

New Documentaries

CONTINUED FROM PAGE 2

son of devoted parents who had immigrated to Argentina from Italy—who pulled tango music into a new direction. Its subject matter, though quite worthy of broader attention, makes a U.S. theatrical release unlikely, but I hope it will become available online.

For the second time (the first being “Life Itself,” the inferior Roger Ebert documentary), a film critic has become the subject of a biographical documentary. “**What She Said: The Art of Pauline Kael**” examines the life of the critic, who wrote for The New Yorker from the late 1960s into the 1980s. One of the few women to write film criticism in a market still dominated by men, Kael was an iconoclast who shaped pop-

ular culture with her sometimes merciless analysis. There is a lot to admire in her incisive writing and her clarity; she was definitely used to being the smartest person in the room and exercised an outsized influence on American film culture. On the other hand, having broken into a man’s world, Kael does not come off as someone who was mindful to open space for other voices. As a film geek, I found much to enjoy in this film; as an intersectional feminist, I was not inspired.

“**Trixie Mattel: Moving Parts**” is another kind of profile, mainly because its subject is a drag queen who has gained quite a following on YouTube and RuPaul’s Drag Race. The film offers an opportunity to walk with Trixie (and her alter ego Brian Fir-



A new film documentary about Seattle’s Patronell Wright and her Total Experience Gospel Choir is told against the backdrop of the city’s gentrification and racial history.

kus) through her (and his) world, but doesn’t shape the experience enough to draw out what is most important to understand about it. The journey feels unsatisfyingly

aimless, and yet I’m not sorry to have experienced a window into what ordinary life looks like for a drag queen, to contrast Brian’s ordinariness with Trixie’s over-

the-top persona, and to admire the sureness of purpose that connects the two. So far the film is playing film festivals, with no word of a theatrical release.

I really wanted to like “**Patronell: The Total Experience**.” Patronell Wright is a fixture in the black community in Seattle and has for several decades managed a choir that has been a powerful influence of hope and community. Her story intersects with so many important themes and questions—What has been the cost of segregation? As the neighborhood has changed around her, why has Wright stayed and what does it mean to her to be directing an integrated choir in a gentrified neighborhood? The film doesn’t seem to have a point of view on these questions and settles for hero worship, which left the majority white

CONTINUED ON PAGE 12

Good Day Reader- GOOD NEWS HERE

The Multi Trillion dollar Travel Industry is looking to get YOU the "greatest savings" on your Travel, Hotel/COndos accomodations. Travel that will **SAVE & MAKE** you/ your Family cash to travel on/pay off Bills/ etc. You can access this travel biz membership for \$1, \$20, or \$100. You decide.

Start today for \$1 or \$20 at Income4u.mydollarbusiness.com. Refer 50/100 to get started for either amount within the next 25 days, Then upgrade to the \$20/\$100 membership. If they ALL do, you and your family will earn a monthly "Residual Income" of \$250-\$2500 per month.

PLUS you can WIN/EARN a \$3000 5 star vacation, get airfare and travel spending cash too. For more info ph coach John 503-358-9655.

Note: We have a special for Non-Profits fundraisers

Lillard Inks New Contract

CONTINUED FROM PAGE 3

quality an organization could hope for in a franchise player,” said Olshey. “His perpetual leadership, willingness to embrace responsibility for outcome on the floor and ability to set a cultural standard illustrates what it means to be a Portland Trail Blazer and makes us ecstatic he has chosen to extend his contract at the first opportunity.”

Lillard, 28, joins Clyde Drexler as one of two Trail Blazers to receive All-NBA honors four times. He is one of three players in NBA history to record at least 1,500 points and 400 assists in each of

his first seven NBA seasons, and in 2018-19 he became the first player in Trail Blazers history to tally at least 2,000 points and 500 assists in a season. When he was named All-NBA First Team in 2017-18, he joined Drexler and Bill Walton as the only Trail Blazers to achieve the honor.

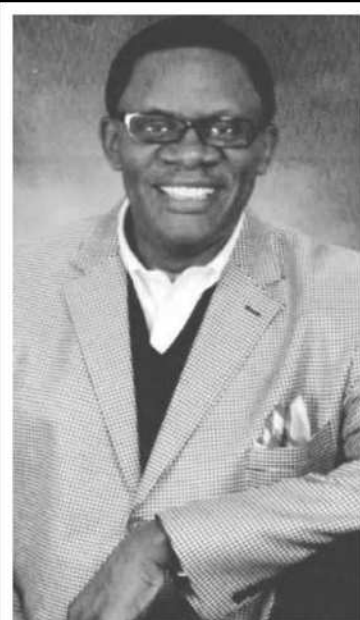
Also, the winner of the 2018-19 J. Walter Kennedy Citizenship Award, Lillard holds career averages of 23.5 points, 4.2 rebounds, 6.3 assists and 0.97 steals in 549 games (all starts) over seven seasons with the Trail Blazers.

Selected with the sixth overall pick in the 2012 NBA Draft out of Weber State, the 2013 NBA

Rookie of the Year and four-time NBA All-Star has led the Trail Blazers to six consecutive playoff appearances, including last season’s run to the Western Conference Finals.

He holds career playoff averages of 24.8 points, 4.6 rebounds and 5.9 assists, and has hit two series-clinching shots in his post-season career.

Among all-time franchise leaders, Lillard ranks second in scoring (12,909), first in three-pointers (1,506), third in assists (3,479), third in field goals made (4,277), second in free throws made (2,849), fifth in minutes (19,907), ninth in steals (533) and 10th in games played (549).



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed

to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can’t tell you they’re in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren’t creating spinal problems they’ll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who’ve been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

Flowers Chiropractic Office
2124 NE Hancock
Portland, Oregon 97212
Phone: (503) 287-5504

Flowers' Chiropractic Office

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