

Arts & ENTERTAINMENT



PHOTO COURTESY STUDIO McDERMOTT

Matt Chittick (foreground) and Jose Ramirez-Solano star in 'The Barber of Seville,' a 'Portland Opera to Go' bilingual adaptation of Rossini's comedy classic. Shows Friday, March 6 and Saturday, March 7 at the Hampton Opera Center in southeast Portland and dozens of schools throughout Oregon and southwest Washington this spring.

Portland Opera to Go

Bilingual tour demonstrates power of love

Portland Opera To Go, Portland Opera's annual Northwest tour, features the world premiere of an innovative bilingual adaptation of Rossini's classic comedy The Barber of Seville.

The touring production has two

performances at the Hampton Opera Center, 211 S.E. Caruthers St., including one on Saturday, March 6 at 7 p.m. and one on Sunday March 7 at 1 p.m. Dozens of other performances are coming to schools through Oregon and southwest Washington this spring.

The 50-minute play demonstrates the power of love to triumph over adversity when Rosina and Almaviva find love at first sight, but she speaks only Spanish while he

speaks only English. Worse yet, her uncle Bartolo is plotting to marry her off to one of his old, old, old cronies in a day or two.

Tickets are \$5 for ages 12 and under, \$10 for others, and \$20 for a family of four. Call the Portland Opera Box Office at 503-241-1802.

Portland Opera's mission is to inspire, challenge and uplift our audiences by creating productions of high artistic quality that celebrate the beauty and breadth of opera.

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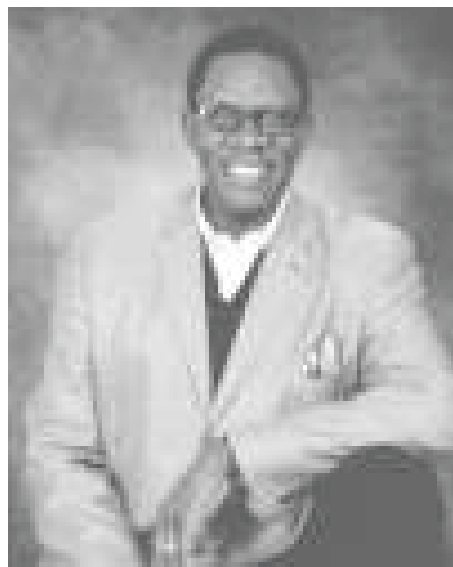
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Dr. Billy R. Flowers

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Part 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

Q: Nothing else has ever really helped my allergies. What can Chiropractic possibly do?

A: First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem. Chiropractors now know that the

central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the source of the problem, not

just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

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