

EL OBSERVADOR

Romance and Turbulence

In the small paradise town of Isla Negra on the Chilean coast, renowned poet laureate Pablo Neruda teaches Mario, a young lovesick postman, how to woo and win beautiful Beatriz with passionate poetry. This charming story of friendship and romance is set amid the turbulent political environment of Chile in the 70's, and the rise of Pinochet's military regime.

Ardiente Paciencia has captivated the imagination of hundreds of audiences around the world since its publication in 1983, and it has become one of the most iconic Chilean stories and the inspiration for the 1995 Academy Award-winning movie, *Il Postino*.

Portland's Latino theater group, Milagro brings back the original Spanish-language version of the play, filled with Neruda's poetry, comedy and romance. Befriending Mario, the local postman, Neruda unwittingly offsets himself up as matchmaker and defender of the love between Mario and Beatriz, in spite of the opposition presented by the young woman's mother.

Ardiente Paciencia opens Thursday, Feb 13 at 7:30 p.m. and plays through March 8. Showtimes are Thursdays at 7:30 p.m.; Friday through Saturday at 8 p.m. and Sundays at 2 p.m. at Milagro Theater, 525 S.E. Stark St. Tickets prices range from \$15 to \$26 and available by calling 503-236-7253 or visiting milagro.org.



PHOTO BY RUSSELL J. YOUNG
 Javier J. Mendoza, Enrique Andrade, Sofia May-Cuxim and Siumara Samayoa in Milagro Theater's production *Ardiente Paciencia*. Opens Thursday, Feb. 13 and runs through March 8 at Milagro Theater, 525 S.E. Stark St.



Dr. Elena Rios

Reducing Health Disparities

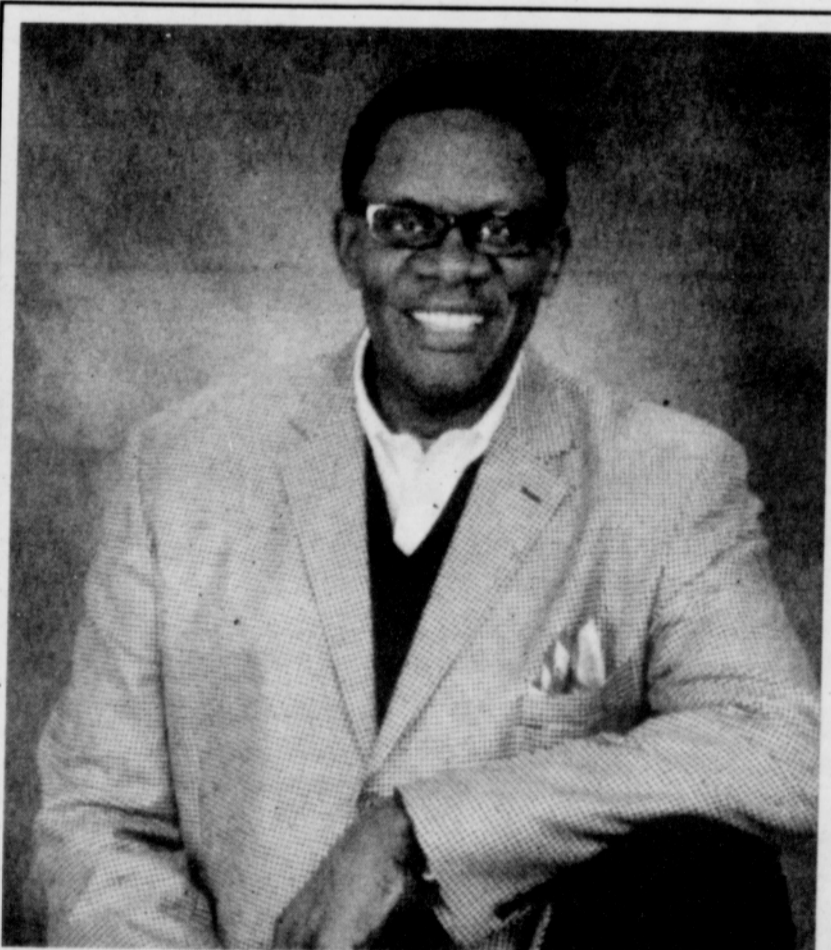
Dr. Elena Rios of the National Hispanic Medical Association will address "Transforming Health Care for the Hispanic Community" on Feb. 25 during a luncheon meeting of the Hispanic Metropolitan Chamber.

Dr. Rios will focus on the critical role

mobile technologies can play in reducing health disparities, increasing wellness, and changing healthcare services and delivery. She will present information on the health challenges facing the Latino community and the care options that communications technologies can provide.

Latinos are more likely to suffer from certain health conditions, including diabetes, hypertension, and cardiovascular disease — but they're also enthusiastic users of mobile technologies and therefore well-positioned to benefit from these exciting health care innovations.

The public is welcome to attend. To reserve a seat, call 503-222-0280 or email info@hmccoregon.com.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 19. The Golden Years: Keeping in full swing throughout the autumn of life

Q: Back when I was younger, I loved playing golf. Now some-thing is always hurting so I don't dare play! Could you help?

A: It is so unfor-tunate that millions of our senior citizens have worked and saved and give to their Community only to find the "golden years" more "old" than "gold". Right at the height of their freedom, they often find it difficult

to get around, their old activities. Unfortunately, it is often thought that they must "learn to live with it" or be given yet another pain pill. Actually that may be anything but true. In our office we commonly see people in their seventies and eighties. And they love

the spring in their step and the twinkle in their eyes they get through Chiropractic. Why don't you get back in the swing of things again? Give us a call today. Isn't it time you stepped up to Chiropractic? Life's "golden years" truly can be golden once again!

Flowers' Chiropractic Office

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