

Arts & ENTERTAINMENT

Experience Ballet in the Wild

OBT Exposed returns to Director Park

Oregon Ballet Theater will move their dance studios outdoors to Director Park in downtown Portland, Monday, Aug. 20 through Friday, Aug. 24, offering visitors of all ages the opportunity to sneak a peek inside the choreographic process.

Thanks to a collaboration with White Bird Dance, this year's OBT Exposed will be a Choreographic Institute featuring international choreographer Pontus Lidberg.

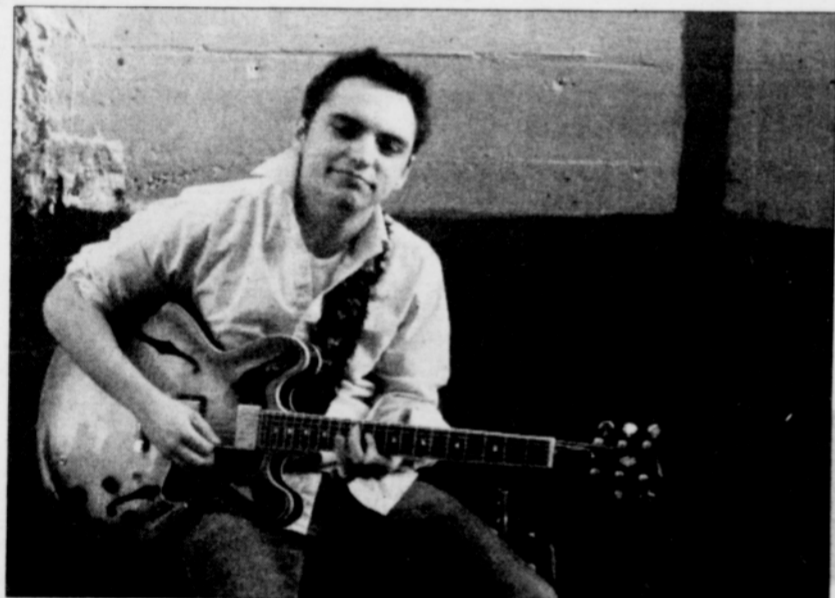
Dance lovers of all ages will have the opportunity to watch as Lidberg works with OBT dancers to develop a new contemporary work featuring music by Portland-born, Julliard-trained classical composer Ryan Francis that will premiere in April as part of OBT's American Music Festival program.

This project represents the first official collaboration between Oregon Ballet Theatre, Oregon's leading resident ballet company, and White Bird, the sole dance-only presenter west of the Rockies.

The week will also feature free daily creative movement classes for kids, showings of dance films and a lecture and demonstration with Lidberg.



Oregon Ballet Theater will be returning once more to Director Park, downtown, Aug. 20-24, for a week of free public rehearsals, classes, dance films and events called OBT Exposed.



Concerts for a Cause

Local residents are invited to enjoy "Concerts for a Cause," an inaugural concert series extravaganza filled with a variety of music.

Attendees can bask in the open air space at the Courtyard at Mt. Tabor senior living community, 6125 S.E. Division, while listening to a full range of music from

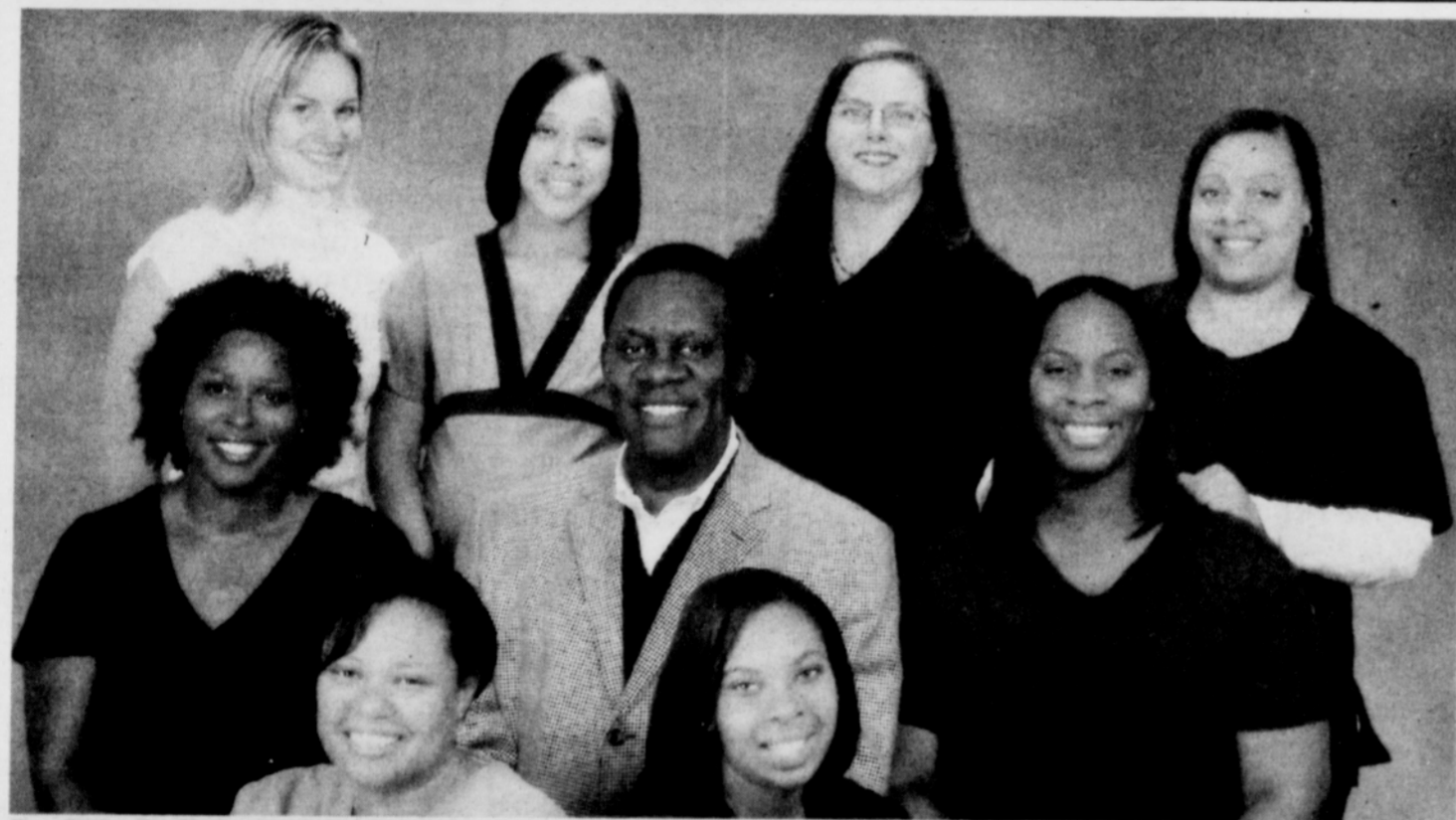
Ben Rice and his blues band will perform during the inaugural 'Concerts for a Cause.'

bluegrass to rock. The proceeds from ticket sales will benefit SnowCap Community Charities.

"We are very excited to celebrate 20 years in the neighborhood by providing a fantastic array of artists this summer," said JJ Koll, Courtyard at Mt. Tabor executive director. "We are so pleased to be helping out such a great community member, Snowcap Community Charities."

The schedule of artist performances, include the Ben Rice Blues Band on Saturday, Aug. 18 and the Beth Willis Rock Duo on Saturday, Sept. 8.

Admission is \$10 in advance or \$15 day of event, with a suggested donation of 10 jars of baby food. For more information, call 503-772-9795.



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 14. Scoliosis Exam: The most important test your kids will take all year!

Q: My kids already get back-to-school check-ups. Why should I bother with yet another one?

A: Scoliosis, a lateral curvature of the spine, is one test probably not included in your children's back-to-school physical checkups. And yet, it is disturbingly common among teenage girls. If left untreated, scoliosis often leads to painful arthritis of the spine. But if the disorder is detected by age eight, before the adolescent growth spurt, there is better than 50% chance for complete recovery.

Q: How can I tell if my daughter might have scoliosis?

A: The most common visible symptom is very prominent shoulder blade higher than the other. However, the best check for scoliosis is an annual pre-school checkup with a Chiropractor. The one professional best trained to detect and correct spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years of discomfort and disfigurement later in life. For a scoliosis checkup, or for answers to any questions you might have about your own health, call us at the number below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504