Jones Retires After 30 Years on the Force

By Mary Shelton

SAN BERNARDINO

Well known Officer Gerald W. Jones has decided that after 30 plus years of service in law enforcement he would like to retire. Jones, a twenty year veteran of the San Bernardino Police Department, is a Patrol Sergeant at the end of November.

Jones was born in Lena Linda, California during the baby boom generation. He spent most of his life growing up in the San Bernardino area, where he was raised under the watchful eye of his mother, Louisa Jones.

Jones attended public school in San Bernardino, where it was necessary for him to help support the family. He attended Mt. Vernon Elementary, Ramona Elementary, and Franklin Junior High, where he was scholar and art awards. He became interested in police work while at Franklin Junior High, where he attended a police academy and received a scholarship to a police school. He was offered a position as a Police Officer with San Bernardino.

In the fall of 1977, Jones entered San Bernardino Valley College. He majored in Police Science and minored in Art. In September of 1977, Jones married and then from one child: one was born named Kyle, and the other child died as an infant. He attended the University of California at Los Angeles for three years. He then returned to San Bernardino, where it was necessary to be better able to provide for his family. Jones applied for a position as a Police Officer with San Bernardino. He was selected among the last 500 candidates for the 400 positions.

Jones was hired as a Police Officer in 1983. He was assigned to the Traffic Division and then to the Community Relations Unit. In 1987, he was transferred to the Community Relations Unit and then to the Administrative Unit. In 1989, he was then assigned to the Community Relations Unit. In 1992, he was elected president of the association and under the direction of his association, he addressed issues concerning police and citizens or more important law enforcement.

As the Community Relations Unit, he was responsible for maintaining a positive relationship between the city council and the department. He worked hand-in-hand with other takes to improve the relationship between the public and the police. Jones was very active in the community and was involved in many community events.

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Artest's Articulation: Do As We Say, Not As We Do

The early part of last week was drenched in evil by way of the National Basketball Association’s ball games. The starter started when Ron Williams and Ron Artest engaged in a clash under the basket. You know what happens when a ball player in the opposing team is attacked. A very feeble response comes to the rescue. This, of course, is nothing in new sports. We did this when I played ball in North Carolina. I played in every other team. Not only did the player get involved but some fans in the broadcast decided they wanted a piece of the action. One fan took a right hook from Ron Artest'sclutch at the end of a table waiting for the referee to restore order. Ron of course went into a defensive mode and ran up from the table and went in the direction of where the cup came from. He hit one of the fans and after-red turned back into the court and was surrounded by a raving fan who received a right hook from Ron.

Of course all of this fighting has produced an out from a self-righteous public who shows that this should not be tolerated from these overpaid black athletes. These white audiences should be rep- rated from these players, these players should learn to control their tempers, this is no way for professional sport players to behave, what are we going to tell all our kids who look up to him, how can I take my kids to see sporting events, the sport is now made up of hoodlums from our inner city, the commissioner should fines them from sports, sports has never been this bad but of course he can't expect these rowdy, thuggish fans and run background checks on them before they come to the games.

Couple all of that with a white woman dropping her towel and exposing her breasts only turning into the arms of a black athlete after a ball game, the media was just going crazy with the rowdy black players punching and going into the stands and fighting, one might conclude things have gotten out of hand.

However let us take a look at Ron. Jerry Falwell who gave us the mountaintop called "us that we should kill immi- grants and not try negotiating any powerful solutions." In his own words on the war in the middle East, "As long as you have power, you should kill immi- grants and not try negotiating any powerful solutions." We should be warning all national negro leaders that whatever they say, they should kill Immigrants and not negotiate any powerful solutions.

The old fans of the Brooklyn and the New York City teams only know the way to settle their differences, fight by throwing bottles onto the field. As a matter of fact it happened in all of the professional teams throughout the United States and large financial contracts that have entered the game. Blacks are driving bigger sales, living in larger homes, women throwing themselfs on the field, trying to enter the league and make sure that their sons will not have to be dummies and kill their children, kising them in public, able to have good lawyers, all of this and not settling the outcry that is not justified based on all of our past experiences.

This is a sign of the old school, "do as my do, not as I do!" I hope we can learn from the errors of the past and open up a new game that started with a ball and hops and kids having fun.

In the olden day, the players were black and then Williams was being hit by white police officers of course "can't wait just get along."
HOLIDAY WEEKEND SALE
Shop Wednesday, December 1, through Sunday, December 5.

25% OFF FLEECE FOR HER – PLUS, SAVE ON SWEATERS

☆25% OFF
Charter Club fashion fleece separates for her. Jackets, tops, drawstring pants and more. Assorted styles and colors, plus sizes 1X, petite P-XL. Orig. $35-$40, sale 24.99-29.99

☆SALE 34.99

☆SALE 39.99

SALE 39.99

SALE 39.99

Macy’s is hiring for the holidays! We’re looking for holiday help for our stores. To apply, stop in and ask for details in Human Resources, visit macysemployment.com or call 888-453-MACYS (888-453-6229).

Also shop macys.com • Starred items are available only at Macy’s.
Ray of Hope Ministries and the Les Brown Speakers Network will host the "Powerful Family Restoration Conference" being held December 10th through 12th in 2004 in cooperation with the National African American Christian Fellowship at 22612 Apple Ave., between Firestone and Frederick and Ellsworth, St. Mary's, CA.

These three powerful days will feature powerful messages to families from across the country who are well beyond the reach of address and influence of the issues that are facing families today. Les Brown noted motivational speaker, trainer and author will head up the contingent of guest speakers and recording artists. Joining Les will be Tonja Myles of Baton Rouge, La., who has been identified by President George W. Bush as having a major impact on healing and restoring men and women from various addiction issues through his "hands on" healing at 7:00 p.m. will feature Myles sharing how she went from addiction to adulthood. Myles is a special guest of President at the Address.

Day two of the conference will feature a full-scale, 8 a.m. registration, 10:00 p.m. start, and will feature a panel and discussion which will focus on the primary issues confronting the urban family. Guest speakers will include pastor and author Dr. Charles Phillips, Prison Ministry Director, Elder Albert Featherstone who will talk on the subject of "How to close the doors to the prison system," Myles will also discuss how to access the "power of the Father," Faith Based Initiative. The conference finale will feature motivational and music extravaganzas with Les Brown delivering a series of powerful motivational and inspirational presentations.

Joining Les Sunday evening will be three noted recording artists Barbara Haynes, Rodye Pratt and Mary Love Comer, who will warm your hearts and stir up your soul. Tickets for the Sunday evening event (only) will be $25.00 which can be purchased at Ticketweb.com or Family Dollar, 1330 E. Washington Ave., doors open at 5:00.

Special music ministry will be provided by New Judah Christian Fellowship and Worship Team, led by Pastor Bradford E. Comley. The conference co-hosts will be Mr. Dwight Pledger and Pastor Greg E. Williams, co-founders of Ray of Hope Ministries.

For additional information call (914) 257-3945.

Forever Free Family Restoration Conference Set Dec. 10

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I'm not sure how to proceed from here. The text seems to be a mix of unrelated passages that don't form a logical narrative. If you could provide more context or clarify the task at hand, I'd be happy to help further.
The Group Holds Awards Breakfast

Dear Dr. Levister:

My father is terminally ill. Years ago he abandoned our family. With nowhere to go, I reluctantly became his caregiver. Lately, I have been plagued with feelings of guilt, headaches, insomnia, and crying spells. Have I fallen into an emotional minefield?

K.W.

Dear K.W.: Now that you have made the decision to care for your ailing parent, despite your considerable challenges, are you overlooked the most important thing you can do—both for yourself and your parent? Your parent's care can easily consume an ever-expanding part of your life. It may begin with a few phone calls here; some visits there; questions for doctors and lawyers. Then, more visits. More worrying. More phone calls. Before you know it (and sometimes without you even realizing it), you are too busy for friends, distant from your spouse, estranged at work, sloopy and tired of being tried. You need to see all the help that is available; decide how much you can do to give, and then accept that there are limits to what you or anyone else can do in this situation. Gather self-perspective, pace yourself and do it all, I am responsible for myself and whatever I do. It's never enough.

Here are some tips to help you stay afloat. Set limits. As hard as this is, you may be surprised to discover that setting some limits will relieve your guilt and ease some tension. Take a realistic look at the situation and draw some boundaries. Examine your motivation. Why are you helping your parent? Do you view your parent's care as a burden or something you instinct to want to "fix"? Everything. If there were such a thing as Caregiver's Anonymous, the first step in the program would be get rid of that. But vo- iced to you directly. I can do it all, I am responsible for yourself, and whatever I do. It's never enough.

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The last word on the Motown Melee!

Leland Stahl III

Ruling Star - USC freshman wide receiver Dwayne Jarrett takes advantage of a block from

USC Records third straight
31-point victory over the Irish

USC 41 Notre Dame 10
Los Angeles-After taking what would seem like Notre Dame's best shot USC countered, jabbed and eventually delivered a devastating knockout blow to the struggling Irish. It's becoming a trademark of this Trojan Team. Like a cutter boxer, it seems to defer from coming out of the gate with anything risky. The Defense plays relatively straight up, not risking much. The Offense seems to run a scripted set of plays much like solving a math problem designed specifically to test some untested theory regarding the opponent's strengths and weaknesses.

Once the test results are in to most logical point of attack is decided, the information is passed along from Norm Chow high in the press box to Matt Leinart in the form of a play calling adjustments. At that point it becomes almost surgical, and boy can Leinart operate!

The first quarter of Saturday's game between USC and Notre Dame followed that exact script. Notre Dame led 7-3 after 15 minutes of play pushing the Trojan defense around hardly.

Irish running back duo Ryan Grant and Darius Walker rushed for a combined 169 yards, a noteworthy accomplishment compared to its passing put together a run that may be just getting started.

"We did not find a way to make big plays and they did. It was our inability to make big plays in all areas to make big plays," said Notre Dame head coach Tyrone Willingham.

On its first possession USC dominated a total 13 play 92-yard drive to score first. After a 9 yard gain, the Irish put together another stellar 12 play 75-yard drive ending with a field goal. With a 10-3 lead after the first quarter the colossus crowd of 92,611 were granted a preview shoot-out reminiscent of that made this rivalry legendary. Thus far, USC has completed its calculations, sized up Notre Dame's weaknesses, and handed the diagnosis to Leinart in preparation for surgery. On its next possession USC completed a 12 play 75-yard drive, culminating with a 12- yard touchdown pass from Leinart to sophomore Dwayne Jarrett to tie the game at 10-10 at halftime and the Trojans never looked back.

 USC went on to score two touchdowns and a field goal in the third quarter. Matt Leinart threw three touchdowns to Dwayne Jarrett of 12 and 57 yards.

"We have so many great players it makes my job easy," just go out there and just try to make plays" said Jarrett.

The Trojans make this third consecutive year that USC has beaten the Irish by exactly 31 points. Notre Dame still has a commanding lead in the series 42-29-5, but the Trojans have put themselves in the best possible position to make it just get started.

High School Playoffs

Temescal Canyon over Arroyo Valley In CIF playoff shootout!

Temescal Canyon 36 Arroyo Valley 28
By Jon D. Gaede

San Bernardino Cardinal Midgets

San Bernardino Cardinal Midget Division Champions - The San Bernardino Cardinal Midget Division team completed a near perfect season.

Rancho Cucamonga Cardinal Head Coach Dave Baker credits the "Cardinal motto...Discipline, Determina- tion and Dedication equals a winner; Win or end off the field!". The Champion Cardinals will now travel to Yuma, Arizona to compete in the Lettuce Bowl.

San Bernardino Cardinal Midgets

2004 Midget Division Champions - The San Bernardino Cardinal Midget Division team completed a near perfect season.

San Bernardino - The San Bernardino Cardinals compiled an undefeated season (16-0) culminating in a 10-0 shutout of the Watts Warriors to claim the 1st Annual Cardinal Challenge Championship.

The Cardinal win put an end to seven years of frustration by perennial powers Fontana and Yuma, Arizona to compete in the Lettuce Bowl will follow.

Photos by Jon Gaede - Staff

Cardinals Coach Dave Baker credits the "Cardinal motto...Discipline, Determination and Dedication equals a winner; Win or end off the field!". The Champion Cardinals will now travel to Yuma, Arizona to compete in the Lettuce Bowl.

Traveling in the ball by 21 points. The Hawks towed off by abandonment in the second half and returned the Trojans by six points at 25-22. The Hawk momentum was slowed by a hellacious 9-man defense which culminated in another rushing touchdown for the Titans. The score put the Titans up 15-12.

Michael Coleman gave his best effort of the season as he drained 3 points for his team in the CIF Semi-Final Friday night. Arroyo Valley Michael Coleman closure out as outstanding season in his fourth year and will now don the cardinal & gold of the USC Trojans.
Some Pastors are Lusting for a Different Life

By T.D. Jakes. "It’s time for altar call for ministerial leaders during September’s ‘Loving White Breeding’ conference.

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The Ultimate in Gospel Music

KPM 1570 AM

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Let them know you saw it in
The Black Voice News

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Shepherd's Gospel Time

Shepherd's Gospel Time

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Progressive and Inclusive Ministry

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New Hope Church Celebrates Anniversary

Primetime Celebrates Anniversary

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Easter Theme: "But God Answers and He Will Do What He Says"

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Mt. Calvary Missionary Baptist Church of Fresno is seeking youth choir musician. Please Contact are administrative office (915) 884-6480 or (951) 283-0164.

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Valley Christian Assembly

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The Church HELL Didn’t Want To See Happen

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Church Of God In Christ

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Shepherd's Gospel Time

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By Huns Tries Edith

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Shepherd's Gospel Time
New Smooth Jazz and Classic Rock Radio Stations Hit the Temecula Valley

The Temecula Valley is a highly desired location for radio stations because of its growing high-income population. Valley residents have a higher disposable income than other parts of Riverside County. They also have a higher percentage of home ownership and home cost than the Riverside County average.

“We believe these higher measurements of success in the Temecula Valley will attract local, regional and national advertisers to provide the much-needed support for the stations,” said Ridzak.

Fat Albert and the kids are back in this exclusive DVD pack with five of the long-running series’ most popular episodes. The collective single disc has a running time of 110 minutes.

UrbanWorks Entertainment is dedicated to the acquisition, production and distribution of quality content to meet the needs of urban, entertainment consumers. UrbanWorks created and produced the franchise, Platinum Comedy Series, which includes original, independent stand-up comedy programs starring Dave Chapelle, D.L. Hughley, Cedric the Entertainer, Steve Harvey, MC Nique and many others.

Fat Albert and the kids are back in this exclusive DVD pack with five of the long-running series’ most popular episodes. The collective single disc has a running time of 110 minutes.

UrbanWorks Entertainment’s President, Jeff Clagnaz, President, served as producer and executive producer of the critically-acclaimed dramas, Lockdown (Columbia Tri-Star), Civil Brand (Lions Gate) and the hit comedy, Hair Show, starring MC Nique and Kellita Smith. In just a few short years, UrbanWorks has secured over 40% market share in the non-theatrical home entertainment market.

UrbanWorks’ Entertainment’s mission is to continue as the undisputed leader in urban home entertainment by providing a wide assortment of quality-driven titles from a variety of segments that cater to the $890 billion urban, consumer market.

You already know that preschool is good for children. But studies show that preschool is good for the rest of us as well. Since kids who go to preschool are better prepared for school, it makes our whole education system work better. Preschool also reduces crime, because kids who go to preschool are less likely to drop out. It even helps taxpayers, because with less crime and more efficient schools, we save up to $5 for every $1 we invest in preschool. Remember, kids aren’t the only ones who benefit from preschool. We all do.
Eyes & Ears of Moreno Valley
By Justin Barnes
When faced with discrimination, intimidation or situations requiring great strength, we must remember we have the mind of Christ and the power of God to overcome every obstacle. God within us is theVictor.
Hello Moreno Valley
Here we are again after having a great "turkey day" but most of all thankful to have shared such a Blessed Day with our loved ones. To serve a home more peaceful than when you came is awesome. To those of you that still have your mother or father or even both parents, you are Blessed. Several local churches came together and served Thanksgiving meals in our Moreno Valley Community Park. There was music and fellowship; there were dozens of volunteers and over 700 people were served.

"The Moreno Valley Blvd Chamber of Commerce Christmas Mixer" will be Thursday, December 2, 2004 beginning at 6:00 P.M. at Grace Episcopal Church, 11349 Perris Blvd. Moreno Valley, CA. Enjoy The Grinder! Everyone is welcome. Chamber Information Membership Recognition 1 — Minute Introduction — Business.
Commercial Networking Vendors For Your Christmas Purchases. Join Us For Our Christmas Feast! For more information and tickets, call (909) 786-1481.

Dec. 5, 5:00 p.m., SipApp Fashion Revue, a traveling fashion show featuring the Vogue-Esquire Models of Chicago returns to San Bernardino for its 12th appearance at Elgin's Auditorium. Pacific High School, 1020 Pacific Street. For information or tickets, call (909) 794-2189.

Dec. 10, 8:00 p.m., PNP Productions presents Dat Patterson, stage play, Christmas Was Christmas Is at the Stages Theatre for the Fine Arts, 780 N. "B" Street, San Bernardino. For tickets call (909) 825-7413.

Dec. 19, 9 a.m. to 10 p.m., The Lake Elsinore Diamond is hosting a Collectibles, Hobby, Motor Sport, Memorabilia, Toy, Comic, Games & Boutique Convention Holiday Gift Extravaganza. The Diamond is located at 300 Diamond Drive, Lake Elsinore. Information (951) 244-5538, www.pnpcon.com.

Family Services Association of Western Riverside County will provide reduced or no cost child care services in Moreno Valley and surrounding areas. To receive an enrollment packet, please contact (909) 779-8784 or (909) 786-3623.

FREE Poetry Contest! Win $10,000.00! Enter the International Open Amateur Poetry Contest for your chance to win the Grand Prize of $10,000.00. For more details visit www poietrycontest.com, p. 745.

Save The Date
San Bernardino NAACP has rescheduled their Pioneer Awards Dinner for December 11.
Why Blacks in San Bernardino County Die 13 Years Younger than Whites

The African American Health Initiative (AAHI) will present its Final Report to the Board of Supervisors, The California Endowment, the San Bernardino County Department of Health, Black leaders, representatives from the California State Assembly, Governors Office and of the United States Congress and Senate entitled Delivery of a Culturally Specific Strategic Healthcare Plan For The Prevention & Treatment Of Major Diseases For The Black Population In San Bernardino County. The goal of the plan is for Blacks to live longer in San Bernardino County. It will increase the life expectancy in San Bernardino County and radically improve healthcare for everyone in the County.

The AAHI is a community-based collaborative focused on improving health among African-Americans in San Bernardino County. Formed in July 1999, the Initiative is a partnership of the County of San Bernardino Department of Health, San Bernardino County Medical Society, Inland Wellness Information Network, county residents and over 50 government, non-government, private and community-based organizations. For more information call Carl Dameron, Dameron Communications (909) 534-9500.

The Black Voice News Online Edition
www.blackvoicenews.com
Cold energy choices mean big savings for every small business, but what specifically can restaurants, grocery stores, and convenience stores do to improve their energy bills?

Refrigeration. An average grocery and convenience store uses approximately 39% of their electricity on refrigeration.

One ethnic grocer mini-chain, Marina Food, saw the returns on their energy investments in less than a year. Recognizing the financial drain of applications such as refrigeration on their four stores, Marina Food sought the assistance of a statewide program called the Energy Smart Grocer Program to start saving money on their energy bills.

"Conserving energy is everyone's responsibility and we all have to do our share. For any business, energy efficiency is an investment that will pay off in the long run," said store owner Charles Giang. Marina Food has taken measures of more than $70,000 in utility rebates for the ENERGY STAR, freezers and coolers, installations of upright coves and many more energy efficiency measures.

Before your refrigeration system drains your profits, check out the next steps:

- Keep evaporator coils clean and free of ice build-up. Accumulated dirt and ice can prevent heat transfer and make the refrigeration system work harder to maintain the same temperature.
- Check temperature setting. If settings are too low, chances are you are wasting energy.
- The most common recommended settings are between -1.4°F and -1.8°F for freezers and between 35°F and 38°F for refrigerators.
- Keep evaporator coils clean and free of ice build-up. Accumulated dirt and ice can prevent heat transfer and make the refrigeration system work harder to maintain the same temperature.
- Keep refrigerators and freezer freezers. Air gaps between the refrigerators or freezers means warm air enters the refrigerator or freezer and makes the system work harder to maintain the same temperature. As a general rule, if you can slide a dollar bill between the door and the case, it is time to reseat the refrigerator or freezer with a new gasket.
- Check your local appliance store for parts.
- Invest in energy-efficient refrigerators and freezers to realize the greatest savings.
- All types of energy-efficient refrigerators are available on the market, including reach-in, walk-in refrigerators, plus a multitude of food/drink and multipurpose cases. Ask your supplier about the ENERGY STAR labeled models, which can save as much as 46% with a 1.3-year payback, saving you $140 annually for each refrigerator and $100 for each freezer.

To learn more, Flex Your Power about how you can save money and energy at work and at home, visit the website at www.FYPower.org.

California can find all kinds of incentive and technical savings assistance at all locations.
2005 Lincoln LS V6

**MSRP** $37,010
- **FACTORY REBATE** $5,000
- **FREEWAY DISCOUNT** $1,600

**Net Cost To You** $32,610

VIN# 4Y642511

On Approved Credit
Limited time financing at 4.9% APR for 60 months. 2,000 Down. 2 years rental discount on lease. 2005 Lincoln Aviator.

Rebates and Discount on selected models. Rebates as low as 0.0% on selected models. Through Ford Motor Company.

**2004 Lincoln Navigator 4x2**

**MSRP** $39,428
- **FACTORY REBATE** $4,500
- **FREEWAY DISCOUNT** $5,000

**Net Cost To You** $31,788

VIN# 4Y685172

On Approved Credit
Limited time financing at 4.9% APR for 60 months. 2,000 Down. 2 years rental discount on lease. 2004 Lincoln Navigator.

2004 Lincoln Towncar Signature

Rebates and Discount on selected models. Rebates as low as 0.0% on selected models. Through Ford Motor Company.

**2004 Mercury Sable LS**

**MSRP** $25,300
- **FACTORY REBATE** $3,500
- **FREEWAY DISCOUNT** $1,500

**Net Cost To You** $18,526

VIN# 1090944

On Approved Credit
Limited time financing at 4.9% APR for 60 months. 2,000 Down. 2 years rental discount on lease. 2004 Mercury Monterey.

2004 Mercury Mountaineer V6

**MSRP** $29,195
- **FACTORY REBATE** $4,000
- **FREEWAY DISCOUNT** $2,400

**Net Cost To You** $21,299

VIN# 1XU5F01145

On Approved Credit
Limited time financing at 4.9% APR for 60 months. 2,000 Down. 2 years rental discount on lease. 2004 Mercury Mountaineer.

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