

DR. GEORGE HILL'S WOMEN IN FILM MOVIE POSTER EXHIBIT SPANS OVER 70 YEARS OF ACHIEVEMENT BY MANY TALENTED WOMEN

The women in film exhibit is a display of the original posters that were outside theaters 20,30 and 40 years ago as well as films from the 1990's, including the films of Dorothy Dandridge, Carmen Jones, Lena Home, Bronze Venus, and Edna Mae Harris who starred in Oscar Michaeux's "Lying Lips."

Included in the exhibit is the work of today's stars such as Angela Bassett, Whoopi Goldberg and Diana Ross, as well as 1970's film star Pam Grier. "This is like going to an art exhibit, but you see the fantastic movie posters instead of paintings," says "In Living Color's" T'Keyah Crystal Keymah, who welcomed everyone to a recent exhibit.

The Black Women in Film exhibit is now available for display this month which is women's month, and has over 125 items including posters, lobby cards, photographs and soundtrack albums.

Dr. Hill does exhibits in Black music month (June) on Jazz Cinema, rhythm & Blues and Hip Hop Cinema, and on actress Dorothy Dandridge and filmmaker Oscar Michaeux. The exhibits are available as fund raising tools to non-profit organizations, colleges, fraternal



groups, conventions and seminars. Exhibit founder Dr. George Hill has authored 19 books to date including 9 on African Americans in media such as

"Blacks in Hollywood", "Ebony Images," "Black Action Films," and "Women on Television." For more information on the exhibits call (213) 229-1748.

FOR THE LADIES NO MORE EXCUSES

By Bonita Armstrong

There was a time when I was a chronic excuse maker. Whenever something would happen in my life that I was ashamed of, or when I felt I had failed, or even when I thought others would think less of me...I had an excuse for myself.

If I was not producing at work, I would say that my boss was giving me too much work. If I got a "B" on a test instead of an "A", it was because the test was too hard. If I was unhappy in a relationship, it was the other person's fault. If I was physically out of shape, it was because I didn't have time to exercise. If my general life was a mess, I rationalized that the rest of the world is messed up ... not me. I blamed everyone and everything for my shortcomings and my problems ... everyone except me.

I don't know when it happened, but one day I woke up to realize that I was in control of my life. Not my boss, not my teachers, my parents, my spouse, my friends, my children ... no one but me. I realized that any happiness, any self-satisfaction, any accomplishments, any joy, or any sadness that came into my life, I was in control of. In that case, there are no excuses for me.



BONITA ARMSTRONG

There are no excuses for poor work performance, bad relationships, or blatant unhappiness. I decided I would make no more excuses for myself. Rather than that, I would take charge of my life and live it to the fullest I could possibly live it.

My mother used to tell me "You can do anything you want

to do if you put your mind to it." I didn't really know what that meant until after I became an adult. I realized she meant that I should make no excuses for not achieving. If I wanted an "A" on that test, I would have to study hard. If I wanted a good relationship, I would have to make some changes in myself or my choice of men. If I wanted a particular job, I would have prepared myself for it by making sure I have all the qualifications the job description requires.

If I wanted to be happy, that's also my choice. I have to decide to be happy. I have to decide that no one else will project misery and pain upon my life.

With God's help, we can take control of our own lives, our own destiny, our own happiness.

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By zelda Ruyear ©

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just don't snother each other..... you still have to be you.....

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