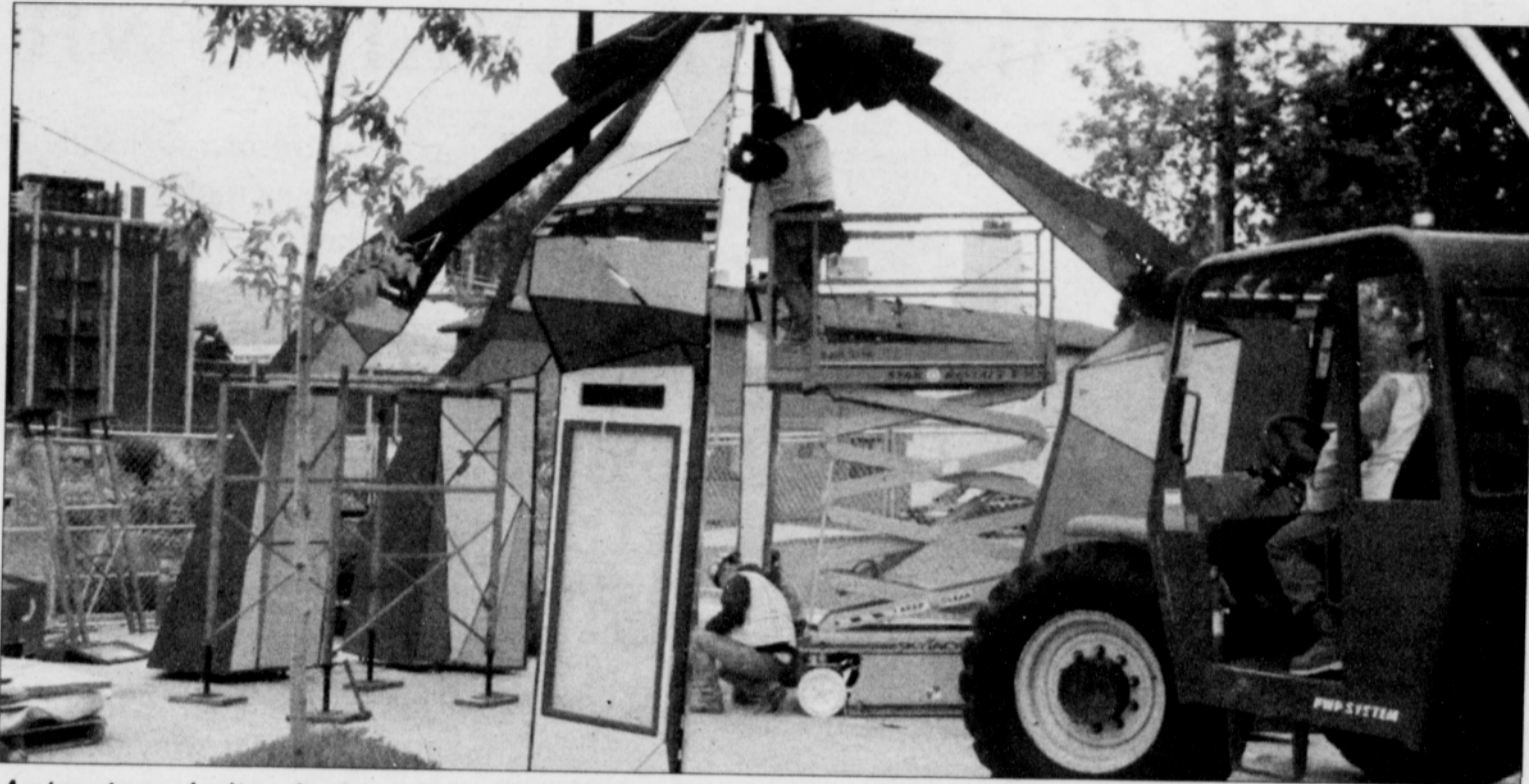


# Arts & ENTERTAINMENT



A streetcar shelter designed by artist Jorge Padro is being installed at Northeast Broadway and Weidler.

## Broadway Sculpture a Transit Shelter

A transit shelter for waiting streetcar riders is being installed at northeast Broadway and Weidler in the Rose Quarter. The eccentrically shaped sculpture was designed by artist Jorge Padro to provide a shelter with a "rainy on the outside, sunny on the inside" experience.

Fabricated of steel, wood and fiberglass, the new shelter will include over 300 individual panels in shades of gray and brown on the exterior, with warm hues of

orange and yellow on the inside, sheltering passengers in a highly visible and fantastically colorful way.

Los Angeles based Pardo was the recipient of a 2010 MacArthur Foundation Fellowship who exhibits his work globally. The work is funded by the Regional Arts & Culture Council with the percent-for-art set-aside for the Portland Streetcar expansion project, and will take about a month to fully install.

## Author's Classic Adapted for Stage



PHOTO BY MARIAN WOOD KOLISCH

Ursula K. Le Guin

Science fiction and theatre buffs alike will revel in the stage adaptation of Portland novelist Ursula K. Le Guin's 1969 classic *The Left Hand of Darkness*. Portland theatre companies Hand2Mouth and Portland Playhouse co-produce the play, which takes place in a genderless society on the isolated planet of Gethen.

*The Left Hand of Darkness* runs through June 2 at Portland Playhouse. Performances are Thursdays through Saturdays at 7:30 p.m. and Saturdays and Sundays at 2 p.m. Tickets are \$15-\$39 and are available at [portlandplayhouse.org](http://portlandplayhouse.org).

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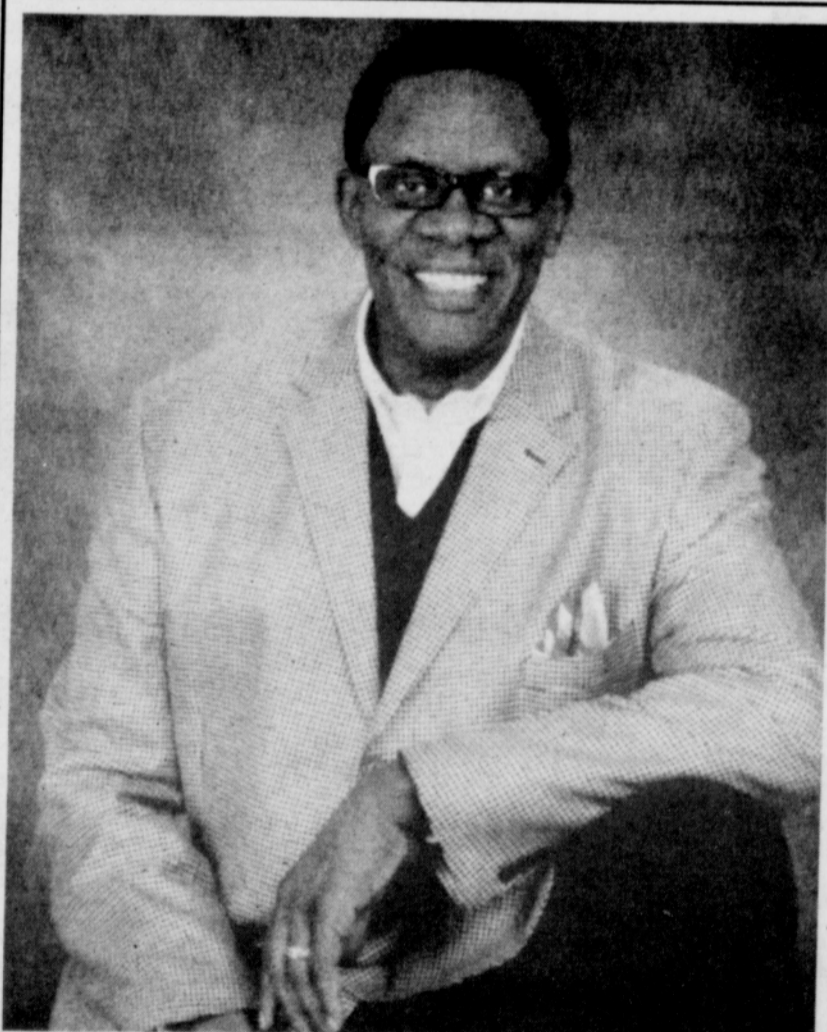
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Dr. Billy R. Flowers

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### Part 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

**Q:** I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

**A:** We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic

works by taking the stress and irritation off the nervous system. As the nervous system gets well, you will notice that the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by

being flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

**Flowers' Chiropractic Office**

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