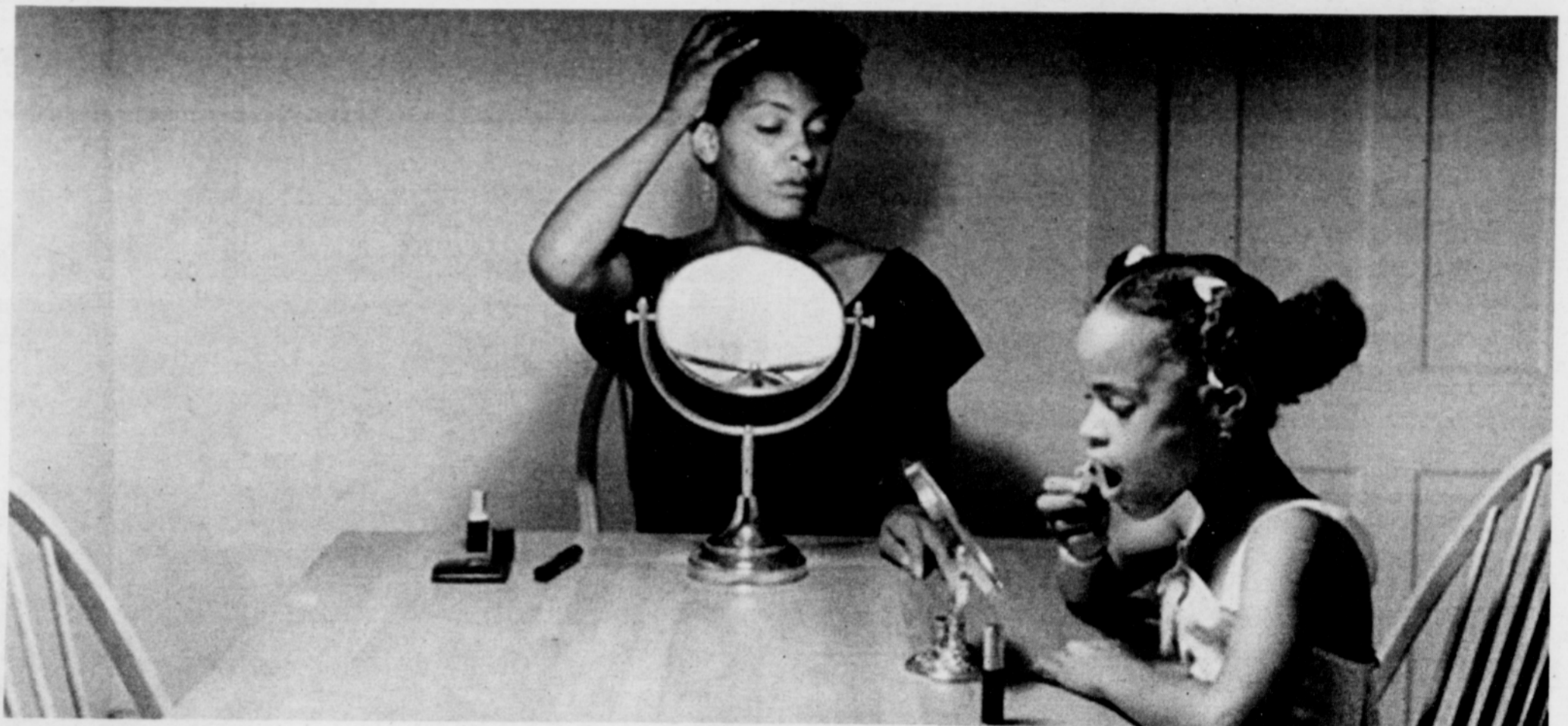


Exploring the Art of Carrie Mae Weems

Born and raised in Portland, Carrie Mae Weems is internationally recognized for her powerful photography-based art that investigates issues of race, gender, and societal class.

Carrie Mae Weems: Three Decades of Photography and Video, presents more than 200 photographs, videos, and installations tracing the evolution of Weems' career during a Black History Month exhibit which will be on display until May 19 at the Portland Art Museum.

On her 21st birthday, Weems received a camera as a gift and quickly realized its potential to express abstract political and social theories and incite change. During the past 30 years, her work has explored a variety of issues, providing a com-



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A photograph from Carrie Mae Weems' Kitchen Table Series is recognized as a masterpiece of performance and story-telling.

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Celebrate Statehood Day

History Museum's free admission with special events

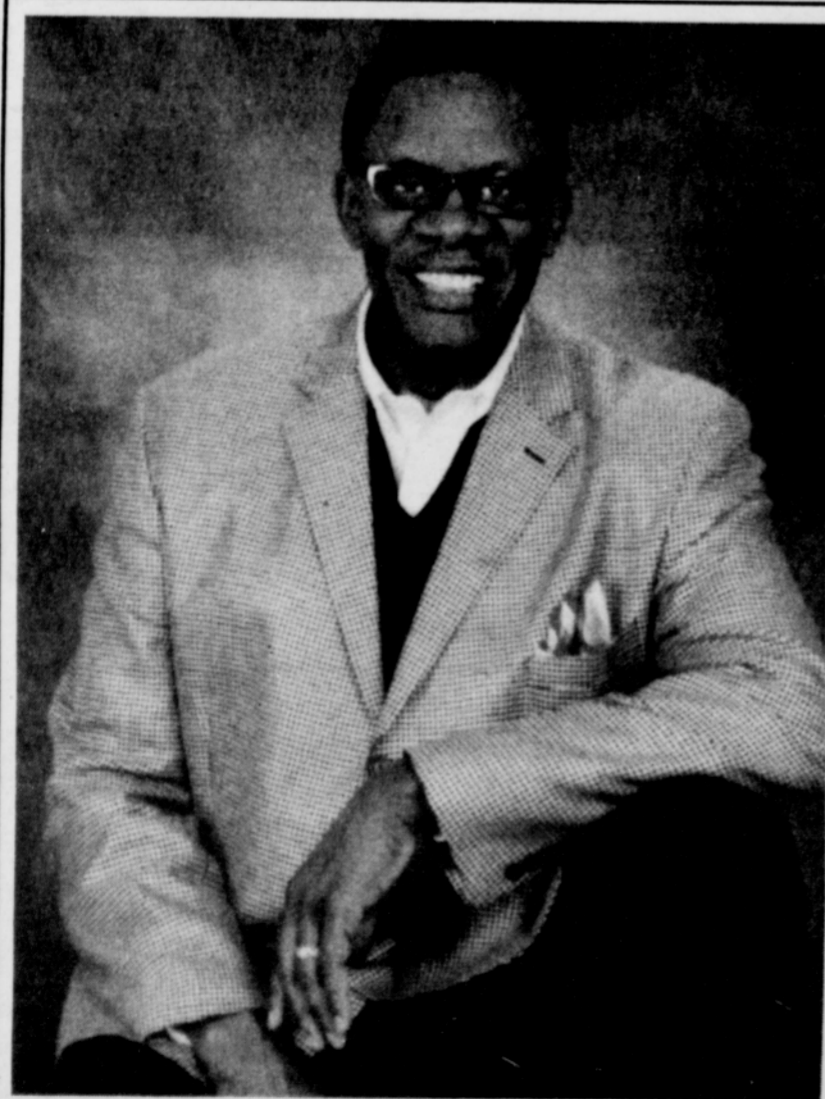
Oregon turns 154 years young on Thursday, Feb. 14 and you can celebrate Statehood Day with a slice of Oregon's birthday cake and free admission all day to the Oregon History Museum exhibits.

At noon, join First Lady of Oregon Sylvia Hayes as she cuts Oregon's birthday cake, specially made and donated by one of Oregon's favorite

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In celebration of Black History Month, the Oregon Black Pioneers return to the Oregon History Museum to partner on a new exhibit, *All Aboard: Railroading and Portland's Black Community*. The museum will offer free admission on Thursday, Feb. 14 in celebration of Oregon Statehood Day.



Dr. Billy R. Flowers

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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 stressful 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, massage 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.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212

Phone: (503) 287-5504