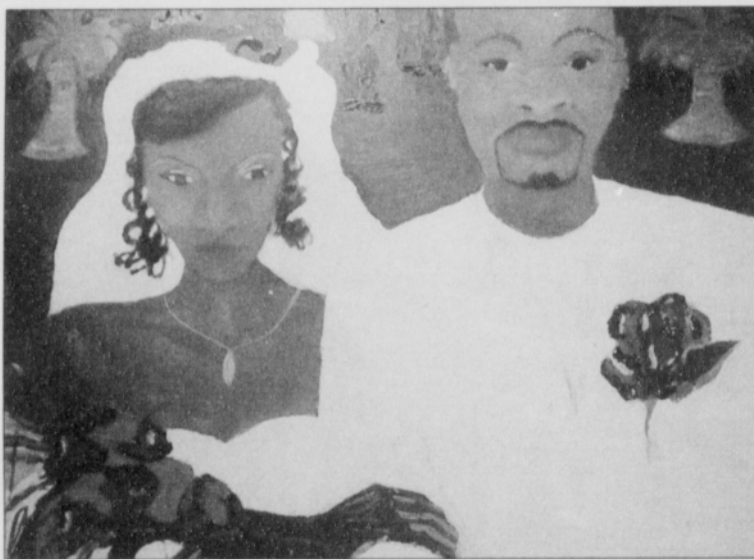


# Local Artist Touches on Life, Work and Play



"The Two Shall Become One," is one of many paintings to be featured by local artist Sunshine Dixon.

## Sunshine Dixon featured at diverse gallery

Providence Milwaukie Diversity Gallery will host a collection of oil and acrylic paintings by budding Portland artist Sunshine Dixon.

The show draws on two themes, "The Wedding" and "In the Beginning."

Dixon is fast becoming one of Portland's sought-after emerging artists. Her powerful works represent the places where she's lived, worked, and played: the South; northwestern cities, principally Portland and Seattle; and the Bahamas.

Religious subjects, jazz clubs and women are overlapping themes in her work. Dixon also makes foray into abstraction, with dance association and themes of motherhood. A portion of the proceeds from sales derived during this exhibit will be donated to Lynnette Jackson, founder of In-



Sunshine Dixon's painting "Essence."

*Her powerful works represent the places where she's lived, worked, and played.*

the-Loop e-newsletter and cancer survivor, and the American Cancer Society.

A reception will be held with Sunshine Dixon from 5 to 7 p.m. on Thursday, June 16 at the Providence Milwaukie Diversity Gallery in the Providence Milwaukie Hospital. Live jazz will be performed by N-Touch. The exhibit will show until July 28.

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Dr. Billy R. Flowers

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**Q:** A friend of mine showed me a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

**A:** It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead to very disastrous side ef-

fects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixations that caused the

problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office at the number below

### Flowers' Chiropractic Office

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