

# Arts & ENTERTAINMENT

## Relationships Explored

Polaris Dance Theatre will debut its new production, *iCHANGE*, at 8 p.m. on Friday, Jan. 15 and Saturday, Jan. 15 at the Newmark Theatre, 1111 S.W. Broadway.

The performance will also feature guests from the Kathleen Dyer New York Dance Company, an all-female contemporary dance company dedi-

cated to the exploration of the female spirit's intricacies.

Conceived by Polaris Artistic Director Robert Guitron, *iCHANGE* examines the transformative effects of human relationships over the course of a lifetime. The score ranges from contemporary modern with classical overtones to a rhythmic fusion



Dancers awaken the heart and enhance our humanity in the Polaris Dance Theatre's new production, *iCHANGE*.

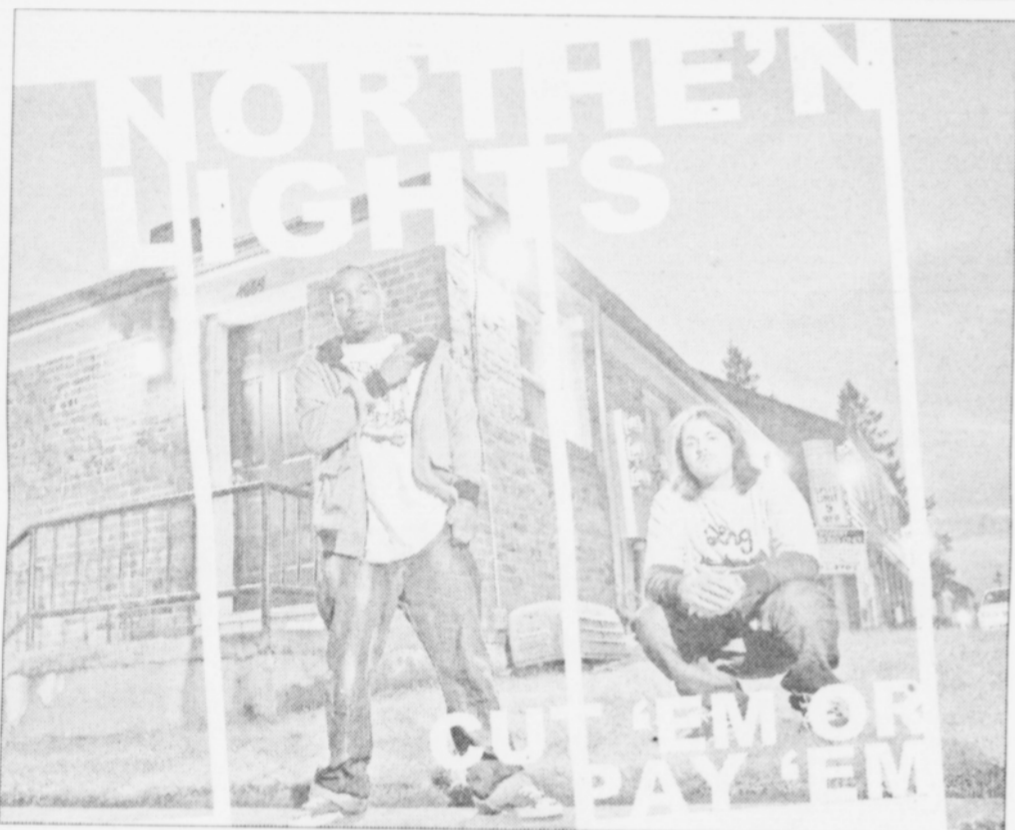
of jazz and blues

"We carry with us a multitude of different aspects of relationships," Guitron said in explaining the impe-

tus behind *iCHANGE*. "The common thread is that we all experience the same universal things, just at different levels and at different

times."

Polaris is encouraging the audience to interact with the performance itself. Hint: Bring your cell phone!



Some of the biggest names of Northwest Hip Hop lend their voices to *Cut 'Em or Pay 'Em*, the debut album for the local production team Northe'n Lights.

## Cutting Edge Hip Hop

### Northwest voices lay tracks in debut album

The collaborative production team that makes up Northe'n Lights, Terminill and Sonny, just released *Cut 'Em or Pay 'Em*, a debut album featuring the biggest names of Northwest hip hop between Bend and Seattle, with a seamless dexterity in the production and mastering efforts.

The motive behind the recording was to showcase the Northwest hip hop scene in a way that

displayed the wide umbrella that encompasses local artists. Northe'n Lights honored the best northwest artists in their strongest forms, with beats that sound specifically personalized to match each lyricist or singer.

Tracks were lent by artists like Illmaculate, Toni Hill, Destro of Boom Bap, Mac Smiff, Braille, Liv Warfield, 6ix, Soul P, Mousy, Arjay, Mikey Vegaz, Luck One, Cool Nutz, Maniak Lok, Kenny Mack and many more. All forms of hip hop, shown in true essence, and all artists involved gave strong assistance to the overall feel of the album.

From contemporary to classic hip hop, underground to mainstream, soulful songstress or gully gangster, the album blends with the artists in a way that makes them sound natural and true to their prior established reputations, but still combines together to make the album clean. There is an appeal to anyone who is a fan of hip hop, no matter what subcategory you gravitate towards.

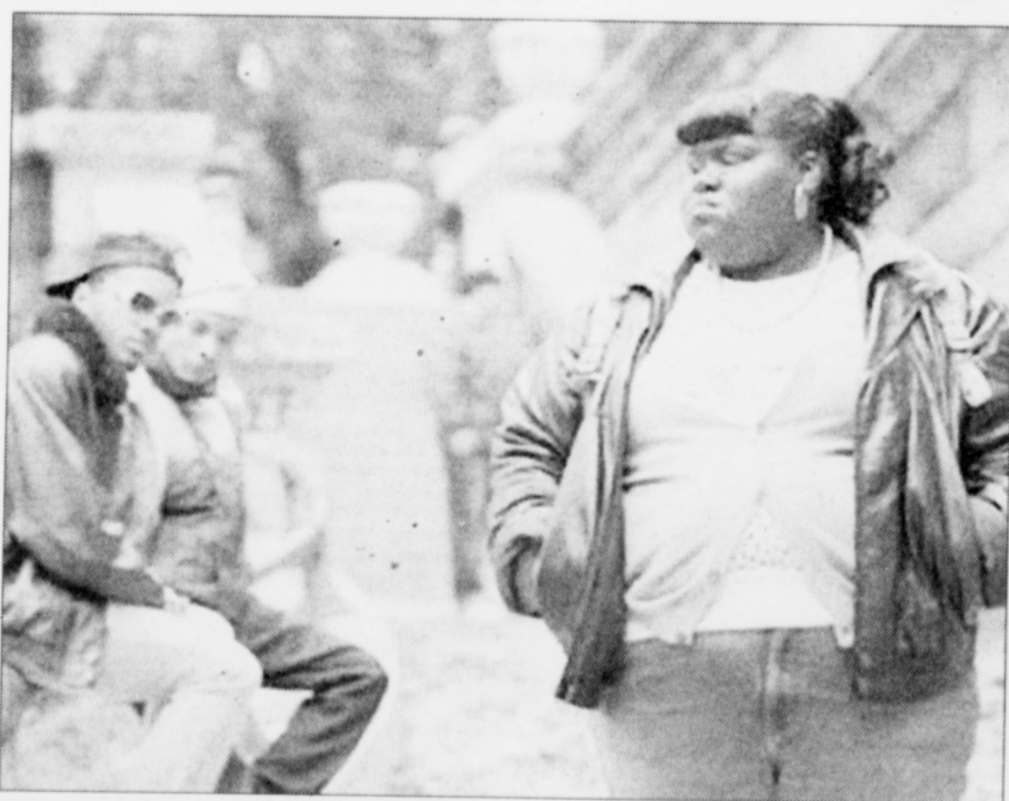
*Cut 'Em or Pay 'Em* is available online through iTunes.com, amazon.com, emusic.com, rhapsody.com, and napster.com, as well as local record shops in the Portland area.

## 'Precious' Leads Image Nominations

### Jay-Z tops in music category

(AP)—The heart-wrenching story of an illiterate and abused Harlem teen who finds hope in a classroom of misfits led the nominations for the 41st annual NAACP Image Awards.

"Precious: Based on the Novel 'Push' by Sapphire" added to its awards-season momentum last week with a leading eight nominations, earning nods for director Lee Daniels, star Gabourey Sidibe and supporting actors Mariah Carey, Mo'Nique, Paula Patton and Lenny Kravitz. "Precious" was also nominated for outstanding motion pic-



Actress Gabourey Sidibe in a scene from 'Precious.'

ture and outstanding independent film.

Other movies nominated include "Invictus," "Michael Jackson's This Is It," "The Blind Side" and "The Princess and the Frog." "Blind Side" stars Sandra Bullock and Quinton Aaron, "Princess" star Anika Noni Rose, and "Invictus" star Morgan Freeman also were nominated for their performances.

Sophie Okonedo ("Skin") and Taraji P. Henson ("Tyler Perry's I Can Do Bad All By Myself") round out the best actress category, while Denzel Washington ("The Taking of Pelham 123"), Idris Elba ("Obsessed") and Jamie Foxx ("Law Abiding Citizen") are up for best actor.

Jay-Z tops the nominees in the music category with five nods, including outstanding male artist and album for "The Blueprint 3." His collaborations with Alicia Keys, Rihanna and Kanye West were also recognized. Rihanna and Keys were also nominated for outstanding female artist, along with India.Arie, Mary J. Blige and Whitney Houston. Competing with Jay-Z in the male artist category are Anthony Hamilton, Charlie Wilson, Maxwell and Ne-Yo.

In TV categories, nominated dramas include "Cold Case," "Grey's Anatomy,"

The Image Awards honoring diversity in the arts will be presented Feb. 26 and broadcast live on Fox.