### Focus

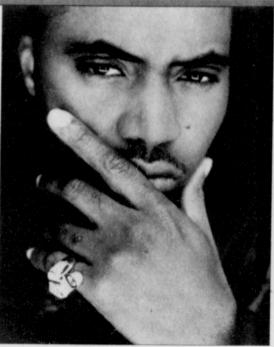
King of New York rap pays tribute to mother in 'God's Son'

For Nas, known as the King of New York Rap a title that goes to the city's best MC and most authentic hip-hop hero, knowledge is king.

In the year that passed between his release of platinum-selling 'Stillmatic' in 2001 and this year's 'God's Son,' the artist said he has gained a lot of knowledge about the world, the rap game, and most importantly, knowledge of self.

This year's testament, 'God's Son,' promises to showcase a deeper and more mature lyrical journey. He pays tribute to his beloved mother, who he lost to cancer, in the album's two final tracks, 'Dance' and 'Heaven,' with heartbreaking honesty the emotions evoked by her death. Nas' father, internationally famous jazz trumpeter Olu Dara, provides the haunting coda for 'Dance,' the rapper's plaintive desire to have just one last dance with his mother.

Fore more information on 'God's Son,' log on to www.godsson.net, or www.columbiarecords.com, or pickup a copy at a local music store.



Rapper Nas has released a new album, entitled 'God's Son,' that promises to showcase a deeper and more mature lyrical journey than his past critically acclaimed albums, 'Illmatic,' 'It Was Written, 'I Am . . . 'Nastradamus, 'and 'Stillmatic.

#### 'Surviving Broken Promises' Promises to Be a Good Read

Cornelia Gibson's book is about a single mom, battered wife and betrayed lover

You can't hurt a woman, especially a black woman with an attitude, and expect to get away with it.

Cassandra didn't always have an attitude. Five jerks, as she wryly refers to the men of her life, took her from high school achiever through everything she didn't imagine when planning a career as a lawyer: single mom, battered wife, betrayed lover and tough survivor.

She loses heart and hope in the sixteen years 'Surviving Broken Promises' covers, but never completely and not forever, for it is heart and hope that makes this novel. At thirty-three, Cassandra is very proud of who she is and what she has accomplished. What she accomplishes, considering those broken promises, is monumental.



brings her main character and those jerks to life. Marcus pressures a very young Cassandra for sex, Robert is an abusive and lying husband, George fails to mention that he is married, Chris falls for the babysitter, and Aaron has commitment (and mental) problems.

The honesty in the telling is refreshing; Cassandra is not perfect and the men are not wholly bad. Gibson is a student of psychology

and she uses her resultant insight on the most basic level, our level, to let her characters story unfold naturally. Readers cheer Cassandra's triumphs and understand her despair.

Reviewed by Jim Anderson for BlackPR.com. 'Surviving Broken Promises' is available at GreatUnpublished.com, at Amazon.com, or by e-African American author Cornelia Gibson's . mailing the author directly at cagibso@aol.com

#### Valentines' Day Sweet Heart Celebration

February 14, 2003

Join Us at the RAMADA and Suites

at the Portland Airport In Lea's Landing Restaurant

(formerly O'Callahans) for Live Music Featuring Pianist Frank Elliot

Dinner for Two features Your Choice of Entrees:

Steak & Lobster • Orange Duck • Braised Chicken • Stuffed Salmon plus Champagne, Chocolates, and a Red Rose

For only \$64.95 Per Couple (Gratuity not included)

Spend the Night at the Ramada Inn and Suites with a Chilled bottle of Champagne for Two for only \$74.00 Total Package for Room and Dinner for Two is only \$138.95 (Not including Tax and Gratuity)

Call 503-252-5151 for Reservations!

Enjoy Valentine's Day with That Special Someone!!!

# all my club dates and I had an act as

## Chappelle to Crack-up Comedy Central

#### He's called youngest old-school comic around

Best known for his roles in 'The schooled at the prestigious Duke Nutty Professor' and 'Robin Hood: Ellington School of the Arts, Men in Tights,' Comedian Dave Chappelle started honing his so-Chappelle will kick off a new show cially conscious style of stand-up airing on Wednesday, Jan. 22 at 10:30 at D.C. area clubs when he was 14p.m. on Comedy Central.

Tall, svelte and strikingly good looking, Chappelle has been called the youngest old-school comic around. He has shared the stand-up stage with such notables as David Letterman, Whoopi Goldberg, Arsenio Hall, Richard Pryor and Garry Shandling.

Born in Washington, D.C., and "When I was 17, my mom drove me to

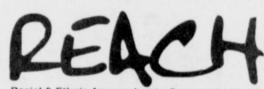
good as anyone." - Dave Chappelle

years-old.

"When I was 17, I had an act as good as anyone in D.C.," Chappelle said. "My mom drove me to all my club dates. She figures that of all the dangerous things I could become involved in, club life was the least harmful.

Since then he has held roles in 13 movies, had his own HBO comedy special and performed on 'Politically Incorrect' and 'Late Night with Conan O'Brien.





Racial & Ethnic Approaches to Community Health A program of the African American Health Coalition, Sponsored by the CDC (Centers for Disease Control and Prevention)

#### Wellness Within REACH: Mind, Body, and Soul **Activity Calendar**

|   | Mon                                  | Tues   | Wed                                  | Thurs                                      | Fri  | Sat  |
|---|--------------------------------------|--|--------------------------------------|--|--|--|
| Matt Dishman<br>77 NE Knott                                   |                                      |  |                                      |  | Old School<br>Dance<br>6:00-7:00pm<br>Kendrick | African Dance<br>10:00-11:00am<br>Addo                                       |
| Salvation Army<br>5325 N Williams.                            |                                      | Water Aerobics<br>2:00 - 3:00pm<br>Hampton   |                                      | Water Aerobics<br>2:00 - 3:00pm<br>Hampton |  |  |
| Nature's<br>3535 NE 15th.                                     |                                      | Yoga<br>7:30-8:30 pm<br>O'Rourke   |                                      |  |  | Body Conditionin<br>9:30-10:30am<br>Nickerson                                |
| Peninsula Park.<br>700 N Portland                             |                                      | Walking Group<br>6:00-7:00 pm<br>Nickerson<br>(Meet inside the<br>Lloyd Center in<br>front of Sears) | Aerobics<br>7:30-8:30pm<br>Keller    |  |  | Aerobics<br>9:00-10:00am<br>Keller<br>Walking Group<br>12:30 pm<br>Nickerson |
| Mallory Avenue<br>Christian Church<br>(Gym)<br>126 NE Alberta | Aerobics<br>6:30-7:30pm<br>Nickerson |  | Aerobics<br>6:30-7:30pm<br>Nickerson |  | Aerobics<br>6:30-7:30pm<br>Nickerson           |  |

\*\*Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!



#### African American Health Coalition, Inc.

2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850 E-mail: kdempsey@aahc-portland.org • Web: www.aahc-portland.org

#### **Pinocchio** puppetry for kids

The Interstate Firehouse Cultural Center and Other Hand Productions will show four matinee performances of Pinocchio, the classical story of a young puppet's misadventures. The show includes five original songs scored for piano, violin and accordion. Audience participation is included in this production. The IFCC thinks this puppet show is ideal opportunity for grandparents to spend time with their grandchildren who are aged pre-school to third grade. Matinees begin at 9:45 a.m. on Wednesday, Jan. 22, and Thursday, Jan. 23. The IFCC is located at 5340 N. Interstate Ave. Tickets ate \$5 and can be ordered by calling 503-823-4322.

#### Night of solo and collaborative acts

On Wednesday, Jan. 22 the Mississippi Pizza Pub, located at 3552 N. Mississippi Ave., will open its stage up to an evening of music and performance art by the newly formed 'Rasbliutto Collective.' Come hear Jean-Paul Jenkins and Doug Theriault on guitar, Kelvin Pittman and Bryan Eubanks on saxophones, Justin Sondstrum and Mark Kaylor on percussion, Oliver Newell on bass, Jim Altieri and Cameron Stevens on electronics and keyboards, Luke Wyland on piano, Steve Schneider on tenor, Caroline Buchalter on viola and cello, and Stefan Kamola with strings and voice. Elizabeth Ward and Kathleen Keogh will provide movement. Admission is \$5 to \$100 with all donations going towards a fund to get an independent performance venue off the ground.

#### IFCC Kwanza celebration show

Over 20 local African American artists are exhibiting textiles, paintings, prints, drawings, photographs, mixed media works and sculptures to reflect on one or more of the seven principles of Kwanza. The IFCC is located at 5340 N. Interstate Ave. Gallery hours are Tuesday through Friday 11 a.m. to 6 p.m. and Saturdays from noon to 4 p.m. through January. For more information, call 503-823-2070.

#### Go to Paris without leaving Portland

From Jan. 25 to March 23, the Portland Art Museum will feature 'Paris to Portland: Impressionist and Post-Impressionist Masters in Portland Collections.' The show includes 165 works drawn from private collections in the Portland area and has work by Cezanne, Renoir, Monet, Gauguin, Picasso and prints by Toulouse-Lautrec, amongst others. Some of these works have never before been seen in public. On Sunday, Feb. 2 children and adults can come to 'Festival Parisian' to experience activities and enter-

tainment inspired by the art collection. Kids can learn impressionist tissue painting, how to make artpaper waterlilies, water reflections captured in oil pastels and work on printmaking projects.

#### Sweet Honey in the Rock anniversary

To celebrate their 30th anniversary and the release of their new CD "The Women Gather" on Earthbeat Records, Sweet Honey in the Rock return to Portland for a performance at Schnitzer Hall on Jan. 31. They will perform their uplifting and powerful a capella music.

#### Isaka Shamsud-Din art exhibit

Life-long Portland artist and first ever James DePreist Professor of Art at Portland State University will show an exhibit of work and present a slide show of additional works at Reed College in the Vollum Lounge at 4:30 p.m. on Tuesday, Feb. 11. Shamsud-Din was the president of the Black Student Union at PSU in the 60's until he left Portland to work with the civil rights movement in the South. Since his return to the northwest in the 80s, Shamsud-Din has involved himself in mural projects at local high schools and government buildings in an attempt to create a sense of community among African American artists.

#### Sonia Sanchez poetry reading

African American author Sonia Sanchez will read her poetry and sign any of her 16 books at the Reed College Kaul Auditorium on Wednesday, Feb. 19 at 7:30 p.m. Sanchez, nationally known for her involvement in the Black Arts Movement, has read her poetry and lectured nationwide about her work during the civil rights movement. She is the author of 'Homecoming,' 'We a BaddDDD People,' 'Homegirls and Handgrenades,' 'Wounded in the House of a Friend,' and most recently, 'Shake Loose My Skin.'

#### Back to the Doo Wop days

High school friends from Detroit's North End, Levi Stubbs, Renoldo "Obie" Benson, Abdul "Duke" Fakir and Lawrence Payton began marveling their audiences with an infectious blend of pure vocal power and sweet harmonies in 1954. Once they signed with Motown Records in the 60s as the Four Tops, the group churned out hit after hit eventually ending with an induction into the Rock and Roll Hall of Fame. With 43 years of playing history, the group will play at Chinook Winds Casino on Friday, March 21 and Saturday, March 22 at 8 p.m. Tickets are \$25 to \$40 depending on seat location. For more information or to buy tickets, call 1-888-624-6228, or Fastixx at 1-800-992-8499.