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PHOTO BY WILLIAM RBHEL.

A public arts mural project brings cultural and historic figures to the central Havana architecture and tropical colors of the Cuban restaurant Pambiche at 2811 N.E. Glisan St.

## Mural Brings Cuban Flair Cultural art project a journey of discovery

Local artists Emily Beeks and Rachel Oleson recently completed a 50 x 35 foot mural on the east wall of the popular Cuban restaurant Pambiche at 2811 N.E. Glisan St.

The central Havana architecture and tropical color scheme of the building have long set it apart from its neighbors; now this vivid mural captures the attention of pedestrians and motorists passing by. The project was supported in part by a

public art murals program.

"The Pambiche mural project is a splendid addition to the city's collection of murals," says Peggy Kendellen, public art manager at the Regional Arts and Culture Committee. "It was an ambitious undertaking from beginning to end—from initial planning, selecting the artists, fine-tuning the design, and doing the actual painting."

Pambiche and The Apambichao Building were the project's main sponsors, with additional funding provided by affiliated businesses and individuals.

Twice-life-size versions of famed musicians Benny Moré and Celia Cruz, rich flora and fauna, and a host of cultural and historic figures tempt mural viewers to forget they are 3,000 miles away from the island nation of Cuba.

The mural takes viewers along a journey of discovery and piques public interest in Cuba's fascinating and frequently misunderstood culture. Purposely left out are divisive images of revolution and conflict, and instead are symbols and emblems of unity for all Cuban people.

The mural offers an opportunity for cultural diplomacy aimed at overcoming the political barriers

that separate the two long-estranged neighbors.

Though the mural effortlessly blends with the building's unique aesthetic, it was the product of a year's work, including nine months of planning before the scaffolding even went up. The artists completed the project earlier this October, and Pambiche plans to host an official celebration in the spring of 2012.

## Preventing Elder Abuse, Neglect Holidays a time to check on neighbors, loved ones

With family members coming to town visiting their friends, neighbors and loved ones this holiday season, it is important to take the time to check in on those elderly and

isolated people you may know to be sure they are taking care of themselves and are safe.

The Department of Human Services is reminding Oregonians to be

aware of the signs of self-neglect and elder abuse.

Self-neglect can be defined as the inability of a person to provide themselves with the necessities of

daily living. Examples can be a lack of food and water, poor hygiene, dressing improperly, not taking critical medications and ignoring health problems.

The person's lack of understanding of their predicament leads to harm or endangerment.

Some real life examples include an 89-year-old man with advanced

Alzheimer's who was incapable of understanding money, resulting in the loss of utilities and a home foreclosure; a 67-year-old woman who could no longer stand without assistance and suffered malnutrition because she was unable to shop, prep food and cook; and a 48-year-

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