

Black History Month

Black History Month Brings Film Fest

PCC to raise curtain on 15th annual event

Three acclaimed directors and a special symposium will headline the 15th Annual Cascade Festival of African Films, sponsored by Portland Community College and partners. This year's festival will place a spotlight on more than 20 award-winning films from every region of the African continent.

The film festival, held in honor of Black History Month on the PCC Cascade Campus and other locations, runs from Thursday, Feb. 3 through March 5. It is organized entirely by volunteers and is free and open to the public.

In celebration of the 15th, three outstanding filmmakers will attend the festival to showcase their films. Souleymane Cissé from Bamako, Mali, West Africa, one of Africa's leading film directors, will be in Portland for the opening week festivities. Cissé's latest film "Waati/Time" will open the festival at 7 p.m., Thursday, Feb. 3 in the Hollywood Theatre, 4122 N.E. Sandy Blvd.

Norman Maake of Johannesburg, South Africa, one of Africa's most promising young directors, will present his film "Soldiers of the Rock" as the festival's centerpiece film at 7 p.m., Friday, Feb. 18 at the Hollywood Theatre.

For Women Filmmakers Week, Beti Ellerson, Howard University

professor and documentary filmmaker, will present her film "Sisters of the Screen: African Women in Cinema" at 7:30 p.m., Thursday, March 3, in Terrell Hall, Room 122, at the Cascade Campus, 705 N. Killingsworth St.

Other festival highlights include the screening of the film "Cosmic Africa" for Science in Africa Night on Thursday, Feb. 10, starting at 7:30 p.m. in Terrell Hall 122 and for Family Film Day at 2 p.m., Saturday, Feb. 19. "Moolaadé," the latest film from the great Senegalese film director, Ousmane Sembène, will show on Feb. 11 and 12. The remaining festival films will come from every region of the African continent.

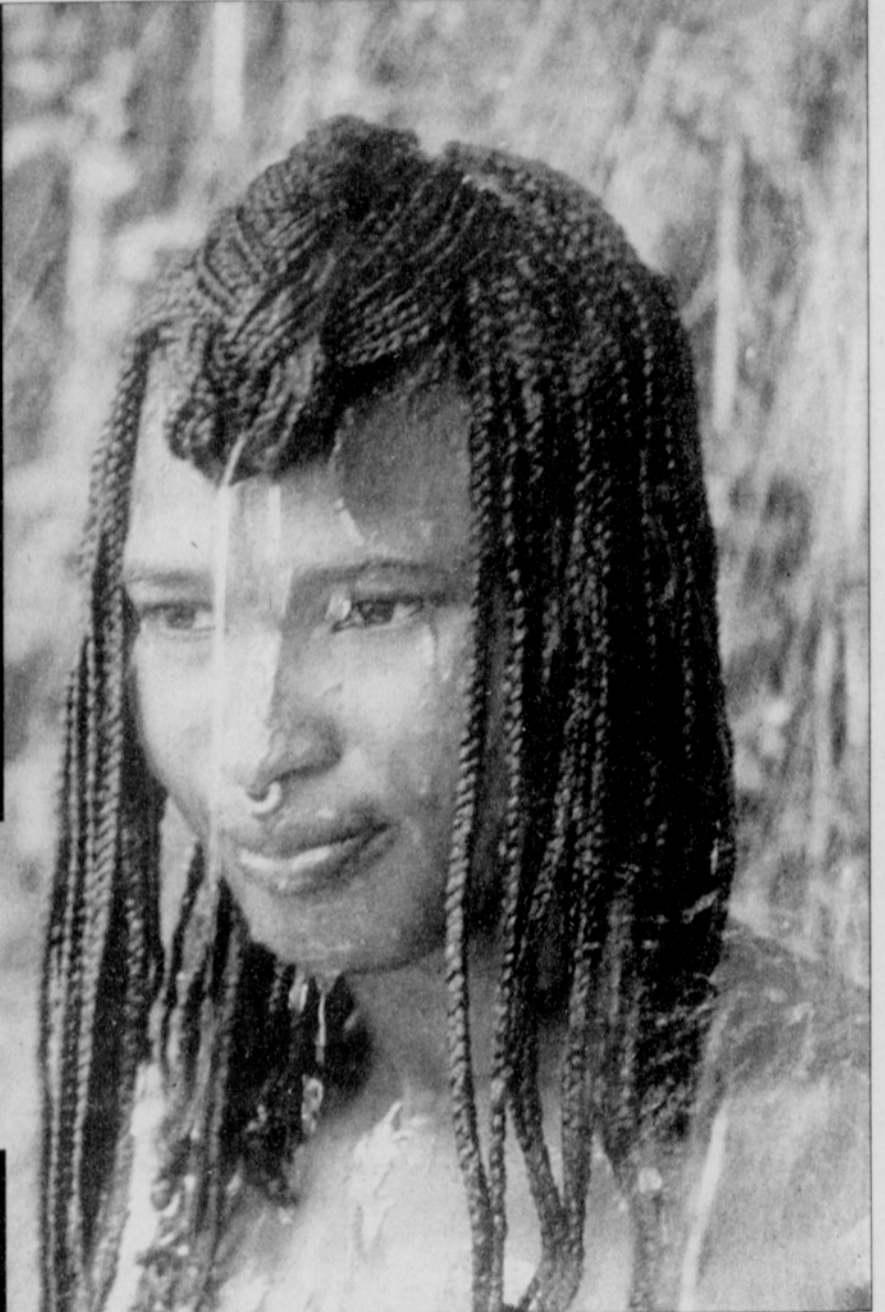
PCC's Partners and sponsors include Albina Community Bank, Columbia River Peace Corps Association, KBOO radio, Hollywood Theatre, McMenamins Kennedy School, Oregon Arts Commission, Oregon Public Broadcasting (OPB), Providence Health System, Portland State University Black Studies, Regional Arts and Culture Council, Oregon Council for the Humanities, Washington State University in Vancouver, Wash. and Washington Mutual.

For complete listings of the films and events of this year's festival, visit www.africanfilmfestival.org.



Leading West African film director Souleymane Cisse portrays Africa through its people in the film "Yeelen/Brightness."

The Fifteenth Annual Cascade Festival of
AFRICAN FILMS
 In Celebration of Black History Month



Black Tie Ball Held Saturday

A benefit ball is being hosted by A Worthy Affair in honor of Black History Month.

"Inspirations of a Dream" is a black tie ball in celebration of Martin Luther King's dream. The

proceeds will be donated to "A Better Chance" scholarship foundation benefiting youth of color.

The ball is from 6 p.m. to midnight on Saturday, Feb. 5 at the Acadian Ballroom, 1829 N.E.

Alberta. Tickets are available at Reflections Coffee House and Talking Drum Bookstore, 446 N.E. Killingsworth or by calling 503-288-8913 or 503-648-8913 or visiting www.committed.to/awa.com.

Women 'Go Red' Friday for Heart Disease Awareness

continued from Front

person going through it."

The group lists 10 recommendations on how to lower the risk of heart disease. They include yearly medical checkups, exercising for just 30 minutes a day, drinking plenty of water, keeping unhealthy food out of the cupboards, lowering cholesterol through healthy eating habits, lowering salt intake, quit smoking, losing weight, staying on track and rewards for keeping all of these goals.

"There's a lot of simple things that women can do," Fabile said.

"It is hard to find the time to exercise. You can do family activities together and cook healthy foods for the entire family. It doesn't just have to be the woman. A lot of women think 30 minutes of exercise has to be at the gym. It could just be walking, doing gardening, housework. All of that counts as physical activity."

Fabile said that often times, heart disease has to do with family history and bone health. "A lot of women who are active and not overweight can still have high cholesterol," she said.

During the screenings from 11

a.m. to 1 p.m. at Pioneer Place on the Atrium Level, the community can pick up free health information about heart disease and strokes specific to women, get free health screenings such as blood pressure, cholesterol and body fat checks, view educational demonstrations, participate in exciting giveaways and meet the Go For Red Women ambassadors. Free red dress pins will also be given out to wear to bring attention to heart disease on a daily basis.

For more information about Go For Red For Women, visit www.americanheart.org.

**Is your home hurting your family?
 Make it lead-safe.**



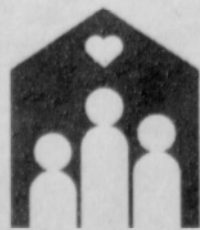
Paint, household plumbing and imported pottery are a few items around the home that may contain lead. Find out how to protect your family. Call the Leadline: 503-988-4000 or www.Leadline.org

Community Energy Project

Portland Water Bureau and Bureau of Housing and Community Development

DHS Oregon Department of Human Services

MULTNOMAH COUNTY



Lead-Safe Families

ASSISTED LIVING in the neighborhood you call

Home

ENJOY YOUR INDEPENDENCE. TAKE COMFORT IN OUR CARE.

It's easy to call Irvington Village home. We're an assisted living residence right in your neighborhood, less than 20 minutes from everything you love about Northeast Portland—sporting events, concerts, Museums and more.

Lively Alberta Street is just four blocks from our building. Shop, visit with friends and family, eat at your favorite restaurant. When you live at Irvington Village. You are still part of the extraordinary community we call home.

At Irvington Village you live your life your way, without the responsibilities and chores of home ownership. Our staff is caring and supportive. We make sure you have the assistance you need so your family can enjoy being with you instead of taking care of you.

- ❖ Enjoy our new residence. Read in our cozy library. Throw a party in the community room. Visit family in the courtyard while the grand-children play in the neighboring playground.
- ❖ Enjoy our friendship. Share delicious home-cooked meals. Participate in musical programming. Cheer on your favorite team with fellow fans. Take up a new hobby.
- ❖ Take comfort in knowing you made sure you have the care you need.

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