

Arts & ENTERTAINMENT



The Delale Dance Group performs a traditional Kurdish dance at last year's Arab Festival in Portland. The annual celebration will return on Saturday, Sept. 1 at Oaks Park. (Photo from arabamerica.com)

Invite to Celebrate Arab Culture

You're invited to celebrate Arab culture with live music, delicious Middle Eastern cuisine and family fun activities at the eight annual Mahrajan or "festival" in Arabic, hosted by the Arab American Cultural Center of Oregon.

The free and open to the public event will be held Saturday, Sept. 1 from 11 a.m. to 7 p.m. at Oaks Park in southeast Portland.

"Join us as we celebrate our Arab heritage with live music featuring the amazing Raid Alasmar and other musicians from the Arab world, dabka, a Souq (Bazaar), delicious Middle Eastern cuisine, henna painting, games, dance, poetry, networking opportunities and much much more," said organizations of the event.

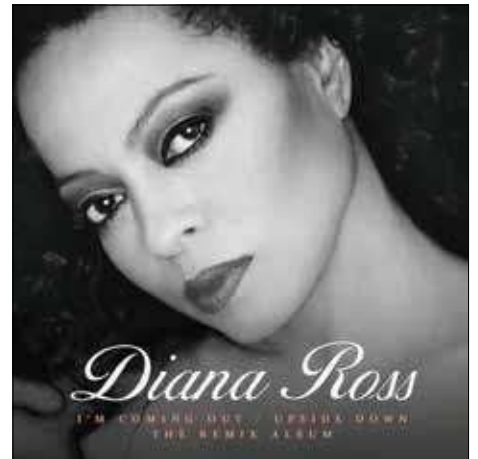
Dance Remix Propels Ross

Diana Ross, one of the most iconic entertainers of all time, made music history this month with her new remix "I'm Coming Out / Upside Down 2018" becoming No. 1 on Billboard's Dance Club Songs in just 8 weeks.

The original versions of both songs were ranked No. 1 on the same chart during the same week in 1980. "Upside Down" was also a No. 1 Pop and R&B hit in 1980.

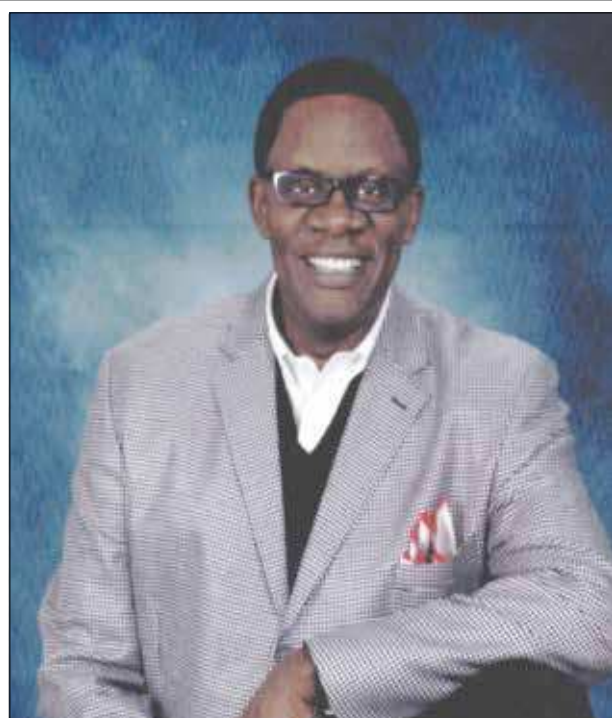
This marks the first time any artist has had back-to-back No. 1 Dance Chart hits with songs that were originally No. 1. In January, Ross' remix of "Ain't No Mountain High Enough" from Diamond Diana: The Legacy Collection hit No. 1.

The original version of "Ain't No Mountain High Enough" was a No. 1 Pop and R&B hit in 1970. Overall, Ms. Ross has had 6 No. 1 hits on Billboard's Dance chart.



Sci-Fi Film Fest's Final Week

Lawrence Fishburne (center) stars in *The Matrix*, one of the thought-provoking science fiction classic movies to round out the final weekend of the Sci-Fi Film Festival at the Oregon Museum of Science and Industry (OMSI). *The Matrix* shows on Friday at 7:45 p.m. and Saturday, Aug. 26 at 7:45 p.m. For a complete list of all the films showing this week, visit omsi.edu.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 32. Associated Pain

Q: Is my leg pain related to my recent back injury?

A: Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good

news is this type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

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