EDISON AWARD — Mr. A. L. Grant, left, presents an Edison Award for first scholars achievement to Sandy Jo Ahur, a junior, from North High School, Riverside.

City Boards & Commissions Open...-

The Mayor and City Council encourage participation on City Boards and Commissions by qualified citizens throughout the City. Those who are voluntary positions and who are eligible, a citizen must reside in the City. Terms for these positions are four years and may be reappointed. A citizen may be eligible, a citizen must reside in the City. Terms for these positions are four years and may be reappointed. A citizen may be eligible.

Musician Fred Saville Succumbs.....

The community is mourning the loss of a beloved resident, Frederick Saville. Frederick Whitley Saville was born in Hartford, Connecticut in 1920 to George and Eula Saville. He attended schools in San Bernardino including S.B. Valley College where he majored in music and played Intramural Touch Track during the years of 1979-82. He was a member of the group of civic and community leaders which meet to build channels of understanding between the university and the community, his civic and community leaders which meet to build channels of understanding between the university and the community.

In his innermost feelings, he expresses his love for all people. He inspired them to do good, he was an activist and one of the most influential musical contributions to the community. His music was chosen. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.

A Tribute to Mr. Otto

He Will Fix It Lord

Otto Ernest passed July 3, 1985. Mr. Otto was my neighbor. He was more than a neighbor; he was a personal friend of the community. At times I had to be away and when things were going on, he was there for us. This is where Mr. Otto was there in my bedroom with his cement gun and I knew when he got to the gates of heaven he still will be there to help anyone in need.
Government Commends Adventists...

New Orleans-Louisiana's Governor Edwin W. Edwards, quoting the Bible promise that Jesus will come to earth again, told thousands of Seventh-day Adventists at the Superdome recently they can be assured of their part in handling this trans­cendent event.

The Governor, quoting Acts, chapter 3, verse 11, told the opening meeting of the 56th general conference conference of

Seventh-day Adventist, "No other
group in the world has done as much as Seventh-day Adventists to prepare the world for its coming."

"When it happens...it will happen despite the activities of man," the Governor added. "Nothing will be able to stop it, nothing will be able to prevent it, nothing will be able to change it, nothing will be able to do anything to alter its course, that the world is prepared for the coming of Jesus Christ."

Should Christian Get Involved In Politics?

Question: Dear Pastor Woods,

I, the pastor of New Revelation Baptist Church of Pasadena, CA, will be well known as an outstanding member and pastor in the Tri­vention of California, and a loyal by Im am Ron El-Aml m

the hearts of Mrs. Marion Creighton to fair dealing, and let not

by a tribute to his memory. The Allen family was Indeed

by Truckel.

a tribute to his memory. The Allen family was Indeed

by Truckel.

Justice, Be just. That's Next to Patty, and fear God.

Loveland News

by Im am Ron El-Aml m

by a tribute to his memory. The Allen family was Indeed

by Truckel.

a tribute to his memory. The Allen family was Indeed

by Truckel.

Justice, Be just. That's Next to Patty, and fear God.

Loveland News

by Im am Ron El-Aml m

by a tribute to his memory. The Allen family was Indeed

by Truckel.
Black Colleges Will Benefit From General Foods Program

Seattle, Washington-General Foods Corporation announced a major program to benefit historically Black colleges in America at the National Newspaper Publishers Association convention here this week.

According to company representative Dave Shook, assistant director, creative services, General Foods will sponsor advertising, promotional material, a catalogue of Black College information, financial assistance scholarship and a series of Black College fairs in major cities.

This new program will assist Black Colleges in making Black America aware of the tremendous contributions Black Colleges are making toward the educational goals of Black youth.

There will be three parts to this effort in the years ahead. Black College Fairs will be held in several major cities to bring students together with the sponsors of the Black Colleges. These fairs have worked extremely well during the past two years under the sponsorship of Maxwell House College, one of General Foods many products. Financial aid scholarships for deserving students selected by the local Board of Education are also offered in connection with the fairs.

Advertisement about Black Colleges is the second part of the program. By means of advertising, editorial material and a catalogue now being prepared, General Foods will tell America about the heritage of Black Colleges, where they are, what courses they offer, what they cost and how to apply.

More information will provide students, parents and educators with the opportunity to see that Black Colleges offer a unique environment for education and one that has provided many of today's Black leaders.

The General Foods spokesman said that the Black college program was selected because it had all the criteria for a successful activity such as social concern to the community, jobs and education which are closely linked. Black Colleges have proven their value and contribution to Black students and they need more students, more revenues, and more donors to continue their good work.

General Foods pointed out that Black Colleges enroll 16% of Black College students in America but produce 37% of Black College graduates. It seems clear that the unique educational environment of the Black Colleges gives a student more than double the opportunity to receive a degree.

Announcement of the new program received enthusiastic support from the publishers who promised to do everything they could to serve the campuses.

Thursday, July 11, 1985

Consumer News

IN TODAY'S ARMY, THERE'S UP TO $25,200 FOR YOU IN COLLEGE MONEY.

It's like getting a scholarship for being a good, smart soldier and serving your country well. Here's how it works:

$1,200
9,600
14,400
25,200

New GI Bill contributions:

* You contribute $100 a month from your first full pay
* Monthly Army payments (It's not difficult)
* Good food, lodging and medical care (total $1,200)

* The New GI Bill contributes $9,600 for a 4-year enlistment.

* The New Army College Fund contributes $5,400 for 4-year enlistment.

* Effective July 1, 1985.

Of course, there are qualifications you must meet, tests to be passed, but if you intend to go to college someday, the best possible route could be the Army. You'll gain knowledge, experience and a sense of self-worth that will be with you the rest of your life.

To find out more about this new way to get to college, see your local Army Recruiter today.

ARMY BE ALL YOU CAN BE.

RIVERSIDE COUNTY:

Artesia (714) 687-3461
Banning (714) 469-7723
Corona (714) 730-8225

San Bernardino (714) 884-6500
San Bernadino Valley (714) 245-7828

Victorville (619) 245-7828

SICKLE CELL ORGANIZATION

Volunteers for Training....

The Riverside Area Rape Crisis Center is seeking volunteers to work as Hotline Counselors, Victim Advocates and Speakers.

No special qualifications are necessary other than a concern for the problem of sexual assault and a willingness to take training.

Training classes will cover information on myths of sexual assault, crisis intervention, understanding rape trauma, and counseling skills. Volunteers will learn about police, medical, and court procedures.

For additional information and applications, call Kay Bumfield at 686-7273.

Volunteers for Training...

The Riverside Area Rape Crisis Center is seeking volunteers to work as Hotline Counselors, Victim Advocates and Speakers.

No special qualifications are necessary other than a concern for the problem of sexual assault and a willingness to take training.

Training classes will cover information on myths of sexual assault, crisis intervention, understanding rape trauma, and counseling skills. Volunteers will learn about police, medical, and court procedures.

For additional information and applications, call Kay Bumfield at 686-7273.

My HOUSEKEEPER’S GREAT. WHEN I ASK HER TO WORK, SHE IGNORES ME!

Thanks for giving your appliances the afternoon off.

"When it’s hot out, my housekeeper gives my appliances the afternoon off. She even sets my air conditioner thermostat at a higher temperature. Because if she didn’t, Edison might have to build new power plants. That costs money. And that could affect our bills. "So why don’t you join us. Give your appliances the afternoon off. Tonight I’m going to try my new curling iron."

Southern California Edison

"The DEBUNKER"

By Ann Pressy, Ph.D.

177 Locust Blvd., Rte. 138
New City, NY 10956

Volumes 1-6 available

 Mọi thứ trong thế giới đều có nguyên nhân. Điều khá thú vị là chúng ta thường không nhận ra rằng rất nhiều sự kiện trong cuộc sống của chúng ta đều là kết quả của những điều nhỏ nhất. Ví dụ, việc máy giặt của bạn ngừng hoạt động có thể do giảm lượng nước hoặc nhiệt độ không được chỉnh cập nhật đúng. Điều này không chỉ tiết kiệm pin mà còn giúp bạn giảm bớt việc mất thời gian chờ đợi. Một nguyên tắc quan trọng nữa là việc luôn chuẩn bị sẵn sàng cho mọi tình huống. Việc này không chỉ giúp bạn tránh mất thời gian mà còn giúp bạn trở nên chuyên nghiệp và tự tin hơn.
Nehemiah to get amateur track status....

San Francisco - The international Amateur Athletic Federation has decided to allow San Francisco 49ers wide receiver Renaldo Nehemiah to run track again, according to a story in yesterday's San Francisco Examiner.

The Examiner quoted Nehemiah's agent, Ron Stanko, saying of the ruling by the federation, "I was there. I have the decision. We're over. Three years of fighting is over." Nehemiah, the world record holder in the 110-meter high hurdles, has been trying to gain the right to run in amateur track events ever since he joined the 49ers in 1982 Stanko said.

The Examiner said officials from the federation, which governs international track and field, refuse to confirm or deny the reported decision.

"It's not being released yet," a spokeswoman was quoted as saying.

But Nehemiah and Stanko have scheduled a news conference for Monday at which they are expected to announce the decision.

The move to reinstate Nehemiah, which does not allow him to compete in the summer Olympics, would affect other athletes as well.

"It goes the way we want it to, it applies to a whole slate of others," said Pete Cava, spokesman for The Athletics Congress, governing body for track and field in the United States and a supporter of Nehemiah's bid to regain his ability to compete.

"We've had a phone conversation with the IAAF. They've decided he's been reinstated," Cava told the Examiner. "We have nothing in writing," he added, saying the federation may not announce it until mid-July.

New York, N.Y. - Less than a year after their elopement, Janet Jackson, baby sister of the famous Jackson clan, and James DeBarge, of the Motown group DeBarge, have annulled their marriage. Janet told of the annulment for the first time in an exclusive interview appearing in the August issue of Essence Magazine, which features Janet on the cover.

"It's not being released yet," a spokeswoman was quoted as saying.

But Nehemiah and Stanko have scheduled a news conference for Monday at which they are expected to announce the decision.

"It goes the way we want it to, it applies to a whole slate of others," said Pete Cava, spokesman for The Athletics Congress, governing body for track and field in the United States and a supporter of Nehemiah's bid to regain his ability to compete.

"We've had a phone conversation with the IAAF. They've decided he's been reinstated," Cava told the Examiner. "We have nothing in writing," he added, saying the federation may not announce it until mid-July.

Be The First
"Mr. Black Riverside"

MW & B Enterprises is Accepting Applications for the First Annual "Mr. Black Riverside Contest"

Which will be held on Saturday September 7, 1985 at Raincross square in the Riverside Room.

You must be 18 years old or older to participate.

To receive your application simply mail this entry form to:

MW & B Enterprises
727 Hagman Street
San Diego, CA. 92114

Or Call
(619) 466-3497

Charlie Sampson can break horses and bust broncos with the best of them. Fact is, not only is Charlie among the best Black rodeo stars, in 1982 he was the best bullrider in the world, period. If you haven't been lucky enough to see Charlie perform yet, you may soon have the opportunity.

Coors is Charlie Sampson's proud sponsor. We're helping him show the world what unique, exciting talent is all about.

Outstanding talent must be free to stand out.

**Support community radio and get maximum exposure for your business.**

*NEEDS SPONSORS*

Call 392-0271 for more info.
The Howard/Rollins family have been together and Mr. Howard and his family stepped up and thereby attained the compound.

The school was left open for those who were staying over the weekend. The rains had begun to fall. Thunder shook the atmosphere and lightning lit up the skies. We left the campsite and started the journey.

The rains continued to fall, some times it was difficult to see the road, but with the help of God we made it safe to our destination.

The rainstorm was a blessing, the service and the food was good.

The waves continued to roll, the wind howled through the tents for 20,000 feet of water pipe work, and large miles of wire that will carry the electricity to light the Jamboree site at night. During the Jamboree, Army medical personnel will be standing by to handle everything from a sprikle to a split finger. Helicopters will be on the ground ready to evacuate anyone in need of emergency medical care. In short, the Army is determined to be a gracious very well prepared host for this 11th National Boy Scout Jamboree.
MORENO VALLEY NEWS

By Charles Leadbeater

Jeff Goodman, General Manager of the Rent All Co., business, is doing a wonderful job preserving faith in our local businesses. One bad apple in the pot of developing a lasting relationship with the people of Moreno Valley, is one too many. Jeff Goodman is a pleasant and productive apple in the pot of our community. He makes life better.

A thought to ponder: As we think, we live, and if our habits and thoughts are honest and informed, we seek the facts, if we then clearly see our actions will make the greatest contribution to our free society. Red, Brown, Yellow, White, and Black Americans must never be afraid of learning, questioning, speaking the truth and correcting ourselves as we recognize the need.

Turkey of the summer: I had to seek the services of Moreno Valley Appliance and T.V. Co. last week. This outfit could complete service to delicate appliances in Moreno Valley. When I went to the service department, Mr. Thorne, his first words to me were, "when are you going to stop running for public offices in Moreno Valley?" I could have said, "when I stop paying taxes!" but that would have been too much for him. I don’t want my services. He boomed two screens, and after telling me that he did not know too much about the appliance, he said my service was bad. He said he didn’t really know what was wrong. He then quoted me a price range of $70.00-$90.00 up to $160.00. He said he wasn’t sure that the machine would work after he repaired it. He went back to the Moreno Valley Appliance Factory in Sunnyland Blvd., and told the owner he did not want his services. He charged me $27.00 for a service call and labor. It was money well spent. A lesson was learned, I wasn’t listening to him too well when I spoke to him the first time. He did not want to help the community. He was upset because I an involved with arrangements for my horse. I am not stopping there. I carried services to the house, the City Council and it is my understanding that this man can not be referred to as a renter. It said that he treated the service men of the White race the same way, the same way, the same way.

I donated the machine to the Mustard Seed for the Blind and bought Tommy another one, what did I do wrong? I was the Lion Club Member? Do think about it, we don’t have much time and any who is the time to evaluate your point of view in this world, I suggest the place to begin is with your self in your own home, live your life to the fullest of your ability. Love your heart and mind.

L. R. Frank Burton, President of the Board of Education & ASB Representative Bid

The Board of Education bid a fond farewell to Lisa Laurels, Associated Student Body Representative to the Board during the 1984-85 school year. Lisa, a senior, relinquished her position for tomorrow student president Robert Brough Brough. Board members told Bobby: you will have some big shoes to fill and that things are getting done. Asked what advice she’d like to give to Bobby, the said: “Never be afraid of the truth for your knowledge is a skill you have to develop for you to have the job you desire.” Lisa is the daughter of Linda and Alan Laurels. She has two sisters, Konnie, and a brother, Keki.

Default is a result of the research that was credited with being a famous document which originally had an important event perfectly against Afro-American civil rights, which we have been using.

Afro-American History Quiz

Who was credited with being the first African-American born in the U.S.? A. Mary Grover B. Booker T. Washington C. W. E. DuBois D. Martin Luther King Jr.

Jack Pot!!

The rules are as follows: Anyone and everyone is eligible to enter. Each week a total of five questions will be offered (5 man and 1 bonus question). A prize of five dollars will be awarded the earliest entrant having all four questions answered correctly. However, since some weeks there will be no winner, questions or answers will be allowed to accumulate until such time an entrant correctly answers All 5 Questions (the last and one bonus) and there fore you will be awarded the entire prize. (See the works of these fine artists, Don and Ginger Jolly, San Bernadino, David Lawrence, Rick Comings, Mareen Poe, Chad Lynn, Joyce Eskin, Arthur Powell, James Batts, Allen Peak, Ken Reed, Deborah Mandorff and many more. The Benefit will last from 10 a.m. to 4 p.m. Enjoy music and Poetry, bring the whole family. The edition’s $1.00 (if you wish to be an exhibitor, contact Mr. James James, 886-7254. On the day of the performance 440-083-0997.

Afro-American History Quiz

Who was the first African-American born in the state of California? A. Mary Grover B. Booker T. Washington C. W. E. DuBois D. Martin Luther King Jr.

Local Poet To Read On KUOR

Goodman Is a pleasant and productive apple in the pot of our community. He makes life better.

The rules are as follows: Anyone and everyone is eligible to enter. Each week a total of five questions will be offered (5 man and 1 bonus question). A prize of five dollars will be awarded the earliest entrant having all four questions answered correctly. However, since some weeks there will be no winner, questions or answers will be allowed to accumulate until such time an entrant correctly answers All 5 Questions (the last and one bonus) and there fore you will be awarded the entire prize. (See the works of these fine artists, Don and Ginger Jolly, San Bernadino, David Lawrence, Rick Comings, Mareen Poe, Chad Lynn, Joyce Eskin, Arthur Powell, James Batts, Allen Peak, Ken Reed, Deborah Mandorff and many more. The Benefit will last from 10 a.m. to 4 p.m. Enjoy music and Poetry, bring the whole family. The edition’s $1.00 (if you wish to be an exhibitor, contact Mr. James James, 886-7254. On the day of the performance 440-083-0997.

Afro-American History Quiz

Who was the first African-American born in the state of California? A. Mary Grover B. Booker T. Washington C. W. E. DuBois D. Martin Luther King Jr.

Jack Pot!!

The rules are as follows: Anyone and everyone is eligible to enter. Each week a total of five questions will be offered (5 man and 1 bonus question). A prize of five dollars will be awarded the earliest entrant having all four questions answered correctly. However, since some weeks there will be no winner, questions or answers will be allowed to accumulate until such time an entrant correctly answers All 5 Questions (the last and one bonus) and there fore you will be awarded the entire prize. (See the works of these fine artists, Don and Ginger Jolly, San Bernadino, David Lawrence, Rick Comings, Mareen Poe, Chad Lynn, Joyce Eskin, Arthur Powell, James Batts, Allen Peak, Ken Reed, Deborah Mandorff and many more. The Benefit will last from 10 a.m. to 4 p.m. Enjoy music and Poetry, bring the whole family. The edition’s $1.00 (if you wish to be an exhibitor, contact Mr. James James, 886-7254. On the day of the performance 440-083-0997.

Afro-American History Quiz

Who was the first African-American born in the state of California? A. Mary Grover B. Booker T. Washington C. W. E. DuBois D. Martin Luther King Jr.
FICTITIOUS BUSINESS NAME ЕX1:АТЕ1_1. The following person(s) Is (are) conducting business under the fictitious business name:

1225 Tyler No.105-101
STATEMENT

1250 Fax Run

770 El Corto No.3

\( \text{State}: \) California

\( \text{County}: \) Riverside

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92506

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John Doe

\( \text{Notary Public}: \) John Doe, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) Jane Doe

\( \text{Notary Public}: \) Jane Doe, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John and Jane Doe

\( \text{Notary Public}: \) John and Jane Doe, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, and Doe

\( \text{Notary Public}: \) John, Jane, and Doe, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, Doe, and Others

\( \text{Notary Public}: \) John, Jane, Doe, and Others, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, Doe, Others, and Company

\( \text{Notary Public}: \) John, Jane, Doe, Others, and Company, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, Doe, Others, Company, and Agency

\( \text{Notary Public}: \) John, Jane, Doe, Others, Company, and Agency, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, Doe, Others, Company, Agency, and Group

\( \text{Notary Public}: \) John, Jane, Doe, Others, Company, Agency, and Group, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk

\( \text{County}: \) Riverside

\( \text{State}: \) California

\( \text{City}: \) Riverside

\( \text{Zip Code}: \) 92503

\( \text{Telephone}: \) 769-1234

\( \text{Fax}: \) 769-1235

\( \text{E-mail}: \) info@myfictitiousname.com

\( \text{Website}: \) www.myfictitiousname.com

\( \text{Date Filed}: \) June 10, 1985

\( \text{Signature}: \) John, Jane, Doe, Others, Company, Agency, Group, and Association

\( \text{Notary Public}: \) John, Jane, Doe, Others, Company, Agency, Group, and Association, Notary Public

\( \text{County Clerk}: \) William E. Conely, County Clerk
Blacks Doing Business with Blacks...  

If we look around us we see the natural thing of people in business, trying vainly to check on their own, or people who look like them, and more specifically to each other in the Women's movement, Assimilation, Afro-Americans, and Hispanics, they all provide for their own. 

Afro-Americans are the only people who do not do that, and worse. 

The somewhere feel they don't see, they help their own. 

If a superstar is Black they, and other Black people, the black tree should be something other than Black. 

In business we will go into a new black business never more able to perform the services. 

Did You Forget To Subscribe??  

JAVIER ROSALES  
NAMED ASSISTANT TO  
City Manager...  

City Manager Douglas Waldrup has named Javier Rosales, formerly Community Relations Coordinator, as his assistant to the City Manager for Community Relations/Perspectives. As part of his appointment, Mr. Rosales will be responsible for developing and implementing a program for the orderly distribution of information from City departments to the public in a timely fashion.  

Rosales began employment with the City in 1971. 

Presley's Bad-Check Bill has Dramatically Reduced Losses and Cut "Repeaters" in Texas  

A new method of handling bad check writers that those persons who intentionally write checks drawn on insufficient funds is being tested through the Assembly and could be on the Governor's desk before the summer Legislative Session. Modeled after similar programs in Texas which have reduced bad check writing by nearly half and dramatically lowered repeat offenders, Presley's SB 1508 is aimed at the multi-million dollar bad check problem in California, financed by the $440 million in bad check writers (those persons who intentionally write checks drawn on insufficient funds) is typified by the $440 million in typified by the $440 million in typified by the $440 million in bad check writing in California, financed by the $440 million in bad check writing in California, financed by the $440 million in bad check writing in California, financed by the $440 million in bad check writing in California. It is aimed at the multi-million dollar bad check problem in California, financed by the $440 million in bad check writers (those persons who intentionally write checks drawn on insufficient funds). 

Four times that year, South African police and the black community come to blows. The closest the police get to community can be the height of the night. 

The City Manager indicated that the agency, approved by the City Council, will enhance the ability of the City to provide information to the public about its government and its activities. The activity will include publication periodically of a municipal newsletter.

The pressure was directly mounting on South Africa, to end its sanctions, and to bring about a process of negotiation, but the agreement with the Government of the Gary government, which was consummated in 1989, failed to end the conflict. 

The police later were forced to admit that most of the dead were shot in the back - as they ran from police, who fired at the crowd without apparent provocation.

For the past several months, Presley has been negotiating with the Department Administration to hire Gerald M. Handler, former Assistant to the City Manager indicating that his policy toward South Africa is one that has a great variety of effects, encouraging productive, peaceful participation in a process. 

JULIAN BOND  

BANKRUPTCY POLICY  

By Julian Bond  

Four times that year, South African police and the black community come to blows. The closest the police get to community can be the height of the night. 

The City Manager indicated that the agency, approved by the City Council, will enhance the ability of the City to provide information to the public about its government and its activities. The activity will include publication periodically of a municipal newsletter.

The pressure was directly mounting on South Africa, to end its sanctions, and to bring about a process of negotiation, but the agreement with the Government of the Gary government, which was consummated in 1989, failed to end the conflict. 

The police later were forced to admit that most of the dead were shot in the back - as they ran from police, who fired at the crowd without apparent provocation.

For the past several months, Presley has been negotiating with the Department Administration to hire Gerald M. Handler, former Assistant to the City Manager indicating that his policy toward South Africa is one that has a great variety of effects, encouraging productive, peaceful participation in a process. 

JULIAN BOND  

BANKRUPTCY POLICY  

By Julian Bond  

Four times that year, South African police and the black community come to blows. The closest the police get to community can be the height of the night. 

The City Manager indicated that the agency, approved by the City Council, will enhance the ability of the City to provide information to the public about its government and its activities. The activity will include publication periodically of a municipal newsletter.

The pressure was directly mounting on South Africa, to end its sanctions, and to bring about a process of negotiation, but the agreement with the Government of the Gary government, which was consummated in 1989, failed to end the conflict. 

The police later were forced to admit that most of the dead were shot in the back - as they ran from police, who fired at the crowd without apparent provocation.

For the past several months, Presley has been negotiating with the Department Administration to hire Gerald M. Handler, former Assistant to the City Manager indicating that his policy toward South Africa is one that has a great variety of effects, encouraging productive, peaceful participation in a process. 

JULIAN BOND  

BANKRUPTCY POLICY  

By Julian Bond  

Four times that year, South African police and the black community come to blows. The closest the police get to community can be the height of the night. 

The City Manager indicated that the agency, approved by the City Council, will enhance the ability of the City to provide information to the public about its government and its activities. The activity will include publication periodically of a municipal newsletter.

The pressure was directly mounting on South Africa, to end its sanctions, and to bring about a process of negotiation, but the agreement with the Government of the Gary government, which was consummated in 1989, failed to end the conflict. 

The police later were forced to admit that most of the dead were shot in the back - as they ran from police, who fired at the crowd without apparent provocation.

For the past several months, Presley has been negotiating with the Department Administration to hire Gerald M. Handler, former Assistant to the City Manager indicating that his policy toward South Africa is one that has a great variety of effects, encouraging productive, peaceful participation in a process. 

JULIAN BOND  

BANKRUPTCY POLICY  

By Julian Bond  

Four times that year, South African police and the black community come to blows. The closest the police get to community can be the height of the night. 

The City Manager indicated that the agency, approved by the City Council, will enhance the ability of the City to provide information to the public about its government and its activities. The activity will include publication periodically of a municipal newsletter.

The pressure was directly mounting on South Africa, to end its sanctions, and to bring about a process of negotiation, but the agreement with the Government of the Gary government, which was consummated in 1989, failed to end the conflict. 

The police later were forced to admit that most of the dead were shot in the back - as they ran from police, who fired at the crowd without apparent provocation.
REJEANNE LLOYD is a seamstress. She makes her living by sewing.

“How did you learn to sew so well?” asked Concepcion, a neighbor.

“I have loved to sew ever since I can remember,” Rejeanne replied. “Even when I was a little girl, I used to make clothes for my doll.”

“Did you sew your doll’s clothes by hand?” Concepcion asked.

“At first I sewed my doll’s clothes by hand. Then my mother gave me a little portable sewing machine. I used to sew all day long on Saturdays and during the summer vacation,” Rejeanne replied.

“Do you do a lot of sewing now?” asked Concepcion.

“Right now I’m doing a lot of alterations for some of the expensive boutiques,” Rejeanne said.

“How did you get so much work?” Concepcion asked.

“I gave my name, address and phone number to a number of shops and cleaners. I put an ad in the classified section of our local newspaper. I put a sign in my window that said: EXPERT ALTERATIONS—GOOD PRICES. I also have a listing in the Yellow Pages. See, here it is on page 46.”

“Did you get results?” Concepcion asked.

“You bet I did,” replied Rejeanne. “Soon I had more work than I could do. Now I have two other seamstresses who help me.”

“Do you do any sewing by hand?” asked Concepcion.

“Oh, yes. We put in hems by hand on all the expensive designer clothes. We sew on buttons and overcast seams by hand, too,” Rejeanne explained.

“How can I learn to be a seamstress?” Concepcion asked.

“If you are good with a needle and thread, you can take some adult education classes to learn the basics. Then you sew, and sew, and sew some more. Practice makes perfect,” Rejeanne replied.

“Do you make dresses for customers, too?” asked Concepcion.

“Yes, Concepcion. I make whole dresses from patterns and yard goods. I prefer making beautiful clothes, but there is..."
Sor Juana Ines de la Cruz

The Tenth Muse

Sor Juana answered the Bishop’s letter. She defended her right to disagree with the priest. She said it was not right for women to be asked to obey men without question. Here was a “women’s libber” in the 17th century!

The Bishop ordered Sor Juana to give up her books and her writing. He ordered her to live a very strict religious life. She obeyed the Bishop’s orders.

When an epidemic (the very fast spread of a disease) hit Mexico City, many of the nuns became very ill. Sor Juana nursed all of them. Finally, she became ill, too.

She died on April 17, 1695. She was 43 years old.

Between 1951 and 1957, four volumes of Sor Juana’s writings were published. These volumes include books, plays and poems. She is best known for her poems that can be put to music. She also wrote beautiful religious poems.

In the ancient Greek myths, there are nine Muses. They were goddesses of things like history, poetry, drama, music and dancing. Because she was a great woman poet, Sor Juana was called the “Tenth Muse.”

A Stitch in Time

more money in alterations right now,” Rejeanne said.

“Do you sew to make money or because you enjoy it?” asked Concepcion.
Colonel Charles Young  
U.S. Army

Charles Young was born in a log cabin in Mayslick, Mason County, Kentucky on March 12, 1864. This was during the Civil War. When he was 9 years old, his ex-slave parents took him to Ripley, Ohio to live.

Charles graduated from the Colored High School in 1880. He was very good in languages and music. He learned to play the piano and cornet. Later he learned to speak Spanish, French and German.

In 1884, Charles Young was appointed to the United States Military Academy at West Point. He was the ninth Black to be appointed to West Point. He was the third to graduate. After Young no other Black man graduated from West Point until Benjamin O. Davis Jr. graduated in 1936.

Young's years as a cadet at West Point were some of the hardest years of his life. Southern bigots tried to make life miserable for him. They insulted him and tried to discourage him. Only a person with a strong will and determination could have lasted under such conditions. Young was such a person. He graduated. He received a commission as a 2nd lieutenant on August 31, 1889. He was assigned to the all-Black Tenth Cavalry.

In 1894, Young was appointed professor of tactics and military science at Wilberforce University. He also volunteered as a teacher of French and mathematics.

When the Spanish-American War started in 1898, 1st Lieutenant Young was put in charge of the Ninth Ohio Regiment and sent to Cuba.

Young was promoted to the rank of captain in 1901. While commanding troops in the Philippine Islands, he earned the nickname “Follow Me.”

In 1904, Captain Young became the first Black in U.S. history to become an officer with special duties on the staff of an ambassador or minister to another country. Captain Young became the military attaché to the Minister to Haiti.

In Haiti, Young mapped many remote and uncharted areas. He completely revised the maps of Haiti and the Dominican Republic.

Major Young became the military attaché to the Minister to Liberia. He helped to reorganize the Liberian Frontier Forces. For this work, Young was awarded the Spingarn Medal. This medal is awarded by the NAACP each year to a Black person for distinguished achievement.

Young was promoted to the rank of lieutenant colonel in 1916. Because of his outstanding record as an officer, his military knowledge and experience, he should have been assigned to duty in Europe in World War I. Instead, he was found physically unfit for promotion to full colonel.

On June 22, 1917, Lt. Colonel Charles Young was retired from active duty and promoted to the rank of full colonel. To prove that he was in top physical condition, he made the journey on horseback from Ohio to Washington, D.C. and back again.

Colonel Young was the highest ranking Black officer of his time. He was recalled to active duty only five days before the Armistice was signed on November 11, 1918, ending World War I. He was reassigned to Liberia.

While in Lagos, Nigeria, Colonel Young became very ill. He died there on January 8, 1922.

On June 1, 1923, Colonel Young's body was brought in full honors to Washington, D.C. A solemn military procession escorted his body to its final resting place in Arlington National Cemetery.
The Southeast is divided into two groups: the South Atlantic States and the East South Central States. Kentucky is one of the 4 East South Central States. Kentucky gets its name from the Indian word meaning "plain." It became the 15th state on June 1, 1792.

The area of Kentucky is 40,395 square miles. The state ranks 37th in size (Alaska - 1st; Rhode Island - 50th).

More than 3,661,000 people live in Kentucky. The state ranks 23rd in population (California - 1st; Alaska - 50th).

When Christopher Gist came to the Kentucky country in 1751 in search of lands for the Ohio Company, his only companion was a Black man. Today, more than 259,000 (7.1%) Black people live in the state of Kentucky. The state ranks 22nd in the size of Black population (New York - 1st; Vermont - 50th). Kentucky ranks 23rd in percentage of Black population.

There are more than 27,000 Hispanics in Kentucky. This includes more than 3,000 Puerto Ricans; 14,000 Mexicans; and 1,000 Cubans.

There are more than 3,600 Native Americans (American Indians) in the state of Kentucky.

Many of the other ethnic groups also live in this state. There are more than 1,300 Chinese, 1,400 Filipinos, 1,100 Japanese, 2,200 Asian (East) Indians, 2,100 Koreans and 1,100 Vietnamese.

Frankfort is the capital of Kentucky. Louisville ranks 49th among the 75 largest cities in the U.S. Lexington ranks 68th. Other important cities are Covington, Owensboro and Paducah.

There are 88 Black elected officials in the state of Kentucky. This includes 4 members of the state legislature; 56 city and county officials, including the mayors of Taylorsville, Glaslow and Drakelboro; 11 elected law enforcement officials; and 17 elected members of school boards.

The first running of the Kentucky Derby, a famous horse race, took place at Churchill Downs in Louisville, Kentucky in 1875. The winning horse was Aristides, ridden by Oliver Lewis, a Black jockey.

Other famous people who were born or lived in Kentucky are Roland Hayes, singer; Stephen Bishop, an explorer of Mammoth Cave; Joseph Seamon Cotter, poet; and Ernest Hogan, showman and one of the men who made jazz popular.
Black Cat's CUPBOARD

SYNTHETIC VITAMINS DON'T HAVE THE SAME VALUE AS "NATURAL" VITAMINS... DO THEY?

WRONG!

GULP—ACTUALLY A VITAMIN MADE SYNTHETICALLY IN A LABORATORY IS IDENTICAL TO THAT SAME VITAMIN OCCURRING NATURALLY IN FOOD!

...AND THAT FROM AN ORANGE!

FIND THE HIDDEN PICTURES

1. Find the picture that shows what Rejeanne uses to sew by hand.

2. Find the first initials of the man that the Booker T. Washington Foundation was named for.

3. Find the picture of Colonel Young's head.

4. Find the picture of the state flower of Kentucky.

5. Find the picture of the state bird of Kentucky.

6. Find the picture of Sor Juana's head.

7. Find the name of one of the B Vitamins.
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 AOPI 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, we welcome your comments and would appreciate greatly your suggestions. Also, we invite—and urgently need—articles for inclusion in The ADVANCER. Each article must include a set of questions for use in your Tutor’s Guide.

Since we may have to combine similar articles and 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 awfulness of illiteracy wherever it exists.

General Guidelines

This guide is primarily designed to arouse and maintain motivation in the student by continuously highlighting those elements in these articles which focus on issues of major concern to them; address their ego strengthening needs and sense of self; and convey productive alternatives to preconceived notions and ways of thinking that have hindered us from maximizing our potential.

This orientation can help make the necessary mechanical process that follows more meaningful and acceptable to the student—something that he/she can see as making sense and be helpful to them. Accordingly, we suggest that you:

1. Motivate student interest by introducing difficult words in each article with a discussion. If a chalkboard, easel or chart paper is available, write them before or as they are used in context.

2. Guide the reading of each article by posing questions using words in the text. If necessary, take a sentence at a time. As the student progresses, you can take a paragraph at a time.

3. Teach one skill after each article.

4. Have student re-read to put the skill word taught back into context.

For this issue, you might concentrate thusly:

COMPREHENSION QUESTIONS:

A STITCH IN TIME—Ask: What is a seamstress? How long has Rejanne been sewing? How did she get work doing alterations? What did the sign say that she put in her window? How many other seamstresses does Rejanne have? What does Concepcion have to do to learn to be a seamstress?

DID YOU KNOW THAT—Ask: Who founded the Booker T. Washington Foundation? How many people are on the staff of the Foundation? Who does the Foundation help?

COLONEL CHARLES YOUNG, U.S. ARMY—Ask: What was going on when Charles Young was born? What musical instruments did he play? Why were Young’s years at West Point some of the hardest years of his life? What did Young teach at Wilberforce? Why do you think he got the nickname “Follow Me”? What is a military attaché? Why was Young not assigned to duty in Europe during World War I?

OUR GEOGRAPHY LESSON—Ask: How many Black people live in the state of Kentucky? What city is the capital of Kentucky? Which city has the largest number of Black citizens? Which city has the largest percentage of Black population? How many Black mayors are there in the state of Kentucky? What was the name of the Black jockey who rode the winning horse in the first Kentucky Derby?

BLACK HISTORY LESSON—Ask: What is an aristocrat? Name some of the skilled slaves that were found on plantations. Where were most of the slave artisans found? Why do you think White artisans did not want Blacks to learn any trades? Why did the Attorney General say that the government could not grant patents to slaves?

MORE ABOUT VITAMINS—Ask: How can you get all the vitamins you need? What does Vitamin A do? Name three (3) foods that contain Vitamin A. What do the B Vitamins do? Name three (3) foods that contain B Vitamins. What does Vitamin C do? Name three (3) foods that contain Vitamin C. What does Vitamin D do? Name three (3) foods that contain Vitamin D.

GRAMMAR REVIEW:

End marks of punctuation show that a sentence has come to a full stop. The three most common end marks of punctuation are the period (.), the question mark (?) and the exclamation point (!).

The exclamation point is used to mark the end of a sentence that shows strong feelings of surprise, anger, sorrow and the like.

Example: After only 20 lessons, she could read and write in Latin!

Find other sentences in this issue that show strong feelings. Do all of these sentences end with an exclamation point? Write five (5) sentences of your own that end with an exclamation point.
The ADVANCER
THE AOID Family & Community Reading Newspaper

The ADVANCER is the property of the National Assault On Illiteracy Program (AOID)—an NAMD-inspired program—and is AOID's official umbrella-type remediation instrument. In addition to the Title I-type classes for which it is designed primarily, it is to be used in all AOID programs and projects. All literacy-enhancement programs and projects of AOID-participating organizations are considered part of AOID.

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.

These highly-trained and deeply-committed teachers—along with others in the more than 80 national organizations comprising AOID—have far more concentratedsteam, electric, or diesel engine on LOCOMOTIVE (low-kuh-mow-tiv)—n. A wheels, that pulls or pushes railroad INSTITUTION (ln-stuh-too-shun)—n. A

OVERTASK (o-‘ur-kast)—v. To sew over one who may make and sell a new invention with a special purpose.

REMOTE (ri-mote)—adj. Far away; distant.

UNCHARTED (un-char-‘tud)—adj. Not marked on a chart or map; not explored or known.

POWER

THE BOOKER T. WASHINGTON FOUNDATION was founded in 1967 by the members of the National Business League (see The ADVANCER, Vol. 2 No. 44). As you remember, the National Business League was founded by Booker T. Washington in 1900.

The Booker T. Washington Foundation has offices in 15 cities in the United States and in 2 foreign countries.

The Foundation has a staff of 100 persons. They encourage and help developing communities and nations to establish institutions that will improve their economic condition.

The Foundation has held joint programs with several U.S. government agencies.

Did You Know That...
Black History Lesson

BLACK ARTISANS

An artisan is a worker who is skilled in some trade. Many plantations had slave carpenters, coopers (those who made wooden tubs and barrels), brick masons and mechanics. Slave ironworkers made the beautiful iron grillwork of the gates and balconies of many southern mansions, especially in New Orleans, Louisiana and Charleston, South Carolina.

Most slave artisans, however, were found in the towns. They were tailors, shoemakers, cabinet makers, painters, plasterers and seamstresses.

White artisans did not want Blacks to learn any trade. They refused to teach their trade to slaves or to free Blacks. But Blacks did become skilled artisans. They worked in mills and factories, in mines and on construction sites. Slaves worked on river boats and railroads and on the docks. The first locomotive built in the U.S. for service on a railroad was called "The Best Friend." This locomotive was fired by Black firemen.

Some slaves even became inventors. In 1836, Henry Blair received patents for two corn harvesting machines. In 1858, the Attorney General said that the government could not grant patents to slaves because they were not citizens of the United States. It was not until after the Civil War that many Blacks could get patents for their inventions.

Free Black artisans worked in the building trades. They operated all kinds of machines and piloted ships. Some of the best tailors and seamstresses were Black. Black caterers (people who provide food and other services) were very much in demand for dinners, parties and weddings in some of the richest families.

Free Blacks were found in such occupations as paper-hanging, engraving and photography. They also practiced the professions, such as the ministry, teaching, law, architecture and dentistry. Many communities had Black carpenters, barbers, shopkeepers, salesmen and clerks.

BE HEALTHY

More About Vitamins

Did you know that you can get all the vitamins you need by eating plenty of food rich in vitamins? The following chart shows the food sources of four vitamins and why they are important for a good healthy body:

**What It Does**

**Vitamin A** helps to keep the lining of your throat and other parts of your body in good condition. Vitamin A is necessary for good growth, healthy skin and good eyesight.

**Vitamin B** is really a group of vitamins called B1, B2, and so on. The B vitamins help you digest food, keep your skin and blood in good health and your nerves in the best working order.

**Vitamin C** is especially important for good bones, teeth and gums. Vitamin C keeps your blood vessels in good condition.

**Vitamin D** is sometimes called the sunshine vitamin because your body builds this vitamin when you get plenty of sunshine. In winter, when you may not get enough sunshine to make vitamin D yourself, it is important that you eat extra vitamin D foods. Vitamin D is essential in building good bones and teeth.

**Where It Is Found**

**A**
- Liver, eggs, carrots, cheese, butter, milk, fish-liver oils.

**B**
- Milk, lean meat, bread, peas, green vegetables.

**C**
- Lettuce, tomatoes, oranges, grapefruit, other fruits.

**D**
- Eggs, fish, butter, cod-liver oil, other fish-liver oils.

Sometimes doctors recommend vitamin pills or syrups. Extra vitamins are ordinarily not needed if you are in good health and eat right. This means eating enough of the foods listed above in a well-balanced diet.