

LOVE REGRET PASSION BETRAYAL SWAN LAKE

FULL-LENGTH / FULL ORCHESTRA

FOUR SHOWS ONLY!
BEST SEATS JUNE 10 AT 2PM!

JUNE 9-11

KEETER AUDITORIUM

JUNE 9-11 AT 7:30PM

JUNE 10-11 AT 2PM

TICKETS: \$15-\$100

ORCHESTRA: \$15-\$100

BOX SEATS: \$150-\$1000

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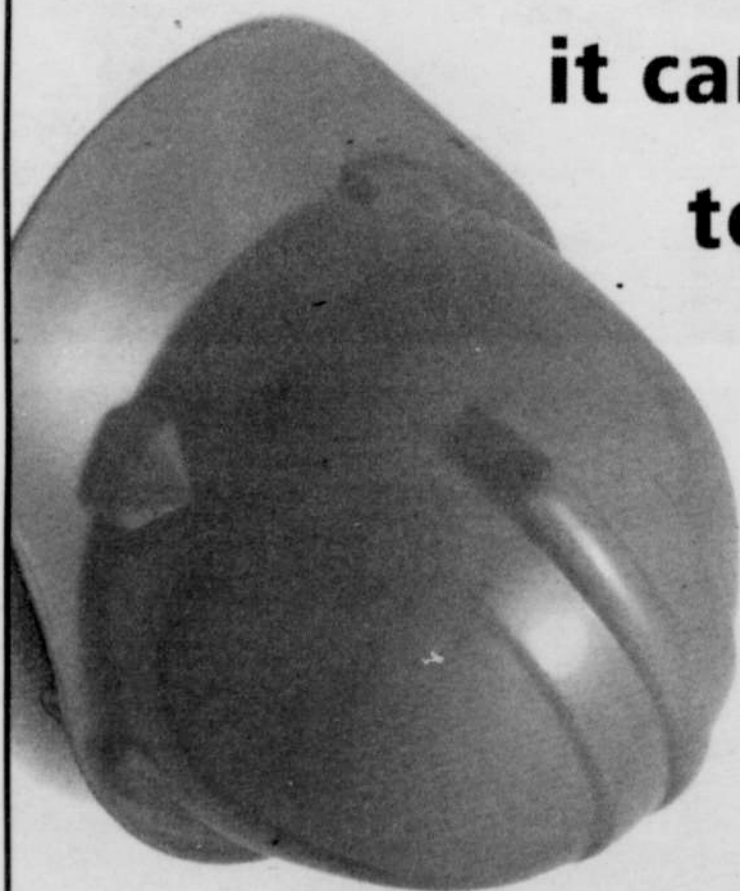
ORCHESTRA: \$15-\$100

BOX SEATS: \$150-\$1000



OREGON BALLET THEATRE
CHRISTOPHER STOWELL / ARTISTIC DIRECTOR

**in the heat of the moment
it can be tough
to play safe**



PDXSEX fact:

**Lots of guys have an STD & don't even know it.
Want to play safer?
Test every 3 months (it's always confidential).**

info: www.man2manpdx.us

STD Clinics: 503.988.3700 Portland • 360.397.8089 Vancouver

CHOOSE WHAT WORKS FOR YOU: learn • protect • test • treat

condoms help prevent STDs but do not protect you 100%

Get with the Program

The rural way

Bikini season is upon us! (Don't worry, it's not upon me.) Queer trainers everywhere are on the lookout for queers needing exercise. We get our pre-Pride workout by chasing you around!

For my East County Walking Workout class, I chose Glendoveer Golf Course located on Northeast 140th Avenue and Glisan Street. Trees keep it shady on the two-mile walking trail encircling the course. On this particular day I saw two "bear pairs," two old-school butches talking loudly about their girlfriends and lesbian parents with twins in a stroller. It's easy to forget our rural cousins, but I'm from that neck of the woods, and I like to resurface for my cameo appearance often—with dumbbells and whistle!

As a teen, the distance from queer civilization left me with few options for socializing, so I explored. It wasn't uncommon for me to ride my bike 16 miles out Orient Drive to see the only other queer I knew. East county queers don't need excuses or time off to take a hike and picnic with their sweethearts or friends. It's fun and you have near complete privacy, except for the occasional straight person trying to assess which one is the girl/boy.

I've heard about queers feeling and being less safe in the rural areas, but I've had to sprint spontaneously with my girlfriend in Laurelhurst Park (during the first Measure 9 campaign), so I might have an alternate queer perspective about the safety of country living. (Note: Use reasonable caution and common sense to assess any situation should you be queer and isolated in any unfamiliar area.) I personally prefer to drive to Oxbow Park (eight miles east of Gresham) when time allows. I am out and proud and never play my gay down (as if I could), and I've never had a problem. I'm often the only one not peeking over my shoulder prior to displays of overt gaydom.

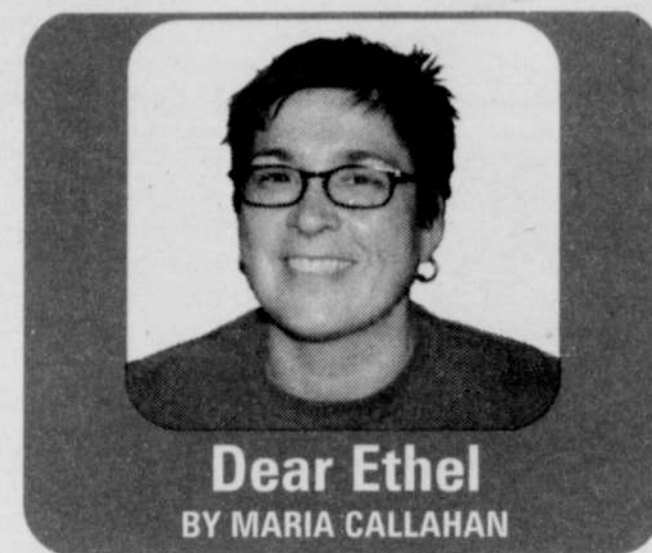
If you've become "citified," it's easy to assume you need a gym membership to exercise. Taking movement for granted by eschewing the free benefits of our naturally beautiful setting is an error; I suggest you look out at the blue sky and reconsider. I'd choose the sun, a cold beverage and Frisbee over a treadmill any day!

DEAR ETHEL:

I see young, fit people running on the treadmill at my gym. Although I'd really like to run, I don't feel like I can because it makes my knees ache. Is it possible for me to burn the same amount of calories by walking fast on the treadmill?

What you can't do with your legs, you can do with your arms! You can burn many more calories by carrying one- to three-pound hand weights or by letting your arms swing and walking on a slight incline. Arm movement will bring your heart rate up five to 10 beats a minute.

In my opinion, a light jog would be a better choice than walking really fast without proper speed-walking instruction. Hyperextending (straightening out and "locking" your leg) your knee can place too much stress on the ligaments and tendons and put the emphasis of the exercise directly on your knees. Stopping or turning sudden-



Dear Ethel
BY MARIA CALLAHAN

ly while jogging or running will stress your ACL—always deaccelerate! (Rose City Softball Association players, take note!)

Implement interval training: Jog or run for a set amount of minutes or until you need a break, then walk (called active recovery) until you can jog or run again. This type of training can be utilized for any challenging activity.

Proceed very slowly. Use your head; stop if it hurts. Prior to jogging, get warmed up and lightly stretch. After your jog, cool down for five minutes or so, and stretch again.

Treadmills provide a stable and constant environment. Step on your heel and roll toward your toe when you walk. For variety, try walking slowly (1 to 2 miles per hour) backward or walking sideways on the treadmill, if the treadmill has side rails.

Go outside! The natural inconsistency of outdoor walking or jogging will bring up your heart rate! If you are jogging, look for runners. If you



don't see them on a trail, proceed with caution. Larger people and runners have the concern of impact in common. When I see multiple runners on a trail, I assume it's knee-friendly.

Take a friend! Carrying on a conversation while you're walking ensures that you're training aerobically and utilizing fats and glucose as a primary fuel source. If you can't converse, slow down, catch your breath, and pick it up again. 10

Information in this column should not be used in place of advice from a licensed health care professional. If you have a health or fitness question, contact DEAR ETHEL at maricallahan@gmail.com or visit www.mariacallahan.net.