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Jenkins Celebrates 98 Birthday

By Cheryl Brown-BVN

Jenkins, Sr. was born on Tuesday, October 4, 1898. Life in the United States was difficult during those days, but Jenkins worked hard to ensure a better life for his family. His knowledge is still in jail today.

In 1993 he was named Citizen of the Year when he assisted the Riverside Police in apprehending a armed robbery suspect, who was convicted and is now serving time in jail.

Jenkins told Black Voice what happened. "I was in the room and saw the gun at the rear of the house. I told everyone to lay down on the floor. I refused to do that and the one gunman told me he was a Black man and he never meant any harm."

He told Black Voice what happened. "I feel that it was clearly a rush to judgment. The LAPD made up a lot of things that were written off as myths, so far as complaints are concerned."

The verdict of not guilty was real to all people all over the world held their breaths. O.J. Simpson smiled, his lawyers Joseph Cofran, F. Lee Bailey, Robert Kardashian and Robert Shapiro mimed with relief, justice was served. That is justice depending on to whom you talked.

The second one who was holding the gun and the woman clerk down on the floor. I refused to do that and then I was put in jail. We must keep O.J. in our prayers. I'm thankful to God that he was acquitted."

Johnny Bell, senior public activist said he was surprised. "Black in his position are usually finding guilty. I had a lot of doubt during the whole trial but based on our judicial system, I just knew he would be found guilty.

Jenkins, Sr. a 98 year old resident said, he knew he was not guilty. And he was happy with the verdict.

Charise Small, a legal consultant and resident of West Covina said, "Justice! Justice! I've said fight, fight, fight. Not beyond reasonable doubt. Personen and Pulman are racist cops and everyone knows LAPD has the most racist cops in America, and Gates is still running the show. I liked the huge crowd of reporters as a racist with power. I hope O.J. will be found guilty."

"Now Black people will not take in America he answered."

Dr. Craig Oliver, of Riverside said, "I feel that it was clearly a rush to judgment. The LAPD made up a lot of things that were written off as myths, so far as complaints from Blacks were concerned."

The truth weighs out everything. O.J. Simpson

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Rena Police, Black Voice Entertainment wasn't what. "It was a wonderful day, it had to be that way. This is something to celebrate."

General Powell's Visit Draws Huge Excited Crowds

by Cheryl Brown Black Voice News

Lemons and Joann Rodney, pulled off the event of the century in their stater brothers markets when they hosted General Colin Powell at the historic California Theater book signing for Plunder, a family owned African American publishing house.

Powell met the Roberts at a Book Sellers Convention, when they asked what it took to bring him to the city and House Random, the sale of 200,000 books Roberts went to work and it paid off. They sold him to be a Black man in America and he still cannot catch a cab in New York.

Barry Greene, a small business owner, was clear when he called. "I have just finished my rounds at some local Riverside bars. He continued on Page B4"
Life Or Death For The O.J. Saga

by Mildred Lee Pes

This piece was written prior to the O.J. Verdici

Why?

We don't know. Am we supposed to know? No we aren't. Why not? Because people are doing a community service and once their decision has been rendered we are not supposed to hassle them and ask them, "What in the world were you thinking? Couldn't you have called the police?"

These people don't get paid, unless you consider $5 a pay. Some people wonder why anybody would be on a jury with such a situation. Well, they get $5 a day. One case went on for 13 days and they didn't think it was going to be this long. In my state, as much as $100 per hour. Abraham Lincoln said that jury duty is the highest form of personal power and personal integrity that exists among the members of the jury, especially in important cases. The O.J. Simpson case is an important case. It is a landmark case in our nation and the case has people around the world held in suspense. It is an American jury and American right man drama. The trial has the all the elements that goes into the best murder mysteries. But we should be like the 12-member jury after this malady?

We aren't supposed to know who they are but the media will. They will have to deal with the public. There could be some lawsuits regarding media harassment.

What will the media pay jurors for their appearances? Who among the jurors will write a book?

I think if you were one of the jurymen members. Congress will come to realize that their lives have changed forever. If my good spouse had let me know during one of our conjugal visits that the trial was going to go on for one year, I would have whispered during pillow talk, "Henry, get me a good agent." Some talkshow will be made about the trial, especially for a talkative, coherent, impressive guest. Guest appearances will be possible. A book deal is possible. Magazine articles perhaps. Legal scholars will make a career out of the case. Some of the jurors might become as famous as famous but hopefully will be paid better than Karl Rave.

Why?

The O.J. trial has taken a year, a full year, of these people's lives. As a society we owe them a debt of gratitude. But that of course will depend upon what the verdict is and what it isn't.

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AT&T And PacBell Support WCBPA Scholarship

The West Coast Black Publisher's Association Scholarship is well on its way, with the help of funding from AT&T and Pacific Bell.

AT&T donated $10,000 toward the scholarship fund, and Pacific Bell donated $5,000.

"AT&T has a long-term commitment to nurturing excellence in education," said William E. Clay, general manager for small business markets for AT&T in Los Angeles. "In fact, education receives more support from the AT&T Foundation than any other area," Clay added. "We are particularly interested in improving educational opportunities in math and science for minority students, because we know that the students of today represent our workforce of tomorrow."The scholarships will be awarded to 10 students at sophomore level or higher who live in areas served by one of the WCBPA's newspapers. In addition, seven additional students will be awarded six-week summer internships at one of the WCBPA member newspapers. These scholarships and internships will be awarded to students interested in journalism, communications, marketing, production and business administration.

Students in these fields are encouraged to submit their applications to the WCBPA Scholarship Selection Committee, which is chaired by Joseph L. Coley of the Observer Group Newspaper of Southern California. Students can send their applications to in membership office in window, 4292 Central Ave., LA 90039. The committee will accept applications through the end of May.

Students must demonstrate a sincere and committed interest in improving and enhancing the image, role and responsibility of the Black media throughout the Western United States," Coley said.

The scholarships, each of which will be for a maximum of $2,000 per year, will be awarded based on merit, need, progress, commitment and applicant sincerity. They will be renewable for a maximum of $2,000 per year, will be awarded to 10 students at sophomore level or higher who live in areas served by one of the WCBPA's newspapers. In addition, seven additional students will be awarded six-week summer internships at one of the WCBPA member newspapers. These scholarships and internships will be awarded to students interested in journalism, communications, marketing, production and business administration.

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The Black Paper News Page A-3 Thursday, October 5, 1995

Lifestyles

AT&T And PacBell Support WCBPA Scholarship

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10% Off On Books!
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3827 Jurupa Ave.
(on the corner of Jurupa & Magnolia)
Riverside, CA

Unique Oils, Incense, Dolls, Afrikan Dressings
Books, Art, Afrocentric Literature, Monthly Functions & much more...

Mary Coleman and her sons, Terrel Asarat, Melba Minter and Fred Minter.

An Art Show
Meet the artists reception Saturday, October 21, 1995 5:00 p.m. to 10:00 p.m., at "B" Graphics Gallery 14420 Elsworth St., Moreno Valley, California

Debra Renee Jeter & Tony Lavalle
For more information, call (909) 697-4754

Indigo

20% Off On Art!
10% Off On Books!
And Everything In The Store...No Mark-Up!

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dentist to operate in the Victor Valley area. He is the first African-American "United We Stand, Divided We Fall," and this has been her life's work in the buildings. The bank is brought to life by the communications and navigation systems. Gaines served in the United States Air Force from which he retired in 1981. Gaines is married to the lovely Junko Gaines. Together they have two boys.

Semi-formal attire is requested and a donation of $35 per person is asked. For more information, call Lilian Walker at (619) 240-2513 or Dennis Randolph at (619) 961-7778.

Alvord Educators

Endorse Ben Johnson

Alvord Educators Association President, Andrew Huben, recently announced that the Associations Representative Council has endorsed Ben Johnson for one of the school board positions in the Alvord Unified School District. The Association interviewed all but one of the declared candidates and found Johnson to be one of the best informed about the educational issues effecting Alvord students, and is a rising supporter of public education.

"What impressed us most in Johnson's goals for improving the learning environment for students in Alvord schools," stated Huben. Johnson's goals include promoting a safe school environment that will provide an orderly learning climate; developing positive relationships between parents, teachers, district officials and the school board; developing balanced challenging and innovative curriculum that emphasizes basic learning as well as high skills; and providing students with an opportunity that will enable students to compete in the rapidly changing job market of the 21st Century.

Harris Celebrate 64th Wedding Anniversary

Mr. and Mrs. Joe Harris of San Bernardino will celebrate their 64th wedding anniversary on October 6, 1995. Mr. and Mrs. Harris both natives of Texas, migrated to California in 1953 and settled in the city of Blythe. They moved to the city of San Bernardino where they have resided for the last 30 years. Mr. & Mrs. Harris are the proud parents of two sons and one daughter. They are proud to have 15 grandchildren and four great grandchildren.

Checks and referrals can be made payable to Lilian Walker, 4024 E. Seventh Street, Barstow, CA. 92311.


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BNV High School Game of the Week
Riverside North 31, Jurupa Valley 7

BIG DOGS: (Standing l-r) Riverside North Huskies' Sam Brandon, Tyrone Roberts, Dung Lee, Chris ClalbOrne and Ryan Brock.

RIVERSIDE - "We were spending a lot of time getting ready and in the weight room," said North offensive and defensive coordinator Kelly Robinson. "We are bigger, faster and trying to get up to another level."

Coach Robinson was pleased with the effort noting, "What I did was ready when my chance came." That's what I did ... I proved I was ready when my chance came."

The North team and supporters are trying to believe it.

The Parmes is pushing the concept of "team at the North."

The players have to keep working hard and continue to take care of business.

Pro Wrestling Comes To San Bernardino

San Bernardino, CA - The Hulkster vs. The Ultimate Warrior

The Hulkster vs. The Ultimate Warrior

The Hulkster vs. The Ultimate Warrior

The Ultimate Warrior stuns The Hulkster with a Judo Wrist Choke to the head.

MAC Attack: USC's Johnny McWilliams looks for running room against the Sun Devils after catching a pass.
Now The Adventure Targets Southern Californians.

Set your sights on fun and adventure at Disneyland Park. Now, Southern California residents' Passports are only $24. Buy up to eight per resident. Bring your family and friends! So, dart over for the '94 Southern California Resident Salute.

Disneyland is open every day. Kids Passport price is for one resident 12 and under. Offer good thru Dec. 31, 1995. Must show proof of residence within ZIP codes listed on page 15. Passports good for up to eight admissions per resident and each child. Offer good thru Dec. 15, 1995. Must show proof of residence within ZIP codes 90000 thru 93599. Passports good for day of purchase only. Certain restrictions apply. For more information, call (714) 827-4211. ©Disney/©Lucasfilm. WALT DISNEY PICTURES PRESENTS THE BIG GREEN. NOW PLAYING AT THEATERS EVERYWHERE.
TEENA MARIE
In Concert Sunday, October 8, 8:00 p.m.

HOUSE OF ROCK
3742 Park Sierra Riverside (909) 251-2000

FASHION SHOW: Chatte11's Place will hold their Annual Fashion Show/Final Run Club as they will be closed in the Spring of 1996. They will present a $1000 gift certificate, door prizes and refreshments. Tickets are $8. The fashion show will be held at 3603 Main St., Riverside. For more information, call (909) 787-8822.

Free Milk Caps And Food Liven Up Redlands Air Show!

During recent festivities at the Redlands Air Show "Cap Man Jack" enticed the crowds by drawing milk caps for children. The "Cap" who has created more than 2,500 unique milk caps for children was stationed at the KOLA booth where he drew a crowd of kids while the "Cap" fitting with the shark logo in the background provided by JODEL USA, a major distributor of Milkcap products. Few Juan Pollo lunch tickets and sodas were some of the prizes given out to those who waited in the line to get their milk caps and as the KOLA & KOLA radios all announced the event, the crowds were given the added treat of a free lunch provided by the Juan Pollo restaurant. "I just follow the kids" commented Janet Medora of Redlands, "I didn't expect such a delicious treat." Jason Pena also of Redlands said "This is the first time I've tried their chicken and it really is good! I hope they do this again at the next air show!"
'95 Mercury Tracer
MSRP: $12,970.00
FWY DISC: -720.70
FACTORY REBATE: -300.00
YOUR PRICE: 11,949.30
Vin# 646769

'95 Mercury Sable Wagon
MSRP: $12,172.00
FWY DISC: -1,772.25
YOUR PRICE: 19,796.75
Vin# 615197

'95 Mercury Mystique
MSRP: $16,745.00
FWY DISC: -1,734.45
FACTORY REBATE: -500.00
YOUR PRICE: 14,934.55
Vin# 602068

'95 Mercury Villager GS
MSRP: $21,199.00
FWY DISC: -1,999.00
FACTORY REBATE: -1,000.00
YOUR PRICE: 18,283.50
Vin# 22828

'95 Mercury Grand Marquis
MSRP: $25,150.00
FWY DISC: -1,215.00
FACTORY REBATE: -1000.00
YOUR PRICE: 23,873.00
Vin# 669059

'95 Lincoln Mark VIII
MSRP: $34,950.00
FWY DISC: -3,500.00
FACTORY REBATE: -500.00
YOUR PRICE: 31,941.95
Vin# 660741

'95 Lincoln Continental
MSRP: $41,475.00
FWY DISC: -4,147.50
FACTORY REBATE: -4,147.50
YOUR PRICE: 36,955.55
Vin# 647315

'95 Lincoln Towncar Signature
MSRP: $40,015.00
FWY DISC: -4,015.00
FACTORY REBATE: -2,000.00
YOUR PRICE: 33,502.00
Vin# 650540

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FIRST TIME BUYERS WELCOME! WE MAY HAVE A PLAN THAT CAN GET YOUR CREDIT STARTED WITH A NEW CAR
Annual Health Care
Issue '95
Medications For High Blood Pressure

DEAR DR. LEVISTER:
What types of medicines are available for treatment of high blood pressure? What are some of the problems associated with them? A Curious Hypertensive.

DEAR CURIOUS: There are several classes of medications used for the treatment of blood pressure elevations.

Diuretics, which cause loss of salt with increased urination, decrease the volume of blood and dilate the blood vessels. Possible side effects are weakness, low potassium, elevated blood sugar and uric acids. These medications are particularly effective in Afro-Americans and the elderly. In addition, they enhance the effectiveness of other drugs.

Beta blockers slow the heart rate and reduce the amount of blood pumped by the heart. Possible side effects are fatigue, wheezing and impotence. In addition, they are effective for symptoms of coronary artery disease.

ACE inhibitors dilate the blood vessels. Possible side effects are cough, rash, elevated potassium and impaired kidney function. There are no neurological side effects such as fatigue. They are also effective in heart failure.

Calcium channel blockers dilate blood vessels. They have as possible side effects flushing, edema of the legs and constipation. These medications are particularly effective in Afro-Americans and the elderly. They are also effective for some symptoms of coronary artery disease.

Alpha blockers dilate blood vessels. Possible side effects are dizziness. They are not sedating.

Central nervous system agents reduce the amount of blood pumped by the heart. Possible side effects, though, are sedation, dry mouth and impotence. These medications are no longer widely used because of the side effects.

Remember, hypertension is a silent killer and wreaks havoc in Afro-Americans. Stop smoking, cut your caffeine intake, exercise, watch your weight and take your medications religiously. Treatment is for life.

Dr. Levister welcomes reader mail concerning their body but regrets that he is unable to answer individual letters. Your letters will be incorporated into the column as space permits. You may direct your letters to Dr. Levister in care of Voice News, P.O. Box 1581, Riverside, CA 92502.

Save a friend get yourself checked!

AIDS Project
Inland Empire
1240 Palmyrita, 92507

(909) 784-2437
and hotline
(800) 922-2438

DON’T PUT YOUR BABY IN JEOPARDY!
Answers to questions most people ask about Kaiser Permanente.

Can I choose my own doctor? . . . . YES.

Can I get medical care 24 hours a day? . . . . YES.

Am I limited to getting care at one office or hospital? . . . . NO.

Is the plan easy to use? . . . . YES.

Is the cost reasonable? . . . . YES.

- We make it easy for members to get medical care.
  More than 90 medical offices and 10 hospitals in seven counties (Kern and Tulare, Los Angeles, Orange, Riverside, San Bernardino, San Diego, and Ventura) make it easy for you to get care near work, near home, or both. You can use any Kaiser Permanente medical office, hospital, or pharmacy (many pharmacies are open 24 hours) for Health Plan services.

- We hire only the best physicians.
  You want the best physician available. So do we. Our standards are so high, that only one in six physicians who apply is accepted at Kaiser Permanente. Our physicians teach at UCLA, UCI, UCSD, USC, and Loma Linda University.

- We believe in keeping our members healthy.
  Our preventive care programs, health education classes, and wellness programs help members take an active part in their own health care.

For more information about Kaiser Permanente call:
(909) 354-3519
BIH To Hold Community Educator Graduation

First Ever Community Educator Graduation And Awards Ceremony To Be Held October 13th

The Black Infant Health (BIH) Project of San Bernardino County's Department of Public Health was initiated in 1991, due to the high infant death rate in the African-American population. San Bernardino currently has one of the highest Black infant death rates in California, at 17 deaths per 1000 babies born. African-American babies die at twice the rate of White babies. A major factor related to this problem is inadequate or no prenatal care. It is important that women receive early, adequate, and continuous prenatal care. Low Birth weight (less than 5-1/2 pounds) is also a contributing factor to infant death.

The primary goals of the BIH Project are: 1) to improve African-American pregnancy outcomes and infant health; and 2) to encourage and help high-risk African-American pregnant women to access services that will facilitate a health pregnancy.

In seeking methods to increase awareness of the problem in the community, the BIH Program Coordinator, Gwendolyn Knotts, envisioned the African-American church as an avenue of reaching African-American women of child-bearing age.

Seven African-American churches in the San Bernardino metropolitan area were selected to participate in a Community Education Training Program. The participating churches are as follows: New Hope Missionary Baptist Church, Temple Missionary Baptist Church, Life Changing Ministries, Ecclesia Christian Fellowship, Carter Memorial Church of God in Christ, 16th Street Seventh-Day Adventist Church, and St. Mark Missionary Baptist Church.

From these seven churches, 12 persons were chosen to represent their congregations in acquiring the knowledge and skills needed in presenting educational programs that will empower pregnant African-American women to obtain the care they need and practice appropriate health behaviors. Although the primary emphasis was on maternal and infant health issues, the Community Educators also learned about general health issues for the entire family. They were also introduced to the many community resources and services in the area. The primary trainer for this program was Dr. Joyce Lim with assistance from Verlina Lightbourne, Masters in Public Health Candidate from Loma Linda University.

Guest presenters from the community also contributed to the learning process. In meeting the objectives of the training program, the Community Educators have held presentations in their churches and surrounding communities, thus addressing the following issues: Black Infant Health; Importance of Prenatal Care; Lead Poisoning; Exercise and Nutrition; Alcohol/ Drugs/AIDS/STDs; Teen Pregnancy; Smoking/ Cancer/ Emphysema; High Blood Pressure/ Hypertension; and Pregnancy and Fetal Development.

The Community Educators are an essential link to the African-American community and plan to continue presenting the wealth of information learned to the surrounding community. It is a vision of the group to work collectively, thus having a greater impact on the community at-large.

In commemoration of the "Celebrating Healthy Babies" event, activities will be held at various African-American churches in San Bernardino on the weekend of October 13 -15. This is primarily to increase awareness in the community. The first BIH Community Educator Graduation and Awards Ceremony will be held in the Board Chambers of the Government Center building in San Bernardino, Friday, October 13, 1995, from 12:00 to 2:00 p.m., and will be host by People's Choice Incorporated (PCI). PCI is a non-profit health promotion and services agency which has worked closely with the BIH Project in reaching African-American women. PCI was the umbrella agency through which this Community Educator Training Program was conducted.

If the Black infant death rate is to decrease, the whole community needs to become involved. We not only have to make personal changes in our thinking, but also collectively as a community. Only then can we make a significant impact on our community.

Save a friend get yourself checked!

AIDS Project Inland Empire
1240 Palmyrita, 92507

(909) 784-2437 and hotline (800) 922-2438

"I'm sorry. I must have misplaced your paperwork..."

Lenders don't often lose W-2 forms or income verifications. Don't be fooled by excuses. What appears to be a delay could be discrimination. You can fight back.

If you suspect unfair lending practices, contact HUD or your local Fair Housing Center. Everyone deserves a fair chance.
**Flu Season Advice**

If you're one of the people most at risk for developing complications from influenza, it's not too early to start thinking about flu shots.

“We recommend that people in the high-risk groups get vaccinated for influenza as soon as the vaccine is available, which is usually about this time of year,” said Dr. W. Paul Glezen, epidemiologist at the Influenza Research Center at Baylor College of Medicine in Houston.

The largest high-risk group: the elderly. Also at high risk are people with heart disease; chronic anemia, including sickle-cell disease; and immune-system disorders.

These are the people most at risk for developing life-threatening complications, usually pneumonia.

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**Smart Program Offers Jobs + Education**

College undergraduates interested in biomedical careers can experience scientific research as a summer job.

The Graduate School of Baylor College of Medicine in Houston sponsors the 10-week Summer Medical and Research Training Program. Undergraduates get first-hand experience in laboratory settings. SMART participants also attend daily research seminars and other educational activities.

Acceptance is highly competitive. More than 700 applicants typically vie for 100 positions.

Inquiries should be directed to Dr. Gayle R. Slaughter, Graduate School of Biomedical Sciences, Baylor College of Medicine, Houston, TX 77030. For more information, call (713) 798-5915. The deadline is February 1, 1996.

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**Balance Can Be A Problem For The Elderly**

As people age, they expect a slight loss of hearing or sight, but few foresee problems with balance.

“It's known as disequilibrium of aging,” said Dr. Helen Cohen of Baylor College of Medicine in Houston. “As they get older, people become less active, which can sometimes affect balance.”

Disequilibrium of aging occurs mostly in people 60 and older because the central nervous system begins losing cells.

Cohen works on retraining her patients’ balance. She recommends that, when walking, they:

- Move the head from side to side to learn to maintain balance.
- Walk with a friend for company and safety.
- Walk in a well-lighted area.
- Wear comfortable shoes.

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**G Protein Protects From Ulcerative Colitis**

Researchers have discovered that a G protein protects mice from developing ulcerative colitis and subsequently colon cancer.

The discovery eventually could help to bring relief for people who suffer from ulcerative colitis, a chronic inflammation of the large bowel and rectum.

Researchers at Baylor College of Medicine in Houston discovered that mice lacking a certain G protein develop inflammatory bowel disease with wasting, diarrhea and bloody stools. The mice develop lesions that closely mimic lesions seen in human patients with ulcerative colitis, including an increased incidence of colon cancer.

The mice can also be used to study the effectiveness of any new treatments for inflammatory bowel disease.

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**Tips For Divorced Parents**

Divorce is difficult for everyone involved, including the children.

“It takes a year or two for children to adjust,” said Dr. James Bray, a psychologist at Baylor College of Medicine in Houston.

He offers the set tips for divorced parents:

- Strive for stability in the children’s lives. Try to avoid changing schools or cities. Allow the non-residential parent to stay active in the children’s lives.
- Avoid arguing in front of children, and do not use them to communicate between each other.
- Expect to repeat information about the divorce; younger children tend to ask the same questions.
- Let children know the divorce is an adult problem. Be sensitive to children’s anger.
- Don’t be surprised if friendships and grades are affected. Professional counseling may become necessary.

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**Sleep Patterns in Infants**

There are significant differences between the sleep patterns of breast-fed and formula-fed infants.

Studies at the USDA’s Children’s Nutrition Research Center at Baylor College of Medicine in Houston found that four-month-old breast-fed infants spent more sleep time in a “quiet” cycle called NREM (non-rapid eye movement) that did formula-fed infants.

Formula-fed infants spent more time in the REM (rapid eye movement) cycle.

“This is another piece of the puzzle that appears to support increasing evidence that the way a baby is fed may have an impact on growth and development,” said Dr. Nancy Butte of the CNRC.
Apply for a Toyota TAPESTRY Grant by January 23, 1996

because every teacher knows, money doesn’t grow on trees.

And a good education doesn’t come cheap. Which is why Toyota and the National Science Teachers Association created TOYOTA TAPESTRY Grants.

Each year, $400,000 is divided among teachers to help them motivate students to learn science. Not an easy job these days.

So if you’re a science teacher, grades K-12, apply for a TOYOTA TAPESTRY Grant by writing National Science Teachers Association/TAPESTRY, 1840 Wilson Blvd., Arlington VA 22201-3000. Or call 1-800-807-9852 before time runs out.

Investing in the things we all care about.
Widow Of Late Rap Star
And Newborn Tests
Negative For AIDS

LOS ANGELES (AP) _ The widow of the late rapper Eazy-E gave birth this week to their second child, a spokesman said.

Tomica Woods-Wright, 26, gave birth to a 7-pound, 5-ounce girl, Daijah Nakia, at Cedars-Sinai Medical Center, publicist Norm Winter said Wednesday.

Eazy-E, whose real name was Eric Wright, died March 26 of complications from AIDS. He was 31.

The baby is being tested for the AIDS virus and results are not yet available, Winter said.

Woods-Wright and her other child by Wright, 2-year-old Dominick, have tested negative for the virus. She has one other child by another father.

“She’s smiling and happy,” Winter said of Woods-Wright, adding that there were no complications and that both mother and child appeared healthy. They remained hospitalized Wednesday morning and were expected to be released soon, he said.

Community Hospital
Announces Opening Of
Health Services Clinic

Community Hospital of San Bernardino proudly announces the opening of Community Behavioral Health Services Clinic, the newest edition to the Community Health Systems family. The 2,100 square foot clinic will offer a variety of psychiatric services for children and adolescents. The opening of the clinic enhances the continuum of care currently offered by the hospital’s Behavioral Health Services Department to include outpatient psychiatric evaluation, assessment and treatment.

“The focus of the clinic is on the total child and family, not just diagnosis of the child. We are concerned with the whole continuum of growth and development of the child,” explains Dr. Beverly Hendelman, Medical Director of the clinic. The clinic will offer a variety of services for children up to 18 years of age including neuro-psychiatric testing, ADD (Attention Deficit Disorder) evaluation, and rapid psychiatric evaluation and assessment.

In addition, the clinic will offer a wide range of support groups including groups focusing on family, ADD, disorders, single parenting, family reconciliation, youths at risk, depression and anger management.

Staffed with a psychiatrist, psychologist, occupational therapist and a registered nurse, Community Behavioral Health Services Clinic will include a playroom, group rooms, examination rooms, a testing room and individual consultation rooms.

Community Behavioral Health Services Clinic is part of Community Health Systems of San Bernardino, which includes an acute care hospital, a convalescent hospital, a home health agency, a 24 hour day care center and a medical equipment supply company, a skilled nursing level respiratory therapy company and a rehabilitation hospital.

For more information on the services available at Community Behavioral Health Services Clinic, please call (909) 880-1441.

Sickle Cell Disease
The New Millennium

Sickle Cell Disease
Association Sets
Theme For Sickle
Cell Month And
Annual Conference

“Sickle Cell Disease In The New Millennium,” is the theme selected by the Sickle Cell Disease Association of American Inc. (SCDAA) to set the tone for the Association’s 23rd annual conference. The conference which began October 4th will continue through October 7th at the Downtown Marriott Hotel in Chicago, IL. The announcement was made by Lynda K. Anderson, Executive Director SCDAA, the nation’s only voluntary health organization working full time to resolve issues related to sickle cell disease.

“We are encouraging communities across the country to participate in the many activities being presented by our member organizations,” Anderson said. “Until we find a cure for sickle cell disease, our main weapon in this war has always been and continues to be education. There will be health fairs, workshops, educational exhibits and displays with free materials, and many other outlets to access valuable information on sickle cell disease and how to best cope with the physical and psychosocial impact of it,” she continued. “SCDAA is very concerned about preparing the sickle cell community for the new millennium and it’s challenges,” notes Anderson.

A keynote component of SCDAA’s program service offerings to the health care community and the general public is its annual conference; a forum for the exchange of the latest information and technologies employed to combat the inherited red-blood cell disorder.

According to Dr. Kermit B. Nash, SCDAA national board member and contention committee chairman, this year’s conference will be education, interactive, balanced and full.

“Working from three main categories or tracks, our goal is to examine the areas of counseling, education, psychosocial support services, medical care and consumer involvement,” informed Nash a widely respected expert in the field of psychosocial research working out of the Duke University Comprehensive Sickle Cell Center and the School of Social Work at University of North Carolina Chapel Hill.

“Our objectives are to increase participants knowledge, education and service delivery skills; increase their knowledge on practice issues in sickle cell disease; enhance an awareness of change and the impact on practice; increase their understanding of technology and information; and sharpen their networking and coalition building skills,” he said. “We will be offering continuing education units, so the program is structured with concurrent session to give everyone an opportunity to participate in this valuable exchange of knowledge,” Nash concluded.

An expert-filled faculty of more than thirty presenters will offer twenty presentations, over a three day period, from three track areas: Education-Psychosocial; Management-Administrative; and Medical Research.

Other highlights of the association’s 23rd annual conference include a gala banquet, sight-seeing, and the introduction of SCDAA 1995-96 National Poster Child, Tiffany Danielle Jarmon, a second grade student at McDade Elementary School in Houston, TX. Tiffany was submitted as a contestant for SCDAA’s program service offerings to the health care community and the general public is its annual conference; a forum for the exchange of the latest information and technologies employed to combat the inherited red-blood cell disorder. According to Dr. Kermit B. Nash, SCDAA national board member and contention committee chairman, this year’s conference will be education, interactive, balanced and full.

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For information regarding Sickle Cell Awareness Month activities and SCDAA’s 23rd annual conference call (310) 216-6363.
Prostate Cancer Among African-Americans

Rev. Charles Brooks Speaks About Prostate Cancer

By Cheryl Brown
Black Voice News

Just a short time ago, Rev. Charles Brooks, Pastor of St. Paul A.M.E. Church underwent the most trying experience of his life. He is still recuperating at home and will not return to his pulpit for three more weeks. He had surgery for Prostrate Cancer. Brooks a very private person at first kept the news in his immediate family. The Black Voice ran an article with his urging all men to be tested for the male disease that attacks more Black men than anyone else.

When that article ran, a woman, who had been urging her husband to get tested called him to thank him for helping to pave the way for her husband to get checked. She said he probably saved his life.

Brooks’ condition has been

Rev. Charles Brooks
watched by his doctor for 5 or 6 years. At first he had a rectal examination where the doctor detected the enlargement. It wasn’t bad and he was informed there was nothing to do about it at first. Yearly it grew, however it was not until the PSA test showed there was a problem. “Sometimes the tests register high and does not return to the normal range,” he said. Biopsies followed and x-rays showed more. He was scheduled for surgery and thank God it was caught in time. He did not need further treatment of radiation.

“Our race is so busy working to take care of our family. Most of us don’t think about going to get the checkup. Many men don’t like the rectal exam. But it may just save your life,” said Brooks. “Prostate cancer is the number one killer of Black men. I just think of all the men who died needlessly, because of pride or the discomfort of the exam,” said Brooks. “If my story will save a life I’ll share it. God has richly blessed me and now I understand what so many people have been through,” he said. If you are over 50 you should be tested yearly, don’t wait and don’t put it off,” he said.

agency for cancer victims, said he was diagnosed with prostate cancer two years after he went to work for the foundation.

“I had no symptoms at all,” he said. “During a routine examination, it was discovered I had an elevated PSA reading. Over the next year, those readings inched higher. They went from 6.2 to 9.1. A high reading may be the result of the ordinary swelling that comes with age.

Regardless of the reason for a high reading, PSA tests are accurate enough to indicate when something is awry. The American Cancer Society recommends that men age 40 and over have a digital (finger) rectal exam (DRE) accompanied by a PSA test annually. A PSA and DRE are common procedures for early detection.

If either test result is suspicious, further evaluation by transrectal ultrasound or biopsy should be performed. A transrectal ultrasound is a procedure using sound waves to detect tumors, while a biopsy is the removal of bits of tissue, which is later tested for cancer.

Once prostate cancer is diagnosed, treatment depends on the state of the cancer and the age and health of the patient. Detection is considered early when the cancer is contained to the prostate. The five-year survival rate for patients whose tumors are still localized is 94 percent.

While the prognosis for survival is good when detected early, 52 percent of all African-American men who contract prostate cancer are diagnosed after the cancer has spread.
Family Role Essential In Fight For Healthier Babies

RIVERSIDE -- More communities throughout California are coming together to join in efforts aimed at reducing the high rate of infant death among African-Americans, thanks to the leadership of state and local prenatal programs.

"In most counties throughout our state, the infant death rate for African-Americans is at least twice, and often three times higher than the infant death rate for Whites, Hispanics, and the overall rate," said State Health Director Kim Belshe, on the occasion of National Child Health Week, October 1st-7th.

"But we are seeing more communities that are finding new ways to help African-American expectant mothers by providing the encouragement, education and support they need to have a healthy baby."

Indeed, the Riverside County Black Infant Health Project (BIH) continues to address the many complex issues that contribute to the County's infant death rate among African-Americans of 19.4 deaths for every 1,000 live births (three-year average: 1991-1993). The project continues to emphasize outreach to high-risk pregnant women, while educating family and community about the important role they can play.

"Expectant mothers are not alone," said BIH project coordinator, Wehnona Barnett.

"They need the support and encouragement of their family, friends and community. The involvement of dads, grandparents, siblings, friends, church, and the community-at-large can often make the difference for a pregnant woman who may not know about programs that can help, or who simply cannot get to a doctor for lack of transportation or child care," she said.

The Delta Sigma Theta Sorority, Inc. is working with the County's BIH project to help fight infant mortality among African-Americans. Each month a support group meeting for pregnant and/or parenting mothers and fathers is held at Riverside health Center, Perris Health Center, or the Moreno Valley Women, Infant and Children (WIC) Center.

Last month's meeting featured local Minister Craig Johnson, who stressed the important role men can play in ensuring that pregnant women receive early and ongoing prenatal care, and the importance of communications skills, dependability, sensitivity to others and the ability to get along with others.

"Decreasing the high infant mortality rate among African-Americans is a part of preserving the family," asserts Dewanda Johnson Stover, committee chairwoman of support groups and Delta Sigma Theta Sorority member.

"We are committed to serving the African-American community by making a positive difference in their lives," she continued.

"Through their sponsorship of these monthly support group meetings, the Deltas have enriched the lives of some 40 women and their infants who are participants in the Black Infant Health program," said Wehnona.

The California Department of Health Services' BabyCal Campaign, a preventive health care and public awareness program to combat low birth-weight and infant mortality, is working with the Riverside County Black Infant Health Program to educate at-risk pregnant women and the public in Riverside County.

Some of the ways in which family and community can help are to encourage expectant mothers to get early and ongoing prenatal care and help them keep prenatal care appointments. If you know someone who's pregnant, encourage her to live a healthy lifestyle and avoid tobacco, alcohol and drugs since they are harmful to the unborn baby.

And encourage her to call the Riverside Black Infant Health Program at 1-800-794-4814. Women can also call the California BabyCal toll-free number at 1-800-BABY-999.

You Can Make A Difference For African American Babies

What a pregnant woman does while the baby is growing inside her can make a big difference in the health of the baby when it's born. And you can make a big difference, too -- by encouraging her to take care of herself and the baby while she's pregnant.

You can encourage her to get prenatal care. Prenatal care is a series of scheduled visits to a doctor who tracks the baby's development, and watches the mom's health too. Even if she is feeling good, it's important for her to get prenatal care early in her pregnancy and to keep all of her appointments.

You can encourage a pregnant woman to eat right, and not smoke, drink or use any kind of drugs. Being caring and involved will help to keep her stress level lower, too, and that will also give the baby a better chance of being born healthy.

Even if a pregnant woman doesn't have health insurance, the State of California has programs to help. Your local Black Infant Health Program can be the link she needs.

The Riverside County Black Infant Health Program
1-800-794-4814
Fourth African-American Female Heads The National Medical Association

Yvonne Ris Smith Veal, M.D. today, began her reign as the 94th President of the 100 year old National Medical Association (NMA). Affiliated with the positions locally and nationally, including: member and the only female to serve as Chairman, Board of Trustees; member of the House of Delegates since 1975; Region I Chair; first Vice-President; Executive Secretary; Chair, Ad Hoc Committee to Reorganize the House of Delegates; and Co-Chair 100 Year Anniversary. Dr. Veal is a member of the NMA/Center for Disease Control Breast and Cervical Cancer Project.

Dr. Veal is currently the Senior Medical Director, United States Postal Service for the New York Metropolitan area, one of ten such positions nationwide. She is also an Occupational Medicine Certified Medical Review Officer. From 1975 to 1981, Dr. Veal served as Medical Director of Medical Affairs of the East New Neighborhood Family Care Center, Brooklyn, New York. In 1981, she returned to Queens as Medical Director of the Carter Community Health Center. In 1984, she began her employment with the United States Postal Service, first as a contract physician, and in 1985, as the Long Island Field Division Medical Officer.

In her address to the assembly at the NMA Centennial Convention in Atlanta, Dr. Veal stated, "The NMA must do all it can to make a difference in the numbers of African-American physicians who an, and will serve our communities with compassion and excellence." In response to recent court rulings on Affirmative-Action, Dr. Veal challenged NMA members to loudly protest the reversal and erosion of opportunities that parlous does deprive many otherwise capable physicians for during the 1960's. "We must become stronger and more aggressive advocates for what is just and right. The NMA must be vigilant and continue to play a pivotal role in representing our physicians and the patients we serve.”

Dr. Veal announced that her goals for 1995-96 are: to develop membership initiatives aimed at recruitment, retention, and reclamation of members; Continue education and leadership efforts in managed care; to advocate for passage of health care reform legislation which includes universal coverage that is affordable, accessible, portable and provides quality care and choice; Enhance the visibility of the NMA; and Address gender and racial disparities in the health care industry.

The House of Delegates also elected: Randall Morgan, M.D., President; Nathaniel Murdock, M.D., Vice-President; Purnell Kirkland, M.D., speaker; Niva Labin, M.D., Vice-Speaker; Lawrence Sanders, M.D., Secretary; Guthrie Turner, M.D., Treasurer; Francis Blackman, M.D., Corporate Trustee; Donna Green, M.D., Treasurer; Francis Blackman, M.D., Corporate Trustee; Donna Green, M.D., Region I Trustee; Sandra Gadson, M.D., Region IV Trustee; Sandra Gadson, M.D., Region IV Trustee; L. Natalie Carroll, Region V Trustee; and Michael LeNoir, M.D., Region VI Trustee.

The National Medical Association, founded in 1985, is the oldest National African-American professional organization. It represents the interests of more than 22,000 African-American physicians in more than 23 specialties. headquartered in Washington, D.C., the NMA has over 120 chapters throughout the United States, Puerto Rico, and the U.S. Virgin Islands.

Book Review

Celebrating Life is a book about 61 African-American women and one man speaking out about Breast Cancer.

Michael Price, 49, self-employed from Edmond, OK was at work and noticed a group of women marching in front of his job. The ladies were waving signs about Breast Cancer Awareness. His co-workers were watching on monitor from the lounge. One of them said "I bet there isn't a t- in the crowd." They all laughed except for Price, who turned around and raised up his shirt to reveal the incision that he had been keeping secret for the last two month. He went on to tell his co-workers that he has Breast Cancer.

Celebrating Life "African-American" Women Speak Out About Breast Cancer by Sylvia Dunnovan

Breast Cancer Awareness Month

In Unity there is strength...In Strength there is power...In Power there is change.

- Breast Cancer is the leading cause of death for African-American women between the age of 40-50 years of age.
- Breast Cancer will strike 1-8 women during the course of their lifetime.
- There are 162,000 new cases of Breast Cancer diagnosed each year in the United States.
- There are 46,000 deaths from Breast Cancer each year in the United States.
- In fact, for the past 20 years the incidence has remained steady at about 21 cases per 100,000 women between the ages of 20 and 39. This means that if, you are under 40, the chance of getting Breast Cancer is still present. If you find a lump in your breast you should have it checked out.
- Remember all lumps are not cancer!
We put **Community** first and have changed our name to reflect this commitment.

Community Hospital
of San Bernardino

1805 Medical Center Drive
San Bernardino, CA 92411

(Formerly
San Bernardino Community Hospital)

Our continuum of care includes:

- **COMMUNITY HOSPITAL** – (909) 887-6333
  - Full Spectrum of acute medical, surgical and mental health services for all ages
  - Mental Health Crisis HOTLINE: (800) 962-HELP
  - 24 Hour Emergency Care

- **COMMUNITY HOME HEALTH** – (909) 887-6391
  - In-home nursing and rehabilitation therapy

- **COMMUNITY CONVALESCENT CENTER** – (909) 887-6481
  - (formerly Pacific Park Convalescent Hospital)
  - Skilled Nursing and Rehabilitation Therapy

- **COMMUNITY ADULT DAY CARE** – (909) 862-8220
  - Day time program for health maintenance of frail elderly and Alzheimer's patients

- **BALLARD REHABILITATION HOSPITAL** – (909) 473-1200
  - Acute inpatient and outpatient physical rehabilitation services

Community Hospital of San Bernardino...

**Community First!**

Community Hospital offers a cost-free physician referral service. If you need to see a doctor, you can be referred to a physician that meets your needs. Call (909) 887-1350.