"At long last I am going to the Motherland, Africa. On the 6th I will be going to Senegal, which is in Northwest Africa. I will be traveling with the U of R Professor Carl Jefferson and his black students for a spring break in Africa for ten days or more.

"This will be my first trip and I am looking forward to this interesting trip to see and learn about what is happening in this great country. I plan to take slides and pictures so that I can let you who are interested come out and see the presentation of my trip."

Mildred Johnson has long since returned to our city. She has appointed a columnist who will serve as guest columnist in this issue, by name Monsieur Bodara Ndaye, President of Cultural Association, ASC.
"RIGHT is of no sex, truth is of no color - GOD is the father of us all and all we are brethren."

Frederick Douglass

April 27 - May 27

Anthony L. Jordan
Health Center

THE ANTHONY L. JORDAN HEALTH CENTER IS SPONSORING A FREE HIGH BLOOD PRESSURE WORKSHOP

Did you know that untreated high blood pressure can lead to heart failure, stroke, or kidney damage? What are some of the common drugs used to control high blood pressure? How about side effects? Get the facts! Don’t take a chance!

The Anthony L. Jordan Health Center is holding a workshop on High Blood Pressure: You and Your Medicine, Friday, May 30, 1986 from 10:00-11:30 a.m.

Treat yourself to life!! Call 423-3564 or 423-3568 today to register. Space is limited!

THE ANTHONY L. JORDAN HEALTH CENTER TO SPONSOR A STRESS MANAGEMENT WORKSHOP

Are you under stress? Stress can affect your health. You cannot avoid stress, but you can learn to manage it.

The Anthony L. Jordan Health Center is sponsoring a free workshop on Stress Management, on Wednesday, May 28, 1986 from 10:00 to 11:30 a.m. To register, call 423-3564 or 423-3568. Call today.

MAY IS MENTAL HEALTH AWARENESS MONTH

FOLKS...WHY NOT FORM THE HABIT OF BRINGING YOUR CLOTHES TO...

SPEEDY'S
190 COURT STREET

BRING YOUR WINTER GARMENTS TO OUR PLANT...WE WILL DRY CLEAN THEM AND RETURN TO YOU IN...NEW MOTH PROOF BAGS...THE MOTH PROOF BAGS ARE "FREE OF CHARGE"

SPECIALIZING IN...Dry Cleaning and Laundry etc.

COME IN TODAY!

NICK TAHOU'S
Texas Hots
320 MAIN ST. WEST

Specializing In Hots and Hamburgers
One Of The Best Hot Sauces In Town
24 Hour Service
Free Parking in Rear

Patronize Your Favorite Market...

MODERN FISH MARKET

Complete Line of Fresh & Salt Water Fish...
826 Joseph Avenue
Rochester, New York
Telephone: 232-5067

INSURANCE AUTO - VAN - CYCLE
BRISTOL INSURANCE AGENCY
191 Genesee Street
Rochester, N.Y.
Phone: 235-6882

Low Down Payment—Instant ID’s—Easy Terms
DESIDERATA

Go placidly amid the noise & haste, & remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story. Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

FOUND IN OLD SAINT PAUL'S CHURCH, BALTIMORE; DATED 1692
City of Rochester News

Mayor Thomas P. Ryan, Jr., and James E. Nikischer, President, Mid-State Division of Goldome Federal Savings Bank, today announced the bank's commitment to provide $488,000 for a cooperative program to rehabilitate the residential portions of selected properties on West Main Street. The funding is for loans through the Main St. Residential Rehabilitation Program, a component of the City's overall effort to revitalize West Main Street between Canal and Madison Streets. The first phase of the project began in Spring, 1984, when the City and Monroe County jointly funded public improvements for that area of West Main Street, including custom-designed landscaping, parking and sidewalk paving.

In November, 1984, the second phase began when the City, the State Urban Development Corp. (UDC) and Goldome F.S.B., in cooperation with Xerox Corporation, announced a special program offering assistance to property owners for rehabilitilitating facades, exteriors and interiors of commercial properties in the targeted area. The new component represents the third and final phase of this project, rehabilitation of residential units along that corridor. This phase will include assistance for the rehabilitation of up to four residential units per building, and will provide a maximum possible subsidy of up to $30,000 per unit. The particular package offered is dependent on the owner's status.

New owners (those individuals who took title to the property after December 31, 1984) are eligible for a loan of up to $15,000 per unit at 8% over a five-year term with a five-year balloon repayment plan, plus financial assistance from the County's Emergency Housing Repair Program. Original owners will be eligible for a per unit rehabilitation package consisting of a 30% city grant (7,500 maximum), a 31% bank loan (maximum $6,250) for a five-year term as 12% and a subsidy from the Emergency Housing Repair Program. The County's participation, under the Emergency Housing Repair Program (EHPR), consists of a special one-time rehabilitation subsidy. The amount is based on the size of the unit and the time period it will be available for emergency occupancy, and requires a 30-month commitment for renting to tenants referred by the County Social Services Department.

The majority of property owners in the target area are low-income minority group members who have had the property for over five years. When combined with the facade/commercial program, these programs offer low-income property owners on West Main Street the opportunity to rehabilitate their properties and upgrade their businesses, while also addressing the community's emergency housing needs and improving a major corridor into the City.

Nikischer of Goldome said, "We are pleased to have the opportunity to participate in a program like this, one which is aimed at strengthening a visible neighborhood commercial strip."

The bank's $488,000, which will be available for loans, will be matched by a City commitment of $200,000, approximately $72,000 in County DSS funds and $67,000 in foundation funds from Kodak and Gannett.

If someone you know has cancer, someone you know can help.

We're your neighbors in the United Cancer Council, For 25 years, we've been helping Rochesterians who have cancer, their families and friends. We run support programs that break the isolation cancer can bring. And show health care professionals how to break down those barriers, too.

And each group, each seminar, and prevention program we have now, begun with a request from you. So call us. Ask for help. Or volunteer to help others. That's what we neighbors are here for.

We are proud of serving the Health needs of Rochester for over 17 years.
The Anthony L. Jordan Health Center
Comprehensive, High Quality Health Care
For You and Your Family — All Under One Roof

Adult Medicine
Pediatrics
OBS/Gynecology
Dental
Mental Health
Comprehensive Addiction Services
Outpatient

Eye Exams and Treatment
Teens Services
Speech Evaluation
Hearing Tests
Nutrition
Health Education
W.I.C.

Also X-Ray, Laboratory and Pharmacy Services
Currently accepting new patients. Most major Health Insurance Plans and Medicaid are welcome.

"Help Yourself to Better Health"
Call Today at 423-2804 For More Information

The Anthony L. Jordan Health Center
Comprehensive, High Quality Health Care
For You and Your Family — All Under One Roof

Adult Medicine
Pediatrics
OBS/Gynecology
Dental
Mental Health
Comprehensive Addiction Services
Outpatient

Eye Exams and Treatment
Teens Services
Speech Evaluation
Hearing Tests
Nutrition
Health Education
W.I.C.

Also X-Ray, Laboratory and Pharmacy Services
Currently accepting new patients. Most major Health Insurance Plans and Medicaid are welcome.

"Help Yourself to Better Health"
Call Today at 423-2804 For More Information

The Anthony L. Jordan Health Center
Comprehensive, High Quality Health Care
For You and Your Family — All Under One Roof

Adult Medicine
Pediatrics
OBS/Gynecology
Dental
Mental Health
Comprehensive Addiction Services
Outpatient

Eye Exams and Treatment
Teens Services
Speech Evaluation
Hearing Tests
Nutrition
Health Education
W.I.C.

Also X-Ray, Laboratory and Pharmacy Services
Currently accepting new patients. Most major Health Insurance Plans and Medicaid are welcome.

"Help Yourself to Better Health"
Call Today at 423-2804 For More Information

The Anthony L. Jordan Health Center
Comprehensive, High Quality Health Care
For You and Your Family — All Under One Roof

Adult Medicine
Pediatrics
OBS/Gynecology
Dental
Mental Health
Comprehensive Addiction Services
Outpatient

Eye Exams and Treatment
Teens Services
Speech Evaluation
Hearing Tests
Nutrition
Health Education
W.I.C.

Also X-Ray, Laboratory and Pharmacy Services
Currently accepting new patients. Most major Health Insurance Plans and Medicaid are welcome.

"Help Yourself to Better Health"
Call Today at 423-2804 For More Information

The Anthony L. Jordan Health Center
Comprehensive, High Quality Health Care
For You and Your Family — All Under One Roof

Adult Medicine
Pediatrics
OBS/Gynecology
Dental
Mental Health
Comprehensive Addiction Services
Outpatient

Eye Exams and Treatment
Teens Services
Speech Evaluation
Hearing Tests
Nutrition
Health Education
W.I.C.

Also X-Ray, Laboratory and Pharmacy Services
Currently accepting new patients. Most major Health Insurance Plans and Medicaid are welcome.

"Help Yourself to Better Health"
Call Today at 423-2804 For More Information
WASHINGTON—"When you're a black woman who gives the orders in a typically male-dominated field, you're bound to encounter some problems," said Audrey C. Johnson, an employee with the U.S. Department of Labor here.

Johnson is a space management specialist for the department. She is responsible for supervising office moves and renovations, preparing renovation layouts and floor plans, working with contractors and craftsmen, preparing cost estimates and handling interior design projects.

"I've encountered problems on several jobs, particularly when I started out," Johnson said. "The problems were not so much because I was a woman, but because I was a black woman, and I was giving the orders."

"There have also been times when a contractor has questioned my judgment, and I realized it had nothing to do with my ability to manage or supervise the project," Johnson said.

During those times, Johnson said she would let the contractor know that the job would be done her way or not at all, and it worked.

Johnson didn't plan on a career in space management. She began her federal career in 1962 with the U.S. Postal Service as a clerk-typist. Her career goal at that time was to be a secretary.

Johnson joined the Labor Department in 1966 as a secretary in the space management division. In 1975, management placed her in the Upward Mobility Program as a space management trainee. In time, through specialized training and hard work, she became a space management specialist.

"I laugh when I think of some of the things I've had to do in order to get a job done," Johnson recalled. "I have spackled and sanded walls for painting, pulled up old carpet, hung pictures and move and set up furniture by myself."

"But I like my job because it's a challenge," she said. "It's a challenge in the sense that I have to deal with different types of people, personalities and work assignments. And it's a challenge because you have to pay particular attention to so many details in order to get the job done correctly."

Johnson feels that other women, especially black women, should pursue careers in non-traditional fields. The work is demanding but worth it, she said.

**PATRONIZE OUR ADVERTISERS**

**ROCHESTER BUSINESS OPPORTUNITIES CORPORATION**

ROCHESTER BUSINESS OPPORTUNITIES CORPORATION continues to make a difference. RBOC was formed in 1968 to offer minority groups an opportunity to start their own business enterprises. In the unsettled social climate of the 60's, something more than promises was needed to help minorities participate in the marketplace.

Now in its 17th year, RBOC has proven that given the opportunity, minority businesses can succeed — and benefit the entire community. However, starting a business and keeping it going, isn't easy. Nevertheless, if you are contemplating starting one, or need help with an existing one, RBOC's approach is both professional and honest.

For more information, contact:

CLARENCE T. INGRAM
General Manager

ROCHESTER BUSINESS OPPORTUNITIES CORP.
55 St. Paul Street
Rochester, New York 14604
Area Code (716) 546-3695

"A private business development corporation supported by the industrial business community of Rochester."

**COME SEE AND HEAR**

**THE POPULAR ARTIST**

Little Milton and his Review

Friday & Saturday
May 23 and May 24
2 SHOWS NIGHTLY
Adm: $10.00 & $12.00

**B.K. LOUNGE & PARTY HOUSE**
480 WEST MAIN STREET

**ADVANCE TICKETS AT**

- SMITTEY'S BIRDLAND
- LILY WHITE DRY CLEANERS
- GENESEE HAT SHOP
- SMITTEY'S BIRDLAND
- HOTTEST SPOT IN TOWN

**PROMOTIONAL ADVERTISING**

**THE FREDERICK DOUGLASS VOICE**
April 27 - May 27
Page 5
Health Association Job Openings

(To apply for following openings, send resume & salary history, in confidence to: Ms. K. H. Sykes, Personnel Director, The Health Association, 973 East Avenue, Rochester, NY 14607. (585) MCAHI.)

Psychiatrist (P/T 2.5 hrs/ wk): Alcoholism Treatment Facility (ATF). Responsible for evaluating and referring substance abuse clients to other primary mental health centers for in-depth, ongoing treatment. Arranges admission of acutely disturbed clients to inpatient psychiatric centers. Provides general consultation to staff. Requirements: Have at least 3 years of post-residency experience, board certification in psychiatry, and own malpractice insurance. Experience in dealing with alcoholics preferable. Salary: Negotiable.

Telephone Operators (P/T Various hours available): Monroe County Association for the Hearing Impaired (MCAHI). Perform a relay person for the hearing/hearing impaired, maintaining efficient and confidential TTY services to all clients. Responsibilities include assigning ID numbers, making out schedules, and maintaining order with both clients and staff. Must have current NYS registration, 3-year experience, exposure to alcoholism and current CPR certification. Salary: $8.96 - $11.19/hr - +30¢ shift differential.

EAP Counselor (P/T 10-20 hrs/wk): Employee Assistance Program (EAP). Provide direct services to clients (individuals, families, groups) requesting assistance for personal and/or job-related problems. Participate in planning and implementing programs, mailings, and supervisory training required. Refer clients to appropriate community resources as determined through assessment/evaluation data. Supervise clients and coordinate aftercare plans. BA minimum, Master's Degree desirable, NYS credentials or certification in a professional discipline, 1-year prior counseling experience with knowledge of chemical dependency helpful. Salary: $10.00 - $12.50 per hour.

Secretary 1 (P/T 35 hrs): ATF. Performs secretarial and highly responsible clerical work (sometimes of a confidential nature) with a minimum of supervision. Must respond to needs of Division Director and other supervisors when required. Typing: 60-70 wpm, shorthand required. Salary: $11,400 - $12,730.


*Denotes New Listing

Bettie's Hats and Apparel Shoppe

MEN'S, WOMEN'S & CHILDREN'S CLOTHING
235-3097
Hats & Costume Jewelry
924 W. MAIN ST.
Rochester, NY 14611

United Canceer Council

News

To The Editor:

I am the new Hospice Volunteer Coordinator for United Cancer Council, Inc. We are in great need of additional volunteers. Please look at the information I’ve enclosed defining Hospice. You can help us very much if you would run the item below in your publication as soon as you can. Please feel free to call me for any other information or clarification. Thank you.

HOSPICE VOLUNTEERS NEEDED

We need volunteers urgently — men and women of all ages. We need you to help with terminally ill people and their families in their homes. The program is called Hospice, and it is a way of caring for the dying patient which emphasized quality of life. It is a home care pro-

United Way

They need you more than you know

People like Evette, a single teen mother; Cel, a widow who faces life alone; Walt, a firefighter who's mother. Ceil, a widow who faces life alone. These are just a few of the thousands of people like them... people who need you.

Our campaign goal is to raise $30 million. Now you know how much we need you.

THE 1986 UNITED WAY/RED CROSS CAMPAIGN

We need you more than you know.

Rochester Area Chamber of Commerce

Dear Business Person:

The Entrepreneurial Spirit is definitely alive and well in Rochester. The number and scope of black-owned businesses is on the rise nationally and our community is following this trend.

In January, the Chamber requested input from our group of Black business owners to determine their interest in forming a Black Business Association within the Rochester Area Chamber of Commerce. As a result of that meeting a Steering Committee was formed to develop a statement of purpose for such an organization.

The Steering Committee feels there are other interested Black business owners who would benefit from this association and is inviting you to attend a Wine and Cheese Reception. The purpose is to provide the opportunity for business networking.

Thursday, April 24 from 5:00 - 7:00 P.M. in the Small Hall, 3rd Floor of the Chamber of Commerce building.

Hospice volunteers who are register for the department of the dying patient and the family to cope with the death.

United Way of Genesee Region. Home Care Association. Hospice provides a full range of services to the individual and the family to cope with the death.

We have a unit of skilled Hospice volunteers who are recruited and trained through the United Cancer Council, Inc. Volunteers assist patients and families by offering friendship and encouragement in times of great stress. They are a sounding board for patient concerns. They share in patient care if they wish, and they are ready to help with errands and household tasks. They offer bereave-

ment support.

We especially need volunteers from Northwest and Southwest Rochester, Greece, Gates, Chili, Henrietta, Hilton, Hamlin, Parma, Clarkson, Ogden, Sweden, Riga, Wheatland and Brockport.

If you work, we have evening and week-end needs, too! Call me now, or write: Patricia Fullerton, Hospice Volunteer Coordinator, United Cancer Council, 146 East Avenue, Rochester, New York 14610. Phone: 473-8539.

Sincerely,

Black Business—Association

The purpose is to provide the opportunity for business networking.

Sincerely,

Vivian S. Alexander

Employment Development Representative
Millions of sisters and brothers living in Africa, our Motherland. Yes, I said "OUR".

The historical process has taken a particular trend that had brought mothers from their sons, fathers from their daughters, brothers from their sisters... but Africa is our continent. Our forbears were captured by Whites to be used as slaves. They were forced to adopt the Whites' cultural values.

But the Whites had forgotten a very important lesson: however strong the short-term might be or seems to be, it is not more powerful than history and its laws. The will of any minority to oppress the majority is very weak compared to the power of truth. A deep strong crime against you. Any victory you keep silent in front of such a movement had taken birth in America as slaves. They were forced to adopt the Whiteman's cultural values. They were forced to give up their native culture. And the Whites said they were "civilized." What a shame.

But there is one mistake that should be avoided. The new generation of Whitemen is not responsible for slavery. They must not be accused because their ancestors were slave owners. Everybody must be judged according to his own actions.

That's the way we have to use if we want to be right. Look at South Africa. Your Black brothers and sisters, your Black mothers and fathers, your Black parents are dying. Yesterday they died in Sharpeville, Soweto, in Alexandria. The "civilized" Whitemen are shooting at girls, boys, old and young workers and non-workers because they are Black; because they are human beings who refuse to be treated as animals. Brothers and sisters, will you keep silent in front of such crimes against you? Any victory you get in America against discrimination in employment, education, civil rights for the Blacks is the victory of all Black people living in Africa. It's money in the bank for your employees. Call on Columbia for the convenience of Direct Paycheck Deposit for your employees. It saves them time and effort on payday! And Columbia offers Prestige, the all in one account for all your banking needs.
THURSDAY, MAY 22 ONLY
SAVE 54%

THE FLORENTINI COLLECTION OF
14K GOLD JEWELRY

Please join us for our largest showing ever of beautiful 14K gold jewelry. Select from chains of many lengths and styles, bracelets, charms, and pierced earrings. All at incredible 54% savings.

Look for these extra-special buys!

- 7" fully braided herringbone bracelet, reg. $60, **23.99**
- Matching 16" necklace, reg. $132, **49.99**
- Assorted gold ball pierced earrings, reg. $14-$23, **4.99-8.99**

Jewelry, 221, Downtown and all suburban stores

THURSDAY, MAY 22 ONLY
SAVE 54%

PEARL AND DIAMOND COLLECTIONS

Extraordinary savings on diamond, cultured and freshwater pearl necklaces, earrings, pendants, rings and much more. Many highlighted with precious and semi-precious stones. Hurry in for best selection!

Look for these extra-special buys!

- 7" freshwater pearl bracelet with gold beads, reg. $35, **15.99**
- 18" baroque pearl strand, reg. $400, **179.99**
- 34" freshwater pearl necklace with gold beads, reg. $135, **59.99**
- .10 ct. diamond solitaire earrings or pendant, reg. $225, **99.99**
- .25 ct. diamond solitaire earrings, reg. $450, **199.99**

Jewelry, 149, Downtown and all suburban stores

Sibley's