

Arts & ENTERTAINMENT

The Portland Observer

Gene Harris Quartet Plays Portland

For the already converted, the release of a new Gene Harris recording serves as a renewal of the faith. For the uninitiated, a fresh disco from Mr. Harris is an almost spiritual as well as musical awakening. On his latest Concord Jazz release Brotherhood, Gene Harris, joined by his skilled accomplices -- Ron Eschete, Luther Hughes and Paul Humphrey -- perform a baptism awash in the deepest of blues, delivering their unique brand of funky, incessantly swinging jazz to the grateful masses.

This album spans the breadth of the quartet's considerable expertise. On The Brotherhood Of Man, from which the recording's title is derived, Gene and the boys preach their sermon with the fiery passion and intuition that can only come from years of inspired camaraderie.

When You Wish Upon A Star shows the band in a different light, creating a delicate, shimmering mood which draws the listener into a world where dreams may very well come true. The traditional gospel flavor of

This Little Light Of Mine is enough to soothe the weary souls of even the most hard-boiled of cynics.

Every one of the disc's nine stellar cuts fully utilizes Mr. Harris' impeccable sense of dynamics as well as his associates' ability to turn it up from a simmer to a boil within a moment's notice.

So turn on the music. Let it fill your heart. Be a part of the "Brotherhood."

The Gene Harris Quartet with Gene Harris on piano, Ron Eschete, guitar, Luther Hughes, bass and Paul Humphrey on drums will be in Portland to perform at Club Max, Red Lion/Downtown Friday, Jan. 12, and Saturday, Jan. 13, at 8 pm.

The quartet with Dennis Springer, Marc Fendel and Nola Bogle will perform in the Mayfair Room, Benson Hotel, Sunday, Jan 14, 2-6 pm. Tickets for the Friday & Saturday shows \$15 advance, \$17 at door. Sunday prices are \$20 advance, \$22 at door. (JSO 10% discount with membership card) Call Fastixx: 224-TIXX.



Gene Harris

The American Experience Winter Spring 1996 Line-Up



Freedom on My Mind - Monday, Jan. 15 at 9 pm, 120 minutes



Daley, the Last Boss - Jan. 22 at 9pm, 120 minutes

The Battle over Citizen Kane - Jan. 29 at 9pm, 120 minutes



Spotlight On African Heritage

Reflections Bookstore, Coffee & Meeting Place Presents Series

A series of three Saturday morning Presentations and Discussions will be offered to the public from 10:00 to 11:30 AM, on January 13th, 20th, and 27th at Reflections Bookstore, Coffee, & Meeting Place, 446 N.E. Killingsworth at Martin Luther King in the Walnut Park Shopping Center (behind Videoland).

The series will highlight African American history issues and topics - that's Portland's African American History -- and focus on the relevance of that history in life Today.

The series will open on Saturday, January 13th in an Overview Of Portland's African American History. The opener will feature Kimberly Moreland, author of "The History of Portland's African American Community - 1805 to the Present", and Cathy Galbraith, Director of the Bosco-Milligan Foundation and Project Coordinator for the Foundation's recent publication, "Cornerstones of Community: The Buildings of Portland's African American History". A slide show of people and places significant to both publications will be featured and both publications are available at Reflections Bookstore.

The Saturday, January 20th session will focus on African American Businesses & Economics. The session will be moderated by O.B. Hill, Chairman of the Black Dollar Days Task Force, and Reflections Bookstore owner. Panel participants will include Floyd Booker, founder of Courtesy Janitorial, Willie Harris, owner of House of Sound, Sportsman's Barbershop, and the Williams Avenue, Going Street, and 15th Street markets, along with other long-time African American business founders who paved the way for today's businesses.

The Saturday, January 27th session will focus on Political Empowerment In The African American Community. The session will be moderated by Lurlene Shamsud-Din, and panel participants will include present and earlier African American elected officials.

The general public is invited to attend any or all of the three sessions, and a \$3.00 donation is suggested to support the program. Coffee and pastry will be available for purchase at Reflections Coffee & Espresso and the public is welcome to browse in Reflections Bookstore, and visit other Walnut Park businesses.

It's Time To Size Up AROUND ABOUT TOWN

After the holidays, after all the parties, after all the dinners, after all the snacks, one look into the mirror screams, "What did I do to myself?" "That is not me." "Is that me?" "Where is my former self?" Or is it, "What happened to my physique?" "My figure's been altered." "Why or how did I let this occur?" "This was not in the plans."

Remember last years' new year's resolution. Wasn't the first thing on your list a reminder to watch your weight a little closer, to eat right, to eat less, to eat three balanced meals a day, to count calories, to eat slower, to count my food chews and to stop eating before I became so full I couldn't hardly swallow another bite.

Ah, the pleasures of eating delicious, decadent, succulent, appetizing, delightful smelling and tasting food. The consequences and fears of stepping up on the scales can dilute the mentality of "I didn't know," "I can't believe it," or "Is this scale working properly?"

We just have to be forgiving of oneself and advance to the most logical next step. Pull out the New Year's resolution check list for 1996, make a commitment to start at the top and remain true to your belief system.

Apply the "I can do it attitude," go

for it, but simply just do it. Stick to it and see what 1996 has to offer.

What is the most effective means of losing weight? How much did you gain over the past year? or did the unmentionable begin around Thanksgiving and remain in that vein until now? Weigh in daily to see the truth or just maybe to watch the scales go the opposite direction to your favor.

Whether it is walks, jogging, personal stretches of 5 to 30 minutes or a one hour exercise programs, develop a daily routine and pattern the workout to implement your weigh lost goals and stay focused. Studies show that between the combination of exercise and diet, exercise only or diet only, that the most sensible approach and effective method is to "push away from the table." Another concept is to fill your plate to capacity, then humbly divide your portion in half, share it or save it for another meal.

Remember to eliminate the fatty foods, heavy cheeses, rich buttery sauces, greasy fried foods, highly seasoned and too spicy foods, along with foods over adorned and saturated with rich



By Cora Smith

butter.

Are you eating from McDonald's and Burger King's or from the local delicatessen and mall food fairs? Or is it the Bistro's and Asian foods, the ice creams and desserts? Whatever it is, begin the fight with one-a-day vitamins, lots of water and unadorned food.

For assisted exercise, try Jazzercise, Gold's Gym, the neighborhood favorite spa "Resort to Fitness" or maybe try Jane Fonda's exercise video or the flamboyant Richard Simmons on TV or his personal video, but preferably purchase Portland's own Victoria Johnson's training videotapes.

You can bring your own spa and fitness home (the lucky ones have a spa center at home) purchase a treadmill, bike, climber, home gyms, free weights and exercise benches - the most popular brands consist of Nordic Track, Precor, Tunturi, ParaBody and Schwinn. But for some, it's the like's of the Princeton, Raleigh Hills Racquet and Health Club, YWCA-Willamette and then the over populated Multnomah Athletic Club. Any way you can do it, just do it.

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A Midsummer Night's Dream
by William Shakespeare

JANUARY 6 - FEBRUARY 10