

Arts & ENTERTAINMENT



PHOTO COURTESY JEREMY JEZIORSKI/PORTLAND'S

A new holiday tradition in Portland brings back 'The Hip Hop Nutcracker,' performed by a super-charged cast of a dozen all-star dancers and MC Kurtis Blow, one of hip hop's founding fathers who opens the show with a short set.

The Hip Hop Nutcracker

"The Hip Hop Nutcracker" returns to Portland and for a better than ever show.

The contemporary dance spectacle set to Tchaikovsky's timeless music is performed by a cast of a dozen all-star dancers, a DJ, a violinist, and MC Kurtis Blow, one

of hip hop's founding fathers, who opens the show with a short set.

The dynamic show takes you on a journey that celebrates love, community and the magic of the holiday season through the modern, self-expressive gaze of hip hop culture.

Two performances will take place at Keller Auditorium, downtown, Tuesday, Nov. 12 and Wednesday, Nov. 13. Tickets are on sale now at portland5.com, the Portland's Centers for the Arts box office at 1111 S.W. Broadway, and by phone: 800-273-1530.



Shoppers are drawn to the diverse and multicultural 'My People's Market,' a rotating series of pop up retail events to advance new market opportunities for business owners of color. The next 'My People's Market' is coming this weekend to Self Enhancement, Inc. at 3920 N. Kerby Ave.

Tables set for 'My People's Market'

Business owners of color present the next installment of "My People's Market," a pop up wholesale product and lifestyle trade show coming this weekend to Self Enhancement, Inc., 3920 N. Kerby Ave.

You can avoid the crowds during a preview party to include happy hour offers and a \$10 admission on Friday, Nov.

8 from 5 p.m. to 9 p.m. The next day, Saturday, Nov. 9 the full day market opens as a free event, from noon to 7 p.m.

The market will feature more than 50 Portland area businesses of color, makers, crafters and culinary wizards. Featured categories include packaged food and beverage products, health and beauty, home goods, stationery,

children's products, and jewelry.

Launched in November 2017 and organized by Travel Portland and Prosper Portland, the city's economic development agency, My People's Market grew from a desire to create pathways for entrepreneurs of color to connect with the travel industry and new market opportunities.

THE SPINA COLUMN™

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

Part 15

Back Pain:

Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.

A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away.



Dr. Billy R. Flowers

By eliminating the components of the subluxation complex and allowing the central nervous system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt.

TCall our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

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