By Cheryl Brown

The Black Voice News

In March 2003, the African American Health Initiative (AAHJ) sent out 900 questionnaire to physicians, HMO’s, faith-based organizations, and government officials. Only 23 returned desirable feedback from these professionals. From gums completed the questionnaire which sought answers to the health disparities between Black and White people.

AAHJ sent out FIPP questionnaires to physicians in the Black and White communities of Riverside, California. The questionnaire was designed to collect information about the health care delivery system and identify areas for improvement. The survey was conducted by 1,078 trained investigators from the FBI’s National Academy, but I didn’t think I would attend… I am savoring this work.

The survey was conducted in 2003 and 2004, with the findings released in 2005. The survey aimed to address the health disparities that exist between Blacks and other racial/ethnic groups. According to Woods, diabetes, heart disease, high blood pressure, HIV/AIDS, breast and prostate cancer were the top four conditions that were specifically identified.

The innovator and coordinator of the study was the Black Health Care Providers Association, which conducted an exclusive program with the Federal Bureau of Investigation (FBI) in California. The survey was conducted by 1,078 trained investigators from the FBI’s National Academy, but I didn’t think I would attend… I am savoring this work.

The survey was conducted in 2003 and 2004, with the findings released in 2005. The survey aimed to address the health disparities that exist between Blacks and other racial/ethnic groups.

African American Health Initiative (AAHJ) has been conducting a study on the health disparities that exist between the Black and White communities. The study was conducted by 1,078 trained investigators from the FBI’s National Academy, but I didn’t think I would attend… I am savoring this work.

The survey was conducted in 2003 and 2004, with the findings released in 2005. The survey aimed to address the health disparities that exist between Blacks and other racial/ethnic groups. According to Woods, diabetes, heart disease, high blood pressure, HIV/AIDS, breast and prostate cancer were the top four conditions that were specifically identified.

The innovator and coordinator of the study was the Black Health Care Providers Association, which conducted an exclusive program with the Federal Bureau of Investigation (FBI) in California. The survey was conducted by 1,078 trained investigators from the FBI’s National Academy, but I didn’t think I would attend… I am savoring this work.
Sheriff Doyle To Be Commended

When an organization or person has earned some props it is important to give them, even if others might think differently. In other words, profit is profit. This is the case with Pennsylvania Sheriff, Bob Doyle. Several years ago we met and he explained to us how important the job of the sheriff's department in the Black and White community was and he was also kept to make a difference. We agreed it would not be easy but it was not impossible and the organization, or airlift if you will, be the most important. We are glad to report that Doyle's department.

Well, a few years later Sheriff Doyle has worked to change the face of his department and has made tremendous strides in meeting his objectives. One of the first things he did was assembles a team that was committed to his basic mission of law and having a "van" attitude with determination to see through things. He helped people who were willing to face their own perceptions of others and gender and let it be known if it was something they could live with. If they had difficulty with his mission they could take a position with the department where they would not black his blunder. One of the first things he did was to get a Black male applicant who a background investigator had reservations about. That person has been hired, has grown through training, and is currently working. He also had Ken Yew (new retiree) help develop this program, Ken had tremendous knowledge and absolute faith in the project and what needs to be done in order to fulfill this mission.

Doyle's staff worked with The Black Voice News staff to develop ideas, articles, and community meetings throughout the county so his goals and objectives could be understood by all. Our staff has participated in workshops and training for all sheriff personnel. His staff has committed us to our community partnership with the local church. In addition, over eighty people came out to a presentation concluded by a question and answer period. Many left meeting with a difference in the way they thought of the department than when they came, plus the department away with a different impression of our community. Over twenty people applied for jobs with the sheriff's department.

Another thing Sheriff Doyle has done is promote Lt. Shelley Kaczmarek who has passed the state bar and is working on her expertise and skill as well as her commitment to his objectives. She is one of the few women to do this and is recognized as a leader in her capacity. Sheriff Doyle has already made a difference.

When we look at some of the problems in our society, the key is to be found in our laws. They can take a page from Doyle.

Sheriff Doyle has made some significant changes in his department and has made a team that is working on a steady pipeline to deliver a more diverse police force. So to Sheriff Doyle we know that we have not overdone our praise for his work. We will continue to watch his department as it moves forward.

Former Sheriff Tidwell Gets Probation

Former Sheriff Floyd Tidwell received three years of unsupervised probation for stealing 520 guns while he was sheriff of San Bernardino County. The suspension is a result of the county's victim restitution fund. Tidwell had pleaded guilty to four felony counts of embezzlement and theft. In a prepared statement requesting and suggesting that the legal system show the same kind of lenience for Black law enforcement people as in our justice system when it came to bringing out justice. This was not an easy task on the issue; it was a kind of applause.
Fun and festive lights are part of the holiday season. Remember to play it safe by following a few important tips.

Keep holiday lights away from carpets and other combustible materials. Never insert nails or metal tacks through electrical cords, and keep electrical connectors above ground since metal and water conduct electricity.

For more information, visit www.sce.com and click on "Safety First."

Dave Ford
Account Executive
The Black Voice News

Thurman and Debra Jones

Next NAACP President must have Special Qualities

By Hand Wire

NWP Washington Correspondent

The person who succeeds Kweisi Mfume as president of the NAACP must be socially, emotionally, and physically well-rounded, able to weather the storms of personal and political pressures. More than aworthy successor, the new president must be a role model for the NAACP and the Black community.

Mfume resigned last week after five years at the helm of the nation's oldest civil rights organization. He was the first African-American to lead the NAACP, which he describes as "a continuing struggle for justice, equality, opportunity and dignity." Mfume is the second NAACP president to resign in recent history, following Benjamin Chavis, who had served as president of the organization from 1996 to 1998.

"We need a person who is equal­

ly comfortable as a policy ade pts, a corpo­

rate boardroom and meeting the

goals, who can talk with oil-industry

and ethanol lobbyists and who ap preciates the importance of doing both," says Chauncey Bailey Jr.,
director of the NAACP Youth and

Voters Engagement Division.

"The NAACP is going to have to
tap those realities. We're beyond

the race issues; not just by our words, but by our actions." He adds:

"According to a Edison Minsky

poll, 58 percent of voters believe

they are repaid for a prosper ou s

president, that's the price -- you

make a sacrifice," he said while

hand, that's the price -- you make

a sacrifice, "he said while

hand, that's the price -- you make

a sacrifice, "he said while

making a sacrifice." He will

also have to juxtapose those

realities, this is a home and

that the next per­

son will have a much broader

shoebox. Caring beyond a net, how­

ever, could hamper efforts to

expand support for the NAACP

Support for home ownership, but con­

trasting against ordinary dollars var­

ied from a low of 32 percent in 1980 to a high of 60 percent in 1996, shortly above the Supreme Court struck down a Texas anti-ab_SUITE_ay class Baileys is the support for a Constitutional amendment banni­
g gay marriages, some Black aban­
doned Democrats in Ohio to sup­port the Republican candidates for presid en­

ties. The NAACP should also estab­lish a fund with the help of various
countries,ogley says. 'It's time to

make this major race issue

organization is seated at the table

where the economic benefits are

moving. According to the University of Texas' Perry Center for Latin American studies, the NAACP's mission of social change is as important today as it was in 1909, when it was founded.

Ron Walters, a University of Maryland political science profes­

sor, says the next NAACP president

should focus on issues such as:

- Civil rights issues, which are

liberal on civil rights issues and make sure this

major civil rights n

y.

Berries says the next NAACP pres­

ident should focus on issues such as

the continued assault on affirmative action, federal policy and crim inal

issues, the AIDS crisis, the decline in Black students in professional schools, and the high Black men's

mortality rate.

However, lack of access to the NAACP's resources may be a problem. Robinson was only the second

member of NCACP selected this year. The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.

AFAH

Continued from Front Page

Ahmad

Continued from Front Page

AHAH

Continued from Front Page

with RSCD, considered the experience a challenge, but "an honor and privilege" he will carry with him throughout his life and career.

"It has been hard being away from my family," he said. "But the family's always been there," he said, while crediting his wife Felicia for her consistent support of his career goals.

Robinson was only the second

member of NCACP selected this year.

The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.

AHAH

Continued from Front Page

with RSCD, considered the experience a challenge, but "an honor and privilege" he will carry with him throughout his life and career.

"It has been hard being away from my family," he said. "But the family's always been there," he said, while crediting his wife Felicia for her consistent support of his career goals.

Robinson was only the second

member of NCACP selected this year. The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.

AHAH

Continued from Front Page

AHAH

Continued from Front Page

AHAH

Continued from Front Page

with RSCD, considered the experience a challenge, but "an honor and privilege" he will carry with him throughout his life and career.

"It has been hard being away from my family," he said. "But the family's always been there," he said, while crediting his wife Felicia for her consistent support of his career goals.

Robinson was only the second

member of NCACP selected this year. The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.

AHAH

Continued from Front Page

AHAH

Continued from Front Page

AHAH

Continued from Front Page

with RSCD, considered the experience a challenge, but "an honor and privilege" he will carry with him throughout his life and career.

"It has been hard being away from my family," he said. "But the family's always been there," he said, while crediting his wife Felicia for her consistent support of his career goals.

Robinson was only the second

member of NCACP selected this year. The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.

AHAH

Continued from Front Page

AHAH

Continued from Front Page

AHAH

Continued from Front Page

with RSCD, considered the experience a challenge, but "an honor and privilege" he will carry with him throughout his life and career.

"It has been hard being away from my family," he said. "But the family's always been there," he said, while crediting his wife Felicia for her consistent support of his career goals.

Robinson was only the second

member of NCACP selected this year. The FBI selects the best candidates for its academy after receiving numerous nomi­
nations from various department stores, the FBI, and various international countries.
The leaves are falling and the air has an outfield chill. It must be time to string up the holiday lights. But before you do, SCE cautions you to play it safe by following these helpful suggestions:

- Check all indoor and outdoor decorative lighting for frayed cords, broken wires and loose connections. If you find a problem, throw the strand away.
- Only use UL approved lighting and cords.
- Keep electrical connections off the ground and away from moisture. Water and electricity are a deadly combination.
- When hanging the lights, make sure the staples, tacks or nails do not pierce the wires. Use plastic zip cords instead.
- Never change bulbs when the lights are plugged in.
- Only lights and extension cords designed for outdoor use should be used outdoors.
- Upping lights when you leave home or go to bed. Use a timer so they are on or off only during the hours you believe. This can also help you save energy.
- Only three strands of lights per electrical outlet/socket. An overload could cause a short circuit and a fire hazard.
- Keep indoor trees well watered so they won’t dry out and become a fire hazard.
- Keep lights away from furniture, drapes and other combustible materials.
- Never use lighted candles on trees or decorations.
- During power outages, use only flashlights.
- For more information, visit www.sce.com and click on “Safety Free.”

H&L has my car running like the energizer battery; it just keeps going and going and going 400,000 miles later!”

— Marion Black, Verizon Company, Rialto, CA

Tell them you saw it in The Black Voice

Specials

Transmission Service Special: includes pan gaskets up to 5 quarts of ATF (filter extra) (an $80.00 value)

Axles most cars starting at $75.95

H&L Auto Repair

Free Brake Inspection

Oil Change Special $13.95 $29.95 Premium Oil change (A $49.95 value)

Transmission Overhaul: starting at $895.00 w/ 24,000 mile warranty 36,000 warranty (ask for details)
Fifth grader Gabby Toscano has her height, weight and body mass index measured by Kaiser Permanente Riverside students and their families to are first measured for their body mass index to determine the percentage of fat they are carrying. Then, they are given a pedometer, asked to track in a daily log how much "junk food" per week and could save more than $120 over the next six years just by diverting their junk food money to a savings plan, said Hamlin. "My students are learning not only how junk food can harm their health, but also their pocketbooks." Parents who have become better educated through the program are seeing beneficial early on in their children. For example, teenager Angie Segovia, said her 12-year-old son, Alex, seems trimmer now that he requires him to walk the 30 minutes from school to home daily, rather than picking him up in her car. "One mother came in and told me she had lost 10 pounds just by reducing her junk food and high-calorie foods she feeds her family," said Principal Katherine Delgado. "Everyone at the school is involved. Our custodians walk according to his pedometer—more than 20,000 steps every day and he's challenging his entire faculty to do at least half that." School Nurse Mary Sullivan, RN, counsels students and encourages them to stay on track. To keep students motivated, the program provides for weekly incentives, such as a mini-football, jump rope, or Piberis prizees for completing weekly food and activity logs.

Fifteenth grader Candy Tressicas has her height, weight and body mass index measured by Kaiser Permanente Riverside Family Medicine residents Edward Bl, MD, and Michael Sinrvidal, MD. Meanwhile, Yvesse Come receives instructions on using her new pedometer from Bradley Richie, MD, Resident Leah Patrick, DO, also volunteered with the Kaiser Pediatrician who volunteered for the pilot. "It's not just about losing weight, but about making lifestyle choices that will reduce the next several years, each child can then sign a "contract" to stop buying and eating chips, candy, etc. and, instead, save the money to put toward a major purchase, such as a laptop computer. "My class figured that the average student spends about $2.50 per week and could save more than $120 over the next six years just by diverting their junk food money to a savings plan," said Dr. Cuan. "Instead of focusing on losing weight, we're emphasizing the positive benefits of healthy living." Later this month, volunteer Kaiser Permanente physicians and residents will return to La Granada School to measure stu dent's BMIs again in order to determine if they've shed fat and increased muscle mass. Online resources in Spanish and English, are available at www.kaiserpermanente.org.

Kaiser Permanente Steps to Health is made possible by a generous grant from the Riverside Community Health Foundation.

How Are We Doing?

Your feedback is important to The Black Voice News. Tell us how we are doing, fax, email, or submit via mail your comments, criticisms, how we can improve, suggestions to the paper.

Fax:
909.888.5662

Email:
LeeRagin@blackvoicenews.com

Address:
P.O. Box 1581
Riverside, CA 92502

A Doctor's Word

Healthy Habits for Flu Season

By Dr. Steve Black, MD, Kaiser Permanente

Every year as fall comes around, the headlines start talking about the flu. This year the concern is whether all the new families work their way into the kids and elderly won't get the protection from illness they need. Vaccinating against the flu virus is an important way to avoid illness, but there are many ways to combat the virus before and after becoming sick. Tthe best way to combat the flu is to understand how it works. The flu is a viral illness that comes on suddenly, usually in late fall and winter. Symptoms include fever, shaking chills, body aches, headache and fatigue. The most straining symptoms usually last for three to four days, then turn into a cough, scratchy throat and a runny nose.

If you have had the flu before, your body developed antibodies. These antibodies help to fight off the virus the next time you come in contact with it. Why does anyone get the flu twice, you ask? Because viruses evolve constantly. When there is a shift in the virus's genetic makeup, the natural resistance most people have against the flu may not be effective against the new strain. Today, the "avian flu" recently discovered in Asia could signal another shift, and doctors and scientists are working hard to prevent its spreading. The vaccine works in a similar way, getting your body to produce antibodies, but the advantage is that doctors develop the vaccine to combat the latest types of flu circulating.

The flu can lead to more severe illnesses like pneumonia or worsen heart disease and diabetes. The flu can also threaten even the healthiest people. The flu season in the southern hemisphere is the opposite of the winter months in the northern hemisphere. The supply of the flu vaccine this year in the United States about what is needed. This makes it even more important for everyone to take steps to prevent getting sick. The average healthy adult recovers from the flu easily with home remedies. Doctors recommend vaccination especially for people with compromised immune systems, such as the elderly or people with a pre-existing condition like diabetes.

During the flu season, follow these good health habits:

- Wash your hands often with soap and warm water for up to 20 seconds.
- Avoid touching your mouth, nose and eyes to avoid spreading germs.
- Avoid going house to house after coughing or sneezing.
- Avoid contact with sick people.
- Stay home from work if you are sick.
- If you are traveling, be sure to know when the flu season is in your destination and ask your doctor how you can prepare for your trip.

If you get the flu there are many ways to keep the illness at bay. Antiviral medicine is effective but only if started within a day or two of becoming sick. It can reduce the symptoms and length of your sickness.

Most importantly, take care of yourself. Avoid smoking and drinking alcohol. Drink a lot of water and get plenty of sleep.

For more information, visit the Center for Disease Control website (www.cdc.gov/flu) or call your local physician and ask for Spanish, Chinese Vietnamese, Tagalog, Thai, French, Japanese, Korean, Russian and Romanian.

Dr. Steve Black is the director of the Kaiser Permanente Vaccine Research Center.

Email Dr. Black at: doctors-word@kp.org

Kaiser Permanente physicians help kids

La Granada Elementary School student Angie Segovia gets help putting on a "fat suit" from Drs. David Cuan and Sandra Parrado Permanente.

The number of overweight children in America has doubled since 1980 because of unhealthy eating habits and reduced physical exercise. But fifth graders at La Granada Elementary School in Riverside are bucking that trend by joining in a school-based obesity program, Kaiser Permanente Steps to Health.

Developed by Kaiser Permanente's Riverside Medical Center physicians, residents, nurses, doctors and health educators as a bilingual pilot project for the Southern California Region, Kaiser Permanente Steps to Health is a 12-week program designed to teach students and their families to make healthier choices. Students are first measured for their body mass index to determine the percentage of fat they are carrying. Then, they are given a pedometer, asked to track in a daily log how much "junk food" per week and could save more than $120 over the next six years just by diverting their junk food money to a savings plan," said Hamlin. "My students are learning not only how junk food can harm their health, but also their pocketbooks." Parents who have become better educated through the program are seeing beneficial early on in their children. For example, teenager Angie Segovia, said her 12-year-old son, Alex, seems trimmer now that she requires him to walk the 30 minutes from school to home daily, rather than picking him up in her car. "One mother came in and told me she had lost 10 pounds just by reducing her junk food and high-calorie foods she feeds her family," said Principal Katherine Delgado. "Everyone at the school is involved. Our custodians walk according to his pedometer—more than 20,000 steps every day and he's challenging his entire faculty to do at least half that." School Nurse Mary Sullivan, RN, counsels students and encourages them to stay on track. To keep students motivated, the program provides for weekly incentives, such as a mini-football, jump rope, or Piberis prizees for completing weekly food and activity logs.

The program was launched shortly after the beginning of the fall semester with a school rally, followed by a parent night, when families came to learn more about healthy eating and ways to increase physical activity. Drs. Parrado-Villalbica and Dr. David Cuan, another Kaiser Permanente pediatrician, presented information in Spanish and English, encouraging parents to limit their children's sedentary time with TV and video games.

"We suggested children be encouraged to play hard for at least 30 to 60 minutes a day and for families to take trips to the parks, or play Frisbee in the backyard," said Dr. Cuan. "Instead of..."
Community Forum Draws Large Crowd

Crosswalk Pastor Lady Sylvia Jones, L. Shelley-Kennedy Smith, head of the Riverside County Sheriff's Department Personnel Bureau, had a large presence at the forum.

RMC Ministries Inc. Hosts "Relax and Let God Lead You!" Women's Spa Retreat in Houston

RMC Ministries Inc. has the opportunity to take some time out from their busy lives to meditate on God's Word.

Registration Information:
- "Relax and let God lead you!" is a 23-hour Women's Spa Retreat at the Discovery World Resort, Texas. Registration is available on-site or online.
- The retreat offers a variety of seminars, breakfast, and fellowship opportunities for women to network, develop mentoring relationships, revitalize their spirits, and meditate on God's Word.

"In today's world, women are so busy: family, work, mother, daughter, sister, friend, advi­ser, sister-in-law, and so on. Women have busy lives. reflection time," said Pastor Lucy Sykes of CrossWord Christian Church.

New Hope Hosts Christmas Concert Dec. 19th

The New Hope Missionary Baptist Church will be hosting a Christmas Concert entitled "Keeping Christ in Christmas," on Sunday, December 19, 2004. The event begins at 11:30 a.m. and is open to the public.

MUSICAL WANTED

Musician Needed in the Moreno Valley Area. Interested parties please contact Rev. R. Brown (909) 242-5735.

The Ultimate in Gospel Music - KPRO

Highway to Heaven Broadcast

The Black Voice News

Submit your church news to The Black Voice News

909.682.6670

Riverside Police Department

The Black Voice News

By Corey Washington

For years, officials from the Riverside County Sheriff's Department (RCSID) have found themselves embroiled in a battle with not only crime, but also the image of its department corrupted by minorities who shy away from God's Word.

The Black Voice News

RELIGION

Page 4-7

Thursday, December 9, 2004

The Riverside County Sheriff's Department (RCSID) has been criticized for its treatment of minorities and its overall effectiveness in providing adequate police services.

The Black Voice News

By Jon slain Snapper

The New Hope Missionary Baptist Church will be hosting a Christmas Concert entitled "Keeping Christ in Christmas," on Sunday, December 19, 2004. The event begins at 11:30 a.m. and is open to the public.

MUSICAL WANTED

Musician Needed in the Moreno Valley Area. Interested parties please contact Rev. R. Brown (909) 242-5735.

The Ultimate in Gospel Music - KPRO

Highway to Heaven Broadcast

The Black Voice News

Submit your church news to The Black Voice News

909.682.6670

Riverside Police Department

The Black Voice News

By Corey Washington

For years, officials from the Riverside County Sheriff's Department (RCSID) have found themselves embroiled in a battle with not only crime, but also the image of its department corrupted by minorities who shy away from God's Word.

The Black Voice News

RELIGION

Page 4-7

Thursday, December 9, 2004

The Riverside County Sheriff's Department (RCSID) has been criticized for its treatment of minorities and its overall effectiveness in providing adequate police services.Officials from the Riverside County Sheriff's Department (RCSID) plan to host a community forum to address issues related to the city's minority communities. The forum will be held at Mt. Rubidoux Community Center.

On Friday, January 14, through Sunday, January 16, 2005, RCSID Ministries Inc. will host the "Relax and Let God lead you!" Women's Spa Retreat for the minority community.

The New Hope Missionary Baptist Church will be hosting a Christmas Concert entitled "Keeping Christ in Christmas," on Sunday, December 19, 2004. The event begins at 11:30 a.m. and is open to the public.

MUSICAL WANTED

Musician Needed in the Moreno Valley Area. Interested parties please contact Rev. R. Brown (909) 242-5735.
The N, the nighttime network for teens, will kick off the New Year by adding the half-hour sitcom, Moesha, to its programming lineup as the critically acclaimed comedy series makes its regular weekday time slot with two back-to-back episodes premiering beginning Monday, January 3 at 7:00 p.m. (ET), following back-to-back episodes of its lead-in The Fresh Prince of Bel Air (6:00 - 7:00 p.m., ET).

In addition to star Brandy, Moesha's ensemble cast includes: Dorian (RAY J) -- who the family previously knew only as Frank's nephew; Myles Mitchell (MARION JONES), a pre-teen with a boundless curiosity and cynicism; Frank's charming yet rebellious son Preacher (LAMONT BENTLEY) ... and Moesha (BRANDY), a college sophomore in the midst of shaping her life, her family, and Moesha lives in the donn on youth with relevant, topical programs. (ET). The N and all related titles, characters and logos are trademarks of Viacom International Inc.

Mobile Catering

Gram's For Breakfast!

Make your next breakfast meeting special and worry free. Come, let us fix you a southern style breakfast that will make you smile!

- Grits • Smoked Sausage • Fresh Biscuits • Eggs • Cheese
- Fresh Squeezed Orange Juice • Fresh Bakeries
- Blueberry Muffins • Donuts • Cookies
- Bacon • Sausage
- Cream Cheese Bagels • Sandwiches
- Smoked Ham and Deep Fried Oxtails dinner (call day in advance) 3

As early as 5:30 am everyday, we will be ready to make your group welcome!

Let your dreams reach the sky.

Let's BIG

Are your dreams larger than life? What would you do? Imagine your name on that big check.

Go ahead and fantasize. Remember, if you've got a ticket, you've got a chance.

SuperLotto Plus®

Dream BIG.

Do the ride thing

Here's to the designated driver.

Responsibility Matters®

Do not drive!

Must show ID to purchase lottery tickets.
The Black Voice News
Page B-2

Eyeb & Ears of Moreno Valley
By Sudana Biren

During the holiday season the child in every heart always finds its way home. Because the gifts of another Christmas, with sweet memories of times past and bright hopes of times tomorrow.

Hello Moreno Valley

What an awesome week it has been, and no matter what you have been through you are still here.

The Moreno Valley Black Chamber of Commerce had a wonderful Christmas Celebration, the house was filled. The food was very good and there was so much of everything. The door prizes had lots of goodies. There were great also. The members of the MULTI-CULTURAL CIVIC ASSOCIATION of MORENO VALLEY, INC. are working very hard to bring you the greatest CULTURAL EVENTS EVER for the year 2005 starting with the third Annual Martin Luther King, Jr. Celebration. The chairman is Mr. Daniel Jacobs. This Celebration will be January 17, 2005 in the Moreno Valley Community Park from 10:00 A.M. If you would like to be a part please contact: (951) 722-2907 or m.e@1966@yahoo.com

As I close, let me say this to you. I only want to be known for my love, sincerity, and care for my Brothers and Sisters to my fellow man or woman. To embrace all cultures because we are wonderfully and delicious made.

Be Blessed
J.B.
Email address: eyesofmartin

The Black Voice News published every week is $40.00.

SEND check or money order to:

Riverside, CA 92502

Phone: (909) 781-2050 or
Mondays & Wednesdays, 6:30 P.M. to 8:30 P.M.
Line Dance Class at Stratton Center/Bordwell Park, 2008

Save The Date
San Bernardino NAACP has rescheduled their Pioneer Awards Dinner for December 11

Save A Life...
There are more children in our community than you imagine, and sometimes they need our help.

Humboldt Foster Family Agency offers a week of support that will prepare you for your responsibilities of being a foster parent. Open placement of children is not easy and the resources you will receive will be of great help to you. For more information regarding that child. You will also receive free nursing service for those children who are placed in your home.

All prospective parents are encouraged to call Casa at 951-684-7731 to register.

CARNIVAL'S FUN SHIP "Valor"
7 DAY EASTERN CARIBBEAN CRUISE - SEPTEMBER 11, 2006
Explore the gorgeous Eastern Caribbean on board Carnival's Newest Super Liner, the VALOR. From its spectacular seven-story atrium to its glittering casino, theme lounges and public areas, the VALOR is a magnificent floating resort just waiting to make your vacation unforgettable. Environmentally CENTERED Theatre Company Presents Love Street & Corner Harmony performing him from the 60's, 70's & 80's.

BLACK VOICE NEWS 250 MAIN STREET, Suite 200, Moreno Valley, CA 92553
OFFICE: (909) 544-2634 FAX: 909.389.7979
http://www.blacknewsonline.com

CARNIVAL'S FUN SHIP "Valor"
7 DAY EASTERN CARIBBEAN CRUISE - SEPTEMBER 11, 2006
Explore the gorgeous Eastern Caribbean on board Carnival's Newest Super Liner, the VALOR. From its spectacular seven-story atrium to its glittering casino, theme lounges and public areas, the VALOR is a magnificent floating resort just waiting to make your vacation unforgettable. Environmentally CENTERED Theatre Company Presents Love Street & Corner Harmony performing him from the 60's, 70's & 80's.

$679.00
per person

Save A Life...
There are more children in our community than you imagine, and sometimes they need our help.

Humboldt Foster Family Agency offers a week of support that will prepare you for your responsibilities of being a foster parent. Open placement of children is not easy and the resources you will receive will be of great help to you. For more information regarding that child. You will also receive free nursing service for those children who are placed in your home.

All prospective parents are encouraged to call Casa at 951-684-7731 to register.

CARNIVAL'S FUN SHIP "Valor"
7 DAY EASTERN CARIBBEAN CRUISE - SEPTEMBER 11, 2006
Explore the gorgeous Eastern Caribbean on board Carnival's Newest Super Liner, the VALOR. From its spectacular seven-story atrium to its glittering casino, theme lounges and public areas, the VALOR is a magnificent floating resort just waiting to make your vacation unforgettable. Environmentally CENTERED Theatre Company Presents Love Street & Corner Harmony performing him from the 60's, 70's & 80's.

$679.00
per person
Hair stylist Garret Koki-Budabin took on the challenge of untangling the hair of a BVN reader. Garret is a new comer to Headhunters Barber Shop and Hairstylists in Riverside on Arlington Ave. He is bringing his Detroit Flavor to the west coast and has taken his skills from his apprenticeship at Bynum's Barber Shop, which specializes in Afro American hair at Amokes Downtown Hair-N-Co, in Ann Arbor Michigan. Garret said, “I don’t like to do anything that will compromise the hair. I like working with healthy hair.” His challenge was working with 12 year old Brianna of Riverside Central Middle School. Brianna’s hair was damaged from excessive ponytail wear and too much gel. Garret started with a Minx Relaxer for the ends of her hair. Because of the way hair has to be treated for a new style, he then did a Mixan Moisturefuse deep conditioner, then a demi-permanent color in an auburn-brown, to add a little hint of color and a ton of shine. Then we blow dried, flat-ironed and cut her hair with long layers,” Garret explained. Brianna is already a cute girl but once she left Garret’s chair she was ready to hit the runway. Brianna told BVN, “thanks so much for picking me. Being in middle school is hard enough just trying to fit in, but now I get noticed.” So if you are looking to get a new look or just trying to get healthy hair, try Garret at Headhunter Salon he is waiting to help you achieve the new look that you have been waiting for. (909)640-7900.

As a new comer to Headhunters Barber Shop and Hairstylists, Garret Koki-Budabin takes on the challenge of untangling the hair of a BVN reader. He is bringing his Detroit Flavor to the west coast and has taken his skills from his apprenticeship at Bynum’s Barber Shop, which specializes in Afro American hair at Amokes Downtown Hair-N-Co, in Ann Arbor Michigan. Garret said, “I don’t like to do anything that will compromise the hair. I like working with healthy hair.” His challenge was working with 12 year old Brianna of Riverside Central Middle School. Brianna’s hair was damaged from excessive ponytail wear and too much gel. Garret started with a Minx Relaxer for the ends of her hair because it leaves a little curl in the hair. He then did a Mixan Moisturefuse deep conditioner, then a demi-permanent color in auburn-brown, to add a little hint of color and a ton of shine. Then he blow dried, flat-ironed and cut her hair with long layers.” Garret explained. Brianna is already a cute girl but once she left Garret’s chair she was ready to hit the runway. Brianna told BVN, “thanks so much for picking me. Being in middle school is hard enough just trying to fit in, but now I get noticed.” So if you are looking to get a new look or just trying to get healthy hair, try Garret at Headhunter Salon he is waiting to help you achieve the new look that you have been waiting for. (909)640-7900.

Local Realtor Awarded CRB Designation

Mike Tee, Broker, Tee One Properties, Inc. earned the prestigious Certified Real Estate Brokerage Manager (CRB) Designation presented by the Council of Real Estate Brokers, Managers. The CRB is recognized industry-wide as the measure of success for real estate brokers and managers. Realtors earning the designation have completed a comprehensive program combining experience with management education.

The Council is a non-profit affiliate of the National Association of Realtors with almost 7,000 members in North America. Innovative and multi-oriented programs, products, and services are continually being developed to enhance the productivity and profitability of Council members.

Open House Celebrates New Location for Medical Society

The San Bernardino County Medical Society, founded in 1878, held its official grand opening of its new headquarters recently at 3939 Juniper Avenue, Riverside. The Medical Society and its affiliate organizations, Inland Wellness Information Network and the Physicians Memorial Gift & Benevolence Fund welcomed physician members and the community to the new facility that also houses the Riverside County Medical Association and Foundation for Medical Care.

“We are moving off our new offices today,” said Dr. Edward Hess, President of the 125-year old organization at the grand opening. He continued: “We invite the community to tour the Medical Society’s facility, which is also home to the Southern California Medical Museum. Donors will be available for tours of the museum, which is widely known as the “finest small medical museum in the west.”

The San Bernardino County Medical Society is a professional membership organization representing over 1700 San Bernardino County physicians. The society’s offices were formerly located in Colton.

The Black Voice News

By Amber West
BNV Staff writer

Hair stylist Garret Koki-Budabin took on the challenge of untangling the hair of a BVN reader. Garret is a new comer to Headhunters Barber Shop and Hairstylists in Riverside on Arlington Ave. He is bringing his Detroit Flavor to the west coast and has taken his skills from his apprenticeship at Bynum's Barber Shop, which specializes in Afro American hair at Amokes Downtown Hair-N-Co, in Ann Arbor Michigan. Garret said, “I don’t like to do anything that will compromise the hair. I like working with healthy hair.” His challenge was working with 12 year old Brianna of Riverside Central Middle School. Brianna’s hair was damaged from excessive ponytail wear and too much gel. Garret started with a Minx Relaxer for the ends of her hair because it leaves a little curl in the hair. He then did a Mixan Moisturefuse deep conditioner, then a demi-permanent color in auburn-brown, to add a little hint of color and a ton of shine. Then he blow dried, flat-ironed and cut her hair with long layers,” Garret explained. Brianna is already a cute girl but once she left Garret’s chair she was ready to hit the runway. Brianna told BVN, “thanks so much for picking me. Being in middle school is hard enough just trying to fit in, but now I get noticed.” So if you are looking to get a new look or just trying to get healthy hair, try Garret at Headhunter Salon he is waiting to help you achieve the new look that you have been waiting for. (909)640-7900.
Republic of Vietnam Campaign Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.

Barbara Boxer has been on Boxer's staff for 27 years, working for Senator Boxer as her Southern California Field Director. She has served as her Eastern States Campaign Coordinator, and as the Field Director for Senator Boxer's successful re-election campaigns. Boxer announced that she has selected her San Bernardino office as the field headquarters for her Senate re-election campaign.

Garrett earned his Master's degree in Public Administration at California State University, San Bernardino. He received the University's Service Medal, and the Medal of Gallantry Cross. After retiring from the military in 1989, he served as development director at California State University, San Bernardino; as outreach director for the San Bernardino Job Corps Center; and as director of special projects for Habitat for Humanity International.
Rebates and Discounts 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:** $3,100
- **FMCC Rebate:** $1,000
- **MA Rebate:** $500
- **Free Way Discount:** $1,774
- **Net Cost To You:** $18,526

**2004 MERCURY MONTEREY**
- **MSRP:** $29,995
- **Factory Rebate:** $4,000
- **FMCC Rebate:** $500
- **MA Rebate:** $500
- **Free Way Discount:** $52,400

**2004 GRAND MARQUIS GS**
- **MSRP:** $25,010
- **Factory Rebate:** $4,000
- **FMCC Rebate:** $1,000
- **MA Rebate:** $1,596
- **Net Cost To You:** $18,494

**2004 MERCURY MOUNTAINEER V6**
- **MSRP:** $29,995
- **Factory Rebate:** $4,000
- **FMCC Rebate:** $500
- **MA Rebate:** $500
- **Free Way Discount:** $52,400

**FREZYWAY LINCOLN**
909-889-3514 • 1-800-237-8115
www.freewaylm-vw.com