



NEWS RELEASE

January 20, 1999

For Immediate Release

Press release on art exhibition:

To your health!

February 9 - April 13, 1999

Closed March 29, April 1-3

Museum Hours: Tuesday, Wednesday, Thursday, 11-4; Tuesday evening 6-8; Saturday 11-2.
Open to tour groups by appointment.

Reception: Tuesday, March 23, 6-8, reception with artist presentation

Artists:

Robin Lasser and Kathryn Sylva, Kaleo Ching and Elise Dirlam-Ching, Shirley Fisher, Sylvia Giblin, Dori Lemeh, Gabriel Navar, Younhee Paik, Dr. Judy Schavrien, Sharon Siskin, To Your Health! Children's Art Project

To Your Health! contains a variety of work — installations, painting, photography, sculpture — addressing specific aspects of healing ranging through medical, psychological, and social realms. Parts relate to maintaining health, cultural perspectives, art therapy, and the relationship to spirituality.

A centerpiece of *To Your Health!* is a major installation by **Robin Lasser** and **Kathryn Sylva**, *Secret Appetites*, part of a larger project *Eating Disorders in a Disordered Culture*. An 8' maple table supports ten ceramic plates etched with fragments of stories of survivors of eating disorders, anorexia and bulimia. At the two ends of the table viewers are encouraged to sit and listen to a CD containing complete stories collected from the community. On the wall are mural sized photos with words carved out of meat: "Fear of Fat Eats Us Alive." Robin Lasser, chair of the photography department at San Jose State University, and Kathryn Sylva, an assistant professor of design at UC-Davis, began the project to raise awareness of the psychological disorders that afflict an estimated seven million American women and one million men, anorexia and bulimia. Lasser survived an eating disorder as a child. Both have worked for several years on a media campaign (billboards, poster, website: www.eating.ucdavis.edu), in part to counter the advertising media's dissemination of impossibly thin images of women which have added to the modern epidemic. For the current project at De Anza, Lasser and Sylva collaborated with Bob Morgan from UC-Davis, who helped build the table. They have also involved De Anza students and Health Services.

Kaleo Ching, teacher and healer, and **Elise Dirlam-Ching**, nurse and poet, work with the connections of body, mind, and spirit. They have created an installation of masks, spirit guides, totems, tribal artifacts,

paintings, and poetry of the inner domain. The masks include *The Healer*, *Warrior*, and *Weaver* (part of the inner tribe of ancestors) and the mixed-media installation boasts bamboo, fabric, clay, furs, shells, raffia and other natural materials. Kaleo Ching teaches the integrative healing process of T'ai Chi, Chi Gung, art and mask making, working with students of diverse backgrounds: teachers, urban youth, yogis, healers, homeless, inmates, university students. He offers a model of healing and wholeness through a process which encourages self awareness, compassion, and transformation of self and community. He is an adjunct faculty at John F. Kennedy University. Elise Dirlam-Ching is a nurse at the San Francisco County Jail.

Gabriel Navar's art is a celebration, in acrylic, oil, on canvas or wood. He exhibits paintings, self-portraits with ideas about food, activity, education, creativity, and relationships that reflect wholeness and health. In *Aquí Está el Día*, the act of creating, when paintbrush touches canvas, is a powerful, spiritual, life-giving moment radiating energy. In *Probando Un Pequeño Ombligo del Cielo*, food offers spiritual connection not just calories. *Habitación Somnolenta sin Paredes* alludes to the growth that comes with intimate relationships. "I find resolution as a result of the image-making process...there is always growth." "I draw images of hope, peace, and celebration...I am very excited about art...about life. *Estoy muy agradecido.*" In his poem *third eye awake*, he responds: "I write words of thanks, odes to life." Navar lives in Oakland.

Invitation to Rest is a series of 8'x12' paintings by **Younhee Paik**, which are hung wavelike from the ceiling. They are sky paintings, night or day, cloud patterns, with added elements — a ladder, footprints, a ship. "I want to create an atmosphere where people can relax and rest, away from daily stress." The installation with *Embrace* and *Ladder* is dedicated to her mother who died from cancer in 1995. "She was lying in a hospital bed while looking at the empty ceiling for more than a year... I wanted to hang something beautiful and comforting on the ceiling... The hospital situation did not allow me to do this." The paintings are spiritual and uplifting as one raises one's eyes to take in the translucent colors. They are part of a larger body of work, landscapes, seascapes, skyscapes that unite Eastern and Western ideas of nature. Paik completed advanced study in art in both Korea and the U.S. and maintains studios in New York and San Francisco.

The healing mandalas of **Sylvia Giblin** were created early in 1998 when tests showed that her cancer had resurfaced and she had 2-4 months to live. Earlier, when she discovered her cancer, she took chemotherapy. This time she rejected chemotherapy and invasive treatments. During a six-week stay in an alternative treatment center in the Caribbean, she painted four mandalas. In the first mandala the blackness of the cancer was thick. In the second a flesh colored flower emerges as hope comes from talking with two other women with ovarian cancer. By the time of the third mandala, she was able to reflect; "my roots were dangling in space...but I felt a certainty something would grow from my experience and flower." By the fourth mandala, "cancer was not the center of my psyche any longer but the rich soil from which my future grows." Giblin currently lives in Florida.

Dr. Judy Schavrien's *Singing Her Heart Out* is a 4'x4' mixed media painting revealing the depth to which singing is healing. Schavrien is both artist and psychotherapist. Many of her works relate to struggles and successes she has viewed in the lives of others and in her own life. Ten years ago she was shot in the face by a mugger. She lost her physical face and her social one. Since then her art has been more immediate and poignant. "I tell my clients that if you want to heal, you have to reenter the pain again, and work through it." One work entitled *Survivor* is of a woman with piercing eyes and palpable determination. Schavrien says women clients stop, and nod, when they pass it in her office.

"Light is about healing." **Shirley Fisher's** photography has always centered on light. In *Grandfather/Granddaughter*, in the upper portion of the photo two figures stand at the shore looking out over the ocean; below in a light misty place, is a closeup of hands touching, comforting. Sometimes Fisher will have hands come down from the sky in a burst of light — creating spiritual, healing places. Calming. In *Spring*, the hands and light reveal crocuses sprouting. In *Majarishi*, a man meditates in a grove, more hands, more light from above. Fisher's work has many references to water, rocks, clouds, roots. Taken together they allude to receiving energy from light, transformation, life forces, rebirth. Fisher is a photography instructor at De Anza College.

Dori Grace U. Lemeh exhibits the mixed media collage *Between Two Beating Hearts*. "My works of art embody the healing presence of my mother and grandmothers, who nurtured and guided me with their strength and spiritual fortitude." A form of self portrait, she is the central figure, standing with arms outstretched in a form of healing and spiritual awakening, connectedness. On her garment is the diagram of an African slave ship, forming a temple, a place to rest. On one side is Africa as mother, with five African women holding a full heart, identity. On the other side is the U.S. as a surrogate mother, parts of a quilt "My Mother's Garden," a history of oral tradition, what her mother had to do to survive. When she showed the image several years ago at a women's conference in Beijing, an African American woman cried. "This speaks to me." Lemeh relates for those who feel scarred, fractured, disconnected, this is healing. The work was exhibited in Bulgaria and at the National Civil Rights Museum in Tennessee. Lemeh has taught and been an academic advisor at Pennsylvania State University.

Sharon Siskin's work pertains to different aspects of healing and draws you in with its mirrored surfaces and unusual materials. *Gently* shows a bandaging technique from an old medical text and has a framewith inlaid bandages. *Comfort* has layers of real matza, a comforting presence in Jewish culture. *Resistance* centers on the word "hope," natural objects (a wishbone, insect wings) and more words engraved on the mirror and frame: "In the dark times, will there also be singing?" — "Yes, there will be singing. About the dark times." In Jewish tradition, mirrors are covered, enabling mourners to forget the material world and internalize their loss. Mirrors allude to the fragility of our lives and to transcendence. Siskin has lost dozens of artist and friends to AIDS. During the past ten years, Siskin has taught and collaborated with artists and students living with AIDS, often working with Rest Up, San Francisco, and the Center for AIDS Services, Oakland.

The **To Your Health! Children's Art Project** produced by the Euphrat Museum of Art Arts & Schools Program will be on display in April. A collaborative public artwork, it involves children from the Cupertino Union, Los Altos, and Sunnyvale School Districts. Family Day, on April 11, will be a reception for the artwork and an opportunity for people of all ages to make art and view performances.

Curated by Jan Rindfleisch, working with Diana Argabrite, Lucy I. Sargeant, Karen Sjolholm, Flo Oy Wong, and De Anza Health Services.

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NEWS RELEASE

May 5, 1999

For Immediate Release

Press release on art exhibition:

De Anza Student Art Show

May 18 to June 17, 1999

Closed Memorial Day weekend

Museum Hours: Tuesday, Wednesday, Thursday, 11-4; Tuesday evening 6-8, Saturday 11-2.
Open to tour groups by appointment.

Reception: Tuesday, May 18, 6-8

The 30th annual *De Anza Student Art Show* is on view at the Euphrat Museum of Art from May 18 - June 17. Sponsored by the De Anza Associated Student Body, the Euphrat Museum of Art, and the Creative Arts Division, this exhibition features paintings, drawings, prints, mixed-media works, photography, graphic design, sculpture, and ceramics.

The gathering of works reflects expertise in diverse media and varied interests and points of view. The exhibition is a chance to see some excellent work and support the creative process. Works include a 10' wide stoneware mural entitled *The Periodic Table of Marine Fish* by Inez Liu, the oil paintings *Horse Dreams* by Pamela Russell-Daly and *Skateboard* by Josh Lake, montages by Gloria Pardo, and a hall table constructed of curly maple by Roy Presley.

Artworks for the exhibition were selected by full-time and part-time De Anza faculty members in the Art and Photography Departments.

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