

SATURDAY IN THE PARK:
Living the life... Down East Festival Style!!
A Jim Rouse Photo Editorial



from the desk of Mrs. Beatrice Maye



How To Act In Public...

Life has changed enough in the past 25 years for me to think that all we need is a refresher course in one of life's most basic concepts:

How to act in public. So, in case you've been influenced too much by the crude and rude ways of life in the 90's, take a look.

1. Don't put your lips on the spout of the drinking fountain.
2. Always wait your turn.
3. Limping away from your car does not entitle you to a handicapped parking space.
4. Spell peoples names correctly.
5. Be polite to the people working in the drive-thru.
6. Don't drive in the express lane unless you are expressing.
7. If you don't wash your hands after using the restroom, you deserve any disease you get.
8. Laughing as you go through a red light does not reduce your chances of a collision.
9. Do not reshelve library books.
10. Clean out the shower for the next person.
11. Always tip fairly.
12. Return everything you borrowed.

Especially books. Today.

13. If you have to look around the clock who is hearing your jour joke, don't tell it.
14. Don't talk during the National Anthem.
15. Dim your light for oncoming traffic.

It may seem a little silly to see all of these rules listed - as if you were some sort of barbarian. But there is a value in being reminded that we must treat others kindly. It's another way of showing that Christ live in us.

And that, according to the apostle Peter (1 Peter 3:8-17), is the best reason for living by the rules.

From: Campus Journal, November 1966. Practice the principles of politeness.

10 DON'TS FROM YOUR CHILD

1. **DON'T SPOIL ME.** I know quite well that I ought not to have all that I ask for.
2. **DON'T BE AFRAID TO BE FIRM WITH ME.**

I prefer it; it makes me feel more secure.

3. **DON'T LET ME FORM BAD HABITS.**

I have to rely on you to detect them in early stages.

4. **DON'T CORRECT ME IN FRONT OF PEOPLE IF YOU CAN HELP IT.**

I'll take much more notice if you talk with me in private.

5. **DON'T PROTECT ME FROM CONSEQUENCES.**

I need to learn the painful way, sometimes.

6. **DON'T NAG.**

If you do, I shall have to protect myself by appearing deaf.

7. **DON'T FORGET THAT I CANNOT EXPLAIN MYSELF AS WELL AS I SHOULD LIKE.**

This is why I'm not always very accurate.

8. **DON'T BE INCONSISTENT.**

That completely confuse me and makes me lose in faith in you.

9. **DON'T PUT ME OFF WHEN I ASK QUESTIONS.**

If you do, you will find that I stop asking and seek my information elsewhere.

10. **DON'T FORGET THAT I CAN'T THRIVE WITHOUT LOTS OF UNDERSTANDING AND LOVE - BUT I DON'T NEED TO TELL YOU, DO I?**

WORDS TO LIVE BY

Ten Commitments for Parents

1. I will always love and respect my children for who they are and not for what I want them to be.
2. I will not burden my child with emotions and problems she or he is not equipped to deal with, remembering that I am the parent and they are my children.
3. I will, when discipline is necessary, let my children know that I disapprove of what they do, not who they are.
4. I will set limits for my child and help her find security in knowing what is expected of them.
5. I will make time for my children and cherish our moments together, realizing how important -- and fleeting-- they are.
6. I will create a loving home environment and show my children that they are loved, whenever and however I can.
7. I will give my children space --

to grow, to dream, to succeed, and even fail.

8. I will encourage my children to experience the world and all of its possibilities, guiding them in its ways and taking pains to leave them careful, but not fearful.
9. I will take care of myself physically and emotionally, so I can be there for my children if the need me.
10. I will try to be the kind of person I want my children to grow up to be -- loving, fair-minded, moral, giving and hopeful.

INGREDIENTS FOR A HAPPY LIFE

1. A loving family
2. Friend, people to look up to
3. A roof to live under
4. A school to learn in, get in shape
5. A church to go to
6. Food to eat
7. A job to make money and provide food
8. Books to read
9. Computer to do research on

Kyle Keel, 8, East End Elementary School, received special mention.

North Carolina Businesswoman Recieves Performance at Annual Business Seminar



Ann Brown

Ann Brown of Greenville was recently honored with the Circle of Achievement award at the Mary Kay Inc. business seminar held July 23 - Aug. 8 at the Dallas Convention Center. More than 40,000 attended the national seminar which is the largest corporate convention in Dallas, according to the Dallas Convention and Visitors Bureau.

The Circle of Achievement award marks a milestone for Mary Kay Independent Sales Directors who have exceeded estimated unit retail production of \$300,000 for the yearlong contest period.

"Ann's extraordinary determination and hard work led her to achieve this honor," said Tom Whatley, president, U.S. Sales. "We are proud of her success and the positive example she sets for thousands of other entrepreneurs around the country."

At this year's Seminar, members of the Mary Kay independent sales force had the opportunity to attend business-enhancement classes on such topics as: maintaining profitability, improving communications, increasing efficiency and productivity, enhancing leadership and sales techniques.

Noted as an organization far ahead of its time in providing entrepreneurial opportunities for women, Mary Kay is a leader in the ever-increasing trend of personalized services where women are seeking convenience and individual attention. In January 1998, Mary Kay Inc. was listed among FORTUNE magazine's listing of the 100 Best Companies to Work for in America, for the third time and was listed among the best companies for which women can work. MARY KAY is the best-selling brand of facial skin care and color cosmetics in the United States, based in the most recently published.

MEMPHIS, Tenn. (AP) - A brother of convicted assassin James Earl Ray said he can prove the government wasn't involved in shooting civil rights leader Martin Luther King Jr., but the Department of Justice will have to pay a price for the evidence.

"I can solve the whole case right now," John Ray told The (Memphis) Commercial Appeal from his home in St. Louis for a story published Sunday. "I'm just interested in the money."

U.S. Attorney General Janet Reno announced last week that she will open a new review of the assassination focusing on allegations from a former Memphis bar owner and a former FBI agent who suggested there may have been a conspiracy involving people besides James Earl Ray.

John Ray said he wants a "six-figure" payment to tell what he knows. The Justice Department did not immediately return a call today seeking comment.

For years, Ray and his brother Jerry said they had no contact with their oldest brother between the time of his 1967 prison escape and King's assassination in Memphis in 1968.

Jerry Ray, the youngest of the brothers, has been the family spokesman over the years. He insisted James Earl Ray was framed and fought diligently for a new trial until his brother died April 23 in

Continues on Page 7

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Making an Impact



As a former teacher, it's no surprise Lozelle De Luz, Ph.D., helps prepare neighborhood students for college. Although she owns three McDonald's in Wilmington, Delaware, she also finds time to get involved in the community on a state and national level. Lozelle mentors minority student athletes for college and helps to feed the homeless through annual programs she helped establish as External Vice President of the National Black McDonald's Operators Association. Her faith in the potential of every person makes a difference in the lives of everyone Lozelle touches.

Reggie Webb makes a world of difference in people's lives everyday. As President of the National Black McDonald's Operators Association, he helps get minority vendors into the McDonald's system, helping African-American businesses to succeed. Owning five McDonald's in southern California keeps Reggie busy, too, but he's never too busy to help someone else achieve their dream of success.

did somebody say ?

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Continued from Page 1

March on New York (MYM-NY). With the theme "Black Power into the year 2000, keeping it real, saving our youth, securing our future", the national convener is Khalid Mohammed a former spokesperson for the Nation of Islam.

New York City Mayor Rudolph Giuliani has not issued a permit for the March in New York because of Mohammed. Giuliani vowed that the march would not be held in Harlem and called the event "a hate march" charging that Mohammed has made racist and anti-Semitic remarks in the past. The mayor has offered Randalls Island or Van Cortlandt Park in the Bronx instead. Leaders of the march still intend to go ahead with the march in Harlem as planned.

Organizers of the MYM-NY say that the time has come for black and Latino youth to march against growing police brutality and prison populations, the dismantling of affirmative action, and the pervasiveness of racism in America. The New York March boasts of support from the founder and convener of the Million Woman March, Sister Phil Chionesui and entertainers like rapper Puff Daddy, Queen Latifah, Mary J. Blige, Wu-Tang, Gospel singer Kirk Franklin and NBA basketball star Shaquille O'Neal.

While Minister Farrakhan who has also reportedly endorsed the MYM-NY, he wrote a letter in the NY AMSTERDAM NEWS stating, "While the mayor and city officials in Atlanta seem to accept the Million Youth Movement in Atlanta, this is not the case in New York. Therefore I would advise the organizers of the March in New York to make sure that you have dotted all the legal 'i's and crossed all the legal 't's, for you do not wish to give Mayor Giuliani and some of the racist New York City Police an opportunity to exercise their hatred against our youth."

The MYM-NY organizers recently battled in court against city officials on whether they could march and won after eight hours of courtroom action. In Federal District Court the judge granted an injunction against city officials. "Clearly, Harlem is the most appropriate venue said Judge Louis Kaplan in his verbal ruling. "Harlem is an international Mecca for the Black community," he added. Once the ruling was made, the audience burst into applause and began cheering, "The Million Youth March Is on!" (See headline story)

MYM-ATL national chairperson Dennis Rogers says that there are so many young people and so many issues that each march serves a purpose. "I will not denounce what is going on in New York because the two marches will serve the needs of youth who may not be able to travel far from home. Young people will be able to hear about what's successful all around the country. The hope is that the young leaders who attend will not forget the lessons they learn at the march but take them back into their communities. We want young people to go back reinvigorated and to engage their peers," says Rogers.

Devaluing Black Life: The Murder of Little Sherrice Iverson

by Earl Ofari Hutchinson, Ph.D

Q. "Did you ask him why he killed her?"

A. "No."

Q. "The only thing you were curious about was (reference to an explicit sexual act)."

A. "That was the only question I asked."

The "her" referred to is Sherrice Iverson, a seven-year old, girl who was raped and murdered in a bathroom stall at the Primadonna Casino near Las Vegas, Nev. on May 25, 1997. The insensitive, callous words about the victim were not spoken by Jeremy Strohmeier, the white teen scheduled by Jeremy Strohmeier, the white teen scheduled to go on trial in Las Vegas on Aug. 17 for the murder. They were spoken by his friend who was present and witnessed at least part of the assault. He was not charged in the case.

When Strohmeier was transported back to Nevada from California to stand trial, deputies said that he was joking, in a jovial mood, and appeared to take the matter lightly. Prosecutors also report that two of his friends claimed he used racial epithets in describing the murder to them.

The seeming indifference of Sherrice Iverson's casket is carried during funeral in two young whites 1997. She was murdered in a Las Vegas casino. background to explain the monstrous act. The aim is to create as much empathy and sympathy among the jurors (and the public) as possible to win an acquittal or a reduced sentence. The murder of Sherrice Iverson is a near textbook example of indifference, insensitivity, and disdain toward Black victims, no matter how young and innocent. The message once more for far too many is that Black life is cheap, or worse, expendable.

Contributions to the Sherrice Iverson Justice Fund may be sent to P.O. Box 43A122, Los Angeles, Calif. 90043, 213-769-5267.

rage, grief and sympathy for the victims, and their relatives such as the families of Ron Goldman and Nicole Brown Simpson. It has not sparked angry demands from elected officials for tougher laws on child safety and greater protections for victims of crime.

While Strohmeier has been held without bail, and prosecutors will seek the death penalty, it does not answer these disturbing questions about the way law enforcement, and the media have treated the Iverson murder case:

There were lengthy news features detailing the "fractured" life of the defendant, and his friends. There were no sympathetic, human interest stories on Iverson's parents and their pain, and suffering as victims.

There was no indication whether

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Inmate Population To Reach Two Million by Year 2,000

Every year the United States reaches another milestone. Every year her federal prison and jail populations grow.

The Justice Department recently announced there were 1.2 million inmates in state and federal prisons in 1997, up 5.2 percent over the previous year. Another 567,079 inmates are in local jails as of June 30, 1997, the most recent total available. That brings the total in prisons and jails to 1.7 million.

At the current rate, the U.S. prison population will top 2 million by the year 2,000, certainly a sad way to mark the start of a new millennium.

Prison growth is being fueled by inmates serving more time, the Justice Department report notes. Parole violations and violent crimes are the reasons for the longer sentences. And while drug abuse arrests are certainly fueling the growth, the spokesman for the Justice Department was adamant: "Contrary to popular belief, the greatest source of growth in state prisons is in violent offenders, not drug violations."

Nevertheless, prison industry observers note that the current situa-

tion insures "built in" prison growth for the foreseeable future, despite the decrease in crime. That's not surprising, considering that the prison industry increasingly is becoming privatized and profit-driven.

We are witnessing the impact of laws fashioned in recent years to assure prison investors of a yield on their investment. Also, the funds to educate the incarcerated is dwindling so that recidivism will remain just as high as the profits.

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Around and About..... ...PLACES WITH FACES



Enjoying Warm Fellowship: Shown attending morning services at the Corner Stone Missionary Church is Sister Crumpler who resides in Wilmington, NC along with Lala Thompson and Minister Candace Garrett encouraging to attend church as often as possible. (Photo Jim Rouse)



Saturday at the Mall catches Jimmy Jones and Family in a happy pose for the camera. Brother Jim is a retired marine who was out shopping with his lovely lady and their family who were visiting from out of town. We know Brother Jones spent plenty of money that day (smile). Photo by Jim Rouse.

14 African Americans on Jury that Heard Clinton Testify; Baptist Set to Oust Rev. Lyons

By James E. Booker of the Afro-American

AS THE NATION awaits the fallout from President CLINTON'S admission, finally, of an "inappropriate contact" with the young former intern, most Americans feel that the "fess-up" is not enough to remove him from office.

Most Americans feel that the most shocking admission is the millions of dollars spent thus far on sticking the nation's nose into the President's private business. And, while the Republicans are thinking of new ways of sticking it to President Clinton, the Black leaders in Congress are planning to stick by the President.

THE REV. JESSE JACKSON met and prayed with First Lady Hillary CLINTON and First Daughter Chelsea CLINTON, and later prayed with them and the President. And some insiders feel that it may take more than a village to heal the wounds.

ATTORNEY VERNON E. JORDAN, First Friend, was in Martha's Vineyard playing golf awaiting Mr. CLINTON'S arrival on a two-week vacation with the family; while the President's secretary, Betty CURRIE, was back at her desk in the Oval Office.

BY THE WAY, there are 14 African Americans -- 12 women and 2 men -- who are members of the 23-member grand jury who heard the President's testimony on Aug. 17.

A LARGE GROUP of New York and other Baptist ministers from the northeast are planning a major move to oust the embattled president of the National Baptist Convention USA, the Rev. Henry LYONS, when the convention meets in early September, with Mt. Vernon's pastor of Grace Baptist Church, the Rev. Franklyn RICHARDSON, as their choice to replace the indicted Rev. Lyons.

REV. LYONS IS accused of

having a most "inappropriate contact" with the convention's bankroll.

THE NEVADA ATHLETIC Commission has set a Sept. 9 hearing for heavyweight boxer Mike TYSON to air his pleas to get back his license to legally fight.

A STREET IN Seat Pleasant, Prince George's County, Md., was officially renamed in honor of James FARMER, 78, civil rights leader and co-founder of the Congress of Racial Equality, who is in poor health and living in Fredericksburg, VA.

THE COLLEGE FOOTBALL Hall of Fame waived its three-year rules and will enshrine Grambling's winningest football coach Eddie ROBINSON in ceremonies on August 21 in South Bend, Ind., along with 24 others.

BUSINESSMAN-COMEDIAN--PRODUCER-philanthropist Dr. William "Bill" COSBY broke his silence on his son's murder last week, going on television asserting that he did not believe the killer would be rehabilitated and defending the essay of his wife, Camille COSBY, that America has taught the killer, Michial MARKHASEV, to hate. Markhasev was sentenced last week to life in prison with no possibility of parole.

CONGRATULATIONS TO WASHINGTON Wizards' guard Calbert CHEANEY, who has donated \$638,000 to build the Greater St. James Missionary Christian Education and Recreation Center in his native Evansville, Ind., where he grew up attending the Greater St. James Missionary Baptist Church.

UP CONNECTICUT WAY, BEN ANDREWS, the Republican candidate for Secretary of State and a former NAACP national vice president, remains as his party's candidate despite his "fessing up" that he lied about his age to get into the Air Force, that he does not have a college degree as he has indicated in his campaign literature, and he has had a running dispute with the IRS and presently owes over \$100,000.

JUST ASKING ... Isn't lying part of the job description for running for political office, beginning with the lie "I'm the best candidate!" and it never stops when they win.

MEANWHILE, IN WASHINGTON, D.C. four-term City Councilman Frank SMITH Jr. acknowledged that he does not have a political science degree from Morehouse University as he previously claimed. Councilmember

Continues on Page 6

Here is your Hurricane Shopping List

The hurricane season is here. It's time, then, to get your emergency food supplies in place. Disaster preparedness experts recommend having at least one week's supply of food and water for every member of your family.

"I used to live in Homestead and personally survived Andrew," said Anne Cooper, an extension agent with the Broward Extension Service (She moved to Broward after Andrew.) "I had a two-week supply of food and water for my family. It worked."

Cooper advises buying foods in single-size containers so there's no worry over unrefrigerated leftovers. Look for precooked meals in a can -- rice and beans, chicken and dumplings, spaghetti and meatballs. Or consider freeze-dried meals sold at camping supply stores. For cooking sources, you might invest in a gas grill or Sterno stove, or make sure you have charcoal and lighter fluid on hand.

Once you've gathered your supplies, store them in a waterproof container in an air-conditioned place to minimize risk of cans exploding. And don't forget to pack a can opener!

HERE IS YOUR LIST

Beverages

Bottled water: 1 gallon per person per day.
Shelf-stable milk.
Fruit and vegetable juices, sports drinks.
Instant coffee, tea, cocoa.
Powdered milk or evaporated milk, for cooking.

Cans and jars of food

Soups, stews and chili.
Tuna, salmon, clams.
Chicken, turkey, ham.
Fruits, vegetables.
Spaghetti sauce.
Peanut butter.

Packaged foods

Cold cereals.
Oatmeal, grits, rice, potatoes, pasta.
Dried fruits.
Crackers and snacks.
Shelf-stable puddings.

Condiments

Catsup and Salsa
Mojo, Worcestershire, soy sauces. Bouillon

Packaged foods

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Pictured: Frank Mur, Manager of Business Development, Strategic Resource Solutions and Dr. Isaac Horton, Founder, Remote Source Lighting International

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Stella needs another fella...

The endless line of people waiting to see the movie, "How Stella Got Her Groove Back," enticed me to see for myself what the "groove" was all about. From a medical point of view, this is what I thought of the movie.

Just think, 40 year old Stella, a \$275,000-a-year worker, could have married a judge who would more likely been a great husband, lover and father to her very intelligent, no-nonsense son Quincy. But no, she had to head off to the beautiful island of Jamaica for a stress-reduction rest and fall in love with a dude who, more than likely, was in his last years of college.

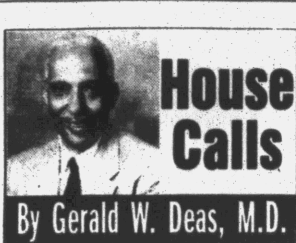
This sets the scene for an enjoyable but stereotypical unrealistic love story which I might understand may have been true. Medically speaking, the story sent dangerous messages to young people. Nowadays, the mistake could be very deadly. After a day or two in Jamaica, Stella was already sleeping with this 20 year old youngster, and she knew nothing of his sexual history, his sexually transmitted disease (STD) status. I am sure, however, being as educated as she is, she must have known that HIV is the major killer of women between the ages of 20 and 35 years. She must have naively thought that her age of 40 protected her from this infectious disease.

The first evening after meeting Winston Shakespeare, she attends a jump party where everybody begins to disrobe. I am not certain but it seemed like only black females were showing off their bare breast while the white young ladies remained covered up. What message is that sending?

I guess the director wanted to show how uninhibited Black women are as a group. At the dance, Stella and her close friend also discussed the origin of the AIDS virus an whether is was discovered first in Haiti or Jamaica. Again, another stereotypical lie. The four letter word that rhymes with "luck" was used like everyday language among Black women. As the movie developed, Winston was encouraged to relocate to America, and immediately he began acting like a child, sleeping with Stella in her home with her son noticing.

Again, Black mothers don't usually sleep around with a new lover in front of their children.

Winston explains that he wants to become a doctor and introduced Stella to his parent, who by the way are arrogant. They reside in plush surroundings away



House Calls

By Gerald W. Deas, M.D.

from the "common folk." This certainly demonstrates the divisions between the have or have not. Oh, don't let me forget Stella's sister. She is depicted as being in the groove since she was born. Why do movies always to show dysfunctional Black relatives?

Finally, Winston decides he is moving back to Jamaica to attend medical school, but at the airport Stella convinces him that he could attend Stanford University. She obviously forgot that affirmative action is over in California. Believe me, Winston should have at least gone back to fine medical school in Jamaica where he would have been accepted. And one other thing -- Stella didn't realize that she would be 48 years old (and he 28) by the time he finished. Believe me, I know that medical school is no joke, and often, love is sacrificed for the books. Furthermore, eight years of medical school and training leads to high divorce rate, alcoholism and drug addiction. So the relationship was doomed from the start.

A last word of advice to Stella: You really needed another type of fella, and you certainly would have been a whole lot wella.

Continues from Page 5
14 African
Americans On Jury

Smith dropped out of Morehouse after three years and went to work for the Student Nonviolent Coordinating Committee in 1962.

BROOKLYN'S REP. MAJOR OWENS tops the list of New York House members in spending taxpayer dollars to run their offices, spending \$1,170,444 from Jan. 1, 1997 through March of this year.

LEADERS OF SEVERAL civil rights organizations met with the Rev. Jesse JACKSON in Chicago last week to push a 10-point social and economic agenda to Congress and the President, including calls for stricter enforcement of current rights statutes, more equitable funding for education, and more diversity in judicial appointments.

THE USUALLY LIBERAL Boston Globe daily newspaper was accused of a double standard last week after the paper agreed to a suspension of a White male columnist but earlier fired an African-American female columnist for what critics say were similar offenses -- fabricating information in their columns. LATE TICKER:

RADIO PERSONALITY AND music legend Isaac HAYES was feted at a special birthday tribute on Aug. 20 at the Village's Club Life.

THE RECENTLY-REOPENED Showman's is holding a series of "grand opening" parties with Rep. Charles RANGEL, Gov. George PATAKI and New York WNBA Liberty's basketball star Kim HAMPTON among celebs expected.

Continues on Page 7

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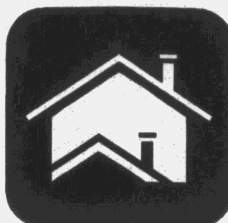
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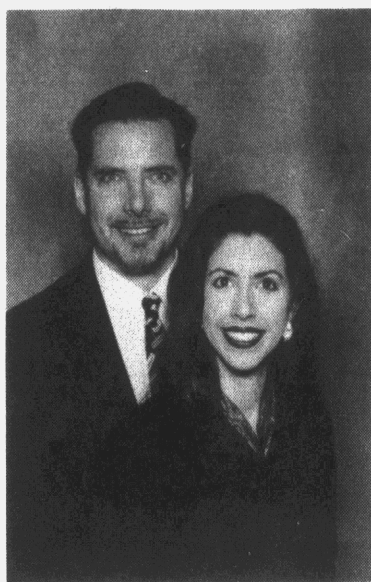
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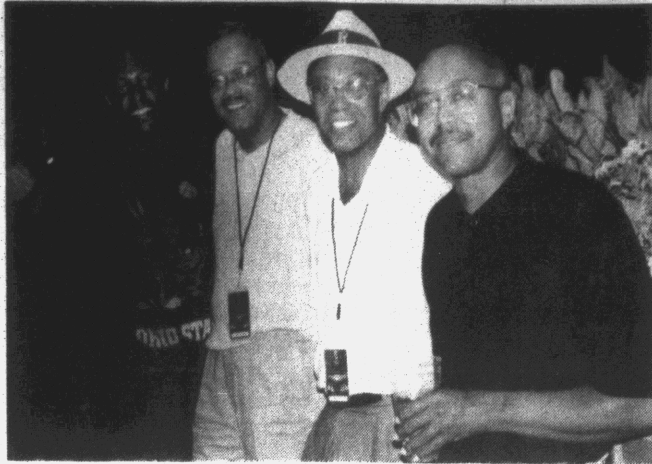
We'll gather for prayer and praise,
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Around and About.... ...PLACES WITH FACES



Pictured above are some old friends hanging out back stage at the recent Sweet Sound of Soul Music concert at the Walnut Creek Bend Amphitheater, Featuring the Isley Brothers and Earth, Wind and Fire. Shown from left to right are some old friends of the M-Voice publisher; NC State Auditor, Ralph Campbell, Former Speaker of the NC House, Dan Blue, and Attorney Thigpen Cressy. (Photo by Jim Rouse)

King Slayer's Kin May Talk For Cash... (Continues from Page 3)

Nashville from liver disease while serving a 99-year prison sentence for the slaying.

John Ray, 65, has spent much of his life behind bars for a variety of robbery and theft convictions. He said he is coming forward now because there is nothing left to protect.

"Once this comes out, it will direct a path away from the FBI to another source," he said, dismissing conspiracy theories of government involvement in King's death. "This would prevent Jesse Jackson and the King family from blaming the FBI."

The King family and other civil rights leaders are suspicious of the FBI. In the 1960s, the FBI under then-Director J. Edgar Hoover secretly harassed and spied on King and others in the civil rights movement.

John Ray said he never asked James James if he shot King. But he described his brother's "general animosity toward anything," his

bitterness over being discharged from the Army for ineptness and his hatred for authority.

"Money is another part of it," Ray said, without elaborating. Experts in King assassination studies said John Ray's reliability as a witness is questionable, but his knowledge of the subject could be helpful.

"John Ray probably is the last living soul in this country that knows what happened to Martin Luther King," said Conrad Baetz, an investigator for the House Select Committee on Assassinations' two-year review of King's murder in 1977-78.

"If he gives up the information - and he's truthful - it will bring closure."

John Ray said he will detail his knowledge of the assassination if the government places money in escrow for him.

"She (Reno) knows I'm not telling no windbag story," he said.

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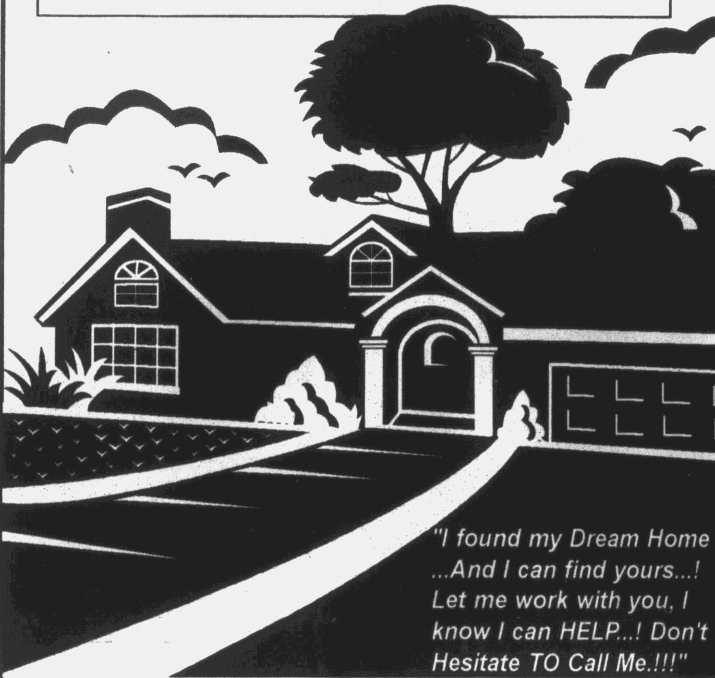
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Continues from Page 7
14 African Americans On Jury

IN HONOR OF what would have been Duke ELLINGTON'S 100th birthday, a series of concerts, exhibitions and other events are being held in his native Washington, D.C. this summer into the fall.

DENZEL WASHINGTON, FAMED matinee idol, has been selected to play the role of boxing's former bad boy, Reuben "Hurricane" CARTER, which is scheduled to be filmed in Canada this fall.

THE MUSIC WORLD is mourning the death of Benny WATERS, 96, noted singer and reed man, who died last week in Maryland after more than 70 years in show business.

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powerful speakers, be inspired by uplifting gospel singing, and eat plenty of delicious food!

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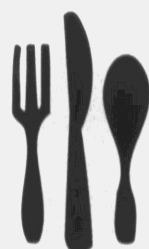
Fox Pond Park, Henderson; Meadowbrook

Park, Rocky Mount; and James Foreman Park,

Greenville. From 3-5pm in the same places

there will be youth disco and jam sessions. Don't take your precious right to vote for granted!

For more information call 252-257-4111.



TAKE CHARGE OF YOUR DIABETES**Center for Disease Control and Prevention, Atlanta :
US Dept of Health and Human Services**

Many of us strive for a sense of balance in our lives. We want to keep our goals in harmony with our minds and souls. For people with diabetes, "balance" carries a special meaning.

We would like to share a story about the eagle, a symbol of power and balance, and how it faces challenges to get where it wants to be. The story was told to us by Dr. Gerald Durley of Morehouse School of Medicine in Atlanta, Georgia.

An eagle is a focused bird. When it decides to do something, it lets nothing get in its way - not even severe weather. Seeing a storm brewing, an eagle flies closer, then turns around and flies in the other direction. About 200 miles away, the eagle turns back to face the storm. Flying at 75, 85, 95, and then up to 110 miles an hour, the eagle hits the storm with all its strength. Then something wondrous happens: the updraft lifts the eagle above the storm. Keeping its balance, rising above its obstacle, the great bird flies off.

We all see storms in our lives that seem to get in the way of our plans. Like the eagle, we must face the challenges, keep our balance, and soar off to where and who we want to be.

What is Diabetes?

Most of the food we eat is turned into glucose (sugar) for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into our body cells. When you have diabetes, your body either doesn't make enough insulin very well. This problem causes glucose to build up in your body. Types of diabetes.

There are two main types of diabetes: Type 1 and Type 2. Another type of diabetes appears during pregnancy in some women. It's called gestational diabetes.

One out of ten people with diabetes has Type 1 diabetes. These people usually find out they have when they are children or young adults. People with Type 1 diabetes must inject insulin every day to live. The pancreas of a person with Type 1 makes little or no insulin. Scientists are learning more about what causes the body to attack its own beta cells of the pancreas (an auto-immune process) to stop making insulin in people with certain sets of genes.

Most people with diabetes - nine out of ten - have Type 2 diabetes. The pancreas of people with Type 2 diabetes keeps making insulin for some time but the body can't use it very well. Most people with Type 2 find out about their diabetes after age 30 or 40.

Certain risk factors make people more likely to get Type 2 diabetes. Some of these are:

- * A family history of diabetes...
- * Lack of exercise...
- * Weighing too much...
- * Being African American, Native Indian, Hispanic/Latino or Asian/ Pacific Island Heritage...

If you weigh more than the weight that matches your height on the chart, tell your health provide. you can help manage your diabetes by controlling your weight, making healthy food choice, and getting regular physical activity. Some people with Type 2 diabetes may also need to take pills or insulin shots to help control their diabetes.

There's good news for people with diabetes. A new study shows that keeping your blood glucose (also called blood sugar) close to normal helps prevent or delay some diabetes problems.

Scientists in this study learned that through such control, at least half of the expected eye disease, kidney disease, and nerve damage was prevented or slowed. People who were in the study had Type 1

diabetes, but many doctors believe that people who have Type 2 diabetes also can benefit by keeping their blood glucose closer to normal.

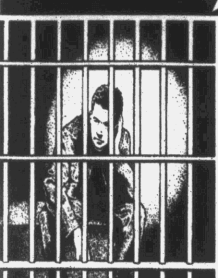
You can get more information about this study by contacting the National Diabetes Information Clearinghouse at 1-800-GET-LEVEL (1-800-438-5383).



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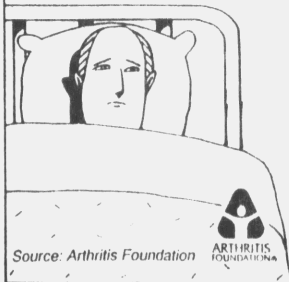
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Source: Arthritis Foundation

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