

## Platinum Fade SALON



We have the Best Barber & hair Stylist in Portland.  
We do Razor Line Cuts, Weaves, Relaxers and Cuts.

Barbers & Hairstylist Wanted - 1 month free

5010 NE 9th Unit A, Portland, Oregon 97221

**503-284-2989**

Hours of operation:

**M-F** 9 am – 6 pm

**Sat** 8 am – 9 pm

**Sun** 11am – 6 pm

# Arts & ENTERTAINMENT

## Fashion Runway Report

'Orange' you  
glad it's spring

BY FASHUN N. STYLES  
THE PORTLAND OBSERVER

How many colors do you know that have a fruit named after them? In my discussions with fellow fashion fiends and beauty bloggers, we asked what are the colors of spring? We then thought about what color had the scent of spring? Most of us came to one conclusion, and that color was orange.

So for just for a moment, inhale; think about the color of orange. What does orange remind you of? It's something fresh and new. Now exhale, and there you go, spring.

Did you know? The first recorded use of orange as a color name in English was in 1512 in the court of



A spring and summer fashion with a matching hat and bag by Milano.

## BUSINESSES IN MOTION

Interested in  
Becoming a Vendor

Purchase a table  
for \$75.00  
by April 15th

Contact Person  
Shirlene Carson  
503-481-8007  
exctrav@aol.com



An opportunity to network with small businesses in the Community.

INFORMATION THAT WORKS FOR YOUR BUSINESS.

We are a networking organization with professional contacts informing other small businesses and the community with great information to help grow your business or obtain information about other local businesses.

**Sat. May 1st, 2010**

**Mallory Avenue  
Community  
Enrichment Center  
(MACE)**

**126 N.E. Alberta St.  
Portland, OR 97211**

**10 a.m. – 4 p.m.**



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 33. Osteoporosis and Bone Loss Reversal

**Q:** I have osteoporosis and now my back has a more "rounded" look. What is this?

**A:** You might have started to develop a "dowager's hump" or an abnormal outward curving of the vertebrae of the upper back. Bones become brittle with osteoporosis and the upper vertebrae can collapse on each other, causing a rounded appearance.

To help stop and even reverse bone loss:

- Develop good body mechanics through exercises to improve your posture.

- Eat a diet rich in calcium and vitamin D. Your doctor might prescribe a medication to help prevent further bone loss.

- Exercise regularly to help strengthen bones. Talk with a doctor to learn exercises you can safely perform.

Consult a chiropractor if the curvature of your upper back causes pain or discomfort.

**Flowers' Chiropractic Office**

2124 N.E. Hancock Street, Portland Oregon 97212

**Phone: (503) 287-5504**

King Henry VIII.

Orange has very high visibility, so you can use it to catch attention and highlight the most important elements of your design. From the bluest black, beautiful brown or bronze, to a lighter shade of brown, the radiance and glow of a melanin skin tone, orange is oh so cool against the radiance and glow of a melanin skin tone.

How can I wear orange? Deciding on whether to combine orange with your complexion doesn't have to be that complex. Your skin tone is just that, yours. Don't hibernate through a whole season, enhance your energy by elevating your wardrobe with the energy of orange.

How can I wear different versions of orange? Just like orange juice can be energizing and sweet tasting, the color is known to be lively and creative. Wearing orange is fun and can make you feel quite playful. Think about classical and modern day painters. Artists love dabbling with orange hues. Adorning yourself with an orange accent piece can also add a suggestion of liveliness. Orange represents enthusiasm, fascination, happiness, creativity, determination, attraction, success, and encouragement.

You can also wear warm colors with orange hues like camel, peach, gold and rust. There's also terracotta, coral, apricot, maroons, yellow-orange, pumpkin or burnt-orange

What clothing goes with orange?

There are several, but think of colors like greens (olive, Kelly), white (crisp, tan, beige, off white). Try to avoid combinations like pinks, pastels, reds and blues. For example, a burnt-orange is different than a bright hunter orange which can have too much of an aahh and wow effect.

Ladies: What about make-up? When complimenting your beauty regime with orange, don't go overboard. Test out a lightly-shimmering make-up scheme. You can add bronze to your face, slip, eyes or even go neutral. You might want to avoid the whole jack-o-lantern look. An orange lip yes, an orange eye combined with an orange lip, no.

Gents: We know you look good. But you ask, how can wearing orange add swagger to your style? The color adds a fresh and clean element to your look. Just make sure the clothes are stylish or formal while showcasing your physique. We know the fellas dress for the ladies. The wrong dress shirt can create an undesirable appearance that is either too baggy-looking, or too tight-fitting.

There's a reason why women check out a man's shoes to get an idea of the type of man he truly is. Wear a burst of bold orange sneakers with dark jeans. Or match up an orange back-pack with a crisp solid white tee shirt and dark jeans. Your outward appearance can showcase your energetic personality.