

# Lextra

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**ART  
OF THE  
AMAZON**

Since 1492—you know, when Columbus sailed the ocean blue—the indigenous people of the Amazon Basin and their culture have slowly been vanishing. More recently, the destruction of the rainforest has added to the loss of a unique culture filled with ceremonial and ritual traditions influenced by the unique natural resources of the area.

Now, through July 27, the Birmingham Museum of Art presents “Vanishing Worlds: Art and Ritual in Amazonia,” featuring 150-plus objects including body ornaments, pottery, furniture, musical instruments, feather headdresses, costumes and masks—all created for specific rituals throughout a person’s life. Materials used to create the exquisite yet delicate objects include wood and bark, beetle wings, grasses, shells, seeds, clay and beeswax.

Emily Hanna, curator of the arts of Africa and the Americas, says “I hope (museum visitors’) appreciation of the artistry is enhanced. If they didn’t know that there are great artisans and artists of the Amazon, that they will appreciate the craftsmanship, drama and color. I also hope they understand that the people of the Amazon have lived in balance with their environment. They know how much to take and give back and have lived this way for thousands of years.” —MARY ELLEN STANCILL

## A Shining Light

The real strength of a family is seen when a light shines through even in the midst of tragic loss. The families of Jennifer and Graham Gibbs Bankston, Birmingham residents who lost their lives as a result of postpartum depression, showed their resolve when they founded Jenny’s Light, a non-profit organization to spread awareness about PPD and its serious effects. Still in its early stages of development, the website [jennyslight.org](http://jennyslight.org) is up and running with information about how to donate, volunteer and educate others about PPD. Jenny’s Light will initially focus on a select number of local communities including: Birmingham, Minneapolis, Minn., New Orleans, La. and San Jose, Calif. with plans to expand their efforts over time. Says Becky Lavelle, a founder of Jenny’s Light and Jenny’s twin sister, “I think an important thing we are trying to get across to people is how serious PPD can be ... and it needs to be taken much more seriously in general. It’s real and it’s much more common than most people think. People need to feel ok about talking about it and sharing feelings, and know that they are not alone, many women suffer from it, and it is treatable.” —MARY ELLEN STANCILL



## sounds like spring

There’s always something going on in Soho, and two eateries have upped the ante by adding live music to their weekly schedules. Casual Mexican restaurant Salsarita’s brings in musicians beginning at 6 p.m. on Wednesdays and Saturdays.

Tria Market fills in the blank with Thursday Night Live. From 6 to 8:30 p.m. on Thursdays, Tria creates a happy hour atmosphere with live music, drink and dinner specials. “We also have a little chimenea out there so we get that going and cozy it up a bit,” explains Valerie Boyd. The series launched last fall and continues now as warmer weather draws people outside. —CARLA JEAN WHITLEY

