

THE PAPER

So we stand here
On the edge of Hell
In Harlem
And Look out on the world
And Wonder
What we're gonna do
In the face of
What we remember
Langston Hughes.



CITY COLLEGE OF THE CITY UNIVERSITY OF NEW YORK IN HARLEM

Volume 98 Number 3

A Medium For All People Of African Descent

October 25, 1993

Toni Morrison Wins The Nobel Prize For Literature

by Dawn L. Palmore

The acclaimed author of consciousness, Toni Morrison won the 1993 Nobel Prize for Literature. Ms. Morrison is the author of harmoniously sound works such as "The Bluest Eye" "Song of Solomon," "Beloved," and most recently, "Jazz". Ms. Morrison's eloquent works uniquely illustrate the harsh realities and triumphs of Black life in America. Ms. Morrison's works are beautifully characterized by a "visionary force and poetic import" according to the Nobel Committee of the Swedish Academy.

Ms. Morrison is only the eighth woman and the first African-American woman of eighty-nine former authors awarded the prize. The prize grants a monetary award of \$825,000. Although receiving the award was entirely unforeseen, Ms. Morrison, was truly satisfied that she was granted such a great signal of honor.

Over the past twenty-three years, Ms. Morrison has established herself as a gifted, innovative novelist who exposes many societal ills with the use of effective storytelling. Currently, Ms. Morrison is a Professor of Creative Writing at Princeton University.



Toni Morrison

If you are interested in Ms. Morrison's works, and you've never experienced her literary talent, here are two short samples from "Tar Baby" and "Beloved" respectively.

"The black girls in New York City were crying and their men were looking neither to the right nor to the left. Not because they were heedless, or intent on what was before them, but they did not wish to see the crying, crying girls split into two parts by their tight jeans, screaming at the top of their high, high heels, straining against the pull of their braids and the fluorescent combs holding their hair. Oh, their mouths were heavy with plum lipstick and their eyebrows were a thin gay line, but nothing could stop their crying and nothing could persuade their men to look to the right or look to the left."

-From "Tar Baby" (Knopf, 1981).

"When the four horsemen came — schoolteacher, one nephew, one slave catcher and a sheriff — the house on Bluestone Road was so quiet they thought they were too late. Three of them dismounted, one stayed in the saddle, his rifle ready, his eyes trained

away from the house to the left and to the right, because likely as not the fugitive would make a dash for it. Although sometimes, you could never tell, you'd find them folded up tight somewhere: beneath floorboards, in a pantry — once in a chimney. Even then care was taken, because the quietest ones, the ones you pulled from a press, a hayloft, or, that once, from a chimney, would go along nicely for two or three seconds. Caught red-handed, so to speak, they would seem to recognize the futility of outsmarting a white man and the hopelessness of outrunning a rifle. Smile even, like a child caught dead with his hand in the jelly jar, and when you reached for the rope to tie him, well, even then you couldn't tell. The very nigger with his head hanging and a little jelly-jar smile on his face could all of a sudden roar, like a bull or some such, and commence to do unbelievable things."

-From "Beloved" (Knopf, 1987)

CCNY'S First Homecoming

by Dawn L. Palmore

From Thursday, September 30 to Saturday, October 2, 1993, the Day and Evening Student Governments with the Office of External Affairs and the Office of Student Affairs sponsored City College's first Homecoming.

The festivities began on Thursday with an Evening Student Government Club Fair that was held in the NAC Rotunda. A similar club fair was held on Friday in the same location.

Saturday was a day for Community Cultural Events as well as Seminars. To name a few, College Counseling, Voter Registration, Health Peer Educators, Tutoring Recruitment and even male/female relationship seminars were held. In addition, the homecoming committee invited Harlem based businesses and community associations to come and display what their organizations are all about.

Food and Entertainment was also on the agenda on Saturday. For instance, *Each One Teach One*, *Men of X-celence*, *Soul Patrol* and *Shakka* performed. Also, you could get a taste of different cultures from the ethnic food fair.

According to Nichole J. King the Community Affairs Vice President for the Day Student Government, this "non-traditional" Homecoming was designed as an outlet for the college community and the Harlem community to "reintroduce themselves to each other. The students rush home and the community rushes by, without ever paying attention to one another." According to Ms. King, Homecoming was a success in that, now students and members of the community have simple things like buttons and tee-shirts to relate to CCNY.

However, the homecoming was not as successful as it was hoped to be

because the Homecoming Committee encountered a few mishaps. For instance, some observers expressed disappointments because of the lack of club and Alumni participation. Although the event was well publicized, few showed up to support the event.

Despite the fact that many did not show, Ms. King is very optimistic that next year, homecoming will be even more successful because a lot of people want to work on it. The committee has more time to plan the events so there will be fewer administrative conflicts and ultimately, everyone one will be able to utilize the entire campus more efficiently. "Next year the homecoming will have everything a traditional homecoming would have. With 14,000 students and a big community around us, there's no reason why we can't have a successful event in the future," asserts Ms. King.

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The Paper

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Campus News

City College's John H. Finley Student Center will inaugurate the "Finley Art Space," located in the Finley Center Ballroom, with the first in a series of two-week exhibitions of works by CCNY student-artists. The first exhibit will include painting, drawing, sculpture, photography and video. It will be on display from October 15th through October 23rd, from 9 A.M. to 5 P.M. daily. The Finley Ballroom is located on the main floor of CCNY's North Academic Center, 138th Street and Convent Ave.

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City College's engineering students made an unprecedented sweep of all major awards at the annual American Society of Mechanical Engineers (ASME) Regional Conference at SUNY Maritime College recently.

Participants from the college's ASME student chapter captured nine awards in the Region 11 meeting which was attended by 17 engineering schools including Columbia, Rutgers and the U.S. Military Academy at West Point.

City College students Cappy Sabir and Cevin Felix took first place in the Region 11 National Design Competition, while two other CCNY entrants, Kwok-Hing Cheung and Li Fung took second and third place, respectively.

In addition, City College students Wen Hau Hsu and Hiun Hung Chen won 1st place honors in the Regional Design Competition. Another CCNY student, Iacovos Eliades was the second prize winner in this category.

.....

Effective November 1, 1993, wearing I.D. cards in CCNY buildings will be mandatory for the students, faculty, and staff. Visitors to our campus must wear a temporary I.D. card. The security officers will be reminding you during this month to wear your I.D.'s. Clips and necklaces are available at the I.D. Office at the entrance to the NAC building to help you to comply. After November 1, you will be denied admission to the building unless you are wearing your I.D. This policy will enhance your safety and security and will help to identify students, faculty, staff and visitors.

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An orientation meeting of the Third Year Class, will be held in late October, 1993, to appraise students of the Medical School Match Process. As soon as the date is finalized, you will be informed. Dr. Morton Slater, will be in attendance.

.....

The CCNY women's and men's cross country teams have gotten a jump on most of their 1993 opponents toward gaining a Division 111 championship this season. The women's squad has won its first four meets, while the men's team has been victorious in two of its first three contests.

Letters to the Editors

Dear Editors:

As you know from first-hand experience, achieving racial harmony in the midst of differences in higher education is one of the most challenging tasks for colleges and universities today. But help is on the way.

Plan to join us on November 10, 1993 as BLACK ISSUES IN HIGHER EDUCATION will kick-off its 1993-94 videoconference series with "WE CAN GET ALONG; A BLUEPRINT FOR CAMPUS UNITY."

This live and interactive satellite broadcast will provide directions for building harmony on campus. The major focus of the show will be discuss solutions to the persistent problems of intolerance on our campuses. Our panel of experts will give insight into how students, faculty members and administrators can minimize the adverse effects of intolerance, while building a solid foundation for a shared and participatory campus community.

If you have any questions, contact Ralph Newell or Mae Dove in our Telecommunications Department at (703)385-2981.

William E. Cox, President

Dear Editors:

The New York Public Interest Research Group, Inc. (NYPIRG) today announced that its 20th anniversary Fall Student Action Conference will be at SUNY Binghamton on the weekend of November 5-7. The conference will bring together students activists from across New York State to discuss strategy and tactics for student organizing.

The conference is a great chance for students to learn how to make voices on important issues that affect us every day. Students will learn how to work with the media, speak effectively in public, develop campaign strategies, and many more skills.

The conference includes more than 40 workshops, films and speakers. Work-

shops tentatively include:

"Students are the Future: Saving Higher Education in New York"

"Raising Our Voices: Tips on Public Speaking"

"Drowning in Garbage: Waste Reduction, Reuse and Recycling"

"Get the Lead Out: Lead Poisoning Prevention Project"

The \$20 fee for the conference covers all workshops and other events, transportation to and from Binghamton, housing, breakfast and lunch on Saturday and brunch on Sunday as well as a Saturday night party.

NYPIRG is New York State's largest student-directed organization working for environmental protection and education and political reform. NYPIRG's staff of organizers, researcher, attorneys and advocates work with students, developing citizenship skills and shaping public policy.

To find out more, or sign up to go to the Student Action Conference call (212) 234-1628 or stop by the NYPIRG office 306, Baskerville Hall.

Noel Nelson

City People

by Laurie Zephyrin

Who is the new head of Student Health Services in the Marshak Science building? Well this person is Ms. Beverly Ellis, an alumna of The City College of New York. She comes to City College with a long list of achievements and experiences. She has done health related work in five different African countries, including Egypt. Ms. Ellis has done a lot of humanitarian work with the homeless and is also a Major in the United States Army Nurse Core. Being a mother is also among her list of many achievements. She also assisted North General Hospital in obtaining their new hospital (the only private hospital facility in Harlem).

Ms. Ellis is initiating some changes in Student Health Services to make it more efficient. The Student Health Service Center will become more student focused. She has proposed to initiate the concept of student self care, where the student can come to the Health Service Center and virtually write his/her own prescription for his/her ailment. For example, if a student comes in with a cold he/she can write his/her own prescription for Advil Sinus and Colds or Robitussin. This will be just like going to the drug store and picking up some aspirin and paying for it and leaving. The only difference with student self-care is that the student does not pay for the drug and the student does not have to wait three hours to see a health care provider. If the student feels that his/her ailment is more pressing than just the common cold then he/she can request to see the health provider available.

Ms. Ellis also believes in the idea of "each one teach one". This applies to the spreading of information concerning various health problems plaguing our society from the students to the community. This is why when one enters the Student Health Services Office there is a variety of information available on health issues.

Ms. Ellis also plans on doing a student wide health services to find out the level of health awareness at City College and the health status of the students at City College. She hopes that this survey will also bring out the health problems concerning men on the campus. Ms. Ellis feels that as a health care provider, she must be sensitive to the health needs of both men and women.

CCNY Burglary Rates Increase, Security Tightens On Campus

by Fernando Almanzar

Burglary cases went up to at the City College of New York campus last year. According to the Annual Crime Report, published in September 1993 by the CCNY Safety and Security Office, the reported number of burglaries increased from 30 in 1991 to an astonishing 50 in 1992. On the other side of the spectrum, however, robbery cases decreased about 21.7% during the same time period around the tri-state.

In an interview, Mr. George Crinnion, the Assistant Director for Special Services at CCNY, said that most of the cases recorded up to date are considered to be minor incidents in relation to some major ones that have taken place in the past. Mr. Crinnion said that the majority of the burglaries that happen on campus occur mainly because of the carelessness of staff and student members of the college.

Almost everyday, people report missing items such as coats, books, bags, etc. Things that are usually left on top of chairs and tables for a few minutes are no longer there when the owner returns. He calls these types of incidents "crimes of opportunity," and explained that, "the only way to stop these things from happening is by educating you, the student, not to leave belongings at risk, because only then [can we] be ahead of the game."

The large burglary cases do not happen often, he said. The Assistant Director is confident to say that the CCNY Safety and Security Office

has crime pretty much under control. He explained that in the past year only one major burglary case was recorded. "A former CCNY security officer, a fellow who knew the NAC building inside and out," said Crinnion, would come in through the ceiling. Then, he would enter several offices and take "petty nonsense, believe it or not, to support his crack addiction habits." After several instances, this individual was eventually arrested by the campus security force, and later turned in to the officers from the NYPD 26th precinct. The CCNY Safety and Security Office maintains a close relationship with the 26th and 30th precincts.

The main reason why burglaries went up 66.7% on our 34-acre campus was due to the fact that this series of crimes was committed by the same person. Another reason why burglaries increased was because this type of crime this is the type of crime nobody sees what happens, there are no witnesses to testify, and finally, because people in the school are not aware of the crimes that take place at CCNY. We are just not educated enough.

Robberies, on the other hand, have decreased because we have over one hundred alarms and about nine camera surveillance systems installed. Both systems are directly linked to the security office on the fourth floor of NAC. Every time an alarmed door is broken into or officers see something unusual going on through their monitors, security officers respond immediately. In less than two or three

minutes, they are on the scene.

When I asked Mr. Crinnion if any changes have taken place since that terrible incident in December, 1991, where several people lost their lives, he said that everything has changed. The way events are booked and supervised now is totally different from what it used to be before. Today, for every hundred people at any event, there is at least one security officer. In some events, the security office uses metal detectors for safety, or, like he said, "just in case..."

The Assistant Director said that, "we are here to serve you in many ways." He invites everyone to use the services provided by the CCNY Safety and Security Office. If something happens, on or off campus, one can always notify the security office in NAC 4/201, or by dialing the emergency extension 7777, or 6911 for general calls. Another way to be assisted by security is by physically

stopping a CCNY security officer, or by picking up any of the campus-wide emergency telephones; these are in twenty different locations throughout the college.

Finally, Mr. Crinnion said that beginning November 1st, everyone in the college community will be required to wear their ID card at all times. He also encourages everyone to use the designated entry doors, because this is a measure designed for our safety. The only purpose is to control and to know who is in the building. To learn more about security and how we can protect ourselves, Mr. Crinnion invites everyone to visit the CCNY Safety and Security Office display, that will be around the rotunda area during hours on Thursday, October 21, 1993. There will be handouts and videos that will hopefully educate our college community more about crime prevention and campus security in general.

HAVE YOU EVER

Tried to Cut Down Your alcohol or drug use?

BEEN ANNOYED When friends or family talk or joke about your alcohol or drug use?

FELT GUILTY or embarrassed about how you behaved after drinking or using drugs?

Used alcohol or drugs as an **EYE OPENER** soon after waking up?

If you have answered **YES** to any question on this **C.A.G.E.** test, it's a warning sign of trouble.

Don't be **CAGED** by alcohol or drugs. Talk to someone. Call (212) 650-6868 or go to NAC 7/217—Ask for Michael Nord or Stephen Thayer.

The CCNY Debate Team Goes To Harvard

by Bro. Phil Wright

The first American Parliamentary Debate Association tournament of the academic year was held by Harvard University. The tournament was a great experience for the Frederick Douglass Speech (FDS) team from CCNY. Several new members of the team hadn't experienced such an event previously and took advantage of our first outing of the semester. The festivities started Friday, October 8, 1993 at the Science Center located at the north end of the campus. There was as many as thirty teams represented, all

from prestigious institutions throughout the country. The CCNY team was represented with three splendid teams and judges. These teams competed with great tenacity, vigor and confidence. After the Friday evening activities, Harvard University hosted a social gathering with refreshments, so the visiting students could mix and mingle with their counterparts. Early Saturday morning the competition continued with intensive debate rounds going into the late afternoon. The FDS team is proud to report victories celebrated against seasoned

teams from Yale, Columbia and John Hopkins Universities, in the initial rounds of competition. In spite of the fact that several of our members were inexperienced in competitive parliamentary debate.

In all, the event served as a vehicle to sharpen our debate skills as well as a confidence builder. More importantly, it left a distinct impression on it's participants from CCNY. The tournament was brought to close with a luncheon and commemoration of all the teams that came near and far for making the event a suc-

cess. The FDS team would like to acknowledge the leadership of our former Captain Dwight Newbold, who joined us on the trip.

We would also like to thank CCNY's Office of Student Affairs, along with the support of Dean Ron Brown and Ms. Scott for facilitation our stay in Boston. Certainly, without their assistance, this trip could not have been possible.

We urge all students interested in joining the Frederick Douglass Speech and Debate Team to join us during club hours in room 5/111.

SNMA: Creating Physicians - Addressing Concerns

by Renee Stevens

As we enter the 20th Century with great medical discoveries behind us, an innovative and hopefully remedial healthcare system beside us, and pressing issues such as AIDS and the overabundance of violence in our communities all around us, we are more than excited to have the agenda of a national organization taking definite action to become a substantial and significant guiding light ahead.

The Student National Medical Association has been unmistakably committed to its agenda since it was founded in 1964 by Meharry and Howard University medical schools. As the nation's oldest and largest student organization focused on the needs and concerns of medical students of color, SNMA represents thousands of students who are dedicated to improving the conditions of their own communities in addition to practicing the art and science of medicine.

Among the implemented programs is one that focuses on the recruitment of students interested in the Health professions. Recruitment is done both in colleges and high schools. Other programs focus on international Health initiatives, AIDS education, substance abuse and disease prevention.

The CUNY Medical School chapter of SNMA is actively present at City College. In our first chartered year we received national recognition as "Outstanding Chapter of the Year" at the National Convention in New Orleans for our activities which included our annual Christmas party for the pediatric patients in Harlem

Hospital and our participation in CCNY's Pluralism/ Diversity Conference. Since our first successful year, we have held many events including our African History Month Cultural Extravaganza, our Symposium of Alumni Physicians, motivational and informative lectures from such esteemed future colleagues as Dr. Kildaire Clarke and Dr. Linda Colón in addition to our enthusiastic participation in the nationally and regionally based activities.

Our chapter is currently headed by future physician Oronde Smith who has continued the SNMA tradition of dedication to the surrounding community without neglecting the communities in which we are anchored and from which we receive inspiration. Among our constant sources of inspiration is our most supportive and dynamic advisor, Mr. Robert T. McDonald who can be reached at EXT # 7723 for more information about the organization and chapter. The national office can also be reached at the following address:

Student National
Medical Association
National Office
1012 Tenth Street, N.W.
Washington, D.C. 20001

Membership applications are available through Mr. McDonald or through the national office.

Our personal aspirations will provide us with the drive to accomplish our goals and dreams; SNMA is a force that propels us forward and keeps us focused and informed.

take a

TEST DRIVE

into

your future

Find out If you're ready for:

NCLEX

Take a free drive of the NCLEX
FREE Kaplan diagnostic exam
proctored like the real thing.

Receive a computerized analysis pinpointing
your strengths and weaknesses

Learn essential test-taking strategies

After the exam attend the Kaplan Career Planning Seminar
--sharpen your interview skills and create a winning resume

It's all FREE--you have the knowledge
to gain and nothing to lose.

Call 1-800-KAP-TEST

To reserve your place.

KAPLAN

The answer to the test question

October 30th, 1993, 9:30am
Manhattan
Manhattan Kaplan Center, 131 W. 56th Street
White Plains
Westchester Kaplan Center, 220 E. Post Road
Queens
Queens Kaplan Center, 65-30 Kissena Blvd.
Queens College Student Union, 65-30 Kissena Blvd.
October 30th, 1993, 10:00am
Garden City
Nassau Kaplan Center, 400 Garden City Plaza
Brooklyn
Brooklyn Kaplan Center, 1602 Kings Highway

TAKE THE KEYS.
CALL A CAB.
TAKE A STAND.



FRIENDS DON'T LET FRIENDS DRIVE DRUNK

NSBE (National Society Of Black Engineers)

by Christine Gonzalez

NSBE is a student based organization comprised of 8000 members and 190 chartered chapters in which City College is one. "The Societies goals since it's 1975 inception are to to increase minority participation if the fields of engineering, engineering technology and the physical and applied sciences and at times increase the number of culturally responsible Black engineers & scientists who academically and professionally excel and positively impact the community. The City College Chapter has tried to maintain this spirit by hosting workshops on time management, self-improvement and empowerment as well Hosting a Kwanzaa event and a pre-thanksgiving Jam.

NSBE is an organization that is trying to dispel the myth of being first an academic club of "first for engineering students". We are an organization that their to strengthen ties within the City College community, the professional community and most importantly the black community members of NSBE encourage everyone to join (Even if you are not an engineering student. All of us are profound believers in the philosophy of "each one teach one". We are located in Baskerville 302. Our meetings are held bi-monthly on fridays in 6/121.

PEACE

National Society of Black Engineers.

"Pride of Harlem Chapter"

Sleep Late Or Educate!!!

So you can afford to sleep late on Saturday mornings. Well I have news for you, there is someplace where you are needed and it is only 30 minutes from City College. The place I'm talking about is the East Harlem Tutorial Program Inc. The center is located at 2050 Second Avenue in Manhattan. There are 300 students anxiously awaiting your arrival. East Harlem Tutorial Program is a volunteer program. Without the help of generous monetary donations from philanthropists and academic tutoring from students like yourself this would not be a successful program. This tutoring program is not unlike the similar programs except for maybe the feeling that you get. Students there genuinely look forward to your once a week commitment. They are happy to see you. This one on one time is very special to them people come in and out of their lives very frequently.

East Harlem Tutorial services African-American and Latino American children. They have bright children from low income/ and or single parent homes. Their schools are overcrowded which does not allow the children those individual attention hours. Unfortunately East Harlem does not really have enough tutors to help serve all of the children in the neighborhood. Now these kids want to learn, O.K., at least their parents want them to. For the students to

get tutored at East Harlem the parents have to apply.

As a previous East Harlem Tutor I have to admit it was a very rewarding experience. I had a sense of responsibility by being there for someone every week. In addition it made me feel very proud of my students when as the weeks progressed they improved considerably in the areas that they initially needed help with. As a tutor, you can arrange museum trips or other educational activities that you can work on in conjunction with other tutors. Your G.P.A. also can improve because your students become concerned with your life and you would probably want to be a good role model.

If you already have a little brother and sister at home, think of it this way, you're getting another one, but this one. The difference is that this one will probably want to listen to you. Tutoring starts in mid-October, so apply now if interested. East Harlem Tutorial offers the following programs:

The After School Program for 6-17 year old

The Tutorial Internship Program

The Summer Program

The Summer Media Workshop

The Parents Workshop

Call the East Harlem Tutorial today at (212) 831-0650, or come fill out a tutor application at DSG and we will find a program in your neighborhood. Remember, a young voice needs you.

Alpha Phi Alpha Fraternity Incorporated

by Mushroom

We conceive of fraternal life as an essential supplement to the college experience. Fraternities provide a cordial and free association for those who have much in common, both intellectually and socially.

Born out of a desire to promote close association and mutual support among the small population of African-American males who were college students at the turn of the century, Alpha Phi Alpha Fraternity Inc. has provided leadership development and community service to young men for more than eight decades.

The basic aim of our fraternity is to furnish wholesome companionship for congenial men of serious purpose under conditions which will best further the objectives of college and to promote in our members a strength of character and a more consistent development than they would be likely to attain singularly without the stimulating support of the fraternal group.

We, the Brothers of Alpha Phi Alpha ETA chapter, would like to extend a warm embrace to our extended family. Through our aggressive programming

last term, we were able to facilitate several successful programs citywide. *Our Generation to Generation* program brought senior citizen and youth together to discuss and dispell the myths about one another. Well, received by the Bronx community we look forward to initiating other such programs with Our Elders. Showcasing Our Depth of creativity and diversity of style, we held our annual *Tribute to African Writer's and Poets at City College*. The Harlem community specially the youth contributed original works. This proved to be evening to appreciate the scope of the African mind. The semester concluded with a celebration of the Black and Latino woman-our *Miss Black and Gold Pageant* and joint-functions with other African-based organizations. We look forward to continued success in service to our community and applaud those who have steadfast to their commit to servitude.

Congratulation to all recent graduates especially Bros. Keith Linton, Frank Berrios, Chris Comma, and Alix Baudin. To all who truly embrace the precepts of scholarship and service...uplift the spirit.

Tièbou Dienn

Serves 6-10. This dish, pronounced "cheb-oo jenn," is the national dish of Senegal. It can range from a simple bowl of rice and vegetables to more elaborate combinations of vegetables, spices and sauces.

For the fish and Paste:

- 2 bunches fresh parsley
- 2-3 green onions
- 2 large yellow onions
- 2 tbsp. soy sauce
- 4-6 cloves garlic
- 1 tsp. salt
- 1 heaping tbsp. black pepper
- 3-4 lbs. thick white fish (1 large fish, if possible)
- oil for frying

For the stew and rice:

- 2-3 onions, finely chopped
- 3 tbsp. soy sauce
- 4 oz. tomato paste
- 4 carrots
- 4 turnips
- 1 small cabbage
- 2 eggplants
- 5 sweet potatoes
- 6-8 okra
- 3-4 chili peppers, or 2 tsp. cayenne pepper
- 1/2 cup dry rice per person

In a blender or food processor, purée all the paste ingredients except fish and oil. (Or chop them finely and mash into a paste with a mortar and pestle.) Using a sharp knife, cut deep slits into the fish, but be careful not to cut all the way through. Stuff the purée into the pockets formed by the slits. Heat 2-3 inches of oil in a large, heavy skillet of pot, and carefully fry the fish until it is golden brown. Remove fish from the pot and drain on an absorbent cloth.

Pour off all but a few tablespoons of the oil. Add to the pot the onions, soy sauce and tomato paste, along with about 6 cups water. Chop the vegetable into large chunks, except for the okra, which should be left whole. Stir all the vegetables and pepper into the pot, and cook over moderate heat until tender. For the last couple of minutes of cooking, and the fish.

With a slotted spoon, remove fish and vegetable to a heat-proof container and put in a warm oven. Measure the water left in the pot, pouring some off of adding some, as necessary, for the amount of rice you're cooking (use about 2 cups water per cup of white rice and 2 1/2 cups water per cup of brown). Add the rice and cook; till will be flavored and tinted by the residue of vegetables and spices.

To serve, spread rice in a large bowl, and distribute fish and vegetables evenly across it.

The Africa News Cookbook

African Cooking for Western Kitchens

(Penguin Books, 1985)

EXPRESSIONS

The Common Man's Bondage

Intensity is a kiss
 A sigh through which we weep
 Desire is an application
 A function through which we speak
 Calamity is of the essence
 A process through which we strive
 Delegation is so mandatory
 To keep the hope alive

Procreation, recreation
 Who is keeping track?
 And if the heart is thusly filled
 Will they take it back?

Decision of incision
 None should come to harm
 But follies of incompetence
 Has cost an innocent's arm
 Crisis of hunger, crisis of war
 And they all just sing a song
 One man chanting ceaselessly
 Can't we all just get along?

Education and taxation
 Here's the man with the plan
 But we've got nothing left to give
 And soon we'll take command
 Rest is not impartial
 For we all have demons deep
 Watching the patterns on the wall
 And counting my own sheep.

Monique A. Minto

There is no salt on the air
 Perhaps because there is no sea
 But what would one call the waves
 Crashing before thee
 The shades do truly astound
 And the clouds do slowly roll
 But as I stand and take it all in
 I think it makes me whole
 The bruising rocks
 The unsifted sands
 The winds that echo far cries
 That come from distant lands
 A spider crawling in its web
 A young man brooding still
 It wrenches at my heart it does
 And the winds begin to chill
 Gliding, rustling
 Crashing, bustling
 But still there is no sea
 And as I stand
 Then walk away
 The winds they turn on me.

Monique A. Minto

We apologize for the misprint in the last issue. We hope this retraction will make up for the mistake.

tell me, not her

Yesterday, I heard You
 Tell her,
 "She doesn't mean anything to me.
 I didn't even kiss her",
 Like I would kiss You,
 after You,
 just kissed her!
 And my heart heard You say
 "I didn't **even** touch her", You know,
 with that voice that goes high when You lie.
 Like I would want You,
 to touch me, after You,
 touched her!
 "Baby, We're just friends"
 Yeah, We're such good friends, that,
 we both have to lie,
 to ourselves
 at least I do, that
 I don't care,
 and, everything is alright.
 When in reality,
 I wonder, how come You,
 didn't run to my house
 when it rained? And
 How come I find it hard,
 to accept, that,
 we're friends?
 Especially since now, that,
 we stand, look, speak, and walk,
 instead of swinging, staring, sharing, caring, strolling.
 Yeah, tell me not her.
 No, not her, that,
 You don't love me,
 anymore.

by, N. Jefflyn King

EXPRESSIONS

"...MIGHTIER THAN THE SWORD."

She lies there, staring, waiting for my hand
 To be placed on Her slender body.
 The lines beneath her puts me into a creative trance.
 My body and mind are now one - one mind one body,
 One me.
 She beckons, calls, signals, summons me to come closer.
 Closer I come.
 With every step the attraction gets stronger, pulling me faster
 and
 With great force. I'm finally close enough to touch her.
 I can't wait!
 I lift her gently into my hand.
 Her skin; smooth as ivory, polished to perfection.
 A part of her enters my mouth and rolls on the tip of
 My tongue, to gesture contemplation.
 Our foreplay is simple yet effective.
 I carefully position her on
 The lines where she once laid.
 Between them we create.
 Every stroke I make with Her creates something beautiful.
 Beautiful strokes, beautiful something.
 Beautiful is she.
 Her reaction to these strokes are obvious. She secretes her
 Liquid of creativity constantly.
 The strokes stop, and her liquid
 Ceases to flow.
 The strokes continue,
 Certain of what to create.
 As I stroke faster, I hold her firm and tight to
 Insure the constant flow of her
 Creative liquid.
 The faster we move between the lines,
 The faster we create.
 Fast, hard and firm was my last stroke.
 Therefore, fast, hard, and firm was
 The Last Thing I Wrote.

by Clifford N. Ible

"The Hole"

See that filthy place
 Hunched back porches cringing
 In the bald noontime stare of waste
 Screaming at the sun

She stood on the corner nine year old
 Child of war
 Would see no more as mama told her not to
 She stood looking eyes cooking to darkness

The cinderred lens windows into
 See how they cannot care
 Eating their own lead lined walls
 By the baby mouthful spitting obscenities

With each strained gasp of air
 Fighting over the little they have
 And the lot they do not
 Laugh at the contrast of action intended
 Of cold piss and lemonade

See the way they stand kissing deep
 In the dingy heat of shattered streets
 Watch the subway cars where they sleep
 Railroaded workers on their feet

Dancing minds escaping the weight of truth
 Fools building link upon link for the chain
 A house in the burbs someplace for our youth
 And when the slack snaps necks are broken again

See how they run so fast away from their homes
 Away from their surface life they retreat
 Afraid of their past and the burning hot combs
 In the wrong place they give space to their feet

In rat racing cages they spin swift the wheel
 Spinning and spinning their blood into gold
 If bars were barbed wire would the cutting reveal
 The clean earth enfolding ship shape of the hole.

by I. Toure

Now it can be told—AIDS and HIV-positives can be cured

by Gary Null

Mention the words "death sentence," and we generally think of prisoners waiting for execution on death row. But in the past decade, a sad thing happened on the way to the doctor's office. We took the death sentence that's usually reserved for criminals and began handing it down to another group of the people in our society—those who test positive for the HIV virus.

The medical and scientific communities, with the help of the mainstream media, have declared that HIV-positive are a step away from developing AIDS (i.e., the presence of HIV and any one of 26 diseases). That's when the medical community—and thus the public at large—invokes the death sentence. There's nothing left to do but dole out toxic drugs, namely AZT, DDI or DDC.

Outside this narrow view of AIDS, however, another story has been quietly developing with AIDS are defying the mortality statistics and leading healthy lives choosing alternative paths to treatment. Their ammunition: changes in their diet and lifestyle, immune-building herbs and nutrients, and a variety of innovative medical treatments.

The question is, why aren't their stories prominently displayed in our major newspaper? The media is only too happy to give credibility to toxic AIDS drugs, but they become strangely silent when presented with clinical evidence that many of the diseases grouped under the AIDS umbrella can be managed and even reversed with natural therapies.

Indeed, I have interviewed hundred of patients who halted their immune system decline and the disease process with natural therapies. One such patient is Chuck DeMarco, who was diagnosed with HIV in 1988. By 1989, he had high titres for cytomegalovirus and Epstein Barr virus and the beginnings of Kaposi's Sarcoma lesions. He also developed a bad cough and lost more than 30 pounds, becoming weaker and weaker. Nevertheless, Chuck chose not to use anti-retroviral drugs because he has seen friends die while using such drugs and did not want to poison his system. Two years later, he underwent a hyperthermia treatment at the University of Rome that restored his immune system markers.

Here's his story: "My radiation therapist told me of a doctor in Atlanta who used a treatment called total body hyperthermia.... I found that has been used around the world for 4,500 years. But only one or two people had died from the procedure. But all who used it were end-stage patients, meaning the medical

community had given them less than 12 months—and in some cases, only weeks—to live.

"A hospital at the University of Rome planned to test hyperthermia on a trial basis in 1991.... There, I underwent a procedure called extracorporeal low-flowing hyperthermia, in which my blood was removed from my body and heated to 108 degrees Fahrenheit. The hot blood was then returned to my body, where it would raise my core temperature to above 108 degrees—the temperature known to damage and kill the HIV virus...

"The blood temperature is raised to about 120 degrees Fahrenheit to kill the active viruses there, but the brain and other organs also are monitored to ensure that the whole body temperature is 108 degrees. Research shows that 90 percent of viruses are in the cells and the lymphatic system. By bringing the core temperature up, they get more of the virus, but still not all.

"When the treatment ended, the first thing I noticed was that the terrible cough I'd had for the three previous years completely disappeared. I had so much energy that I was up and walking around Rome that same after-noon. I spent 10 days vacationing in Italy. When I returned to the States, my Kaposi's sarcoma lesions began to clear and eventually went away. I also gained weight and had an enormous amount of energy.

"Before the treatment I was sleeping about 18 hours a day now I sleep only four. My cytomegalovirus titres and other indicators also have returned to normal. I had a T-cell count of about 250 before treatment. Since then, it has been between 890 and 900, with some dips during periods of stress or when I have a cold. My CD-8 cells count has climbed from 1200 to over 2800. I was p24 antigen-positive prior to treatment (meaning the HIV antibody was active). But 24 days after treatment, I became p24 antigen-negative and remain that way today.

"Recently, my PCR (the DNA of the virus) was tested, which is the final test of whether or not any HIV viral activity exists. The test did come back positive, but I am completely culture negative. I asked the National Institutes of Health (NIH) about this, and they said they still don't understand what PCR means in the lab, to the point that they have to test it 10 to 15 times. But they were astounded that I became totally culture negative and remain so today. The antibodies are the only thing I continue to test positive for, and I probably will do so for several more years (the antibodies are a protective

marker)."

Remember, Chuck DeMarco is one of many AIDS patients who have turned their health around with adjunctive therapies. While these patients subscribe to a wide variety of therapies, there's a lot of common ground in their approach to treatment. First and foremost, they focus on rebuilding their beleaguered immune system. They make positive and sometimes radical changes to their diets, eliminating meat, dairy products, sugar, refined carbohydrates and the like. And they replace these poor-quality products with the healthy foods so often lacking in the American diet, including raw fruits and vegetables.

Many of these patients also supplement their new diets with vitamins, minerals, herbs and homeopathic remedies to enhance the immune system. They use body-cleansing programs such as colonics, coffee enemas, various juices and saunas. And many exercise regularly to build strength and energy and use positive-affirmation techniques to develop a constructive mental outlook.

Among these patients, those who do the most to enhance their health—and in the greatest number of combinations—get the best results. Their blood tests show that the more they do to rebuild their immunity, the better they can eliminate or control the co-factors that many scientists

now believe to be at the root of the disease we call AIDS. These co-factors include hepatitis, herpes, syphilis, chronic fatigue syndrome, candida overgrowth, multiple nutritional deficiencies, mycoplasma and cytomegalovirus.

Ultimately, it is these co-factors that weaken the body's defenses and make it susceptible to the disease that kill AIDS patients. Yet AZT, DDC and DDI—our mainstream AIDS treatments—not only fail to rid the body of HIV, but do nothing to control the co-factors. The opposite is true of natural substances that help to boost the immune system, such as intravenous vitamin C < glutathione and N-acetyl-cysteine (a precursor to glutathione), licorice extract, astragalus, citrus seed extracts, vitamins A and E, the B complex vitamins, and zinc and selenium.

With the use of these substances, patients find that co-factor agents begin to diminish. Their health returns, proving that the presence of HIV itself is essentially meaningless. AIDS patients with a low T-cell count can die quickly if they contract a normal infection. But those who take nutritional protocols have the ammunition to knock out that same infection. Their T-cell count may still be low, but they are otherwise healthy.

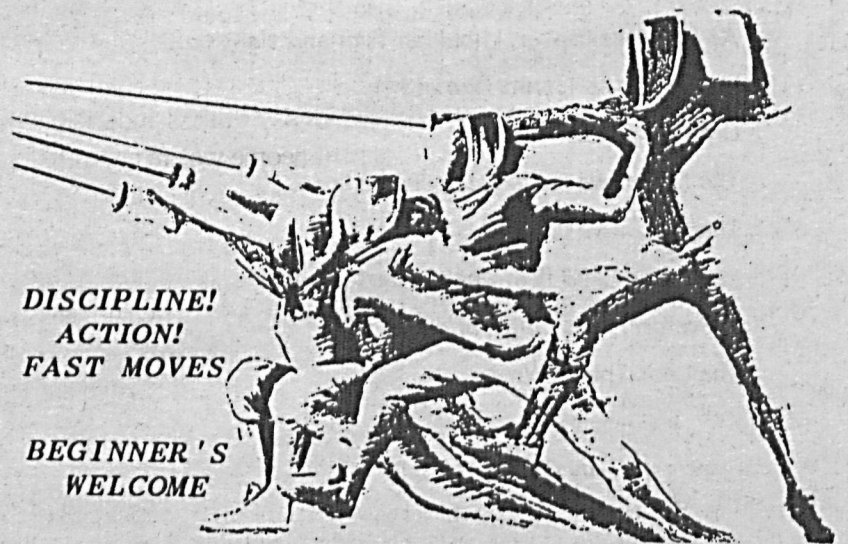
AIDS

continued on page 11

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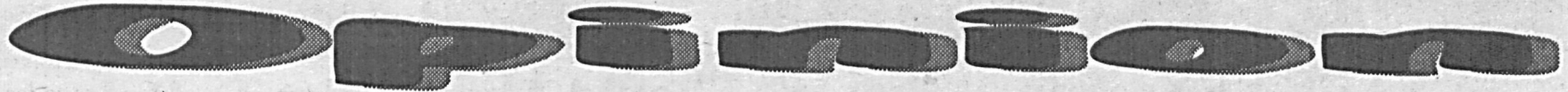
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Politics As Usual

by Kameron Wade

History and statistics show that African-Americans and other people of color, have consistently supported the traditional political parties in the United States. Non-whites voters have throughout the years, thrust all our energies into the campaigns of politicians that have no respect for us as constituents. Furthermore, African-Americans, and other people of color continuously appear to fall prey to gullibility, that is, we keep believing that these same singsong politicians are going to implement an agenda that would be crucial to our well being. It is almost as if people of color somehow enjoy being lied to, and taken for granted.

The time has now come for to coalescing and centralizing the enormous political power and begin to utilize the awesome numbers and political clout that people of color now possess. African-Americans must take the initiative if they want to have an active role in the future of America, and the future of all Americans.

As people of color, it should be our basic policy when it comes to placing viable and progressive candidates in elective offices, candidates that will do our bidding, candidates that will realize that we have an integral role in the future of this country.

What we need to do as African-Americans, is to vote for people that will implement policy that will aid our causes and strengthen our grip on the American Dream. What I mean by this, is that people of color need candidates that will work toward empowering those who reside on the lower scale of the economic ladder. What we *can* do to bolster our position is start at the bottom. What I mean is that African-Americans, as a voting constituency, must turn out not only for presidential, senatorial and gubernatorial elections, but also for the elections that begin on the grass roots level; we must show strong support for the candidates who run for office in the communities in which we live. School board candidates, and other local aspirants greatly need the support of votes. Before African-Americans can have a choice in matters that affect us nationwide, we must first be heard in our communities. Voters must begin electing candidates on the grass roots level, and these aspirants for office should be willing and able to implement policies that are in concert with the needs and

goals of the communities in which they serve.

One of the most deeply rooted problems in the African-American political environment is that we have for too long relied on the campaign promises of jobs and fair play by the traditional political parties. These parties, (including the Democratic Party), consistently contend that they are on the side of the people: translated, this means that these parties propose to be for the working class poor and the underprivileged—who are disproportionately and overwhelmingly Americans of African descent. The truth of the matter is that once these politicians are elected, (on the strength of the African-American vote), African-Americans do not absorb any social, political or economic gains in return for their support. In fact, it appears that a slap in the face is all we get. I refer to the numerous budget cuts that affect African-Americans: social and health programs are being slashed drastically in the inner cities. Summer jobs are sliced dramatically, and when there are municipal hiring freezes, it is almost always the African-American population that bear the greatest burden. Studies show that it is largely the African-American workers who are recipients of the old standby: “last hired, first fired.”

Furthermore, let us not forget the personal affronts to the Black community. In addition to President Clinton's continuation of the Bush Administration's policy on banning Haitian immigrants, the president's abandonment of Lani Guiner is another example of gutless indecision of the kind of people we are putting in office. Now I am not singling out the Democratic Party, I am just using them as an example. The truth of the matter is that the political thinking in this country needs to be completely overhauled. It is appalling when one takes a historical and statistical look at what Americans of African descent have gained as voting bloc. African-Americans have garnered the respect in proportion to our numbers and our enormous potentiality as an important political constituency. Even our political leaders are treated in a manner that forces them to deal with situations that their white counterparts rarely have to contend with. I offer two cases in point to illustrate: Mayor David N. Dinkins, the first Black mayor of New York City was called a “murder” by a certain segment of New York City's

population because of the Crown Heights disturbance—which was precipitated not only because of the death of a small Black child, but by the callous indifference and sensitivity displayed in the aftermath of the child being struck by a car. Dinkins continues to be vilified by the press for the “role” in the riots that occurred in the summer of 1991. Given the exact circumstances, it is very difficult to believe that former mayors, Koch, Lindsay, or even Abraham Beame, (who incidentally, was detested by people citywide) would have had to be subjected to such vitriol by the public and press. Similarly, the Reverend Al Sharpton is constantly referred and alluded to as not only a racist and opportunist, but as a fraud and buffoon as well. The bottom line is that the political system in this country does not benefit African-Americans. The time is long overdue that we begin to form our own political structures so that we will directly benefit from its actions. It is time that we as a constituency and as a candidacy get the respect we deserve. Moreover, candidates like the Rev. Al Sharpton and New Alliance perennial Dr. Lenora Fulani are given almost no media coverage—and what coverage they get is usually negative. The media tends to use coded words and phrases like “no elective office experience,” and “radical.” In addition, when referring to candidates like Sharpton, the media also tends to accentuate any and all shortcomings of Black politicians while overlooking more severe character defects in white politicians.

In addition to being a constituency that politicians tend to ignore except at election time, African-Americans continue to discover just how little regard the traditional political parties have for Black voters: to wit, President Clinton's continuation of the Bush Administration's policy on banning Haitian refugees on the premise that political persecution is not an issue. The blatant hypocrisy shown by President Clinton is but one example that illustrates the way of thinking of the traditional political parties as far they are concerned with the African-American constituency. Moreover, the political structure in America takes action in Black causes only when pressured to do so. Even John F. Kennedy, a so-called friend of Black folks, had to have his arm twisted severely for him to get the civil rights legislation started.

In order to staunch the flood of African-American blood, sweat and tears, we, as African-Americans must begin to fight back by using the few tools we do have. One of these tools is the right to vote. It seems to me that it is a crying shame that so many of our people have given their lives for this constitutional right, and that so many of us have let these brave brothers and sisters die in vain because either we think some elective offices aren't important enough, or that we are so intent on accepting whatever candidates are being foisted upon us that we cannot or will not take the time and energy to help ourselves and strengthen our position in the quest for the American Dream. Unfortunately, statistics show that African-Americans as a whole, tend to vote in “major” elections such as presidential, gubernatorial and mayoral contest. The truth of the matter is that if color want to get their slice of the American pie, then voting, like charity, must begin at home. People need to get involved in the elections for smaller offices. People need to get involved in election on the community and local levels.

It is sadly apparent we are so trusting of the media and the traditional political parties, that we readily accept the gruel (e.g. promises that are never kept) that is being force-fed to us in lieu of viable political candidates. The media continues to promote the candidacies of the Bushes, Perots and Clintons while completely ignoring several progressive hopefuls in the African-American community. Inasmuch, when Americans of African descent formulate political platforms, the media is quick to find fault with their prospective forums. Additionally, as I mentioned earlier, labels and coded language are frequently used to downplay African-American political philosophy. The African-American political platform usually calls for jobs, health care and equality in all facets of life: however, the status quo appears to always be against this agenda, citing that these things take time and that old standby—that things are better than they were thirty years ago.

As African-Americans, we need to look at candidates that have platforms that differ from the status quo. There are many candidates of color who have fresh, progressive and viable solutions

Politics As Usual
continued on page 10

Health News

SAFE SEX: Something We Should Always Try To Do!

by Fernando Almanzar

Sex, AIDS, abortion, venereal disease, unwanted pregnancies, "SAFE SEX," etc. These are some of the things that the media and society push into our minds everyday. Apparently, regardless of how much we hear about all these controversial topics, we are not listening to the message being sent to us.

Everyday, people die from AIDS in the United States. It is hard to keep up with the numbers of victims. At the same time, hundreds of high school students have to drop out because they soon will have children. I just don't know where this society is going.

Many say that the best way to prevent all these problems is by not having sex. Yes, abstinence is the answer to all our social/sexual problems. But, come on! Is this going to stop people from having sex? NO! I believe that PEOPLE WILL NEVER STOP HAVING SEX. Sex is in our nature; it's part of us. Sex is just another biological function. Therefore, abstinence is just a thought conceived by and executed by a small group of people. The rest of the population is still having sexual contact regardless of what the risks may be. We have to start

taking care of ourselves, folks! AIDS is no longer a disease that kills gays and drug addicts. AIDS is a disease that kills whomever is in its path.

Today, however, we are lucky enough to be able to practice "safe sex" by using condoms. Yes, condoms. Okay, not everyone agrees to this alternative, either. Men, for the most part, complain that wearing a condom is not the 'same thing.' But, hey, it's better than not having sex at all. And it's definitely better than having intercourse and catching AIDS, or creating a creature that, perhaps, one is not prepared to support and raise. Not to mention the wide variety of sexually diseases, other than AIDS, that may be prevented just by wearing a condom.

However, things in the past were not as easy as buying a condom and putting it on. According to an article in *Muy Interesante Magazine*, condoms were used in the Roman Empire for disease-preventing purposes. There's also evidence, though less concrete, that the Ancient Egyptians used them, too. However, condoms are credited as being invented in the sixteenth century.

The person credited for this breakthrough is the anatomist and surgeon Gabriele Fallopio. He's also given credit for being the first one to describe the channels that communicate from the ovaries to the uterus. Fallopio designed a sheath made out of animal guts and linen, which was fixed to the penis with a pink lace. This primitive condom was thick and uncomfortable, but it was designed to prevent venereal diseases such as syphilis and gonorrhea. This condom's use did not spread widely, because it was only produced for royalty and nobility.

A century later, Dr. Condom, the personal physician of the court of King Charles II of England, improved the original design by using lamb intestine as the raw material. This order to improve the original design came from King Charles because he was afraid of catching a venereal disease during his leisure activities. Soon, everyone began to use this device and to call it by the same name that we still use today, condom. This, however, was against the

will of its inventor, but there was nothing he could do because it had already gone beyond the royal court and the nobles and everyone called it a "condom."

Also according to the article, the first rubber condom was made in 1870. At first, condoms were reusable. So one had to wash the condom after every use until finally it would tear apart. Condoms were introduced to the United States on a large scale in the 1930s, when technological developments produced the condom as we know it today.

Until the invention of penicillin, condoms were only used to prevent sexually transmitted diseases. In the 1940s, they were introduced as an alternative for birth control.

There you have it, people. For many years now, people have tried to prevent venereal diseases and unwanted pregnancies. Try abstinence; believe me, it works for some people. If not, condoms are available just about anywhere. It's better to play it safe than to hurt yourself by playing around senselessly.

Do It Yourself

Monthly Breast Self-Exams

Before a mirror: With arms at your sides, then raised above your head, look carefully for changes in the size, shape, and contour of each breast. Look for puckering, dimpling, or changes in skin texture.

Gently squeeze both nipples and look for discharge.

In the Shower: Raise one arm. With fingers flat, touch every part of each breast, gently feeling for a lump or thickening. Use your right hand to examine your left breast, your left hand for your right breast.

Lying Down: Place a towel or pillow under your right shoulder and your right hand behind your head.

Examine your right breast with your left hand.

Fingers flat, press gently in small circles starting at the outermost top edge of your breast and spiraling in toward the nipple. Examine every part of the breast. Repeat with left breast.

With your arm resting on a firm surface, use the same circular motion to examine area. This is breast tissue, too.

Total breast cancer screening includes self-exam, examination by a health care provider and a mammogram.

Provided by the Albert Einstein Healthcare Foundation.

Politics As Usual ... continued from page 9

to the problems that have plagued America since its inception. Furthermore, since history has shown that traditional political parties have done very little for African-American citizens, I think it is about time we attempt to force a change with the weapons we now

possess: political and economic clout. If we start now, and continue to vote for candidates whose agendas are consistent with our own, then perhaps when our children's children are of voting age, our people will be front-runners instead of the so-called fringe candidates.



GREAT AMERICAN
SMOKEOUT

Adoption Papers

I, _____, will do all that is within my power to help you, _____, not to smoke during the Great American Smokeout. On my honor and as my part of the bargain, I promise to do the following to accomplish our goal:

- Praise you for having the willpower to give up nicotine for a day.
- Reassure you that there are still only 24 hours in a day.
- Help you remember your commitment to not smoke.
- Bribe you with food, money, and/or timeshare vacations.
- Be there when you need me.

You, _____, on your part, will make it through the day if you:

- Hide your cigarettes, ashtrays, lighters, and matches.
- Tell your friends you have been adopted and will not smoke during the Great American Smokeout.
- Call me when you feel you can't resist the desire to smoke.
- Refrain from visiting smoke-filled rooms.
- Remember that today, you are leaving the pack behind.

I will do what it takes to help my friend leave the pack behind.

Signed: _____ Date: _____

I promise not to smoke during the Great American Smokeout.

Signed: _____ Date: _____

Art/Entertainment

Cool Runnings

Dudes of Destruction

Starring: Doug E. Doug, Leon, Rawle D. Lewis, Malik Yoba, John Candy.
Directed by: John Turteltaub
Produced by: Dawn Steel
Created by: Walt Disney Company
Distributed by: Buena Vista
Running time: about 2 hrs.
Rated: PG

Reviewed by Renee Stevens

"Together we aspire, Together we achieve." Although this motto originates from the island of Trinidad, it clearly applies to the spirit of the Jamaican Bobsled team members depicted in the movie "Cool Runnings."

Despite the fact that the Jamaican accents were horribly fake, this films' contents delivered the promised inspiring story with the added comedy styling of Doug E. Doug and John Candy.

Rawle D. Lewis, (who played Junior Bevil) was convincing as he played a grown boy within reach of his manhood and his own identity. Malik Yoba portrayed Yul Brenner, a physical tower of strength and (later) support especially to Lewis' character. He made a definite im-

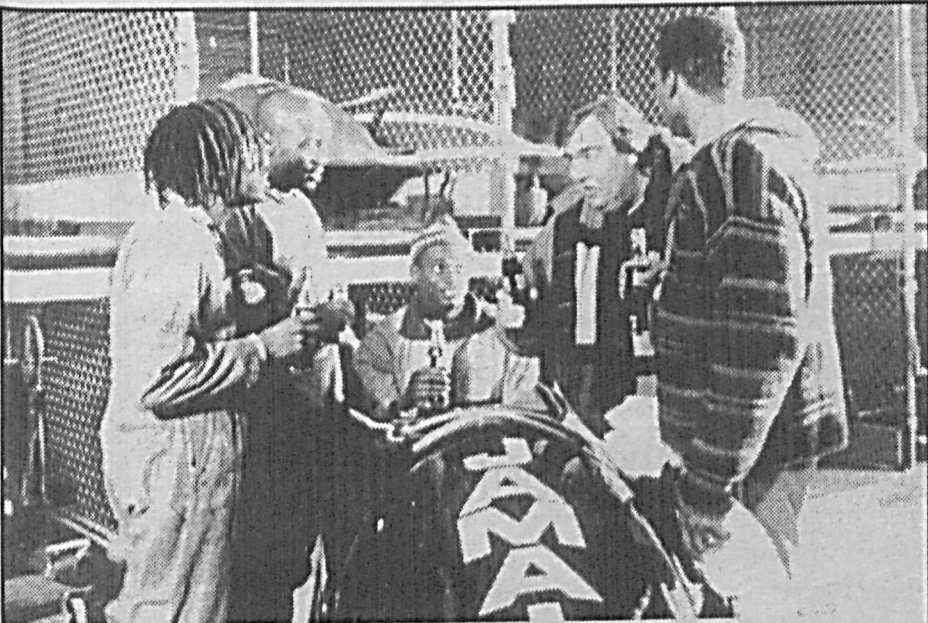
pression in his role as the intimidating team member.

Leon, who you might remember from the "Five Heartbeats", gave another impressive performance as Derice z. He was the most focused and determined member of the bobsled team.

"Cool Runnings," was filmed on location in the snowy Calgary Olympic Park and on the beautiful, sunny island of Jamaica

Even though the makers of this film utilized a great deal of creativity and a tremendous amount of artistic license, the films' producer Dawn Steel and director Jon Turteltaub managed to maintain the gist of the original story.

The movie has a wonderful soundtrack which includes the simply contagious "Jamaican Bobsled-ding Chant" - "It's Bobsledding Time." "Cool Runnings," is the perfect movie to see if you're in a silly mood and have the need for mutual company, or if you need to be reminded that success is the result of perseverance and determination.



(left to right) Sanka Coffie (Doug E. Doug), Yul Brenner (Malik Yoba), Junior Bevil (Rawle D. Lewis), Irv (John Candy, as their coach) and Derice Bannock are the Jamaican bobsled team.

by Monique A. Minto

Joel Silver, the man who brought us action-packed movies likes "Lethal Weapon" and "Die Hard," has brought us yet another explosive presentation of what happens when you push the good guy too far.

The movie is "Demolition Man" and it is ironic that it is the bad guy that you almost end up rooting for.

In 1996, Sgt. John Spartan (Stallone), corners psychopath Simon Phoenix (Snipes), in a building in the center of a Los Angeles warzone. Phoenix blows up a building, killing everyone inside it and Spartan gets the blame. They are sentenced to Cryo Prison where they are frozen in suspended animation.

We cut to a seemingly perfect 2032 where Phoenix escapes and Spartan must

now be set free to catch him. Phoenix becomes the bad guy you love to love and what follows is some of the best action graphics that these kind of movies always try to provide.

Wesley "Always Bet On Black" Snipes is refreshingly insane as Simon Phoenix, and Stallone brings in some of his Rambo/Rocky persona to lend to the character, Spartan. In addition to the action, the adventure, and the mayhem, we also have the comic relief of Snipes, Stallone, and surprise, surprise Denis Leary, who plays an underground group leader.

"Demolition Man" is the movie with the big bucks, the big stars, and the big hype. And believe that its big fun too. It's well worth the time so check it out and remeber, BE WELL.

Girl, The Songs get Sadder and Sadder

by Tyrone B. Rose

Toni Braxton, nubian goddess and a newcomer to the R&B scene has an immense musical ability, which is not demonstrated in her recently released new album entitled **Toni Braxton**. A

protege of Baby F and LaFace Edmonds and LaFace Records, Ms. Braxton is in popular company, but homegirl gets started way before the light. Believe me her album fizzles like Eddie Murphy's records.

AIDS ... continued from page 8

What's more, two primary markers of HIV activity in the body-the p24 antigen and PCR-often become negative with such protocols.

The experience of such patients raise some obvious questions. These people represent the vanguard of a new movement in HIV and AIDS therapy, and their approach is backed by good scientific data of the substances used in natural protocols. Why, then, aren't scientists examining these patients more closely? And why aren't we spending more money to research such protocols?

live, is absolutely neutralized and made irrelevant."

So where does that paradigm leave us today? Do we still believe that ordinary people cannot discern the truth? Do we believe that germs are the sole cause of disease, and that a person's own state of heath and lifestyle behaviors have no effect on outside causes? And, do we believe that only drugs subjected to double-blind studies can cure disease?

As Dr. Black points out, any rational thinker has got to disagree with those premises. "We know that people do have the capacity to discern. We've seen this with [AIDS] patients. We know that germs are not the only cause of disease. The HIV virus is not a death warrant that causes everyone to have AIDS. And we know that drugs are not the only cure," says Dr. Black.

Clearly, a medical paradigm that favors such treatments needs rethinking, especially when it makes outcasts of ones that are less toxic and more effective for many patients. Until that happens, the research money that should be directed to such therapies will not materialize. And our society will continue to believe that a diagnosis of HIV or AIDS is a death sentence.

Dr. Dean Black, an author and consultant on natural health, says we must look to the 1880s to answer those questions. That's when our modern medical paradigm was formed, with these three anchoring points: One, ordinary citizens cannot discern the truth for themselves-the only real certainty is in the realm of science. Two, germs are the cause of disease. Thus, the human body cannot defeat them.

And third, the only way to identify a cure for a disease is with an unbiased, double-blind study. "What you have is a pure cause (the germ) and a cure (the drug)," says Dr. Black. "Everything else, including the human mind and desire to

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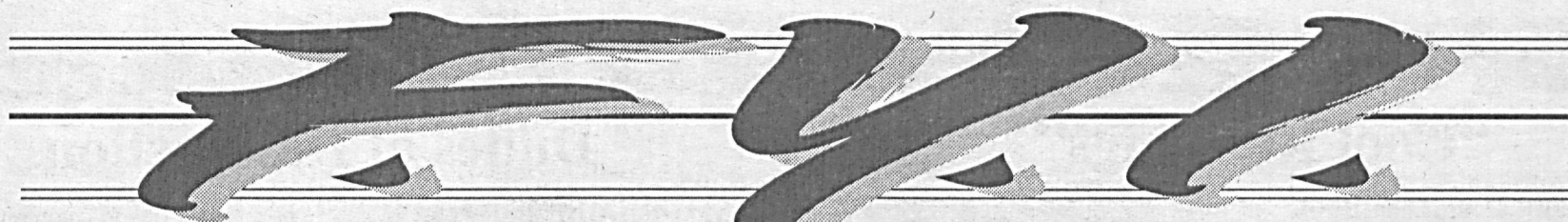
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For Your Information

EXHIBITION OF WORK BY DISABLED AFRICAN-AMERICANS

If you are interested send pictures or slides of your work to:
Resources for Artists With Disabilities, Inc.

February '94 Competition
77 Seventh Av., Suite PHG
New York, N.Y. 10011-6645

before Nov. 15, 1993, so it can be exhibited during February for Black History Month. For more info. call (212) 691-5490

N.Y. STATE ASSEMBLY SESSION INTERNSHIP

Juniors and seniors, of all majors, are encouraged to apply for an internship in the legislative branch of the state government. Maximum of 150 positions. For information and applications contact Ed Evans-Career Services Shepard Hall 154. Deadline Nov. 1, 1993.

CONCERT

Allgood will perform at The Wetlands. For info. call Brian Roach / John Todaro at (718) 261-2227.

NYPIRG

(NEW YORK PUBLIC INTEREST
RESEARCH GROUP, INC.)

For info., assistance, and counseling on matters in small claims court contact NYPIRG. Services free of charge.

Lower Manhattan and East Side
(212) 772-4305

West Side, Harlem, Bronx
(212) 234-1628

Staten Island
(718) 981-8986

Brooklyn
(718) 875-8519

Queens
(718) 520-8618

PLAYBOY COLLEGE FICTION CONTEST

Enter by submitting original, unpublished story to Playboy. For details and info. call Shirley Nicoletta (212) 688-3030, ext. 3344. First prize is \$3,000 and publication in the Oct. '94 issue. Deadline January 1, 1994.

MOVIES FOR \$5.50

Stop by SSC office in NAC 1/210-A to buy tickets to see any movie, at any Cineplex Odeon or Loews. For info. call 650-5010.

NYCGS JOURNALISM WORKSHOP

New York Career Guidance Service is offering a free training workshop for people ages 16-21. Orientations are between 4:00 and 6:00 on Oct. 21, and 28. Must register. Call Bill Haley or R.J. Plagge (212) 877-9810.

BLACK ALUMNI ASSOCIATION GALA

There will be the annual scholarship awards presentation on Oct. 24, 1993 in the faculty dining hall. For info., and reservations call (212) 650-7922.

LANGSTON HUGHES FESTIVAL

Arron Davis Hall will be the venue for this festival on Nov. 10, and 11. Guest speaker Chinua Achebe (*Things Fall Apart*) Look for further notice in the upcoming issues.

JU JU

A spectacular show featuring artists such as Max Roach, Donald Byrd, the Uptown String Quartet, and more. Sunday Nov. 7, 3:00 pm. in the Aaron Davis Hall. For box office or info. call (212) 650-7100.

Whaddya Say To A Guy Who's
Had The Same Job For 50 Years,
Has Never Called In Sick Or Showed
Up Late, Never Taken A Vacation
Or A Holiday, Never Asked For
A Raise Or Griped About His Bonus
And, Believe It Or Not, Has No
Plans For Retirement?



Thanks.

Show Smokey how much you appreciate his many years of vigilance by being careful with matches and campfires. Remember - only you can prevent forest fires.