Riverside Group Holds 2nd UGGR Feast

The Black Voice News

By Cheryl Brown

Riverside

"Bid-O-Man! Bid-O-Man!
Black Voice News

The Black Voice News

The group chose the Women's Leadership Forum.

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By Chery) Brown

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The Women's Leadership Forum.
The validity of gay marriages in California

The objective of "The Black Voice News" is to communicate information to all members of the Inland Empire.

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By Richard O. Jones

President, this day a week from some of their half-day preschool programs. Yes Mr. Bush has people in the field who can see how far beyond the logic of any educational system they are.

Where are you Mr. Defense Secretary now that the reports show another American killed in Iraq? And where is Dick Cheney is still going around telling people that he wants our troops to use on prisoners, which have embarrassed our country. This arrogant and sometimes cocky defense secretary has put us in a mess.

We have become prisoners in our own country and around the world with its hand out seeking friends wherever we can find them. This arrogant and sometimes cocky defense secretary has put us in a mess.

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Chairman, this day a week from some of their half-day preschool programs. Yes Mr. Bush has people in the field who can see how far beyond the logic of any educational system they are.

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Use your Pass to save even more. Shop Wednesday, June 30 through Monday, July 5 for storewide savings and values.

SUPER JULY 4TH SALE

**SAVE 40-70%**

Dresses in all styles and summer sportswear and dresses where you can take an extra 25% off. Permanently reduced by 25-65%. For misses, juniors, Macy Woman, and men, Macy Wear, and Macy Clearance. Use your Pass to save even more. Shop Wednesday, June 30 through Monday, July 5 for storewide savings and values.

**40-50% OFF**


**SAVE 55-70%**

Clearance handbags when you take an extra 70% off. Including Coach, Gucci, and other designer handbags. Use your Pass to save even more. Shop Wednesday, June 30 through Monday, July 5 for storewide savings and values.

**50% OFF**


**50% OFF**


**50% OFF 2ND ITEM**

Second bra or shapewear item. From Vanity Fair, Maidenform, Bali, Olga, Barely There, Lily of France, Warner's, and Belle Soiree.

**50% OFF**

Fine Jewelry. Diamonds, gemstones, cultured pearls, and 14k and 18k gold. Choose from earrings, pendants, rings, bracelets and more.

**SALE 59.99**

All designer sportswear. Orig. 150-333, was 87.50-206.50.

**SALE 149.99**

All designer sportswear. Orig. 150-3415, was 197.50-346.50.

**SALE 199.99**

Queen/king 'Serendipity' bed ensemble. Includes comforter, bedskirt, shams and 220-threadcount cotton sheet set. Orig. $350-$400, was 279.99-299.99.

**SALE 199.99**

KitchenAid® 4.5-qt. mixing bowl. With 4 to 5 hp of power, 4Qt. stainless steel bowl, flat beater, dough hook and wire whip, #K5AWS. Reg. 219.99.

**SALE 17.99**


**SALE 199.99**


**CLOSEOUT 199.99**

Closeout at prices you'll love. Includes comforter, bedskirt, shams and 220-threadcount cotton sheet set. Orig. $350-$400, was 279.99-299.99.

**SALE 29.99**

Weekly Specials. Large selection of CLOSEOUT items.

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Ja vier Aguilar following, a foot chase allegedly firing at Gomez and Police Officer Clark was shot twice in the upper mouth but said both investigations were progressing.

She described it as being chrome plated with witnesses we are interviewing and a gun.

the first time family members have had to have to pay."

Duran told the council that they think its annual budget is too high, and that the Black Voice News.

Clark, a retired Pasadena Unified

of a citizen's review board to ensure police accountability.

the proposal but said that he would vote against any motion which would

the CPRC played in the city's negotiations for the decree, according to Kane, because the CPRC was not a mandated body, and the commission was not a mandated body.

Corral, the recipient of community embrace their proposals.

Clark owned a gun.

Maurice Clark.

He can't yell at the people responsible. I can't stay out of trouble with the law. He

Dexter Clark's admission marked the first time family members have publicly acknowledged Clark owned a gun.

The only way to change the past is to change the future.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed."

"If you were to be able to open a door that has not been opened before. I have a new responsibility.

According to Corral, the current charter is subject to law and all accusations of police abuse,

"In my son was still dealing drugs because he was uncertain of the future."

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The truth is that so when you arrive at a decision

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Corral and Pearcy would be able to complete their terms but could not be reappointed, several council members said.

"We're talking about setting a standard and all accusations of police abuse,

"I'm not going to comment on his admission," Deputy Corral's remarks. "There's a lot of evidence that the police were interviewing and when they appropriate we will release a full and complete report."

I don't know what they handle.

before he arrested the juvenile. When a police officer is focusing on the suspect.

will also be leveled under the proposed system. With a strong City Manager he or she would be able to plug the repairs in a systematic way, he said after being asked about street repairs and other matters which effect us differently.

"It's a blessing to be known, but I'll be able to open a door that has not been opened before. I have a new responsibility."

A panel of residents who are reviewing CRM may not have had a weapon; however, tests conducted by the Los Angeles-based Coalition Against Police Abuse. "No, we say," Dexter Clark's admission marked the first time family members have publicly acknowledged Clark owned a gun.

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Local Charitable Organization Hosts 3rd Annual Fashion Show & Auction

Celebrating 32 Years of Serving the Community

• Health • Fitness • Education

The Black Voice News
Page A-5
Thursday, July 1, 2004

Local Charitable Organization Hosts 3rd Annual Fashion Show & Auction

Making the Best of those Hips and Thighs

Dear Dr. Levister: I'm frustrat­ed. My New Year's resolution was to quit smoking and get in shape through a regimen of exer­cise and healthy diet. I quit smoking, however, after six months, despite walking three times a week and eating less. My butt and thighs are as chunky as ever. Is surgery the only option left?

K.D.

Dear K.D.: No! First let's focus on your successes. You've quit smoking, a difficult feat within itself. Plus you've maintained a healthy diet, which is good. Congratulations, you've joined the ranks of a growing minority who are committed to a healthy and fit lifestyle. It's time for a self-evaluation.

Take a good look at what's changed. Stand in front of a full­length mirror. Ask yourself, are you in fact the same K.D. that you were January 1? Changes are you look and feel different enough you'll find some muscle peeking out on your calves and arms. Have you exchanged some fat for muscle on your thighs and hips? If so, fat weights more than muscle so you'll actually add a pound or two. Is your face a little less round? Are your clothes fitting looser? Are you less winded dur­ing those walks? Remember that breathing sensation in your chest when you began walking 6 months ago?

I've noticed lately that many women, particularly Black women are trying to look like everybody else instead of accept­ing who they are — with thicker thighs and more rounded busts. When they can't achieve that slim sleek look, they get depressed and give up completely. Fitness comes in all shapes and sizes. You should eat healthy and work out to improve your overall health, to prevent cardio­vascular disease and to lower blood pressure and cholesterol. It doesn't matter whether you're a size 2 or a size 18, as long as you're fit and healthy. It's important to remember that any physical activity is good. It's bet­ter to do something than to do nothing in terms of fitness. People believe they have to do 40 to 50 minutes of exercise in a session for it to count, but when you start thinking about it in such big chunks you'll always feel you've failed before you even start.

As for surgery, more and more women and men are resorting to the knife to replace bad habits, poor self esteem, laziness, and an unhealthy belief that you're not fit unless you look like Halle Berry or Sylvester Stallone. It doesn't matter whether you're a size 8 or a size 18, as long as you're fit and healthy. It's important to remember that any physical activity is good. It's bet­ter to do something than to do nothing. People believe they have to do 40 to 50 minutes of exercise in a session for it to count, but when you start thinking about it in such big chunks you'll always feel you've failed before you even start.

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Five Years of Service Celebrated at St. Timothy's

Jo, Eunice, Bob, and their families joined by WIC, SAFE KIDS, Insurance providers and for the diabetic and blood pressure Loma Linda Mobile, Dental 4:00 p.m. Free health screenings sorting a Community Health Fair

The Black Voice News employed by the Post Office. Both have been involved in the community for seven years. 'The first lady' is arranged to Monica for seven years. Working in Juvenile Hall ten years. The first lady is employed by the Post Office. Both have been involved in the community for seven years.

Mt. Rubidoux 7th-day Health Fair

The Black Voice News Special

San Bernardino Christian Centre from 1808 Commerce Center West, Ste. B • San Bernardino To The Centre at Highland J672 Palm Ave • Highland First Service: March 24, 2004 10:30 a.m.

For more information 909-890-1426

Musician/Pianist Needed
Seeking church pianist/Choir Director. Call (909) 686-0702.

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FEAST

Continued from Front Page

as real tears at each pound of the auctioneer's gavel was heard. "I felt what it was like to be humiliated, treated like less than a person, to be worth $300 and not good for anything but working in the house and for what else that may be required," she said.

Marbury said she was really shaken when the slave catcher and the dogs were chasing a freedom seeker in the cemetery with a whip. Marbury was also upset when she was separated from her grown son, whom she had invited to attend the event. The pain was not that he wasn't with her, it was that she felt for just a time what it must have been like to be enslaved and never see your family again. "I know what they must have endured," she said.

Each of three teams was sent into the community to cover a variety of territory set in the time period prior to the end of the legal enslavement of Black people in America. That period lasted over 200 years.

The event is the brainchild of Tanya Humphery. The actors (in character) play the roles of famous people who were instrumental in the history of the Underground Railroad.

Humphrey commented: "we were pleased with the response of the people. They were moved by the experience. There were 40 participants and we have several churches who have requested our program to come to them."

Back at the church the group listened to a debate between publishers/abolitionists Frederick Douglass and William Lloyd Garrison. Each location put a piece in the puzzle of the historic UGRR. The event was co-sponsored by Black Voice News, Shades of Art, Chino Hills Ford, The Sundance Company, Thunder Insurance, Top Flight ESOP Inc, Peace to Freedom, Westside Story, and the Riverside Chapter of NAACP.

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Rodeo Tickets Just In

The Bill Pickett Invitational Rodeo

July 16th - July 18th

Ticket Price:
Box Seats • $22.00 & $26.00
General Admission • $17.00
Children • $12.00

Los Angeles Equestrian Center, Burbank

For more information call Cheryl Brown @ 909.888.5040 or 909.682.6070

For vendor information contact: 310.674.6555
Dick Gregory states in the pro­
history, "author and activist
embarrassed for what the
and concentration camp to the
Germans did to them that they
one day getting' so upset and
of , the American dictionary
let the Germans change the
word swastika to the 's' word
because of its derogatory
focuses on the huge impact of
also discusses whether the word
The 60-minute doc­
lar music, primetime T.V.
should be banned and taken out
and expanding global culture. It
documentary that discusses the
The Black Voice News
'Brawner, vice president,
ment of Nissan's sales and
profitability goals," said Kent
"Nissan is privileged to have
hearing the word first in their
own communities. Actor Samuel L.
Jackson states, "I was probably
crawling the first time some­
boby called me nigger. It was
probably in my house, because
'I've heard it all my life." Jackson
states, "I was probably aware of the negative origin
Dr. Randall Kennedy. Hip-Hop
of the word and do not under­
stand the enormous impact the
word nigger had on African-
American communities and
America. Chris Rock recalls the
first time he was called a nigger, "First time somebody called me nigger was in my house..." He said,
"It was like 'Hi, nigger.' "

The documentary features commentary from Samuel L.
Jackson, Chris Rock, George
Carlin, Whomo Goldberg and
Dr. Randall Kennedy. Hip-Hop
recording artist Chuck D will
host TRIO's week long pro­
gramming that highlights a
series of documentaries and
movies that focus on the racial
tensions that African-Americans
have faced over the years.
Chuck D, a multi-platinum
recording artist, is the co­
founder and front man for the
groundbreaking group Public
Enemy. The N-Word premieres
July 4 at 9:00 p.m. ET/PT.
Nothing But A Man premieres
on July 2nd at 9:00 p.m. ET/PT.
The Black Voice News Page B-1 Thursday, July 1, 2004

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Sirona's at Santa Anita Park Offers 'Smooth Jazz in the Garden'
Eyes & Ears of Moreno Valley
By Justin Lindsey

The sun, moon, and stars are the
creators of dreams. Let your spir-it
be free to soar. Then you realize
the sunlight into your days, and
the moonlight into your nights. Every
moment in time is sacred.

Hello Moreno Valley.

This was a great time in history
with the first annual installation
and awards ceremony of the
 Mojave Desert Voice. Black Chamber
of Commerce joined this past Friday
at the Hug Arnold Club on March
16th.

Councilman Victor Marcella
gave the opening remarks and
introduced Adrienne Bardy
song as an awesome rendition of the
National Anthem and the Black
Mistress of Ceremonies Rosalyn
the welcome and Adrienne Hardy
Carter as Rev. James Baylark,
Robert Gaines, chair of CA Black
Fields did the installation of the new
sent interns Takiya Moore and
Champagne Ford to present letters.
Governor Arnold Schwarzenegger
office rs for the Black Chamber.
Linda Wright was appointed

Acknowledgments were sent by 5th
powerful he is. Look to hear great
enough room for me to say H2OY(
things from Judge Fields.
humble young man. There is not
has two master's degrees in market
ffonorary Member for
ing and busine ss. Judge Fields _is a
Bernard and Cheryl Bowen ;

Rally

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Looking for a Small Business Loan?

A Small Loan Fair will be held on Wednesday, July 28, 2004, from 4:00 p.m. to 7:00 p.m. at the San Bernardino County West End Business Resource Center, 9650 9th Street, Suites A & B, Rancho Cucamonga, California. It will be sponsored by the San Bernardino County Small Business Development Center and the Service Corps of Retired Executives (SCORE) Association.

Informational Workshops will also be conducted on topics, including How to Get a U.S. Small Business Administration (SBA) Loan and the Business Plan.

Landlords at the Small Loan Fair will include a variety of banks and other lending institutions participating in SBA loan programs, as well as other entities providing loan programs in the Inland Empire. Participating lenders include Bank of America, Business Community Capital, Citizens Bank, Community Investment Corporation, Enterprise Funding, Inland Empire Landlords, First National of Inland Empire, First Commercial Bank, First Security Bank, First Western Bank, FirstTrust and Trust and Sun Country Bank. In addition, free business counseling will be provided by the Inland Empire Small Business Development Center and the SCORE Association.

Attendees are asked to bring copies of their last three years' financial statements, including their bank statements and tax returns, a current financial statement and a copy of their business plan. If a start-up, attendees should bring cash flow projections and a business plan.

To learn how you can become a Foster Parent call:

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The Black Voice News Page 8-4

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Health

Ask Your Doctor About BMI

When I last visited with them even more had lost weight.

What can you do?

• Recognize that there may be a problem. Talk about it.

• Ask your pediatrician about BMI.

• Turn off the radio or stereo instead of TV when you go home.

• Limit TV overall to 2 hours a day.

• Make healthy habits a family affair.

• Drink water instead of soda.

• Use low-fat or non-fat milk.

• Eat more vegetables and fruits.

• Eat only when you feel hungry, not hungry.

Choosing a healthy lifestyle is a decision anyone can make. See your patient and start families taking positive steps toward healthier lives with every visit.

I encourage you to check Kaiser Permanente’s website for more information at www.kaiserpermanente.org. Be sure to take the first step toward building a healthy life for you and your children—talk to your doctor.

Dr. Gould is an Associate Professor, Dr. Deborah Gould is Chief of Pediatrics at Kaiser Permanente Medical Center in Oakland California.

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Registrar has not yet

The following person(s) is (are) doing business as: (See Section

Statement must be filed with the County of Riverside on

I hereby certify that the information which he or she lists above.

I hereby certify that this business name statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (sec. 14411, Et Seq., Business

I declare that all the information which he or she lists above is true and correct.

The following person(s) is (are) doing business as: (See Section

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FREEWAY DISCOUNT ...... ...... ...... ...... ...... ...... ...... ...... $2,472
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VIN# 4Y605435

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FACTORY REBATE ...... ...... ...... ...... ...... ...... ...... ...... $6,000
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Net Cost at this price $40,431
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FREEWAY DISCOUNT ...... ...... ...... ...... ...... ...... ...... ...... $1,431
Net Cost at this price $17,803

2004 GRAND MARQUIS GS

MSRP ...... ...... ...... ...... ...... ...... ...... ...... $31,423
FACTORY REBATE ...... ...... ...... ...... ...... ...... ...... ...... $3,828
FREEWAY DISCOUNT ...... ...... ...... ...... ...... ...... ...... ...... $2,595
Net Cost at this price $25,000

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MSRP ...... ...... ...... ...... ...... ...... ...... ...... $30,505
FACTORY REBATE ...... ...... ...... ...... ...... ...... ...... ...... $4,500
FREEWAY DISCOUNT ...... ...... ...... ...... ...... ...... ...... ...... $2,510
Net Cost at this price $23,495

2004 MERCURY MONTEREY

MSRP ...... ...... ...... ...... ...... ...... ...... ...... $29,191
FACTORY REBATE ...... ...... ...... ...... ...... ...... ...... ...... $5,000
FREEWAY DISCOUNT ...... ...... ...... ...... ...... ...... ...... ...... $2,949
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