

Arts & ENTERTAINMENT



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

The Oregon Zoo's annual walk-through winter wonderland of brightly colored lights gets a preview this weekend exclusively for the 21+ crowd.

On Friday and Saturday, Nov. 22-23, the zoo will host its third annual BrewLights, a unique

ZooLights experience for adults with beer, live music, food carts and more. From 5 p.m. to 9:30 p.m., visitors can sample local beers, seltzers and ciders while strolling among forests of brightly lit trees and dazzling 3-D light sculptures.

"If you've ever wondered what ZooLights would be like without 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.

THE SPINA COLUMN™

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 Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain but will do 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 in the nervous system, this is a 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 as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can 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, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office
2027 Lloyd Center Mall,
Portland Oregon 97232
Phone: (503) 287-5504



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.

HARRIS PHOTOGRAPHY



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