

AFRICAN AMERICAN WOMEN AND AFRICAN AMERICAN ENTERTAINMENT INDUSTRY OFFICIALS WAGE WAR ON GANGSTER RAP & MISOGYNIST LYRICS

Washington, D.C. — When the NATIONAL POLITICAL CONGRESS OF BLACK WOMEN, INC. (NPCBW) held it's 1993 Annual Awards Brunch at the Grand Hyatt Hotel at the conclusion of the Congressional Black Caucus Legislative Week-end, the audience left with more than a pleasant meal and instant snapshots with the dais guests and celebrities who were in the house:

They walked with their mouths aghast from reading the NPCBW Commission on Equity and Party in the Entertainment Industry (NPCBW Entertainment Commission) handout of gangster rap and misogynist lyrics. They also carried petitions in support of the NPCBW Entertainment Commission's efforts to halt the music industry's infiltration of gangster rap and misogynist lyrics into the African American community. The petitions will later be forwarded to the heads of the record companies that produce the offending music.

Gangster rap and misogyny

NEW WEIGHT CONTROL PROGRAM FOR AFRICAN-AMERICAN WOMEN BEING TESTED

HOUSTON — A new weight control and behavioral modification program specifically designed for African-American women is being tested at Baylor College of Medicine in Houston.

The Black American Lifestyle Intervention (BALI) study, funded by the National Institutes of Health, is one of the first major attempts to work with blacks on long-term weight control.

"Nationally, 44 percent of African-American woman age 20 and older are clinically obese. Yet, none of the weight control programs currently available has been tested for their effectiveness in minority populations," said Dr. John Foreyt, director of Baylor's Nutrition Research Clinic and principal investigator for the study.

Using a program developed from pilot studies conducted in 1992 at Baylor's DeBaakey Heart Center and three other sites, the BALI study will follow 150 women for two years.

Women in the study's intervention group will follow a diet regimen that includes a twice-daily liquid meal replacement. An African-American nutritionist will provide diet and behavioral modification counseling specific to participants' ethnic needs. A series of group meetings will also

lyrics typically contain very graphic references to African American women as "hoes" (i.e. whores), bitches, and sluts. Their music and videos often glamorize the rape and murder of women, especially African American women.

"What African American children are being exposed to through certain music and videos that only offer negative images of human relationships and too often only teach African American men how to mistreat African American women — and for our women to accept this — is nothing short of mental and spiritual contamination," said NPCBW NATIONAL CHAIR DR. C. DeLORES TUCKER. She added: "How can we expect African American children to thrive, survive, and be prepared for the next century if we sit by and allow these 'artists' to make them cultural illiterates and degenerates?"

Songstress, MELBA MOORE, who co-chairs the Commission with DIONNE WARWICK and music industry

executive, TERRIROSSI, joined in the refrain:

"Cultural violence is being fed to our children. They need to have the best, the most positive, and most wholesome images projected to them instead of being subjected to this dehumanizing violence of their spir-its."

Several national African American organizations traditionally hold board meetings in the nation's capital in conjunction with the Congressional Black Caucus Legislative Weekend so that their leadership can share concerns and network with the purveyors of the Black community's growing political clout. Among the groups meeting in Washington that week were CONCERNED BLACK MEN OF AMERICA, INC., the NATIONAL ASSOCIATION OF BLACK OWNED BROADCASTERS, and the NATIONAL NEWSPAPER PUBLISHERS ASSOC.

DR. TUCKER, MS. MOORE, MS. WARWICK, MS. ROSSI, and VON ALEXANDER, the Executive Director of the

NPCBW Entertainment Commission, met with all three groups to share their concerns about the impact of gangster rap and misogynist lyrics upon the African American community. All three organizations promised to support their efforts to eradicate gangster rap and misogynist music.

The women also won vocal support from DR. BENJAMIN

CHAVIS of the National Association for the Advancement of Colored People, Inc., COMMERCE SECRETARY RONALD BROWN, CONGRESSIONAL BLACK CAUCUS CHAIR KWEISI MFUME, and ATTORNEY GENERAL JANET RENO.

"We cannot and will not stand by and say nothing," said DR. TUCKER. "The NATIONAL

POLITICAL CONGRESS OF BLACK WOMEN, INC. will fight for the wholesome development of our children and the cultural integrity of our people."

For information about the NPCBW petition drive against gangster rap and misogynist lyrics, please write to us at 600 New Hampshire Avenue, N.W., Suite 1125, Washington, D.C. 20037 or call (202) 338-0800.

FOR THE LADIES I'M NO CLAIRE HUXTABLE

By Bonita Armstrong

The closer I get to you, the more I understand . . . I'm no Claire Huxtable.

Remember that perfect little family from our favorite television show? They had it all as far as I could tell. Careers, money and a house that was always impeccably clean and neat.

Huh? A perfectly clean house? With all those kids running around? That IS Hollywood?

I'm still trying to figure out how people do this stuff. I mean work all day, have a house full of kids and keep this spotless house. I can't seem to get a handle on it.

It never seems to end. There is always a dish to wash, a meal to prepare, a bed to be made, a floor to be swept and mopped, clothes to be washed, a table to be dusted, a tub to be scrubbed,

a toilet to clean, etc., etc., etc.

You know things have gotten bad when you have to look in the kitchen sink for a coffee cup or spoon. Maybe you have mornings like me when I have to search under beds to find the mate to a shoe. Or what about the times when it's bath time and there are no clean towels in the house? Sometimes I would look at this big mess and wonder what was wrong with me. Why can't I keep my house clean just like Claire Huxtable?

That's the time when I have to grit my teeth, roll up my sleeves and go to work. First I call a friend who has just as many kids as I do and explain to her what a wreck my home is in and how much I dread cleaning it. She replies that her house is in much the same condition and she feels exactly as I do.

Now, I don't feel alone any-



BONITA ARMSTRONG

more. I understand that I'm not the only working mom in the world whose little nest is not in tip-top shape all the time.

So to those working moms out there to whom this scenario is familiar, take heart. There's nothing wrong with you. You're doing it right. It's that troublemaker Claire Huxtable that's got the problem.

provide emotional support.

Women in the control group will receive written material about eating a healthy diet and will not receive counseling or group support.

"Our earlier study showed African-American women benefited from having peers to talk to about weight control and from having a peer to help them learn to make their lifestyles healthier without giving up important aspects of their culture," Foreyt said.

The study will begin with a 16-week program designed to achieve weight loss using a meal replacement for breakfast and

lunch and a low-fat, high-fiber dinner. Participants will meet weekly for nutrition education, behavioral counseling, group support and group exercise sessions.

Following the 16 weeks, the dieting program will end and the group meetings will continue once or twice a month until the study ends.

"Our primary goal is not weight loss," Foreyt said. "We want these women to learn how to take control of their lives and of their weight, to avoid 'yo-yo' dieting and to establish life-long healthy eating and exercise habits."

GYMNASTICS CLASSES

A series of gymnastics classes begin November 2 at the Chuck Minker Sports Complex, 275 N. Mojave Rd. Sessions take place 3:30 - 5:30 p.m., Mondays, Wednesdays, and Fridays.

Students may be as young as three years old. Three levels of instruction are available; beginners, intermediate, and advanced.

Registration continues through October 30. Prices range from \$24 - 40\$, depending on class and level of instruction.

This program is sponsored by the City of Las Vegas. Call 229-6563.

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For more information about AIDS, call 1-800-842-AIDS. Nevada AIDS Hotline



This is a message from the U.S. Centers for Disease Control