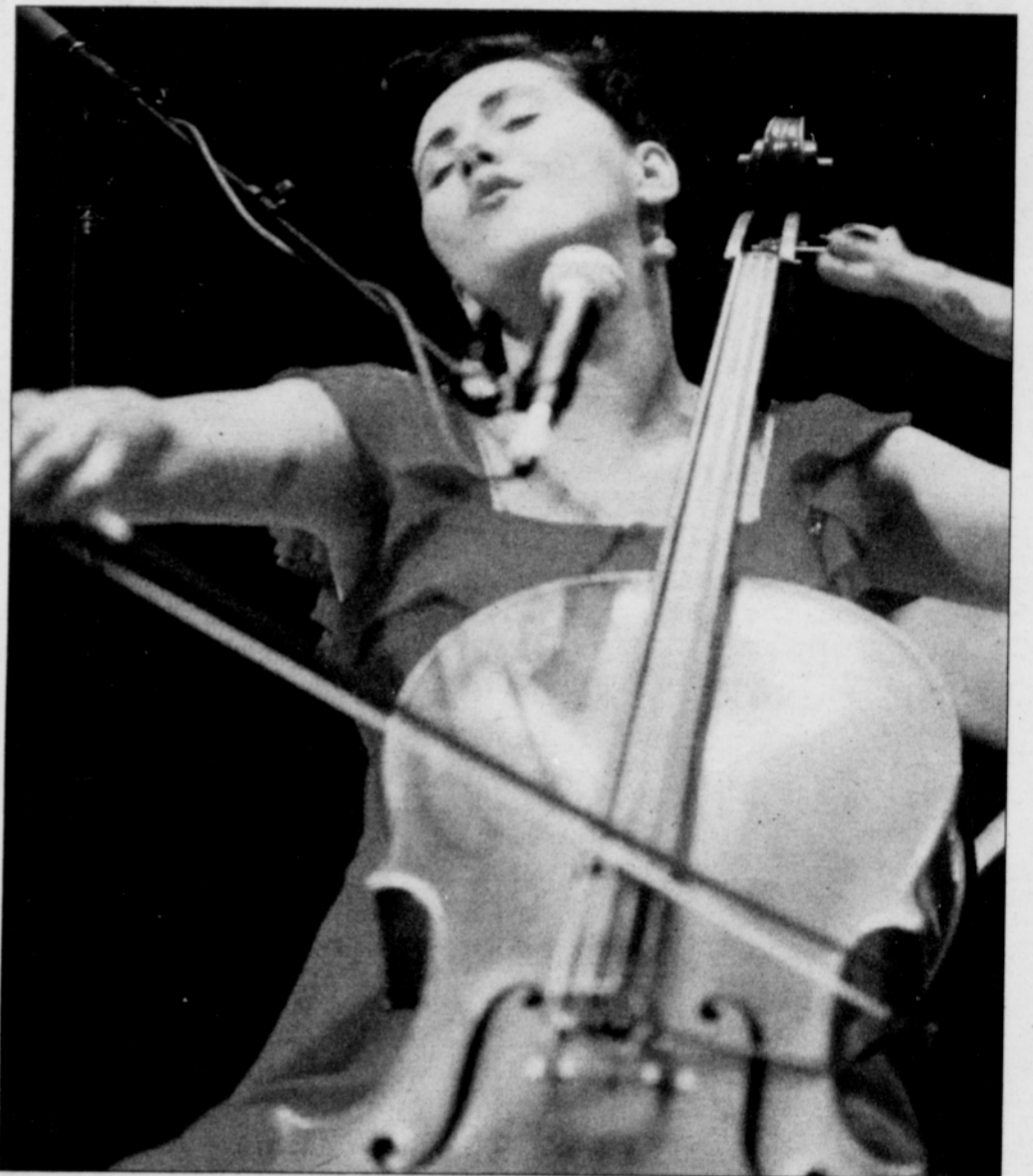


# Arts & ENTERTAINMENT

## Art and Culture Night

### Colored Pencils at the Art Museum

The Portland Art Museum is embracing the extraordinary cultural wealth unpacked by our immigrant and refugee neighbors by sponsoring Colored Pencils Art and Culture Night on Friday, Oct. 25. The free family event at 1219 S.W. Park Ave. will begin at 5:30 p.m. with



Colored Pencils Art and Culture Night celebrates the diversity of our immigrant and refugee neighbors.

**Roy Jay's Holiday Non-Profit Fundraiser**  
Presents  
**MOTOWN REVUE**  
**HITZVILLE**  
THE SHOW

**SAVE THE DATE!**  
Sat, Dec. 14 2013 • 7 PM  
Oregon Convention Center

General Admission On Sale Tickets Now!  
\$150 each before 11/30, \$200 after 12/9  
Ticket Price includes plated gourmet dinner from Aramark/ Giacometti Partners  
Purchase your tickets today by calling 503-231-2571  
Credit and Debit cards accepted

**Ticket Tomato**  
Tickets also available at TicketTomato.com!

Don't miss the holiday event of the season!  
This event will be filmed live, and the funds raised will help benefit Project Clean Slate and other local charities. Black tie optional, but dress to impress!

**SPECIAL OFFER FOR THE NEXT 125 PREPAID ORDERS:**  
**Buy 1 Get 1 Free!**  
Compliments of Project Clean Slate supporter

Featuring special guest emcee **Steve Dunn**, KATU/ ABC News Anchor

A SPECIAL THANK YOU TO OUR LIST OF ONGOING SPONSORS

KATU2, THE SCANNIE, Oregon Convention Center, WELLS FARGO, AACC, Enterprise, The Portland Observer, Roy Jay

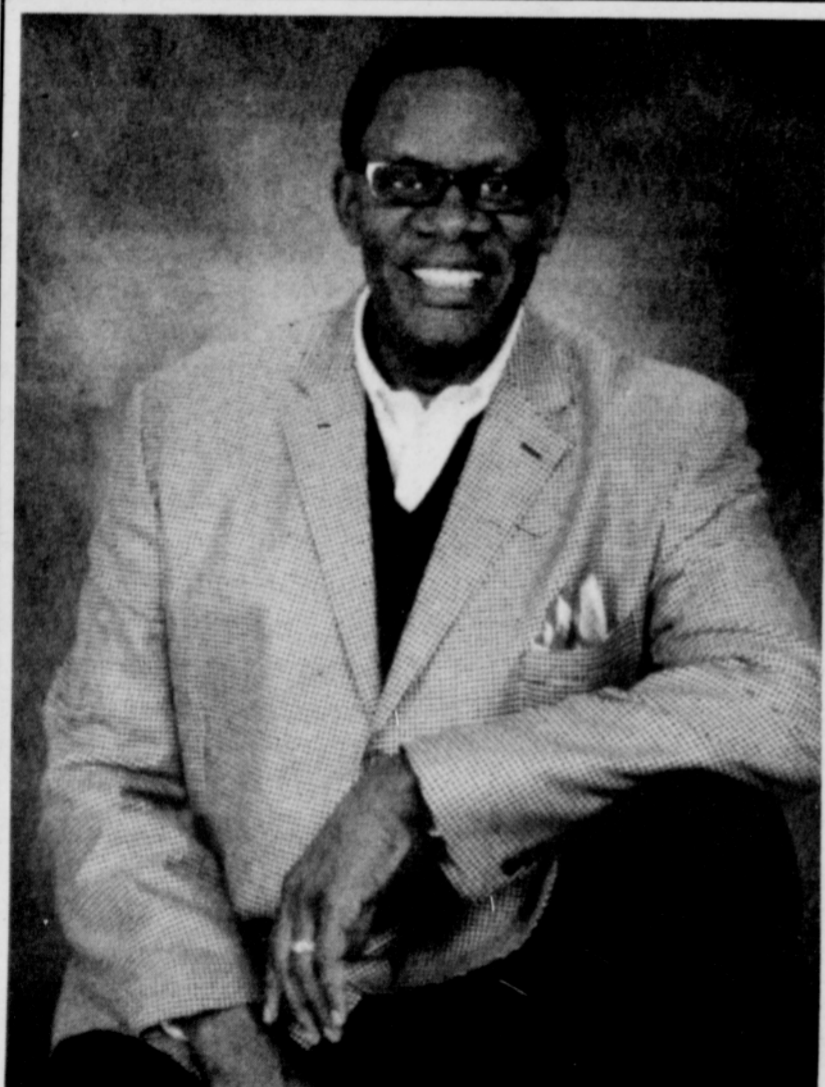
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a community gathering and traditional food vendors. Multi-ethnic performances and spoken words will take place from 6 p.m. to 8:30 p.m.

The Colored Pencils Art and Culture Council is a non-profit arts organization and a troupe of artists representing many if not most of Portland's 80 ethnic streams, a fusion of Nepali, Polish, Mexican, Andalusian, Indonesian, Arabic, Native American, and Tongan island, traditional and contemporary expression in paint and poetry, in music and chest-thumping, floor

pounding dance. Central to each Colored Pencil's event is honoring the most-elder among those gathered and asking the audience's kids to help sing happy birthday around a lighted cake, in a dozen languages simultaneously.

Colored Pencils' mission is to facilitate inter-cultural learning among diverse communities to uphold the dignity of all people by creating an artistically and culturally rich environment where everyone bond in their humanity and safe.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### 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.

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