae, one of music's young rising stars performs at the Hawthorne on Friday, June 14. Born in North Carolina and raised in Maryland, Cordae is on a world tour featuring his lead single "Have Mercy" and debut solo project "The Lost Boy."

PHOTO BY JIMMY FONTAINE



## NW Dance Summer Premieres



PHOTO BY MICHAEL SLOBODIAN  
NW Dance Project Founding Artistic Director Sarah Slipper.

NW Dance Project presents a limited series of new contemporary dance works to close the company's 15th anniversary season.

For three nights only, Thursday,

June 13 through Saturday, June 15, the "Summer Premieres" will provide a rare opportunity to experience three brand new dance works in a single evening.

James Canfield, the founding artistic director of Oregon Ballet Theater and more recently of the Nevada Ballet Theater returns to Portland for his world premiere "Each Desperate Choice," based on "A Streetcar Named Desire."

NW Dance Founding Artistic Director Sarah Slipper will perform a new male/female duet inspired by Pablo Neruda's poem "Tonight I Can Write the Saddest Lines." Award-winning German choreographer will perform "All's Been Said," taking on the issue of climate change.

"Summer Premieres" will take place at Lincoln Performance Hall at Portland State University, downtown. For tickets and more information, visit [nwdanceproject.org](http://nwdanceproject.org).



*"TriMet has been the best job I've ever had. I definitely recommend it to anyone who enjoys driving and may be looking for a career change."*

Earn more than \$60,000 a year with great benefits and the city as your office.

### Bus Operator Hiring Event

Thursday, June 20 • 2 – 6 p.m.

Information Session 2:30 – 3:30 p.m.

Career Paths Session 4 – 5 p.m.

Oregon Convention Center

777 NE Martin Luther King Jr. Blvd



TriMet is an equal opportunity employer, committed to developing an organization that reflects and is sensitive to the needs of our diverse community, including veterans, the elderly and individuals with disabilities.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 33. Osteoporosis and Bone Loss Reversal

**Q:** I have osteoporosis and now my back has a more "rounded" look. What is this?

**A:** You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance. To help stop and even reverse bone

loss:

- Develop good body mechanics through exercises to improve your posture.

- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

- Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504