

# The Minority Voice

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Serving Eastern North Carolina's Minority Communities Since 1982

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## Uneven Job Outlook For Black Communities...

**By Elena Shore**  
LOS ANGELES/PNS - For months, economic forecasters have pointed to signs of a recovering economy, but so far it has been a "jobless recovery." The news last week from the Labor Department that U.S. jobs went up by 308,000 in March — the biggest increase in four years — was received enthusiastically as the first sign that jobs were finally accompanying the recovery.

But jobs still haven't penetrated the long-term unemployment of many Americans. The increase in jobs is centered primarily in part-time work and jobs for workers under the age of 16 years old. And many jobs are not evenly spread among different communities.

The average rate of

unemployment is up to 5.7 percent from 5.6 percent in February, according to the report. But it also indicated that the rate of unemployment for African Americans rose to 10.2 percent in March, and the unemployment rate for Latinos remained high at 7.4 percent, reported the April 3 edition of Spanish-language daily La Opinion.

Only half of all black men of working age held jobs, according to a study by the Community Service Society of New York, reported in the February 28 issue of the New York Times. Some 51.8 percent of black men were employed, compared to 65.7 percent of Latino men and 75.7 percent of white men. This data got no response from

the White House, writes Julianne Malveaux in a March 11 editorial in the Bay Area African American newspaper The Sun-Reporter. But "what kind of response do we think might have been generated if the headline said that half of all white men did not have jobs?"

"Why do so few black men hold jobs and why are there such large gaps between black men and others?" she asks. But the old responses discrimination and differences in education and training — are only part of the answer. The other part? Onshore outsourcing.

"When outsourcing takes jobs out of the United States, it tightens competition for jobs here," she writes. "The white man who might

have been a manager may now be competing with an African American man for a service job."

Black men aren't the only ones left out of the increase in jobs. Unemployment is hitting white-collar workers hard, reported the Jewish newspaper. Forward, in its March 12 issue.

A study released last month by the Economic Policy Institute and the National Employment Law Project reported that during the past year the long-term unemployed—those who have been looking for work for 27 weeks or more — disproportionately come from the white-collar sector, where many Jewish workers are concentrated, writes Nathaniel Popper.

The effects of outsourcing are no longer concentrated among low-wage manufacturing workers. For the first time, a large number of experienced "middle class" workers are finding themselves in the ranks of the long-term unemployed.

"We're seeing very specific people coming in," Claudia Finkel, the chief operating officer of the Jewish Vocational Service of Los Angeles is quoted as saying. The mature worker has not been able to recover at all in this economy.

These are the individuals who were the mainstay of our economic stability, and these individuals are not going back to work. There are \$8-an-hour jobs, but the higher-level jobs are not coming back."

Who is getting these new jobs? A study released Feb. 23 by the Pew Hispanic Center found that the increase of jobs for Latinos in 2003 was nearly double that of non-Latinos, "suggesting that Latinos took a disproportionate share of new job opportunities."

But the study find that these jobs were concentrated among "immigrant males, especially those who most recently arrived, and those in the construction industry."

Asians are cornering even more jobs than Latinos, reported on the March 7th issue of the New Delhi-based newspaper India

Times. According to the U.S. Department of labor, the unemployment rates for Asians fell 4.2 percent in March which is lower than the overall country average.

While unemployment for whites and blacks is on the rise, U.S. Asians experienced a record fall in unemployment in the last four months, with Asian men capturing more jobs than women.

As out of work Americans blame offshore outsourcing for their unemployment, Muthukumar K. writes that it's interesting to note that Asians and Asian Americans are cornering jobs in the United States too. Perhaps they are better qualified, the writer.

"If you thought like John Kerry does, That most Americans were losing their jobs to only software engineers and call center operators in Bangalore, it's time for a serious data update," writes Muthukumar K. "Most of the new jobs being created in the U.S. are also going to the Asians!"

Polls indicate that the most important issues to voters are jobs and the economy. But whose jobs? With unequal increase in jobs, and many Americans left out of the workforce, voters may not be swayed by government figures until they see real changes in their own communities.

## Senatorial Races start heating up in Eastern North Carolina



This group of community leaders meet with U.S. Senatorial candidate Erskin Bows during a recent stop in town, pictured from left to right is C.D. Gay, Founder of Exceed, Inc. and Motivations Barber, Jim Rouse, CE/Owner WOOV/WTOV-AM Radio, Gregory Bell, Bows, Ann Huggins, Congressional Staff Member, Mrs. Darden and Ed Carter, the former Mayor of Greenville. (Inset Dr. Don Easley - ECU)



As the Senatorial races begins to heat up a large crowd of supporters assembled on Evans Street to officially open Senator Elizabeth Dole (Rep) campaign office here in Greenville. As the block was roped off a number of dignitaries and politicians gathered to give speeches in a show of solidarity for the upcoming elections. Hispanic members of Mario Perez Law office which neighbors of the new office of Senator Dole) are pictured with Senator Dole. From left Aurora Frontera, Elisa Suarez and the girl is Ariella Frontera. Photo: Javier Castillo

**BIRTHDAY BASH PLANNED GREENVILLE, NC** - The illustrious D.D. Garrett, Sr. an active and prominent Greenville businessman will be celebrating his 90th Birthday as friends and family pay tribute to him at the City Hotel & Bistro. Mr. Garrett is one of North Carolina's most enduring entrepreneurs and civil rights activists. Still maintaining a youthful countenance and buoyant and spirit, his friends will come together to be graced by his presence on May 8th, 2004 and partake of this birthday event.



## Black deaths in the Iraq War exceeds % rate of those in Vietnam

**By Sherrel Wheeler Stewart**  
New York News

NEW YORK - Two months before President Bush ordered U.S. military forces to invade Iraq, Rep. Charles Rangel introduced a bill in Congress to reinstate the draft. With war all but a certainty at the time, the New York congressman said he took the action to ensure that Americans would share equally in the sacrifices that would be made.

"I truly believe that those who make the decision and those who support the United States going into war would feel more readily the pain that's involved, the sacrifices that's involved, if they thought that the fighting force would include the affluent and those who historically have avoided this great responsibility," the Black congressman told reporters. Rangel's argument had a sharp racial edge.

While Blacks made up a little more than 12 percent of the nation's population, the Pentagon said Blacks were 20 percent of the enlistees in the all-volunteer military. Rangel said this



With the spectre of sudden death or serious injury lurking everywhere, this soldier, wearily focusing on his survival, moves ever so cautiously down an alleyway somewhere in Iraq...

over representation of Blacks in the nation's armed forces would cause Blacks to suffer a disproportionately high casualty rate in the looming war. The Bush administration scoffed at this idea. Relatively few

Blacks were in combat units, the Pentagon responded. The vast majority was assigned to non-combat jobs that would limit the likelihood of them being killed or wounded in battle.

but 14 months later, as the nation prepares to observe the one-year anniversary of Operation Iraqi Freedom, the war President Bush launched to topple Saddam Hussein - Rangel's fear has been realized.

From the onset of the war on March 19, 2003 through Feb. 26 of this year, 79 Black soldiers have died in Iraq. This number is 14.3 percent of the 549 combat deaths in this period. Hispanic soldiers account for 11.3 percent of the U.S. military dead during this time, according to the most recent casualty figures released by the Department of Defense.

In the early weeks of the war, when the combat was very intense, Blacks died at an even higher rate, according to a report by the University of Maryland's Center for Research on Military Organization. One-fifth of the deaths between March 20 and April 10 were Black soldiers, the Center found.

The percentage of Black fatalities in the Iraq War currently surpasses those of two of the

nation's bloodiest wars. In the Korean War, 3.075 of the dead, or 8.4 percent, were Black. In the Vietnam Conflict, 7,241 of the dead, or 12.4 percent, were Black, according to U.S. Army Center of Military History.

Oavid Segal of the Center for Research on Military Organization said another study on casualties in the Iraq War is in the works but is not yet ready for release.

U.S. Rep. Kendrick Meek, the only Black representative on the House Armed Service Committee, said he is concerned about the impact the war's death toll is having on rural and urban families.

"Our urban areas are being hit particularly hard with casualties," he said. "There is frustration now because the reasons we are given by our African American Studies department, is former editor of the Cincinnati Herald Newspaper Commander in Chief for being over there in the first place 'keeps' changing."

"First it was to free us from the threat of weapons of

destruction. Then it was to get Saddam Hussein. Now it's to start a democracy," he said. "What do you say to parents and family members who have lost their loved ones over there, or who now have a dismembered child after fighting in a war that no one can explain?"

The disproportionate percentage of Blacks in the military can be attributed to jobs and the economy, Segal said. "Often they turn to the military to get job training and assistance for college education," he said.

Meek agrees. "They come into the military looking for, jobs and wanting to serve their country," he said. "Our nation's history shows that African-Americans have been willing to fight for their country. But today many ask, what is the motivation behind the fight?"

Whatever the reasons, the lack of a draft has allowed a large cross-section of Americans to avoid military service during this time of war—and left Blacks to bear a disproportionate death rate in the first 12 months of the war in Iraq.

## The Misdiagnosis of Bipolar Disorder in the Afro-American Community

**By Charlette Adams**  
Los Angeles Sentinel

LOS ANGELES - You're depressed and think nothing will ever get better. Your sleeping patterns are just like your eating habits—either way too much or too little, "It's just the blues," you say, as you blame yourself.

But you can handle it, right? Drinking alcohol and/or getting high "numbs" the pain but doesn't hide the fact that you want to die. The cutlery set in your kitchen or the pills in your medicine cabinet entice you. In hopelessness, you contemplate writing your suicide note.

Bipolar Affective Disorder doesn't discriminate because mental illnesses in the black community are shunned.

According to the National Mental Health Associations, blacks help comprise the estimated 2 to 3 million Americans that have bipolar disorder (manic depressive illness) but are less likely to receive diagnosis and treatment for the illness. Unfortunately, only about one-third of individuals with depression are in treatment, not only because of under recognition by healthcare providers, but also because often conceive of their depression as a type of moral deficiency, which is shameful and shouldn't be hidden," said Stephen M. Stahl, a nationally recognized clinician researcher and adjunct professor of psychiatry at U.C. San Diego.

Stahl's book, Essential Psychopharmacology, Neuroscientific Basis and Practical Applications, also

points out that there are approximately 300,000 suicide attempts and 30,000 suicides in the United States per year associated with depression.

**What is Bipolar Disorder?**

Also known as a manic-depressive illness, Bipolar Disorder is a brain disorder that causes unusual shifts in a person's mood, energy and ability to function. Unlike the normal ups and downs that everyone goes through, the symptoms are severe. They can result in damaged relationships, poor job performance and even suicide.

"Bipolar is a physical problem of the brain the same way asthma is a physical problem of the lungs," said Dr. Frederick Kurth, M.D. in psychiatry. "When an organ of the body gets ill, the area where it doesn't work gets affected."

For example, Kurth said, "if the job of the lung is breathing and you have an illness of the lung, you're going to have problems breathing."

Some people don't think it's an illness. If I'm sad or down, I can't tell anyone because the first thing they would say is, what are you sad for?"

"You have a good job, making good money so why are you feeling sad? I was always asked 'what's the deal or told to get over it,'" said Mr. Hewitt, who is currently being treated for bipolar. Hewitt, in his mid 30s, attempted suicide three or four times before he was diagnosed a year ago.

"I used to call in sick from work three or four days out the week to stay in the bed in a dark room where I felt

'safe,'" Hewitt said.

According to the National Mental Health Association, bipolar disorder often starts in teen years, but can emerge even later in life. It is a potentially life threatening illness that a person cannot handle alone. An alarming one in five people with bipolar disorder commits suicide.

"This illness can be trigger by what we call a "kindling" affect. Once there is vulnerability to the illness, any stress such as marriage, divorce, death of a child, loss of a job, etc. kindles this disruption in the electrical flow [of the brain] that then manifests itself as a bipolar illness," Kurth said.

**Recognizing Symptoms of Bipolar Disorder?**

Symptoms include dramatic mood swings from overly "high" and/or irritable to sad and hopeless and then back again over a period. Often there are periods of normal mood in between. Severe changes in energy and behavior accompany these changes in mood. The periods of highs and lows are called episodes of mania and depression.

**Signs and symptoms of mania (or manic episode):**

- Excessive energy, restlessness, racing thoughts and rapid talk.
- Denial that anything is wrong
- Extremely happy feelings
- Easily irritated
- Needing little sleep (2-4 hours per night)
- Unrealistic belief in one's ability
- Poor judgment

- Sustained, unusual behavior
- Increased sex drive
- Substance abuse
- Aggressive behavior
- Paranoia)

**Signs of depression (or depressive episode):**

- Lasting sad, anxious or empty mood
- Feelings of hopelessness with pessimism
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in activities once enjoyed, including sex
- Decreased energy a feeling of fatigue or of being "slowed down"
- Difficulty concentrating, remembering or making decisions
- Restlessness or irritability
- Sleeping too much or cant sleep
- Change in appetite and/or unintended weight loss or gain
- Chronic pain or other persistent bodily symptoms that are not caused by physical illness or injury
- Thoughts of death or suicide or, suicide attempts...

Hewitt says that every day is a struggle. "[During manic episodes] I thought I was invincible and nothing could break me. You go from being this tough person to turning into a 'sissy'." I would be home alone in bed-crying. I had to be a chameleon because I wanted my reputation to remain the same," Hewitt said.

"[During a manic (high) phase] money is almost always spent foolishly. For example, a woman on welfare got



her mother's credit cards and ran up \$52,000 - that's bipolar.

An example of increased sex drive for a woman includes sleeping with a hundred men. Sex and money are almost always an issue. [Those dealing with the illness] are racy - talking too fast, staying up all night and handling too many projects," said Kurth. "His or her plate is always full and they have about 14 plates on their table."

"With a tragically high suicide rate, Bi-polar symptoms shouldn't go unnoticed. You can have depression in a less degree. If it's hypo manic (high energy, class clown etc.) it takes years for the illness to mature where individuals

become really ill. You have to have sensitivity that this may be Bipolar because it can slip right by you. It's not obvious! You have to be alert because you think, that it's Unipolar (just depression), a character disorder, an alcoholic/drug problem or just anxiety. The underlying ideal that this is a Bi polar problem got missed," Kurth said.

The following questionnaire can assist with the diagnosis of Bipolar symptoms

Has there ever been a period of time when you were not your usual self an ...you felt so good or so hyper that other

Continues on Page 8

# M-VOICE OP/EDs

Because whatever happens to Americans happens to Black Americans first...

## Addressing Africa Problems

by Micheal King



I recently talked with some old classmates about the crises facing Africa. Contrary to popular belief, the crisis isn't insurmountable once the real problems are identified.

Africa's problems are legion. But the perception of Africa's problems is, in and of itself, problematic from the start. Once the root problems are identified, the African continent should begin to see a renaissance that would be welcomed across the globe.

I'm not convinced, however, that there's an easy way to fix the overall situation because no one can currently come up with a solid list of the root problems. Everyone points to things like starvation, disease and poverty, but many ignore equally pressing — or even more important — problems like slavery, racial strife and socialism.

First, there's the political fragmentation and a lack of authoritative government. It's like feudalism. The feudal period of world history was marked by tribal wars and skirmishes that consumed many and

left deeply ingrained distrust and bolstered old ways of thought. Fueled by tribalism, feudalism must be addressed for Africa to progress. No power has yet consolidated authority in Africa into singular governmental

and economic entities as had happened elsewhere in the world. Next, there's despotism. Africans, too, do not solely face it. Zealots, dictators and would-be tyrannical warlords rule many African nation-states — hiding behind their race and their country's perceived oppression as former European colonies.

Thugs like the late Idi Amin in Uganda — who was deposed — and Robert Mugabe in Zimbabwe — who is still backed by gangs (tribes in and of themselves) — rose over the past 50 years to impose their tyrannical

rule. The West has ignored them. In part, those who feel criticism of such regimes is akin to racism have overlooked warlords. Also, the nature of these thugocracies is not perceived to be a threat to the West, and therefore ignored. This may be a costly flaw in judgment.

With the influx of Islamist militants into Africa, we can ill-afford to ignore them much longer. Despots and tyrants have gladly given aid and comfort to terrorist groups like al Qaeda and other enemy elements of the new world war on terror. Who's to know how far they will forge these alliances for their own personal benefit.

Xenophobia is another problem. The so-called elite of Africa believes the West is "tainted" by Anglos. They believe this alone keeps them from moving Africa forward — ignoring the problems already mentioned.

By keeping an "out of sight, out of mind" attitude toward the problems facing the African continent, we are essentially poking at a hornet's nest.

We must address despots and their acquiescence to radical Islam far more aggressively, lest the terrorists gain a foothold that will be hard to pry loose.

Feudalism, tribalism and xenophobia simply need a change of thinking.

This makes hunger, AIDS and poverty are essentially "band-aid" issues. Western charities are helping, but they must teach self-sufficiency. Biotechnology is helping to ease starvation through innovations in planting and longevity. Homegrown ideas like Uganda's abstinence policy are successfully reducing AIDS.

Africa's root problems must be addressed. The West, as hated as it may be by some on the continent, can help bring about positive change directly and quickly. Africa must accept this helping hand, and even our discussions here should further the case for bringing about this positive change.

*Michael King is a member of the National Advisory Council of the African-American leadership network Project 21 and a freelance writer and Internet consultant in Atlanta, Georgia. Comments may be sent to mking@bellsouth.net.*

## Erskine Bowles for the United States Senate

Dear Editor:

I write to support the candidacy of Erskine Bowles for the United States Senate. He supports two issues that show he has his priorities straight. One is jobs. One is fiscal responsibility in Washington. When we vote for Erskine Bowles, son of the late Skipper Bowles, we will bring a strong legacy of hard work and ethics to Washington. Erskine Bowles knows the plights of poor people because he headed the Small Business Administration and read thousands of their stories in applications for SBA loans. Erskine Bowles knows the need for someone to reign in spending in Washington in order to decrease the federal deficit and end the recession in America. He has worked in the White House. These are 10 points in the Erskine Bowles plan.

1. Stop all new trade agreements until Washington cracks down on illegal imports and certifies that all existing trade agreements are being enforced correctly.
2. Create new jobs and keep existing jobs here in America by focusing investments on small businesses.
3. Repeal tax breaks that encourage companies to move jobs overseas and instead provide tax incentives to keep and create jobs in America.
4. Help businesses provide affordable health care for their employees.
5. Support research and development to help create the next generation of our manufacturing economy.
6. Help agribusiness grow in North Carolina and facilitate a quota buyout for our tobacco farmers at \$8 per pound for quota owners and \$4 per pound for growers.
7. Build on our existing assets in tourism and the military.
8. Make smart investments in school construction, transportation and Internet access that promote economic growth.
9. Provide more training opportunities for North Carolinians - especially in our community colleges - and more assistance for communities hurt by bad trade deals.
10. Reduce excessive paperwork, unnecessary government regulations and costly litigation that impede the productivity and flexibility of America.

To read more about the candidate's plan, visit [www.bowles2004.com](http://www.bowles2004.com). He is the right choice. Evelyn Dove-Coleman Kinston Permission to publish: Evelyn Dove-Coleman (252) 527-3950

## "Another Motive For Iraq War: Stabilizing Oil Market" WAR AND OIL

by Vincent Ferraro,

reducing the price of oil.

The United States invaded Iraq for a number of reasons. For some members of the Bush administration, it was probably a way to reshape the politics of the Middle East; for others, it was an opportunity to enhance Israeli security. One of the least-discussed reasons was to assure order in the international petroleum market. Perhaps this objective is rarely mentioned because it's obvious, or maybe because no discussion was necessary among decision-makers well versed in petroleum politics.

But one should not believe that the United States would occupy a country with the world's second largest reserves of petroleum without considering the effect of that act on the world's most important commodity. On the other hand, one cannot believe that the United States would ever articulate its objectives in terms that most would regard as vulgar and commercial. We now know that the evidence of an "imminent" attack by Iraq was flimsy, and known to be so at the time by the intelligence community. The threat to the stability of the international petroleum market, however, was real.

Vice President Dick Cheney's energy task force was particularly concerned in March 2001 about non-American suitors for Iraqi oil, according to documents obtained by Judicial Watch. Iraq had signed contracts with a variety of oil companies, including ones from France, China and Russia. That these companies would have access to huge reserves of oil was profoundly unsettling to the largest multinational oil companies (Exxon Mobil, Shell, BP, ChevronTexaco) because these newcomers would more than likely pump as much oil as they could in the shortest amount of time, thereby

Overproduction of oil has long been a fear of the petroleum industry. When confronted with overproduction in the early 20th century, the major petroleum companies agreed to restrict access to areas to any producers who would not agree to restrict production as well. When oil was discovered in Bahrain in 1932 by a company not party to that agreement (Standard Oil of California), every effort was made to bring that company in line. The French exclusion from the major fields in Saudi Arabia in 1947 was partially due to the efforts of the U.S. State Department on behalf of American oil companies.

The Russians and the Chinese are newcomers to the world market, and their willingness to overproduce oil is unrestrained given their needs for energy and export revenues. Many in the United States had worried that support for Iraqi sanctions would erode in the United Nations and that Iraqi contracts with the French, Russians and Chinese would be revived and honored.

This would explain why the United States was so willing to undertake the invasion of Iraq without U.N. sanction, and also why it has been so reluctant to agree to a U.N. mandate, despite the considerable economic and political advantages in doing so. U.N. authorization could activate the Iraqi contracts with non-U.S. or non-British firms.

In May of 2003, the administration of the Iraqi petroleum industry was handed over to Philip J. Carroll, a former chief executive of Shell Oil Co., one of the companies committed to maintaining the price stability of petroleum. The French, Chinese and Russian firms will eventually be permitted to produce

Iraqi oil, but how much they pump will be regulated by an Iraqi Oil Ministry heavily influenced by an American occupation. Already, oil contracts have been obtained by U.S. firms Exxon Mobil, ChevronTexaco, ConocoPhillips, Marathon and Valero Energy.

The U.S. and British interest in petroleum price stability is clearly self-interest, but one should be cautious about suggesting that the invasion of Iraq was motivated by simple greed. The slogan "No blood for oil" does not capture the complexity of the issue. The world does have an interest in stable oil prices: Very low prices encourage the extravagant use of a finite resource. On the other hand, the American occupation of Iraq favors the interests of American and British oil companies, maintains a higher price for oil than likely would have been the case under a U.N.-sanctioned occupation and seductively promises a more secure and less politically dangerous supply of oil than that offered by Saudi Arabia.

And American control over Iraq gives it the ability to use oil contracts to influence the conduct of other states: The Iraqi oil contract awarded to Mitsubishi the day after the Japanese agreed to send troops to Iraq is a dramatic example of how such power can be used.

The mixing of private and public interests in the Iraqi case raises serious questions. None of this is necessarily inconsistent with the public interest, but many of them satisfy private interests to a considerable extent.

Vincent Ferraro is Ruth C. Lawson Professor of International Politics at Mount Holyoke College in South Hadley, Mass. Other academic focuses include the colonial occupation of Africa territories.

*This article originally appeared in the Hartford Courant, August 12, 2003*

## Condoleezza: Is This The Bitter End..?

Although the 9/11 Commission had a difficult time summoning her to the hearing, Condoleezza Rice is finished as a Black political asset of the White Man's (War) Party. Colin Powell, a much smarter and cagier opportunist, will likely escape this administration still clutching his devalued aura, having hoarded some small measure of political capital for himself. This is not true for Condoleezza Rice. Her complete and abject identification with her master leaves Rice with nothing of her own to claim.

"Don't write her political epitaph yet," says commentator Earl Ofan Hutchinson. If Hutchinson meant that Rice will always have a job with the Bush family (she served the father, too) or with Chevron-Texaco Oil (where she worked between Bushes and had an oil tanker named after her), then we agree. Rice's selfless renderings to the white and wealthy have earned her a lifetime of...more of the same. Should she crack under the weight of her own and her masters' lies — as sometimes seems imminent — there is a commodious attic in one of the Bush domiciles where "Condi" can be safely stored.

However, gone are the heady days when rich rightwing society floated cocktail dreams of Condoleezza for the Senate or Vice President in 2004, and even Condi for President in '08. "Hollywood couldn't come up with a candidate as good as she is," said California GOP Chairman Shawn Steele, back in May 2001. "She's emerging as the most popular and most admired woman in America right now." Rice has since rumbled in the heat, no longer Best In Show, so to speak.

**Outlived usefulness**  
In the false glow of their delusions, Republicans truly believed that Condoleezza Rice was the ultimate political asset — a Black woman who could by her presence wash them clean of racist stench, and then perform the same ablation the next day, and the next. Rice made it easy for the super-privileged to love themselves. Unlike the coy Colin Powell, Rice did not bargain or seek her own space, but settled into the very fabric of Bushness. In so doing, however, Rice lost all power of personal agency. Having surrendered everything to the Bushes, her Blackness gradually lost its value as a cloak for her patrons' racism. The affirmative action opinions of a loyal Black servant carry little weight, as Rice discovered in January of last year when Colin Powell's pronouncements on the subject totally eclipsed her own. Her benefactors noticed that, too. That's when the talk of high office, stopped.

Rice's rich white admirers hugged and squeezed her too tightly — until there was nothing left but them all over

her. It is common in African American circles to speak of "lost" Black souls, but in Rice's case it is almost literally true that she doesn't know where she stands and to whom she is speaking.

"[K]nowing what we know about the difficulties of our own history, knowing what we know about how hard it is to build democracy, we need to be humble in singing freedom's praises," Rice told the convention of the National Association of Black Journalists, last August.

"We" need to be humble about singing freedom's praises? We Black people, who still tingle to Dr. Martin Luther King's joyous, boundlessly exuberant "Free at last...thank God Almighty, we're free at last!" are supposed to be humble about freedoms so dearly won? Rice's speech was an appropriately cautionary message to privileged white Americans, that they should not so boastfully lecture other nations on America's democratic credentials. But for a Black gathering, Rice's words were more than strange — they were evidence of profound personal disorientation. A Black woman who doesn't know how to talk to Black people is of limited political use to an administration that has few African American allies.

Rice has mused aloud that segregation would have faded away in time without the intervention of the Civil Rights Movement. This is no doubt what rich racists say over drinks in Texas — and what George Bush might have said to Rice back at the ranch in the days when they were both young and he still drank — but it is not what the "most powerful" Black woman in the world says in public if she has a brain in her head.

But Rice is brilliant, we were told. Millions of Black people fervently wished that were true, that Bush's tenure would at least provide an icon or role model or two, as a consolation prize. Then the esteemed Dr. Rice revealed that she is as stupid as anyone in the White House — with the possible exception of George. "I don't think anybody could have predicted... that they would try to use an airplane as a missile," said the National Security Advisor in the spring of 2002, when Congress finally began delving into how 9/11 could have happened.

Two years later, even Fox news viewers know that al-Qaida's martyrdom-seekers talked and plotted about little else than using airplanes as weapons against the United States in the years and months before 9/11 — facts known at the time even to serious newspaper readers as well as the world's intelligence services. Rice marinates in the putrid stew, and even

the helping hands of the 9/11 Commissioners — who have repeatedly said they are not seeking to assign blame to anyone — cannot save the last threads of her reputation as an intellect. Politically, Rice is burnt.

### The bitter end

We know that Rice was, by virtue of her position, the person most culpable for dismissing the threat from al-Qaida.

I asked, on January 24 in writing to Condi, urgently for a meeting on cabinet level — the principal's committee — to review the [anti-terror] plan and I was told I can't have that. It had to go to the deputies. They had a principals meeting on September 4. Contrast that with the principal's meeting on Iraq, on February 1. So what was urgent for them was Iraq. Al-Qaida was not important to them. — Former anti-terror czar Richard Clark, The Guardian.

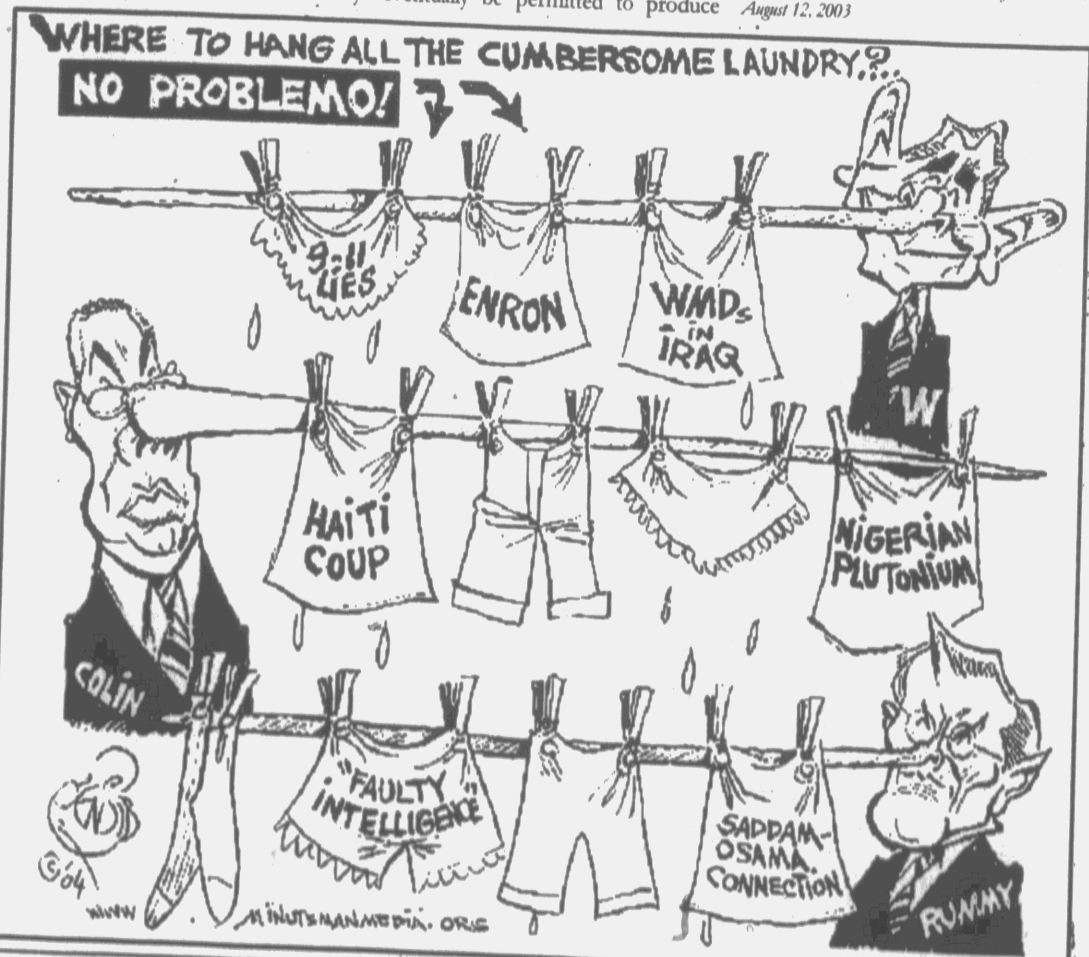
And, thanks to former Treasury Secretary Paul O'Neill and others, we know that Rice and the rest of the oil-slicks at the White House chose to spend their pre-9/11 quality time studying petro-maps of Iraq.

In facing the 9/11 Commission, Rice held the administration in her net too capable hands.

Unlike George Bush and Vice President Cheney, who will have each other for company, Rice had to speak alone and under oath. In ways that she never expected, "Dr. Rice's appearance before the commission set the stage for the most dramatic testimony since the Senate confirmation hearings for Supreme Court Justice Clarence Thomas," said the March 30 issue of NorthStar Network. There is a big difference, however. The Senate enabled the gruesome Justice Thomas to plague Black people for the rest of his lifetime. Condoleezza Rice's 9/11 testimony will seal her political fate. Whether she sticks around for the remainder of the Bush term(s) or not, there will never again be websites and bumper stickers promoting "Condi" for high office. After her testimony is done, she will have outlived her public usefulness to her adopted household. Rice's "political epitaph" is all but written.

History will judge Rice infinitely more harshly than the 9/11 Commission, which is concerned only with harms done to Americans. Rice, Colin Powell and a cellblock full of Bush Pirates deserve to be tried for the highest crimes yet delineated by mankind: crimes against peace (i.e., waging a "war of aggression"), war crimes and crimes against humanity. So, let's hear no more about Condoleezza Rice being unfairly made, a scapegoat.

The last thing a pirate should wish for is justice.



## The Minority Voice Newspaper

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# What Brown did not bring to education

by Clarence Page

WASHINGTON — America's public schools, as you may have noticed, remain largely divided by race in spite of the U.S. Supreme Court's landmark *Brown vs. Board of Education* decision. As the 50th anniversary of that decision approaches on May 17, it is fashionable for some civil rights reformers to declare that *Brown* has not lived up to its promise.

But look at the story behind the numbers and you might notice something more complex and perplexing: Racial segregation persists in public schools not so much in spite of *Brown* as because of it.

Today's segregation is very different from that of the early 1950s. The old segregation was a consequence of racist white imposed laws, which the high court outlawed. The new

segregation is a consequence of family finances and choices or, for the poorest families, their lack of choices.

The Supreme Court on May 17, 1954, overturned the high court's 1896 ruling in *Plessy vs. Ferguson* that "separate but equal" facilities for the races was constitutional. Henceforth, the court ruled in *Brown* "separate educational facilities are inherently unequal."

*Brown* was aimed at removing the barriers that Jim Crow segregation laws had put in the way of students like Linda Brown of Topeka, Kan., from whose family the historic decision gets its name. Because she was Black, she had to walk past all white schools every day in order to attend the all Black school to which Kansas law restricted her.

By the late 1960s, school desegregation became an end in itself,

even for kids who lived close to their schools. Many Black students were bussed out of their home districts to white districts, although not very many white students were bussed the other way.

School bussing, urban riots and new housing anti-discrimination laws sparked white flight from urban centers in the late 1960s and early 1970s. The flight amounted to one of the largest peacetime migrations of any population in human history. Integration, as the late community activist Saul D. Alinsky put it, became the brief period of time between when the first Black family moved into a neighborhood and the last white family moved out.

Racial integration in schools and neighborhoods has slipped backward since the 1960s, according to the Civil Rights Project at Harvard University.

Project director Gary Orfield says its recent report, "*Brown at 50: King's Dream or Plessy's Nightmare?*," finds that public schools are becoming so segregated that "we are back to [where we were] when [Martin Luther] King was assassinated."

Yet there is a further paradox that gets far too little attention in discussions that portray integration in simple terms of Black and white. As more Blacks have risen into the middle and upper income brackets, partly as a result of the reforms that the *Brown* decision helped put into motion, white flight has been followed by Black middleclass flight into better off neighborhoods and away from worse off Black folks.

That's the American dream as many folks see it, but it also has left many Black low-income families

increasingly isolated from the socioeconomic mainstream, not only by race but also by class and opportunities.

Changing times also have brought a declining interest by Black parents in having their children attend desegregated schools.

That doesn't mean that *Brown* failed to deliver. As a Black parent who is old enough to remember what Black life in the 1950s was like, I appreciate the role *Brown* played in removing legal barriers that stood in the way of Black progress. Although it is fashionable in conservative circles to berate "activist judges" these days, I'm glad that Chief Justice Earl Warren was enough of an activist to build a unanimous vote behind the *Brown* decision.

I applaud heroes like the late Thurgood Marshall, the NAACP

Legal Defense Fund lawyer who led the court arguments for *Brown*. Marshall had to travel daily from Baltimore to Washington to attend Howard University Law School when Maryland law schools turned away Blacks. He later became America's first Black Supreme Court justice. His sacrifices in pursuit of an education are the sort of heroic stories that more young people need to hear, especially those misguided Black youths who think of academic excellence as somehow "acting white."

The *Brown vs. Board* decision was indispensably important, but it did not bring Utopia. It did shift the law of the land from a head wind to a tail wind for Black progress. It also left us with a lot of work to do over the next 50 years to help those who have been left behind.

# Celebrities urge Senate to move on bill against Forced Psychiatric Child Drugging

LOS ANGELES - Chaka Khan, Juliette Lewis, Danny Masterson (That 70s Show) and Sofia Milos (CSI Miami), in support of legislation to stop the psychiatric drugging of children, honored individuals who have fought for federal legislation to stop school personnel from coercing parents to give psychiatric drugs to their children. 8-time Grammy Award winner, humanitarian and community activist, Chaska Kahn was a featured performer at the event, joining over 750 human and civil rights activists, government officials and celebrities at the 35th anniversary and awards banquet of the Citizens Commission on Human Rights International (CCHR) where the awards were presented.



Chaka Kahn

their children had attempted and/or committed suicide after taking antidepressants. The panel

recommendation that the FDA immediately issue warnings on the suicidal risks became the focus of international headlines. The hearing came in the wake of an even stronger stand taken by British drug regulators in December, 2003, when they told doctors to stop writing prescriptions for under 18-year-olds for six of the newer Selective-Serotonin Reuptake Inhibitor (SSRI) antidepressants because of increased risk of suicide.

Over the past two years, Lisa Marie Presley, Juliette Lewis, Kelly Preston and Jenna Elfman have traveled to Washington, D.C., meeting with members of Congress to gather support for the right of parents to refuse psychiatric drug treatment as a requisite of attending school.

In May 2003, the U.S. House of Representatives passed the Child Medication Safety Act by a landslide vote of 425 - 1, to stop this abuse. The

bill was then introduced into the Senate in July 2003, yet despite increasing information on the dangers of the drugs and the current FDA investigation, the Senate has yet to pass the bill. Concerned citizens are urging immediate Senate action, as parents can be forced to administer psychiatric drugs to their children via their schools that could potentially cause suicidal reactions.

Sophia Milos awarded Mrs. Vicki Dunkle, a Pennsylvania mother whose 10-year-old daughter Shaina died in her arms due to toxic levels of the antidepressant pre-scribed by her psychiatrist. Mrs. Dunkle conceded in placing Shaina on the drug only after heavy, sustained pressure from school personnel. The prescribing psychiatrist never warned her of the dangers of the drug, nor that the psychiatric diagnosis of "Attention Deficit Disorder," was not medically proven to exist. Mrs. Dunkle has subsequently filed a lawsuit against the psychiatrist and has become a national spokesperson for the grassroots parent organization, Parents for a Label and Drug Free Education (AbleChild.org). She is frequently featured in national media warning other parents about the dangers of psychiatric treatments and campaigning for federal legislation.

Juliette Lewis awarded renowned educator and author Samuel Blumenfeld, one of the country's leading authorities on successful reading programs for children. Blumenfeld is a strong supporter of the Child Medication Safety Act, and outspoken critic of the widespread psychiatric drugging of children, which he labels as "child abuse." According to Blumenfeld, normal children are being labeled mentally ill by psychiatrists and needlessly subjected to psychiatric drugs when many of them simply have not been taught to read.

A keynote speaker at the dinner was Dr. Thomas Szasz.

Professor Emeritus of Psychiatry, from Syracuse University, New York. As an author of 30 books exposing psychiatric practices as human rights abuse,

Szasz is considered by many experts to be psychiatry's most ardent critic, and one who is forthright on the role psychiatry plays in harming children. "I have long maintained that the child psychiatrist is one of the most dangerous enemies not only of children, but also of adults who care for the two most precious and most vulnerable things in life - children and liberty. Child psychiatry - like psychiatric slavery, of which it is an important part - cannot be reformed. It must be abolished. Because of the power differences between adults and children, we outlaw sexual relations between them as statutory rape."

For the same reason, we ought to outlaw child psychiatry, which is psychiatric rape."

As 2004 marked the 35th anniversary of CCHR, the inaugural Thomas S. Szasz Award was presented to Dr. Anatoly Prokopenko, an historian, archivist and author who was commissioned by President Yeltsin to investigate the plight of Russian dissidents incarcerated in the gulags during the Soviet era. Prokopenko documented and exposed how psychiatrists, working with various Soviet government agencies and the KGB circumvented the law to imprison political "dissidents" in psychiatric institutions. Many of the psychiatrists involved in this are still in practice in Russia today, advising the government on criminal matters.

Like medical professionals around the world, Prokopenko is equally concerned about psychiatry's labeling process and mass marketing of psychiatric drugs to children, and will be calling on Russian officials to issue warnings on the suicidal risks of antidepressant drugs following the FDA's warning.

**If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there are men on base.**

—Dave Barry



**Ladies and Gentlemen... Introducing the Social Worker of the Year.** Here is Siste Shelly Moore shown with her husband, daughter and granddaughter at a special luncheon that was held in her honor. Ms. Moore is always helping out people and is an outstanding member of our community. Photo: Jim Rouse



**WE HONOR YOU...** Here the Mayor of Princeville, the honorable Priscilla Oates present a plaque to honor Edgecomb County Clerk of Court, Ms. Carolyn White. Photo: Jim Rouse

## Census.....

More than a century of wisdom...

# The Beloved Joseph Gay Passes On At 104 Years



was one of five children. He was united in holy matrimony to the late Bettie C. Gay in 1925. From this union, eight children were born.

"Papa," as his grandchildren, as well as countless others called him, was a hard, disciplined worker and great provider. During his earlier years, he was a farmer. He later worked at A.C. Monk. As many know,

Papa was known as a "handyman." He frequently repaired, fixed and built things for others. He took great pleasure in his carpentry skills. He also enjoyed baseball and gardening (which he did up until 12 years ago). He attended Primitive Baptist Churches such as Living Hope, Cobb Chapel and Seven Holly and was oftentimes heard singing praises to God.

Papa was one of few people blessed to see three different centuries.

His wisdom has crossed a long span of time and is passed from generation to generation. He was a kind, loving and devoted father and grandfather. He was preceded in death by two children, Bertha L.

Frisby and Lester C. Gay; three brothers, Richard Gay a.k.a. Dudley, Andrew K. May and Willie Moore; three grandchildren, one great grandchild and one great great grandchild.

He leaves to cherish his memory, four daughters, Gladys G. Dixon (Gilbert), Selma L. Chestnut (Melvin), Doris G. Edwards (Soloman) and Melba J. Hyman (Caleb) all of Farmville, NC; two sons, James E. Gay (Brenda) of Albany, NY and Edward M. Gay (Charlotte) of Clinton, MD and a "special" son, Jesse Smith of Snow Hill, NC; thirty-four grandchildren; seventy-six great grandchildren; twenty-nine great great grandchildren; one brother, Jack Moore of New Jersey; three sisters-in-law, Lily C. Tyson (James), Hazel B. Cobb (Nathan) and Lillian B. Cobb (Jack) all of Farmville, NC and a host of nieces, nephews, cousins and friends.

"And the peace of God, which passeth all understanding, shall guard your hearts and minds through Jesus Christ." -Philippians 4:7

GREENVILLE, NC - Joseph Washington Gay, son of George Washington and Amanda King Gay, was born December 15, 1899. He was called from labor to reward at the age of one hundred four years, three months and nineteen days. Born in Pitt County, he attended Pitt County Schools. He

# The Jazzman is called Home...



Saintsville Road, died Tuesday at Pitt Memorial Hospital. The funeral was held Saturday at 1 p.m. at Phillips Brothers Mortuary, 1501 W. 14th St., Greenville, NC. The Rev. Bill Wilson, Pastor of the Lord's Table Church, will officiate the ceremony. Burial took place at the Holy Temple Church Cemetery in Greenville.

Sam was born in Port of Spain Trinidad, Mr. Alleyne, son of the late Eustas Alleyne and Ruth Sween, was a long-time resident of the West Indies, Brooklyn, NY, and Greenville, NC. He was also brother of the late Peroival Sween of Trinidad. Survivors include his wife of almost 40 years, Annie Mae Alleyne of Greenville; two children Stanton Alleyne of Goldsboro and Yvette Atleyne of Tampa, Florida, his daughter-in-law Jessica Alleyne of Goldsboro; grandson Justin

Samuel Alleyne of Goldsboro and many relatives and friends. Prior to retirement, Mr. Alleyne worked as a radio personality for WOOW, a radio station based in Greenville where he is best known for establishing and hosting an evening jazz show for a number of years. He was affectionally known as Sam the Jazz Man and his knowledge of traditional jazz music was extensive. Jazz is still played every Monday night on WOOW, a seat Sam sat in with authority. Sam also worked for more than 18 years as a shipping clerk for Sam Goody's Record Co., one of the nation's best known record retailers; in Manhattan, He had a love for sports, and spent several years on semi-professional soccer and cricket teams in Trinidad and New York. He will be missed.

Sam Alleyne caught during a relaxing moment at WOOW Radio. Jim Rouse Photo - Circa 1998

GREENVILLE, NC - Samuel William Alleyne, 75, of 1157



Picture with his wife Queenie Swinson is the Late Rev. Jimmie L. Swinson, He was a very loving and Gentle Father that provided for his family. We miss him very much. He was the pastor of Mills Chapel F.W.B. Church in Black Jack N.C.. He started preaching in an old house that our cousin the late Maggie Mills. She let him use it to start preaching in. She was the mother of the late Rev. Alonzo Mills. Then some years later we built a church. We used the last name Mills in honor of our cousin Maggie Mills. Then the church became Mills Chapel F.W.B. Church. He is survived by his wife, his Family Members, Daughter Della Swinson Roach, Sons: Jimmie Swinson, Dec. Frank Swinson, Clarence Swinson, Clifton Swinson and James Swinson.

Rev. Jimmie L. Swinson with his wife (1922-2001)

# Fashion FORECAST

Americans Want To See More Curves

(NAPS)—According to a national survey, there's a new trend in America, and it's all about curves.

The "Celebrate Your Curves" survey, which celebrates the more than 60 million curvaceous women in the United States, reveals that Americans are seeing curvaceous women in a brand new light. In fact, three-quarters of American women (73 percent) want the term "plus size" replaced with a more positive term, and the most popular suggestion was "curvaceous."

According to the survey, more than three out of five women (62 percent) believe it is time curvaceous, sexy women—such as Queen Latifah—had more prominent roles in film and TV. In fact, the majority of women find it easier to relate to curvaceous women on screen: more than half of the women surveyed (53 percent) said that seeing these women in films and on TV helps them feel better about themselves.

"Don't be afraid of the curves!" urges Queen Latifah, spokeswoman for CURVATION, a line of sensual and livable intimate apparel from VF intimates. "I am proud to be a curvaceous woman and to represent a brand that embodies the strong spirit of sexy, curvaceous women everywhere."

Women are not the only ones supporting curves; American men are, too. The survey reveals that five out of 10 American men (49 percent) think curvaceous women are sexy and two out of five (42 percent) admit they are actually more attracted to curvaceous women. Additionally, a resounding 70 percent of men say curvaceous women can be fit and healthy and two out of five say there is "nothing more natural than a curvaceous woman."



Queen Latifah celebrates her curves with a line of intimate apparel designed for sexy, curvaceous women.

"Our survey showed that curvaceous women want lingerie to make them feel sexier (42 percent), and the enormous popularity of CURVATION proves this true," says Anne Jardine, vice president and general manager of CURVATION. "We launched last year and due to the great consumer response, we have expanded distribution."

Real women with real curves were the inspiration behind the brand—intimate apparel that celebrates curvaceous women by offering them everything they want in lingerie: beauty, function and comfort at affordable prices. CURVATION bras come in an array of fashion colors offering women a variety of styles, including Back Smoothers, Side Shapers and Minimizers.

The CURVATION line is available at Wal-Mart, Kmart and ShopKo and in Canada at Wal-Mart. For more information visit [www.curvation.com](http://www.curvation.com).



**MOTHER LOVES HER SONS...** Dr. Hazel Brown takes a minute to pose with her son Attorney Derek Brown and his son as they pick up up some "soul food" at Mrs. C's Kitchen formerly the Elbert Restaurant. Derek is Congressman Frank Ballance executive legal advisor. Photo: Jim Rouse

**Why not salute your Mother for MOTHER'S DAY in The M-Voice Newspaper and WOOW Radio? For Information call Jerry Barrett at (252) 756-0365**

# The story of an Artist who help define the Music of Motown, Micheal Eric Dyson's new book Mercy, Mercy Me: The Art, Love And Demons of Marvin Gaye

NEW YORK CITY - Rarely has a musician had as great an impact on American culture as music legend Marvin Gaye.

Social critic and author Michael Eric Dyson's new book, "Mercy, Mercy Me: The Art, Love and Demons of Marvin Gaye," tells the story of the 1970s musical artist who helped define the music of Motown. Dyson, who is also a professor of African American Studies at the University of Pennsylvania, recently stopped by The Saturday Early Show studios at CBS to discuss the complex life of Gaye. He explained why the singer is still so

influential, 20 years after he was fatally shot by his own father.

The author interviewed those close to Gaye to draw a portrait of the artist and the tensions that shaped contemporary urban America: economic adversity, the drug industry, racism and the long legacy of hardship.

Read an excerpt from "Mercy, Mercy Me":

### Chapter Two "If This World Were Mine" The Politics of Soul Music

As a new decade dawned in Detroit-Motown's birthplace and the home of its most glorious creations before relocating its offices to Los Angeles in 1972 -- blacks emerged from the city's shadow of a bloody

1967 riot with the hope of finally achieving true equality.

Motown inspired African Americans to believe that hard work and true talent can be rewarded. Because it gave voice to black genius, Motown couldn't avoid being seen in racial terms. Berry Gordy was an icon of black entrepreneurial power, especially since "[i]n one could have predicted that an unskilled car-factory worker one generation removed from the cotton fields would be one of the most successful black businessmen in American history."

Motown was an extraordinarily successful black business that harvested the gifts of black artists denied opportunity in the white world.

The black freedom struggle in the sixties greatly accelerated the national embrace of Motown. As critic Suzanne Smith noted, "the civil rights movement created the environment in which broader cultural integration-as typified by Motown's wide appeal-could occur."

Still, Motown was cautious about identifying too strongly with the black revolution. Although it readily depended on its black base for support, Motown eagerly desired to produce a sound that could cross over to white audiences. The styles, themes, sounds, and behavior of its artists were carefully tailored to project an unthreatening image of black identity.

The gulf between whites and

blacks was effortlessly bridged by the rhythms pouring from Hitsville, creating a treasured sanctuary in the geography of racial harmony at 2648 West Grand Boulevard.

That didn't mean that Motown ignored the rising tide of black pride and racial consciousness. In 1963, Motown recorded Martin Luther King, Jr.'s June 23 speech before 125,000 demonstrators in a historic civil rights march in Detroit, and released it on August 28, the day King gave his legendary "I Have a Dream" address at the march on Washington.

The album, entitled The Great March to Freedom, was the company's first spoken-word recording, paving the way for Motown's spoken-word label, Black Forum, which would provide "a medium for the presentation of ideas and voices of the worldwide struggle of Black people" to

Continues on Page

## Prince joins Stellar Lineup for Essence Magazines' 10th Anniversary Music and Motivations Celebration

Music icon, Prince, along with a host of others will perform at the 10th Anniversary Celebration of the Essence Music Festival... Essence will Celebrate it's MUSIC AND MOTIVATION theme on July 2-4, 2004 in New Orleans...

NEW YORK CITY - Music icon Prince will open this year's Essence Music Festival on July 2. The legendary artist and his version of fused funk, rock, R&B and pop will electrify the audience with his many chart-busting hits, including "Purple Rain," "1999," "Raspberry Beret" and "Pop Life," along with new material from his forthcoming album Musicology.

Prince joins a stellar lineup of artists: Mary J. Blige, Missy Elliott, Gladys Knight, Maze featuring Frankie Beverly, The O'Jays, Donnie McClurkin, Tyrese, Jagged Edge, Anthony Hamilton, Millie Jackson, Kem, The Ohio Players, Freddie Jackson, Kenny Lattimore, Chanty

Moore, Solomon Burke, Little Milton, Sinbad, Ledisi and The Dazz Band. Additional artists will be announced in the coming weeks. The festival will take place over the 2004 Fourth of July weekend—July 2, 3, and 4 in New Orleans.

"The Essence family is ecstatic that Prince will join us to celebrate the tenth anniversary of our music festival," said Ed Lewis, chairman of Essence: Communications Partners. "His awe-inspiring performances, ability to fuse various music genres and bring together generations of music lovers is extraordinary." "Mark your calendar for July 2, 2004!

We will have a great evening of



music, fun and love for one another," said Prince. "In this historic year honoring Prince, we are thrilled to add the Paisley Park experience to the wonderful Essence Music Festival by offering the performance of the

greatest all-around musician, performer, singer, songwriter and producer of all time," L. Londell McMillan, Esq., representative for Prince and president The NorthStar Group.

The Essence Music Festival, known as "the party with a purpose," is the nation's largest annual African-American event and gathering of musical talent in the world. This multigenerational festival offers spiritual and financial Empowerment Seminars during the day, which are free, and 50 exciting performances at night where festivalgoers can dance and sing along with the biggest names in entertainment, rhythm and blues, classic soul, hip-hop, neo-soul and jazz, on five stages within the Louisiana Superdome.

The daily Empowerment Seminars feature renowned speakers, authors and national leaders and are held in the Ernest N. Morial Convention Center, The Convention Center is also home to the Essence Marketplace. In The Essence

Marketplace artists from throughout the country offer an array of quality arts and crafts reflective of the New Orleans tradition and the rich cultural heritage seen throughout the African Diaspora, as well as Louisiana cuisine, sponsor activities, festival souvenirs and a book fair with author book signings.

The Essence Music Festival has become a destination of choice for families and friends as they schedule their reunions.

Festivalgoers can purchase tickets at ticketmaster.com or by calling (800) 488-5252, (504) 522-5555 (New Orleans) or (225) 761-8400 (Baton Rouge). Tickets are \$35, \$45, \$55, \$75 and a very limited number in the Golden Circle section at \$125. All tickets are subject to additional service charges.

Hotel accommodations, airfare and complete festival travel packages are available through Destination Management, Inc., the festival's official tour operator, by calling (800) 762-9523 or visiting

www.BIGEASY.com/emf. For more travel information, see the March 2004 issue of ESSENCE or log on to essence.com.

The City of New Orleans, Anheuser-Busch Companies, sponsors the 2004 Essence Music Festival makers of Budweiser, Bank of America, Chevrolet, Kraft Foods, McDonald's, and Southwest Airlines, the official airline of The Essence Music Festival.

The US Army ROTC will provide scholarships and college information. Essence Festivals, LLC, produces the Essence Music Festival, in association with Festival Productions of New Orleans. Essence Festivals, LLC, is a division of Essence Communications Partners (ECP). ECP is the publisher of ESSENCE magazine, which after 34 years continues to be the preeminent lifestyle magazine of African-American women.

Paisley Park Enterprises and The NorthStar Group furnish and sponsor the services of Prince. For contact information on Prince, call L. Londell McMillan, Esq. at (212) 399-8900.

## Anita Baker begins recording her new CD



before the end of the year.

"I'm so excited," the singer told The Associated Press in an interview on Wednesday. "I do see that there is a demand for what I do, and my fans are still there."

With a deep, sensuous voice that recalled Sarah Vaughan and a classic soul sound, Baker became one of R&B's premier artists in the late '80s and early '90s with hits like "Sweet Love," "Rapture" and "Giving You the Best That I Got."

But she dropped off the music scene nearly a decade ago after releasing the album "Rhythm of Love" in 1994. At the time, Baker, who is married, had two young sons (now 10 and 11 years old); a mother suffering from Alzheimer's and a father dying of bone cancer.

"I couldn't focus on the music at all. I tried, but each time I tried, that that door was closed to me," she said. "My parents were dying, and I couldn't write."

So she took a break to take care of her family in Detroit, where she lives. Baker never considered hiring anyone to take care of her family so she could continue her career.

"She took care of me. She didn't hand me off to someone else," Baker said of her mother. "I'm really happy in retrospect that I did it that way, because she breathed her last in my arms."

Baker's father died in 1998; her mother died in 2000. After her mother's death, she felt she could pursue her career again.

"It was almost like I was given permission when she passed."

Baker had a deal a couple of years ago with Atlantic Records after being wooed by its legendary founder, Ahmet Ertegun, but an album never materialized. "I couldn't fulfill my obligations to him and I really regret that, because he's a wonderful man," she says.

Baker began touring, but she

doubted whether people would buy CDs of her smooth, adult R&B in today's marketplace.

"For the past five years I had been channel surfing and all you see is MTV and kids."

The demographics became very young. I figured I was relic and my time has passed. And I figured I had something to offer in the jazz arena," Baker said.

But when she contacted Bruce Lundvall, head of Blue Note Records, about recording a jazz album, he told her he'd be interested in an R&B

album from her as well.

"She is one of the great artists, no question about it," Lundvall told the AP. "There's not another voice out there like hers, it's instantly recognizable."

Baker has already written songs for her new album, which she says, "has the same elements of R&B, Jazz and Gospel influences throughout, because that's just me."

But Baker says she's interested in working with new artists, such as Alicia Keys or bluesy guitarist Robert Randolph, who wowed the Grammy

audience last month with his performance.

Baker says she's not going to conform to today's musical scene: "Even at the height of my career, I was always not quite with it, I was always off doing my own thing."

And she says fan response to her recent concert performances show there's still an interest in her own style.

"I didn't know that anybody would give a hoot," she laughed. "I'm pleasantly surprised."

After 10 years in musical seclusion due to family turmoil, Anita Baker is returning to the spotlight. The Grammy-winning R&B songstress has signed a deal with Blue Note Records to produce at least two albums, and expects to release her first project

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## Mercy, Mercy Me

Continue from Page 6

create a new era...[and as] a permanent record of the sound of the struggle and the sound of a new era."

Black Forum's first productions included Free Huey!, a speech by activist Stokely Carmichael in support of the imprisoned Black Panther leader Huey Newton, and Martin Luther King, Jr.'s speech, Why I

Oppose the War in Vietnam, which later won a 1970 Grammy Award. In 1970, Black Forum released Poets of the Revolution, featuring the poetry of Langston Hughes and Margaret Danner. Later it released It's Nation Time by poet-activist Amiri Baraka; Elaine Brown: Until We're Free, a collection of songs by the Black Panther leader; Black Spirits, which featured the work of figures like Baraka, Clarence Major, the Original

Last Poets, and David Henderson; Guess Who's Coming Home: Black Fighting Men Recorded Live in Vietnam, a recording based on the research of the late Wallace Terry in Southeast Asia, among black soldiers; and The Congressional Black Caucus, a recording of keynote speeches, including those of Ossie Davis and Bill Cosby, presented at the caucus's first annual banquet.

Luther King, Jr., in 1968, Berry Gordy dispatched Stevie Wonder, Gladys Knight and the Pips, the Supremes, and the Temptations, to perform at a benefit concert in Atlanta for the Poor People's March, the campaign on which the leader was working when he was murdered. Despite these significant interventions, the Black Forum label was comparatively obscure, and aside from King's efforts, its offerings

were't nearly as aggressively promoted as Motown's musical fare. Motown vigilantly separated its support for venting black struggle and its keen desire to captivate and capitalize on white America through pop music. The rigid segregation of politics and music kept Motown's enormous popularity intact. But the rise of a new black political consciousness, the flames of urban riots and rebellions, the war in Vietnam, the expansion of American protest music, the relentless appropriation of black music by white artists, the evolution of student activism, and the resurgence of progressive politics began to shape the music of some of black America's bravest artists. Many black jazz artists had already been politicized in the fifties and sixties, and the recordings of Sun Ra, John Coltrane, and members of the Association for the Advancement of Creative Musicians (AACM) showed how the line between music and social conscience could be artfully blurred.

Movement. In 1968, Mayfield more straightforwardly embraced black pride on his stirring "We're a Winner," followed in the next couple of years by such message songs as "This Is My Country" and "Choice of Colors." In 1969, Sly and the Family Stone's album Stand! ventured into socially conscious territory with songs like "Don't Call Me Nigger, Whitey" and "Everyday People." In the early seventies, they added the masterly and stylishly bleak manifesto There's a Riot Goin' On.

Motown slowly came around. Stevie Wonder was the first Motown artist to nod to politics on a single when in 1966 he released a well received version of Bob Dylan's "Blowin' in the Wind." He followed it later that year with the similarly themed "A Place in the Sun" on his album Down to Earth, which was the first Motown album cover to depict a ghetto landscape.

Despite these recordings, the songs failed to ignite a trend of socially conscious music at Motown. In 1968, the tide turned with the release of the Supremes' "Love Child," a song that probes the plight of unwed teen mothers. "Love Child" leaped to the number one position on the pop charts and became the biggest hit of the Supremes' career. With the commercial appeal of socially relevant soul music established, Motown waded a bit further into these waters under the innovative guidance of Norman Whitfield, who was, according to one critic, an architect of the "ghetto sound" that speaks directly "to the concerns of inner-city blacks."

The work of Nina Simone ("Mississippi Goddam"), Les McCann and Eddie Harris ("Compared to What"), Julian "Cannonball" Adderley ("The Price You Got to Pay to Be Free") and Eugene McDaniel (Headless Heroes of the Apocalypse) proved that the black aesthetic and the black politic could be one. Curtis Mayfield defined the gospel-drenched Chicago sound with music of haunting eloquence and lyrics that touched the soul of black struggle. His work with the Impressions produced not only elegant romantic ballads, but edifying songs of racial pride. In the mid-sixties, Mayfield wrote socially uplifting tunes such as "Keep on Pushing," and "People Get Ready." While not explicitly political anthems, these songs nevertheless brought inspiration to the civil rights

movement. Excerpted from "Mercy, Mercy Me," by Michael Eric Dyson. Copyright © 2004 Excerpted by permission of Perseus Books Group. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher.

## Greenville Children's Author Pansie Hart Flood invites you to read her children's book



GREENVILLE, NC - If the walls in Pansie Hart Flood's classroom could talk, they'd talk about writing.

Children's Author Pansie Hart Flood is rapidly gaining national recognition in academic circles but here in Greenville as an AP Kim Gizzard noted it you won't find a copy in of her two previous children's books in the class room here although 'Sylvia & Miz Lula Maye' which has been published in several languages and has become required reading in Philadelphia schools.

'Sylvia & Miz Lula Maye' is based on her experiences and memories of her grandmother who lived to be 107 years old.

Originally hailing from Wilmington, NC, Flood, an East Carolina University graduate, said

she didn't start out to become a children's author. She was just writing some stories about her grandmother when she started reflecting on her relationship with her five years ago. "Sylvia & Miz Lula Maye" is a literary composite of those experiences.

Her second book, "The Secret Hole" is scheduled to be released in the fall, but her third book, "It's Test Day For Tiger Turcote" release recently represents one of the several projects she meticulously labored over and during this process, she is becoming a recognized children author

Another member of her family her son, Joey, inspires her character, Tiger. Flood began creating this multicultural character after seeing her son's disappointment upon discovering that his favorite "Little Bill" books were all checked out at

the local public library.

In this series, she has already completed two other books on this character, Tiger Turcote, who is depicted as a rambunctious second-grader of Meherin Indian, African American and Hispanic descent. In this book, Tiger runs into a dilemma when upon beginning to take the required end of the year test he finds himself perplexed when he has to define his heritage.

Ms. Flood pictured on the left with her children, has been a teacher for the past 15 years, and currently works at E.B Aycock Junior High here in Greenville. With two books already completed her work continues to receive good reviews. The book is wonderfully illustrated by Amy Wummer and is published by Carolrhoda Books.

## WOOW-AM and The Lawrence Turner Show bring exciting youth golf initiative to Pitt County

GREENVILLE, NC - Plans are currently well under to host the 1st Annual 2004 CHAMPIONS FOR KIDS PRO - AM GOLF CLASSIC at Ironwood Golf Club Highway 43, Greenville, North Carolina at 10:00am on July 6th, 2004.

Turner, who is the founder of "Champion For Kid (CFK); is a new member of the WOOW family and is responsible for marketing and sales development at the station.

The mission of The Lawrence Turner Show is to build a diversity of listeners to enhance community development, to encourage mutual accountability, and to strengthen citizen participation and cooperation in Greenville-Pitt County, North Carolina.

Champions for Kids, Inc. is a non-profit organization dedicated to promoting and supporting educational and sports programs for disadvantaged youths ages 8-14. This unique program



approach that connects sports and education.

Teen pregnancy, drugs, youth violence and illiteracy are some of the major challenges threatening our youth. Since 1993, CFK has provided once-in-a-lifetime opportunities for boys and girls in North Carolina to attend the 1995 Senior Open, 1996 US Women's Open; 1999 US Open. CFK youth have met and been taught by golf greats—like Tiger Woods, golf Hall of Famer, Kathy Whitworth, Patty Berg, Calvin Pete, Peggy Kirk Bell, Lee Trevino, Jim Thorpe, and a many other sports Hall of Fame members.

Station owner, Jim Rouse and Turner began work on the upcoming event in late December and kicked-off the Lawrence Turner Show on March 8th, 2004

The Lawrence Turner Show is a lively interactive radio magazine program featuring celebrity personalities,

prominent business and community leaders, and local citizens who contribute to the quality of life locally, regionally and nationally.

The program examines emerging issues that are critical to the well being of our community such as, health; education; economic trends; travel, leisure and recreation; government; and arts and entertainment, such as Essence Magazine Editorial Director and motivational speaker, Susan Taylor, National Public Radio Senior Correspondent and best selling author, Jaun Williams, Educator and civil rights pioneer, Dr. E.J. Josey, prominent business owner and PGA Golf Professional, Gordon Fulp of Gordon's Golf & Ski and Angel Savage, Executive Director, Youth Today, Inc.

This premier program is an hour-long information exchange that airs on Mondays and Thursdays from 10:30am to 11:30am.

**DON'T FORGET**  
The Pitt County Chapter of the NAACP will hold their Annual Banquet Friday - April 23rd at the South Central High School in Greenville....

## Books Worth Reading

**Surviving In Blue Suburbia** (NAPS)—From page one, *Blue Suburbia* (Perennial, \$12.95) is a searing, intimate and compellingly readable memoir. A page turner—and yet it is written entirely in verse. From the blue-collar suburbs

of Long Island, to the book-lined offices of New York; from the center of childhood despair to the brink of breakdown; from the pain of abusive relationships, to the urgency of true love, author Laurie Lico Albanese engages readers in her tale of struggle and self-discovery.

Immediate and heartbreaking, *Blue Suburbia* can be compared to such recent works as *Breaking Clean* by Judy Blunt; *Ilene Becker's Love, Loss and What I Wore*; Hilary Liftin's *Candy and Me* and *A Girl Named Zippy* by Haven Kimmel.

In *Blue Suburbia*, misery gives way to rebellion; rebellion to loss; loss to loneliness; loneliness to love; love to self-discovery. From childhood to parenthood, readers cheer Albanese as she finds the family happiness she craved as a child.



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# From The Desk of Ms. Beatrice Maye

diligence - are evident in the homes of many non-Christians.

Ultimately, the one thing that makes a Christian home Christian is the centrality of Jesus Christ, but let's consider another level of his or her world: Your church. The church is an extension of the home. In other words, a child's spiritual training begins at home and the purpose of the church is to affirm that training. Remember, a parent should never look to the church as the primary spiritual teacher of the child. That is the job of the parent. The church provides your child with (one hopes) like-minded friends. It gives the parent a group of (one hopes) like-minded peers for counsel and support.

The church under girds the

spiritual teaching of parents through its ministry, Sunday school teachers and youth leaders, ask well as providing encouragement for all believers to worship the Lord. We cannot find this life-refreshing message anywhere else. This is why the Scriptures insist that we "not give up meeting together" (Hebrews 10:25). It will do your child no good to hear you criticizing the church leadership - or even the Sunday sermon. There are few things a child needs more than to know that the relationships around him are in harmony with one another.

Dr. Laura Schlesinger, Radio-talk-show host and psychotherapist said in her book THE PROPER CARE & FEEDING OF

HUSBANDS - "I've got to tell you how remarkably time and sad it is that so many women struggle to hold on to some jerk, keep giving an abusive or philandering man yet another chance, have unprotected sex with some guy while barely knowing his last name, agree to shack up and risk making babies with some opportunist or loser, all in a pathetic version of a pursuit for love, but will resent the h\_out of treating a decent, hardworking, caring husband with the thoughtfulness, attention, respect, and affection he needs to be content. It boggles my mind".

### Advice to Women

"If you can't accentuate the positive, at least acknowledge it. The world is full of messages to men that there are

standards we don't meet. There is always another man who is more handsome, more virile, or more athletic than we are. None of that matters if the most important person in our life looks up to us, accepts us as we are, and loves us even though we aren't perfect.

Maybe there is a part of the small boy that never leaves the grown man. I don't know all I know is that the husband who has a wife who supports him and praises him for the positive things he does is the envy of all the other men who have to live with criticism, sarcasm, and constant reminders of their failures.

### No-Dad Disaster

According to facts and figures published in the Kansas City Star

(10/26/96), children from fatherless family home are:

- ▶ 5 times more likely to commit suicide
- ▶ 32 times more likely to run away from home
- ▶ 20 times more likely to have behavioral disorders
- ▶ 14 times more likely to commit rape
- ▶ 9 times more likely to drop out of school
- ▶ 10 times more likely to abuse chemical substances
- ▶ 9 times more likely to end up in a state-operated institution
- ▶ 10 times more likely to end up in prison

## Local educator and author releases new book of experiences



Nell Lewis (2nd from left), with friends and daughter at a book signing at Graceway Christian Bookstore in Greenville

This book is written especially to inspire the power of perseverance: post-Civil Rights generations as well as to encourage others as they navigate through life from one challenge to another.

Readers will get a personal glimpse of moments of inspiration in the author's life that has anchored her unshakable faith in an ever-present God!

The reader is sure to catch the author's contagious enthusiasm for living life's eternal quality in everyday situations.

The author who's work has been well received by the public has recently been busy with book signings first debuting her work at the Grace Way Christian Bookstores in Greenville and Williamston, NC; and at the Christian Resource Center in Rocky Mount, NC.

In explaining the overall philosophy of her book, the author said, "If we don't willingly embrace our common humanity, we will be forced to in a moment of common helplessness."

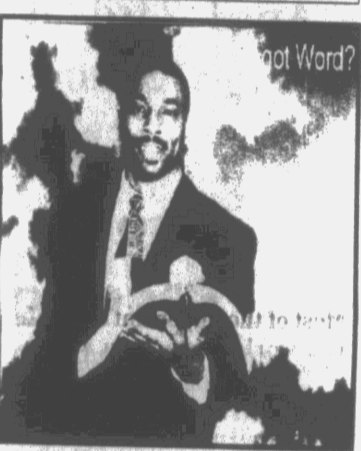
The King James Version of Leviticus 18:22 reads: "Thou shalt not lie with mankind as with womankind. It is abomination." 20:13 reads: "If a man also lie with mankind as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death." The Living Bible in I Corinthians 1-10 reads, "Yes, these laws are made to identify as sinners all who are immoral and impure: homosexuals, kidnappers, liars and all others who do things that contradict the glorious Good News of our blessed God whose messenger I am."

King James in Romans 1:27 reads: "And likewise as the men, leaving the natural use of the woman, burned in their lust one toward another."

1:28 "God gave them over to a reprobate mind; to do those things which are not convenient."

GREENVILLE, NC - Nell Lewis, prominent educator and community organizer/activist has just released her book entitled, 1 DAY AND 3 HOURS.

## Got Word...! with John Anderson



**IT'S AN ABOMINATION**  
News articles and headlines are desirous for truth but end up being biased for reprobrates. Read the papers and magazines concerning the church and you can see Satan behind the scenes laughing at the organization and administrations that bear the name of Christ. I was online and caught this: "U.S. Episcopal leaders spoke, prayed, and then cast ballots to approve the church's first openly gay bishop."

"To show you just how absurd these church leaders are, we will give you proof of references from both the Old and New Testaments of the Bible. Examine these scriptures and then decide for yourselves. Keep in mind that whatever you judge must be done so with a level head and a memory filled with the Word of God.

## Reflections, Expression and Reviews with Suetette Jones



Brains, Brawn, Appearance, Aptitude, Ability, Affluence, Pleasure, Prominence, Possessions and Power. If these are our values, we are in trouble and regardless of how they are described, they are superficial, short-lived and misleading. Our net worth is not equal to the sum total of our appearances, our abilities and our affluence.

It's a lousy lie that convinces us to feel bad about ourselves because we don't compare well with others when it comes beauty, brains, bucks or brawn. It's a lie of unbelievable proportions that cause us to think that real value is found in a handsome face, a well-dressed body, a quick mind or a fat bank account.

Yet the children of the world are nurtured or neglected, pampered or put off, largely on the basis of bone structure and fat deposits of their bodies, the alertness of their minds, or the social status of their parents. Children are raised to feel good or bad about themselves

depending on how they fit into the selfish, ever-changing mold of the world around them.

Does this mean we should always despise these other values? No, they have their place. We need to cultivate and appreciate wealth, appearance, ability and influence whenever higher values show us that it is appropriate to do so. We need to do the best we can with what the Lord has given us. Being a well-groomed color-coordinated person has its place. And in a limited sense, this can help us feel better about ourselves.

But when it comes to the real basis of self-esteem, we need to build on the truth of what the Lord said to the prophet Samuel while showing him the next king of Israel. Of one 'hot prospect' the Lord said: "Do not look at his appearance or at the height of his stature, because I have refused him. For the Lord does not see as man sees: for man looks at the outward appearance, but the Lord looks at the heart (1 Samuel 16:7)."

**The Values By Which We See Ourselves**  
Our natural inclination is to think that our well-being and ability to feel good about ourselves lies in values variously described as: Beauty, Bucks,

## Lifeline: Edification Of A New Generation by Faith May

Why Teens Rebel: Part 2 The Vanishing Homemaker



parents who separate. 6 will be born to parents of whom one will die before the child reaches 18. That leaves 13 kids who will reach age 18 having two parents with their marriage intact.

That was only 47 years ago. Such families virtually evaporated-within a single generation. By the 1970's both parents worked in 50 percent of families with school-age children. In 1986, 1955-family model made up only 7 percent of our homes. Today, three of four moms with school-age kids have left home to join the workforce.

Sociologists studying this trend plainly state how this change has affected the lives of today's teens.

"The Carnegie Corporation points out that 30 percent of eighth graders are on their own after school, some as long as five hours a day, which gives them much more private, personal space than their postwar predecessors ever enjoyed. Seventy-five percent of sexually active teenagers cite their home (or their boyfriend's home) as their usual meeting place, since the coast is inevitably clear. 'Unsupervised time after school,' the Washington Post reported in 1992, 'is the most common occasion for adolescents to have sexual intercourse, often at a

boy's house while his parents are at work" (Grace Pallidino, Teenagers: An American History).

When teenagers spend a full day at school packed in with other teenagers, and then spend most of their spare time either alone or in completely unsupervised social situations with other teenagers, there are bound to be problems. Again, God has given us plain instruction that largely goes unheeded: "The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame" (Prov.29:15). Later we'll go deeper into the instruction contained in that verse.

Parents have traditionally been very present in their children's daily lives. It hasn't been until recently that teens have been, in many cases and for a lot of the time cut loose. What unhappy results this self-governance has yielded.

"And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." Deuteronomy 6:6-7 Resource: The Philadelphia Trumpet-July 2002

## NUTRITION NEWS

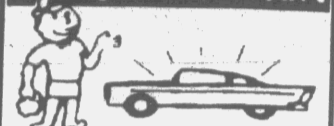
Once-A-Day Dose For Lactose Intolerance (NAPSA)-There's good news for people living with lactose intolerance. A new once-a-day dietary supplement is now available for people who have problems digesting dairy products. The supplement is said to provide 24-hour protection, allowing lactose intolerant sufferers to eat as much dairy as they want, whenever they want-It's also safe for children and, taken daily, can help ease the symptoms of lactose intolerance during school and after school activities. Digestive Advantage is said to be the only over-the-counter product of its kind that is clinically tested and



offers a money back guarantee. The patented supplement, manufactured by Geneden Biotech, is a formulation of enzymes and bacteria that are missing from the digestive systems of individuals who are lactose intolerant, and are necessary for the digestion of many other foods such as; fruit, meat and bread. To learn more; and to obtain a free sample, visit the Web site at [www.genedenbiotech.com](http://www.genedenbiotech.com); or call

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# Genetic engineering is the next doping threat

By Patricia Reaney  
**LONDON** - Back in the depths of time athletes used ginseng, opium and steroids from sheep testicles to enhance their performance. Anabolic steroids made their debut in sport in the 1940s and 50s and chemical agents followed. Now the big fear is that advances in biotechnology and gene therapy could result in genetically modified athletes with the bodies of Greek gods and the prowess of Superman overwhelming ordinary mortals at the future Olympics. Gene therapy, to treat or prevent disease, has not developed with the speed scientists had initially hoped but it is moving forward and it could be just a matter of time before it infiltrates sport.

"If the science develops and the regulatory and ethical frameworks are not properly established, I think there is a danger. We've seen it with the use of drugs that were developed for therapeutic purposes," said Dick Pound, president of the Montreal-based World Anti-Doping Agency (WADA). "The science could probably be misapplied." Genetic doping is unlikely to be an issue at the Athens Olympics in August or the Turin Winter Games & 2006, but it could be a problem come Beijing in 2008. "It's a realistic problem which we may have to face, but not today," said Dr. Bengt Saltin, director of the Center for Muscle Research at if Copenhagen University and a

member of the International Olympic Committee (IOC) science committee. "The Beijing Olympics would be the earliest possible occasion." **DOPING SCANDAL** Researchers have identified the gene for erythropoietin, or EPO, which stimulates the production of red blood cells — important for endurance sports such as the marathon and cycling. Synthetic EPO, which is used to treat anemia and is banned by the IOC, was at the center of a doping scandal that rocked the Tour de France cycling classic in 1998. Scientists have already injected bits of the EPO gene, using a weakened virus, into the leg muscles of monkeys in research that may one

day help kidney patients awaiting an organ transplant to maintain a steady supply of red blood cells. "There were quite positive results but they can't control it enough," Saltin said, referring to the research. "When they find the control of the gene then they will definitely use it on kidney patients and I don't think the road to the sporting world is very far." One of the chief doping problems for sport is anabolic steroids. Androstenedione, nandrolone and stanozolol bulk up muscle mass and increase strength. "In so many sports the muscle mass and the strength is the critical factor," said Saltin. Steroids are non-specific and as researchers learn more about local growth factors, improving individual muscles with injections or genetic modification could become a possibility. "There is very good research in the field because there are muscular dystrophy patients with selective loss of muscles. If you could find how to counteract that with these local factors it will help many patients around the world," Saltin said. **GENE TRANSFER** Dr. Lee Sweeney of the University of Pennsylvania and his team have already coaxed muscles in

mouse to grow up to 30 percent stronger. They injected mice with a growth gene known insulin-like growth factor I (IGF-I). The prospects are high that muscle-directed gene transfer will be used for performance enhancement," Sweeney told a science conference where he presented the research. At the moment, scientists believe genetic engineering is too dangerous and too little is known about the technology and its impact to pose an immediate problem. However, they believe it could just be a matter of time before it reaches sport. In the meantime, WADA plans to keep up with the advances in the technology and with people likely to bend the rules. "In the case of drugs, I think the genie was allowed to get out of the bottle early on, before people realized what the full implications would be and before the science got developed to the point where you could detect these sort of things," said Pound. Saltin believes doping control have never been as good and this trend will continue. "We have seen through the years that there are always people willing to use their knowledge, experience and technology to improve the athlete's performance. If those people were not around the problem would be so much easier to handle," he said.

## SPORTS HEROES

### Bearing Joint Pain

(NAPS)—NFL Hall-of-Famer Dick Butkus knows about bad knees. His took a pounding over nine seasons with the Chicago Bears, and—just like many of America's nearly 70 million baby



Football great Dick Butkus.

boomers, seniors and professional athletes who suffer from some form of arthritis or joint inflammation—he sought relief from countless prescription and over-the-counter medications.

And kept right on seeking it for what seemed like forever.

Fortunately, studies show Glucosamine and Chondroitin can renew cartilage, reduce joint stiffness, improve joint mobility and ease everyday pain. The most widely recommended strengths can be found in one convenient two-caplet dose in ARTHx Triple Strength soft<sup>®</sup> gelscaps, which are all-natural, pharmaceutical-grade nutritional supplements.

"There are many products out there," says Butkus, "but ARTHx is the only thing I've found that eases the pain—the only product of its kind I can trust."

Steven Schulman, M.D., a board-certified physician specializing in pain management, explains, "ARTHx slows progression of arthritis and can relieve discomfort without the stomach, kidney and bleeding side effects associated with the ibuprofen class of drugs."

It's available at Walgreens, Duane Reade, CVS, Rite Aid and other pharmacies. Learn more at 800-229-0110 or www.arthx.com.

\*\*\*  
 Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

—Dale Carnegie  
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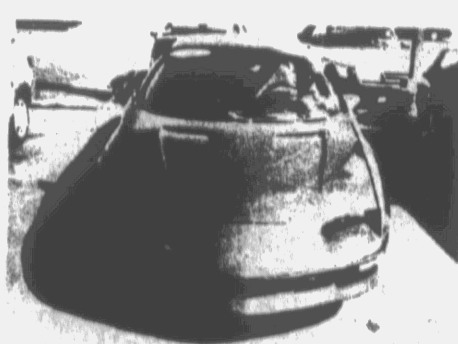
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# Beware of car loan discrimination

By Carolyn M. Brown

For years, Black car buyers have alleged that we pay more for auto loans than similarly situated white buyers. And after years of these claims being dismissed, more than half a dozen class action suits have been filed against several automobile finance companies for these same accusations — Black car buyers are finally getting their day in court.

General Motors Acceptance Corp., the nation's second largest auto lender, recently agreed to settle a six-year-old class-action lawsuit that accused the company of allowing dealers to improperly raise interest rates for African American and Hispanic car buyers. GM is the second automaker to settle a class-action lawsuit alleging discriminatory lending practices. Nissan agreed to change its lending practices in a settlement reached last year. The National Consumer Law Center has similar lawsuits pending against dealer finance companies including Ford Motor Credit, Toyota Motor Credit, Chrysler Financial and a Honda Financial.

Finance markup charges follow industry wide practice that impacts one in four buyers of new and used cars, according to the Consumer Federation of America. GMAC and Ford Credit Motor Corp., the top two auto lenders, account for 44% of US auto lending. And they charge their customers hundreds of millions of dollars annually in markup charges.

Here's how hidden markups work. Let's say you purchase a car and arrange financing through the dealer. Based on credit history and income you may qualify for a rate of 8.5%, but the dealer may tell you the loan will cost 11.5% interest a year. So, if you were to receive a \$26463 auto loan with a 72-month term at an 8.5% buy rate and an 11.5% loan rate, the total cost to you would be \$36,339.45. The kickback to the dealer from the markup is \$2,849.67.

You are led to believe that you are receiving a rate based on your creditworthiness. But instead you pay a markup rate on your auto loan determined arbitrarily by the dealer and encouraged by the lender. Car buyer's

wife the exact same credit rating could walk away with drastically different financing deals.

Every dealer has relationships with dozens of different lenders including banks, credit unions and independent finance companies, as well as the financing arms of major auto manufacturers such as GMAC and FCMC. Markups allow dealers to be compensated for arranging car loans.

Dealer mark-ups are legal but have come under increased scrutiny from consumer advocates, who say the subjective rate increases are used disproportionately against African American car buyers, Hispanics, and people with limited education and those with bad credit.

For instance, researchers found from January 1999 through April 2003, African Americans accounted for 8.5% of GMAC's customer base but paid 19.99% of auto loan markups, or \$83.9 million. On average, Black consumers were paying \$412 more per car loan.

Roughly 30.9% of white FMCC customers received markups,

compared to 48.5% of African Americans; Black buyers paid more than twice what whites did; \$684 versus \$337, a difference of about \$347. In the worst examples of the markup, research shows some buyers were paying more than \$5,000 over the life of the loan. White the industry average is 3%, some dealers bump up interest rates as much as eight to ten points above the approved rate.

One of the best things about the GMAC class-action settlement is that it is likely to bring about industry-wide reform in auto finance markup charges. Other dealers and lenders may be forced to disclose more about how dealerships nationwide handle car loans. "The GMAC agreement represents great progress in lowering the cost and improving the fairness of dealer-arranged auto loans," says Stephen Brobeck, executive director of the Consumer Federation of America. Others agreed.

As part of the settlement, a GM imposed a 2.5% markup cap on loans up to 60 months and a 2% markup on cap for extended terms. The

automotive giant agreed to launch a Diversity Marketing Initiative, which will include offering no-markup loans over the next five years to at least 1.25 million qualified minority buyers. The program mirrors one that Nissan Motor Acceptance Corp. is implementing under a settlement reached last year in a similar lawsuit. GM also agreed to contribute \$1.6 million toward finance literacy programs aimed at educating and assisting consumers. GMAC will change its contracts to disclose prominently that a "customer's interest rate may be negotiable with the seller" and that a dealer has the right to "receive a part of the finance charge."

GM will not have to pay any punitive damages. So none of the 128,999 Black consumers who were over-charged will receive a dime. However, future GMAC customers will benefit by receiving a lower rate on their loans, and minority buyers who take advantage of the special rate financing will save an estimated \$60 million annually.

Experts say you can avoid being a victim of finance markup charges at the car dealers by doing the following:

1. Order a copy of your credit report and correct any errors a few months before shopping for a car.
2. Shop around for auto financing. You have a say in the matter.
3. After selecting a model, call your bank or credit union before seeking auto financing from a car dealer, and compare it to the dealers quote. Bankrate.com lists national averages for car loans as well as rates available in local markets nationwide.
4. Check out alternatives, such as online loans. PeopleFirst.com and E-Loan are among the lenders offering loans online.
5. Consider arriving at the dealership with approved financing in hand. This way you will have more negotiation power when the dealer quotes you a markup interest rate.
6. Review closely incentives such as

the dealer offering zero percent financing. Note dealers will not give consumers a rebate on the sale price.

7. Ask your bank or credit union whether it makes sense to take the rebate and finance the purchase at the regular rate, then compare their calculations with those of the dealer.

8. It's essential that you as the car buyer, not the dealer, place the telephone call to your financial institution.

The best advice is that future car buyers do their homework. If you walk

## Bipolar

people thought you were not your normal self or you were so hyper that

- ...you got into trouble?
- ...you were so irritable that you shouted at people or started fights or arguments?
- ...you felt much more self-confident than usual?
- ...you got much less sleep than usual and found you didn't really miss it?
- ...you were much more talkative or spoke much faster than usual?
- ...thoughts raced through your head or you couldn't slow your mind down?
- ...you were so easily distracted by things around you that you had trouble concentrating or staying on track?
- ...you had much more energy than usual?
- ...you were much more active or did many more things than usual?
- ...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
- ...you were much more interested in sex than usual?
- ...you did things that were unusual for you or that other people might have thought were excessive, foolish or risky?
- ...spending money got you or your family into trouble?

1. If you answered, "Yes" to more than one of the above, have several of these ever happened during the same period

Continues on Pg. 14



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# Your Money Really Matters "Managing Your Credit"

By Michael G. Shinn

In today's society, the importance of credit is analogous to the life giving value of water. Water is critical for human survival and credit is critical for financial survival. It is almost impossible to rent a car, hotel room or purchase anything on the Internet without a credit card. However, just like insufficient water leads to dehydration and excess water can lead to drowning, too little credit can hinder a person's financial growth, while the overuse of credit can possibly lead to financial ruin. Managing your credit is an important part of successful financial planning.

How can you manage your credit to your advantage?

### How Much Credit?

As a general rule, credit payments not counting your home mortgage, should not exceed 15-20 percent of your monthly take home pay. As an example, a family with \$4,000 per month take home pay should not have credit payments exceeding \$600 per month. This would include car payments, installment loans, student loans, credit cards and etc. Look at your last three months bill payments. Did credit payments exceed the 15-20% level? If so, sit down and put together

a plan to reduce your debt below this level over the next twelve months.

**Two Credit Cards**  
The average American family has eight credit cards and \$8,000 in credit card debt! The eight credit cards are generally a combination of bank, department store and oil company "credit cards." As an alternative and to simplify life, consider having only two National credit cards from a combination of MasterCard, Visa, American Express or Discover. One card would be best, but there are instances where a merchant won't accept a certain brand card or the card will not work

in the card machine when you need it most.

If you have a business, for expense tracking purposes, consider having a credit card that is used solely for expenses directly related to the business. How many open credit card accounts does your family have?

**Choose Your Credit Cards Wisely**  
Most credit cards are obtained either through an unsolicited offer in the mail, a purchase discount offer at a local department store or through a promotion, such as a free hat or tee-shirt in an airport or an athletic event. People sign up, use the card and are "literally hooked." There is

little concern given for the need and use of the card and its terms and conditions. A free tee-shirt can lead to debt obligations, with interest rates at 18-24%! A little research at the local library or on the Internet can lead to credit cards with reasonable interest rates, low annual fees and reasonable terms and conditions. How did you obtain your current credit cards?

### Check Your Credit Report

There are several important reasons to check your credit report and credit score, at least annually. First, checking your report will give you the same information that is being provided to your current or future creditors. Second you can check for errors or obsolete information. Finally, by knowing your credit history and score, if necessary, you can plan on how to

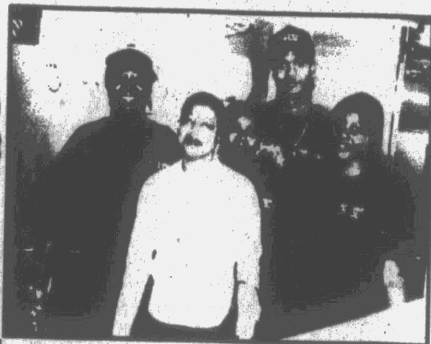
make improvements.

According to a 1998 study by the Public Interest Research Group, 29% of the credit reports surveyed had serious errors that could result in credit denial, 71% contained other mistakes and errors and 20% were missing existing credit and loan accounts. There are three major credit-reporting bureaus. You can write to each individually and purchase a copy of your report for \$8.50 or use an online source, such as [www.qspace.com](http://www.qspace.com). This website provides all three of the major credit reports, in an easily comprehensible format, for a small fee.

The availability and capacity to use credit is an important element in achieving financial success. With some effort and knowledge, you can successfully manage your credit and make it work for you.

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## HEALTHY IDEAS

(NAPS)—The latest skin technology has created moisturizers that not only help heal dry skin, but can deliver these benefits and last for at least 24 hours. For example, St. Ives skin care brand just launched 24 Hour Moisture, a new lotion that not only replenishes moisture to the skin but actually retains it all day. The lotion contains a patented Hydratein™ Protein Complex that hydrates dry, flaky skin by retaining moisture. Hydratein is a blend of proteins and amino acids positively charged to bond to damaged skin.

To help their patients save money, more and more doctors are prescribing generic rather than brand name drugs. To help themselves avoid confusion, many of these patients are turning to a new guide book that provides up-to-the-minute, easy-to-understand information and cost comparisons for more than 500 medications. Called *Generic Alternatives to Prescription Drugs* (Basic Health



Publications, \$7.99) it's by a licensed pharmacist and board-certified nutrition support pharmacist, Diane Nitzki-George, R.Ph., MBA, BCNSP. You can find the guide at local book and health food stores or by calling 1-800-575-8890.

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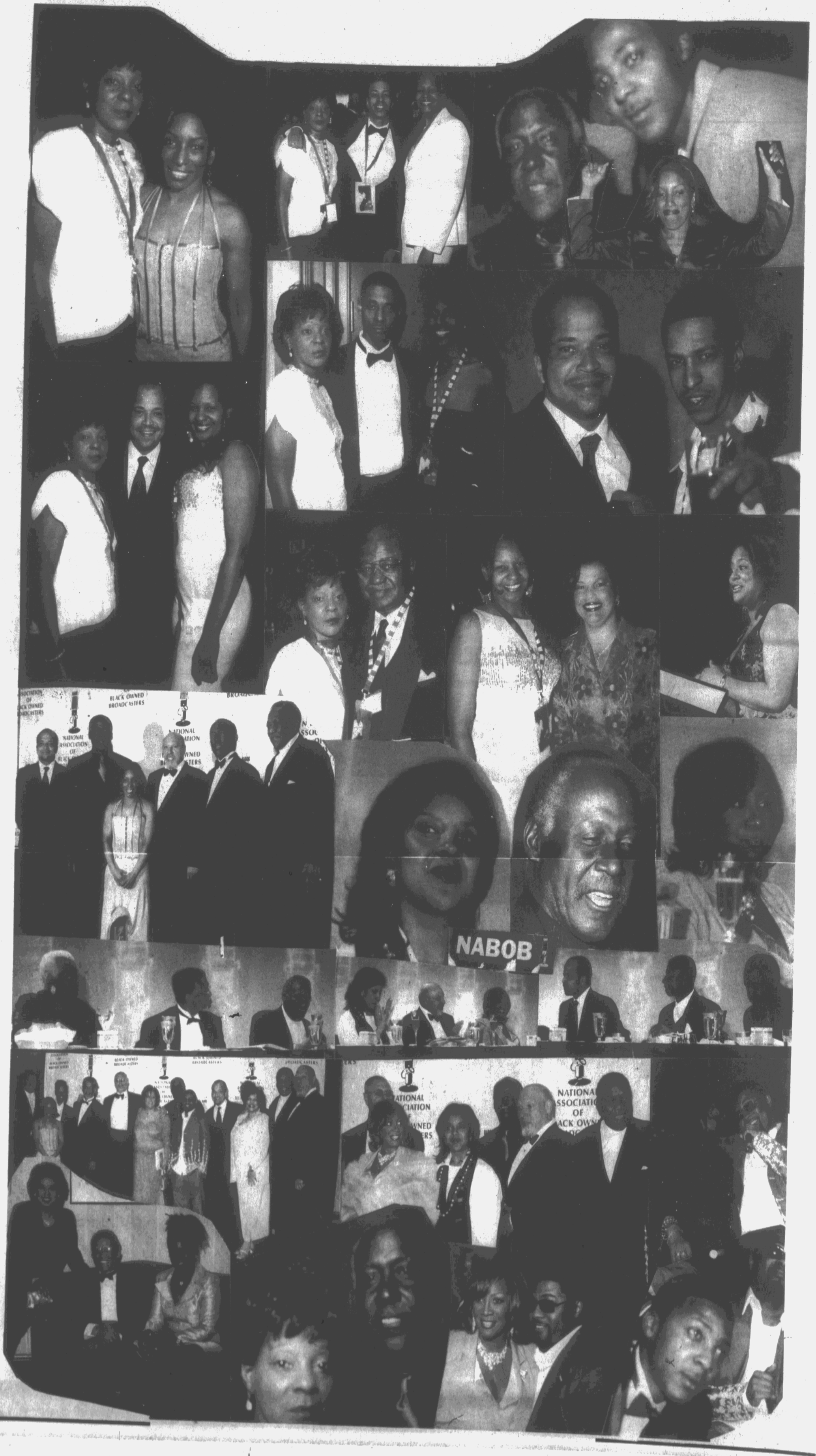


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Let us consider that we are all partially insane. It will explain us to each other; it will unriddle many riddles; it will make clear and simple many things which are involved in haunting and harassing difficulties and obscurities now.

—Mark Twain

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# MOTHER'S DAY GIFT IDEAS

## Mother's Day-Many Say It With Jewelry

Mother's Day-Many Say It With Jewelry(NAPSA)-Since 1914, the second Sunday in May has been set aside to pay homage to a very special person-mom. In 90 years, the question has come up more than once, "What do we get for mom that says how much we care?" Mom loves the pretty pictures and plaster handprints created with love over the years, but it's the gift she can wear everyday that tops the list of most enjoyed-the gift of family jewelry. In a recent survey conducted by Namesake, one of the nation's leading manufacturers and suppliers of commemorative jewelry, more than 60 percent of mother's included in the survey indicated they wanted or had received family jewelry to commemorate Mother's Day. Namesake Jewelry is available

exclusively at Wal-Mart stores and walmart.com. Namesake joined forces with Wal-Mart, America's largest retailer to create a new, spectacular addition to the family jewelry collection. The Eternal Bouquet ring, available in time for Mother's Day 2004, offers up to four, six-stone flowerets fashioned from each child's birthstone in genuine or simulated gemstones, along with the child's name engraved in a fancy script. Two ribbons of diamonds add sparkle to the ring that mom can wear with pride. Families can customize this piece of collectible jewelry-inscribed with "2004" on the inside of the ring-with hundreds of stone and name combinations. The Namesake Eternal Bouquet ring uniquely expresses the loving connection only moms have to their families.



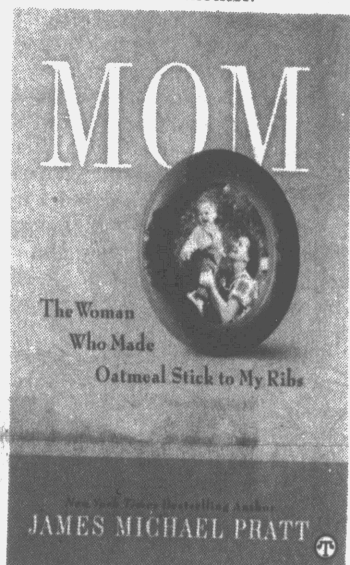
**GEMSTONES ARE A MOM'S BEST FRIEND-The next bouquet mom receives may be a bouquet of her children's birthstones in genuine or synthetic gemstones.**

Of course, she can always show that connection by carrying around those plaster handprints in her handbag for all to see! Namesake is a cornerstone brand of American Achievement Corporation (AAC), parent company of well-known brands such as ArtCarved(r), Balfour(r), Keepsake(r), the leading providers of products that forever mark the special moments of people's lives. Wal-Mart, Inc. operates more than 2,870 discount stores, Supercenters and neighborhood markets nationwide.

### BOOK NEWS & NOTES

#### In Praise Of Mom

(NAPS)—A new book can be an inspiration to anyone who's ever been—or had—a mother.



A nostalgic tribute to mothers and all they teach, *Mom The Woman Who Made Oatmeal Stick To My Ribs*, is a delightful read.

*Mom The Woman Who Made Oatmeal Stick To My Ribs* by New York Times best-selling author James Michael Pratt (Shadow Mountain, \$15.95), pays tribute to those unsung heroines.

Pratt's nostalgic reflections on his own upbringing half a century ago will resound with readers everywhere who remember "mom's taxi service," who were encouraged to clean their plates because of "starving children" elsewhere; or who have felt the warmth that fills a home when mom is there. He recalls the values taught from the lips and laps of caring mothers and reminds us that mothers make the world go round.

The book makes a great gift for Mother's Day, anniversaries, holidays and birthdays (you can give it to your mother on *your* birthday) or on no occasion at all. It's available at most bookstores, amazon.com, barnesandnoble.com and shadowmountain.com.

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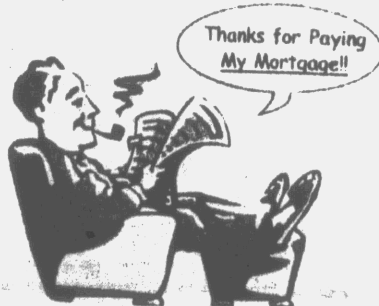
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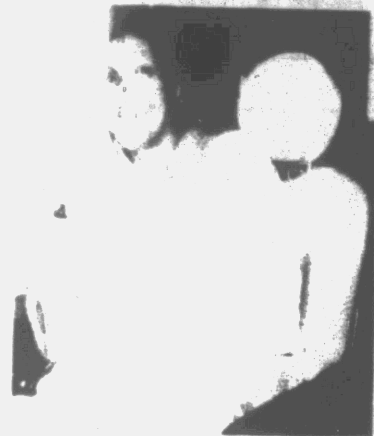
[www.CFNC.org/Savings](http://www.CFNC.org/Savings)

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# The Story of a Grateful Recovering Addict A Journey From Bondage



Sharon Green Cowart

GREENVILLE - First of all I would like to say that this is a story of concern and the need to reach to the citizens of Greenville. This concern comes from my own journey, which will be a never ending one. This story is for those who have a desire to follow this path.

The concept of "A Journey from Bondage" stems from the many journeys taken by people such as Harriet Tubman and the African American Negroes and Moses and the Israelites. All of these journeys came about for freedom. The only difference in their bondage and the bondage of the people in this story is that their chains were visible and ours is a silent disease. "The Disease of Addiction", the cause of many chains of bondage. I now invite you to go on my "Journey" from The Bondage of the disease of addiction.

I would like to go back to the age of 13 when my dad died. That's when I took my first drink and used my first drug. The loss was more than I could bear. I did not know how to rid myself of the pain and the grief. As I progressed in life so did my disease of addiction.

I would like to reach back to the age of 13 when my dad died. That's when I took my first drink and used my first drug. The loss was more than I could bear and I didn't know

how to rid myself of the pain and grief as my life progressed, so did my disease of addiction.

Five years later I had a 9 month reprieve from my addiction. I was blessed with a healthy boy. Now with the challenge of a husband and a child, brought on stress. That's when my disease once again rose it's ugly head. It became more progressive.

Three years following that I was blessed with another reprieve of nine months and blessed with a healthy baby girl. Little did I know that my reprieves would become shorter and fewer in the following years.

Eleven years later, trying to cope with an abusive marriage, more stress, more pain, and suddenly facing homelessness with no job. With medical progress, I learned that there may be help for me. It was only later that I began to realize that not only was it a systematic process, it was also a stressful procedure.

Having been admitted twice into the only proper institute in Greenville, I came out both times with the knowledge that there was a limited time span (through no fault of the institute but the system) of 28 days which never allowed me to actually figure out why this disease controlled my life on a daily basis.

You must understand that the drugs and alcohol were not the problem, they were like big bandages that covered up the problems of life. You see this is all to say that: 1.) We as addicts need to be provided the tools and the time to learn exactly what our inner problems are. 2.) With these tools and the HMO, we can learn how to deal with life on life's terms. 3.) We can learn to accept life on life's terms, as well as to

accept the past and put it behind us. With these tools we can start to realize that we are worth something. We can learn to like ourselves again, gain self respect and be a part of society. I was lucky enough to acquire these tools through a program of 128 days and then go on to another program of 9 weeks. Now I am able to be a productive part of society as well as a productive and self respected person. I can now use my talents and education. I will always be on this journey from the bondage of this disease. There are empty houses in the area that can be used as Recovery Houses for addicts and women that are pregnant. Unborn babies need a chance at life. These homes will allow addicts to learn to be independent

again and make them feel like they want to live. They will want to work because now they have a place to call home, something that they helped to build. The cost of fixing these houses would be cheaper than the tax that the taxpayers would have to pay for jail cells. Jails are not the answer. Your encouragement and support is the answer. HELP US!

Help make The Journey From Bondage of addiction a worth while process. My life has been saved but what about those who are not so lucky? We all don't have to die or be put in jail. We are human and we need your support.

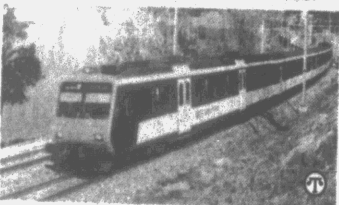
Thank you God for seeing me through.

Written and Experienced by Sharon Green Cowart

## Travel Trends

### Two-Country Passes

(NAPS)—More Americans headed for Europe are choosing the popular two-country train passes now available. Two new bi-national rail passes have been introduced by Rail Europe—the France 'n Switzerland Pass and the Switzerland 'n Austria Pass.



Starting at \$259 per person for two or more traveling together in first class, the France 'n Switzerland Pass covers four days of train travel any time within a two-month timeframe. Youth rates (for those under 26) in second class begin at \$209. Children 4 to 11 cost half the adult fare and children under 4 are free. Many bonuses, including free lake steamers and most scenic trains, are included.

The Swiss 'n Austria Pass starts at \$256 for two or more traveling together in first class for any four days within two months. Youth rates in second class start at \$210 with similar bonuses, including Danube and Rhine river cruises. Extra rail days can be added to each pass if purchased before departing for Europe.

The new passes and the popular France 'n Italy Pass and France 'n Spain Pass—can be booked by travel agents or Rail Europe at 1-888-382-7245 or online at [www.raileurope.com](http://www.raileurope.com).

Man is a gregarious animal, and much more so in his mind than in his body. He may like to go alone for a walk, but he hates to stand alone in his opinions.

—George Santayana

100  
**BLACK MEN**  
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**CLOSING THE GAP**

on the campus of  
**Pitt Community College**  
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9:00AM-12:00PM

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Informative Topics      Local Celebrity Hosts

Information for the Whole Family

**THE OBJECTIVE:**  
To inform the audience about the educational challenges of African American, Dismiss the Myths, and offer solutions on how parents, the school system, and the community can help improve the educational status of the children. We also hope to encourage young people to consider furthering their education at one of our Historically Black Colleges and Universities

FOR MORE INFORMATION CONTACT:  
[Blackmen100.org](http://Blackmen100.org)  
Butler Lewis: 252-355-6152 or 252-258-6237

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## Greenville Urban Area Thoroughfare Plan Public Forums

Including Greenville, Winterville, Ayden, Simpson, and the surrounding portion of Pitt County

Tuesday, April 27, 2004  
Sheppard Memorial Library  
530 Evans St.  
(enter via the parking lot on Reade Circle)

Monday, May 17, 2004  
Simpson Town Hall  
118 E. Thompson St.

Thursday, April 29, 2004  
Ayden Operations Center  
4061 East Ave.

Thursday, May 20, 2004  
Winterville Town Hall  
2571 N. Railroad St.

Wednesday, May 12, 2004  
Pitt County Agricultural Center Auditorium  
403 Government Circle



All sessions are from 5 p.m. to 8 p.m. A presentation on the draft thoroughfare plan and the process for updating the plan will be given at 6 p.m. at each session followed by an informal "open house" where you may view the draft thoroughfare plan in more detail and discuss your concerns and ideas with staff.

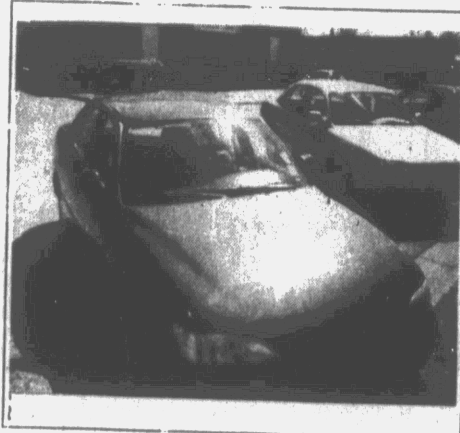
Comments can also be directed to:  
Greenville Urban Area MPO  
c/o Public Works Department  
P.O. Box 7207  
Greenville, NC 27835-7207  
Phone: 329-4476 Fax: 329-4535  
Email: [rsvejkovsky@greenvillenc.gov](mailto:rsvejkovsky@greenvillenc.gov)

ALL COMMENTS MUST BE RECEIVED BEFORE JUNE 1, 2004

Your comments and ideas are critical to help us update the plan!

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# NATIONAL FLOOD INSURANCE PROGRAM COMMUNITY OUTREACH TEAM TO VISIT HYDE, PAMLICO COUNTIES

**WASHINGTON** - The head of the National Flood Insurance Program (NFIP) announced today (Apr. 9th) that a Community Outreach Team will visit several communities in Hyde and Pamlico Counties, N.C., beginning Wednesday, April 14, to meet with flood insurance policyholders who suffered losses during Hurricane Isabel and wish to request a review of their claims to ensure that their settlements were equitable.

Federal Insurance Administrator Anthony S. Lowe said the outreach team will visit Scranton (April 14) Englehard (April 15), and Swan Quarter (April 16) in Hyde Co., and Bayboro in Pamlico Co (April 20) between the hours of 10.00am - 7:00pm. Specific locations are listed below. Lowe said outreach teams are scheduling additional visits to communities in Dare County, N.C., and to areas of Maryland and Virginia has experienced a large volume of flood insurance claims in the wake of Hurricane Isabel. Additional dates times and locations will be announced as confirmed. No appointment is necessary.

- Hyde County (4/14): Fire House  
5224 Sladesville Credle Road  
Scranton, N.C.
- (4/15): Hyde Davis Business Enterprise Center  
(former Davis School)  
Room 6  
33470 U.S. 264  
Englehard, N.C.
- (4/16): Fire House  
25 Oyster Creek Road  
Swan Quarter, N.C.
- Pamlico Connty (4/20): Pamlico Co. Court House  
Board Of Commissioners Room  
202 Main Street  
Bayboro, N.C.

## COMMUNITY OUTREACH TEAM

Outreach sessions will provide the opportunity to meet on-on-one with National Flood Insurance Program representatives. Claims specialists will gather information and documentation from the policyholders and use it to order individual case files from their respective insurance companies, thus initiating the claim review process. A senior, or general, adjuster may arrange with the policyholder to re-inspect the damaged property in order to evaluate the claim. Upon completion of these thorough reviews, policyholders will be notified in writing of the findings.

Lowe said, "In some cases the in-depth reviews may find that the original flood insurance claim settlements were accurate, and policyholders will receive a detailed written explanation, so they'll know why. In other cases, policyholder will get that amount along with a written explanation."

Lowe emphasized that meeting with an outreach team is not the only means of requesting a claim review; "Policyholders who submitted claims for flood damage from Isabel will receive a letter with an enclose postage-paid form to request an interview," he said. "In addition, we have established a toll-free number, 1-800-427-4661, that people can use to reach customer service representatives who will take the necessary information and initiate a review. This toll-free number will be staffed from 9 a.m. to 9 p.m. EDT, seven days a week, until further notice. Policyholders can request a claim review through any one of these methods."

Policyholders who elect to meet with the outreach team should bring their policy information including the policy number; name of the insurance company, agent, adjuster and contractor; and the contractor's estimate. A claims specialist will examine the information and provide the policyholder with his/her name and telephone number.

The formation of the Community Outreach Teams follows the Mid-Atlantic Flood Summit that the National Flood Insurance Program sponsored in Falls Church, Va., on March 25-26, and is the first of several actions discussed and planned as a result of the summit, which was attended by insurance companies, agents and adjusters; policyholders who suffered

losses from Isabel; state insurance commissioners; federal lending regulators and Congressional staff members.

The National Flood Insurance Program has processed more than 24,000 Isabel claims in six states and the District of Columbia--95 percent of which have been paid to date, totaling nearly \$405 million.

On March 1 2003, FEMA became part of the U.S. Department of Homeland Security. FEMA's continuing mission within the new department is to lead the effort to prepare the nation for all hazards and effectively manage federal response and recovery efforts following any national incident. FEMA also initiates proactive mitigation activities, trains first responders, and manages the National Flood Insurance Program and the U.S. Fire Administration.

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## Gee-Ville Shout Outs!!

### FIRST ANNUAL "A ROOM FULL OF SISTERS" TO BE HELD AT THE WILLIS BUILDING

**GREENVILLE** - Premiere Event Planning & Marketing cordially invites you to attend the Annual "A ROOM FULL OF SISTERS," event held on May 1st, 2004. A ROOM FULL OF SISTERS is the 1st annual women's workshop in Pitt County geared toward African American women. The workshop will present opportunities for learning, networking and spiritual growth. Some of the workshops topics will include Mocha Moms, the Power of the Pen, Benefits of Massage, Home Buying Tips, Should You Be An Entrepreneur, a fashion show and much more.

Cassandra D. Bell, former WNCT-TV9 News Anchor who left to pursue her passion for writing and to be a full time mom, will be the Keynote Speaker. Cassandra is the author of Mississippi Blues.

A ROOM FULL OF SISTERS will be held from 8am to 5pm, located at the Willis Building, 300 East F Street, Greenville, NC (Across from Town Commons). The cost of tickets is \$12.00. The workshop will include a continental breakfast and lunch.

For tickets or more information, call 1-877-270-2990 or email premevemnar@onebQX.com. For advance tickets, please mail money or check to Tonya Moore, PO Box 5062, Greenville, NC 27835.

### EDUCATOR INTRODUCES THE "REFUSING ANOTHER LOST GENERATION" PROJECT

**GREENVILLE** - Maurice Jordan who is a Science Teacher Wellcome Middle School would like to introduce to you a new organization at Wellcome Middle School for boys. It is entitled "The Fine Young Men of Wellcome." The goal of the club is to introduce the following:

- Etiquette and Appearance
- Investing and Entrepreneurship for Teenagers
- Civics Education

Jordan is earnestly interested in pairing his students with business owners in the community in order to give his students a first hand view at what it is to run a business. These student will be available to work in your business for a specified period of time. You are NOT obligated to pay the student for his time. If you are interested in assisting with this program, please contact Mr. Jordan at the school at 752-5938.

### FREE PHOTOGRAPH CONTEST OPEN TO GREENVILLE RESIDENTS

**OWINGS MILLS, MD** - The International Library of Photography is pleased to announce that over \$60,000.00 in prizes will be awarded this year in the International Open Amateur Photography Contest. Photographers from the Greenville area, particularly beginners, are welcome to try to win their share of over 1,300 prizes. The deadline for the contest is July 31, 2004. The contest is open to everyone and entry is FREE.

"Everyone has at least one memorable photo that captures a special moment in time," stated Christina Baylon, Contest Director. "When people learn about our free photography contest, they suddenly realize that their own favorite photos can win cash prizes, as well as gain national exposure," continued Baylon.

To enter, send ONE photograph in ONLY ONE of the following categories: People, Travel, Pets, Children, Sports, Nature, Action, Humor, Portrait, or Other. The photo must be a color or black-and-white print (unmounted), 8" x 10" or smaller. All entries must include the photographer's name and address on the back, as well as the category and the title of the photo. Photographs should be sent to: The International Library of Photography, Suite 101-2619, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by July 31, 2004. You may also submit your photo directly online at [www.picture.com](http://www.picture.com).

The International Library of Photography is an organization dedicated to bringing the work of amateur photographers to the public's attention. You can view the work of over 1.1 million amateur photographers at their website, [www.picture.com](http://www.picture.com).

### FIRST PRAISE AND WORSHIP DANCE CONFERENCE TO BE HELD IN NEW BERN

**NEW BERN** - Join us for Eastern North Carolina's First Praise Dance Conference entitled, "A Time To Dance" (Ecclesiastes 3:4) on August 21, 2004 in the New Bern Riverfront Conference Center. Any Praise Dance Group, Mime Group, Praise Step Team or Drama Ministry Group interested in participating please call Tish at (252) 259-6552 or (252) 259-6025 to register your act or praise group.

### WASHINGTON HIGH PLAYMAKERS PRESENTS THEIR FOURTH ANNUAL PRODUCTION - "THE RANSOME OF EMILY JANE"

**WASHINGTON, NC** - The Washington High School Playmakers will present "The Ransome of Emily Jane" for their Fourth Annual Family Theater Production on Friday and Saturday, April 30 and May 1, 2004 in the Washington High Auditorium. The Friday night show will be presented at 7pm and the Saturday Matinee will take place at 1:30pm. Tickets for this event will be \$3.00 and children under 5 are admitted free. Tickets can be purchase from the cast members or at the door.

For more information, contact R. Travis Carter at (252) 946-0858 or a [whsplaymakers1@hotmail.com](mailto:whsplaymakers1@hotmail.com)

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<p><b>8 pc Living Room Group \$499<sup>00</sup></b> <small>sofa, loveseat, chair, 3tables, &amp; 2 lamps</small></p>	<p><b>Curio Cabinet Oak, Cherry &amp; Birch \$148</b></p>	<p><b>King Pillow Top Set \$399</b> <small>10 yr Warranty</small></p>
<p><b>3pc Table Set Black &amp; Brass \$38</b> <small>Smoke Glass Tops</small></p>	<p><b>Solidwood Bunk \$199</b> <b>White Finishing</b></p>	<p><b>Cedar Chest \$149</b> <small>Cherry or Oak Solid wood</small></p>
<p><b>Twin Size Mattress \$78</b></p>	<p><b>Jewelry Boxes \$99</b></p>	<p><b>Queen Sleigh Bed Also other pieces on sale \$299</b></p>
<p><b>ALL BEDROOM up to 50% OFF</b></p>	<p><b>Big Man Recliners \$88</b></p>	<p><b>Queen Pillow Top Set \$300</b></p>
<p><b>ALL BOMBOBAY CHEST up to 50% OFF</b></p>	<p><b>Queen Anne Sofa Love seat &amp; Chair Beige &amp; Burgundy \$699<sup>00</sup></b></p>	<p><b>ALL LEATHER up to 50% OFF</b></p>
<p><b>ALL DINETTE/DINING ROOM SET up to 50% OFF</b></p>	<p><b>Queen Size Mattress Sets \$128</b></p>	<p><b>ALL ENTERTAINMENT CENTERS up to 50% OFF</b></p>
<p><b>9pc. Queen Anne Dining Room Group w/Hutch was \$2999 \$980</b> <small>2 Padded Arm Chairs 4 Padded Side Chairs</small></p>	<p><b>Complete Daybeds \$99</b></p>	<p><b>ALL RECLINERS up to 50% OFF</b></p>

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# FDA Approves Crystalens Cataract Patients Able To Receive First Ever Accommodating Intraocular Lens

FAYETTEVILLE, NC Although most people have heard of cataracts, many don't really know what they are. Like a cataract, cataracts is unclear and their effect is varied from person to person.

When an eye is healthy and working well, light from the surrounding world is taken in through the clear, front part of the eye, the cornea. The light is then focused through the eye's lens to create a clear and colorful image on the nerve

cell located in the back of the eye. Cataracts become a problem when that lens becomes cloudy and tough as a person ages. Since cataracts develop slowly, changes in vision are very gradual. Often patients with cataracts

notice that objects in their vision appear hazy, blurred or distorted. Different lighting conditions become problematic as night vision is dramatically reduced and bright light or sunshine causes glare.

Quality of vision is reduced as colors become duller and whites, blues and purples become grey. Perhaps the most frustrating change in vision is the loss of the ability to focus up close on near objects.

Aging patients are forced to wear reading glasses or bifocals in order to read menus, newspapers, price tags or their computer.

Cataracts caused by age are commonly seen in patients as young as their early forties and become more and more frequently diagnosed as patients age.

According to the National Institutes of Health, 20.5 million Americans aged 40 and older suffer from cataracts. Cataract surgery is the most common surgery performed worldwide with more than 2.7 million procedures performed annually in the US. Research by the American Cataract Foundation shows that the average age of onset for cataracts is getting younger and younger.

There was a time when patients waited until their vision was dramatically affected by cataracts to correct the problem, but as the procedure to remove the cataract and replace it with an artificial lens has become easier and safer, patients are often choosing to correct the problem earlier.

Cataract surgery is performed on over 7 million eyes a year worldwide and over 65 million procedures have been performed in the United States over the last 25 years.

The Newly FDA-Approved Crystalens Restores Up Close, Far Away and Everything-In-Between-Vision to Cataract Patients. Crystalens, the first and only accommodating intraocular lens that allows patients to focus automatically and seamlessly at all distances, is now available for patients in

Fayetteville, NC. Dr. Michael Woodcock at Cape Fear Laser Eye Center is North Carolina's first and only certified surgeon for this revolutionary new breakthrough in vision enhancement.

The ability to provide patients with clear vision at all distances is a significant technological breakthrough in the competitive field of intraocular lens technology.

Crystalens is the first and only accommodating, or focusing, lens. By using the eye's natural focusing muscles, the ciliary muscles, the Crystalens is able to move backwards and forwards in response to the brain's desire to see at different distances clearly. This allows Crystalens patients to look their best and see well with continuous vision at all distances, up close, at a distance and everywhere in between.

The Crystalens FDA two-year clinical study results indicate that 92% of the people enrolled in the study that had both eyes corrected with Crystalens could see 20/25 or better at distance, 96% could see 20/20 at arm's length and 73% could see 20/25 at near without glasses or contact lenses.

What is more exciting is that 98% of these people could pass their drivers test, 100% could see their computer and dashboard, read the prices in the supermarket or put on their makeup, and 98% could read the telephone book or newspaper, all without glasses or contact lenses.

The medical procedure to implant the Crystalens is the same safe, proven cataract surgery performed annually on over 7 million eyes throughout the world. Over 65 million procedures have been done in the US in the last 25 years.

Dr. Woodcock is the only certified Crystalens surgeon in North Carolina and is one of only 22 surgeons approved to perform this procedure in the United States. Woodcock has performed over 20,000 cataract surgeries and is a leader in the field.

The actual surgery takes less than ten

minutes and is pain free. Woodcock uses an ultra-sonic probe to remove the eye's natural lens that has become cloudy and replaces it with the Crystalens. Because Dr. Woodcock uses the most advanced technology available, care afterwards is as easy as using prescription eye drops.

Most everyone who has cataracts and is in good general health is a candidate for implant surgery, but people with chronic infections, uncontrolled diabetes, or other health problems may have to wait until these conditions are under control prior to surgery.

Crystalens can also be the answer for patients who have been previously ineligible for refractive surgery to get rid of glasses or corrective lenses.

"Although an off label use, people without advanced cataracts sometimes choose the Crystalens procedure because of its unique ability to restore vision at all distances," says Dr. Woodcock. "The Crystalens has given my patients the visual independence that they have previously only imagined."

To learn more about Crystalens, visit

## Bipolar

of time? Yes or No  
2. How much of a problem did any of these cause you-like being unable to work; having family, money or legal troubles; getting into arguments or fights? Answer with "No problem," "Minor problem," "Moderate problem," or "Serious problem."

Hewitt urges those who are suffering to talk to their doctor. "If you have a regular doctor, tell them exactly the things you feel and be honest. It's going to be hard. If you don't have that relationship with your doctor, make an appointment to see a psychiatrist. If you don't, eventually you will die by your own hands." He said.

### Help is Available

To locate a free confidential depression-screening site near you, please call 1-(800) 573-4433.

**We have no government armed in power capable of contending in human passions, unbridled by morality and religion. Our constitution was made for a moral and religious people. It is wholly inadequate for the government of any other.**

—John Adams

**DON'T FORGET**  
The Pitt County Chapter of the NAACP will hold their Annual Banquet Friday - April 23rd at the South Central High School in Greenville.

## GREENVILLE UTILITIES COMMISSION EMPLOYMENT OPPORTUNITY

**CASHIER**  
Position available for person to perform responsible revenue collections and cashiering work. Qualified candidate must possess prior experience which includes receiving, collecting and posting payments utilizing a computer terminal. The ability to deal courteously with the public is essential. Applications accepted through April 16, 2004.  
Salary Range \$21,965 - \$32/490.

Employment is contingent upon passing a physical examination including a drug screening urinalysis. Interested persons should contact the Human Resources Office, P.O. Box 1847, Greenville, NC 27835 (801 Mumford Road) or call (252)551-1513. <http://www.guc.com>  
"An Equal Opportunity Employer" "Minorities Are Encouraged To Apply"

## PUBLIC NOTICE

Notice is hereby given that the Greenville Housing Authority Board of Commissioners will hold a Public Hearing on June 7, 2004 at 5:00pm in the Conference Room of the Central Office, 1103 Broad Street, in order to receive public input relative to the Annual Plan.

The Plan will be available for review beginning April 19, 2004 at the Central Office at 1103 Broad Street.

Notice is given this 18th day of April 2004

# Fitness Facts

## Fitness Q & A: An Expert Answers Some Intriguing Questions

(NAPS)—When should I exercise? Is skipping breakfast a good way to help me lose weight? How long should I wait after eating before exercising? Should I drink water or a sports drink when exercising? Christine "CC" Cunningham, MS, ATC/L, CSCS and fitness education manager at Life Fitness, a leading exercise equipment manufacturer, helps answer these intriguing questions.

**Q: When is the best time of day to exercise?**

A: In terms of fitness benefits, there's no best time of day to exercise. The best time of day to exercise is whenever it's easiest and most convenient for you.

"An afternoon workout may help you avoid the natural energy lull caused by the body's rhythm slowing down in the afternoon," Cunningham says. "Exercising in the evening is desirable because the lungs are more open, body and muscle temperature are at their highest, and joints and muscles are more flexible. The downside is that some people may feel too tired to work out after a long day. In addition, exercising too close to bedtime can make it harder to fall asleep."

That said, exercising first thing in the morning might give you an extra boost of energy for the day. Starting the day with a workout also might help you stick to your routine because you won't be side-tracked with unexpected distractions or interruptions later in the day.

**Q: I've been skipping breakfast because I'm trying to shed**



a few pounds. Is that a good idea?

A: Although skipping breakfast might seem like an easy way to cut calories and lose weight, research shows most people who lose weight and keep it off do eat breakfast every day.

"Eating breakfast can help you lose weight by jump-starting your metabolism and getting the body to start burning calories earlier in the day," Cunningham says. "In addition, eating breakfast can help eliminate the urge to overeat later in the day."

Good breakfast choices include carbohydrates for quick energy and protein for staying power. Examples include toast with peanut butter, cereal with milk, and yogurt with a banana.

**Q: How long should I wait after eating to work out?**

A: You know those moms and dads who tell their kids not to jump in the swimming pool until at least half an hour after they've eaten? They're on to something. It is a good idea—

especially for adults—to give the body time to digest before starting a workout.

Being properly nourished before exercise helps prevent low blood sugar and provides fuel for the workout, but working out on a full stomach can cause gastrointestinal problems.

"Generally, you should allow adequate time to digest before working out—three to four hours for a large meal and two to three hours for a smaller meal," Cunningham says. You should, however, eat a high-carb snack of 100 to 200 calories approximately 45 minutes to an hour before working out to be sure you have enough energy to complete the workout.

Some good pre-workout snack foods are fruit, whole-wheat crackers or bread, yogurt, peanut butter, granola bars and graham crackers.

**Q: Should I drink water or a sports drink while working out?**

A: Fluids are important before, during and after exercise to prevent dehydration when working out. For most exercisers, water is the best beverage to choose. "Sports drinks are appropriate for higher-intensity workouts that exceed one hour to help replace the salt and potassium that is lost through strenuous exercise," explained Cunningham.

For answers to more fitness and exercise questions, see the Life Fitness Academy's "Ask the Fitness Experts" page at [http://www.lifefitness.com/home/fit\\_experts\\_arc.asp](http://www.lifefitness.com/home/fit_experts_arc.asp).

\*\*\*  
Make no little plans; they have no magic to stir men's blood. Make big plans...aim high in hope and work.  
—Daniel H. Burnham  
\*\*\*

## GREENVILLE UTILITIES COMMISSION EMPLOYMENT OPPORTUNITY

**GAS INSTRUMENTATION TECHNICIAN**  
Position available for responsible person to perform technical maintenance and repair of instrumentation, control and electrical systems for the LNG Plant and Gas Departments, SCADA System. Duties include, but are not limited to, installation, calibration and repair of temperature and return pressure transmitters, programmable logic controllers, SCADA systems, and maintenance at the LNG Plant. An Associate's Degree in electronics or related field and several years experience preferred. High School Graduation required. Demonstrated experience in design and/or maintenance of SCADA systems for utility applications is highly desirable. Demonstrated proficiency with personal computers and associated software is required. Candidate must be available for 24-hour call out and rotating (eventually). Must: have a valid North Carolina driver's license. Applications accepted through April 23, 2004.  
Salary Range \$34,507 - \$51/210.

Interested persons should contact the Human Resources Office, P.O. Box 1847, Greenville, NC 27835 (801 Mumford Road) or call (252)551-1513. <http://www.guc.com>  
"An Equal Opportunity Employer"  
"Minorities Are Encouraged To Apply"

## GREENVILLE UTILITIES COMMISSION EMPLOYMENT OPPORTUNITY

**CUSTOMER SERVICE REPRESENTATIVE**  
Position available for person to perform responsible public contact work assisting utility customers with service inquiries, and in providing information in regards to billing and Greenville Utilities' policies. Requirements include previous experience effectively dealing with customers with includes strong oral and written communication skills. Experience using Microsoft Word and Excel is a plus. Applications accepted through April 16, 2004. Salary Range \$25,958 - \$38,522.

Employment is contingent upon passing a physical examination including a drug screening urinalysis. Interested persons should contact the Human Resources Office, P.O. Box 1847, Greenville, NC 27835 (801 Mumford Road) or call (252)551-1513. <http://www.guc.com>  
"An Equal Opportunity Employer"  
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## GREENVILLE UTILITIES COMMISSION EMPLOYMENT OPPORTUNITY

**PART-TIME COMMUNICATIONS TECHNICIAN**  
Greenville Utilities is seeking a Communications Technician who will assist the Public Information Officer in the development/ production and implementation of internal and external communications. Job responsibilities will include developing text and graphics for the employee newsletter/ brochures/ bill inserts/ ads/ news releases and other promotional materials as well as overseeing the GUC News clips and Scrapbook libraries, updating fact sheets and media contact list. Requirements include a Bachelor Degree in Communications, Journalism or Public Relations or an Associate's Degree and previous experience in public relations or a communications-related field. Additional requirements include experience in photography and graphic design specifically with Adobe In-Design, Photoshop, Illustrator and/or MS Office. Person will work Monday-Friday, 30 hours per week. Salary commensurate with education and experience. Applications accepted through April 12, 2004.

Interested persons should contact the Human Resources Office, P.O. Box 1847, Greenville, NC 27835 (801 Mumford Road) or call (252)551-1513. <http://www.guc.com>

"An Equal Opportunity Employer"  
"Minorities Are Encouraged To Apply"

## GREENVILLE UTILITIES COMMISSION EMPLOYMENT OPPORTUNITY

**GIS SYSTEMS COORDINATOR**  
SALARY RANGE \$45,365 - \$67,330  
Position available for person, to assist in the expansion and coordination of Greenville Utilities geographic information computer system (GIS). Must have proven skills in GIS interface design, programming, databases web development, systems integration and working with utility geographic databases. Requirements include a B.S./B.A. Degree in computer science, information technology, geography engineering or closely related field, experience developing applications with ESRI's ArcGIS 8.x/ArcObjects, administrative-level experience with Visual Basic, Java Script, JSP, XML, ASP or similar languages. Experience with MS SQL Server or similar database software is also required. Preference will be given to candidates with knowledge of Microstation, AutoCAD and GPS data collection in a utility industry. Salary commensurate with education, training and experience. Applications accepted through April 2, 2004.  
Employment is contingent upon passing a physical examination including a drug screening urinalysis. Interested persons should contact the Human Resources Office, P.O. Box 1847, Greenville, NC 27835 (801 Mumford Road) or call (252) 551-2513. <http://www.guc.com>

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