"ONE WITH GOD IS A MAJORITY," Frederick Douglass

Rev. Dr. Henry J. Lyons to Speak at Unified Mission Banquet

Rev. Dr. Henry J. Lyons, President of the National Baptist Convention USA, Incorporated, of St. Petersburg, Florida, will make a first-visit to Rochester to be the keynote speaker at the Unified Mission Banquet, Saturday, March 23, 1996.

The event at Rochester Riverside Convention Center is a fundraiser for the Unified Mission of Rochester, which needs to secure a building that will house them growing need to help the Rochester community in the areas of housing, appliances, clothing, bedding, etc.

Rev. Dr. Lyons is in the Ministry full time and is the Pastor of Bethel Metropolitan Baptist Church. He is also a broker in National Prominence in Civic and Community Affairs, Black History and Human Relations.

Examples of Rev. Lyons as an educator and critical thinker, Rev. Dr. Lyons is a graduate of Bethune-Cookman College and holds advanced degrees from Cincinnati Baptist College and Ohio Hebrew Union University, Jerusalem, Israel. A not-for-profit organization.

Second Annual Conference On Racism To Be Held At RIT

Rochester Institute of Technology (RIT) is presenting the Second Annual Conference on Racism, "Affirmative Action: What Does This Mean For Race Relations," April 14 and 15 at its flagship Auditorium.

On Sunday, April 14, A Debate will be held, featuring: Dorothy Butler McKeller, columnist for the Washington Post Newspaper and President of the National Association of Black Journalists and Armstrong Williams, CEO of Graham William Williams.

Clarissa Street Reunion Committee Starts Search For Local Talent For August Festival

The Clarissa Street Reunion Committee (CSRC) has intensified its search for local talent to grace three music stages at the August 24, Clarissa Street Reunion Festival.

An invitation has been extended to any local person or group to audition and audition for the place in the all-day musical lineup.

Several groups have already participated and offered their talents, but many more groups are needed.

Mr. & Mrs. Pierce Harrison
Fifty Years of Marriage: March 16, 1996 was the 50th Wedding Anniversary of Pierce Lee Harrison and Lorraine Cooper Harrison. The couple, originally from Sanford, Florida, celebrated at New Bethel CME Church.

Mayor Johnson's Uncle Dies

The great uncle of Mayor William A. Johnson, Jr., has died in Lynchburg, Virginia at the age of 105. Harvey W. Graves died peacefully in his sleep on Tuesday, March 19, in a Lynchburg nursing home, after a two-week illness. Mr. Graves had celebrated his birthday on February 12.

Until two months ago, Mr. Graves had continued to live at his home, alone. He continued to drive his vehicle until he voluntarily surrendered his license about one and a half years ago.

His wife, the late Mary Priscilla Clark Graves, died in December 1957. The couple had no children.

Mr. Graves married the sister of Mayor Johnson's paternal grandmother. He was also the uncle of the Rev. Raymond L. Graves, the pastor of New Bethel CME Church, whose father was Mr. Graves' youngest brother.

The Mayor has often referred to his uncle in public speeches, remarking on his desire to break his uncle's longevity record.

"He was one of the most remarkable people I have ever known," said Mayor Johnson. "His desire and ability to live independently until the last months of his life, his ability to regulate family and strangers with his clear recall of important events that had transpired at the turn of the century, his unique musical talents and his gentle spirit are all qualities that I remember about him. He leaves a great legacy for all of us whose lives he has touched in special ways.

Mr. Graves was a 32nd degree Mason, a noted musician whose tenor voice performed solo on numerous occasions, and a member of the Jackson Street United Methodist Church in Lynchburg for more than 80 years. In addition to Mayor Johnson and Rev. Graves, he is survived by many other nephews and nieces.

The funeral was held Friday, March 22 in Lynchburg.

Early Pepsi-Cola Marketers Honored

Mr. & Mrs. Pierce Harrison
Fifty Years of Marriage: March 16, 1996 was the 50th Wedding Anniversary of Pierce Lee Harrison and Lorraine Cooper Harrison. The couple, originally from Sanford, Florida, celebrated at New Bethel CME Church.

Photograph Courtesy of Rochester Journal of Black Events

New York, NY—Former Pepsi employees, Ed Boyd, co-founder of "Marketing and Government Relations," April 14 and 15 at 9 a.m. to 4 p.m. followed by a Multicultural Panel Discussion at 4 p.m.

For information, contact Sarah Bins, Pepsi African American Chair, Conference on Racism, at 475-2613, or Alfred Brooks, Chair, Commission for Promoting Pluralism, at 475-4903.

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The theme of the Festival is the Music of the Struggle.

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As tough as times are and as hard as we struggle every day for our children, each and every one of us who cares about children must stand up and be counted.

Stand For Children will be a national day of commitment to children, a celebration, and a day of community renewal when we will stand together as Americans from every race, region, income, age, and faith. On June 1st we will transcend our differences and affirm what unites us as a people: a loving desire to raise moral, healthy, and educated children; a sense of fairness; and a belief that in the richest and most powerful nation on earth no child should be left behind.

Stand For Children Day will not be a partisan day. No politicians will be invited to speak.

On Stand For Children Day we will commit ourselves to positive personal steps as families, citizens, and communities to do more to improve the quality of children's lives: their health, safety, school readiness, education, and future.

Stand For Children Day will draw a line in the sand of doing no harm to children that no political, corporate, or cultural leader dare cross.

Stand For Children Paper will make it clear to every candidate and officeholder that they need to help and not hinder families struggling to raise moral, healthy, and educated children.

Who Supports Stand For Children?

Stand For Children is convened by the Children's Defense Fund and sponsored by more than 750 national, state, and local organizations which together represent tens of millions of Americans from every walk of life. A list of endorsers is available upon request.

Editor is President of Stand for Children, 1832 Connecticut Ave., N.W., Washington, D.C.

June 1, 1996 - Lincoln Memorial, Washington, D.C.

by Marian Wright Edelman

The staff of the Frederick Douglass Voice gets asked many questions as we go about gathering the news in Rochester. Most of the questions are of a positive nature, only occasionally do we receive negative questions or comments. So we'll try to address all of them in this and upcoming issues.

The most often asked question is: Why do you only come out monthly, why not weekly?

There are several reasons to that! Over the years, the Voice has been a weekly, a bi-weekly, a monthly, and a sometimes. The reason for that is, that everyone on our staff has to pay their bills. We all volunteer our time and energies to the paper. That means - we don't get paid to do what we do. We are all committed, and firm believers, as my father, Howard W. Coles was before us, that Rochester needs to have its own African American newspaper, its own Voice. We try our best to fill that need. But sometimes, our J-O-B-S and ads will make it possible for us to continue to exist. As we build our advertisers, we build our paper. Four years ago, the paper was four pages. Today, the paper is 20 pages and tomorrow (sometime in '96) it will be many more than 20. But as we increase in size, our production becomes a problem. Very soon, we will add paid production people to our staff to solve that problem.

If we're to keep our dream, our goal, to become bi-monthly this year. With your continued support and readership, we will reach that goal. We encourage you to write or fax us. Our staff is small and there is no easy way to cover everything that is happening in our communities. When you call us, send us pictures and articles, and information about events, you are helping us to inform everyone about the activities that are taking place in our city.

We can handle your criticism too, so don't let that stop you from contacting us. It helps to keep us on our toes and it lets us know what you want and expect from us. Thank you for helping to keep the Voice alive. Stay tuned and watch us grow!
Spotlight on CONEA

CONEA QUEENS: Nicole Boggs, Asst. to the Housing Director (center), (left to right) Desiree Giles, Stevonne Ownes, Tanya Miller, Kattiria Negron. The Queens are a tutorial and recreational group that meets Tuesdays and Thursdays after school. They discuss hygiene, drugs, peer pressure and other relevant social issues.

CONEA has been without one for almost a year. Scott Associates is also providing short and long range planning assistance and Board training so that CONEA can plan and focus on its projects in a more systematic way. They plan to build at least two new homes, and rehab four homes between now and 1997 to help low income families.

CONEA provides new and rehab homes for families with income less than 30% of the median income. They built two one family homes in 1994, and one home is now occupied. They are currently interviewing families for the second home. They provide emergency, special materials and home security grants. They also remove graffiti in the neighborhood as soon as it is reported.

Coned Removal

One of the most exciting ventures the CONEA staff undertook at Christmas, was to provide buckets of food and clothing, especially winter coats, to approximately 75 persons in the community. They repeated their summer lunch program, providing nutritious lunches for more than 85 children. They will provide the same service for the summer and plan to reach at least 100 children. CONEA established its first multicultural youth dance for girls and boys, who performed at all the school events in Monroe County, including the Middle School Spring event. This program has also been reinitiated for the current year.

CONEA successfully planned a phase of planning the Upper Falls Area Credit Union. The Credit Union is now in operation.

This cycle will only be broken when the natives, collectively change, Tarzan, and the elders who perpetuate his ability to control them. This cycle will only be broken when the natives educate themselves about themselves, and recognize they have a right to the coconuts also.

But as long as the natives accept the myth that Tarzan can in fact enslave, control the other natives. The village elders and leaders, respected no doubt for their own alleged wisdom and experience, obviously had the power to perpetuate the myth: that one man’s philosophy, with support from the leadership, can in fact enslave, control the masses (i.e. South Africa).

It gets better... The psychology of the Leadership who then go on to become the unprepared encounter. The unprepared encounter who then do good people, and good people aren't the most comfortable for you.

If someone is following or chasing you, don't lead them to your home... they may come back later. Good advice. But then the advisor got stupid when he said, "If accosted by someone, the best thing to do is try to get eye contact... you might scare him off." I LOL! (Laughed Out Loud) saying to myself, "obviously he has a gun on you or he has a gun in his face, or spent any time dealing with the reality of victims vs. perpetrators, and the potential for consequences.

Enough said.

Figure 3: a chimp with a flute.

The leaders who support Tarzan and cannot afford to sup- port the change can take responsibility for this demise through this practice. You don't threaten Tarzan until you start counting coconuts or begin to realize why only he and the village leaders have more coconuts than the natives. That is particularly interesting when you examine the fact that everyone's village owns its own coconut trees, but Tarzan has positioned himself as the village leader, to not only harvest the coconuts with the labor of the natives, but Tarzan decides who gets them.

Tarzan has taken away the women when the natives, collectively change, Tarzan, and the elders who perpetuate his ability to control them. This cycle will only be broken when the natives educate themselves about themselves, and recognize they have a right to the coconuts also.

So eloquently being given by the psychology majors to prepare its language—rather than television—the universal lan-

The Fredrick Douglass Voice March 25, 1996

straat... no chaser

by Gloria E. Winston

Overheard on a local television station news program were "tips" on what to do if accosted or threatened by the criminal element that exists in our society today. According to Hakeem Olajuwon, the air of superiority that created him. He was again in 1990 still thinking and suggesting, without possibly realizing, that eye contact alone could be extremely frightening.

Think about it. I do believe that you have the right to exercise your right to find out what he said. Or, was his advice telling you to say something uncompromising writer.

But then, my reality sunk in. My reality quickly reflected on Tarzan, and the air of superiority that created him. He was again in 1990 still thinking and suggesting, without possibly realizing, that eye contact alone could be extremely frightening.

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Men: Learn More About Prostate Cancer Prevention

Prostate cancer in men has nearly the same incidence rate as breast cancer in women. Approximately 1 in 10 men will be diagnosed with prostate cancer, while 1 in 8 women will be diagnosed with breast cancer. With early detection, 9 out of 10 men can be successfully treated for prostate cancer. Learn more about the disease and what you can do about it by calling the American Cancer Society at 288-1950.

The Clarissa Street Reunion Committee is holding its 4th Coming Home to Clarissa Street "Swing Fever" Dance Friday, April 19, Elks Lodge 286 Clarissa St. (upstairs) Munchies Oldies-but-Goodies D.J. Jazzy G Dance till you drop Donation $10 To benefit the 1st Annual Clarissa Street Reunion Festival which will be held August 24, 1996 11 a.m. - 11 p.m.

LET'S DO IT AGAIN...and AGAIN

ABC and Peace Baptist Church Offer Free Breakfasts

Action For A Better Community, Inc., Maxxene B. Banks, Program Manager and Peace Baptist Church, Rev. Willie Harvey, Pastor, are sponsoring a new "We Care" Breakfast Program on Wednesdays only from 8:95 a.m. at Peace Baptist Church, 703 Joseph Avenue. Everyone is welcome and the breakfasts are free.

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Jazz Gets Even Better At Artpark

Artpark has announced additional shows to its 1996 season schedule. Headliner Houston Person and vocalist Etta Jones will perform on April 12 & 13. Rochester's own Grammy award-winning Chuck Mangione will be at Artpark June 29.

Other performances include: Art Hill, Pate Fountain and The Preservation Hall Jazz Band on August 17. Orange Then Blue, a 12-piece big band/jazz ensemble opening August 31 at the opening act for the Artpark Jazz Festival.

Also appearing on the 31st is

Barbara Reynolds

Keynotes Brunch

The Rochester Genesee Valley Club of the National Association of Negro Business and Professional Women's Club, Inc. is holding their annual Sojourner Truth Award Brunch to raise money for scholarships to be awarded to qualified youth in our community.

On Saturday, April 27 at 11 a.m. at Mapledale Party House, Barbara Reynolds, USA Today Inquiry Page Editor, will deliver the keynote address "In Living the Dream, Struggle and Creativity: Pay Triumphant Rewards."

Awards will be presented to Artha Miller-Smith, Sojourner Truth Award; Andrew Langston, Man Of The Year; Evelyn Scott and Irene Marrero, Professional Awards; Samia Gueck, Business Award; Arlette Miller-Smith, Sojourner Club of the National Association for the Advancement of Colored People and Stephanie Pough, Youth Award.

This is the 38th year of the Sojourner Truth Awards Banquet of the Rochester Genesee Valley Club of the National Association of Negro Business and Professional Women's Clubs, Inc. It is an event whose primary goal is to encourage and stimulate youth to take advantage of opportunities for higher education.

The nonprofit organization also encourages you to prepare yourselves competitively for the world. For more information call Jerdine Johnson, 443-7140 or Thelma Horton at 436-3951.

Every month is Black History Month

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Native Voices To Speak at RMS

Join a diverse group of speakers for a day devoted to the discussion of issues affecting this country's Native Americans.

Beginning at 9:30 a.m. on Saturday, March 30, a variety of distinguished lecturers will present their research and views during Native Voices: Symposium on Contemporary Native American Issues at the Rochester Museum & Science Center Eisenhart Auditorium.

In the morning, speakers will explore legal, economic, and historical issues. Afternoon talks focus on educational and health concerns. And in the evening, families are welcome to take part in a Native American potluck and social.

Donations and proceeds from games and sale of goods at the booth will benefit the Freeman Johnson Scholarship Fund for Native American students.

All Native Voices events are free and open to the public. The symposium is sponsored by Monroe Community College, Nazareth College, Rochester Institute of Technology, University of Rochester and SUNY Brockport, in cooperation with the RMS.

For more info call 271-4551.

JABA: Come Visit Jefferson Avenue

The Jefferson Avenue Business Association (JABA) is inviting vendors and businesses to set up a free booth on Jefferson Avenue, Saturday, May 18 from noon-6 p.m.

Attendees will be given an opportunity to meet the current business owners of the Avenue, residents, and to visit the vacancies that are available.

JABA is attempting to attract new businesses to Jefferson Avenue. The avenue has a close-knit, new attitude and is successfully challenging the problems of their community.

Those specifically invited to participate are vendors of food, clothing, arts, crafts and handmade items; church groups selling baked goods, crafts and handmade items; and informational displays on health, education, teen and adult concerns and issues.

The deadline to register for a booth is May 1. Call Pat Jackson at 228-1940 for more information.

Women's Health Care at Strong

Prominent health experts will discuss women and violence, heart disease, and AIDS at a full-day conference, "Advocacy & Action for Women's Health," Saturday, March 30, from 9 a.m. to 4:30 pm at Strong Museum.

The focus will be on historical and contemporary trends in advocacy for women's health concerns and health care. Workshops include, The Health System as an Advocate for Battered Women, and The Evolution of Research on Violence.

Prior registration is required. Tickets are $10 each. $5 for students with ID. For information, call the U of R, Dept. of Pediatrics and Neonatology at 275-4354.

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Support Your Black Businesses
Head Start Promotes Career Exploration Workshop

Action For A Better Community’s Head Start Program is presenting Phase Two of the Career Exploration Series. Over twenty employers and job training agencies will be available on Tuesday, April 9, 1996 from 9-11 a.m., at Head Start’s 316 Bay Street location. They will provide information and applications regarding current job openings and training programs throughout the Greater Rochester area.

In addition to immediately accessing these opportunities, participants will receive critical information and assistance to enhance their resumes and career goals. ABC’s Head Start, a federally funded early childhood program for low income children and their families, recognizes the employment needs of families and has established an Employment Advocacy program.

As a newly employed Head Start parent recently wrote, “Your expertise provided me with opportunities that I may never have had. Because of you and this program I have started a new and challenging position as a Human Resources Assistant.”

Head Start also continues to accept applications into its preschool program for three to four year old children. For more information on Head Start’s Employment Advocacy program and the Career Exploration Initiative, contact Leon DePrez, Employment Advocate at 266-0981 or Sharon Burst-Williams, Social Services Coordinator at 829-9914.

Area Colleges Making Themselves More Accessible

Monroe Community College (MCC) is making bachelor’s degrees more accessible and affordable than ever before. The college has entered into a new partnership with Regents College, Albany NY, so that students can apply MCC credits toward a baccalaureate degree there, in the liberal arts, business, nursing, or technology.

After a comprehensive review of more than 900 MCC course descriptions, faculty and administrators from Regents College visited with MCC staff in February to present and discuss how MCC credits might be applied toward bachelor of science and bachelor of arts degrees.

The program is designed specifically for adult learners, for whom traditional classroom study at one college or university has proven inconvenient or unattainable.

The Regents College-MCC partnership will allow students to combine up to an additional year of study at MCC, beyond their associate’s degree, or first two years of baccalaureate education, with courses from other regionally accredited institutions, college proficiency examinations, correspondence courses, distance learning, and independent study.

“In these days of increasing responsibilities and limited time, adults need nontraditional, flexible options as they pursue their educational path to professional and career advancement,” said Peter A, Spinu, MCC president and a member of the committee in 1980 that organized Regents College.

“As a community college, MCC simply must be customer-service driven and continually pursue innovative options like this with other institutions of higher education. It is personally gratifying for me that MCC can better serve even more area students in the Genesee Valley Region through this exciting new opportunity with Regents College,” Spinu concluded.

The motto of Regents College is “What you know is more important than how or where you learned it,” said Paul E. Peinovich, vice president for academic affairs, Regents College.

“For the past 25 years, Regents College has enabled more than 72,000 motivated, working adults to earn associate or baccalaureate degrees. The partnership will allow us to offer more opportunities than either of us could alone.”

While this is not a new concept at MCC, the partnership with Regents College is more inclusive than any previous agreement and will benefit a greater number of people.

For information about how MCC can help students in their educational endeavors at Regents College, call the MCC Office of Cooperative and Experiential Learning, 292-3220.

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Rochester Coalition of the Million Man March

Ed. Note: The following column is a monthly series on the intentions, actions and progress of the Rochester Coalition of the Million Man March. In an effort to keep the community informed, the VOICE will provide information on each of the Coalition Committees and print any and all news regarding the Coalition.

Long Live The Spirit of the Million Man March.

UNICEF To Celebrate The Day Of The African Child

Sixth Annual Advocacy Campaign Will Focus on Children In Armed Conflict

New York, NY—The U.S. Committee for UNICEF will join UNICEF (the United Nations Children's Fund) and the Organization for African Unity in commemorating the sixth annual Day of the African Child on June 16. Held in memory of the tragic massacre of the schoolchildren of Soweto, South Africa on June 16, 1976, the Day of the African Child provided an important platform to advocate for greater resources and public attention for Africa's children in conflict zones.

Attempting to focus on children in armed conflict because violence continues to pose one of the greatest threats to children in Africa and other parts of the world. Through our education, advocacy, and fundraising efforts, the U.S. Committee for UNICEF will help to support the many and urgent needs of children in conflict zones.

As in previous years, the U.S. Committee for UNICEF with the support of religious and civic groups and non-governmental organizations, will coordinate a variety of week-long cultural and educational programs culminating in a reception on the evening of June 17.

Among the activities planned for this year's Day of the African Child are a children's educational forum at the United Nations to help educate U.S. schoolchildren about Africa's rich cultural heritage.

In conjunction with its 50th anniversary year, individuals, groups, and businesses are encouraged to support the Children of the African Child by contributing to the U.S. Committee for UNICEF's Africa fund.

Another way to show support is through Olympic Aid Atlanta, a special initiative between the U.S. Committee for UNICEF and the Atlanta Committee for the Olympic Games, designed to raise funds to assist millions of children caught in the crossfire of war.

For more information on how to participate in the Day of the African Child, call 1-800-FOR-KIDS.

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Call 385-1924 for more info!
Many people put off deciding who should make medical decisions for them in the event they become unable to make such decisions on their own, until it is too late. This article will discuss what a Health Care Proxy is and why you need one.

A Health Care Proxy is a legal document that delegates decision making authority to an agent with respect to the giving or withholding of medical care, services, and procedures. The person making the Health Care Proxy is called a principal. An agent is the person appointed by the principal in his or her health care proxy to whom the authority to make health care decisions on behalf of the principal is delegated. An agent can be any adult who is over the age of eighteen, or a minor who has married or is the parent of a child.

The Health Care Proxy may be used when your doctor determines that you lack the capacity to make any and all health care decisions that you could not make for yourself. After consultation with your physicians, social workers, or nurses, the agent you select will make health care decisions in accordance with your wishes. However, your wishes are not known to your agent, he or she will make the health care decisions in accordance with your best interests, with the exception that your agent cannot make a decision concerning the removal of artificial nutrition and hydration (feeding tubes) unless you or he or she has reasonable knowledge that you would not want such intervention.

In general, a health care provider must comply with health care decisions made by an agent in good faith under a Health Care Proxy to the same extent as if such decisions had been made by you. Should you ever change your mind concerning any of the health care decisions you stated on your Proxy form or the person you appointed as your agent, you may revoke the Proxy form or the person appointed as your agent. You may revoke the Proxy form by notifying the agent or health care provider either orally or in writing. One important note is that the appointment of “Do Not Resuscitate,” unless on your proxy form you specifically state that when and if you wish to be resuscitated. You should note that for a health care proxy to be effective, it must be created before you become unable to make such decisions regarding your health care.

To assure that the appointment of your agent in your Health Care Proxy document is valid, you should fill out a Health Care Proxy form which can be provided to you by your attorney, or health care provider. Sign it, date it, and have two witnesses sign and date it. Your agent may not be one of the witnesses. You are encouraged to seek the help of your physician in completing the Health Care Proxy document. After the execution of the Proxy form, you should give a copy of the form to your agent. Also, give copies to your doctors, hospitals, or nursing homes in which you are a patient, and to family members and friends. However, make sure to keep track of the copies you give in order to revoke the Proxy form.

In general, a health care provider must comply with health care decisions made by an agent in good faith under a Health Care Proxy to the same extent as if such decisions had been made by you. To assure that the appointment of your agent in your Health Care Proxy document is valid, you should give a copy of the form to your agent. If, however, your wishes are not known to your agent, he or she will make health care decisions in accordance with your best interests, with the exception that your agent cannot make a decision concerning the removal of artificial nutrition and hydration (feeding tubes) unless you or he or she has reasonable knowledge that you would not want such intervention.

In general, a health care provider must comply with health care decisions made by an agent in good faith under a Health Care Proxy to the same extent as if such decisions had been made by you. Should you ever change your mind concerning any of the health care decisions you stated on your Proxy form or the person you appointed as your agent, you may revoke the Proxy form or the person appointed as your agent. You may revoke the Proxy form by notifying the agent or health care provider either orally or in writing. One important note is that the appointment of “Do Not Resuscitate,” unless on your proxy form you specifically state that when and if you wish to be resuscitated. You should note that for a health care proxy to be effective, it must be created before you become unable to make such decisions regarding your health care.

To assure that the appointment of your agent in your Health Care Proxy document is valid, you should fill out a Health Care Proxy form which can be provided to you by your attorney, or health care provider. Sign it, date it, and have two witnesses sign and date it. Your agent may not be one of the witnesses. You are encouraged to seek the help of your physician in completing the Health Care Proxy document. After the execution of the Proxy form, you should give a copy of the form to your agent. Also, give copies to your doctors, hospitals, or nursing homes in which you are a patient, and to family members and friends. However, make sure to keep track of the copies you give in order to revoke the Proxy form.

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March 25, 1996

The spotlight this month is on one of the newest bar-lounge-restaurants in the Rochester area, S & T Bar and Restaurant. This exciting new nite spot is owned and operated by the dynamic duo of Sonny and Tis.

Both men were born in Kingstree, South Carolina. Sonny was raised in Rochester and has over 28 years of service at Eastman Kodak. Tis is no newcomer either, as he too has 20 years at Kodak.

It seems only natural that these two enterprising gentlemen would pull all their entrepreneurial skills and resources together, and with the support of family, close friends, and the community, open S & T Bar and Restaurant.

The impressive style of Sonny and Tis is evident in the decor, but they are best known for serving the most scrumptious bar-beque in town. Also on the menu is a wide selection of irresistible soul foods to tempt your taste buds.

Whether you’re dining-in at their exquisite facility, or taking-out, you can be sure your appetite, and your palate, will be more than satisfied. S & T is also available for parties and banquets, be sure to call in advance for reservations.

The Voice tips its glass to S & T Restaurant and Lounge.

Wilson Commencement Park Now Accepting Residency Applications

Are you a single parent? Do you want to get off welfare? Wilson Commencement Park (WCP) is accepting applications for its two year residency program.

You are eligible if you are:
1) a single parent motivated to move off public assistance or have moved off public assistance and wish to remain off
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3) have 1 to 4 children living with you; you must have custody.
4) ready to set goals: employment, job training, education.
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Black Business Resource Guide
1996
Those Washington dentistialists are at it again. They would under- mine their own efforts in order to make us think they are "touching on conscious discrimination," even though it made up 88.3% of crime-related convictions, and 74% of all prison inmates serving time for drug possession; decision makers on Capitol Hill insist that race has nothing to do with it. The New York Times recently quoted Congressional Aide Eric Sterling: "We wanted [The DEA] to go after high-level dealers, even though blacks make up 88.3% of crack-related convictions." He also quoted Congressional Aide Eric Sterling: "We wanted [The DEA] to go after high-level dealers, even though blacks make up 88.3% of crack-related convictions."

"...the Chinese in 1840. Furthermore, even though it was a fictional story based on factual events; 90s, it is no longer in-vogue to call 'em as one sees 'em. The trouble is, these are the facts, not debated on racial terms," said Attorney General Janet Reno.

"How else do you explain that black drug users, being 88.3% of population, and only 13% of the law's monthly drug users—possession of marijuana is 35% of the law. According to the October 5, 1995 edition of the New York Times, that is the percentage of those arrested for that charge.

"We wanted perceived as making deals, not dealing in homes. From among these come most of the drug trade today...they can afford good lawyers, and many no doubt have powerful friends."

"We wanted believed in the chance to reform the 100 to 1 ratio (crack penalties with cocaine powder products terms of 5 to 10 years) the Federal Sentencing Commission voted 4 to 3 to equalize crack penalties with cocaine penalties last spring. Congress voted it down last fall. After all, race has been an issue ever since the Europeans introduced opium to the Chinese in 1840. And several decades later race was again an issue when the Chinese tried to stop the trade because they no longer desired to have "the bar-room habit.""

"For this, the increased Euro-American visita-tions, perhaps in part, the December 19, 1995 edition of the New York Times, that is the percentage of those arrested for that charge. Exposure is another factor that only has its time to race. U.S. News points out that black dealers are highly visible dealing from the inner-city streets. While in suburbia there is no drug-craiding in "love to be as one sees 'em.""

"Black users crack up over bipartisan chock-hold by Chris Stevenson

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U.S. Post Office
Black History Month Celebration

Photos by Jim Allen
The GOP Presidential Primaries
by Dr. Manning Marable

The Republican party is in the midst of selecting its presidential candidate who will face Bill Clinton this November. A survey of the political landscape tells us that the Republican hopefuls have few, if any, practical solutions to the nation’s problems.

The selection of the Republican presidential candidate this year will occur very quickly, probably by the beginning of April. That is because a large number of primaries and caucuses will be held during the next several weeks.

As of the eve of the New Hampshire Republican primary, there were four remaining candidates who had a shot at winning the Republican’s presidential nomination. The two most interesting personalities to emerge, Steve Forbes and Patrick Buchanan, represented two distinct tendencies within the largely white conservative movement in the United States.

Steve Forbes, the multimillionaire publisher, is an economic conservative in the mold of Republican leader Jack Kemp. Forbes campaigned for a 17% flat tax on wages and salaries. He promised a $13,000 exemption for each adult, $5,000 for each child, and the elimination of nearly all taxes on interest, capital gains, pensions and, of course, inheritance. The adoption of Forbes’ flat tax would increase the Federal deficit by $200 billion a year.

Forbes’ supply side conservatism was flatly rejected by Ronald Reagan’s policies of the early 1980’s. We should remember that Reagan’s tax policy was responsible for the massive federal deficit by 1983.

Back in 1981, the federal deficit was $79 billion. By 1983, it had increased to $207 billion. Reaganomics redistributed wealth upward, reducing the standard of living of millions of American workers. By 1994, the top 1% of all U.S. households had a greater net wealth than the bottom 95% of all families.

As reactionary as Forbes is on economic issues, even he does not deserve the kind of unrestrained, unprincipled attacks that Republican social conservatives have waged against him. Members of the Christian Coalition and opponents of reproductive rights have smeared Forbes by claiming that his father was a homosexual.

Forbes was attacked for being pro-abortion and conservatives falsely claimed that the millionaire’s family yachted a Mapleton work of erotica.

The leader of the Republican’s social and religious conservatives is political commentator Patrick Buchanan. For years, Buchanan has been a notorious polemicist of the extreme right.

As a presidential candidate, he has become a poster boy for the Christian Coalition. Buchanan supports a constitutional ban on all abortions including those from rape and incest. He favors a five year moratorium on legal immigration to the United States.

What distinguishes Buchanan from the rest of the Republican party’s galaxy is his fierce opposition to the North American Free Trade Agreement. He feels that free trade policies pursued by both the GOP and the Clinton administration are largely unfriendly to the United States.

Buchanan frequently attacks large multinational corporations in a style which superficially imitates the political language of Jesse Jackson.

The two other candidates in the race, Senate Majority Leader Bob Dole and former Tennessee Governor Lamar Alexander, are the most likely to win the nomination as of this writing. Dole is the lackluster front runner; shallow, opportunistic and mean.

Bob Dole’s desire for his party’s nomination is so strong that he is willing to say literally anything to get it.

For example, Dole recently exclaimed to one audience, “I’ll even be Ronald Reagan, if that’s what you want me to be.”

Alexander, a moderate conservative, is the candidate most feared by the White House with the exception of former General Colin Powell. And Alexander’s chief claim to fame is that he is running as “None of the Above.”

The really sad thing about the Republican presidential contest is that no genuine debate is occurring on real issues which affect most Americans. Part of the problem is that there is no contest within the Democratic party.

Keep in mind that since 1968 there has been a power struggle between liberals vs. conservatives inside the Democratic party’s primaries.


Without a liberal and progressive alternative, the moderates and neo-liberals within the Republican party push public policies to the right.

The GOP presidential race has absolutely nothing to say to the realities of black America, but whoever emerges as the victor may have a profound impact on everyone else.

Dr. Manning Marable is Professor of History and Director of the Institute for Research in African-American Studies, Columbia University, New York City. “Along the Color Line” appears in over 275 newspapers and is featured by 80 radio stations across the U.S. and internationally.

Discussing Problems of Youth: Seattle, WA—Kent Amos, second from left, President and Founder of the Urban Family Institute, and keynote speaker, tells members of the National Coalition of Black Meeting Planners why African American youth need the guidance of their elders now more than ever. Amos was once the youngest vice president in the history of the Xerox Corporation. He has been an active mentor to nearly 100 Black teenagers in the last decade.

With him at the Coalition’s recent conference here were: Lou R. Phillips, left, Managing Director, Urban and Community Relations, American Airlines, Inc.; Sandra Henderson, Assistant Meeting Manager, National Rural Electric Cooperative Association; and Karl Hartfield, Associate Director of Sales, Greater Houston Convention and Visitors Bureau. Amos encouraged Coalition members to assume an active role in mentoring and guiding African American youth. “It will take all of our efforts, on a day-to-day basis, to make a difference in the lives of those who are dying,” Amos said.

Amos asked his audience to remember the days when “extended families”—groups of adults who would provide guidance, counseling and discipline to neighborhood children—were the norm in Black communities. He said the concept was a sound one “that we need to get back to.”
Well over half of the American workforce is now comprised of women, and that number will increase in the next century.

Correspondingly, the ranks of women who become small business owners, professionals and executives continue to rise. At the same time, the shape of the "typical" American family continues to evolve. Although divorce rates have leveled off after a decades-long upswing, the rate of marriages and remarriages has slowed. Between two and three million households are made up of unmarried couples; many more of only one sex. In fact, the only thing typical about the American family these days is that it is typical!

All these changes mean that women have more responsibilities than ever before, not the least being financial. The idea of protecting a woman's financial assets and earning power hasn't caught on as readily. And with the new reality, that's like playing with fire.

The need to insure against the financial consequences of death or illness should be a primary concern regardless of gender or marital status.

Today's single, parent or dual-income earning family are realities that aren't likely to fade away. If you're a woman and your earning potential is vital to only you or to others, consider the following forms of insurance and what they can mean in your life.

Disability Income Insurance: More companies are now offering group long-term disability coverage, in which 50-60% of salary paid should you be disabled for a lengthy period of time. Is that enough to support you? Your family?

Or maybe you operate your own business. More than a quarter of all new small businesses are owned by women, and that number should continue to increase. If you're a small business owner, YOU probably are your business' most valuable asset.

Additionally, some disability income insurance policies provide what is called overhead expense protection, taking care of the business' basic expenses such as rent, electricity and more if you can't.

Life Insurance: In a twist on a century-old selling angle, could your husband and children live in a manner in which they are accustomed should you no longer be able to provide for them? It goes without saying that a single mother is her family's sole financial support. But today's working woman is more likely to be one half of a dual-wage-earning family; her income every bit as important as her spouse's in future financial goals—home, college, retirement—are to be met.

Retirement Income: Retirement isn't going to be any cheaper than pre-retirement has been. Whether you're saving for your own retirement or a joint one, what you save now will affect how comfortably you live later.

Annuities, 401(k) plans and pensions make excellent—and necessary—supplements to the rapidly decreasing value of social security payments.

Women business owners and professionals have additional insurance concerns. Insurance can be used as a tool in buy-sell agreements, to attract and retain key employees, and as estate planning and business continuation tool.

Regardless of your status or that of your family, insurance can meet countless needs. Those needs are the same, regardless of gender, when it comes down to asset protection, wealth replacement and business preservation.

**Women's Oncology Adventure Program Planned**

Applications for the Women's Oncology Adventure Program, the newest adult program sponsored by Camp Good Days & Special Times are available now.

The program will take place June 14-16, at Camp Good Days' Recreational Facility in Branchport, NY, on Keuka Lake. It is open to women who have completed treatment for breast cancer within the past three years.

Space is limited and admission is on a first-come, first-served basis. There is a non-refundable $25 application fee and the registration deadline is Friday, May 3.

**In The News Nationally:**

—Civil Rights activist, Kwame Ture (Stokely Carmichael) was recently released from Columbia-Presbyterian Hospital. He is undergoing treatment for prostate cancer as an outpatient. Ture, who made popular the Black Power slogan in the 60s, is being treated by a team of Black physicians. His prognosis is very good.

—Three baseball Hall of Famers, Josh Gibson, Leroy "Satchel" Paige and James "Cool Papa" Bell, are honored on "Wheaties" General Mills, manufacturer of Wheaties, also made a contribution of $10,000 to the Negro League Foundation.

—Harry Belafonte received an honorary degree from the University of the West Indies for contributions to civil and human rights.

—Michael Jackson and Saudi Arabia's richest investor have signed a multi-million dollar show business deal. Jackson said, "The Prince and myself will combine human and financial resources to be successful in all phases of the global entertainment revolution."

—Director, Spike Lee is preparing for a special $2 million movie about a bus- load of Black men traveling from L.A. to Washington to attend the Million Man March. The film will highlight the positive involvement of the Black community.

—Alan Keyes received an apology from Black Atlanta Mayor Bill Campbell for the treatment Keyes received at the hands of the Atlanta Police when he tried to participate in a presidential debate at TV station WSB. The call letters stand for Welcome South, Brother!
All New, Spirit-Filled Gospel Musical “Sneaky” At The Auditorium April 5 & 6

Los Angeles, CA—Electrifying, spiritually uplifting drama that is destined to take the country by storm. Michael Matthews’ “Sneaky” features such artist as Howard Hewett, Margaret Avery, Tanya Blount, Tommy Morgan Jr., Charnele Brown.

It is written in the book of Proverbs 17:17 “A friend loves at all times” and in 18:24 “A man that hath friends must show himself friendly” as stated by Michael Matthews. It is important for people to appreciate their friends. True friends, although they are rare, are often used and taken for granted.

Sharon has been blessed with a real friend in Clarita. Instead of treating Clarita with the same love, loyalty and respect that she deserves, Sharon abuses Clarita. She subjects Clarita and her family to prostitution in their own home and puts their lives in jeopardy. However, Clarita never turns her back on Sharon. Clarita loves Sharon which covers the multitude of sins. Unfortunately, being “Sneaky” always has a way of catching up with you.

“I need you to help me rob the house because Clarita and her man have plenty,” begs Sharon to a girl-friend. Remember, being “Sneaky” always has a way of catching up with you. Sharon’s past experience with a man named Sneaky is haunting her. Sneaky loved her and she robbed him. Now Sneaky is seeking revenge.

“... write about real things that people experience,” says Matthews. “Real people want real answers. Sneaky tells them to do unto others as you would have them do unto you.”

Sneaky follows Matthews six previous hit musicals, Momma Don’t, Wicked Ways, Come Out Of The Rain, No Place To Lay My Head, I Need A Man, and Momma. I’m Sorry, which have played to sold out audiences across the nation.

Tanya Blount: As a native of Washington, D.C., Tanya’s gospel influence derives from her roots in the church where she started singing in the choir at 8 years old. After appearing on Natalie Cole’s Big Break TV show, a music executive contacted her and her career took off. Natural Thing is her first album and the first single, “I’m Gonna Make You Mine,” brought Tanya in with a bang! She recorded an exciting duet with Freddy Jackson, It Is Love, and made her screen duet in the movie Sister Act II, starring Whoopi Goldberg.

Charnele Brown: Best known for her portrayal as Kimberly Reese on the hit sitcom A Different World, her features include Spike Lee’s D.R.O.P. Squad, and the upcoming feature starring Tommy Ford called The Kangaroo. She made her debut as one of the first American members of the hit show Sarafina. Charnele recently spearheaded an acting workshop at an L.A. correctional facility offering young adults an opportunity to develop skills. Her production company, Blessed Inc., is currently in production on a feature she wrote called Called Clutch.

Michael Matthews: A factory worker at 18, Michael attended college for real estate brokering, and opened his own real estate company. Later he created Future Stars, to help young talent gain exposure and experience. He went on to become a booking agent, boosting the careers of many local acts. He was becoming “The Man” of local entertainment only to be brought down by the effects of his younger brother’s cocaine habit. Devoting his life to Christ, Michael educates young people about the evils of drugs. He hosts two gospel shows and produces gospel musicals.

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LADIES RECEIVE TWO FOR ONE

FRIDAYS: HAPPY HOUR 4-8 p.m.
FISH FRY

SUNDAYS: GOLDEN OLDIES

While you’re at Crosskeys, be sure to check out the bulletin board for upcoming events.

235-9874
Metro Media/Bodyguard

On Saturday, February 17, Rochester Reggae lovers were treated to some hardcore dancehall juggling featuring the year to year sound from Kingston, Jamaica, "Metro Media," and the very popular "Bodyguard" from Maypen Clarendon in Jamaica. Representing Metro Media was the energetic, big belly, world renown Sky Juice, alongside the "Johnny Guard from Bodyguard." Rochester was treated to the latest sound, also some vintage music which really set the dance floor floor.

From early as 10:30 people started coming in; although it was 20° outside, the atmosphere inside was hot and sizzling. With the near capacity crowd loving the stage performance of the big belly one, Sky Juice, who fed the spellbound audience with his belly moves and dances and Johny showing his skill and craftsmen attitude, which once crowned him champion of the dancehall arena, everybody was musically satisfied at the end of the dance

Special commendation to Bush and his bunch of elite security, who always do the best of jobs at the Red Wing Plaza (RWP) so patrons can feel safe and at ease.

Silver Fox Anniversary Bashment 96

Rochester's most popular and two-time award winning sound system "Silver Fox Sound Station" will be holding its anniversary bashment March 9th with the full crew: Steve Smiley, Sasa, Maic, Wildcat and Paulette. The system which started in the early 90's has grown in size and popularity. Since its inception a lot of sounds have fallen victim in musical clashes, coming out second best after enduring lethal doses of hardcore dubplates from various top artists in Jamaica and New York City.

"The Fox," as most fans called it, has been on the road to Synacuse, Brockport, Lockport, Buffalo and New York City, not to mention we have played in all major clubs and party houses throughout the city, as well as colleges and block parties.

Success hasn't come overnight for this popular system, it was hard work and determination by Smiley, who is the owner and selector. With the right chemistry and motivation and the crew behind him 100% we went on a musical killing spree getting rid of each contender with relative ease.

Among the dead was Mandella (twice) Melody, Downbeat, King Chalice Proclaimers, just to name a few. In the meantime, we have also matched strides with popular sound systems from Jamaica such as Metro Media, Road Star, and Electro Force.

The past two years have been very successful in terms of booking and quality dates. During the past two years, we have also won various awards, most notable The Sound System of the Year 1994 and 1995. So for this year, we have been overbooked and with the overwhelming demand we are improving on all aspects of the system and thinking about a broader market area.

For the time being Rochester will continue to get over 7,000 watts of Silver Fox Soundstation, creating musical havoc in the dance hall. Big up all the crews and followers of The Fox Cartel Crew, Ganglalee Crew, West Side Massive, East Side Massive, Butter Style Crew, Feature Crew and Much Music Crew.

Silver Fox Anniversary Bashment 96

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Application Fee: $10 / Application Deadline: Fri., March 29, 1996 / Examination Date: Sat., June 1, 1996

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Adequate amounts of sleep are necessary for well-being. Sleep is important for the body to fight diseases. Substances that fight infections, such as lymph nodes and bone marrow, are mainly produced while you are sleeping. Proper amounts of sleep are needed to maintain mental emotional health. Lack of sleep causes irritability. People are more easily provoked when they lack sleep. Nerves are on edge.

College students were kept awake for days in experimental studies to see the effects of no sleep. After 24 hours, some students became extremely irritable. A few days later, they began to experience memory loss. Some students started hallucinating after five days of going without sleep. Lack of sleep can play tricks with your mind.

Sleep is important in restoring the body's energy. The skin cells divide faster and most body growth takes place during sleep. Therefore, it is important that you get an adequate amount of sleep. Many of us

Monroe County Women's Health Partnership
The Monroe County Women's Health Partnership (WHP) is a coalition of community health care providers, organizations, local hospitals and clinics, insurers, community organizations, private radiology groups, the Monroe County Medical Society, and the Monroe County Health Department.

Funding is received, under the support of the Monroe County Medical Society, from the NYS Department of Health for services and from the Rochester Primary Care Network for community education.

The WHP is chaired by Nancy M. Bennett, M.D., M.S., Deputy Director, Monroe County Health Department.

The Partnership members are committed to working together to reduce the number of deaths in Monroe County by increasing the early detection of breast cancer.

The WHP has seven standing committees including: Provider Intervention, Special Populations, Publicity, Evaluation, Education, Service Delivery and the Executive Committee.

Examples of activities coordinated by these committees include: breast cancer education workshops

Healhy Lifestyles

TO YOUR HEALTH
by Dr. Richard Williams

Sleep

allow our teenagers to stay up late at night. This is a mistake. Since much growth takes place during this period, there is a need for plenty of sleep.

How Much Is An Adequate Amount of Sleep?
We must not do physical and mental damage to our health by sacrificing our sleep. We should not allow our children to sit short their hours of sleep too soon. Children from one to two years old should get 14 to 15 hours of sleep daily. The three to four year old children should receive 12 to 13 hours of sleep nightly. The four to six year old children should receive 11 to 12 hours of sleep nightly. The six to twelve year old children should receive 10 to 11 hours of sleep.

To meet these requirements, many need to change their lifestyles. Allowing small children to sit late, and robbing them of their sleep, is also robbing them of their physical, mental and emotional health.

Adults who sleep an average of 7 to 8 hours enjoy the best health. Those who average 6 hours or less have the poorest health. Research also shows that adults who average 7 to 8 hours have a lower risk of death. Adults in this group do not die as soon as those who sleep more than 10 hours and those that sleep less than 5 hours. Those that sleep less than 5 hours have the highest death rate.

One out of two persons will have some type of sleep disorder. Blacks have a higher percentage of these disorders than most groups. If you have trouble sleeping, try the following suggestions:

1. Exercise daily
2. Take a hot shower before bedtime
3. Let your last meal of the day be at least 4 hours before bedtime
4. Relax your body listen to soft music or relax your mind by reading
5. Try to go to bed at the same time each night
6. Avoid coffee, soft drinks, and tea-those that contain caffeine
7. Do not take sleeping pills and other drugs except as prescribed by your physician. These drugs may put you to sleep immediately, but you will usually feel worn out the next morning.
8. Do sleep breathing exercises in the open air.

Oils and other herbs that contain caffeine

7. Do not take sleeping pills and other drugs except as prescribed by your physician. These drugs may put you to sleep immediately, but you will usually feel worn out the next morning.
8. Do sleep breathing exercises in the open air.

CHHP and Churches Focus on Children's Diets
The Congregation Healthy Heart Action Partnership (CHHP) is a coalition of community health care providers and volunteer organizations that is implementing a dietary intervention project in eight traditionally African-American churches in the city of Rochester.

The specific goals of the project include lowering the fat content of participants' usual diets, educating Sunday school children regarding healthy eating habits, and incorporating low-fat and low-sodium cooking and alternative selections into the menu at church functions.

The churches participating in the project are Mt. Olivet Baptist Church, Aeron Baptist Church, New Life Fellowship, Memorial AME Zion, Mt. Vernon Baptist Church, Zion, a Baptist Church, Penecostal Memorial and New Bethel CME Church.

Each of these churches are required to perform one nutrition-related activity each month assisted by the project nutritionist and members for the collaboration. This program is funded by the NYS Department of Health and is

Thyroid

The Hidden Health Problem

(NAPS) Taking this simple Thyroid Health Quiz can help you find out if you might be suffering from an undetected thyroid gland:

1. Are you often tired or sleepy for no apparent reason?
2. Do you feel depressed and/or forgetful?
3. Is your hair dry and coarse?
4. Are your eyebrows thinning?
5. Is your face puffy?
6. Do you have dry skin and/or brittle nails?
7. Are you usually more sensitive in cold than others around you?
8. Have you gained weight for no obvious reason?
9. Are your menstrual periods unusually heavy?
10. Are you often constipated?

If you answer yes to any of these questions, it is important to discuss your symptoms with your doctor or healthcare provider.

These symptoms may point to a condition called hypothyroidism, a form of thyroid disease in which the thyroid fails to produce enough hormone to meet the body's needs.

In most cases, thyroid disorders can be easily detected with a simple and reliable blood test called the sensitive or ultra-sensitive TSH test. This test can even detect hypothyroidism before you notice any symptoms.

And, once diagnosed, treatment for this condition is relatively simple—just one pill daily to replace the thyroid hormone not being produced naturally by your body.

Because hypothyroidism is most common in older women, these individuals should ask about a TSH test as part of their regular medical exams.

Here's to unmasking the "hidden" health problem! For more information, call 1-800-542-6687.

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Rising Star RESTAURANT

St. Mary's HealthReach & The Women's Health Partnership

Cancer Awareness
With An International Flair

A Free Event Featuring
Fashion by Tojan's Out of Africa
Music by Lanasam Kuyate
Photography

Health Education Speakers
Free Materials
Door Prizes

Where: SWAN-The Bridge
Door Prizes
584 Jefferson Avenue
464-5805 or 473-2652
As Muslims, we have two holidays, Idul-Fitr and Idul-Adha. Idul-Fitr is the celebration of the completion of the fast of Ramadhan. It begins on the first day of the lunar month of Shawwal. We begin in the morning, after the sun has risen, with a special congregational prayer, called The Idul-Fitr Prayer. After the prayer, we have refreshments and socialization. During the celebration of the Ids (Id means re-occurring days), Idul-Fitr and Idul-Adha, we have refreshments and socialization. During the celebration of the Ids (Id means re-occurring days), Idul-Fitr and Idul-Adha.

Idul-Fitr

- It begins on the first day of the lunar month of Shawwal.
- It is the day of the lunar month of completion of the fast of Ramadhan.
- It is a day of fasting, which lasts from dawn until sunset.
- It is celebrated on the tenth day of the lunar month, Zil-Hajj.
- Prophet Ibrahim was asked in a dream to sacrifice his son, Isma'il. When Ibrahim told Isma'il of his vision, Isma'il said to his father, "O father, do as Allah has commanded thee."
- Allah said to Ibrahim and his son, "Your willingness is all that is needed, go sacrifice the lamb that is caught in the thicket, feed the community." For it is not the blood that reaches Allah, but your willingness to submit your will to the will of Allah.

Idul-Adha

- It is also during this time that Muslims make the pilgrimage to Mecca in Saudi Arabia, to visit and circumcise the first House of worship built by Prophet Ibrahim and his son, Idul-Adha is therefore, the greater holiday of the Muslims.
- Note: Ramadan and Zil-Hajj are months of the lunar calendar. Muslims celebrate time according to the lunar system, and not the solar system.

We should love Allah more than anything else, more than self, more than offerings, more than possessions, to be willing to sacrifice anything in the cause of Allah.

Muslims give thanksgiving all year during the time of Idul-Fitr. It is a good time to emphasize our Thanksgiving, after having completed the fast. Our fast doesn't just consist of abstaining from food, sex, and drink, but also from anger, frustration, arguing, etc. It is truly a celebration and an added reason to give extra thanks.

Idul-Adha, the second holiday of the Muslims, commemorates the sacrifice that Ibrahim (Abraham) and Isma'il (Isaac) made for the pleasure of Allah. It is celebrated on the tenth day of the lunar month, Zil-Hajj.

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Rites of Passage Retreats Offer Cultural Experience and Growth

San Diego, CA—African American Women on tour, the nation's foremost empowerment conference for Black women, will feature a Women's Rites of Passage Coming of Awareness Retreat, as well as a Rites of Passage program for girls, when the tour comes to Philadelphia, PA, July 19-21, 1996 at the Adam's Mark Hotel.

The conference features nationally renowned author and poet Maya Angelou, author Iyanla Vanzant and Jewell Jackson McCabe of the National Coalition of 100 Black Women as keynote speakers.

The Women's Rites of Passage retreat focuses on individual healing and community building among Black women, and is designed to achieve the inner healing and spiritual awakening.

Participants experience a metaphysical journey of recalling, remembering and reclaiming as they reconnect with their minds, bodies and spirits guided imagery, kinesthesi and breathwork, which is the creative expression.

The retreat is facilitated by Ms. Imani, president of New Paradigms for Learning, a Berkeley-based consulting firm, specializing in educational consulting and organizational development.

The Tour also features dynamic workshops on such issues as financial management, relation-ships, health and fitness. For more information call 385-1924

We also love Allah more than anything else, more than self, more than offerings, more than possessions, to be willing to sacrifice anything in the cause of Allah.

Muslims are to be willing to sacrifice their wealth and properties in the cause of Allah, and for the pleasure of Allah. Muslims celebrate the praise of Allah in memory of this Great sacrifice that Ibrahim and Isma'il were willing to make. Hence, our second holiday.

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confuse him much like an Ali
possesses potent jabs (and uses
them) to keep Mike at bay and to
to.

Bowe and Michael Moorer, who
beating "Iron Mike" are Riddick
would have a fighting chance of
would, and then set up the
brawler; slow of foot and short on
cry of the aging hanger-on fight-
the WBC variety by T-K-O-ing
the Heavyweight Champion of
Bruno is a one-punch confused
Ali-Frazier fight, the Bruno-
Bruno in the 3rd round of their
years ago.

The only fighters of note who
On the 25th anniversary of the
year $16.45 mil contract, offered
and undercoverage tight ends. The
offense which featured wide outs
running game and opted for the
ly be getting adequate playing
by the San Francisco 49ers.

What a professional record!
I'd like to see more of that,
Straw-weight division at 105 Ibs.

Trenton "T.J." Jackson, and the
Trenton "T.J." Jackson, and the
The gave it their all.

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Darrell Grant: Making it happen on and off the stage

Whether he is on the bandstand or in his home in Manhattan, jazz pianist Darrell Grant always takes care of business. Grant, a 1984 Eastman School graduate and rising star of the jazz world, works hard to bring his music to the people. The March 17 concert at the Little Theatre featuring Donald Harrison, Joe Lopez, Bob Satter, Brian Blade, and Grant himself was the end result of a good deal of Grant’s labor.

Grant not only brought the musicians together for the show, he personally took care of most of the publicity, booked travel plans for the musicians, secured sponsorships from Wegmans and Borders, and even got the Mayor’s office involved by making the concert a benefit for Rochester’s City Events Network.

“Everybody wants these events to happen,” says Grant, “but nobody wants to do it all by themselves. I’ve found that if you can bring together several parties who stand to benefit from the success of a show, you get more support. It’s a situation where everybody—the audience, the performers, and the community at large—wins.”

Current Events, its versatility proved inviolable. “I was 25 and had just gotten married, and then I started to PolyGram Records with Current Events. It was like, OK, I’m going to be famous now, I don’t need this gig with Betty, (the laughs)...it wasn’t the greatest move.”

When Current Events didn’t work out quite as well as he planned, Grant began a one-year stint as musical director for pop singer Leenne Gore. “It was inter-

ing and playing really creative

ly, rising star of the jazz

world, wins.”

I decided, if I’m going to be poor and black and all, “I decided, if I’m going to be poor and black and all, the least thing I’m going to do is try to find out who I am.”

—Ornette Coleman
I must confess that I have never been in a situation where I have had to wonder where the next meal was coming from. When I was hungry, food was available. I instinctively knew that food was available today, tomorrow, and so on. As I became older, the awareness came upon me that not everyone was as fortunate as I learned that millions of people in America, and perhaps billions worldwide go without food on a day to day basis.

As is the case with all negative social phenomena, people of color are disproportionately affected. As the Rev. Martin Luther King, Jr., said, "Hunger is a form of oppression." The person about to starve to death. With few exceptions, the person about to starve to death is a member of a race or ethnic minority. The person about to starve to death is a member of a race or ethnic minority. Why are people hungry? Why is hunger a reality in our society today?

It is in the best interest of the powers that be to have a bunch of well fed people running around. Probably not. With food no longer the main objective, the well fed person of color has the objective, the well fed person of color has the ability to think and reason, the next logical step is made. This step is demanding your rights as a human being created by God which are defended by every citizen of the world.

As we have seen, the solution is not available. Food is a luxury, not a necessity. Food is a luxury, not a necessity. Right after food, the next logical step is made. This step is demanding your rights "as a human being created by God which are defended by every citizen of the world."

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When will there be a harvest for the world? For a country that can come up with millions of dollars to finance war, which hits people of color the hardest. Which seems to be the game plan. It's too bad Steve Forbes wasn't as interested in pursuing a noble peace prize as he was in spending millions on a failed presidential campaign. His money could have had an immediate effect on thousands of lives here and abroad. He could have run for President in the year 2000 with a program that included feeding the hungry, buying land for fellow billionaire Ross Perot. For some reason his PR people talked him out of it in their vocabulary. Indeed it is truly easier for a camel to go through the eye of a needle. So much money floating around and people are still starving. When will there be a harvest for the world?

When the people are getting hungrier, they decide to cut aid. Forget about the fact that someone would be feeding the undernourished. The person about to starve to death is a member of a race or ethnic minority. Why are people hungry? Why is hunger a reality in our society today?

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