

# Family Living

## Recuerdos

## de Cuba



PICTURED LEFT TO RIGHT: REBECCA MARTINEZ, SYLVIA MALAN AND ALIMA ZEPEDA -OLSEN PHOTOS BY ENIE VAISBURD

Friday, March 6, Teatro Milagro, Miracle's International touring group, will open their new spring production for only 3 performances at Miracle Theatre, 525 SE Stark. Performances of **Recuerdos de Cuba** are March 6-8, Friday and Saturday at 8 PM and Sunday at 2 PM, admission and tickets can be purchased by calling Miracle Theatre at 503-236-7253.

Recuerdos de Cuba brings to the stage the social and cultural values of Cuba and features an all woman cast. Family and country will be the center

of conflict as the issues, the culture and national pride come between two sisters, one American and one Cuban. After ten years apart, the American sister returns to Cuba to reclaim a daughter left behind. A young female medical student also arrives at the same time, becoming entwined in the lives of this family.

All the characters are also represented as orishas, Cuban spirits. The daughter is the orisha, Elegua, the guardian of the crossroads, and her aunt is Obatala, the symbol of peace and purity. The American sister is

Santa Barbara, the Catholic counterpart to Chango, the powerful thunder deity, determined to take her daughter back to America. The young medical student brings with her the spirit of Yemaya, the orisha of motherhood and the sea. As each woman fights for her desires, the fate of the orishas and the destiny of Cuba brings these women together in a collision of cultures that will alter their lives.

The production is written by resident playwright Vicente Guzman-Orozco and original music is by Cuban born composer, Rodolfo Ortega. The traditional Cuban folkloric dances have been set by Catherine Evleshin, an expert in Cuban dance. Resident director and company actress,

Alima Zepeda-Olsen, directs and plays the lead part of the Cuban sister. Artistic Director, Danielle Malan, plays the American sister and joining Teatro Milagro for the first time, 11 year old Sylvia Malan-Gonzalez, plays the daughter. Miss Malan-Gonzalez has performed for the last two years as a professional dancer in Miracle's dance group, Milagro Bailadores. Another member of Milagro's dance group, Rebecca Martinez, who last appeared in Teatro Milagro's all Spanish language production, *En Este Valle de Lagrimas*, will be playing the part of the medical student.

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### Our Early Ancestors Hold Secret To Losing Weight

(DM)—Winter pounds got you down? If holiday splurges and too many fast food meals have expanded your waistline, you can draw comfort knowing that you're not alone. A study published by the *Journal of the American Medical Association* shows that over one third of adult Americans are overweight, up from one quarter just 15 years ago. And a U.S. Department of Agriculture survey found that compared to the late 1970's, Americans' eating habits today include 200 percent more snack food, and 115 percent more processed food, like fast food pizza, lasagna and tacos.

Here lies the central cause of Americans' battle with the bulge, says Michael Faulhaber, president of OtheA Foundation. "The human animal's digestive system was never meant to handle highly processed foods," explains Faulhaber. "Our early ancestors ate food in its natural state, and didn't mix foods of different origins at one eating. Today's highly processed fast foods — with their mixtures of fats, protein, sugars and other carbohydrates — are the absolute antithesis of how we should be eating."

The mixture of fat, protein and refined carbohydrates presents a particular problem if you are trying to lose weight. While the digestion of proteins and fat barely change the insulin level, carbohydrates require lots of insulin to control the blood sugar level. The excess glucose (blood sugar) is converted to and stored as fatty tissue. A diet high in processed foods not only adds pounds but can result in a permanent overproduction of insulin which, in some cases, can lead to diabetes.

The key to losing weight, says Faulhaber, is to eat foods separately according to their origin, thereby aiding proper digestion and avoiding insulin overproduction.



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