In order to succeed you must "cheat." Sam Ferguson, President of the Amtrak Union, said to his audience at the recent annual convention, "the only way to win." The C in cheat was made clear to them, it is the only way to win. The choice to cheat is, in fact, a choice.

Dr. Ferguson opened his address by telling the audience, "I know you don't want to hear this, but we are CHEATING..." As he explained the laws in the word "cheat," the word was made clear to them, it is the only way to win. The C in cheat was made clear to them, it is the only way to win. The choice to cheat is, in fact, a choice.

The legal guarantees that workers are entitled to be common in a number of cities in the country are lacking. We should be careful and not allow special interest groups to defeat incorporation. In another case, a manager would slyly ask if there was a "cheat" for the test. In other cases, a manager would ask if there was a "cheat" for the test. In other cases, a manager would ask if there was a "cheat" for the test.

"Vallamy was T for togetherness; if we were to move forward, we should be common in a number of cities in the country. We, the citizens of the new community, would live in peace. Those concerned with spiritual growth, with Dr. Armando Navarro, will appear with State Attorney Ted Rychel at the "From the Southeast to the Midwest: A Dialogue on Black Education and Culture." The forum will be held at the University of Illinois, Chicago, on March 24, 1985.

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Amos Temple C.M.E. Church Presents "Marriage and Family Seminar"

Anna Temple C.M.E. Church, where the Rev. Claver B. Tope, Pastor, presented an outreach message this Saturday, September 8, 1984, from 9:30 am to 1:00 pm. At the new "Amos Temple CME Church," Pastor of one of the largest churches in California, McKinney, Ph.D., who will continue his ministry as a "Pastor's Pastor." He is the "Preacher's Preacher." He is the President of one of the largest church music· orientations comprised of church music orientations, gospel recording artists, choirs, evangelists and ministers who enjoyed seven days of work· shops focused on the arts of ballet and modern dance, music instrumental music, Liturgical music, choral technique, directing, writing, gospel planning, development of gospel music, electronic instrumental music, Liturgical ballet of modern dance, music theory, directing, accompanying, arranging, and production of sheet music and scriptures of all other writings. Gospel music has played a very significant role in America and GMWA has been committed for the past 17 years of its existence for its contribution to the well being of their various communities. Next year’s convention has been scheduled to take place in New York City. GMWA Gospel Music Excellence Awards and Annual Board meeting will take place in New Orleans, L.H. March 12th through 15th.

"The Beach Church," the host of the event was most successful in everything everybody had a "Somewhere Special."

Committing to a life of support and dedication to the growth of the gospel audience, GMWA focused on micro, mini and mainframe information systems department. The application package should include a resume including dates and place of experience into 20 annual, quarterly, chapter, workshop, retreat, experience, and two references personal, the other, professional and denominational, information management and computer science. The Delta Sigma Theta Newsletter Service. A quarter·page and several awards.

He is a prominent theologian and Religious scholar with a long·standing pastorate and lecturer. Dr. McKinney is well·versed and is a leading authority on Urban Ministry, Family Co· counseling, Prison, Schools and Board. He is a prolific writer and is noted author of several books and articles. He is first and foremost he is a dedicated Pastor and Minister of the Gospel who is dedicated to delivering powerful messages of God. Come out and hear this dynamic speaker who will bring information

The message was "Victory Over the Fear of Death." Pastor Forbes reviewed the three deaths, physical, spiritual, and eternal. Spiritual death is the state of every human being being born into it and it also happens anytime a person sins. It first occurred when Adam and Eve disobeyed God in the Garden of Eden.

Physical death was a result of the fall into sin, unless Jesus returns that there will be physical death for all, no one will, Psa. 100:6. So, we must prepare ourselves and our families. External death is inevitable and unchangeable. Death of Jesus does not mean Jesus will be dashed into the lake of fire, Rev. 1:11. Satan had the power of death and the power of death can only be removed one ultimate death of Jesus is bondage to the enemy and cannot operate in power, love and a sound mind. 2 Cor. 10:5. 2 Tim. 1:15. Victory over the fear of death is impossible to ready live and be strong. God doesn't want us to be afraid of death. Pastor Forbes reviewed the three deaths, physical, spiritual, and eternal. Spiritual death is the state of every human being being born into it and it also happens anytime a person sins. It first occurred when Adam and Eve disobeyed God in the Garden of Eden.

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Page 5
by Charles Liedbetter

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Friday September 6, 1984 The Voice Page 6


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THE BLACK VOICE NEWSPAPER
Established February, 1973

Admission: $1 per person per occasion on July 4, 1974, case number 1899 by the Superior Court of Riverside County.

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The BLACK VOICE's objective is to serve the entire community. The BLACK VOICE serves appearing in the BLACK VOICE do not necessarily reflect the views of the Editors, Hardy Brown and Associates.

I must give you the best service and attention possible.

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Thank You B.V.

Dear Hardy & Cheryl,

I am writing to express my sincere thanks and gratitude for your support of the Black People's movement. I am truly grateful.

As always, I anxiously await your response. I look forward to hearing from you soon.

Sincerely,

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THE COST OF THE NUCLEAR ARMS RACE

The Cost of the Nuclear Arms Race, a critically important educational conference, will be held on September 22-23, according to Chris Britton, Director of the Peace Institute of Canada. The conference will be held at the U.C. Riverside campus, the conference will feature economist David Maki, professor of Economics at San Francisco State University. We value the support you have shown through your presence at this function and encourage you to become more involved with our mission and our work.

As you may know, September a National Solidarity Day Month. The major event for that month will be our annual membership fundraising dinner. We want to make it possible for those who cannot attend our event to help in any other way in their own communities. And, we are looking for new members.

For further information call 320-2101.

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THE BLACK VOICE

Thursday September 6, 1984

U.S. HOUSE VOTES TO INCREASE FOOD STAMPS

Washington, D.C. — Only one day after the new Congress was sworn in, the U.S. House of Representatives voted on Thursday, 105 to 17, to increase food stamp benefits by $7.50 per month for each family member.

The vote was taken as part of the House's $37.5 billion farm bill, which is expected to be enacted into law this week.

Support for the measure came from both sides of the aisle, with 93 Democrats and 12 Republicans voting in favor. The bill will now go to the Senate, where it is expected to pass with similar support.

The increased benefits will provide an estimated $2.5 billion in additional food stamp assistance to low-income families, helping to offset the rising cost of food and the economic hardship faced by many Americans.

The vote is a significant victory for food stamp advocates and those who have long argued for increased support for this critical program.

The measure was introduced by Rep. Collin Peterson (D-MN), who said in a statement, "This bill is a necessary step to help ensure that all American families can put food on the table."

Senators are expected to take up the matter next week, and it is likely to pass with similar support, given the broad support in both chambers.

The increased food stamp benefits will be included in the final version of the farm bill, which is expected to be enacted into law shortly.

The measure is estimated to cost the government $2.5 billion over the next decade, but it is seen as a necessary investment in public health and economic security.

The vote is a demonstration of the commitment of both parties to address the pressing needs of low-income families and to support a prosperous and healthy nation.

Back to School

Another school year is beginning in most school districts around the country, including Riverside and San Bernardino. The experience of students in our schools today is what will determine the quality of our schools tomorrow.

The following are some points to consider:

1. Ask your child what he/she wants to do with his/her life.
2. Help your child to strengthen his/her relationships with his/her peers.
3. Support your child in his/her studies.

These are just a few ways you can help your child have a good year in school.

THE BLACK VOICE

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THE BLACK VOICE
ETHEL BROWNE is a worker at the local day care center. The center is a place where parents leave their children while they go to work. Ethel is telling some of the parents about her job.

"I like to care for small children," said Ethel. "They are so much fun to be around."

"Do you have any children of your own?" asked Mrs. Walker.

"No, Mrs. Walker, I don't have any children of my own." said Ethel.

"How long have you been working here?" asked Mrs. Carter.

"I have been a worker at Children's Haven for six months," said Ethel with pride. "I used to work at the day care center at our church."

"Ethel is a good worker," said Mrs. Tyler, the teacher. "She helps me look after the children while they play and eat."

"What else do you do?" asked Mr. Wilson, one of the parents.

"I read stories to the children," replied Ethel. "I also get them ready to take a nap."

"Do you ever take the children to the park?" asked Mr. Johnson.

"Oh, yes, I take the children to the playground in the park," said Ethel. "One day last week Mrs. Tyler and I took the children to the zoo."

"Do you see the children's parents?" asked Mrs. Johnson.

"Yes, Mrs. Johnson. I see the parents when they leave their children at the center," said Ethel. "Sometimes I go to their homes to talk with parents."

"I am glad we have a good worker at Children's Haven," said Mrs. Walker. "It is good to know that somebody like Ethel is taking care of our children."

"That's right, Mrs. Walker. The children love Ethel. She takes good care of them. She makes them feel good about themselves, too," said Mrs. Tyler.

"Mrs. Tyler, do you think that I could..."
The ADVANCER
THE AOIP Family & Community Reading Newspaper

The ADVANCER is the property of the National Assn. On Literacy Program (AOIP) and is its official umbrella type remediation instrument. In addition to theTitle II-type classes for which it is designed primarily, it is to be used in an AOIP programs and projects. All literacy-enhancement programs and projects of AOIP-participating organizations are considered a part of AOIP.

The ADVANCER is prepared largely by the teachers in the National Sorority of Phi Delta Kappa, Inc. They are assisted, with helpful cooperation, by the teachers and other professionals in Alpha Kappa Alpha Sorority, Inc.

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National offices for the AOIP Family & Community Reading ADVANCER are at 507 Fifth Avenue, Suite 1101, New York, NY 10017, (212) 687-0898.

A Message to Teachers and Tutors

It is important to know that the primary purposes of this "fun to learn" newspaper, known as The ADVANCER, include the following:

1. To serve as a supplemental—not a basal—reading-motivational and comprehension-enhancement tool;

2. To help rebuild the pride or sense of worth so deliberately and systematically stripped from Black families generations ago but which still remain unredressed to such a large degree today that many Black young students and adults have little or no will to learn or achieve;

3. To enable Hispanic students and their parents to better understand that America is their home whether they were born in the continental United States or not...and that they have a rich heritage upon which to build a bright future;

4. To maximize parental and other adult involvement by inserting The ADVANCER within the adult-oriented local cooperating community-building newspaper; And,

5. To assist in gaining a better racial understanding by students (mainly other Whites) in appreciating to a greater degree those aspects of the Black and Hispanic cultures which have been distorted so greatly and which remain unredressed to this day.

Did You Know That...

Some of the largest and most active organizations in our communities have Greek names?

These organizations are called fraternities (fra-tur-uh-tees) and sororities (sah-ror-uh-tees). A fraternity is a fellowship of men. A sorority is a fellowship of women.

The name of another sorority with a Greek name is the Delta Sigma Theta Sorority. Delta (del-uh) is the 4th letter in the Greek alphabet. It looks like this: Δ. Sigma (sig-uh-muh) is the 18th letter in the Greek alphabet. It looks like this: Σ. Theta (thay-uh) is the 8th letter in the Greek alphabet. It looks like this: Θ.

Delta Sigma Theta Sorority was founded in 1913 at Howard University in Washington, D.C. The sorority now has 125,000 members in The United States, West Germany, Haiti and Liberia (Africa).

The sorority helps our communities develop in education, economics, politics and physical and mental health.

Is there a chapter of Delta Sigma Theta Sorority in your community? If so, call them and tell them that you heard about them in The ADVANCER.
Jesse Owens Makes a Name—At Last

One gold medal! Two gold medals! Three gold medals! Four gold medals! It was hard to believe. But it was true. Jesse Owens had won four gold medals at the Olympics held in Berlin, Germany in 1936.

What excitement there was for this young Black American. He had won great honors for himself and his country.

Jesse had come a long way. When he was growing up in America, Black people were not allowed to ride in the front of the bus. They were barred from eating in most restaurants. But Jesse Owens was proud that he was allowed to represent his country, the United States, in the Olympics.

When he won the four gold medals in Berlin, the Nazi dictator, Adolf Hitler, refused to shake Jesse Owens' hand. This young Black American had destroyed the Nazi myth of the master race.

The world knew that this young American had made a name for himself and his country. Jesse's name became a household word and young Black people in the United States had someone they could look up to and feel proud.

After becoming an Olympic champion, Owens made many public appearances, often without any pay. Soon things became bad. Owens found it hard to feed his family. He ended up penniless and had to declare bankruptcy.

Today parks are named for Jesse Owens all over our country. The new movie, "The Jesse Owens Story," is being seen and praised by people all over the world. Yes, Jesse Owens has made a name for himself—at last. Yet, in his own humble way he said, "I just came along at a time when Black Americans needed an image."
We have been learning about Black Africa. We have learned that Africa is the second largest continent on earth. Do you know which is the largest continent on earth?

The area of Black Africa is over 8 million square miles. Black Africa takes up almost all of the continent of Africa. Black Africa is almost twice as big as the United States. There are over 334 million people in Black Africa. (There are about 227 million people in the United States.)

Today our visitor is a young man from the Republic of the Comoros (Korn'-uh-ros). Comoros is a group of small islands in the Indian Ocean. Comoros is located near Mozambique. Can you find Comoros on your map?

"Hello, my name is Ahmed Obadalah. I live in Moroni (mor-on'-ee). Moroni is located on an island called Grande Comore. Grande Comore is the largest of the islands. There are two other main islands called Anjouan and Moheli.

"Moroni is the capital of the Republic of the Comoros. There are more than 300,000 people in the Comoros. The largest ethnic group is known as the Antalaotra. We are a people of African, Arab and Malagasy descent.

"Some French is spoken in the Comoros, but our national language is Comorian. It is a language a lot like Swahili. Swahili is understood by most of my people, too.

"The Republic of the Comoros became an independent country on July 6, 1975. Next year we will celebrate our 10th anniversary of independence.

"Most of the people of the Comoros are Muslims. There are also some Christians in the islands.

"Most of the people of the Comoros are farmers. They grow cassava and coconuts to sell at market.

In Moroni there are several factories that make perfumes. There is a sugar refinery and some saw mills, too.

"You are invited to visit my country. We welcome you with open arms!"
Black Cat’s CUPBOARD

HURRAY FOR VITAMIN D!

WHY?

IT COMES FROM FISH LIVER OILS, FORTIFIED MILK, LIVER, EGG YOLK, SALMON, TUNA AND SARDINES!

VITAMIN D ALSO COMES FROM SUNSHINE!

AOIP Force

In: “The Day of The Knowledge Thief!!”
Late one night in the city,

In an abandoned train station, Lies the laboratory of...

Dr. Crackenstein, Evil genius!!

Eureka!! I’ve got it!!

More power is what I needed!!

And with a crackle, the androids suddenly come to life!

(To Be Continued)

I finally figured out how to bring my androids to life!!
The primary objective of The ADVANCER is to fulfill a basic part of the reading, motivational, comprehension enhancement and ego strengthening needs of our young and older adults not presently in any formalized public school system. Its secondary purpose is to serve as an excellent supplemental reading for the large number of young people in public (and other) formalized schools where such help is indicated. This new learning enhancement tool is being put together on a volunteer basis (there are no paid staff either nationally or locally in AOPP) by experienced professionals who often have varying views concerning how (level-wise) such students should be approached. Since many of you, too, have opinions as reading specialists, significantly edit others, we feel it is best to maintain a policy of no credits. The objective of all of us is to do what we can to eliminate the awesomeness of illiteracy wherever it exists.

ETHEL OF CHILDREN’S HAVEN-Ask: Why does Ethel work at Children’s Haven? Where did Ethel work before she started working at Children’s Haven? Why do the parents like Ethel to take care of their children? Why did Mrs. Walker ask so many questions? Why do you think Mrs. Walker might make a good day care worker?

Skill: Find these words in the story with the sound of a as in can: are, have, nap. Find these words with the sound of a as in cake: day, play, take, may. Find these words with the sound of e as in car: are, are, are, are, are. Find these words with the sound of e as in red: red, red, red, red, red.

The letter e is another vowel sound. The letter i has different sounds, e.g., i as in ki, as in ice. Find these words with the sound of e as in ice: ice, light, size, life, Viking, time.

THE SOLAR SYSTEM—MARS-Ask: Who is the planet Mars named for? Why is it called the Red Planet? How big is Mars? How long is a year on Mars? A day? What were Maritans called? What is Mars’ atmosphere made of? What is “dry ice”? Name the two spaceships that followed a path around Mars. How long is Viking’s lander programmed to operate by itself?

Skill: Find these words in the story with the sound of e as in ice: in, in, minutes. Find these words with the sound of e as in ice: ice, light, size, life, Viking, time. Find five (5) words in the story with the sound of a as in cat: are, have, nap, may, way.

THE UNITED STATES—Puerto Rico-Ask: What is the capital of the Comoros? What is the national language of the Comoros? When did the Comoros become an independent country? To what religion do most of the people belong? What crops do the farmers of the Comoros grow?

Luis Munoz Rivera-Ask: Why was Munoz sad and happy at the same time? Why did the Republicans give Munoz trouble? Why did Munoz learn to speak English at 51 years of age? How did Puerto Ricans become citizens of the United States?

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We have been learning more and more every week in The ADVANCER. Did you know that Hispanic Americans are very much like us in many, many ways? Hispanic Americans are Americans whose ancestors came from places like Mexico, Central America and the Caribbean.

Hispanic Americans have a rich and colorful history. Let’s try to learn some important things about them and us each week in The ADVANCER.

Luis Muñoz Rivera

Luis Muñoz Rivera took office as the head of a six-man Executive Council (the government) on February 8, 1898. His title was “Minister of Grace, Justice and Government.” This title was used to show that “Grace” would go along with “Mercy” and “Justice” in his government.

Seven days later the U.S. warship Maine was blown up in the harbor of Havana, Cuba. The United States went to war with Spain.

Three days later Doña Amalia presented Muñoz with a son. They named the baby José Luis Alberto Muñoz Marin. Muñoz was happy and sad at the same time. He said, “In Cuba windows are broken. In Puerto Rico we pay the bill.”

On July 25, 1898—just seven days after Puerto Rico had held its first free election—the Americans took over the government. The United States officials asked Muñoz to stay to help them.

Muñoz tried to get along with the Military Governor, but he couldn’t do it. The two men talked about knocking each other down. The insults became too much for Muñoz. In December Muñoz and his cabinet resigned. The Military Governor said there would be no more cabinets in Puerto Rico. The Governor and his men would run the country.

Early in 1900, Muñoz started a newspaper called El Diario (The Journal) in San Juan. He started a newspaper called the Puerto Rico Herald. In the first paper he wrote a letter to the President of the United States telling him how bad the laws were. Other papers wrote about it, too. President Theodore Roosevelt declared that Spanish law could not be used in Puerto Rico any more.

Muñoz went back to Puerto Rico to try to unite his people. He began writing stories about how the big sugar companies mistreated the people. A gang broke into his office again. They were screaming, “Where is The Lion (El León)?”

He stood up to face them asking, “Who wants The Lion?” The gang went away.

In 1910 Muñoz’s party sent him to the United States House of Representatives to speak for them but he could not vote. At 51 years of age he taught himself to speak English so that he could talk to Congress about Puerto Rico’s problems.

On May 15, 1916 the House of Representatives passed a bill that made Puerto Ricans citizens of the United States. The bill also gave the right to vote to adult men. This was not all that Muñoz wanted. But it was far better than it had been.

By this time Muñoz’s body was dying with cancer. He was tired and sick. He went back to the beloved mountains where he was born. One evening a friend came to his bedside to tell him, “Don Luis, the people of Puerto Rico are all with you.”

“Then,” Don Luis replied, “this is a good time to die.”

Early the next morning, November 15, 1916, The Lion went “to the silence and to his rest.”
How to Be A Good Citizen

Young citizens of several high schools in and around the Los Angeles area have painted a number of outstanding art murals (a large picture painted on a wall). These pictures depict the history of the cultures of the western United States.

These murals take the place of words. They bring the story of how the West was settled and how different people live to the many people of different countries and ethnic backgrounds who come to the 1984 Olympics. The pictures tell the story of the different cultural beliefs of the people of the West, too.

These young citizens are getting a chance to show their interest in the improvement of the community. These murals are painted on the bridge underpasses of the freeways and the concrete walls along some of the streets, the schools and even the walls of some libraries in the city of Los Angeles.

Three young Black men were among the first to do the colorful drawings of history, science, and the arts of Western Civilization.

Hats off to these young people and their teachers who spent months with these paintings in order to be ready for the 1984 Olympics!

Kicking the Salt Habit—A Final Word

Our bodies don't need as much salt as we use. It is really the sodium in salt that is our enemy.

Here is the "salt substitute" recipe we promised to give you.

Salt Substitute Recipe

1 teaspoon chili powder  
2 teaspoons ground oregano  
2 teaspoons black pepper  
1 tablespoon garlic powder (not garlic salt)  
4 tablespoons dry mustard  
6 tablespoons onion powder (not onion salt)  
3 tablespoons paprika  
3 tablespoons poultry seasoning.

Mix all seasonings together. Put it in all of your salt shakers.

Congratulations on kicking the salt habit!

ScIENCE

A Visit to Outer Space

The planet Mars is named for the Roman god of war. Mars is called the Red Planet because of the mysterious reddish light that appears in the sky.

Mars is a little more than one-half the size of the earth. A year on Mars is 687 earth days. A day on Mars is 24 hours and 37 minutes long.

A telescope shows many markings on the surface of Mars. The markings look like canals. For a long time people thought that there was intelligent life on Mars. Many stories were told about Martians from outer space. They were called "little green men."

Mars has an atmosphere like Earth and Venus. Mars' atmosphere is made up mostly of carbon dioxide (a gas made up of carbon and oxygen. We breathe it out of our lungs. Plants take in carbon dioxide to make their food).

Mars has a North Pole and a South Pole, too. The ice at Mars' poles is "dry ice," or frozen carbon dioxide. We use dry ice on Earth to keep things cold when packed.

In 1976 two U.S. space ships, Viking 1 and Viking 2 followed a path around Mars. Landers (about the size of a jeep) landed on the surface. They studied Mars' atmosphere and materials. The landers took more than 50,000 photographs of the surface of Mars and gathered soil samples.

Viking 1's lander is programmed to operate by itself until 1994. Look for more interesting facts about Mars from time to time.