

# Through <sup>the</sup> Eyes of Africans

continued ▲ from front

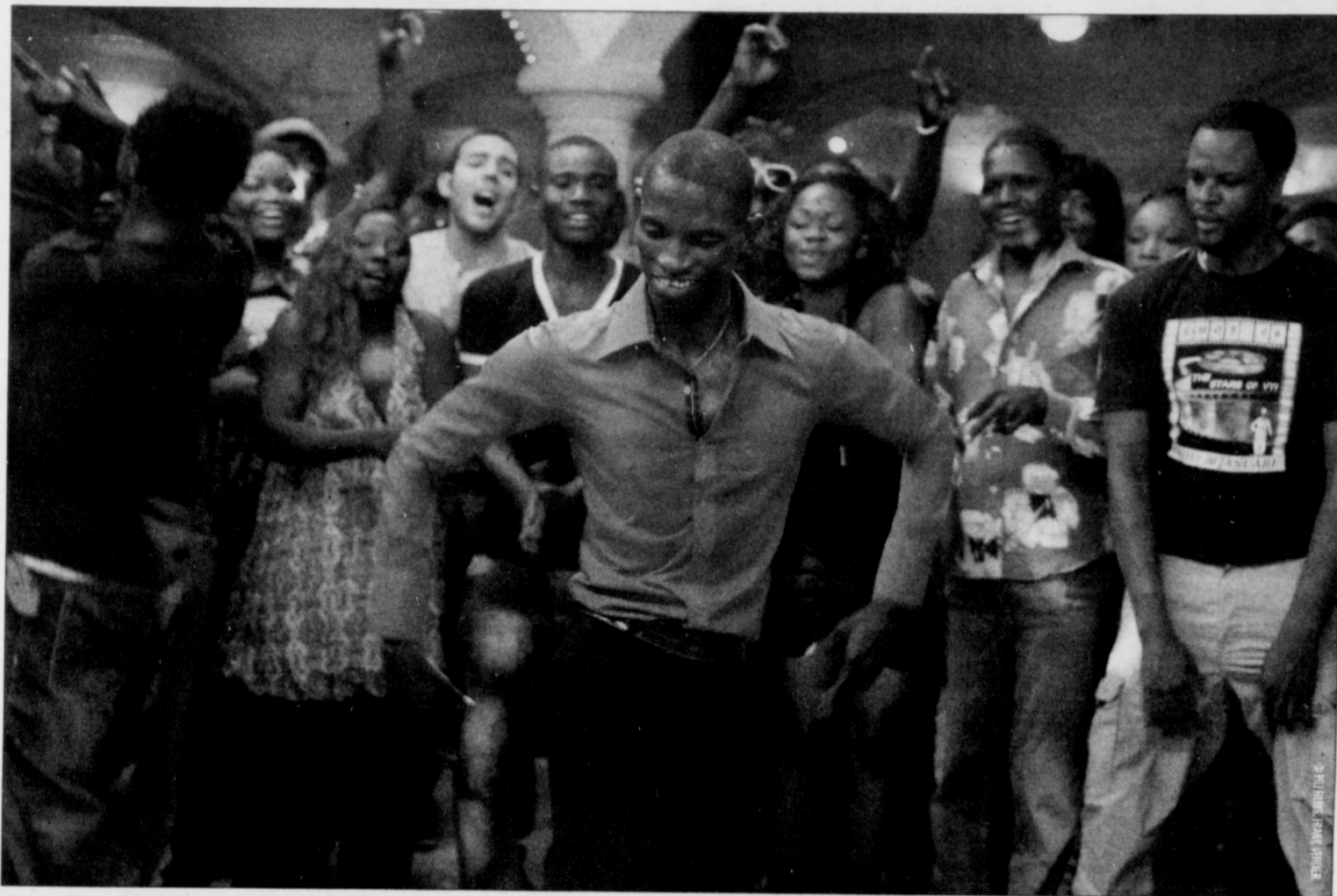
noons) and documentaries are shown on Thursday evenings. Special matinees are to be held the afternoons of Saturday, Feb. 8 and Saturday, Feb. 22.

This year's event is dedicated to the memory of South Africa's first black democratically elected president Nelson Mandela, who died on Dec. 5. On Thursday, Feb. 20, the festival will screen "Dear Mandela" at 7 p.m. This documentary addresses Mandela's "unbreakable promise," an ambitious plan to ensure housing for all. In 2012, when their shantytowns are threatened with mass eviction, three young South African activists take their government to the highest court in the land, putting the promise of

democracy to the test.

On Friday, Jan. 31, the festival opens with "Grigris" at the Hollywood Theatre with screenings at 6:30 p.m. and 9 p.m. Directed by the highly acclaimed Chadian filmmaker Mahamat-Saleh Haroun, this 2013 film is about a young man who dreams of rising above his economic and physical impediments. Visually stunning and ultimately uplifting, this film is a thoughtful portrait of a war-ravaged country on the brink of change.

Nigerian director Obi Emelonye will introduce his high-octane airplane disaster thriller "Last Flight to Abuja" at noon, Thursday, Feb. 13 and 7 p.m., Friday, Feb. 14 in the Moriarty Auditorium. The film



The film Grigris is a tale of hope against despair in the country of Chad. One of 19 films at the Cascade Festival of African Films, it tells the story of Grigris (played by Souleymane Deme), a young man whose ambition is to be a dancer despite having a paralyzed leg.



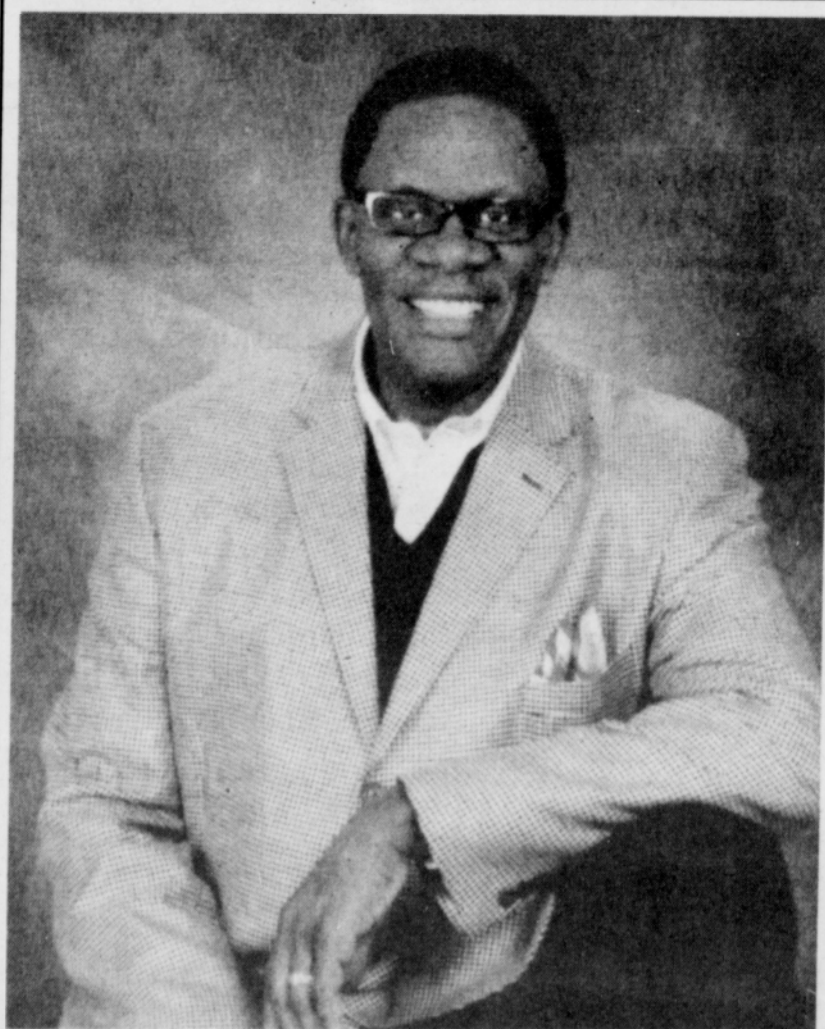
An ill-fated flight provides the setting for this suspenseful multi-character pot-boiler filled with romance, blackmail, and murder in Obi Emelonye's smash hit 'Last Flight to Abuja.'

is considered part of the "new wave" in Nigerian cinema that aims to improve technical production of the "first wave" Nigerian films to appeal to a wider audience.

Known as "The Father of African Cinema," Ousmane Sembène is a widely studied director. From 1-4 p.m., Saturday, Feb. 8, Amadou Fofana, a professor of French at Willamette University and author of "The Films of Ousmane Sembène" will host a Sembène retrospective. Two of the director's films, "Borom Sarret" and "Faat Kine," are set to be screened.

Women Filmmakers Week & Director Visit - The Festival's final week is always dedicated to films made by African women. Director Apolline Traoré, from Burkina Faso, will introduce her newest cinematic project, "Moi Zaphira!" at 7 p.m., Saturday, March 1 - closing night for the festival. This narrative shows how far a widow will go to achieve a better life for her daughter.

Other highlights include family film day, documentary series and student film fest. For more information on films and times, visit [africanfilmfestival.org](http://africanfilmfestival.org).



Dr. Billy R. Flowers

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 17. Understanding Pain:

#### Why do you have it? How can you get rid of it?

**Q:** My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

**A:** You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain

but will do nothing to take the stress off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

treated can cause ill-health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

#### Flowers' Chiropractic Office

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