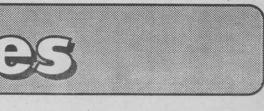
November 1,1990



in medium skillet until tender, 8 to 10 minutes. le with paprika and salt. Add sherry and heat to boilirring constantly. Remove from heat and cool slightmove rice from heat; stir in chiles and green onions. nd covered 5 minutes. Stir sour cream into chicken e; heat but do not boil. Spoon chicken mixture over prinkle with parsley, if desired. [Serves 6.]

Bayou Ham With Red Beans & Rice

lb. smoked ham, cut into strips, 11/2 x 1/2-inch

tablespoon vegetable oil

medium onion, chopped

clove garlic, minced

can (about 16 oz.) red or kidney beans cup rice

- teaspoon chili powder
- teaspoon salt
- teaspoon pepper

wn ham in oil in 10-inch skillet; remove and reserve. onion and garlic in ham drippings (add additional oil, ssary) until tender, but not brown, about 5 minutes; e. Drain beans, reserving juice. Add enough water a juice to make 2¾ cups. Add bean liquid, beans, ulli powder, salt and pepper to skillet. Bring to a boil; heat. Cover tightly and simmer 20 minutes. Remove eat; stir in reserved ham and onion mixture. Let stand d 5 minutes. IServes 6.1





Worth.



da Potter ER: 381-9404 etter



ton, traded her Miss Black Arizona crown for the "Miss Galaxy" crown recently in the Blue Bonnett Room at the University of Texas at Arlington near Dallas/Ft.

Cecila (Cee Cee) Penis-

Pictured on the left is KiKi Shepard, hostess of the popular New York City Apollo Amateur Show, displaying her well known voting hand above the winner's head.

Miss Peniston, a popular home town singer has just returned from New Jersey where she tried out with a nationally known recording group. Her goal is to someday get the opportunity as Miss Regina Belle, a 1983 second-runner up of the Miss Galaxy Pageant.

The Miss Galaxy Pageant is sponsored by Youth Together Inc., a Federal taxexempt organization of Phoenix, Arizona. The 1991 show will be held in Las Vegas, Nevada.

For information call toll free: 1-800-658-9157 or 1-800-658 WINS.



"If there is an obstacle, re-

move it. If trouble gets in your

way, overcome it. If they knock

you down, get back up. If they

push you against the ropes,

come out swinging ...," he said.

the importance of coupling edu-

cation with human sensitivity.

"We must get education in the

mind and maintain sensitivity in

the heart. Both are equally

important...Push for sensitivity

in the heart as much as in the

head...Hang on to the world as it

spins..don't let go, and you will

last. Keep your manly respect

and manly pride. Get up and rise

was time to present the awards

for the evening. Awardees in-

cluded the following: Mrs. Mar-

cia Pledger, Reporter, Las Ve-

gas Review Journal, Lawrence

Weekly, Community Affairs Di-

rector, KCEP Radio, and Lee

Winston, Community Affairs

Director/T.V. Host KLVX Chan-

nel 10 received the WCBPA's

Media Award. Receiving the

Community Service Awards

were Mrs. Yvonne Atkinson

Gates, Member, Board of Trus-

tees, Clark County School Dis-

trict, Leonard Mason, Commu-

nity Activist and local entrepre-

After the keynote address it

again!" he said.

He reminded the audience of

(Continued from Page 3) fully provocative address. We have extracted a few excerpts for out SENTINEL-VOICE readers Williams reminded the audi-

ence that we "...no longer should play the role of 'Driving Miss Daisy'." He talked about how the "clock of civil rights is being turned back ... ", "We cannot sit back and see the clock turned back!" He said that we live in a world today where you get more respect for burning crosses than for burning flags. We live in a world today

where there is more respect for burning crosses than burning flags...They will make a big fuss about the flag burning while cross burnings continue to spread throughout this country and we must tell the story...As parents we must humble ourselves and become better role models for our children."

"Our children should be exposed to us using our library cards more than our credit cards," he said.

Williams concluded his address by echoing the need to "be our brother's keeper." He said that we should let no obstacle get in the way of our achievement of higher goals in life.

present drillmaster, Battalion

chief Bill Young was second.

Dave holds these two men as

inspiring role models in his climb

to the top. However, it was the

persuasion and inspiration fo the

first black firefighter, Capt.

Monroe Williams which made

Dave take the city's fire depart-

with preparing for a test with no

formal educational diploma, just

a GED. But, with determination

and assistance from other Afri-

can-American fire flighters to

help train him, he made the

grade. It was this kind of help

that made Dave make a deci-

sion to develop an on going train-

ing program to help others

achieve their goals of becoming

girls and a boy) as well as a

grandfather, Dave feels it is his

family life that keeps him bal-

anced to maintain the high de-

The father of 4 children (3

Dave Washington was faced

ment test.

fire fighters.

FIRE TRAI NING CHIEF

(Continued from Page 3) With this promotion, Dave achieved his goal of becoming only the third African-Amercan in the history of the Las Vegas Fire Department to hold a chief officer's rank. Retired Chief Larry Powell was the first and the

gree of responsibility as the new advise to the young people is Training Fire Chief. His goal is to "do the best that you can." It is a become Chief of Department, good bet, judging from his acwith future sights on becoming complishments, that Chief David an elected public official. Dave's L. Washington can do just that.

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The LAS VEGAS SENTINEL-VOICE

neur, and Dr. Al Gourrier, School Principal, Co-Founder, Nevada African American Summit. Humanitarian Awards went out this year to Assemblyman Wendell Williams and Rev. Jesse Scott, President, Las Vegas Chapter NAACP. The Awards Banquet was well attended and I am honored to be on the staff of the Las Vegas SENTINEL-VOICE. We welcomed our convention visitors and pray that the convention leads to a prosperous exchange of ideas and a greater unity in making the Black Press an equally viable source of news and information in all communications media. We at the SEN-TINEL-VOICE stand firm on our commitment and with leaders such as Mrs. Betty Brown and WCBPA officers such as Clovis Campbell, President, Bernie Foster, First Vice-President, Publisher, Portland Scanner, Hardy Brown Second Vice-President, Publisher Riverside Black Voice, Geri Warren, Secretary, Publisher, San Diego Voice and Viewpoint and Joe Coley, Treasurer, Publisher, Bakersfield New Observer, how can we go wrong? We stand ready to face the future and we will never allow the "south to rise

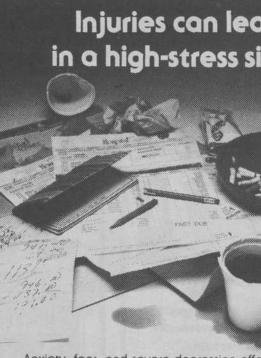
again". Our contributions may have gone unnoticed in the past, but the future is as bright as we make it. Have a safe trip home,

conventioneers. Networking is a key to the advancement of great causes Continue to read the SENTI-



TOP PHOTO—Marcia Pledger, reporter, Las Vegas Review Jo award from Clovis Campbell and Betty Brown. BOTTOM PHOTO meadia award to Larry Weekly, community affairs director for Assemblyman Wendell P. Williams seated at left.





Anxiety, fear, and severe depression affe accident victims in many ways. A Persona finds insurance compensation to cover tre emotional problems and disorders follow



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