BAPAC Supports Police Investigations

Spokespersons at the press conference - G. to R. Sonya Wilson, California School Board President; John D. Fuhrman, National Program Facet; and Business Leaders from throughout California held a press conference. ebruary 21, 1995 at the Governor's Press Room to pub- lish an invitation to the California Business Roundtable (CBB) for its strong leadership on the issue of Affirmative-Action.

The California Business Roundtable, an influential group consisting of the CEO's from over 50 of California's largest corporations (including AT&T, Bank of America, and Southern California Edison) recently released a public statement condemning the race-based Affirmative-Action, praising it as an essential tool to help "achieve the total fulfillment of our labor force" and urging our nation's greatest asset for "Our competitive advantage." The ABAB Report's opportunity needs to be opened wider," the California Business Roundtable statement could serve to distance California's corporate community from attacks on Affirmative-Action and current presidential candidates.

On hand to release the formal statement were representa-
tives from the California Business Council for Equal Opportunity, Black Chamber of Commerce, Asian Business Association and California His-
pian Chamber of Commerce.

IRF To Hold International Festival Under the Stars

The International Relations Council of Riverside County is pleased to announce that its annual International Festival Under the Stars, October 28, 1995 from 7:30 p.m. to 9:30 p.m. at the home of Joe and Roberta Mays will be more international than ever before with an international food festival, international entertainment and international drinks. The dress is casual so bring some international friends or anyone of your choosing.

This event is sponsored by CBA and the Riverside Community College. Tickets for this event are $30 and can be purchased by calling Craig Roberts at (909) 683-6065. For more information call the International Relations Council at (909) 473-5100.
Earthquake faults run throughout the state of California. Some are famous like the San Andreas Fault. Many so-called earthquake experts believe that one day the "Big One" will come and star a part of California off and thrust it into the ocean. The experts believe that people believe in the force of the earth and others who keep on with their every day business as usual and if it happens they will worry about it then. There are others who believe that the "Big One" will come, but they believe in their lives with, and prepare for it, so as to minimize the trauma that may occur when it happens.

I think that O.J. Simpson's trial was somewhat similar a nation. We (America) knew there would be a verdict, but we were not sure of the exact day or the magnitude. Well, on October 3, 1995, after only a few hours of jury deliberation, the "Big One" (the verdict) struck, registering a ten (richter scale) in two separate and unequal nations.

Many people had predicted this quake some years back as signs of "racial earthquake tenseness" to begin: the Kenton Commission, Christopher Commission, U.S. Supreme Court decision on Civil Rights, numerous State Supreme Court decisions and the latest referendum on immigration and Affirmative Action.

The air waves on radio and T.V. have been filled with some angry and happy representatives from the two nations. One nation sees the verdict as a mockery of the finest legal system the world has ever seen. The other nation sees the verdict as a joyous occasion with some hesitation this nightmare is finally over. They sat and watched one of their own killed and prosecuted by one of their own, being judged by neither and trembling every time it ruled, because it was difficult to guess its preference.

Back to the earthquake; everyday we walk on faults and don't even know they are there until the shaking starts. If we know there will be a "Big One" we will prepare for it, but the people who believe in the "Big One" think that they are not prepared.

I feel that we do not know what it means to actually see the big crack in the ground, which has separated our world since there has ever been a nation. The earthquake is an instance of slavery. The shaking is the "Big One" (the verdict) struck, registering a ten (richter scale) in two separate and unequal nations.

I view the O.J. Simpson Trial in somewhat a similar manner. This is not the way the game is played. And you can be sure that this media blitz on this fit to the nation's three-year-old girl. Solomon said in Proverbs 3:5.-5 As I leave you with this message, if you consider your child being shot down and it doesn't even make the news so people will know what happened to your baby.

I think you call for lives that are. Just consider your child walking down the street. Consider your child being shot down and it doesn't even make the news so people will know what happened to your baby.

If you are a private citizen and an individual, in this case the child, I would suggest that you take the time to read the article in Proverbs 3:5.-5. It says that they have no right to get a feel to safety. Consider your child riding in a car. Do you know that it is not going to be cool and that the town here. President Clinton would you allow your daughter to use a baby girl as a political pawn? Would you?

New Gingrich used his rhetoric to anybody sacred to a political party or a gangster.

Are you harboring that old obsessions? I am talking here about the responsibilities and the building of the capital base so that the Black folk are respected players in the main economic game, not speculation in the market. This requires that we cross a bridge to be hobbled. We have no choice but to cross it because the rules for surviving in this world are changing fundamentally.

The most basic rule is that if, as an individual, an enterprise or a people doesn't have the ability to generate value on the table, they simply won't be at the table in the 21st century.

There are no shortcuts to the mainstream. As effective as demonstrations of our own, and those who keep on with their every day business as usual and if it happens they will worry about it then. There are others who believe that the "Big One" will come, but they believe in their lives with, and prepare for it, so as to minimize the trauma that may occur when it happens.

The objective of The Black Voice News is to communicate information to all members of society. Without warning and with no falling of our level headedness, we (America) knew there would be a verdict, but we were not sure of the exact day or the magnitude. Well, on October 3, 1995, after only a few hours of jury deliberation, the "Big One" (the verdict) struck, registering a ten (richter scale) in two separate and unequal nations.

The most basic rule is that if, as a nation, we bite. We need thousands more entrepreneurs to follow in the footsteps of those daring and visionary folk who have ventured to build and create even more jobs and wealth.

It means our children must be taught to understand what business is all about so that entrepreneurship becomes instinctive.

We need thousands more opportunities to follow in the footsteps of those daring and visionary folk who have ventured to build and create even more jobs and wealth.

It means we must support those institutions that have been vital to our survival and growth.

Our communities and fraternal organizations, the NAACP and the NAACP College Fund, have never been more important to African American students. They are not the way the game is played. And you can be sure that the "Big One" (the verdict) struck, registering a ten (richter scale) in two separate and unequal nations.

If you are a private citizen and an individual, in this case the child, I would suggest that you take the time to read the article in Proverbs 3:5.-5. It says that they have no right to get a feel to safety. Consider your child riding in a car. Do you know that it is not going to be cool and that the town here. President Clinton would you allow your daughter to use a baby girl as a political pawn? Would you?

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Our Bodies

Fight Violence

Women beaten by a husband or boyfriends. Children caught in gang crossfires. Innocent lives taken in an Oklahoma bombing.

Violence is on television, in movies and advertisements. Violence is also pervasive in our society. Many people hold up sophisticated locks and alarms, thinking they can't do anything about it, but some already are and you can join them.

From October 15 to 21, YWCA's worldwide will sponsor the "YWCA Week Without Violence," a week-long series of events held during National Domestic Violence Awareness Month that aims to focus attention on practical and sustainable alternatives to violence.

"Men and women will be asked to show their children how to solve problems by talking and negotiating, not hitting and hurting." -Patsy Muilen-Davis, National Executive Director of the YWCA of the USA, says "the Simpson case has generated a significant increase in calls to the agency from battered victims and batterers seeking help."

A specific theme has been designed for each day, beginning with Sunday's "Day of Remembrance." As part of a memorial service, people will create "walls of remembrance" with photos and memories of loved ones who have died as a result of violence. For more information, call your local YWCA or National Office in (212) 614-2700, or write YWCA Week Without Violence, 726 Broadway, 5th Floor, New York, NY 10003-9595.

Jennifer L. Spalding and health education. Ms. Woods has worked for UHP for three years. She will be responsible for information systems, billing and claims operations, operations analysis and systems planning and development.

United Health Plan Promotes Two

Jennifer L. Spalding was recently promoted to senior vice president and general manager. Charles Woods was recently promoted to senior vice president of administration services and chief information officer announced Dr. Clyde W. Oden, president and CEO of United Health Plan (UHP).

"Jennifer and Charles' dedication and hard work are greatly appreciated," said Dr. Oden. "We're fortunate to have two people of such loyal employees," said Oden.

Ms. Spalding who has been with UHP for more than 15 years will now be responsible for marketing and sales, member services, provider relations, systems, billing and claims operations, and state licensed Southern California Health Maintenance Organization (HMO) with more than 100,000 members.

Soul food varieties are staples such as rice, beans, cornbread, greens, neckbones, etc. Hundreds of years ago during slavery, slave cooks had to prepare grand dishes for their masters "throw away" like chicken, pig feet, pig ears, etc. The cooks learned quickly through imagination and ingenuity how to add certain spices and seasonings to food to make it taste good. Soul food cooking is one of our cultural customs, however, very few recipes are written down, but passed down from one generation to another. Hopefully, these recipes will bring back good memories to you as well as inspire you to try some of them.

Among these recipes are stories and poems of my growing up in a small community called Plainfield, Ill. in New Bern, North Carolina.

SOUTH CAROLINA

CHICKEN & PASTRY

(Chicken & Dumplings)

2 lbs chicken
1/2 cup butter
3 cups water
2 cups flour
1 tsp salt
1 tsp pepper
2 lbs. poultry seasoning
Clean and cut chicken. Season the chicken. Put the water into roaster, add butter. Place chicken parts in roaster. Bring to a boil then simmer. Move chicken parts around to keep from sticking.

PASTRY: Mix 2 cups flour and add a little cold water. Roll out the dough on a floured board. Cut pastry into 3/4 inch strips then cut across inside four sections. Take out some chicken parts into the mixture then add another layer of dough strips in roaster. Bake the pastry with liquid to keep the strips from sticking. Cook over low heat.

Season to taste. Makes its own gravy. Serve with skiing beans and rice. Good eating!
Open Arms Fellowship To Hold Dedication Service

The Black Voice News

February 28, 1992
Page 1-A

O pen Arms Fellowship Church is pleased to announce the dedication of a 5,000 sq. ft. church in San Bernardino. The church is located at 15727 Highland Avenue, San Bernardino. Regular church services will begin on October 8, 9:30 a.m., 11:30 a.m. and 7:00 p.m.

A special dedication service will be held on Sunday, October 25th from 3:30 p.m. until 6:00 p.m. District Elder Louis L. Kennedy, Supervisor of First Bible Church District, will be the guest speaker.

For more information, call (909) 888-2330.

Cote To Speak At New Jerusalem

The Evangelist Melvin Cote will be the speaker at New Jerusalem Missionary Baptist Church. Cote’s message will be delivered in two parts. The first part will be on October 2nd at 8:00 p.m. and the second part on October 4th at 7:00 p.m.

The Black Voice News

San Bernardino, California

Thursday, October 12, 1995

OPEN ARMS FELLOWSHIP CHURCH

15727 Highland Ave.
San Bernardino, CA 92406
(909) 888-2330

Rev. Marvin L. Brown, Pastor

First Baptist Church
2828 N. Magnolia Ave.
P.O. Box 1399
Perri, CA 92370
Phone: (909) 887-2507

WEAKLY SERVICES

Sunday

First Morning Worship: 7:45 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6:45 p.m.

Wednesday

Thursday: 111 noon
Ministers Conference
Monday: 9:30 a.m.
Tuesday: 10:45 a.m.
Wednesday: 11:00 a.m.
Thursday: 1:00 p.m.

Church Office: 9:00 a.m.
Community Church:
23911 Ninth Street
Riverside, CA 92504
(909) 887-5213

Covington Baptist Church
21791 E. Fifth Street
Riverside, CA 92504
(909) 887-5400

Rev. Roy Harris, Sr.
Rebuilding Church
7:30 p.m.

Women’s Fellowship
9:00 a.m.

First Baptist Church:
2828 N. Magnolia Ave.
P.O. Box 1399
Perri, CA 92370
Phone: (909) 887-2507

Weekly Services

Sunday

First Morning Worship: 7:45 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6:45 p.m.

Wednesday

Thursday

Rev. Rev. Marvin L. Brown

“Everybody Is Welcome”
Page A-5

Questions & Answers

By Dr. Reginald Woods

QUESTION: Dear Pastor: We are a small church with a limited budget. We have introduced our music ministry to train every singer in why they sing. Jesus said, "If I build up, I will draw at men unto me." Is this true? Should music ministers not uplift themselves? This would rob Jesus of His glory.

Music and instruments to a prominent position within the worship service. Music should be "The Word of God sung." I have sung in many churches. It is true, many, many, see the church as entertainment. We have introduced our music ministry to train every singer in why they sing. Jesus said, "If I build up, I will draw at men unto me." Is this true? Should music ministers not uplift themselves? This would rob Jesus of His glory.

The Life of God Church

In Christ God Is

Algeria Street

3554 1st

San Bernardino, CA 92405

(909) 820-7673

Sunday School
9:30 a.m.

Morning Worship
10:45 a.m.

Mid-Morning Service
11:45 a.m.

Nursery Services Provided

Bible Study
6:00 p.m.

Grace Temple

All New Bethel Church

1606 W. 11th St

San Bernardino, CA 92405

(909) 887-2138

Sunday School
9:30 a.m.

Morning Worship
10:45 a.m.

Mid-Morning Service
11:45 a.m.

Nursery Services Provided

Bible Study
6:00 p.m.

Free Dowling

Redemptive Baptist Church

1606 W. 11th St

San Bernardino, CA 92405

(909) 887-2138

Sunday School
9:30 a.m.

Morning Worship
10:45 a.m.

Mid-Morning Service
11:45 a.m.

Nursery Services Provided

Bible Study
6:00 p.m.

On Parent/Child Relationships

"Children are the future leaders of their parents." Have you ever heard that phrase? It is true. Children possess necessary skills to make decisions, intelligenly when they are away for the world of their parents. The Word of God provides practical solutions to those and other challenges that arise in parent-child relationships. Please plan to attend Pastor Raymond Williams and Amos Temple CME will be the guest church. Willie Chambers is the Pastor of Mount Moriah. For more information, call (909) 780-2460.

The Ultimate in Gospel Music

"GOSPEL MUSIC COUNTDOWN

THURSDAYS AT 9 PM"

Allen Chapel

AME

Church

1062 S. Foley St.

San Bernardino, CA 92405

(909) 884-2210

Sundays
10:00 a.m.

Nursery Services Provided

Wednesday Bible Study
7:00 p.m.

Questions & Answers

Wednesday, October 12, 1995

All New Bethel Church

1606 W. 11th St

San Bernardino, CA 92405

(909) 887-2138

Sunday School
9:30 a.m.

Morning Worship
10:45 a.m.

Mid-Morning Service
11:45 a.m.

Nursery Services Provided

Bible Study
6:00 p.m.

Grace Temple

All New Bethel Church

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San Bernardino, CA 92405

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(800) 225-3010

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(909) 824-9015

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Dr. Robert Williams

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COMMUNITY FORUM
Sponsored by
The Riverside Community Foundation and
Blue Cross of California

Blue Cross of California is creating two new charitable foundations and endowing them with assets currently valued at more than $3 billion. The foundations support programs that improve access to quality health care for underserved Californians and improve the health of all Californians.

At 17 local community forums throughout the state, representatives of Blue Cross will present for public comment the proposed vision and mission statements of the two foundations and proposed regional boundaries for funding purposes.

These forums will be the first in a series of three. Later forums will focus on the results of needs assessments, initial long-term initiatives and funding guidelines.

The community forum in this area will be held:
Wednesday, Oct. 18, 3:30-5:30 p.m.
Highland Springs Spa
16060 Highland Springs Ave.
Bloomington, CA

Blue Cross wants your participation. If you would like to speak at one of the forums, please call Charlene Couch at (818) 763-4627. You will be sent copies of the documents under discussion.

October Calendar

October 18
GREAT PLAIN SADDLERY
Presents the 39th Annual Charity Dinner
The Black Voice News Page A-7 Thursday, October 12, 1995

October 21
NO R E T R E A T . . .
VENE IN LAS VEGAS
This event will be held on the saved. For more information contact Alcascia Buford and Associates, 3211 Magnolia Ave., E-103, in cooperation with the Arizona Department of Education, 2008 Martin Luther King Blvd. For information contact Mrs. De Prima at (310) 314-3528.

October 27
LAKE COUNTY STRONG HORN: 
Kiahla-Marietta Mason Family Fund will be presented to the 3rd Annual Unity Festival and Dinner at the University Union. The price of the ticket will be $35 reg and $25 adv.

Paid For By The California Department Of Health Services. Funded By The Tobacco Tax Initiative.

October 28
ANTRON'S 3RD WORLD ARTS FESTIVAL
"UNITY IN ACTION" Featuring Constance L. Rice, Roger Parle, 103rd and Central, at 12 noon and 2 p.m. Free.

October 29
"STRUGGLING FOR AIR": An evening with Constance L. Rice, Roger Parle, 103rd and Central, at 12 noon and 2 p.m. Free.

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COMPUTEDUCATIONAL RESOURCES, LTD. in cooperation with the NEGR0 LEAGUES BASEBALL MUSEUM in Kansas City, Missouri, is an introduction to baseball legends who continue to struggle for recognition of their achievements. Baseball historians and enthusiasts will find value in the quality photographs, live footage, audio commentary, biographical sketches, vital statistics, batting records, pitching records, clubhouse charts and Cooperstown Hall of Fame information.

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October 3
KOBE HAYASHI: Japanese American Baseball Legend
11 a.m.;rs and info @ (310) 474-0215.

October 4
OKEHWA LEE: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 5
MARTIN LUTHER KING, SR:
A Shift Toward Social Justice
11 a.m.;rs and info @ (310) 474-0215.

October 6
HAROLD ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 7
HARVEY ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 8
Bobby Bradley: The Black Voice News Page A-7 Thursday, October 12, 1995

October 9
KOBO HAYASHI: Japanese American Baseball Legend
11 a.m.;rs and info @ (310) 474-0215.

October 10
OKEHWA LEE: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 11
MARTIN LUTHER KING, SR:
A Shift Toward Social Justice
11 a.m.;rs and info @ (310) 474-0215.

October 12
HAROLD ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 13
HARVEY ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 14
KOB0 HAYASHI: Japanese American Baseball Legend
11 a.m.;rs and info @ (310) 474-0215.

October 15
OKEHWA LEE: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 16
MARTIN LUTHER KING, SR:
A Shift Toward Social Justice
11 a.m.;rs and info @ (310) 474-0215.

October 17
HAROLD ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 18
HARVEY ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 19
KOB0 HAYASHI: Japanese American Baseball Legend
11 a.m.;rs and info @ (310) 474-0215.

October 20
OKEHWA LEE: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 21
MARTIN LUTHER KING, SR:
A Shift Toward Social Justice
11 a.m.;rs and info @ (310) 474-0215.

October 22
HAROLD ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 23
HARVEY ROBERTS: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 24
KOB0 HAYASHI: Japanese American Baseball Legend
11 a.m.;rs and info @ (310) 474-0215.

October 25
OKEHWA LEE: Black Riverbend Blues Legend
11 a.m.;rs and info @ (310) 474-0215.

October 26
MARTIN LUTHER KING, SR:
A Shift Toward Social Justice
11 a.m.;rs and info @ (310) 474-0215.
The Black Voice News

'95 Mercury Tracer
MSRP: $12,970.00
FWY DISC: $720.70
FACTORY REBATE: $300.00
YOUR PRICE: $11,949.30
Vin# 648759

'95 Mercury Mystique
MSRP: $16,745.00
FWY DISC: $310.45
FACTORY REBATE: $500.00
YOUR PRICE: $14,934.55
Vin# 602858

'95 Mercury Sable Wagon
MSRP: $21,570.00
FWY DISC: $1,773.25
FACTORY REBATE: $1,000.00
YOUR PRICE: $19,796.75
Vin# 615197

'95 Mercury Tracer Sedan
MSRP: $15,745.00
FWY DISC: $300.00
FACTORY REBATE: $500.00
YOUR PRICE: $12,865.00
Vin# 6166871

'95 Mercury Mystique
MSRP: $16,745.00
FWY DISC: $310.45
FACTORY REBATE: $500.00
YOUR PRICE: $14,934.55
Vin# 602858

'95 Mercury Villager GS
MSRP: $21,160.00
FWY DISC: $1,068.00
FACTORY REBATE: $1,000.00
YOUR PRICE: $18,283.50
Vin# 22629

'95 Mercury Grand Marquis
MSRP: $30,150.00
FWY DISC: $1,227.00
FACTORY REBATE: $2,000.00
YOUR PRICE: $23,873.00
Vin# 606959

'95 Lincoln Mark VIII
MSRP: $34,905.00
FWY DISC: $2,008.05
FACTORY REBATE: $1,000.00
YOUR PRICE: $31,941.95
Vin# 680741

'95 Lincoln Towncar Signature
MSRP: $41,105.00
FWY DISC: $2,813.00
FACTORY REBATE: $1,000.00
YOUR PRICE: $33,502.00
Vin# 605540

'95 Lincoln Continental
MSRP: $41,475.00
FWY DISC: $813.00
FACTORY REBATE: $1,000.00
YOUR PRICE: $36,955.55
Vin# 647315

Lincoln
Mercury
Volkswagen

FREeway

Thursday, October 12, 1995

Lincoln
Mercury
Volkswagen

FREeway

IS "THE" WAY!

'95 Lincoln Mercury Blow Out

FREeway

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Lincoln • Mercury • Volkswagen

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Sale: Ends 10/19/95
At UC Riverside before about 2,000, Poly (3-5) and Los Alamitos (5-0), cranked heads, followed vision and ahoof says you could think back to two long third quarter touchdowns cases by the Griffins that earned them the victory.

With the score tied 14-14 at the half, Los Alamitos used a running attack, defense and a host of players led by Kevin Fenster to Tony Hatley (82-yards) and Stan Goynes (90) that became the game winners.

Poly, which finished with 274 total yards rushing, divided

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Ten Year Century Fox presents A Lightman E ntertainment Production, a Kathryn Bigelow Film, Ralph Fiennes, Angela Bassett in Strange Days, starring Julia Lewis, Tom Sizemore, Vincent D'Onofrio, Michael Wincott. The score is by Graeme Friel, with additional score by Deep Forest. and the music supervi­

perfect union . Though some still keep their innate beauty. fade and fray with time, but are stitched together, they may a quilt are not so different from challenges involved in making those faced by lovers-with

"One of the Best Films of the Year."

Millenium Approaches

The Black Voice News

Co-Star In "American Quilt" Ralph Fiennes as Leroy Nero and Angela Bassett as Mace. From Movie in Review

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"AMBITIONOUS! UNSETTLING! POWERFUL!"

"SCENE FOR SCENE, THE MOVIE IS SO POWERFUL AND ACCOMPLISHED."

"FULL OF ELECTRICITY AND FIRE! THE HUGHES BROTHERS KNOW HOW TO MAKE MOVIES."

"WILDLY IMAGINATIVE!"

"IT HAS THE BEST SOUNDTRACK OF THE YEAR!"

Angelou And Woodard Co-Star In "American Quilt" Ralph Fiennes in "American Quilt"

I nspiring, deeply moving and touchingly funny, How To Make An American Quilt explores a rich subject: how women love men. The challenges involved in making a quilt are not so different from those faced by lovers—which each love we hope to find the perfect union. Though some fabrics become dazzling when placed beside a contrasting pat­tern, others fight each other for harmony. When the ideal pieces are stitched together, they may fade and fray with time, but still keep their innate beauty.

Disneyland introduces newest nighttime adventure

W hen hanger creek in locations chandeliers... you know you've met your 'ghost hosts' at the Haunt­
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Strangers Days

A sexy, kinetic thriller.

"ELECTRIFYING! A DAZZLING VISIONARY TRIUMPH."

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BankAmerica Foundation Makes Grant To San Bernardino Links

The BankAmerica Foundation has made a grant of $1,000 to the San Bernardino Valley Chapter of the Links, Inc. The money will be used for its youth scholarship program. This past May, The Links awarded $12,500 to 11 deserving scholars. This grant was made possible thru the efforts of Mel Messinger, Vice President and Manager of BankAmerica’s San Bernardino Main office on North “D” Street.

The San Bernardino Valley Chapter of the Links, Incorporated serves the greater area of San Bernardino, Riverside and San Bernardino County. The competition is held at Star Dust Skating Rink (corner of Highland and Lugo Ave., Redlands, CA). The competition begins at 12:00 p.m. Food and drink are available following the competition, a skating party will be held at Star Dust Skating Rink (corner of Highland and Lugo in Redlands). The party will begin at 7:00 p.m. and will cost $4.75 with proof of purchase of drill team competition ticket.

Optimum Care Shampoo and Conditioner
Gentle cleansing and deep conditioning for healthier hair. 12 oz.
Reg. $7.99

Optimum Care Relaxers
No lye conditioning system for stronger, softer, shinier hair.
Reg. $7.99

Optimum Care Conditioning Sheet
Alcohol free, long lasting shampoo with no build up. 7 oz.
Reg. $3.79

Soft Sheen Moisturizer or Gold Activator
Shine, restoring balance. 8 oz. conditioning 10% off on 2 or more. or duty hair.
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Soft Sheen Sportin Waves
2 oz. Instant wave, the power of style! 3.5 oz. Reg. 2.79

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Redlands Community Center located at 111 Lugonla Ave., Redlands, CA. Donations from the general public are $3.00. A skating party will be held at Star Dust Skating Rink (corner of Highland and Lugo Ave., Redlands, CA). The party will begin at 7:00 p.m. and will cost $4.75 with proof of purchase of drill team competition ticket.

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Watch What You Heat! Prevent Home Fires

Inside
U.S. Fire Picture Remains Grim
What You Can't See Can Kill You
Foundation Aims to Help Juvenile Firesetters
This year, the National Fire Protection Association's theme is "Watch What You Heat! Prevent Home Fires."

The National Fire Prevention Association has roots in the Great Chicago Fire, which occurred on Oct. 9, 1871. This tragic fire killed some 300 people, left 100,000 homeless, and destroyed more than 17,000 structures. Much speculation has surrounded the origin of the conflagration. The most popular legend is that Mrs. Catherine O'Leary was milking her cow when the animal kicked over a lamp, setting the O'Leary's barn on fire and starting the spectacular blaze.

The fire swiftly took its toll, burning more than 2,000 acres in 27 hours. The City of Chicago quickly rebuilt, however, and within a couple of years, residents began celebrating the anniversary of the fire with festivities.

The Northeast followed with 9 fires for every 1,000 people. In 1993, more than 30,000 persons suffered fire injuries, reflecting a 6.2 percent increase over the previous year's figures. Of the total number of fires, about 84,500 were either intentionally set or suspected of being so. These fires were responsible for 560 civilian deaths and more than $2.35 million in property damage. Home fires were responsible for the largest number of fire deaths. Some 80.3 percent of all fire deaths in this country in 1993 occurred in homes. Once more, the South led with 21.7 civilian deaths per million population. The Northeast followed suit with 19.7 civilian deaths per million population.

In order to reduce fires and fire casualties and damage, the National Fire Protection Association is working to increase public fire safety education initiatives; increase awareness of the need for smoke detectors and escape planning; increase the use of automatic residential fire sprinklers; find more ways to make home products more fire safe; and advertise fire safety since 1896. The mission of the international nonprofit organization is protecting people, their property and the environment from the effects of fire and related hazards through education, codes and standards, research and technical advisory services. The Association publishes the National Fire Codes and the Learn Not to Burn Curriculum. NFPA headquarters is in Quincy, Mass., U.S.A.
**Cooking Fire Safety**

- Never leave cooking unattended.
- Do not cook if you have been drinking alcohol or are drowsy.
- Keep stove surfaces and the areas around your stove clear of combustibles.
- Turn pot handles in.
- Keep hearth-producing appliances away from flammable materials.
- Keep appliances free of grease.

**Matching and Lighter Safety**

- Store all matches or lighters up high.
- Store matches or lighters in your kitchen or other areas where children are unlikely to be left alone.
- Never leave matches or lighters in bedrooms.
- Teach children that matches and lighters are dangerous.
- Use only lighters that meet child-safety standards.
- Do not leave children unattended.

**Home-Heating Safety**

- Buy heaters that bear the label of an independent testing laboratory for heaters with automatic shutoff safety features.
- Give space heaters space.
- Let gas heating appliances cool.
- Add fuel only when heating appliances are cool.
- Cooking, smoking and heating—three major causes of fire. But none without the intervention of three important elements—men, women and children. Remember, “Watch what you heat! Prevent home fires.”

**Perspective and Attitude Develop Fire Career**

By Patti David

Renee Griffin dreamed of a career in the fire service and she worked hard to make it come true.

"I was a senior in high school when I decided I wanted to become a firefighter," Griffin said. "The physical side of it seemed exciting."

Griffin, who is slightly more than 5-feet, 7-inches tall, was always very athletic. In high school, she was into swimming, volleyball, basketball and track. While earning her bachelor's in physical education from California State University Stanislaus and her associate degree in behavioral science, she was also into volleyball and track.

Her brother, Wayne, 25, is an L.A. County firefighter.

"It's ironic, because I got him interested in the fire department when I was in college, and he got in before me," Griffin said.

Griffin joined the Riverside Fire Department in September of 1994. Before then, she worked with the U.S. Forest Service as a first-strike firefighter.

"I was on a helishot crew," she said. "I really enjoy the brush fires and brush fires. "I really enjoy the brush fire side of it—it's the same type of work I did as part of the helishot crew."

Griffin said that a positive attitude is essential.

"A positive attitude is everything," she said. "Everyone sees it—the public will see it, other firefighters will see it. Nobody wants to work with someone who has a bad attitude, and it's such a pleasure to work with someone who has a positive attitude—it motivates you to work harder and be the best that you can be."

Griffin said that her mother strongly influenced her attitude.

"Both my parents helped me with my positive attitude, especially my mother, because she was always such a strong woman," Griffin said. "She taught me that I could do anything I want, and that I shouldn't use my sex as a reason for not being something I wanted to be. She was always a workhorse, and just watching her as I was growing up was inspirational."

She added that hard work and persistence are necessary traits for would-be firefighters.

"Don't give up," she said. "It's an extremely competitive field. Gain as much education and experience towards it as you can."

Although she is fulfilling her career goals, she earned two degrees in different fields, as a competitive field. Gain as much education and experience towards it as you can.

"I want something to fall back on, because if I get injured, I don't want to be placed in a desperate position," she said.

Griffin, who is just starting her career, said everyone should take advantage of opportunities to better their education and promote their careers. Ever interested in expanding her horizons, she eventually wants to become a paramedic and join Urban Search and Rescue or Swift Water Rescue.

Griffin is also interested in helping recruit other trailblazing females.

"It's difficult to be a female firefighter because it's difficult being the only apple in a basket of oranges. But everyone here has been very supportive. It's a good feeling," she said.

Griffin said that once she is well established in her position, she will spend some of her off time helping her community. She is now checking into volunteering her services for women's groups, AIDS centers and youth organizations.

Firefighting is not just for anyone, she said.

"You definitely have to be a certain type of person to be a firefighter," she laughed. "You have to be a little crazy, someone once said, because everyone else is running out of a burning building, and you're running into it. But I'd encourage anybody who wants to join to try it. For me, I can hardly believe I've finally done it because I've been working to get here for about 10 years, and I still can't believe it sometimes."

**Fire Prevention Week Supplement 1995 Page 3**
LEARNING FIRE AND BURN SAFETY CAN BE FUN!

Kids can have a great deal of fun learning about fire and burn safety. Solve these puzzles then talk them over with your parents, teachers and friends. Our special thanks go to the National Fire Protection Association and the Seattle Fire Department Public Education and Fire Prevention Divisions for these educational puzzles.

If Your Clothes Catch On Fire...

(Trace the letters below)

Stop
Drop
Roll

If I Find Matches...

These pictures tell a story. Can you number them in the correct order? We numbered the first one for you.

They saw some matches on the floor.
Charles quickly told his mother about the matches.
Amy and Charles were playing a game.
Charles' mother put the matches in a safe place.

Match & Lighter Safety

If I find matches or a lighter, I would tell a (circle):

Draw a picture of what you would do if you found matches or a lighter.

Tools or Toys?

Put a ○ over the safe tools for children.
Put a X on tools that are not safe for children.
Put a △ over the toys.
SPECIAL 1995 FIRE PREVENTION AND SAFETY ISSUE

SPRINKLER SYSTEMS ARE NOT ALL WET

By Patti David

Fires kill more Americans than all other natural disasters combined—and African Americans are especially at risk, according to Edward M. Wall, deputy administrator for the United States Fire Administration's Federal Emergency Management Agency. Despite its life-saving potential, many people tend to believe that sprinkler systems are literally all wet. This is far from the truth.

"One of the most promising new technologies to aid in fire prevention is residential fire sprinklers," Wall said. "And yet many people are skeptical about sprinkler systems—generally because they are misinformed about how sprinklers work."

One misconception surrounding sprinkler systems is that they are easily activated by accident, and that when that happens, every sprinkler head in the house will go off at the same time, damaging the home and furnishings. "This belief is ironic when one considers that millions of people work in office buildings and hotels with sprinkler systems, without those systems being accidentally activated," Wall said.

The Federal Emergency Management Agency estimates that 75 to 90 percent of all residential fire deaths can be avoided if sprinklers are used in conjunction with smoke detectors. We feel certain that once the facts about sprinklers are known, Americans will choose to have these systems in their homes to protect their families," Wall continued, "just as they are now eager for protective air bags in their automobiles. Yet it wasn't that long ago when the public was skeptical about the possibility of an airbag's accidental inflation, as well as the cost of these new devices."

FEMA says that in contrast to the industrial look of sprinkler systems in commercial buildings, many residential sprinklers are recessed into walls or ceilings and covered with a small, disc-shaped cover plate that matches the color of the surface. When a fire occurs, the cover plate drops, exposing a heat-sensitive quick response sprinkler head that will activate and extinguish the fire.

The Federal Emergency Management Agency estimates that 75 to 90 percent of all residential fire deaths can be avoided if sprinklers are used in conjunction with smoke detectors.

One other accredited certification agency.

All gas space heaters must be equipped with a gas pressure regulator.

All gas heaters must be vented to the outdoors with the exception of unvented gas space heaters equipped with oxygen depletion safety shut off systems certified by AGA. Check with the local fire authority for its use.

You can suspect a carbon monoxide leak if you see soot or black deposits on your furnace, space heater or water heater, excessive condensation on your walls and windows, if indoor plants die in your home for no apparent reason, and flu-like symptoms occur and persist.

Carbon monoxide detectors are now available for home use, which sound an alarm as early warning when carbon monoxide is present in your home.

If you suspect carbon monoxide is present in your home, get out of the house immediately, call your local fire department or utility company from a neighbor's home, discuss the source of carbon monoxide with the fire or utility company official and have it repaired immediately.

Contact your local fire department for the recommended number of detectors and placement in the home.

SPECIAL 1995 FIRE PREVENTION AND SAFETY ISSUE

WHAT YOU CAN'T SEE CAN KILL YOU

By Patti David

With the onset of winter, it is time to make sure that your family is safe from a colorless, odorless killer: carbon monoxide.

Carbon Monoxide, or CO, is a colorless, odorless, deadly gas. These qualities mean that CO can kill you or your family before you know it's there.

"This gas is a common by-product of appliances that run on flammable fuel;" said Cincinnati Fire Division Chief Thomas E. Steidel. "It can be emitted by gas or oil furnaces, gas clothes dryers, water heaters, fireplaces, wood stoves, charcoal grills, gas ranges and space heaters. A clogged chimney or improper venting can cause problems as well."

One can prevent carbon monoxide problems by properly maintaining heating equipment. Following are some tips for homeowners:

- Check your chimney regularly to make sure it is clear of debris and open to outside air.
- Hire a reliable heating and cooling contractor to provide periodic preventive maintenance of your heating unit.
- Make sure furnace filters are clean. Replace them when they are dirty.
- Keep your heating equipment burners clean—check the flame to see if it is blue and not yellow.
- Make sure that the vent pipe which connects to your furnace, space heater or water heater to the chimney is free of holes, cracks and separations.
- Make sure that your furnace, water heater and space heaters have an adequate supply of fresh air or combustion and venting.
- Make sure that your gas heater's name plate indicates that it is certified by the American Gas Association (AGA) Laboratory.

FEMA says that in contrast to the industrial look of sprinkler systems in commercial buildings, many residential sprinklers are recessed into walls or ceilings and covered with a small, disc-shaped cover plate that matches the color of the surface. When a fire occurs, the cover plate drops, exposing a heat-sensitive quick response sprinkler head that will activate and extinguish the fire.

2. The Delinquent Firefighter: Delinquent firefighters are usually slightly older than the curiosity firefighters, and may reach up to age 16. They usually perform these acts deliberately, with the intent to cause damage. Their motives may include revenge, a desire to strike out due to family problems or change, such a relocation, a divorce in the family, a new boyfriend or girlfriend. Most delinquent firefighters are male and require both counseling and education.

3. The Problem Firefighter: These firefighters can range in age from about 10 to 16, and are usually youth with other anti-social behavior. Many belong to gangs or may be involved in other crimes. Problem firefighters may be placed in a residential juvenile home. They can benefit from learning what kind of damage they cause, and that there may be severe consequences to their continued destructive behavior, such as being institutionalized. They should be given extensive counseling.

4. Severely Disturbed Firefighter: These juvenile firefighters are often emotionally disturbed and may not even realize that their activities are wrong. They may set fires in an effort to solve a problem they perceive in their home or school. These youth are referred to specialists and may possibly be institutionalized, in order to protect them and others.

IS YOUR CHILD A JUVENILE FIRESETTER?

By Patti David

At least 80 percent of all children play with fire at one time or another in their lives. How can you tell if your child is a juvenile firesetter? The National Fire Protection Association lists four categories of juvenile firesetters. They are:

- Curiosity firesetters can usually benefit from learning that what they have done is not safe, and that there are dangers involved in setting fires.
- Delinquent firefighters are usually slightly older than the curiosity firefighters, and may reach up to age 16. They usually perform these acts deliberately, with the intent to cause damage. Their motives may include revenge, a desire to strike out due to family problems or change, such a relocation, a divorce in the family, a new boyfriend or girlfriend. Most delinquent firefighters are male and require both counseling and education.
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FIREFIGHTER MAKES HEADLINES

By Patti David

Gundersen said he keeps LAFD Fireline going because his desire to fight fires is too strong to be denied.

Know Your Fire Extinguishers

By Patti David

Fire extinguishers are not designed to fight large or spreading fires, but almost all fires are small and containable at first, if the correct type of fire extinguisher is used properly. These devices are useful if they are rated for the type of fire at hand. They are also useful if they are large enough to put out the fire. Most portable extinguishers discharge all of their extinguishing agents in as little as eight seconds.

Fire extinguishers should be within easy reach, fully charged and in working order. The operator must know their proper use, as there is no time to read directions during an emergency. The operator must also be strong enough to lift and use the extinguisher properly.

Fire extinguishers should bear the seal of an independent testing laboratory, and should be labeled for the types of fire they are meant to extinguish. Using the wrong kind of extinguisher may make the fire worse.

There are three basic types of portable fire extinguishers:

• Class A: for ordinary combustibles such as wood, cloth, paper, rubber, any plastics and other common materials.

• Class B: for flammable liquids such as gasoline, oil, grease, tar, oil-based paint, lacquer and flammable gas.

• Class C: for energized electrical wiring.

Radioactive agents, used on Class A fires, are very clean and leave no residue. There are many types of extinguishers for other common types of fires. However, they leave a sticky residue—they are not for use on or around delicate electrical appliances or computers.

3. Halogenated agents can be useful on all three fire classes, depending on the agent used—the label will indicate which types of fires the extinguisher will handle. These types of extinguishers are expensive, but are versatile and leave no residue. They are excellent around computers and delicate electronic equipment.

4. Carbon Dioxide agents, used on Class B & C fires, are very clean and leave no residue. However, its short range means it must be applied very close to the fire.

5. Water-based agents are for Class A fires only. They are the least expensive to refill and maintain.

6. Extinguishers need routine care. Ask your dealer about extinguisher inspection and service. Reusable models must be recharged after every use. Disposable extinguishers must be replaced after use.

Riverside Fire Department is holding its fifth annual Fire Life and Safety Expo at the Riverside Plaza, 3690 Central Ave., from Oct. 2-7. The expo will highlight National Fire Prevention Week, Crime Prevention Week, and Public Power Week events.

Sparks the Fire Dog, Smokey Bear, Officer McGuff and Patchies the 9-1-1 Cat will be on hand to greet the students as they arrive at the event. Children will also be treated to puppet shows featuring characters that talk about smoke detectors and Africanized honey bees.

The expo, which will show everyone the do's and don'ts of fire and life safety, will also feature a demonstration on electrical fire extinguishers.

“Home Town Hazards” will include quick tours of fire trucks, law enforcement and utility trucks.

Participating in this event are the California Highway Patrol, the City of Riverside Fire and Police Departments, the Gas Co., the City of Riverside Industrial Waste Management, Metrolink, and the City of Riverside Public Utilities Department.

Page 6 Fire Prevention Week Supplement 1995
BUSINESS OWNERS CAN DECREASE EARTHQUAKE DAMAGE

By Patti David

It’s a fact—earthquakes injure or kill people, damage structures and equipment and threaten integrated business operations. However, there are many ways that business owners can reduce or avoid damage and injuries. The Los Angeles Fire Department’s Disaster Preparedness Division says that it is essential to create an effective emergency preparedness plan.

The LAFD Disaster Preparedness Division has provided the following tips to help business owners in earthquake-prone areas continue or resume operations with minimum damage:

1. Create a company disaster plan. A thorough plan would include the areas of:
   - Employee safety and basic survival
   - Emergency operating procedures
   - Handling data processing systems
   - Storing, securing and retrieving vital records
   - Emergency communications and transportation systems
   - Alternative office facilities
   - Methods for networking with federal, state and local emergency services agencies and organizations
   - Ongoing training, testing and maintenance
   - Consult local building codes to make sure that the business site meets current seismic safety standards.

2. Consult local building codes to make sure that the business site meets current seismic safety standards.

3. Conduct drills to make sure that the business’ earthquake plan is effective. The plan should be reviewed at least once a year.

4. Businesses located in high-rise buildings should educate and train their employees about what to expect in the event of an earthquake. Lower floors will shake faster than the top of a building on upper floors. The building in the event of a strong earthquake, and will help keep employees aware of the risks at home as well.

5. Make sure that your building and furniture, including cabinets, bookshelves, computers and typewriters are well-secured and anchored.

6. Hold “Brown bag” seminars to educate and train employees to the earthquake preparedness topics such as safety techniques.

7. Educate and train employees to follow the earthquake plan.

8. Include articles on the importance of workplace and home preparedness in employee newsletters.

9. Provide employees with special bulletins and handouts on earthquake and other disaster preparedness.

10. Develop a plan on how to restore one’s business after an earthquake.

11. Conduct a “hazard hunt” to find potential dangers in the business environment.

12. Make contingency agreements with vendors and customers for post-earthquake operations.

13. Develop an inventory of critical supplies and equipment.

14. Following these measures should minimize both financial and physical damage in the event of a strong earthquake, and will help keep employees aware of the risks at home as well.

EARTHQUAKE COOKING TIPS

When the Northridge Earthquake struck on Jan. 17, 1994, few people were prepared for the aftermath of the shaking. Although thousands of persons were displaced from their homes, the majority of Los Angeles homes suffered minimal damage. However, the days following the tremor were slightly more than inconvenient—many homes did not have electric power or natural gas for days, even weeks. How were they going to get along, since many businesses were shut down?

In the event of an earthquake, indoor cooking may not be possible because of interruptions to natural gas and electrical services. Be prepared to cook outdoors.

Following are a number of earthquake cooking tips provided by the Earthquake Survival Program and the Southern California Earthquake Preparedness Project of the Governor’s Office of Emergency Services:

- Outdoor cooking stoves can be used for earthquake cooking. Charcoal grills, hibachis and camp stoves can all be used if cooking is done outdoors. Food can be heated with candle warmers, chafing dishes or fondue pots. Remember, there are other possible outdoor cooking sources such as propane stoves or the stove in your recreational vehicle.

- Canned food can be heated in the can, but make sure you remove the paper first and punch hole in the top of the can to allow steam to escape.

- Make sure that you have at least a 72-hour supply of charcoal, propane, camp stove fuel, waterproof matches or a lighter. It is also essential to store a manual can opener, paper towels, tongs with long wooden handles to keep you safe from fires.

- Use only seasoned wood or fuel, not green wood, artificial logs or trash in your woodstove.

- Stay clear of windows and other areas with glass.

- Avoid bookcases or heavy furniture which could topple during an earthquake.

- Keep away from heating units, stoves and refrigerators.

- Earthquake experts and public safety officials advise everyone who lives in earthquake-prone areas to hold the surprise earthquake drills monthly. Holding these drills regularly will form instinctively safe habits among family members.

- An earthquake can be a major earthquake. On upper floors, movement will be slower, but the building will move farther from side to side.

- Make sure that equipment and furniture, including cabinets, bookshelves, computers and typewriters are well-secured and anchored.

- Kerosene heater users should check with their local fire department to make sure that these heaters are legal in the area.

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- Make sure working smoke detectors are installed and smoke alarm systems are functional.

- Make sure that you have a fire extinguisher in your home and have a plan for evacuation.

- Make sure that you have at least a 72-hour supply of charcoal, propane, camp stove fuel, waterproof matches or a lighter. It is also essential to store a manual can opener, paper towels, tongs with long wooden handles to keep you safe from fires.

- Develop and practice a family escape plan.

HEAT YOUR HOME SAFELY THIS WINTER

By Patti David

The misuse of alternate heating sources kills more than 600 U.S. residents each year, according to the United States Fire Administration. Fires caused by the misuse of space heaters, woodstoves, fireplaces and other alternate heaters are among the fastest growing causes of residential fire deaths.

The risk of fires caused by alternate heaters always increases during winter months, according to the USFA. The following tips can help people enjoy a warm and safer winter:

- Keep combustible materials such as curtains, clothing and furniture at least three feet away from portable space heaters. Objects should never be dried or stored on top of heaters.

- Follow manufacturer’s instructions on the installation and maintenance of woodstoves.

- Use only seasoned wood or fuel, not green wood, artificial logs or trash in your woodstove. Clean pipes and chimneys annually and check them monthly for damage or obstructions.

- Keep a large enough screen around fireplaces to catch flying sparks and rolling logs.

- Clean the chimney regularly to prevent creosote build-up from igniting a fire, and have it inspected annually for damage and obstructions.

- Store cooled ashes in a tightly-sealed metal container, not in cardboard boxes, plastic or rubber bags.

- Kerosene heater users should check with their local fire department to make sure that these heaters are legal in the area. Buy and use only crystal clear. K-1 kerosene, never gasoline or camp stove fuel, as both explode easily. Always use these heaters in well-ventilated rooms only, and allow them to cool before refueling. Always refill outdoors.

- Make sure working smoke detectors are placed on every level of the home, especially near the sleeping rooms. A working smoke detector can double one’s chance of surviving a fire.
MUSTS FOR A FIRST AID KIT

By Patti David

most people buy or build first aid kits without any intention of keeping them in condition — i.e., making sure all medications are fresh, making sure items are properly stocked and complete. Unfortunately, most people also slowly use up their supplies and fail to keep their first aid kits current, facts which can make a first aid kit practically useless in case of an emergency.

Following is a list of the absolute essentials for a properly set-up first aid kit. If you’re updating yours or building a new or spare kit, this list can serve as a complete basic checklist, although you may want to make sure your kit is tailor-made for your needs and the needs of family members.

ESSENTIALS:
1. A first aid manual is essential. The American Red Cross First Aid and Personal Safety Handbook can be used as a ready reference in case of an emergency.
2. A box of adhesive bandages for minor cuts
3. Sterile 4-inch x 4-inch gauze dressings for cuts and bruises
4. A 2 -inch wide roll of gauze bandage for holding dressings in place
5. At least one roll of 1-inch wide adhesive tape to secure dressings
6. A one-step burn dressing such as Water-Jel or Second Skin first aid emergency burn dressing
7. Safety pins of various sizes
8. A good pair of scissors
9. Two triangular bandages to use as a sling
10. A survival blanket for treating shock
11. A flashlight with fresh batteries
12. At least 10 packages of moist towelettes
13. Tweezers for splinter removal
14. A thermometer
15. Sunburn lotion
16. Hand soap
17. One bottle of aspirin and one bottle of acetaminophen for treating minor pain
18. Alcohol swabs
19. A tube of antibiotic ointment
20. Insect bite remedy and antihistamine tablets
21. A snake bite kit

It is important to include items needed by family members in designing one’s first aid kit. For instance, if one or more family members have insulin-dependent diabetes, it is important to include glucose tablets, insulin and syringes, as well as a glucose test monitor if one is using the first aid kit as a travel or camping kit. A responsible family member should tailor the kit to each family member’s needs.

SURVIVAL KIT ADD-ONS FOR OUTDOOR ENTHUSIASTS

1. A polyethylene tarp measuring about 6 feet by 8 feet should be brought along for shelter. This tarp should be windproof, waterproof and brightly colored so it can be seen from afar.
2. Matches and a striker kept in a sealed, water-proof container, as well as a candle, for light and warmth. If the trip will mean cold weather, bring along a wool sweater and a space blanket for extra warmth.
3. Carry enough food to last at least 24 hours. Sugary foods such as chocolate biscuits, raisins, dextrose or glucose tablets are essential, along with high-protein foods such as nuts. Salt tablets can also be helpful. Make sure the kit includes enough water or a filter or purification system. Other beneficial foods include soup stock cubes and powdered milk.
4. A signalling device such as a flashing mirror or whistle is also always a most. Remember, smoke from a fire will also attract attention, but all outdoor fires should be built responsibly and properly extinguished.

HELPFUL EXTRAS FOR OUTDOOR SURVIVAL

1. Course in first aid
2. A rustproof knife
3. Maps and a reliable compass
4. Warm, waterproof clothing and gloves
5. If boating, a waterproof container for the first aid kit
6. A small fire extinguisher
7. A nylon cord

Although a number of commercially-available first aid kits can be filled with fancy items, it is important to remember that the essential items be fresh and properly stocked.

FIRE SETTING

W hen King County, Wash., serial arsonist Paul Keller was arrested and consisted of dozens of ar­son fires, much of the area breathed a sigh of relief.

Not everyone was relieved though. Firefighters and arson experts knew that anyone could become a serial arsonist. Another man, and I am a grandmother who this mom-