New Breed Criminologist Helps Criminals & Victims

Dr. Samuel Ferguson, President of Chaffey College in Rancho Cucamonga, will speak at the 7th CAC3 meeting, Monday, June 28, 1982, meeting of the National Association For the Advancement of Colored People (N.A.A.C.P.), at Little San Bernardino Baptist Church, 207 N. Ninth St. He will be the Future of Past President in California.

Ferguson was named President of the college in June. He has been active in the College's anti-poverty program and is a member of the Mental Health Association of San Bernardino.

The first black newspaper was Freedom's Journal, which began publishing in March 1827 in New York City.

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Allen Chapel
A.M.E.
Church News
Riverside
Pastor
J. Ray Thornton

By —— Thomas Jever

First Church
Second Baptist
Church
By Dollie Andrews
& Angela Ward.

June 29-July 4, 1982 — The Fifth Episcopal Districtcontains University of Southern California A.M.E.:
COMMISSION: Bowling Banquet — perfect attendance.
St Paul Calendar
June 20-July 2, 1982 — The Fifth Episcopal District

Second Baptist Church News
By Dollie Andrews & Angela Ward.

June 29-July 4, 1982 — The Fifth Episcopal District

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Second Baptist Church News
By Dollie Andrews & Angela Ward.
Antioch Baptist Church
Rev. Jay Edwards

Our musical worship started with a great devotion by our deacons. They started the devotion with the song, "Let there be no tears but the cross and a scripture from Psalm 35. These are the main choruses of two beautiful songs, John can talk it out, and everything God can be proud of. Our deacons brought the message to us, a scripture from Acts 10:11-20, which was "O Lord, Who am I, that I should be favored of God?" The message departed on the fact that you have a personal relationship. We are all happy because we brought one message at a time. Our teacher, God, joined us at the Christian experience. We would also like to congratulate our class for this year. Theant following wish to see your first lady speak. Remember God said, I know it, and that is what we do.

Banning Church Host VBS
Vacation Bible School is here for another great time. Please come join Jesus Christ, The Founder of the Church of God in Christ. In Banning, CA, start their VBS on June 25, 1982. The school will continue for a week and will commence on June 25, 1982. The VBS begins at 9 a.m. and ends at 3 p.m. each day. There will be adult classes. The program closing remarks will be given by Dr. Nelson Higgins, Pastor, First Baptist Church of Los Angeles.

High Blood Pressure is Serious Business

Question: What is high blood pressure? Answer: High blood pressure is also called hypertension or hardening of the arteries. The systolic reading is used to show the pressure inside your heart when it contracts to pump blood to your body. The diastolic reading is used to show the pressure inside your heart when it relaxes. The American Heart Association recommends that you have your blood pressure checked every year.

Question: What are the symptoms of high blood pressure? Answer: There are no symptoms of high blood pressure. If you have high blood pressure, it will usually be found during a routine medical examination. You may have heart pain, chest pain, back pain, leg pain, or skin problems. It is important to know your blood pressure.

Answer: What is high blood pressure? Answer: High blood pressure is when your blood pressure is too high. Your blood pressure is measured in millimeters of mercury (mm Hg). The normal blood pressure is 120/80 mm Hg. If your blood pressure is above 140/90 mm Hg, you have high blood pressure.

Question: How do you control high blood pressure? Answer: You can control high blood pressure by taking medicine, changing your diet, and getting regular exercise. You may have to take medicine for the rest of your life. You may have to make lifestyle changes such as quitting smoking, limiting salt, and exercising regularly.

Answer: What is your blood pressure? Answer: Your blood pressure is measured in millimeters of mercury (mm Hg). The normal blood pressure is 120/80 mm Hg. If your blood pressure is above 140/90 mm Hg, you have high blood pressure.

For fast, fair, friendly service contact...

Did you remember to pray this morning?

JESUS'S RETURN WILL BE IN A VERY SPECIFIC WAY.
related to how much you have, rather than the value you possess. There is also the delusion that happiness is always
of your business, but it is not as easy as it looks. We can be caught by many tricks and blind spots by people and
you are the wrong things (even when we mistakenly think
the right direction. One of our problems is that we continue to look in the
store of small pluses in our human experiences. We
understand, more pleasure does not guarantee happiness.
I know that pain cancels out or eliminates pleasure,
and it is as true for the good as it is for the bad. The
minuses in life can be carried on the foundation of small pluses in our human experiences. We
understand, more pleasure does not guarantee happiness.
I know that pain cancels out or eliminates pleasure,
and it is as true for the good as it is for the bad. The
minuses in life can be carried on the foundation of small pluses in our human experiences.
Verna Seldon Awarded Mother of the Year

Verna Seldon, 14 year resident of the Island Estate, was named Mother of the Year at Mother Goose Pre-School, located in San Bernardino, at an Awards Banquet and Tom Thumb Wedding held last Sunday at the El Ranchito Veal Country Club.

Verna was born in New York (Long Island) and raised there and in Los Angeles before moving to the area. She has in the past been involved in the Del Amo Heights Community Days every week to reinforce attendance, taught ballet at Banquet and Tom Thumb grams and field trips. She has attended the University of South California to study education and worked with a child psychologist from the University for many years. She has also volunteered at Templeton Elementary School in Fontana, CA.

During the past three years that daughter Gina (now an attorney) and son George, Jr. have attended the unillustrated school, she has rendered many hours a week in special projects, student and parent programs and field trips. She was cited as her unique service to the students and teachers. Mother Goose Pre-School is unique in that it demands excellence from students and their parents. Children are told they are unique, special, remarkable and fantastic. Homework is required 3 to 4 days every week to reinforce what teachers teach.

Enrollment includes a total of four day every week where girls are required to wear dresses and boys must dress in suits or slacks and always in button-down shirts.

FREE EX-LAX PILLS PLUS 20% COUPON
Ex-Lax relieves constipation so gently, so dependably, we call it "The Overnight Wonder." For your convenience and comfort, send to your local supermarket.
Ex-Lax Pills plus a 20% coupon. Write to Free Sample Box 200 Maple, ME 04305.

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Elmoy Crest Beauty Salon

CASE YOU CAN DEPEND ON

Bill's USED CARS

American Affairs

Bert's Used Cars

GROCVRES - PRODUCE

SUNRISE MARKET

CHINO MILLS FORD

GIVE TO THE SICKLE CELL ORGANIZATION

A United Way Agency

DEADLINE MONDAY 9 A.M.
Entertainment

THE CHILDREN'S MUSEUM is a unique interesting place for children where the rule is "touch," teach first and experience the later, where a child could spend all day, the real fun for children to drive, signs important to read, everyday life and even a studio to tape your own news broadcasts. There is an area to help children better understand handicapped children and a shadow box which is one of those things you must see to believe. "The Children's Museum in today and yesterday. It includes all cultures and is so much for the whole community as the children." It is located in Downey's Los Angeles and well worth the minimal entrance fee.

The Botanical Gardens in San Juan opened in 1854 and

Black History Month Committee Of Riverside
COMMUNITY RELATIONS
3900 Main Street
Riverside, CA 92522

We Need Contributions
In the form of:
TIME, MEMBERSHIP, MONEY AND DONATED ITEMS

OR WRITE S.B. CLO. PO BOX 606, S.B., 92402

PERFORMANCES IN CALIFORNIA THEATRE
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The Fabulous Originals

Friday, June 18

Sponsored by Geri’s Velvet Lounge and Staff.

Geri’s Velvet Lounge
1557 North Mt. Vernon Ave.

S.B. CIVIC LIGHT OPERA
A SPECIAL EVENT!
Direct from New Orleans
The Fabulous Originals

Preservation Hall Jazz Band

Orchestra with vocal and pic " at their
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One Night Only

SAT., JUNE 19

One Night Only

Sponsored by Geri’s Velvet Lounge and Staff.

"Come on, Come All, and have yourself a BALL!"

Serving: Bar B.Q. Ribs, Chicken, Hot Links,
and Red Texas Soda Pop.

Geri’s Velvet Lounge
1557 North Mt. Vernon Ave.

San Bernardino,
Our very first deal in writing this column must surely be to thank Mrs. Brown for allowing us to pen articles which concern the Perris area.

Thank you Mrs. Brown for writing about our neighbors, and for giving us the opportunity to inform others of the goings on in our community.

In this column we will discuss issues, relay information, offer suggestions, give highlights and provide photographs whenever possible. It is our desire to give a wide ranging, panoramic view of our little corner of the world.

ACCENT ON YOUTH: Free School, Free Food.

It is an absolute fact that there are many negative influences, destructive forces, and so many states of confusion through which our youth must travel on the road to maturity. The church of Jesus in an act of "LOVE," has taken the responsibility for the following youth oriented programs.

We are offering FREE summer school for all children, grades kindergarten through twelfth. Dates and times will be July 3 to August 6. We, and Mr. A. J. 9 a.m. to 3 p.m. Classes will be taught by accredited instructors and will receive credit for summer school in the public schools. Emphasis will be on basketball, skating etc. and all recreational activities such as basketball, skating etc. and all free time will be held for the students, time 3:00 p.m.

Rearranging, both of these programs are absolutely free. They are being offered solely as an act of Christian Love. For Humanity. To give patterns for our Lord Jesus Christ. For information concerning these programs, please contact Sauer Ross Boulevard at 764-2995 or contact her in person at the Church of Jesus Christ 25421 Spring St. Perris St. Perris California 92571.

The Best 25 Cents You'll Ever Spend

FREE JOB TRAINING
Office of Riverside County Superintendent of Schools REGIONAL OCCUPATIONAL PROGRAM Summer Schedule Monday, June 21 through Friday, August 6

Any resident of Riverside County that is 16 years of age or older can receive FREE training for jobs in demand in the county. If you are interested in improving your future, register directly at the class of your choice. Enrolment is now open. You may enrol in any class and remain enrolled only as long as space is necessary to accommodate you. Call 786-6513 if further information is required.

NOTE: Some exceptions to beginning and/or ending dates for some courses.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>TIME</th>
<th>DAYS</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>APPLIANCE SERVICE TECHNOLOGY 2598 A Rubidoux Blvd.</td>
<td>1:00 p.m. - 5:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>AUTO MECHANICS - ADVANCED 2500 Rubidoux Blvd.</td>
<td>July 12 to August 20</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>BANKING &amp; FINANCIAL OCCUPATIONS 2500 Chicago, Suite A-1</td>
<td>8:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>CHILD CARE OCCUPATIONS 2500 University Avenue</td>
<td>8:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>CONSTRUCTION TECHNOLOGY 7141 Magnolia Avenue</td>
<td>3:00 p.m. - 6:00 p.m.</td>
<td>M-F</td>
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<tr>
<td>DENTAL ASSISTING 2922 Rubidoux Blvd.</td>
<td>7:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>FLORAL DESIGN 7141 Magnolia Avenue</td>
<td>7:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>LANDSCAPING OCCUPATIONS 2922 Rubidoux Blvd.</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>LA SIERRA HIGH SCHOOL</td>
<td>11:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>MEDICAL ASSISTING 2922 Rubidoux Blvd.</td>
<td>8:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>NURSING ASSISTANT OCCUPATIONS 9025 Colorado Avenue</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>OFFICE OCCUPATIONS WORD PROCESSING 8142 Auto Drive</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>OFFICE 3591 13th Street</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>LA SIERRA HIGH SCHOOL</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>RETAIL MERCHANDISING</td>
<td>11:00 a.m. - 5:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>RETAIL MERCHANDISING Sears - Arlington Avenue</td>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
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<tr>
<td>RETAIL MERCHANDISING Sears - Tyer Mall Stores</td>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>M-F</td>
<td>M-F</td>
</tr>
<tr>
<td>RETAIL MERCHANDISING 8146 Auto Drive - Rm. 8, Tyer Mall Stores</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
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<tr>
<td>RETAIL MERCHANDISING 8146 Auto Drive - Rm. A Specialty Stores</td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>M-F</td>
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WHAT IT TAKES: Components that work together.

The two most important considerations in building a wardrobe should be color and variety of pieces. Components that work together need some continuity - which color can provide. Diversity becomes important when you think about shapes and fabrics. Once the color palette is decided, scrutinize each piece in terms of its wearability. Ask yourself, "Can I wear this with at least two or three pieces in my wardrobe? Can it be dressed up or more to don an evening?" Working women often want clothes that can make the transition from day to evening.

COORDINATING COLORS

First, organize your clothes by style (blouses, all skirts, pants, all suits, dresses, then evening wear) then integrate each style by color. Color is very important because often times we find ourselves paired into a certain color and think that all we will buy must be that color. We are not aware of how many garments we have in particular color. You can also apply the same theory with your shoes and accessories.

COORDINATING ACCENTS

The basic or neutral colors one should always have in their wardrobe are: navy, beige, tan, brown, gray flannel and white which, with our ever increasing last-minute computer screen the clothes material, these neutral materials will pick up any other color or colors in the question.

Next we will discuss some basic style lines to consider for your personal wardrobe. And to know which to buy with a thought behind it. "It is important you wear your clothes and not let your clothes wear you. They are only an extension of your self."
THE HIRLE CELL
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is seeking a qualified per¬
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WHAT IS SUSPICIOUS?

A Public Serving of the Black Voice News

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1974, playing for the St. Louis Cardinals, Lou Brock in a mock 7-1 Game.

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THAT'S NEVER SURRENDERED!

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THURSDAY, JUNE 17, 1982

This IS YOUR COMMUNITY NEWSPAPER

LEGAL NOTICES

NOTICE TO CONTRACTORS
Pursuant to the Public Contract Act, Section 70300 of the Government Codes of the State of California, the following Notice is hereby
published for the purpose of informing all persons interested in the project described in this Notice, of the possibility of
execution of various types of contracts. The Notice is also published in compliance with the provisions of Sections 70302 and 70303 of said Code.

district of the City of Fullerton.

NOTICE TO CONTRACTORS
NOTICE TO CONTRACTORS
NOTICE TO CONTRACTORS
NOTICE TO CONTRACTORS

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