

Countries of Africa

BY RON WEBER



Swahili People Share Language

Swahili is not a country in Africa, but instead refers to a language and region of the Eastern African coastline. The word Swahili is Arabic and means "coastline." It originated from second century Arabs and Persians who migrated to the coast for purposes of trading.

Although English is spoken by most governmental agencies in the region, such as Kenya and Uganda, Swahili is the most common language of the working classes. Today, Swahili is taught right along with English in schools throughout much of the African continent.

During the 17th and 18th centuries, Christian missionaries spread their word of God around the world, including many African nations. They taught English to their new converts.

However, the Swahili peoples refused to give up their own dialect and the missionaries had to learn Swahili.

This was a huge victory for the local population. In return, the Swahili language traveled to other parts of the world, including Europe and the Americas.

While Swahili language is a native language of Africa, some of it has Portuguese, German, Arab, English and Spanish roots. The first Swahili-English dictionary came from English missionaries who had also traveled throughout Europe and the Middle East.

Besides finding books in the library on how to speak Swahili, enthusiasts and students can listen to Swahili radio programs broadcast around the world. The BBC, Radio Cairo, The Voice of America, Radio Deutschwelle, Radio Moscow, Radio Japan, Radio China, Radio Sudan, and Radio South Africa, all have programs in

Swahili. Even Michael Jackson got into the picture by including Swahili phrases in his song "Liberian Girl."

For centuries, Swahili people have had a strong presence in the trading and shipping industries. With skills in hunting, fishing and boatbuilding, they sailed the oceans and traded around the world.

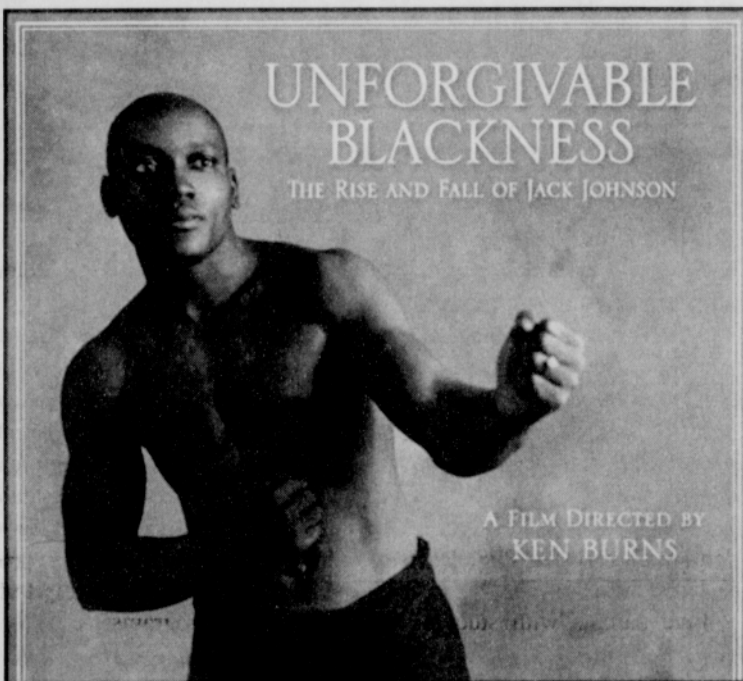
Currently, the language of the Swahili peoples is one of the most popular. To learn more about Swahili, check Internet search engines or go to websites like Google. There are also many dictionaries, language and customs books, videos, cassettes and software discs to help you learn.

Have some fun with the Swahili language. Share some of these words with your family and friends:

- Hello *Jambo*
- How are you? *Hujambo?*
- Mother *Mama*
- Father *Baba*
- Grandmother *Bibi*
- Grandfather *Babu*
- Goodbye *Kwa Heri*
- I am fine *Sijambu*
- Daughter *Moto wa kiume*
- Son *Mjukuu wa kike*
- Granddaughter *Mjukuu wa kiume*
- Grandson



Multicultural Films at Jefferson



"Unforgivable Blackness: The Rise and Fall of Jack Johnson," is one of many films to be featured during Jefferson High School's ongoing Multicultural Film Festival.

Public invited to free screenings

For the fifth year in a row, Jefferson High School will offer monthly showings of films from around the world in an effort to promote multicultural acceptance and understanding.

Coming Nov. 7 will be a showing of "Unforgivable Blackness: The Rise and Fall of Jack Johnson," which showcases the legendary African American boxer in a poignant documentary.

Films featured in following months will include the Japanese work "Rabbit in the Moon"; "Ken Burns' Jazz," an African Ameri-

can piece on music; "The Black Press," a look at African Americans in the news media; "Hopi: Songs of the Fourth World," a work on Native American culture; "Guns, Germs and Steel," a historic film on the world's growth; and "Motorcycle Diaries," an account of Hispanic activist Che Guevara.

The screenings are free and are held every first Monday of the month at 6 p.m. at the Jefferson High campus on 5210 N. Kerby Ave. in room D12. For more information, call J. Doncan at 503-916-5180 extension 8526.

Prepare for Natural Disasters

Hurricane Katrina is a dramatic reminder of how natural disasters like earthquakes, wildfires, ice storms, wind storms or landslides can damage a home.

According to AAA, when more than 4,000 people were surveyed last summer, 42 percent didn't have an inventory of their valuables, even though that's the key to making an insurance claim in the event of loss or damage.

AAA urges homeowners to take inventory of your personal belongings using written

records, photos, receipts and videotapes. Keep this inventory log in a location other than your home, such as a safe deposit box.

Another tip is to consult with a reputable agent or broker to reevaluate the replacement cost for your home. In addition, conduct an insurance analysis with an expert to clearly pinpoint the areas where additional insurance coverage is needed.

When searching for good homeowner's insurance, shop around as much as possible.

Learn About Digital Photos

If you're interested in learning more about digital cameras, there is no better way to experiment than with online instruction. A non-credit class offered by Portland Community College will help students turn digital snapshots into high-quality photos.

Discover Digital Photography is for both beginners and long-time professionals. Students will

learn about equipment, software, digital darkroom, printing, Internet and e-mail use, commercial and personal applications and more.

Held entirely online via the Internet, the six-week class offers flexibility to take lessons whenever and wherever. To register, email ddavis@pcc.edu or visit www.ourcoursescometoyou.com.

SAFEWAY

Ingredients for life.™

1.99 lb CLUB PRICE
Rancher's Reserve Angus Beef London Broil Boneless. SAVE up to \$2.80 lb.

1.49 lb CLUB PRICE
Assorted Loin Pork Chops Bone-in. SAVE up to \$1.50 lb.

69¢ lb CLUB PRICE
Braeburn or Fuji Apples SAVE up to \$1.30 lb.

79¢ lb CLUB PRICE
Foster Farms Chicken Thighs or Drumsticks Fresh. Locally grown. SAVE up to \$1.50 lb.

69¢ lb CLUB PRICE
Cauliflower or Broccoli Crowns SAVE up to 80¢ lb.

BUY ONE, GET ONE FREE
Johnsonville Bratwurst or Italian Sausage 19.76-oz. Selected varieties. SAVE up to \$5.49 on 2.

BUY ONE, GET ONE FREE
Earthbound Organics 5-oz. package. Selected varieties. SAVE up to \$3.49 on 2.

Football Kicks Off at Safeway

Game Warm Ups!

Great tasting Signature Soups and football - they're made for each other!

5\$10 for CLUB PRICE
Stouffer's Meals or French Bread Pizza 9.37 to 20-oz. Selected varieties. Excludes Complete Dinners. Club Price \$2.00 ea. SAVE up to \$4.95 on 5.

2\$5 for CLUB PRICE
General Mills Cereal 17 to 20.25-oz. Selected varieties. Club Price \$2.50 ea. SAVE up to \$6.18 on 2.

2\$4 for CLUB PRICE
Tropicana Pure Premium 59 to 64-oz. Chilled orange juice. Selected varieties. Club Price \$2.00 ea. SAVE up to \$3.98 on 2.

BUY ONE, GET ONE FREE
Keebler Mix N' Match Sale 4.4 to 16-oz. Selected varieties. SAVE up to \$3.99 on 2.

BUY 2, GET ONE FREE
8-Pack Gatorade 20-oz. Selected varieties. SAVE up to \$6.99 on 3.

13.99
24-Pack Coors 12-oz. cans. Selected varieties. Plus Deposit in Oregon. SAVE up to \$5.00.

5.49 CLUB PRICE
Quilted Northern or MD Bath Tissue 24-single roll or 12-double roll. SAVE up to \$2.50.

10\$10 for CLUB PRICE
Safeway Northwest Grains Bread 24-oz. Selected varieties. Club Price \$1.00 ea. SAVE up to \$6.90 on 10.

Shop at Home. We Deliver.

safeway.com

ALL LIMITS ARE PER HOUSEHOLD, PER DAY.

Items & prices in this ad are available at your local Safeway stores. No sales to dealers, restaurants or institutions. Sales in retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only - not on free items. ©2005 Safeway Stores, Inc.