Mother On Hunger Strike 'Til Kids Return

BY CHERYL BROWN - BVN

"I will stay on this hunger strike until my children are returned," said Lujaun Thomas, as she came out in the same year. Her mother was on drugs and was particularly down, the children were kept by Wright. "I'm taking care of them for me and it wasn't unusual," said Stormey. "I took some many children in on other drugs. You can't afford to pay their bills," said Sherry. "I was driving used her cellular phone and called about our seat belts. I know she wore hers, especially in the car," said Betty James (not shown).

Mother Edna Milan, of L.A. County and even Whitney returned, but it seems a well plan that she charges involves the social workers in L.A. County and even Whitney, the famous singer. When the Whitney Houston concert start from South Africa on HBO, Stormey said she saw them being introduced by Houston, who introduced their last name. (Houston referred to her family)

Leaders of America. Brandon/Newman/Riverside chapter president of the San

Car Accident Claims

Life Of Debutante

Two weeks ago we cele­brate the accomplishments of Lyman Thomas, the doctor of the Swartz Swartz program this week we mourn for Mrs.

Car flipped over.

Loma Linda Springs House To Hold One Day Sale

A pro-Christmas one-day only sale. "Galilea L’Thuirtiques" will be held at Loma Linda Springs Clubhouse, 1171 Oakwood Drive, Loma Linda on Sunday, December 4th, from 12 noon-5 pm. Come by and enjoy the display of primitive, exotic, and collectible items. All proceeds will benefit the United States Marine Corps.

Boyz ‘N the Hood' and "Poetic Justice," was one of the leading cast of "Boy z ‘N the Hood" and "Poetic Justice," starring Janet Jackson, and "Hi gher Learning" who was represented her. She moved to Moreno Valley with her mom to help her. Ramdhan suffers from a degenerative disease.

AIDS/STDs

The report said she took the children of Tracy McDuffly who had temporary custody.

Another report said the whereabouts of the children are unknown. "He is in his country of Guyana and will return soon." According to the police report, the talented child actor appeared with Whitney Houston on other occasions and are in the video "I’m Every Woman". According to an article in the Press Enterprise, Houston’s publicist Linda Smith said the children are travelling with Houston. They are part of a dance troupe! with concerts schedule in Johannesburg, Cape Town, and Durban.

Meanwhile, mother and daughter away from time they will be reunited again. "I will only drink water to call attention to the injustice, Wright, needed the help of the Social Workers to pull this off and we know they traded them for getting their kids into the businesses," Ramdhan said.

Woman Killed In San Bernadino Accident

Last Week when the scene was set in the US, Jarline Thomas was a senior at El Centro High School at 16 and court documents say she was a good student and the judge emancipated her. She moved to Moreno Valley with her mom to help her. Ramdhan suffers from a degenerative disease.

The family is upset that the family is upset that the police report, the talented child actor appeared with Whitney Houston on other occasions and are in the video "I’m Every Woman". According to an article in the Press Enterprise, Houston’s publicist Linda Smith said the children are travelling with Houston. They are part of a dance troupe! with concerts schedule in Johannesburg, Cape Town, and Durban.

Survivors included her mother Fatlala Houston, Los Angeles; some Alvin M. of St. Thomas; 12-year-old sister, Venus Carr, Perris; daughters, Venus Carr, Perris; Jarvis Carr, Perris; Jarline Carr, Perris; Mia and Liz of Moreno Valley; Myra Mahan, Carson; and Delta Lane of Reno, Nevada. Services were held last week.

Jamaica Philippe-Davis

"My Kids Were On The Concern With Whitney Houston"

"I’m Every Woman". According to an article in the Press Enterprise, Houston’s publicist Linda Smith said the children are travelling with Houston. They are part of a dance troupe! with concerts schedule in Johannesburg, Cape Town, and Durban.

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the Black community. Joycelyn
September released last week the median
household income. According to
have let them get away with

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are the foundation
whether that candidate is
fortify their community,
ry
Committee of the African­
Author Rev. Lester James.

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Multi-Culturalism Under Fire

By REV. LESTER JAMES

Black people have always faced yet another obstacle that
very, racism and age­
face yet another obstacle that
be overcome; deception by people who have
not long, Blacks have relied on
leaders to tell them what
is politically "beneficial" in the
Black community even when it
was morally wrong. Through
their failure to be politically
sophisticated, the Black com­
community has allowed their values
to be suppressed. Black politi­
cal leaders have allowed White
liberals to take Black people for
granted, counting on Blacks' (ignorance of the politi­
ical process and willingness to
believe what any Black man
plly to prevent public schools from
proposing homosexuality as a
positive lifestyle with public
aid dollars, only one Member
of the Black Caucus opposed
the measure. Homosexuality
has never been considered
acceptable by the Black com­
munity, but then the Black Cas­
cus is taking their cues from
White liberals, not their
Black constituents.

The elitist attitude of Black leaders — that they know bet­
ter than the people they claim to
represent, that they are better because they are
"enlightened" — must be tolerated no
longer, not just because it is offen­sive but because it is critical­
ly important. Many Blacks may not know
that the Black Caucus, for example, Congressman John Kasich
(K-0H) recently proposed to
in the 103rd Congress to
by every member of the
Congressional Black Caucus,
but they do know that families
are overtaxed and any little
leisure time to keep them together
would be a help.

If Black voters were aware of
representatives' voting

Multi-Culturalism Under Fire

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**Words To Live By**

Together We Can

Charles Ledbetter

Citizens of Moreno Valley, today is your turn and ours to的原则. Imagine what the reaction would be if you were to hear that statement. You may never hear that statement; however, if we as a society develop and maintain a positive attitude, there are many things we will be able to do for our homes, schools, businesses and ourselves. I asked some students who have been in high school and now the answers were typical of junior high students.

"There is no thinking person who can refer you to other bridal day. The bridal consultant also fitting of the gown and it's consultant will also oversee the choice of gown, underpinnings, and accessories. The bridal consultant advises the bride on activities, ceremony, and the direction of the pre-wedding consultant is a person who pro-

There are wedding consultants you with their speciality and meanings to different people. A come back. The term "wed -

Kitty Ariza

With weddings becoming more formal and more complex, wedding consultants are making a come back. The term "wedding consultant" has different meanings to different people. There are wedding consultants in Boutiques, bridal salons, and wedding and reception facilities, but these people help you with their specialty and pass on referrals of other professionals. The professional wedding consultant is a person who pro-

The "bridal consultant" is often combined with the wed-

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DEAR DR. LEVISTER: What do you mean when they say "Killer bees"? Kitty Ariza

DEAR DR. LEVISTER: What do you mean when they say "Killer bees"? Snug once.

Killer Bees

Our Bodies

Dr. Ernest Levister, M.D.

Killer Bees are the name given to Africanized honey bees that were brought to Brazil for experimental purpos-

On the other hand you may find tant, consider in what capacity you will need a professional. Some bees are more, it depends on the degree of involvement. In or more, it depends on the degree of involvement. In

Our Bodies

- How much does a wedding consultant charge? How much does a wedding consultant charge? How much does a wedding con-

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BANKING ON AMERICA
Sonrise Sanctuary
Small But Mighty

A new church has opened its doors to join the soul winning battle. Sonrise Sanctuary Ministries organized just a few months ago is on fire for the Lord. "Rev. Johnnie Taylor has been evangelizing for 25 years," said worship leader Doris Green. "He has traveled extensively all over the United States and the Caribbean," she continued.

The church is still in the grand opening state," said Green. The church was organized

Doris Green.

Williams fleshed her glorious voice with the congregation of her home church in Gay, Indiana. "I was raised in the church choir. That's where I learned pitch and harmony and everything I know about singing," says Williams. She must have learned well, because it wasn't long after her teenage years that Williams was discovered by none other than Stevie Wonder. Through her experience singing back-up on Wonder's world tours and such classic albums as "Talking Books" and "Songs In The Key Of Life," Williams got her feet wet in the pop world.

The rest, as they say, is history. With eight Top 40 R&B singles, 24 Top 40 R&B albums, 16th album is the Grammy-winning disc "All In My Life," and more than a few Grammy accolades, Williams has had her share of mainstream success. Each of the songs in this collection captures the pure, lyrical quality of Williams' voice and illustrates why she's had so much acclaim in the music world.

A Free-Will Offering Will Be Taken For The Work of Habitat Riverside

 Belize at 4495 Magnolia Ave., Riverside at 5 p.m. (both nights) at the Riverside Convention Center (Rancho Cucamonga Square) on Sunday.

Drama Ministry Of Temple Baptist To Present Christmas Play

The Drama Ministry of Temple Baptist Church will present "The Bishop Hebrews' Men's Prayer" by none other than Sandi Patty) from her upbeat rendition of songs such as "This Is My Father's World," Williams was discovered by none other than Stevie Wonder. Through her experience singing back-up on Wonder's world tours and such classic albums as "Talking Books" and "Songs In The Key Of Life," Williams got her feet wet in the pop world.

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A letter is written on behalf of Kenneth Wells and the Mass Choir. It discusses upcoming events and celebrations, including a grand finale concert on December 4th, which focuses on the theme of God's control over life events. The letter also mentions various church services and meetings, emphasizing the importance of the Almighty God's role in guiding and blessing the community. The letter serves as a reminder of the spiritual guidance and community support that the church provides.
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Big game doesn’t produce big results for the Raiders as Pittsburgh summons memories of the Steel Curtain

By LELAND STEIN III

LOS ANGELES - Sounds like a tough assignment.

The Raiders drew the Steel Curtain into this category as they had an opportunity to stage a stirring upset to their playoff aspirations, but instead were faced with a tough road ahead towards the playoff stops, after their 21-0 loss to the revised Pittsburgh Steelers at the Coliseum before 58,527.

The Steelers, defeated by former Raiders Ken Greene and Red Woodson, held the Raiders to 179 total yards. While the offense led by RB Morris (93 yards rushing) and Barry (251 yards passing) played efficient and under control in their scoring opportunities, the Raiders defense had a problem.

"We adjusted our run early and didn’t give up anything deep in the secondary," Steeler All-Pro cornerback Woodson said. "We controlled their big plays and didn’t let them get any momentum."

Raiders quarterback Jeff Hostetler suffered a slight concussion, and missed most of the second and all of the third quarter. Old reliable, Vince Evans came to the rescue, but on this day no miracles were forthcoming.

"This relief move is a situation where I really know what’s going on," Evans said. "This game had playoff implications, but we just didn’t get any done collectively."

The game stayed close through three quarters, but a couple Raider second-half fumbles kept the offensive at bay.

"I get a little fired up sometimes on the sideline when we’re ready to score, but we should be better than we were," Evans said. "I running back Harvey Williams noted, “This was one of the toughest defenses we faced all year. Our backs are really going against the wall now.”

Feisty and Knight make the play that gets USC even.

Los Angeles - Frustation spiraled with a sigh of relief. That was the recipe almost everyone had at the conclusion of the third quarter of USC and Notre Dame in a game at the Coliseum. The frustrations came out of the fact that both teams were looking at this encounter as a springboard to a upper-tier bowl game. And anytime you play a game with so much emotion and history as this, a tie can’t help but leave you with an emptiness feeling.

The relief had to come from the Trojan. Although they didn’t win, they didn’t lose. USC came into this contest having lost eleven straight games to the Fighting Irish, suddenly a tie isn’t so bad.

In fact, it took a blocked field goal attempt by USC linebacker Israel Heavens, that safety Sammy Knight scooped up and returned 36-yards to the Notre Dame 16, and it led to the summary game score.

“Heavy made a great play and I was fortunate to have him bounce in my hands,” Knight, said. "I thought both teams played hard. It was a typical USC, Notre Dame game."

Masergy makes the play that gets USC even.

THE HOLTZ STOPS HERE: Notre Dame coach Lou Holtz saw his school’s eleven game losing streak to USC come to an end, Monday night at the Los Angeles Memorial Coliseum. Notre Dame coach Lou Holtz, said “I was thinking more in the air."

Both coaches took the tie and expressed disappoint¬ment.

"It’s the type of game that doesn’t please anybody," Notre Dame coach Lou Holtz, "I thought both teams played hard. It was a typical USC, Notre Dame game."

A SNEAK: Notre Dame’s Ron Powaks sneaks through the Raiders’ defense for a touchdown. Powaks had two of the Irish’s three touchdowns Monday night. The former Rubidoux flash, said: “I was thinking more in the air.”

By LELAND STEIN III

A big game didn’t produce big results for the Raiders as Pittsburgh summons memories of the Steel Curtain.

By LELAND STEIN III

BNV Sports Editor

The Raiders offense could not muster or sustain any effective drive throughout the contest. The Raiders, with the AFC’s top-ranked defense against the run, averaging only 64 yards per game, saw the Steelers churn out 179 yards on the ground.

The defense led by Ken Greene and Red Woodson, held the Raiders rushing attack to 179 total yards while the offense led by RB Morris (93 yards rushing) and Barry (251 yards passing) played efficient and under control in their scoring opportunities.

The Raiders defense which came in with the AFC’s top-ranked defense against the run was averaging only 64 yards per game, saw the Steelers churn out 179 yards on the ground.

The Raiders offense was never able to sustain any defense against the Steel Curtain. The Raiders, with the AFC’s top-ranked defense against the run, averaging only 64 yards per game, saw the Steelers churn out 179 yards on the ground.

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Who's To Say What Good Hair Is?

BY RENA POLICE .BVN BOOK REVIEW

What is your idea of good hair? Are you willing to go almost any extreme to have it? Well, Lauretta Bitterman Bonner tried almost every product and service on the market before she realized where the secret to good hair could really be found.

In Bonner’s release entitled Good Hair, she talked about her first experience of being made to feel like her hair just wasn’t desirable and that was when her mother would put the straightened hair do in it could. Like a lot of us can attest to, the comb seemed to be much hotter than necessary and if you weren’t desirable and that was forbid holla, you were to move, squench, God when her mother would put the fonder.

The story of the Underground have followed up their smash-hit debut album, “Here Come The Lords”, with a 12 track smoking new LP entitled “Keepers of the Funk”.

Mission Inn Unveils Second Annual Festival Of Lights

River’s historic Mission Inn will be elaborately decorated with a colorful cascade of over 45,000 bulbs in all shapes and sizes along with an assortment of animated characters draped down the 4-story hotel on Friday, December 2, 1994.

This year’s decorations have expanded from the Orange Street side to include the Main Street side, the Front Entrance to the Hotel and the Inn, guests will be welcomed by elves perched in numerous contact Victoria King Public Relations, Inc. (310) 207-5175

Lord’s Of The Underground have followed up their smash-hit debut album, “Here Come The Lords”, with a 12 track smoking new LP entitled “Keepers of the Funk”.

The single, “This-Toc”, which features live xylophones, can be heard on BET’s Rap Countdown and MTV’s Yo Rap Videos. “Keepers of the Funk” includes such jams as the earthly “Faith”, the driving through the hood anthem “What I’m After”, and a song about spirituality with such hits as “Free”. “Keepers of the Funk” is any indication, Lords of the Underground is no three-hit wonder...

Friday, December 2nd, Downtown Riverside season like no other. Riverside’s traditional event to open the Holidays begins at 4:00 p.m. with in-store special events, Santa Claus, horse drawn carriage rides, and the Rubidoux High School Madrigals. The warmth of Riverside’s unique shops and restaurants and the charm of historic Downtown make this event a perennial favorite for Riverside’s beginning their hol-

day shopping.
The Mission Inn’s Festival Of Lights starts at 5:30 p.m. on the Orange Street side of the Inn as SantaTips the switch on the spectacular decorations. Thousands and thousands of lights and animated figures covering the Orange, Seventh, and Main Street sides of the Inn open the evening’s events with a brilliant display. From the Front Entrance, Santa will travel “round the corner to Main Street for his second off-
cular appearance of the night, turning on tree lights that stretch the all way from Fifth to Tenth Streets along Main.

Festivities continue through-out the evening on Main Street with Santa, the judging of the Christmas Window Decorating contest, and refreshments and refreshments in the shops.

Decorations and Lights in Downtown Riverside will be turned on nightly through the Holiday season. In addition downtown shops will be open until 8:00 p.m. Thursday, Fri-
day and Saturday until Christmas.

Submission of professional

establishments and salons, there is a salon in particular that comes to mind when I think of good beauty care for all occasions and desires. Kut N’Up is an established salon in Riverside and operat-
ed by a creative licensed stylist. This salon is ran in that all the stylists are also hairdressers elimi-
nating having to call for avail-
ability. And to top it all off, there is a full-time Afro Ameri-
can specialist at your service.

If you are not familiar with Kut N’Up, and are serious about your hair and nails, stop by there located at 1415 N. Main Ave in Pomona, or call for an appointment (909) 622- 0541. More information about Kut N’Up and receive 20% off of your next hair service. Kut N’Up, and are serious about your hair and nails, stop by there located at 1415 N. Main Ave in Pomona, or call for an appointment (909) 622- 0541. More information about Kut N’Up and receive 20% off of your next hair service.

KEENEN IVORY WAYANS is terrific . . . it would be a shame

when it came time to grow it out. Finally, Bonner wore the rings that left plugs of hair big ones. From that she went to the big ones. From that she went to the big ones. From that she went to the big ones.

No matter what the latest fads are in styling, sometimes the process to get that perfectly springy, tight ringlets are O.K. But do you want to wear something that feels like your hair just

Her only complaints about the relaxers that left plugs of hair

are trying to recover from hav-
ing trusted the wrong stylist.

What do you think of good hair? Are you willing to go almost any extreme to have it? Well, Lauretta Bitterman Bonner tried almost every product and service on the market before she realized where the secret to good hair could really be found.

"Keepers Of The Funk"

Keepers Of The Funk" is any indication, Lords of the Underground is no three-hit wonder... photos by Daniel Hastings.

 Lords of the Underground have followed up their smash-hit debut album, “Here Come The Lords”, with a 12 track smoking new LP entitled “Keepers of the Funk”. The first single, “This-Toc”, which features live xylophones, can be heard on BET’s Rap Countdown and MTV’s Yo Rap Videos. “Keepers of the Funk” includes such jams as the earthly “Faith”, the driving through the hood anthem “What I’m After”, and a song about spirituality with such hits as “Free”. “Keepers of the Funk” is any indication, Lords of the Underground is no three-hit wonder...

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Dear Travelers:

On behalf of the 45,000 people of USAir, I would like to speak to you on a subject that is of vital importance to all of us—the safety of air travel in the United States.

We who are airline professionals know our system and our planes are safe. This is validated each and every day by federal regulators who fly with us, inspect our maintenance facilities and review our records.

To be certain that you share this conviction, I am announcing two important steps to assure you of the validity and integrity of our operating standards.

First, General Robert C. Oaks, a highly decorated command pilot and the former commander in chief of U. S. Air Forces in Europe, has agreed to oversee USAir’s safety operations in the air and on the ground. He will report directly to me.

General Oaks is a proven dynamic leader of men and women who fly, maintain and support high-performance aircraft in a high-density, highly visible aviation environment. This is exactly the kind of environment in which we fly.

Second, I have asked one of the most respected groups of aviation experts in our country, PRC Aviation, to conduct a complete and independent audit of all our flight safety operations.

Under the leadership of R. Dixon Speas, whose industry background in airline safety operations is unsurpassed, an expert team will go anywhere, ask any questions, and look at any records, manuals, bulletins or messages they think are germane to safety at USAir. There will be no limits to their inquiry.

In closing, let me say that we will not rest until each and every member of the flying public shares in the certainty of our commitment to be the safest of airlines.

Sincerely,

Seth E. Schofield
Chairman and
Chief Executive Officer
Sixty Boys To Start S.E.L.F. Rites Of Passage

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The S.E.L.F. Youth Center, Inc. a non-profit organization, and an official program of the National Black Police Association is scheduled to start its fifth "Rites of Passage" program for African-American boys at Rio Vista Elementary School (Principle Dawn DeBruhl, Ed.D.) on the Westside of San Bernardino, California. The Rites of Passage program, developed by Deputy Jeffrey A. Hill, is designed to assist African-American male youths in developing self-worth and confidence, education, decision making skills, victim awareness, and respect.

The entire program is built around seven principles which are incorporated in each lesson plan, field trip or community activity and taught to the boys on a weekly basis by Black Law Enforcement Officers from various agencies and other positive male role models throughout the community. The parents of the boys must also attend a 10 week workshop on parenting skills.

On Friday, January 13, 1995 at 6:00 p.m. The S.E.L.F. Center will hold its fifth "Separation Ceremony" which is held to mark the parents offering of their sons for training and the boys' commitment to prepare for manhood so that they can become worthy members of the community. The ceremony requires the presence of the parents or guardian, the minister, the elders, big brothers, and of course, the boys. It is also encouraged that the entire community come out and support the youth as they make this 5-12 month journey towards manhood. This event will take place at Ecclesia Christian Fellowship Church (Pastor Josh Buckley) located 3114 E. Dart St., San Bernardino. The keynote speaker for this event will be Assistant Chief Ronald C. Banks of the Los Angeles Police Department. The S.E.L.F. project has already been adopted by LASO, Phoenix Arizona Police Department, Association of Black Correction Workers, Sacramento, and the Inglewood Police Department. Each of these agencies will be starting the Rites of Passage program on the same night as the San Bernardino chapter.

For more information, call (909) 881-5551.

Ellen G. Thomas, 40 year resident of San Bernardino, was the guest of honor at a family reunion recently. Thomas (96 years old), an active member of St. Paul AME, sings in the Inspirational choir, and is the mother of the F. D. Haynes Male Chorus. (Above picture) Thomas (center) is surrounded by family at a recent family reunion. Thomas lives in San Bernardino with her son, Willie J. Thomas. Photo by Rusty.

Guest Of Honor

By day evening, December 6th, beginning at 7:30 p.m. at San Bernardino Valley College, the "Kicks" Ensemble, under the direction of Paul Kardos, will provide the music. Admission is free. For more information, call (909) 881-5551.

Riverside Community Players To Present "Scenes Of Christmas"
The Riverside Community Players will present "Scenes of Christmas" during their holiday home tour on December 10th, at 5:00 p.m. Admission is free. For more information, call (909) 384-5364.

Holiday Dance Planned For Seniors

A special holiday dance is planned for seniors, at 60+, and their guests of any age, at the Senior Citizen Service Center, 600 West 5th Street, San Bernardino. This pre-Christmas dance is planned for Tuesdays, December 20th and 27th from 7:00 p.m. to 11:00 p.m. Admission is free. For more information, call (909) 820-2029. The theme of the fashion show is "A Winter wonderland." For more information, call (909) 820-2029.
Gas Co. Advises Customers To Inspect Heaters Before Next Cold Snap

With colder temperatures in the Coachella Valley and surrounding areas changing the climate in the desert, the upcoming winter season presents opportunities for both heating concerns and safety issues.

The Black Voice News 

Gas Co. today advised customers to inspect their own furnaces or heat exchangers to ensure they are clean and operating properly, or to call a qualified heating or plumbing contractor to do it for them.

"The month dip in temperatures has caused our call centers to be swamped, which means it's several days before we can get back to appliance service calls," said Jim King, district manager for the Gas Company. "The need to ensure that furnaces or heaters are operating properly is imperative for everyone, particularly so in areas affected by January's deadly winter storm and subsequent widespread water damage.

Vent conditions may have changed since the area was submerged, which means there were no other peaks in the area.

"Customers should not use their heaters extensively without first conducting a regular maintenance or safety inspection. We advise them to call a qualified plumbing or heating contractor, or The Gas Company.

According to King, "We want to see all furnaces and heat exchangers cleaned, light will not pass through them.

While cleaning, look for a clogged filter that can be replaced after furnace or heating unit operation. A filter that is clogged more than a month old or a new furnace or heating unit can result in heart disease, stroke, and kidney disease. According to The Well Adult, blood pressure readings should be taken at least twice a year and compared to the previous reading. A blood pressure reading of 120/80 is considered normal, but readings above that are considered high blood pressure.

Furnace or heater operation is carbon monoxide, as well as a potential risk for carbon monoxide poisoning, which can be fatal.

Carbon monoxide is a byproduct of natural gas combustion. It enters the home through cracks or holes in the building and is a colorless, odorless gas. It is a toxic gas that can cause headaches, dizziness, nausea, and vomiting.

The Gas Company advises customers to inspect their furnaces and heat exchangers extensively with a professional, "noting kind," said King. "We can learn all these features because they are examples of the types of problems we're concerned about."

In the San Fernando inci­dents, a forced air unit had a crack in the vent, believed caused by last January's Northridge earthquake. In Rancho Cucamonga, a panel on the forced air unit was not replaced properly, causing exhaust fumes to enter the home.

In addition to ensuring the area around the burner is clean, the single best precaution to remember — if you have a forced air unit — is to replace the front panel doors so they fit snuggly. Never open the furnace or heat exchanger without the front panel door properly in place.

By Patricia Johnson 

General Manager, Preventive Care Operations, Blue Cross of California

It's called The Street Killer. And the deaths are mounting.

"Many people can have high blood pressure and not know it, because often there are no symptoms. One out of four adults in the United States suffers from hypertension (high blood pressure), according to the National Institute of Health. Left untreated, high blood pressure can result in heart disease, stroke, and kidney disease. Together, those three kill over half of the people in the United States, report Dr. Mike Samuels and Nancy Samuels in The Well Adult."

Cigarette smoking and released. "Thank God they weren't in the bedroom when the earthquake hit."

Dr. Wyman, a noted cardiologist in San Pedro, "The force of the blood against the artery wall is actually the heart actively pumping, and the second is diastolic pressure — the pressure in the arteries between heartbeats."

While there's no cure for hypertension, it can be controlled. "A patient must determine whether to treat high blood pressure with medication or lifestyle changes," says Dr. Wyman. "Often, the best advice is to use less sodium, exercise more. For further information call 1-800-445-BLUE.

"Blood pressure is defined by two measurements," says Dr. Wyman, a noted cardiologist in San Pedro. "The first is systolic pressure — or, the force of the blood against the artery wall."

I.E. Chapter Of S.E.L.F. Awarded Outstanding Community Service Award of the Year

"Mild hypertension can usually be treated with lifestyle changes, such as dietary changes or exercise. But if your blood pressure is consistently high, you may need to take medication to control it."

As an adult, your doctor will measure your blood pressure by feeling your pulse. Your blood pressure is the force of your blood pushing against the walls of your arteries. It is measured in millimeters of mercury (mmHg) and is recorded as systolic pressure over diastolic pressure.

Healthy blood pressure readings are generally considered to be 120/80 mmHg or lower, which means that your blood pressure is in the normal range. Blood pressure readings above 130/80 mmHg may be considered high blood pressure.

Blood pressure is affected by many factors, including age, gender, weight, and lifestyle choices.

As you get older, your blood pressure tends to increase. This is why older adults may need to take medication to control their blood pressure.

Women tend to have lower blood pressure than men, but this difference decreases with age. Women also tend to have higher blood pressure than men when they are pregnant.

Blood pressure readings are affected by many factors, including age, gender, weight, and lifestyle choices.

People should consult a healthcare provider to determine their own blood pressure readings and to receive personalized advice on how to manage their blood pressure.

The Black Voice News is also a member of the West Coast Black Newspapers Association.