

Arts & ENTERTAINMENT



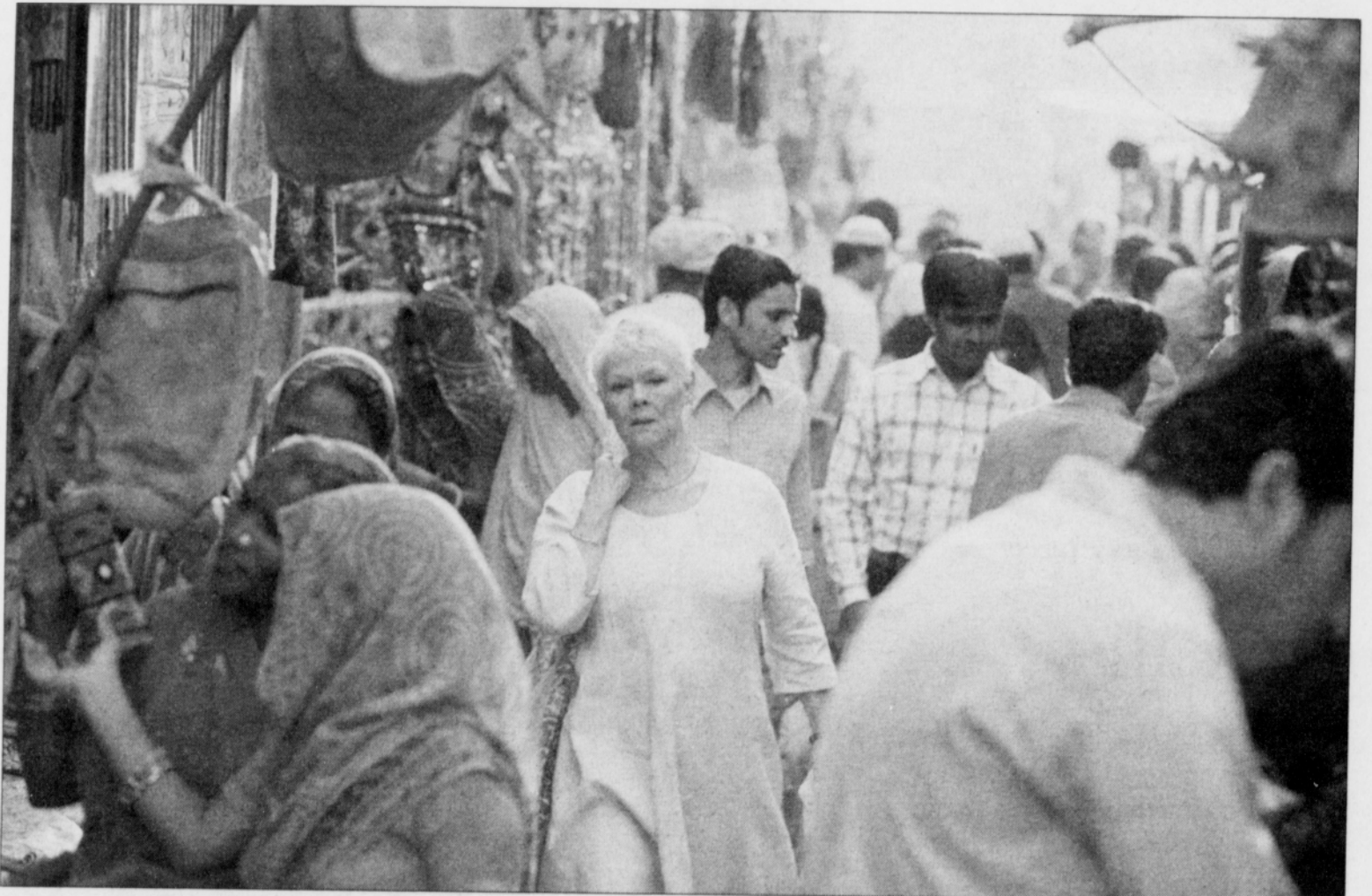
Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique

926 N. Lombard
Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
and your kitty will be pretty.*



Judi Dench stars in 'The Best Exotic Marigold Hotel,' a film that kicks off this year's Jefferson High School Multicultural Film Festival.

Multicultural Film Series Opens

Letting go of the past is required for change – not forgetting the past, but not keeping a sense of exclusive loyalty to it.

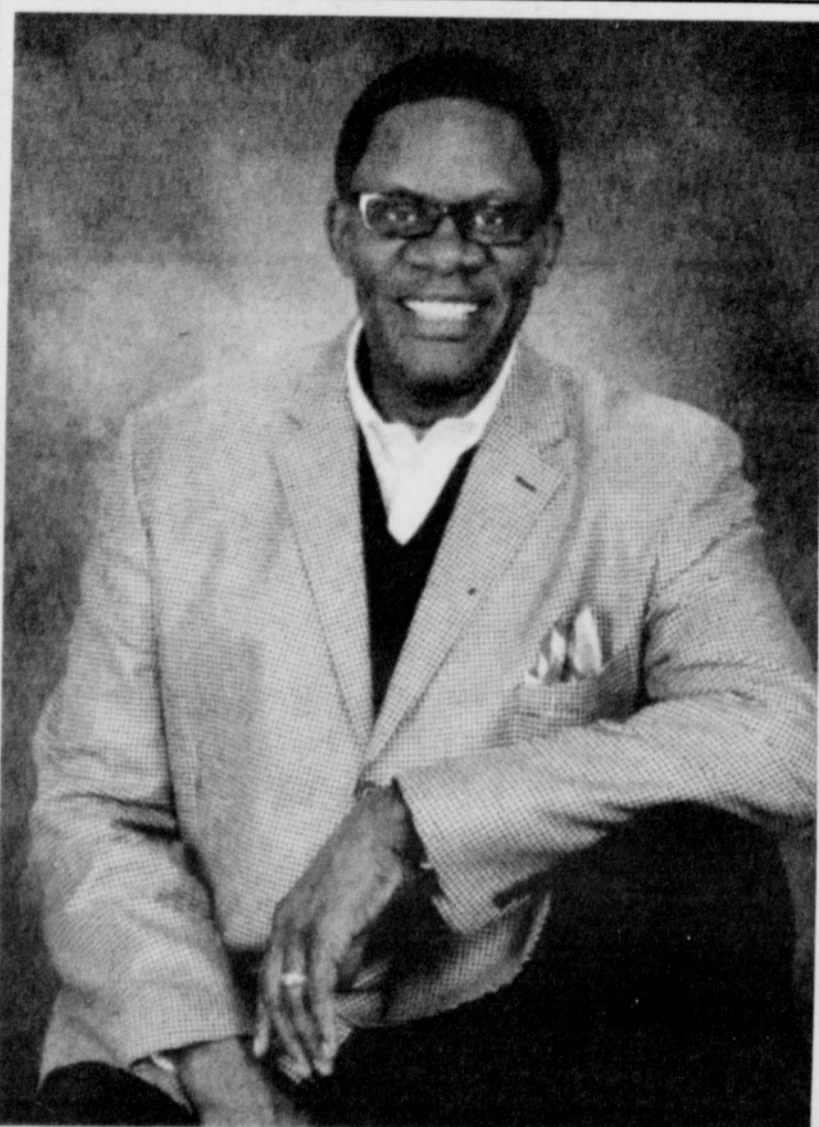
When we are forced to explore experiences that are novel, confusing, breath taking, and frightening, we begin to lift ourselves from emotionally laced and sometimes paralyzing past memories. And we rise!

Such is the case with the cast of "The Best Exotic Marigold Hotel," the opening film for the Jefferson High School Multicultural Film

Festival, opening its 13th annual run on Tuesday, Oct. 8 at 6 p.m. at the North Portland Neighborhood Library, 512 N. Killingsworth St. The series is meant to be informative, family friendly and free.

Dr. Jacqueline Temple, a well-traveled Portland State University professor, will be lead facilitator for the evening, sharing her transformational understandings from travel.

"Come; enjoy and engage," said J.W. Doncan, educator and executive director of the festival.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra.

To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions. By

making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504