

# Arts & ENTERTAINMENT

## Miss Juneteenth Pageant Back

Sophistication, style and class surround a royal event you don't want to miss when the second annual Miss Juneteenth Oregon Pageant takes place on Saturday, June 8 at 4:30 p.m. at Self-Enhancement, Inc., 3920 N. Kerby Ave.

The evening will feature elegant gowns, a talent competition, and on-stage questions, but the most important purpose of the pageant, according to organizer Octavia Chambers, is to "foster sisterhood, build confidence and provide space for black girls to shine as their true authentic self, whatever that means for each of them."

Arya Morman, Miss Black Oregon US Ambassador 2019 and Marneet Lewis, Ms. Global United 2018-19, and other special guests will be in attendance. The current Miss Juneteenth Oregon, Sierra Boyne, will crown the new pageant winner and present her with a \$500 scholarship thanks to sponsor Above The Fray Design. For more information, visit Juneteenthor.org.



Miss Black Oregon U.S. Ambassador 2019 Arya Morman and other special guests will attend the second annual Miss Juneteenth Oregon Pageant, this Saturday, June 8 at 4:30 p.m. at Self-Enhancement, Inc.



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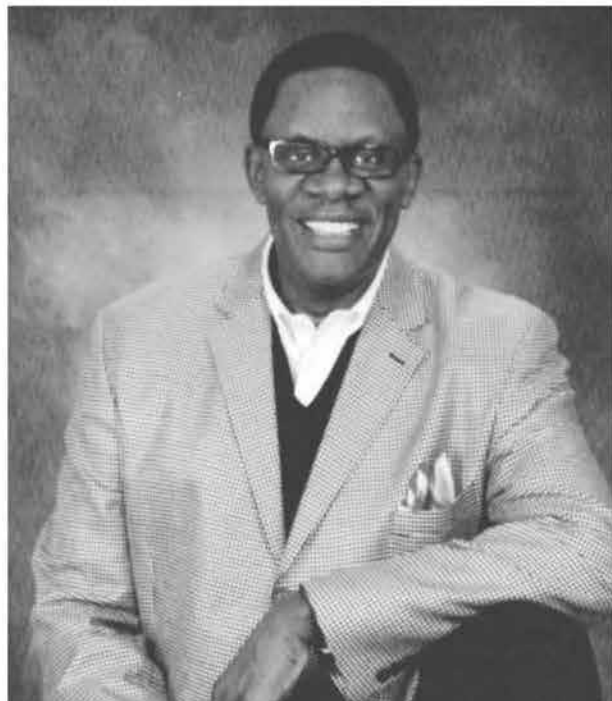




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# THE SPINA COLUMN™

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## 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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