

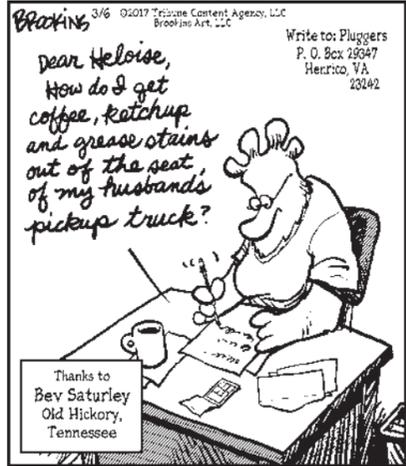
PEARLS BEFORE SWINE



NON SEQUITUR



PLUGGERS



The pluggers Google.

BIZARRO



CLOSE TO HOME



"Wow. Listen to this, hon. Seven new planets have been discovered, raising the chances that other life-forms exist in the universe!"

DENNIS THE MENACE



"YOU'RE YOUR OWN WORST ENEMY, DENNIS!" "AND YOU'RE YOUR OWN BEST FRIEND, MARGARET!"

BALDO



PHOEBE AND HER UNICORN



PICKLES



FIGURATIVELY SPEAKING

By JOHN MACINTYRE For The Register-Guard

**63** Percentage of millennials aged 25 to 34 who said that \$25,000 or more of debt is a relationship deal-breaker.

**25:** Percentage of respondents who said that it would be a deal-breaker if their partner had the same amount of debt as them — regardless of the amount.

— Source: CentSai

CRYPTOQUOTE

AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

T SFLGJFM HIRXLEETIJ NGIR QFTJO MTEHGTRTJLDJFM LOLTJED. FWFGBDVTJO QLM DVLD'E FWFG VLXXFJFM DI RF VLE DLAOVD RF HIRXLEETIJ.

— FSSFJ MFOFJGFE Saturday's Cryptoquote: BECAUSE I CANNOT DO EVERYTHING, I WILL NOT REFUSE TO DO THE SOMETHING THAT I CAN DO. — EDWARD EVERETT HALE

DANCE REVIEW

'Crouching Tiger' ballet a well-done collaboration

By ALISON KAUFMAN For The Register-Guard

The sold-out audience at the Hult Center for the Performing Arts on Friday greeted Ballet Fantastique and the Oregon Mozart Players for their world premiere of "Crouching Tiger, Hidden Dragon" and an encore performance of "Tales from the Floating World."

Friday's performance began with excerpts from "Floating World," which depicted stories from Asian folklore. These were accompanied by Mitsuki Dazai on the koto, a traditional Japanese plucked instrument. Dazai's melodies make use of bent pitches, quarter tones and disjunct rhythms, which can be very difficult for dancers to follow.

The first scene, "The Tale of the Morning Glory," tells of the lovers Miyuki and Asojirō — separated by status and duty, but brought together in the end by fate. The opening of this scene had some issues with the corps de ballet, who played the fireflies. Several times the dancers were out of sync. However, Leanne Mizzoni as Miyuki was a delight. Her emotion during the scene where she cries herself blind was palpable, and the choreography during her pas de deux with Natanael Leal as Asojirō was flashy but sensitive.

Jane Morgan as the Rain Goddess in the "Legend of Thunder" showcased a great depth of poise and grace, even as a large and rather boisterous group arrived. Ashley Bontrager and Gustavo Ramirez had a charming scene in the "Robe of Celestial Feathers." The choreography of Bontrager's attempt to retrieve the stolen robe from Ramirez was specific, communicative and fun. Their chemistry was very exciting to watch.

The second half brought the world premiere piece and the Oregon Mozart Players to the stage. The music for this ballet is a reduction of the "Crouching

Tiger, Hidden Dragon" film score by Tan Dun into the 30-minute Crouching Tiger Concerto for cello and chamber orchestra. Cellist DaXun Zhang performed the solos with incredible specificity and passion. An extended a cappella solo between the fifth and sixth scenes was filled with challenging extended techniques, which Zhang navigated with flair, drama and heartrending emotion.

Conductor Kelly Kuo led his orchestra through the challenging music with a steady hand and a positive aura. He seemed to particularly enjoy conducting the large percussion section that played with a thundering, driving pulse during fight scenes. Flautist Kristin Halay was particularly lovely on the alto flute and piccolo, bringing a vulnerability to the soaring motives that perfectly suited the dancers' expressions on stage.

The choreography of the ballet was a condensed and simplified version of the film's plot. Ashley Bontrager as Yu Shu Lien was magnificent, as was Ramirez, who played her lover Master Li Mu Bai. Their opening duet craftily navigated the complicated relationship of the two aging warriors. The choreography by Donna Marisa and Hannah Bontrager featured a push and pull of distance and proximity, mirroring the desire of the two to be together yet separated by duty. Hannah Bontrager as Jen Yu was superb, with a youthful energy and frantically of spirit that was well conveyed in her fight scenes, as well as enhanced by the tragic ending she witnesses for the aging warriors.

Overall, this collaboration between Ballet Fantastique and the OMP was well crafted and wonderfully realized.

Musicologist and soprano Alison Kaufman reviews classical performances for the Register-Guard.

THE LAST WORD IN ASTROLOGY

By EUGENIA LAST

**Happy March 6 birthday:** Gather information and use it to stabilize your personal and professional status. Make choices that promote your values and resonate with others. Don't allow vanity or fear to stop you from reaching out, standing up and taking notice of what needs to be done. Your numbers are 1, 6, 15, 21, 27, 30, 42.

**Aries** (March 21-April 19): Stay focused on what you can accomplish. If you try to do too much, you will fall short of your goals. Partnerships can be established or taken to the next level. ★★★★★

**Taurus** (April 20-May 20): Aim to get things done and to lessen your burdens. It's important to assess your friendships and consider who is heading down a similar path. Secrets are best kept that way until you feel comfortable enough to share personal information. ★★★★★

**Gemini** (May 21-June 20): Keep your feelings locked up until you know exactly what someone has in mind. Listen carefully and only take part if you are certain you will not be taken for granted. ★★★★★

**Cancer** (June 21-July 22): Put your emotions aside and stay focused on the chores, responsibilities and creative endeavors that need to be finished. If you take on too much, you will end up accomplishing little. Don't let temptation come between you and a chance to succeed. ★★★★★

**Leo** (July 23-Aug. 22): Don't try to escape from reality. Get a firm grip on what it is you feel destined to do, and get moving. Personal improvements will be a good place to start. ★★★★★

**Virgo** (Aug. 23-Sept. 22): Make conversation and build stronger relationships with the people you feel you have something in common with.

A creative project will put you one step closer to gaining respect and personal satisfaction. ★★★★★

**Libra** (Sept. 23-Oct. 22): Observe what's going on around you. Make subtle changes to the way you do things and try your best to keep the peace. You'll have to dodge anyone looking for a fight. Personal alterations are favored. ★★★★★

**Scorpio** (Oct. 23-Nov. 21): Play to win. Get into conversations that will encourage growth and positive changes. Put some muscle behind your plans and progress will be made. An entertaining pastime will change your way of thinking. ★★★★★

**Sagittarius** (Nov. 22-Dec. 21): Take charge of your life and do something about the way you live. Put some muscle behind your plans and initiate what you want to see unfold. Love and romance are highlighted and will enhance your life. Dismiss evasive rhetoric. ★★★★★

**Capricorn** (Dec. 22-Jan. 19): Pay more attention to what others are doing or saying. You may end up being the subject of someone's gossip. Your best recourse is to leave no room for error and do things by yourself. ★★★★★

**Aquarius** (Jan. 20-Feb. 18): Get involved and be willing to do your own thing. The stars are aligned and the only thing holding you back is yourself. Personal improvements will highlight your day. ★★★★★

**Pisces** (Feb. 19-March 20): Be the storm that precipitates reform. Use your clout, your voice and your physical stamina to make a difference and help the little guy. Use your imagination and innovative ideas will sprout. Don't give up. ★★★★★

**Birthday baby:** You are creative, endearing and mindful. You are forceful and perceptive.

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DR. ROACH

Burned starches pose a risk

**Dear Dr. Roach:** I have heard for a while now that the black stuff on burnt toast is carcinogenic. I don't eat it because it tastes bad, but now I hear that any browning on things like bread and potatoes could cause cancer. What is the evidence for these claims, and what do you recommend we do to address them in our daily lives?

— P.N.

**Dear P.N.:** The Food Standards Agency in the U.K. recently issued a warning against browning high-starch foods, such as potatoes and toast, as browning can cause a chemical reaction that turns amino acids in food into acrylamide. The more browned starches are, the more acrylamide is produced (boiling or microwaving does not produce acrylamide). The agency estimated the amount of acrylamide that increased cancer risk in animal studies, and found that frequently eating food with acrylamide

could come close to the amount that might increase cancer risk in humans. It has advised people to cook food until golden in color, but avoid a dark-brown or burnt color.

In my opinion, the risk probably is very low for most people. Toast and potatoes aren't a great source of micronutrients anyway, and shouldn't be a large proportion of calories in a healthy diet.

People who do consume a lot of roasted potatoes and toast probably should make their diets a bit more diverse. Cooking to a lighter-brown color is prudent for people who consume these foods regularly, but occasional consumption of more-browned foods is probably safe.

Dr. Roach regrets that he is unable to answer individual letters. Readers should send questions by e-mail to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).

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