

Arts & ENTERTAINMENT

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Oregon's 150th Birthday Bash

The classical music group Fear No Music and other Oregon composers have arranged a series of concerts in Portland, Eugene and Salem as part of Oregon's 150th anniversary of statehood. Some modern dance and ballet will also be mixed in.

The first performance will take place on Friday, Feb. 13 at Disjecta, 8371 N. Interstate Ave., followed by concerts in at the University of Oregon in Eugene on Tuesday, Feb. 17 and at Willamette University in Salem on Thursday, Feb. 19.

Fear No Music musicians Inés Voglar, Joël Belgique, Mika Sunago, and Joel Bluestone will join guest artists Tomas Svoboda, Evan Kuhlman, and Nancy Ives; the Agnieszka Laska Dancers; and Gavin Larsen from the Oregon Ballet Theater for the concert series, to present a world premiere of three new works, written especially for this grand occasion.

Tickets are available at the door or online at artixpdx.com.



PHOTO BY CHARLES NOBLE
Fear No Music musicians Joel Bluestone (from left), Joël Belgique, Inés Voglar and Jeff Payne will perform Friday, Feb. 13 at Disjecta, 8371 N. Interstate Ave., as part of concert arranged by Oregon composers to celebrate 150 years of statehood.

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BRIDGETOWN REALTY



Leisure Hour Jr. Golf Program Open Enrollment 2009

Sunday, February 22, 2009 2pm - 5pm

Final Registration
Sunday, March 8, 2009 2pm - 5pm

For New and Returning Members and Mentors

3800 NE Mallory
Portland, Oregon

Applications will be available to download at our website on February 13, 2009

www.eteamz.com/Leisurehourjrgolf/



Fee for Jr. Golfers

- \$15.00 for 1 Child per Family
- \$25.00 for 2 Children per Family
- \$40.00 for 3 Children per Family
- \$55.00 for 4 Children per Family

Fee for Mentors

\$20.00

Additional Fee for Uniform Per Person
\$25.00 which includes Hat and Shirt

If you have any questions, please call

(503) 936-8568 Debbie Moaning
or
(503) 320-0123 Angie Harris



Victor Mack and Valerie Stephens are swept into a romantic relationship by fate in "Frankie and Johnny in the Clair de Lune," currently on stage at CoHo Theater in northwest Portland.

Frankie and Johnny

First produced in 1987, Frankie and Johnny in the Clair de Lune is a much beloved romantic comedy (which has been seen throughout the U. S. and was adapted into a movie in 1991) focusing on two rather ordinary people: the dreamer and romantic Johnny and the hard edged realist Frankie.

The central question in this play, as in all romantic comedy, is can these two people with all their differences and all their idiosyncrasies somehow swept together by fate find happiness together?

The play is presented by CoHo Productions and co-produced and directed by veteran Portland theatre artist Tony Sonera. The production does contain adult language, themes, and nudity.

Performances are currently on stage through Feb. 21 on Thursday through Saturday nights at 8 p.m. and Sunday matinees at 2 p.m. at CoHo Theater, 2257 N.W. Raleigh St. Admission is \$25 for adults and \$20 for students and seniors. For tickets call, 503-220-2646.

Film Festival Honors Black History

The 19th annual Cascade Festival of African Films, held in honor of Black History Month at Portland Community College's Cascade Campus, runs through March 7. Free and open to the public. For a complete schedule, visit africanfilmfestival.org.

Food and Entertainment -- Sliders Grill, 3011 N. Lombard, features an eclectic assortment of performers on the main stage, accompanied by delicious food. Call 503-459-4488 for more information.

Xbox 360 Teen Game Tournament -- With breakneck chases and spectacular highway battles, teens should come ready to race in this gaming tournament at OMSI for grades 6-12 on Feb. 21 at 4 p.m. Sponsored by Game Crazy, admission \$10 at the door and \$7 for pre-registered players and OMSI members.

Enchanting Comedy -- Lakewood Theater Company presents "Bell, Book and Candle," a romantic comedy about a witch who casts a spell on her handsome young neighbor and her life is turned upside down. Performances are scheduled through Feb. 22 at the Lake Center of the Arts, 368 S. State St. in Lake Oswego. Call 503-635-3901 or visit lakewood-center.org.

Explore Oregon History -- Free admission, Saturday, Feb. 14 and Sunday, Feb. 15 at the Oregon Historical Society, 1200 S.W. Park Ave., as the museum hosts a State of Oregon 150th birthday party with cake, children's activities, tours, and free admission.

Zoo Buck Tuesdays -- On the 2nd Tuesday of every month, the zoo hosts 2-Buck Tuesdays when guests can tour the zoo during regular zoo hours for the discounted price of \$2 per person!

Modern Masterpiece -- Based on a Henry James tale, Benjamin Britten's opera, "The Turn of the Screw" plays Thursday, Feb. 12 and Saturday, Feb. 14 at the Keller Auditorium. The show is a psychological thriller wrapped in a gothic ghost story that puts audiences on the edge of their seats.

Poetry at Miracles -- Local and national artists and musicians share an evening of spoken word and music at the Miracles Club, 4069 N.E. Martin Luther King Jr. Blvd, each Wednesday, between

ENTERTAINMENT GUIDE



"Africa through African lenses"

7:30 p.m. and 9:30 p.m.

Norman Sylvester Band -- Friday, Feb. 13 and Saturday, Feb. 14 at 9 p.m. at Tillicum in Beaverton. For more information, call 503-281-5989.

International Films -- The Northwest Film Center presents the 32nd Portland International Film Festival through Feb. 21 with 115 compelling new films from over three dozen countries. The full festival program is available online at nwfilm.org.

Yard, Garden & Patio Show -- Friday, Feb. 27 thru Sunday, March 1, at the Oregon Convention Center, stroll through lavish display gardens, enjoy free seminars, wine tasting and more. For more information, call 503-342-6401.

The Wiz -- Tickets are now on sale for performances of "The Wiz," the all-black adaptation of the "Wonderful Wizard of Oz," under production by Stumptown Stages and scheduled Feb. 13 through March 11 at the Jefferson High School Auditorium. Visit stumptownstages.com or call the box office at 503-381-8686.

Facets Of Love -- Portland Story Theater brings you Smitten! A brand new show about the kind of love that stuns you, lifts you, shakes you by the neck and takes you on a wild roller coaster ride. The world premiere is Friday, Feb. 13 at 8 p.m. with repeat shows on Valentine's Day, Saturday, Feb. 14 at 7 p.m. and 9 p.m.; and a Sunday matinee on Feb. 15 at 3 p.m., Hippbone Studio, 1847 E. Burnside, Suite 104 Tickets are \$12 at the door.

Live Jazz -- Every Friday and Saturday from 8 p.m. to 11 p.m., the Third Degrees Lounge at the RiverPlace Hotel, 1510 S.W. Harbor Way, will host the ongoing weekend series featuring Portland's rich jazz scene with no cover or minimum purchase. For more information, visit pdxjazz.com.



Puppet Play -- When Animals were People plays at Dolores Winningstad Theatre, 1111 S.W. Broadway on Saturdays, Feb. 14 and Feb. 21 at 11 a.m.; and Sundays, Feb. 15 and Feb. 22 at 2 p.m. and 4 p.m. A closing performance will be held at the Durst Theatre in Vancouver on Feb. 28 at 11 a.m. located at 32nd and Main Street. Admission \$14 Children and \$16 adults for tickets, call 360-695-3050 or 503-248-0557 visit tojt.org or ticketmaster.com.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

Q: I always seem to be plagued with headaches. They come up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

A: About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause extreme pain.

Your problems could be nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

Q: Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

A: Drugs work primarily on relieving pain, but not on treating the

cause of the headache. What's more, drugs have serious side effects. The only side effects of Chiropractic are relief from pain and a healing of the cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us at the telephone number listed directly below.

Flowers' Chiropractic Office
2124 NE Hancock,
Portland Oregon 97212
Phone: (503) 287-5504

Peninsula Little League 2009

(Serving the Youth of Inner North & Northeast Portland ages 5-14)
visit our website at: www.eteamz.active.com/peninsulalittleleague
Registration available on-line beginning January 15, 2009

Softball Program	
Level	Ages
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Mark Washington ~
503-288-0033
markw@portlandobserver.com

Items to bring to sign-ups:
Birth Certificate
Proof of Address
Doctor/Insurance Info
Player Fee

Regular Sign-ups
\$64/T-Ball, \$74 All other levels
This fee includes the pepperoni fund raiser
Sell one bag of pepperoni and get \$24 off fee
Each bag contains 24 sticks

Peninsula Park Community Center
700 N Portland Blvd
Saturdays:
February 7, and February 14
10:00 am to 1:00 pm
Thursdays:
February 5, and February 19
6:30 pm to 8:30 pm

Registration forms can be completed in advance by downloading from our website

Baseball Program	
Level	Ages
T-Ball	5 - 6
Farm	7 - 8
Minor	8 - 10
Major	10 - 12
Junior	13 - 14

Questions contact:
Jjay Lincoln ~
jlinks@gmail.com

Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.