

EL OBSERVADOR

Real Stories of Border Crossings

Play delves into the dreams and heartbreaks for a better future

According to the Oxford dictionary for American English a border is "a line separating two political or geographical areas, especially countries". The US-Mexico border, about 1954 miles long, has been challenged for years by illegal border crossing. Year after year, hundreds of undocumented immigrants are found dead in their tracks through the desert, and many of those who make it to the other side find more difficulties than the ones they left behind in search of a better future.

Tales of illegal border crossing inspired Dañel Malán's original *Cuéntame Coyote* in 2005, but the constantly changing political dynamic and lack of humane solutions motivated Malán to want to learn more. With the support of an Oregon Arts Commission Career Opportunity Grant, Malán traveled to the heart of the Arizona borderlands in search of real stories of the dangers and risks of border crossing to renew the timeless tale.

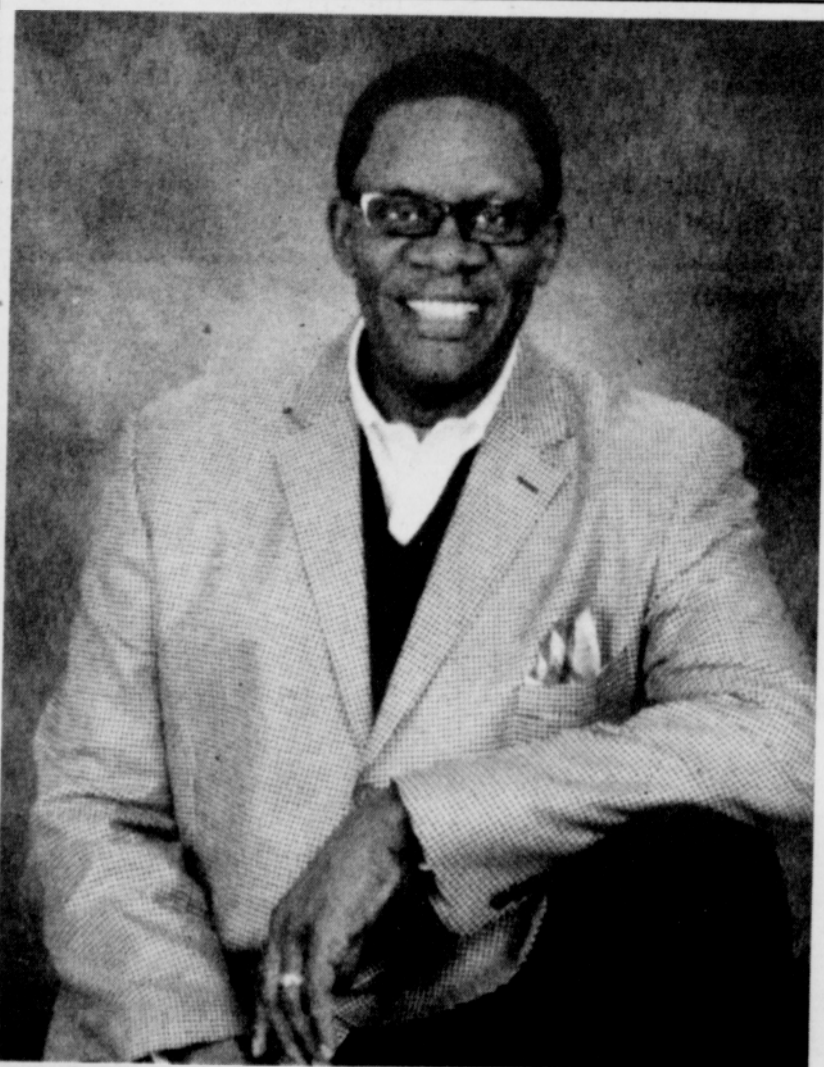


Now *Cuéntame Coyote*, the story about a dream of a better future and the price we are willing to pay, is a touring theater production, which opened Thursday and shows continuing through Jan. 25 at Milagro Theatre, 525 S.E. Stark St.

Malán's experiences give her a deeper understanding of the wide spectrum of factors that surround the issue of border crossing and illegal immigration through the desert. In her new work, sacred traditions of the Tohono O'odham Nation have been fused with immigrant tales of the dangers of the desert: dehydration, poisonous creatures and a relentlessly harsh climate.

Tickets are \$15 - \$24 with discounts for students, seniors, groups of 15+ and advance purchases. Visit milagro.org or call 503-236-7253

PHOTO BY RUSSELL J. YOUNG
Nathaniel Patterson, Ajai Terrazas-Tripathi and Alida Holguín Wilson-Gunn and Mariel Sierra in Milagro's Bilingual touring production *Cuéntame Coyote* now playing through Jan. 23 at Milagro Theater, 525 S.E. Stark St. For tickets, visit milagro.org.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase.

Q: I always know when my back hurts. But I rarely know why.
A: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to

simple strain or subluxation. Fixation. This is yet another component of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous

system to function the way nature intended, we Chiropractors not only relieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the number below.

Flowers' Chiropractic Office

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