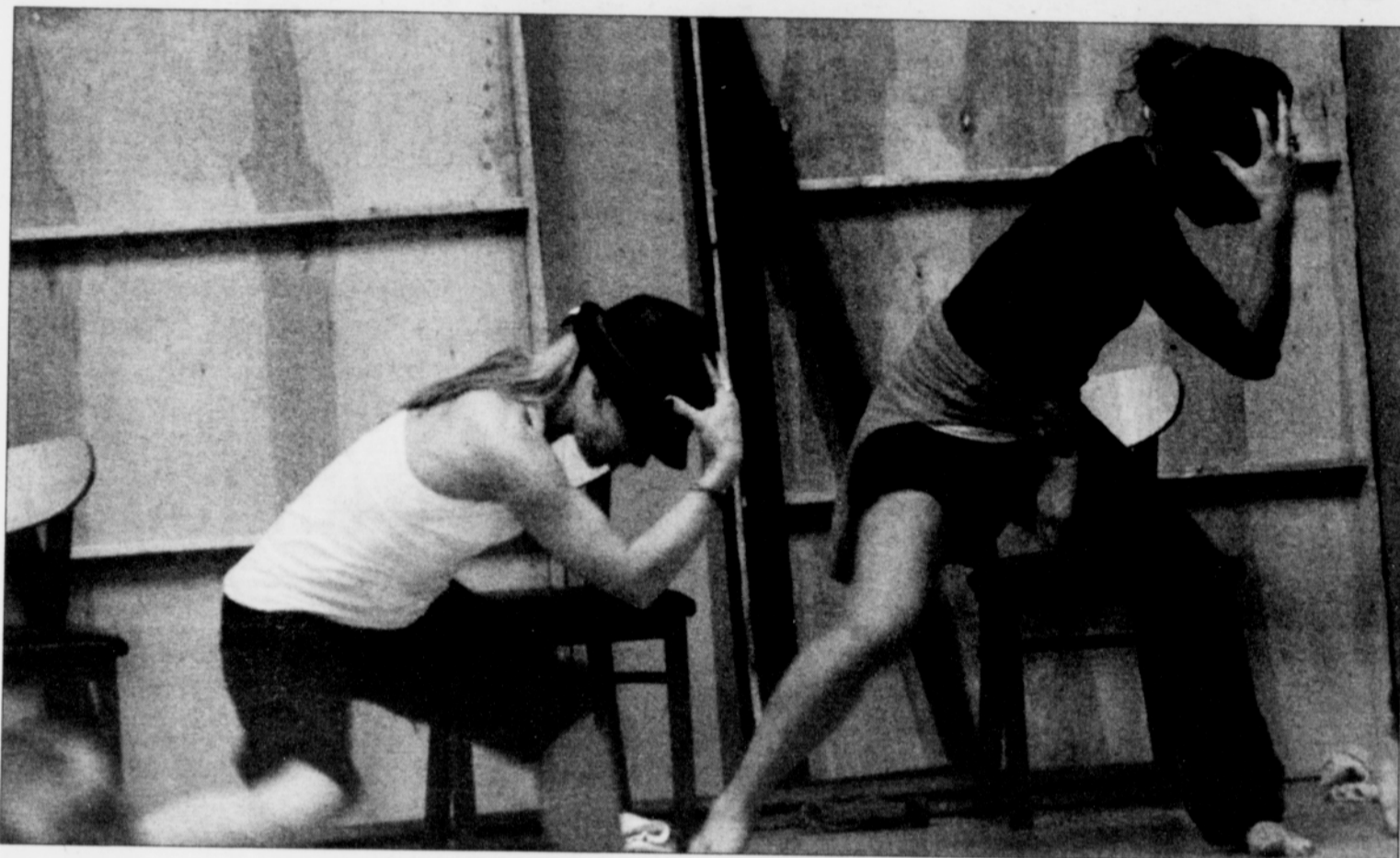


# Arts & ENTERTAINMENT

## Polaris Celebrates Motown



The Polaris Dance Theater's series production of X-Posed brings dance in its purest form with minimal sets and lighting.

### Drawing on songs from late 1950s through early 1980s

Revealing dance in its purest form, Portland's Polaris Studio Theater will celebrate the music and culture of the Motown era with Lil' Mo, the first concert of a new studio-based dance series called X-Posed.

"This music was so amazing because it brought people of all types - race, religion, economic status - together at a time when that was not done," said Artistic Director Robert Guitron, eager to recreate the intimate club setting of early Motown in the studio theater venue.

Second in a series of works honoring popular American music and the follow up to Polaris's critically

acclaimed Blue, Lil' Mo draws on Motown songs from the late 50's through the early 80's and captures both the fun of the music and explores social commentary behind the lyrics.

"We are looking for honesty in the movement and expression that makes a direct connection with the audience," said Guitron, interested in examining different elements of human interaction, he wanted to express the joy in the music from that era.

Economy-priced tickets and a longer performance schedule are just a few benefits in the Polaris Studio Theater's new streamlined approach of minimal sets and lighting.

Lil' Mo shows at 7:30 p.m., June 8-11 and 15-18, at the Polaris Studio Theater located on 1501 SW Taylor. Tickets starts at \$15.

Order online at [BoxOfficeTickets.com/PolarisDance](http://BoxOfficeTickets.com/PolarisDance) or visit [polarisdance.org](http://polarisdance.org).

### Free Fishing Clinic for Kids

There will be fishing fun for children and their families at the annual Clackamas River Junior Fishing Clinic Saturday, June 11 from 10 a.m. to 3 p.m. at Promontory Park, located seven miles south of Estacada on Highway 224.

This free clinic features a fishing derby designed for children age 14 and under and lots of activities that will entertain and educate the whole family. Learning stations will include aquatic insects, fish anatomy and observation, stream ecology, and

water safety.

Lunch and drinks will be provided, but children are encouraged to bring their own fishing rods and coolers for taking home their catch. Limited quantities of rods and bait will be available for use.

The fishing clinic is made possible with support from Portland General Electric, Oregon Department of Fish and Wildlife, Trout Unlimited, U.S. Fish and Wildlife Service, local merchants and the Mt. Hood National Forest.

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Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

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

### Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

**Q:** I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

**A:** I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

Him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

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