

Exotic Fundraiser



← The senses of China, Turkey, India, Indonesia and beyond will be piqued when Gypsy Caravan belly dancers perform and exotic foods by Salvador Molly's are served during a fundraiser Nov. 13 at 7 p.m. at Studio 1050 benefiting *pear*, the non-profit program that builds positive relationships with homeless and transitional youth. Tickets are \$100. To reserve your place, call 503-228-6677.

Nikelodeon Kids Vote for Kerry

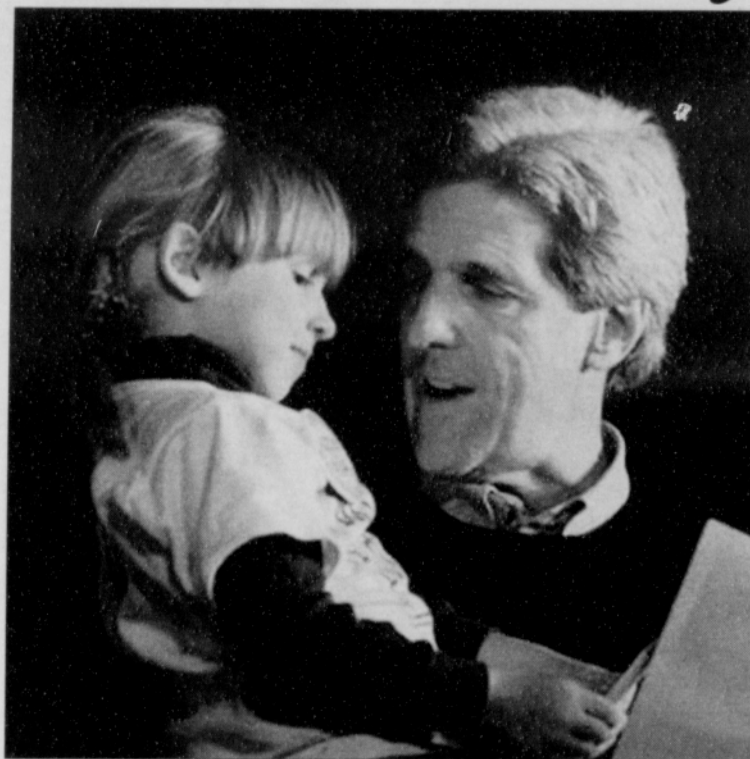
(AP) — Kid power! Democrat John Kerry is the winner, and the rest of the country should pay attention because the vote on Nickelodeon's Web site has correctly chosen the president of the United States in the past four elections.

Nearly 400,000 children and teens voted, and the results were released last Wednesday. Kerry received 57 percent of the vote; President Bush got 43 percent.

Nickelodeon has been airing information on the Nov. 2 election, plus sponsoring debates where kids could put forth their views on the environment, the war in Iraq and terrorism. Some animated shows on the cable channel also have been focusing on the election.

Linda Ellerbee, who writes and hosts "Nick News," said Nickelodeon has been traveling the country teaching about the election and the importance of being socially informed.

"Kids aren't dumb, they're



Michaela Fishback, 5, of Waterloo, Iowa asks presidential candidate John Kerry to autograph a photo of the two of them from a previous event. (AP photo)

just younger and shorter," she said. "In fact, last election, a boy came up to me and said, 'We picked George Bush to win, and he didn't really win. Al Gore won the popular vote, so we were kinda wrong.' Quite an observation."

Lumiere Players and
Interstate Firehouse Cultural Center present



A play in two acts by H.R. Long

"The spirit and generosity of North Platte's canteen workers should be kept shining for all the world to see."

Fri/Sat Nov 5, 6, 12 and 13, 7:30pm
Sunday Nov 7 and 14, 2:00pm

Tickets:

\$15 general admission
\$10 seniors/students
\$8 groups of 10 or more
(with advanced reservations)
Cash, Check, and CC accepted

IFCC Theatre

5340 N Interstate
Portland, OR 97203
Max Yellow Line -
Killingsworth Station
or Bus #72

For reservations, call: 503.823.4322

Made possible with the generous support of
RACC and Portland Parks and Recreation



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office

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