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THE DAVE MATHEWS BAND

The Dave Mathews Band will be performing at the Rose Garden Arena on Thursday, May 23, 7 p.m. Tickets for the show are still available through Ticketmaster.



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Mandela Touts Healing Power of Films

(AP) — Now more than ever, films can help foster understanding and respect among people around the world. Nelson Mandela said last Wednesday at the start of the Tribeca Film Festival. The former South African president joined former President Clinton, actors Robert De Niro, Hugh Grant and Kevin Spacey, directors Barry Levinson and Francis Ford Coppola and others in opening the inaugural festival. The 83-year-old Mandela received four standing ovations during a ceremony on the steps of City Hall, one of which came as he entered and sat down with the help of actress Whoopi Goldberg. In introducing Mandela, Mayor Michael Bloomberg said Mandela described how important movies

were to him during the 20 years he was incarcerated as a political prisoner. "He talked about one thing that helped him get through the unspeakable loneliness in prison on Robben Island, and that was thinking about his favorite movie scenes," Bloomberg said. After his release from prison in 1990, Mandela visited the Tribeca Film Center, which De Niro formed in 1988 with his business partner,



Former South African President Nelson Mandela, left, shakes hands with Hugh Grant at the opening ceremony of the Tribeca Film Festival in New York.

a powerful and evocative tool for fostering understanding, and through that, tolerance in the world," Mandela said. "It is furthermore a medium that is not bound in its reach. It can reach out to all strata and sectors of society and across national and linguistic boundaries." De Niro and Rosenthal organized the festival to help reinvigorate the economy of lower Manhattan, which was hit hard by the Sept. 11 terrorist attacks. After Bloomberg introduced Grant as a great actor, the star quipped, "I have in my time been accused as an actor of being a bit lightweight, and I can assure you I have never felt more lightweight than I do standing on this platform, in this company."

producer Jane Rosenthal. Now that they've created a festival, Rosenthal said, they asked him to speak at the opening. "The producers, directors and actors of films have in their hands

kmhd for the love of jazz

89.1

AFRICAN AMERICAN MEN'S CLUB Memorial Day Dance

**ELKS LODGE
MUSIC BY: DJ PAPA CHUCK
DONATION: \$10**

Saturday, May 25, 2002

Time: 9 PM—2 AM

The African American Men's Club Annual Spring Dance is to benefit the AAMC's ongoing scholarship fundraising efforts. The AAMC supports the education of the young people of our community.

PLEASE NOTE: The AAMC is planning a New Year's Eve Dance. Stay tuned for more information.

African American Men's Club, Inc. (AAMC)

Post Office Box 11582, Portland Oregon 97211
Phone: 503-913-0423 Fax: 503-491-8002

Email: Olliesdoghouse@aamc.com

Membership: The AAMC is looking for a few good men. If you are interested in becoming a member, ask us for more information.



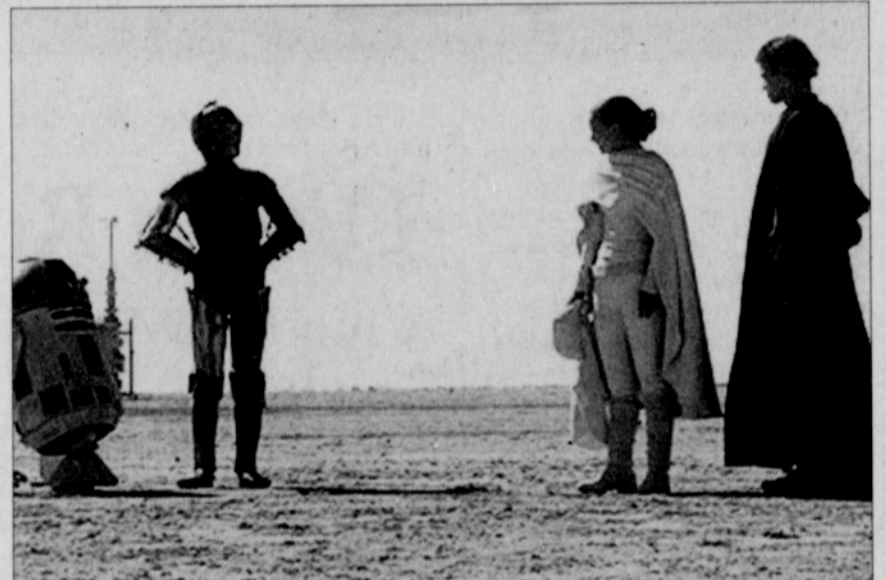
At the Movies



A mustang stallion journeys through the untamed American frontier on his way to becoming one of the greatest unsung heroes of the Old West in "Spirit: Stallion of the Cimarron."

Spirit: Stallion of the Cimarron

When he's captured by soldiers, Spirit—a wild and rambunctious mustang stallion—defies being broken at all costs. His only human friend is the remarkable young Lakota brave, Little Creek, who realizes Spirit's true majesty and beauty are only possible in his natural habitat. Spirit uses his strength and will to protect, rescue and assist animals with less brawn than his own, becoming one of the greatest unsung heroes of the Old West. (Genre: animation, action, children's story; Rating: G; Theatrical release: May 24)



R2-D2 (from left), C3PO, Amidala and Anakin Skywalker reunite after ten years apart in the Star Wars prequel, "Attack of the Clones."

Star Wars: Episode II - Attack of the Clones (2002)

Ten years after the events of "The Phantom Menace," the galaxy has undergone significant change, and so have familiar heroes Obi-Wan Kenobi (Ewan McGregor), Padmé Amidala (Natalie Portman) and Anakin Skywalker (Hayden Christensen). They are thrown together again for the first time since the Trade Federation invasion of Naboo, and Anakin has grown into the accomplished Jedi apprentice of Obi-Wan, who has transitioned from student to teacher. The two Jedi are assigned to protect Padmé, whose life is threatened by a faction of political separatists. As relationships form and powerful forces collide, these heroes face choices that will impact not only their own fates, but the destiny of the Republic. (Genre: sequel, sci-fi, action; Theatrical release: May 16)

In Print

Seven Steps to Beautiful Hair

The Black Woman's Guide to Beautiful Hair

BY LISA AKBARI
SOURCEBOOKS PUBLICITY; 2002

"The Black Woman's Guide to Beautiful Hair" by Lisa Akbari will empower black women to succeed in having the kind of hair they have dreamed of having. This 7-week program to beautiful hair explains how to cleanse and condition the hair, the scalp and the mind! It takes the reader through three parts and two steps. The three parts are the mind, the scalp and the hair, and the two steps are cleansing and conditioning.

Only a small percentage of black women have healthy hair — and now you can be one of them!



Using the Force to Heal

Meditation as Medicine
BY DHARMA SINGH KHALSA, M.D.
AND CAMERON STAUTH
FIRESIDE BOOKS; 2002

Bestselling authors Dharma Singh Khalsa, M.D., and Cameron Stauth take integrative medicine to a powerful new level in "Meditation As Medicine: Activate the Power of Your Natural Healing Force," as they describe a noninvasive, scientifically proven method for uniting the mind, body and spirit into a powerful triad. Combining meditation with breathing techniques, movement, mantras, and postures, and used in conjunction with conventional medicine, this revolutionary process is more than mind over body; it is a cutting-edge advance in meditation that lets individuals target and alleviate medical afflictions ranging from arthritis to anxiety, cancer to chronic pain, and depression to diabetes.

