

Arts & ENTERTAINMENT

Race *and* Real Estate

Play opens window to gentrification

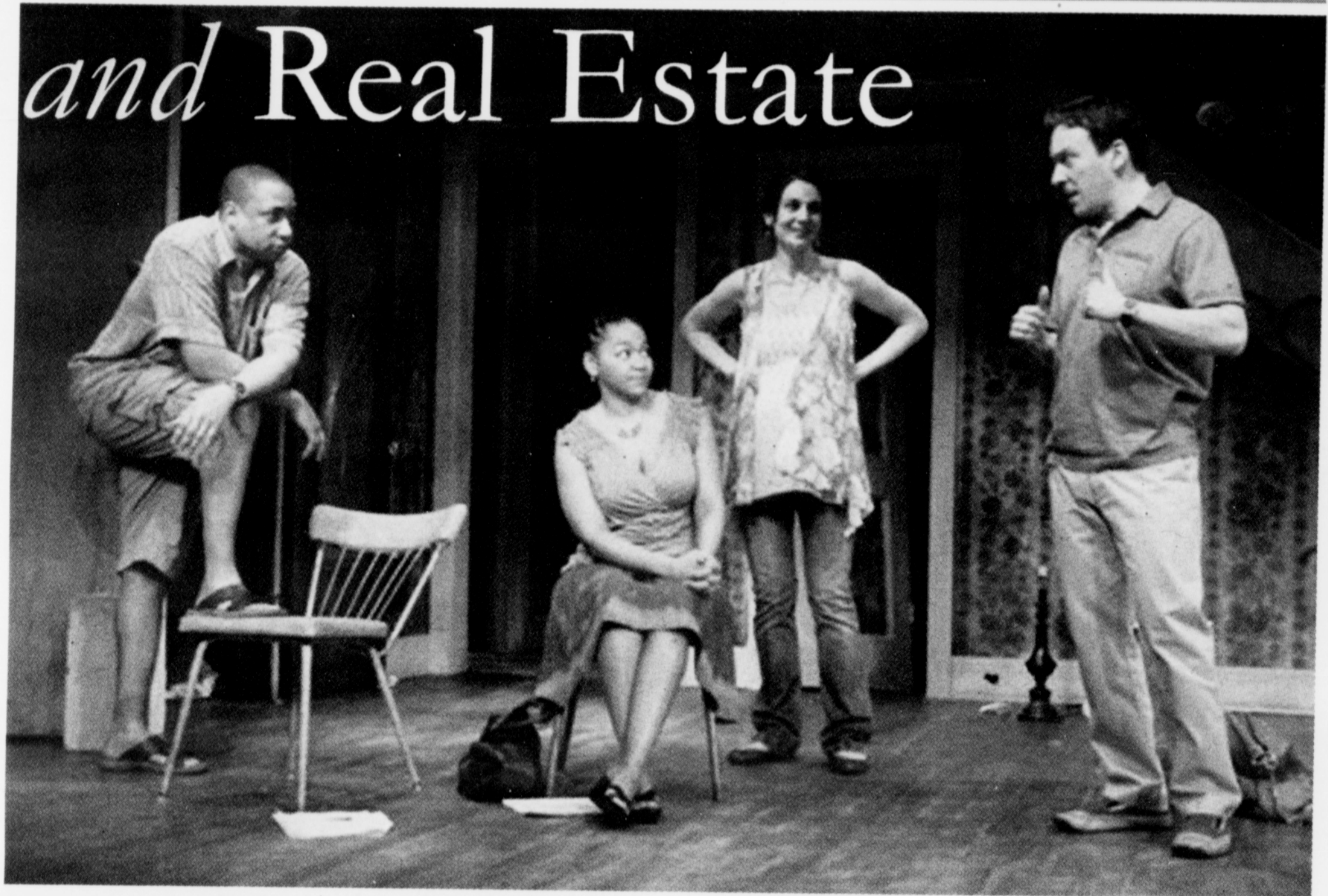
(AP) -- Race and real estate. No shortage of opinions about either one.

Intertwine the two and you get "Clybourne Park," Bruce Norris' remarkably perceptive, often hilarious and surprisingly poignant look at changing — and not-so-changing — views on both subjects in one Chicago neighborhood.

Astute observers of American drama may recall that Clybourne Park is the all-white area of the city where the black family in Lorraine Hansberry's landmark 1959 drama, "A Raisin in the Sun," buys a home.

And in Norris' riff on "Raisin," we are in that house, first in the 1950s, when the white family is preparing to sell and then, 50 years later, when a second white family wants to move into the now black neighborhood.

For this off-Broadway Playwright Horizons production, which opened Sunday in New York City, director Pam MacKinnon has assembled a crackerjack ensemble cast. All of them do double duty playing different characters in the two different decades.



Damon Gupton (from left), Crystal A. Dickinson, Annie Parisse and Jeremy Shamos tackles issues of gentrification in a scene from Bruce Norris' 'Clybourne Park,' now running off-Broadway at Playwrights Horizons in New York.

And MacKinnon has staged the play with the precision of an orchestra conductor, giving clear voice to a variety of contentious opinions, displayed most vociferously in the play's second half when political correctness evapo-

rates in a parade of one-upmanship bad jokes.

In Act I, playwright Norris provides a backstory for those original sellers, a couple named Russ and Bev, who are moving to the suburbs. And as the play opens,

they banter as if stuck in a '50s television sitcom, the goofy Bev (a deliciously funny performance by Christina Kirk) and the grumpy Russ, a spot-on Frank Wood.

But their comic dialogue masks the heartbreaking reason they are selling the house — to escape the memory of their son, a young soldier, who killed himself upstairs.

The decision to sell doesn't please their neighbors, particularly uptight Karl (Jeremy Shamos), whose racist opinions are hidden in his concern about

property values and a loss of community. "Who shall we invite next, the Red Chinese?" he complains.

By the second act, it is the longtime black residents of Clybourne Park (Damon Gupton and Crystal A. Dickinson) who are worried about what 2009 gentrification may do to their neighborhood. Especially when the upwardly mobile newcomers (Shamos again and Annie Parisse) want to put in a koi pond. But then, Whole Foods has already arrived.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you. Limit your meats and refined foods as well as

alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good nights sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our attitudes actually affect our entire chemis-

try. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn't it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

Americana Music Brunch DADDY MOJO'S

1501 NE Fremont



Every Sunday
10AM-1PM
Steve Ulrich
& Friends



10% Off Table with this ad