

# FOCUS

## Exhibit Features People of the South

Local artist born in Mississippi showcases work at IFCC

The January gallery exhibition at the Interstate Fire House Cultural Center in north Portland will include paintings by Mary Josephson, a local artist who captures the heroics of everyday people in the South.

Her exhibit "A Common Sense," is a series of current and past works that reflect upon the commonality of her subjects. Born in Biloxi, Miss. as part of a military family, Josephson grew up in a constant changing geographical and social environment.

"Commonplace events color our lives and shape our day," Josephson said. "They are portrayed visually in monumental form to convey their inner stature, fragile, yet profoundly resilient and interwoven with detail to tell their stories and their personal myths."

IFCC's Entry Gallery will feature works by Hoss Daiisadeghi, a native of Iran who now lives in



"As Twilight Falls" by Mary Josephson, oil on canvas, 2001

Portland. His "Digital Antiquity" exhibit is a mixed media series of United States Presidents portraying historical figures in a contemporary context.

The public is invited to a reception with the artists on Thursday, Jan. 9 from 5 p.m. to 7:30 p.m. The exhibition continues through Jan. 31.

Gallery hours are Tuesday through Friday, 11 a.m. to 6 p.m., and Saturdays, noon to 4 p.m. No admission is charged but donations are appreciated. The IFCC is located at 5340 N. Interstate Ave. For more information, call 503-823-2072.

## WINNER! 4 TONY® AWARDS

**"GUARANTEED TO KNOCK YOU RIGHT OUT OF YOUR SEAT!"**  
—LARRY JOHNSON, KROQ  
**SAVION GLOVER**  
BRING IN DA  
**NOISE**  
BRING IN DA  
**FUNK**  
MUSIC BY GEORGE C. WOLFE  
CONDUCTED BY SAVION GLOVER

**JANUARY 1-5**  
KELLER AUDITORIUM - SW 3RD & CLAY  
CHANGE BY PHONE (503) 790-ARTS  
ticketmaster (503) 241-1802  
OR (503) 241-1802 TOLL FREE 1-866-PDX-OPERA  
GROUPS OF 20+ SAVE! (503) 241-1407  
WWW.BROADWAYINPORTLAND.COM  
WWW.PORLANDOPERA.ORG

Delta K103 katu  
BROADWAY IN PORTLAND  
TICKETS SUBJECT TO AGENCY CONFERENCE CHANGES

## Blessed Health

Book finds balance between spiritual and physical well-being

Dr. Melody T. McCloud and Angela Ebron got tired of reading disheartening statistics about the health of African American women and decided to write a book to turn those statistics around.

Even though studies show black women suffer from some of the highest rates of hypertension, diabetes, obesity, cancer, heart disease, premature birth and prenatal loss, a 1999 study by Duke University of 4,000 people 64 and older also shows that people who attend religious services every week live longer.

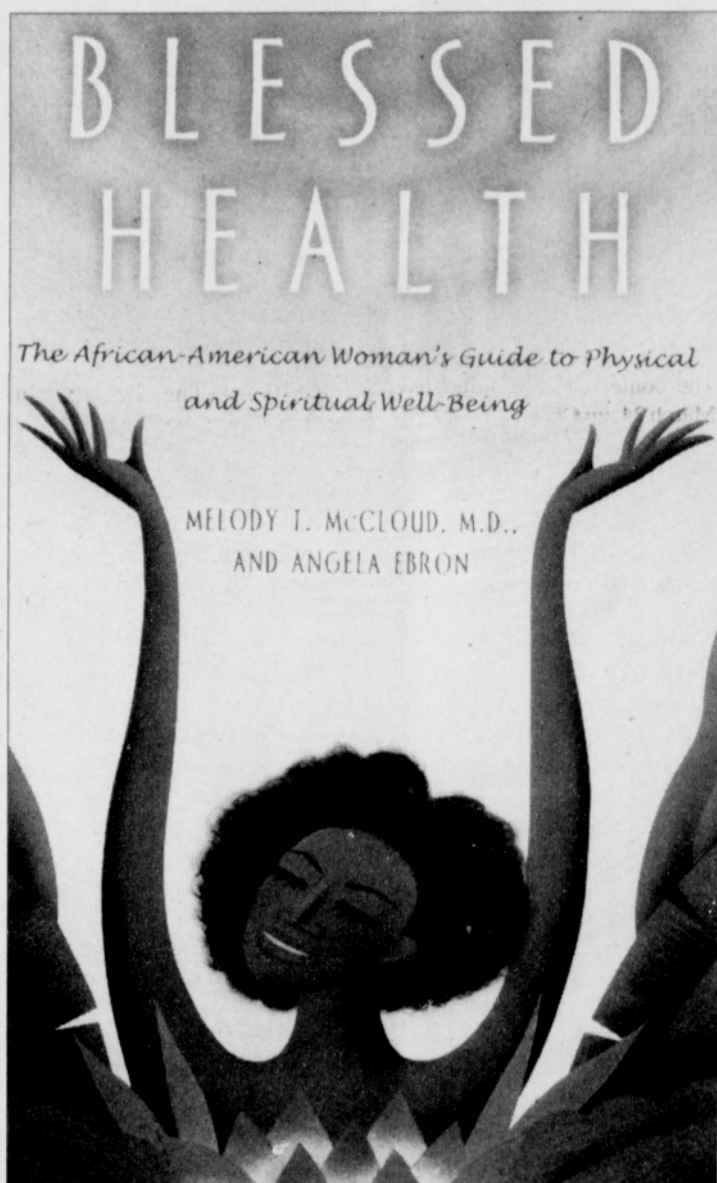
So McCloud and Ebron wrote a book, *Blessed Health: The African-American Woman's Guide to Physical and Spiritual Well-being*, to help black women empower their body, mind, soul and spirit by achieving a sound spiritual life and good health.

*Blessed Health* is the first book to show black women how their deeply rooted spirituality can be coupled with sound medical knowledge and regular checkups

to help them leave longer, healthier lives in contrast to what current studies would suggest.

Almost 450 pages long, *Blessed Health* includes information on the importance of regular check-ups, choosing a doctor, back-to-basics nutrition and exercise. It also has instructions for dealing with pregnancy, breast care, fibroid tumors, sexually transmitted disease, diabetes and menopause. In addition to pages of text, *Blessed Health* offers chapters of charts and tables as well as a special section with a glossary and resources to clarify medical jargon.

McCloud founded Atlanta's Women's Health Care and is a revered medical consultant who has appeared on national television and has articles published in *USA Today* and *Essence Magazine*. Angela Ebron is a senior editor at *Family Circle* magazine and is the co-writer of *Slim Down Sister: The African American Woman's Guide to Healthy, Permanent Weight Loss*.



## CREATING CAST IRON SCULPTURES

Mt. Hood Community College teaches process

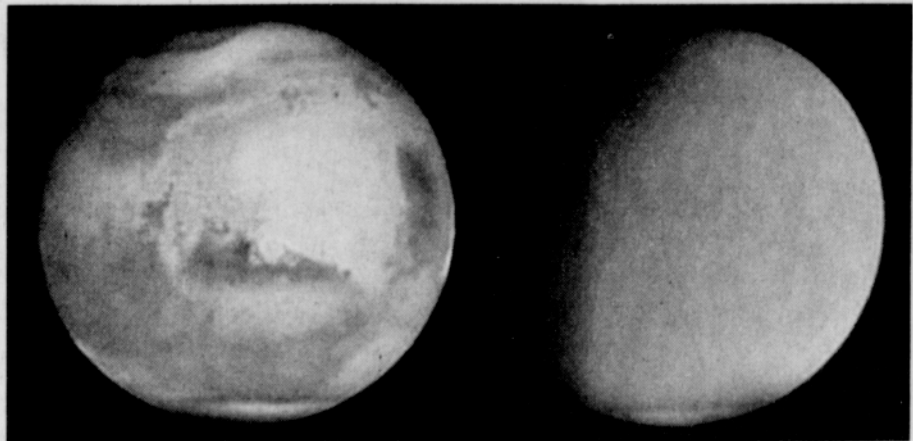
Mt. Hood Community College Art Department is offering an exciting class in the art of iron cast sculpture to teach students the technique of form-making, mold-making and iron casting.

While many are familiar with bronze art casting, few are aware of a movement among sculptors to work with iron. Best known for its utility, iron has been used for centuries to make tools, cast iron skillets, manhole covers and recently for engine blocks and radiators.

In the early 1960's artists began to explore the medium's use for sculpture. The intricate cast iron railings on Bourbon Street in New Orleans are only one testament to the potential of iron as an art material.

A class in this art form will be offered Tuesday and Thursday evenings from 6 p.m. to 9 p.m. Students will learn to transform a sculpted form from a sand mold to molten iron to a finished sculpture. Students will work on an individual basis with the instructor.

For more information, call Tasmie Ringler at 503-491-6968.



The Hubble Space Telescope and a pair of eagle-eyed NASA spacecraft are giving amazed astronomers a ringside seat to the biggest global dust storm seen on Mars in decades. Pictures like these will be on display in January at the Mt. Hood Community College Planetarium Sky Theater.

## Hubble's Greatest Hits

The Mt. Hood Community College Planetarium Sky Theater will offer stunning images obtained by the Hubble Space Telescope during January.

"Hubble's Greatest Hits" will feature some of the most beautiful and exciting images obtained from the Hubble Space Telescope during the last 10 years, including pictures from Hubble's powerful new camera.

Planetarium Director Doug McCarty will use the star projector to recreate the winter sky and answer questions about upcoming celestial events.

This feature is one weekend only - Satur-

day, Jan. 11 at 2 p.m. and Sunday, Jan. 12 at 2 p.m. Children are always welcome and all visitors are encouraged to ask questions.

The planetarium is located beneath the library at the Gresham campus and is wheelchair accessible. Admission to each 45-minute live presentation is \$1 and visitors are seated on a first-come, first-served basis.

Public planetarium shows will be presented on the second Saturday and Sunday at 2 p.m. every month from January through August. School and community groups may arrange live, customized planetarium programs by calling 503-491-7297.

**Happy New Year**

**RING IN NEW YEARS EVE AT**  
**THE RAMADA INN & SUITES, PORTLAND AIRPORT**  
6221 NE 82<sup>ND</sup> AVENUE (OFF 80<sup>TH</sup> & COLUMBIA AVE)  
Call For Reservations: 503-252-5151

Prime Rib or Salmon Dinner  
Two Venues Starting AT 9:00 PM  
La Ramada Night Club  
&  
DJ & Dancing In The Ballroom

Fortune Teller PARTY FAVORS & MIDNIGHT CHAMPAGNE TOAST  
CARICATURE ARTIST

**MAKE YOUR RESERVATIONS TODAY!**

Kleen-Kut Entertainment Presents **SOUL FOOD**

\$5 Cover  
Show Time: 9 pm  
Doors Open at 8pm  
Every Thursday  
Starting Nov. 14

Open MIC-(conscious) Spoken Word  
Poetic Expressions by  
Locally and Nationally  
Known Poets

Featuring The Repravation Band & Master of Ceremony — Wane at Bookies

Ports interested in performing call 503-358-3247  
A Love Vibe Production  
New Media, Wisdom & Consciousness is Food for the Soul

**HAPPY HOLIDAYS!**  
FROM

**PCRi**  
Meeting the Affordable Housing Needs of the Community

4829 NE Martin Luther King jr. Blvd.  
Portland OR, 97211  
www.pcrihome.org

**Affordable Rental Homes Available Now**  
Call (503) 288-2923