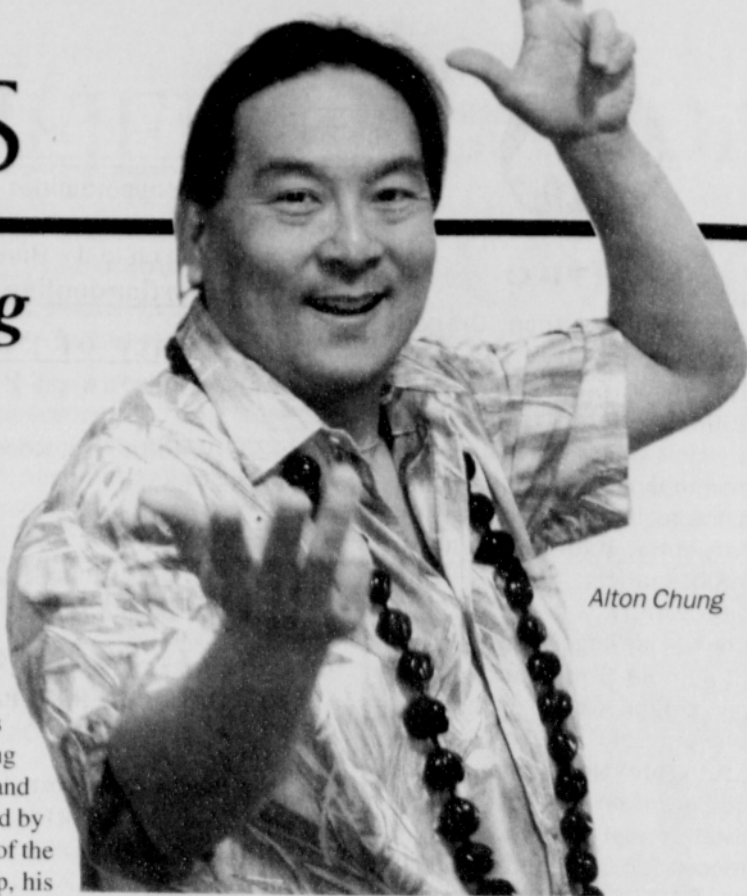


Focus

Storytelling Deep with Culture

The Interstate Firehouse Cultural Center in north Portland brings to its stage, storyteller, Alton Chung at 3 p.m. July 31.

Combining a rich cultural heritage and drawing inspiration from his Japanese and Korean roots, Chung weaves ethnic tales, true stories, and legends from many lands. Influenced by the superstitions, stories, and magic of the Hawaiian Islands, where he grew up, his



Alton Chung

true passion is telling ghost stories.

When telling stories, Chung connects to the people in the audience and allows them to truly see him. He greets the light within everyone and in this undefended state of true connection, healing can take place.

He has designed lighting for plays and musicals and has also trained to become a massage therapist and has been adopted into the tribe of the White Clay People of North Central Montana.

Tickets to the performance are \$6 for adults and \$4 for kids. For more information, call 503-823-4322 or visit www.ifcc-arts.org.

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'P. Diddy,' Herrera Win Fashion Awards

(AP) — Sean "P. Diddy" Combs finally got what he's craved from the fashion industry: respect - and a little thing called a CFDA award.

The Council of Fashion Designers of America named Combs the top menswear designer of the year for his Sean John collection at its annual awards show.

This was Combs' first win despite four previous nominations.

"I'm very happy as you can see," said Combs, who danced his way up to the podium at the New York Public Library. "I've had some things I've had on my mind for a few years."

He didn't hold a grudge,



Zac Posen and Sean Combs (right) celebrate backstage at the 2004 Council for Fashion Designers of America Fashion Awards. (AP photo)

though.

First, Combs, wearing a white tuxedo jacket, told the audience of fellow designers, models, fashion editors, stylists and retailers that years ago he stood in the Ralph Lauren store "saving my pennies" for a new Polo shirt. "I am living the American dream."

Then, he shouted, "Ralph, you're still the sexiest man on the planet!"

Carolina Herrera was honored as the best womenswear designer of the year, and Reed Krakoff, Coach's president and executive creative director, was picked as the top accessories designer.



Cool Nutz

Cool Nutz Party's It Up With "Collabos"

Legendary Portland hip-hop artist Cool Nutz celebrates the new release of his fourth album, "Collabos," which features some of the biggest names of the industry both nationally and locally.

His new album features guest appearances from BG of The Hot

Boys, Kurupt, WC, Baby Bash, B-Legit, Yukmouth, Mac Dre, Bosko, Potluck, and E-Dawg, among others.

In an effort to gather support for the groundbreaking urban music of the Northwest, Cool Nutz and his production team at Jus Family

Records is sponsoring an album release Players Ball Saturday, July 24 at the Roseland Theater in northwest Portland.

All ages are invited, while full bar services will be available for those 21 and over. For additional information call 503-449-6366.

Method Man Wants More 'Ghetto' in Show

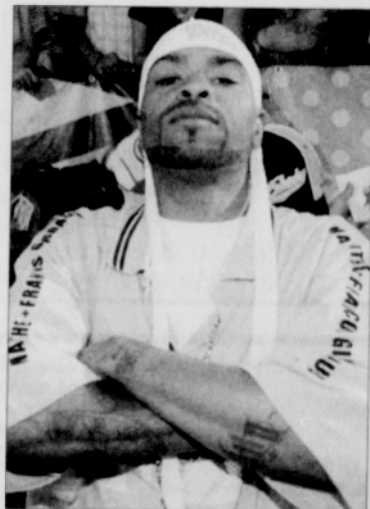
(AP) — Method Man says he's unhappy with Fox for squeezing the "ghetto" out of his new sitcom.

"This is frustrating for me, and it's not turning out for me as expected," said the rapper-actor, who is co-star and executive producer of the network's comedy series "Method & Red."

"I'm trying to keep this show ghetto, and there's a way for it to be both ghetto and intelligent," he said. "But it's not going that way."

In the show, Method Man and fellow rapper Redman play two hugely successful hip-hop stars who move into an affluent, predominantly white gated community in the suburbs.

The comedy drew more than 8 million viewers in its debut Wednesday, but that didn't minimize Method Man's dissatisfaction. He told the Los Angeles Times the series has veered from his original vision because some executives or writers tried too hard to appeal to "middle America" with "lame



Method Man

jokes."

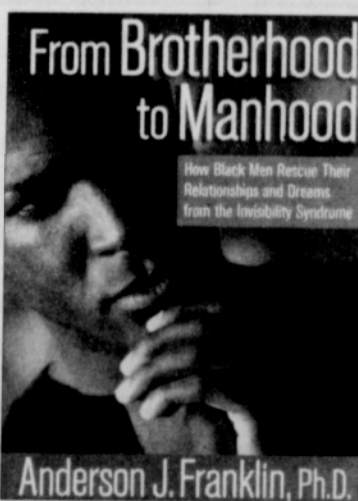
"I know what I wanted this show to be, but there's been too much compromise on our side and not enough on their side," he said. He didn't know the series would have a laugh track, he said, adding, "This show doesn't need it."

Fox executives declined comment to the Times.

Brotherhood to Manhood

Book offers guidance for a full and empowered life

As an African-American expert on black male psychology, Dr. Anderson Franklin draws on a lengthy track record of success in counseling black men to expose the invisibility syndrome—the source of resentment, disappointment, anger, depression, isolation, and substance abuse stemming from lifelong racial tension.



Anderson J. Franklin, Ph.D.

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Tracing Roots

Travel guide opens door to understanding

Advancements in DNA technology and traditional detective work make tracking down your roots easier and cheaper than ever before, as is outlined in a new book by James E. White.

"Roots Recovered" by attorney White and Jean-Gontran Quenum, a West African businessman, is a how-to guide for tracing African-American and West Indian roots back to Africa, and even offer methods on getting there for free or extremely cheap.

This travel guide unlike any other includes African history, psychology, and information on obtaining passports and visas to very specific country information.

Unlike other African travel books, the purpose of "Roots Recovered" is to use African travel as a vehicle to open the door for understanding our psychology, history and to develop a positive self-concept.



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