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Tony Brown


For more information, call (909) 343-3229.

Johnson Runs For School District Trustee

Benjamin Johnson, candidate for Alvord School District Trustee, is a committed and dedicated volunteer who has already established himself with a distinguished track record of volunteer and community service. His dedicated volunteer work has earned him recognition as a recipient of the Outstanding Citizen Award in the Riverside County, 1995 and the 1996 San Bernardino County of the Year Award from the JC Penney Post of Lights Program.

Originally from Harrisburg, Pennsylvania, Johnson came to Southern California to attend college at Chico State College. He earned his BA in psychology in 1987. Just before he met his wife, Sarah, Johnson relocated to Riverside County, where he works in sales for Hoechst Pharmaceuticals. He and his wife, Sarah, have a two year old daughter, Retleka.

Despite the demands of his professional career, Johnson has found time to volunteer for a variety of causes, most notably as vice-chair for the Human Relations Commission of Riverside, a member of the Urban League of Riverside, aiding with AL-PR, a program for Anglo Egalion Fraternity, and the former chair of the Coalition for Homeless Outreach of Riverside.

As an Alvord Unified School Board Trustee Johnson will pursue his goal of "Putting Children First" with the same passion and commitment that has repeatedly shown in his other community service efforts.

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Safe Sex Post Heart Attack
Our Bodies

By Dr. Ernest Levister, M.D.

DEAR DR. LEVISTER: I experience a heart attack every 2 weeks. Is it safe to have sex with my partner? H.A.

Richard H.

A recent survey of 88 men with coronary heart disease who were enrolled in a long term cardiac program suggests that sexual intercourse poses little or no risk for people without ischemia (inadequate blood flow to the heart). As part of the study, the men performed exercise tests during which they rode a stationary bicycle while hooked up to an electrocardiogram. This is a machine that records changes in the heart's electrical activity. For 24 hours the patients also performed exercise tests during which they rode a stationary bicycle while hooked up to an electrocardiogram.

The study showed most patient's heart rate was higher during the exercise test vs. only 50% during intercourse. Presumably because the greater cardiac demands are on the bicycle test, men of the patients had evidence of ischemia during the exercise stress test - only 31% of the patients had ischemia during sex. The study further suggests that the percentage of patients experiencing ischemia or decreased blood flow to the heart was high during the elimination of medication during the evaluation.

Although the study suggests that sexual intercourse is safe for people with coronary artery disease, common sense should prevail. Taking cardiac medications as prescribed is important in the protection of your heart. Regular medical check ups are highly recommended. You and your mate should discuss this with your personal physician.

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Editorial

We Must Vote Tuesday, November 7th

Thursday, November 7, 1995 is the day you must go vote. We didn't say you SHOULD go vote the statement was you MUST go vote. Local elections are very important, they control what happens in your community.

A voter must also be informed about candidates and issues in the election. Black Voice News has checked out the following persons and issues and we recommend for your consideration the following:

RIVERSIDE COUNTY

CITY COUNCIL
WARD 7
TERRI A. TERRY
FRIZZEL
RIVERSIDE COMMUNITY COLLEGE DISTRICT: ROBERT BURKS MARY FIGUEROA PERKS HIGH SCHOOL DISTRICT WILLIAM B. INGRAM PERKS SCHOOL DISTRICT VENICEA GREEN-JORDAN ALVORD SCHOOL DISTRICT RON JOHNSON

San Bernardino County

COMMUNITY COLLEGE DISTRICT: KEITH LEE DON RUSK SAN BERNARDINO UNIFIED SCHOOL DISTRICT LOUIS E. YEAGER MARLIN BROWN DANNY TELLLMAN

SBCCE CITY COUNCIL 2ND WARD RITA ABBAD 6TH WARD BETTY DEAN ANDERSON CITY CLERK RACHEL MENDOSA CLARK CITY ATTORNEY JIM PENMAN

MEASURE I FOR THE AMENDMENT (158)

Your Vote Can Make A Difference on November 7th

RIVERSIDE, CALIFORNIA

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Unique Oils, Insense, Dolls, African Dressings Books, Art, Afrocentric Literature, Monthly functions & much more...

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Monthly drawings
Alhatti: Black-Owned, Four Star Resort & Retreat

Continued From Front Page

The Hollingsworths purchased the property in 1990 and dedicated it to God for all He had done for them. They paid for the land first and then the cottages as the built them.

In this day and age most people don’t accomplish what they have in this short time. How was it done?

God gave them an idea to help the youth in the inner city of Los Angeles. In testimony on video, children and teenagers many of whom were on their way to troubled lives, were changed. They are now leaders in their schools and their grades have drastically improved. Many went from failing students to honor roll students. They now have a new lease on life and something to look forward to and the Hollingsworths, who have been and are multi millionaires are giving back. They train workers to work with the youth in a program named BOSS. “It teaches practical principles for starting a ministry or a business. The program teaches young people the relevance of God’s work in meeting their needs for success,” said Al Hollingsworth.

Hollingsworth explains the BOSS program is currently being conducted in major churches throughout the Southern California area. It takes 20 weeks at one session per week.

The program is free to anyone who will train to ensure its success. It is only available through a church.

Hollingsworth has BOSS programs internationally in Africa, Japan and Switzerland. The Hollingsworths are the nation’s major packaging company. They have contracts to provide packaging for many cereal and household products. The have major warehouses in the west, midwest, east and south.

For information or reservations call (909) 659-2066.

The group of attendees for the Southern California sponsored day of sharing Information on community resources at Alhatti.
Infusion To Perform At McDonald's Gospelfest

Six amateur gospel choirs, from communities and churches throughout Southern California, will spill spring and bring down the house as the choirs compete in the final even of McDonald's Gospelfest '95 — the Southland's premier gospel extravaganza. The gala event will be held on November 4th.

"McDonald's Gospelfest has had a tremendous impact on our community over the past decade," said Lindsay Hughes, chairman of McDonald's Gospelfest '95 and local McDonald's franchisee, "and again this year we are pleased with diverse talent and several new performers, proving that gospel music truly reaches out to all ages and ethnic peoples.

No wonder it's a record-breaking field of more than 80 entries. Infusion recently captured the title of McDonald's Gospelfest '95 winning group and will perform in the concert with six other choirs. Infusion members include Carl Washington of Monrovia, Dayleen U. of Azusa, Shaundi Scott of Colton, Cedric Clark, Cornell Clark, and Lenard Clark of Rialto.

Sponsored by McDonald's Operators' Association of Southern California (MOASC), McDonald's Gospelfest is dedicated to bringing together Southern California's best and most successful gospel groups and choirs in a friendly competition to raise funds for community and educational organizations. Proceeds from McDonald's Gospelfest '95 will benefit Challengers Boys & Girls Club of South Central Los Angeles, and Black Educational Development Fund of the California State University system.

This year's event will be co-hosted by Paul Kidd, program director on KGF9-AM 1220 and host of numerous gospel music radio shows, along with Talmis Hopkins, renowned television, film, and recording artist. For more information, call (909) 344-7000.

Tammie Gibson To Perform In Concert Thru For These Three Crusade will present in concert an evening of praise featuring Tammie Gibson on Saturday, November 4th, 5:00 p.m. at "The Great Tent Crusade" Drans & Perris Boulevard, Monrovia Valley. The theme of the evening will be "Sing Unto The Lord A New Song," Psalm 33:3. A freewill offering will be received by Pastor Stephen E. Patterson. Admission is free. For more information, call (909) 747-7327.

First Baptist Church
4191 Murray Rd.
P.O. Box 3099
Perris, CA 92379
Phone: (909) 657-2767
WECKLY SERVICES
Sunday:
Early Morning Worship: 7:45 a.m.
Morning Worship: 10:45 a.m.
Bible Study: 6:00 p.m.
Tuesday:
Theers: Grade 12 -1 noon
Mission: 1:30 p.m.
Wednesday:
Prayer Praise: 7 p.m.
Rev. Roy Harris, Sr.
Tabernacle Church
1166 N. Waterman Ave.
Prieta, CA
Schedule of Services
Sunday School: 9:00 a.m.
Sunday Worship: 11:00 a.m.
Afternoon Service: 5:00 p.m.
Rev. Marvin L. Brown
NEW JOY BAPTIST CHURCH
Church located at: 4007 S. A.D. Church
4345 Kemper Ave.
Perris, CA
Worship Services
Sunday:
Sunday School: 9:30 a.m.
Morning Worship: 10:15 a.m.
Evening Worship: 6:00 p.m.
Tuesday:
Prayer Meeting and Bible Study: 7:00 p.m.
"Everyone Is Welcome"
Sunday Service: 11:00 a.m.  
Monday Bible Study: 7:00 a.m.  
Wednesday Prayer Meeting: 7:00 p.m.  
Sunday School: 9:30 a.m.  
Wednesday Bible Study: 7:00 p.m.  

Pre-Thanksgiving Revival  
Allen A.M.E. Church, 4009 Locust Street, Riverside, California. Rev. Sherrella Egson, Pastor, will be holding a Pre-Thanksgiving Revival beginning Tuesday, November 15th and ending November 19th from 7:30 a.m. to 9:30 p.m. nightly. The Revivalist will be Bishop Charles E. Simms, Pastor of Mt. Calvary Baptist Church, Indiana, California. Bishop Simms is a master preacher, pastor and singer and his choir has won many awards. The choir will close out with Bishop Simmons, Jr. on November 17th at 7:30 p.m. For further details, call (909) 686-9406.

Family Christian Fellowship  
494 W. Fourth Blvd. (Between Cogswell & Santa Ana)  
Riverside, CA  92507  
(909) 857-9479

ORDER OF SERVICES  
Sunday Worship: 11:00 a.m.  
Sunday Evening Service: 6:00 p.m.  
Tuesday Intercessory Prayer: 10:00 a.m.  
Wednesday Evening Service: 7:30 p.m.  
Family Night  
Thursday, 6:00 p.m.
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Victory Chapel, 123 West Highland Ave., Riverside, CA.

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The Black Voice News
Page A-6
Thursday, November 2, 1995

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Ralph & Sue
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Riverside, CA 92503

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Retracing The Underground Railroad Experience
-It Began In Africa

The African Diaspora Map — I
Based on research by Joseph E. Harris

Suppose of the Depression

1780
The first 100 years of the Underground Railroad was the movement of enslaved African Americans from the United States to freedom in Canada, the Caribbean, and other countries. The movement was led by abolitionists and others who believed in the right of all people to freedom and equality. The Underground Railroad was not just a network of individuals who helped enslaved people escape slavery. It was a complex system of communication, safe houses, and transportation that allowed enslaved people to travel from one location to another. The network included more than 30,000 people, including enslaved people, abolitionists, and others who supported the movement. The Underground Railroad was not just a movement for enslaved people but also a movement for all people to work towards freedom and justice.

A slave is a person who is owned by another person. Slaves were considered property and were treated as such. They were not allowed to vote; or to marry. Many laws were passed to ensure that slavery continued. It was illegal for slaves to learn to read or to write; or to draw; or to hold religious services without a White person present. It was also illegal to own guns; to kill a slave; or to escape; or to run away; or to buy; or to sell; or to give; or to vote; or to marry.

Almost every African American had a group of relatives in Africa. Most of them were in the slave hold. Some abolitionists wanted to work with slavery peacefully and gradually. Others thought that there should be no slavery at all. Yet, another group thought that blacks should return to Africa and form colonies. Regardless of their methods, all believed that slavery had to end. In the United States, a law was passed that no new slaves could be brought into the country after 1820. By 1848, the area was still continued. In 1863, President Abraham Lincoln signed the Emancipation Proclamation, freeing the slaves. But, slavery did not really end until the 13th Amendment to the Constitution was passed in 1865.

The abolitionists then turned their efforts to helping the newly freed slaves. They worked to ensure that all blacks had the same rights as Whites. Black Americans—and all Americans—owed a lot to the brave men and women who fought to end slavery. The people of a nation are only free when everyone is free and treated equally.

From Empar Publishing Company

Look For More Facts
And Information About The Underground Railroad In Our Next Issue.

Almost every African American and all African Canadians are direct descendants of the survivors of the Underground Railroad.

The Underground Railroad, for whom Harriet Tubman is so famous, was not a mode of transportation. It was a system of safe houses, churches, homes, and other places where the fugitive slaves could rest and eat during the day as they traveled by night the 900 plus miles to freedom in a land called Canada.

Many' abolitionists believed is not so flatly or generally true that they did. It was, for instance, a difficult task to ask the slaves to tell the truth about their ancestors. But, the information they provided was still valuable. It helped to trace the family tree of the slaves and to understand their history.

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**UCLA Muzzles Bears; NHRA Finals = Excitement**

Abdul-Jabbar (217 yards) and Bruins get third straight win, 33-16 over Cal

By LELAND STEIN III

BVN Sports Editor

TICKETS - Will the buck stop here? Take that question mark away from this sentence. The UCLA Bruins on a roll rolled over their personal nemesis, the California Golden Bears (1-4-Pac-10, 2-6 overall), 33-16 before 53,614 at the Rose Bowl.

While one streak was stopped, Cal’s five game winning mastery over the Bruins (2-3, 6-2), another streak just keeps on going.

This streak is being implemented by outstanding UCLA tailback Karim Abdul-Jabbar. He rushed for 217 yards - the second straight such outing - and one touchdown. Again he showed his amani, scoring for 170 yards in the second half. Last week against Stanford he gained 180 of his 217 yards in the second half.

“I have confidence in my offensive line, that no defense can control with us for a whole game,” Abdul-Jabbar said. “Also, conditioning and determination is a big part of what’s happening for me. There’s something special going on here, we want to end up at the big house (Rose Bowl).”

Added UCLA Coach Tony Dinsemore: “Karim is the most competitive player on this team, both in practice and in games. He’s a coach’s dream, a special person and off the field.

Concord's Bruce All-American tackle Johnathan Ogles: “Karim doesn’t need much of a hole. He just blazes through as opening...all we have to do is screen block.”

Also playing controlled ball and contributing is freshman quarterback Cade McNown. Says Ogles about McNown, “He's starting to make the right reads and doing everything asked of him right now.”

So what's turned the Bruins’ season around? Explained Ex-Esquire’s and Glenn Thompson’s “Bouzin line is well we did to want to have another year like last year. This team is better than a 5-6 record.”

Still Cal's star linebacker Deantai Clemmons to the Southridge North star. “We may not have much of a novel, chance, but we still have pride in our effort.”

By LELAND STEIN III

BVN Sports Editor

POMONA - Ever been to a National Hot Rod Association (NHRA) racing event? If not... Have you ever witnessed a Space Shuttle lift off? Sure the engines in NHRA top fuel or funny car are not as powerful, but compared to the size of the vehicle being projected, the energy being released is no less exciting or powerful.

Understanding this fact, it makes you marvel at the ability of the drivers to control and handle the power of the vehicles they move down the drag strip at Pomona Fairplex.

Moving at speeds close to and over 300 m.p.h., it make you grasp at the possibilities. Disaster is always a millisecond away.

Consider during qualifying, Cruz Pedregon, driving for ex-Washington Redskins coach Donnie White behind a block from Drew Young (#3). Photo by Paul Alvarez.

LAUNCHING PAD: Top fuel diver Ron Capps epaps down the racing strip. Photo by Paul Alvarez (NHRA)

Launching pad.

TAKING CHARGE: Rubidoux's Curtis Hobbs: IPR A Regional Champ

BY LELAND STEIN III

BVN Sports Editor

RIVERSIDE - After a heart breaking loss to rival Riverside North last week, Rubidoux fanned its frustration into a focused and solid effort against Poly, 27-7 victory at UC Riverside.

“We were frustrated after the loss to North, but we came back determined, focused and ready to play;” said Rubidoux tailback Curtis Edwards.

Surprising themselves, both coaches and Poly, the Falcons backed up a very good run defense and held on for a 27-7 victory at UC Riverside.

Rubidoux (2-1 in league, 6-2)

Joe Gibbs’ team, blew a chassis in a violent explosion, but survived in race another one day. The drivers live on the edge, but that’s part of the fun. But, when it’s good, it’s good. As when John Force sped his funny car down the strip in a track-record 274 m.p.h. with a time of :05.074 - this effort won him the Winston funny car world points standing.

“We wanted to make a statement early in qualifying,” Force said, “and that’s what we did. My crew is the best and they deserve credit for this.”

The Winston Select Finals winners were: Al Hofmann in the funny car series, moving up 29,40 m.p.h. in 5,066-seconds and Blance Johnson won his first top fuel series title in a track-record 4.689-seconds at 300 10-m.p.h.

As a prelude to the drag racing Finals, NHRA held its 7th annual “Career Opportunities Fair.” Over 100 schools participated in the event, including Eisenhower, Pacific, Rubidoux, Moreno Valley and Fontana, just to name a few.

The students were introduced to career opportunities in automotive, marketing, media and other motorsports industries, as well as how to take part.

The four day event was attended by 110,500 fans.
Keymah To Produce One-Woman Play
By Susan Allin Works
Black Voice Entertainment

A
s the main alumna from In Living Color have moved on to very successful film careers, we would expect nothing less from the leading lady T'keyah Crystal Keymah. However, in the stage and television that are benefiting from this talent and versatile screen. If the memorable and acclaimed recurring roles on On Our Own and The John Larroquette Show didn’t occur for her old and new fans then it must have been her award winning one-woman stage production, Some Of My Friends. Using her talents of character creation exercised during her In Living Color days, T’keyah transforms herself into 11 distinct characters. This production garnered NAACP awards in the categories of Best Actress and Best Play. Plans are also in the works for a film version of this phenomenal performance. Fresh off the stage of Robert Townsend’s The Five Heartbeats, T’keyah quickly made her feature debut as executive producer of her first motion picture One Last Time. Teaming up with the extraordinary Bob Mardis, who wrote, directed, and produced the film has been exciting and challenging. This partnership has already lead them to Houston Worldfest International Film Festival for the receipt of the Silver Star Award. But it doesn’t stop from there have paired again to the production of a television movie Circle Of Pain this movie string on Showtime in February was written and directed by Mardis and stars Todd Bridges, Glyn Turman, and Anna Marie Horford. With this busy schedule as actress, producer singer and dancer it’s difficult to imagine that this beautiful woman equipped with talent and tenacity finds the time to be charitable. T’keyah sponsors a child through “Childreach” and is active with Concerned Citizens of South Central in addition to caring for those cancer patients with “My Good Friend.” As you see she isn’t afraid to step up and take responsibility and charge of any situation or classification. With a book and newsletter being published Ms. Keymah leaves no road untraveled, no rock unturned, and there is no scar that she hesitates to reach for.

Laws Performs At Timber Creek
By Rena Police-Black Voice Entertainment

I vividly remember sometime back going to the Queen Mary, and watching through binoculars Ronnie Laws perform. Throughout his entire performance I remember thinking how smooth his sound and rhythm was. Well, recently I had a chance to see Laws perform, up close and personal, and I was pleasantly surprised to note that his sound has remained just as smooth as I remembered it. Sailing in the city atmosphere of Timber Creek, I thought, as I watched Laws play two forms at one time, ‘how far can you go.’ Laws included a tribute to Grover Washington, Jr. that seemed to captivate the audience. Laws then brought his 20-year-old daughter (Michelle Laws) out to perform, which she did, she really did. Michelle is an up and coming artist, and does some background vocals on her dad’s latest album, Natural Laws.

If you missed Laws at Timber Creek, don’t miss his new Natural Laws, available in stores now. Laws is not always the guest at Timber Creek, 1331 W. Colton, Redlands, however one can still enjoy live entertainment, jazz in particular, Friday through Sunday nights.

Nomination Deadline Extended!!
THE RIVERSIDE MLK MONUMENT VISIONARIES
HONOREE COMMITTEE 1995

"HONORING THOSE WHO TYPIFY THE SPIRIT OF TRUE BROTHERHOOD"

NOMINATION FORM
Name of Nominee:
Address:

Day Telephone # ( )
Evening # ( )
Fax # ( )
Work # ( )

Ethnic Group (Please circle):
1. AFRICAN AMERICAN
2. AMERICAN INDIAN
3. HISPANIC/LATINO
4. ASIAN/PACIFIC ISLANDER
5. NATIVE AMERICAN

Nominate by:

Day Telephone # ( )
Evening # ( )
Fax # ( )
Work # ( )

In order to be considered, this application form must be completed and submitted no later than Monday, October 30, 1995. Mail all material must be postmarked no later than October 30, 1995. Please complete the nominee form and enclose a statement explaining the reason why you feel your nominee exemplifies the spirit of Dr. Martin Luther King, Jr. The nominees must be published in the benefit of the people and not be charitable. T’keyah sponsors a child through “Childreach” and is active with Concerned Citizens of South Central and is paid for the benefit of this beautiful woman equipped with talent and tenacity finds the time to be charitable. T’keyah sponsors a child through “Childreach” and is active with Concerned Citizens of South Central in addition to caring for those cancer patients with “My Good Friend.” As you see she isn’t afraid to step up and take responsibility and charge of any situation or classification. With a book and newsletter being published Ms. Keymah leaves no road untraveled, no rock unturned, and there is no scar that she hesitates to reach for.

Commitment to the mission of Dr. Martin Luther King, Jr. of understanding between the different races:

Unselfish efforts to accomplish unity:

Nominees uniqueness in demonstrating abilities to resolve conflicts with different ethnic groups:

NOMINATIONS MUST BE POSTMARKED NO LATER THAN MONDAY, NOVEMBER 11, 1995
Mail nomination form to: The Riverside MLK Monument Visionaries P.O. Box 1547 Riverside, CA 92502
For more information, call (909) 683-7100.
November Calendar

November 2-3 | MEMBERSHIP MEETING: "We, The People of San Bernardino County, a commonly wheat growing organization, will be holding its monthly meeting the Rose Hills in San Bernardino. The meeting will take place at 7 p.m. For more information, call (909) 383-4187.

November 2 | LIVE DEBATES: KCSC-TV Channel 16 will be holding its bi-monthly debate event. The event will be held at the San Bernardino City College's关 Cabin at 8 p.m. For more information, call (909) 383-1473.

November 3 | JOIN THE FRIENDS OF DANNY TILLMAN for San Bernardino City Unified School District. The event will take place at the Rose Hills in San Bernardino. For more information, call (909) 383-8787.

November 4-5 | More information, call (909) 383-8787.

November 5 | DEBATE DEBATES: "We, The People of San Bernardino County, a commonly wheat growing organization, will be holding its monthly debate event. The event will be held at the San Bernardino City College's关 Cabin at 8 p.m. For more information, call (909) 383-1473.

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