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**FOR IMMEDIATE RELEASE:**  
**“Second Saturday Family Arts Day”**  
**Painting the Blues**  
**Saturday, August 11, 2007 2-4pm**

Join the Humboldt Arts Council and the Morris Graves Museum of Art as they celebrate **Second Saturday Family Arts Day!** Saturday, August 11, 2007, from 2 to 4 p.m. at the Morris Graves Museum of Art. This Saturday's presenters will include **The Humboldt Jiu-Jitsu Gym** from 2:10-2:50 pm in the Performance Rotunda, **Shantaram the Magician** from 3:00-3:40 pm in the Performance Rotunda, and **Prints of Blues Musicians in the Style of Andy Warhol** with Lindsay Coats in the Youth Classroom from 2-4pm.

***Humboldt Jiu-Jitsu Gym***

The Humboldt Jiu-Jitsu Gym (HJJG) opened its doors to the public in March 2007. Since then HJJG has taught cutting edge Brazilian Jiu-Jitsu to people of all ages from all over Humboldt County. The physical fitness, mental focus, and spiritual awareness all combine to make training in the most effective martial art in the world fun and exciting. While traditional Japanese is based in “Kata” training, or training against an imaginary opponent, Brazilian Jiu-Jitsu is based in “randori” training, or “live opponent training”. In Japanese, Jiu-Jitsu means “the gentle way”. The first techniques can be found in Indian Sanskrit dating back to 2000BC. Throughout time the techniques migrated across Asia eventually arriving in Japan. The Japanese embraced Jiu-Jitsu as the premier battlefield martial art. In the 1930's the Japanese government sent ambassadors all over the world to create rice plantations. One of these ambassadors was Mitsaoda Meada, who happened to be a master of Jiu-Jitsu. Meada ended up in Brazil and eventually befriended a Scottish immigrant named Gastao Gracie. Gracie had the Political power to make Meada's rice plantation a reality. Gracie traded political favors for Meada to teach Gracie's sons Jiu-Jitsu. The Gracies in time evolved the techniques into the next level of effectiveness, proving themselves over and over against all challengers. Today Brazilian Jiu-Jitsu is hands down the most practical and effective martial art in the world. For more information about Jiu-Jitsu and HJJG call Nick at 826-9761.

***Shantaram the Magician***

Come share in the magic with Shantaram the Magician! Shantaram means “peaceful lord” in the native tongue of his birthplace, India. He began his career as a magician at an early age and has been refining his skills for over a decade. Shantaram became interested in magic when he was in the fourth grade at Jacoby Creek Elementary, and started performing professionally by the time he was a freshman at Arcata High School. Throughout the years Shantaram's positive attitude and strong work ethic have catapulted his success both in business and performance art. Shantaram gives his gratitude and deep respect to all of the people who have made an impact in his life: his family, friends, and the entire Humboldt community for their support and for believing in magic! For more information visit [www.shantaramenterprises.com](http://www.shantaramenterprises.com).

***Prints of Blues Musicians in the Style of Andy Warhol***

**Andy Warhol** (August 6, 1928 — February 22, 1987) was an American artist who became a central figure in the movement known as pop art. After a successful career as a commercial illustrator, Warhol became famous worldwide for his work as a painter; an avant-garde filmmaker, a record producer, an author and a public figure known for his presence in wildly diverse social circles that included bohemian street people, distinguished intellectuals, Hollywood celebrities and wealthy aristocrats.

A controversial figure during his lifetime Warhol has been the subject of numerous retrospective exhibitions, books and documentary films since his death in 1987. He is generally acknowledged as one of the most influential artists of the twentieth century. Cited from: [www.en.wikipedia.org](http://www.en.wikipedia.org)

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*The Humboldt Arts Council is dedicated to providing leadership in support of the rich heritage of North Coast arts and to bringing this legacy fully into community life.*

The Humboldt Arts Council would like to recognize our Second Saturday Family Arts Day Underwriters: AG Edwards, Citigroup, Living Education and Arts Foundation, McLean Foundation, Sidney Stern Memorial Trust, Umpqua Bank, and US Bank. Thank you for all of your support!

Family Arts Day is every second Saturday of the month. To be a presenter or for more information about Family Arts Day contact Rebecca Froehlich at 707.442.0278, ext. 201. The Morris Graves Museum of Art is located at 636 F St., Eureka, Ca.