

Arts & ENTERTAINMENT

Big Band Classics on Revue



"In the Mood," a 1940s big band and swing dance musical revue, comes to Portland, Friday Oct. 2 at the Arlene Schnitzer Concert Hall.

A live big band orchestra with singers and swing dancers perform classic songs of the 1940s for "In the Mood," the musical revue coming to Portland for a single performance on Friday, Oct. 2 at 7:30 p.m. at the Arlene Schnitzer Concert Hall, downtown.

The show has been touring the country for 16 years now, bringing to life the era when all of America was listening and dancing to the same kind of music: Glenn Miller, Tommy Dorsey, Artie Shaw, Benny Goodman, Harry James, Erskine Hawkins, The Andrews Sisters, Frank Sinatra, and other greats of the 1940's.

It's a sentimental, romantic, patriotic, nostalgic, and jazzy tribute to America's Greatest Generation that attracts swing fans of all ages.

Zoo Celebrates World Cultures

Globetrotters on a budget can travel the world without leaving Portland during the Oregon Zoo's 11th annual World Animal Festival.

The festival, which runs through Sunday, Oct. 4, celebrates the many ways animals influence cultures, beliefs and customs around the globe.

The multicultural celebration provides a chance to discover more about wildlife and the unique places around the world where animals live. Guests will be treated to live Zimbabwean marimba music, Polynesian hula dancing, Native American storytelling, Chinese lion dancing and traditional English garland dancing. Visitors can also take part



A young Oregon Zoo visitor plays the "Predator Pounce" game during World Animal Festival.

in games, educational activities and traditional crafts such as Japanese origami, Ukrainian egg decorating, Slovakian wheat weaving and Polish paper cutting. For a complete schedule of activities, visit oregonzoo.org.

Top Drummer to Perform

Ten-time Grammy award-winning drummer Rodney Holmes will perform Saturday, Oct. 3, from noon to 2 p.m. in the Visual Arts Theatre on the Mt. Hood Community College Gresham Campus. Two one-hour clinics for advanced drummers will be held before and after the concert at 10:30 a.m. and 3 p.m.

All proceeds will fund the Queer Straight Alliance Club's trip to Washington D.C. to join the National Equity March in October.

Holmes will play the drums, jam with MHCC music students



Rodney Holmes and talk about some of his life experiences, such as playing with Carlos Santana and tra-

versing the music industry.

Throughout his dynamic career, Holmes has defied efforts to pigeonhole him as a jazz drummer, rock drummer, composer or bandleader. Integrating all these roles, Holmes is best described as a creative, eclectic musician. In his performances and drum clinics, his articulate and witty insight has enhanced his popularity among fellow drummers and music lovers of all genres.

Tickets are \$25 or \$45 for the performance and advanced drummer clinic.



Zhang Recital Opens Season

Portland Piano International opens the season with Haochen Zhang, gold medal winner at the 30th Van Cliburn International Piano Competition. The recital is Sunday, Oct. 4 at 4 p.m. in the Newmark Theatre.

Free Night of Theater

The Portland Area Theatre Alliance invites area residents to see a play for free during October as part of a national movement celebrating the magic of live theater.

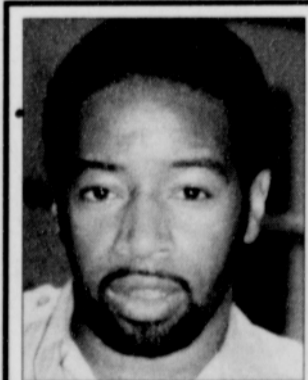
Twenty-two local theater companies will join hundreds across the nation reaching out to new audience members.

The free tickets can be re-

served by visiting the website freenightoftheater.net. Interested persons are advised to regularly check the website for updated ticket availability.

"We are thrilled to bring this opportunity to new patrons who

may have wanted to experience the excitement of live theater, but haven't had the chance. We all hope that the community finds this an offer too good to refuse," said Jen Raynak, theatre alliance president.



Happy 50th Birthday "Lil Mike"

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Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

Q: I hear a lot about stress these days. Just how serious is it?

A: Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

Q: I have a very stress-full job. How can Chiropractic help me?

A: Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working properly. What's

more, today's Chiropractors can also help you with natural relaxation techniques such as yoga, message and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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