

Arts & ENTERTAINMENT



Get a Life Marching Band
Portland, Oregon

The 'Get a Life Marching Band,' will perform Jan.20 in Washington, D.C. for the Presidential Inaugural Parade.

Local Band Headed to Inaugural

A Portland marching band has found the perfect way to launch its 15th anniversary season – marching down Pennsylvania Avenue – for the Presidential Inaugural Parade in Washington, D.C.

On Jan. 20, the Get a Life Marching Band, will join approximately 100 other units from around the country for the parade honoring

President-elect Barack Obama.

The band hails from all around the Portland and Southwest Washington metro area and ranges in age from the 20's to 60's.

"Our members have three things in common," said band director Bob Pulido. "We were all in high school or college marching bands; we still haven't gotten over it; and

we'd rather miss a note than a meal!"

Get a Life Marching Band members are known for spontaneity on the parade route, engaging crowds using sing-alongs, humor, and "just for you" solo performances.

Our goal is to send each audience member home with a special and unexpected memory!" Pulido said.



Challenging Preconceptions Firehouse hosts provocative play

Cow. Slob. Pig. How many insults can you hear before you have to stand up and defend the woman you love? Tom faces just that question when he falls for Helen, a bright, funny, sexy young woman who happens to be plus sized - and then some, in "Fat Pig," opening Thursday, Jan. 8 at 8 p.m. at the Interstate Firehouse Cultural Center, 5340 N. Interstate Ave.

Forced to explain his new relationship to his shallow but funny friends, Tom comes to terms with his own preconceptions of the importance of con-

ventional good looks.

The play by Neil LaBut and presented by Lucky Apple Productions not only critiques our slavish adherence to Hollywood ideals of beauty but boldly questions our own ability to change what we dislike about ourselves.

A gala reception is scheduled Friday, Jan. 9 with 8 p.m. shows continuing Thursdays, Fridays and Saturdays, and Sunday matinees at 2 p.m., through Jan. 31.

Tickets are \$10. Call 503-205-0715 or visit ifccarts.org.

Singer beats Cancer, Craves Pot

Merle Haggard doesn't want to lose his 'mojo'

Merle Haggard is not letting a bout with lung cancer get in the way of his ambitious touring and recording plans.

Seven weeks after the 71-year-old country legend had a lemon-sized tumor removed in what he calls "the greatest test of my fortitude," he said that he expects to work harder in 2009 than he has in 20 years.

Haggard says he is singing better now that he is in the throes of kicking his daily marijuana habit. More importantly, the son of Depression-era Dust Bowl migrants from Oklahoma views himself as a cheerleader during tough times.

"I think we can stir up some good humor out there among the folks that are crying for good news, and just give them a moment's happiness," he told



Merle Haggard
Reuters.

Haggard, who once derided pot-smoking hippies in his 1969 hit "Okie From Muskogee," got hooked on marijuana after a doctor said it was a good substitute for his Valium habit.

He gave up a few times over the years, but "nothing was funny," he said. He quit again, four days before going under the knife Nov. 3, and prays that he does not lose his creative mojo.

With a clean bill of health, he is mapping out his 2009 itinerary and is eyeing some unusual venues, namely churches, hospitals and prisons.

"Especially women's prisons, they get overlooked," he said. "We played a women's prison in Wyoming one time, and it was the greatest response I've ever received in my life. Forty women was all that were there, and 40 women cried when we left."

Haggard can relate to that crowd. From the ages of 14 to 23, he was in and out of institutions for various petty crimes. He spent his 21st birthday behind bars at San Quentin State Prison, where he served nearly three years for burglary. In 1959, prisoner 45200 watched Johnny Cash perform there.

Haggard eventually found fame in the late 1960s with such chart-topping tunes as "Branded Man," which was inspired by his fear that his criminal past would become public knowledge.



Beyonce

Topping the Charts Again

(AP) – Beyonce logged a fourth week atop the Billboard Hot 100 singles chart, while near-record digital sales drove dance-pop singer Lady GaGa to the No. 2 slot.

Beyonce's "Single Ladies (Put a Ring on It)," a track from her chart-topping album "I Am ... Sasha Fierce," sold a massive 382,000 downloads last week

according to Nielsen SoundScan, a 157 percent increase.

But Lady GaGa's Grammy-nominated "Just Dance" featuring Colby O'Donnis sold 419,000 downloads, the second biggest single-week sum of all time behind Flo Rida's 467,000 from the same week last year.

25 Years of Experience

Aggressively representing individuals with legal problems in criminal allegations & employment discrimination



Low Cost


Let me help you with legal questions

Attorney Sona Joiner

503-241-1113

LOOKING FOR HEALTH INSURANCE?

Look no further. I offer a variety of flexible and affordable health insurance options to meet your needs. Call me today for more information.



Michael David Holton, Agent
7223 SW Macadam Avenue
Portland, OR 97219
Bus: 503-517-9090
www.michaelholton.com


LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®

State Farm Mutual Automobile Insurance Company • Bloomington, IL • statefarm.com®

Regional dishes from the coast of Northeast Africa

Horn of Africa

Discover the fresh flavors and alluring spices of authentic recipes from Somalia, Ethiopia, Djibouti, Kenya and the Middle East. Our seasonal dishes are hand-made with local, organic ingredients. All meals are served with traditional breads. We cook for you with love and care.



Try our multi-course, unlimited buffets
Lunch: \$8.95, Sunday Dinner: \$10.95

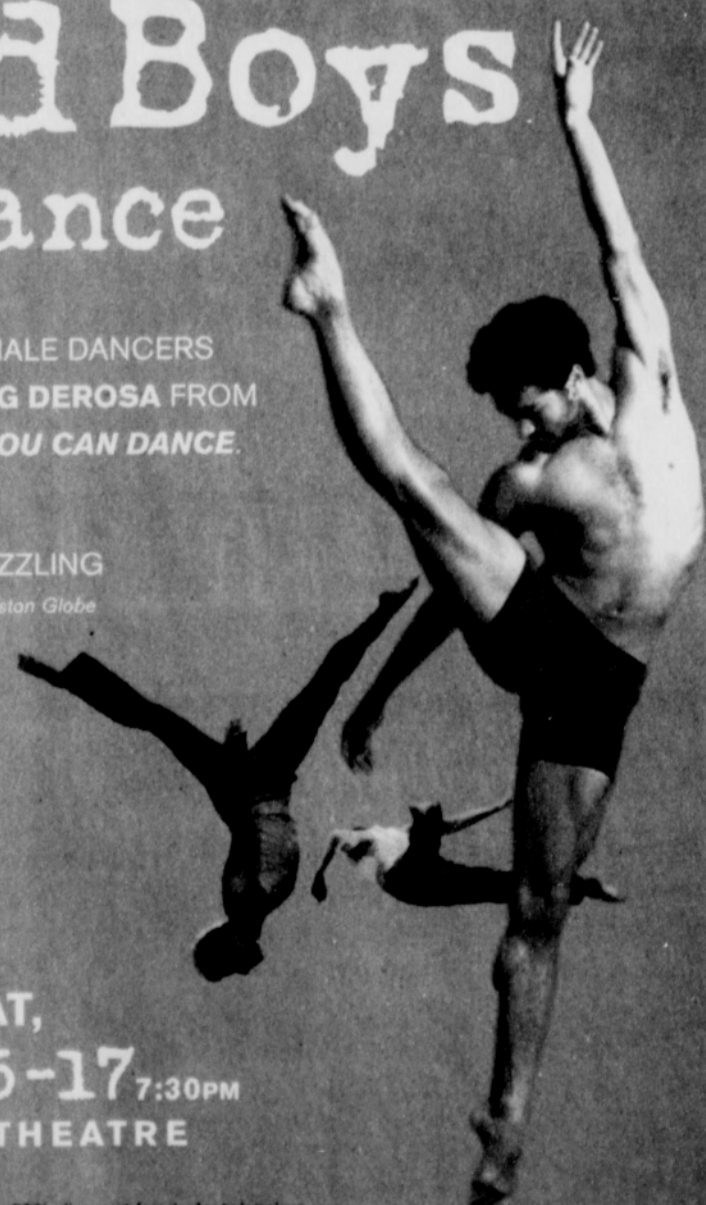
Ask about our traditional Royal Feast Room for parties or meetings. Many vegetarian and vegan options. Local, organic ingredients.

Tuesday-Friday: 11-9 • Weekends: 5-9 • Closed Mondays
New location! Vanport Square, 5337 NE MLK Blvd. • (503) 331-9844
Reservations Accepted • Major Credit Cards • www.hornofafrica.net

Bad Boys of Dance

7 ASTOUNDING MALE DANCERS
FEATURING CRAIG DEROSA FROM
SO YOU THINK YOU CAN DANCE.

"ABSOLUTELY DAZZLING DANCING" – The Boston Globe



white bird

3 SHOWS
THURS-SAT,
JAN. 15-17 7:30PM
NEWMARK THEATRE

TICKETS: \$20-\$55 plus service fee. 20% discount for students/seniors.
503.750.2757 – All ticketmaster outlets including PCCA Box Office.
Group Discounts/Info: 503.245.1600 ext. 201

www.whitebird.org

SPONSORED BY:
Columbia la&e
Sportswear Company