



100th Anniversary of Modern Dance

In celebration of the 100 year anniversary of modern dance icon Merce Cunningham's birth, French company CNDC-Angers/ Robert Swinston will perform two Cunningham masterworks, Beach Birds and Biped, for three performances Thursday, Nov. 21 through Saturday, Nov. 23 at 7:30 p.m. at the Newmark Theater, downtown. Presented by White Bird, the performances are the only ones planned in the Northwest of Cunningham's work and feature live music by Gavin Bryars.

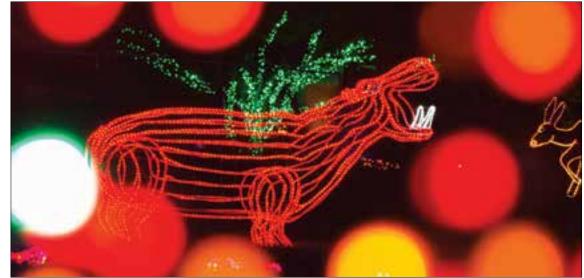


PHOTO BY MICHAEL DURHAM/COURTESY OREGON ZOO. On Friday and Saturday, Nov. 22-23, the Oregon Zoo will host BrewLights: a ZooLights experience just for the 21-and-over crowd.

Brewlights for 21+ Crowd

through winter wonderland of with beer, live music, food carts ZooLights would be like without brightly colored lights gets a pre- and more. From 5 p.m. to 9:30 view this weekend exclusively for p.m., visitors can sample local the 21+ crowd.

annual BrewLights, a unique sculptures.

The Oregon Zoo's annual walk- ZooLights experience for adults beers, seltzers and ciders while On Friday and Saturday, Nov. strolling among forests of bright-22-23, the zoo will host its third ly lit trees and dazzling 3-D light

"If you've ever wondered what the kids, BrewLights is for you," said zoo event coordinator Barbara Bennett-Heck.

Admission includes a souvenir light-up cup and 10 tasting tickets. Visit oregonzoo.org/brewlights.



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

Part 17 **Understanding Pain:** Why do you have it? How can you get rid of it?

Q: My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

A: You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire as well. Our specialty is finding Department or would you

and calmly go back to sleep?" without drugs...Just as nature You see, pain is your nervous intended. If you suffer from pain, system's fire alarm. Pain pills stop pulling the alarm wires may alleviate the pain but will do from the walls. Together, we can nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress please feel free to call us at the in the nervous system, this is a phone number shown below. serious problem.

The nervous system controls every other function of the body and left untreated can cause ill-



Dr. Billy R. Flowers health in other areas of the body the cause of your problem and Yank the wires out of the wall taking care of it, painlessly, put the fire out...for good!

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, **Flowers' Chiropractic Office**

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Terra Heilman helps a resident pick holiday fabric for reusable gift wrapping bags as coordinator for The Repair Clark County reuse and recycle program which helps residence reduce their waste.

Cut Waste with **Reusable Wrap**

A reuse and recycle program in Vancouver is helping residents reduce their waste this holiday season by sewing reusable wrapping bags from upcycled fabric and distributing them to the public.

Sewing pros will transform fabric into reusable holiday gift wrapping bags during three free events, Friday, Nov. 22 and Saturday, Nov. 23 from 5 p.m. to 9 p.m. at the Vancouver Night Market, located at Warehouse 23, 100 Columbia St.; and on Sunday, Dec. 1 at the Holiday Farmers Market, located at the Vancouver Hilton, 301 W. Sixth St., from 11 a.m. to 2 p.m.

Residents can bring their own treasured fabric (vintage table cloth, linens or tree skirt for example) or choose from a limited selection of recycled holiday fabric. There is a limit of three bags per person. The events are sponsored by Repair Clark County, a program of the Columbia Springs Natural Area.