

## Self-Care is Self-Preservation: Featured Pieces by Black Artists

### Franklin Gallery | February 1-March 31

This year, as we celebrate Black History Month, we focus on the theme and importance of Black Health and Wellness. This theme is more important than ever to the Black community due to COVID-19 health disparities and the current worldwide protests surrounding racism and police brutality. Health and Wellness is not just about the body, but about the mind and soul as well.

Art is a medium for expressing one's self and practicing self-care, especially when the world is threatening or is threatened by your existence. These featured pieces speak to the diverse environments and traditions that contribute to the fabric of Black culture.

This group of artists consist of friends and family, students, and former Franklin Gallery participants. They have been asked to submit 3-4 pieces to round out the exhibit.

Below you will find information about the artists included in this exhibition.

**Artist:** Arthur Banks

**Instagram:** @artiemcfly78

**Artist:** Pugslee Atomz

**Instagram:** @pugsatomz

**Artist:** Damon Lamar Reed

**Instagram:** @damonlamarreed

**Artist:** Jamel "Cos-G" Hewitt

**Instagram:** @southsidecosg

**Artist:** Dr. Cranston Ramirez-Knight

**Website:** [www.envisioningarts.com](http://www.envisioningarts.com)

**Artist:** Stacy Moss-Paul

**Artist:** Sidney White

## Arthur Banks



## Pugslee Atomz



## Damon Lamar Reed



## Jamel “Cos-G” Hewitt



## Dr. Cranston Ramirez-Knight



## Sidney White



# Stacy Moss-Paul

## THE BACK BEDROOM

Sad people sit in  
    The back bedroom.  
The walls are white  
    The mental anguish tight.  
In this back bedroom  
    Lies the spirit of  
        Impending doom.

Sad people sit in  
    The back bedroom.  
A once shining star,  
    With dreams she held tight  
        A once bright future  
            Hopeless and defeated.

The walls are white  
    In this back bedroom,  
        Filled to its max:  
    Lies all we've ever owned.

We sit in the back  
    Bedroom and remember our  
        Past glory gloriously.

We sit in  
    The back bedroom;  
Battered by life  
    And a series of  
        Bad decisions.  
            Collective trauma.  
                Grief.  
                    Fear.  
                        Anger.

We laugh in the back bedroom;  
We cry in the back bedroom.  
We are resigned to our fate...

    In the back bedroom.