

Festival of all Things Kitty Kat

The first-ever cat-centric festival in Portland comes to the Oregon Convention Center Saturday and Sunday, Sept. 28 and 29, creating a fun-filled interactive universe where feline fanatics can play, adopt, shop, create and learn — all while supporting Portland-area cat advocacy organizations.

POP Cats Portland presented by Nulo Pet Food will feature dozens of artists and vendors showcasing cat-inspired art and merchandise, interactive cat playgrounds, music, cat-tails, and a stellar lineup of feline experts and influencers including Kitten Lady (Hannah Shaw) and iAmMoshow, the Portland-based cat rapper. Their hip, inspirational digital content displays the importance of taking action in the community to improve the lives of our beloved feline friends.

Additional programming includes workshops and panels on cat photography, keeping your indoor cat happy and “cattifying” your home for senior cats. There will be “cattitude” costume contests for both kids and adults.

POP Cats was founded in 2017 to raise awareness of feline welfare and celebrate the popular pets through an experience that offers both entertainment and advocacy.



Portland resident and cat rapper iAmMoshow will be a special musical guest along with his cat DJ Ravioli at Portland's first feline-themed cat festival, coming Saturday and Sunday, Sept. 28-29 at the Oregon Convention Center.



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Q: Should I try chiropractic for my low back pain or have surgery and get it “fixed right?”

A: We hear this question quite often and considering many physicians' pro-surgery preoccupation, it's no wonder people ask such questions. That is, until they examine the facts. The truth is that in about 90% of low back pain, the problem is mechanical. Chiropractic has had and continues to have the best technique for treating spinal mechanical problems through gentle, exact adjustment with highly skilled hands. And Chiropractic re-

quires no drugs, surgery, recuperation or expensive hospital bills. With Chiropractic, the only side effects are the disappearance of symptoms and the recurrence of vitality.

Q: Which technique has better results for low back problems, Chiropractic or surgery?

A: According to a recent issue of Computer Medicine, low back surgery is one of the least effective procedures. In fact, 75 to 99% are

unsuccessful. Before you make any decision, heed the advice of the “father” of low back surgery: “exhaust all methods of conservative care before considering surgery to the lumbar (low back) spine.” To find out how Chiropractic can help you avoid back surgery, or for answers to any questions you might have about your health, please call us at the phone number displayed below.

Flowers' Chiropractic Office

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