

W.K. KELLOGG COMMITMENT

(Continued from Page 9) university has graduated more blacks who have gone to become general officers in the military

FOR THE LADIES

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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. 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.

than any other institution.

CAMPAIGN 2000 is UNCF's most ambitious capital campaign to date with a goal of \$250 million. Its purpose is to help strengthen the role of UNCF colleges and universities in educating young African Americans to meet the challenges of the 21st century. To date, the campaign has raised over \$210 million.

"We are pleased the W.K. Kellogg Foundation has joined an impressive roster of leading corporations supporting

CAMPAIGN 2000. Continued support from corporations enables UNCF member institutions to provide high-quality education in supportive and challenging environments," said UNCF President and CEO, William H. Gray, III. "As the number of unskilled jobs decline in this country, the unemployment rate of those with the least education increases. UNCF is committed to helping America cultivate the world-class workforce needed to be

competitive."

UNCF, which celebrates its 50th Anniversary this year, is of the leading higher education support organizations in the country, having raised nearly \$1 billion. It has been ranked among the leading U.S. charities by Money, Forbes, and The Non Profit Times.

The W.K. Kellogg Foundation was established in 1930, "to help people help themselves through the practical application of knowledge and resources to

improve their quality of life and that of future generations."

As a private grantmaking organization, it provides seed money to organizations and institutions that have identified problems and designed constructive action programs aimed at solutions.

Most W.K. Kellogg Foundation grants are awarded in the areas of youth, leadership, philanthropy and volunteerism, community-based health services, higher education, food systems, rural development, water resources in the Great Lakes area, and economic development in Michigan. Programming priorities concentrate grants in the United States, Latin America and the Caribbean, and in southern Africa.

HILTON

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article was obtained courtesy of Peterson's Guide to Graduate & Professional Programs.

HILTON: HIGHER EDUCATION is a nationally syndicated column designed to dialogue with a college and world readers. Education is ongoing and certainly not limited to school classrooms.

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HEART ATTACKS

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the combined effect of the two antibodies, Vaarala says, "is additive, which means that the antibodies contribute to the development of coronary thrombosis in different ways."

Phospholipids, targets of the aCL antibodies' attack, are a form of lipid (fat) found in the membranes of every cell in the body. Theoretically, these antibodies can cause widespread damage to the body's own tissues.

"Phospholipids are important factors in blood coagulation, and antibodies directed against phospholipids may thus interfere with coagulation and contribute to episodes of clotting," the scientist explains.

"We conclude that immunological factors are important in development of heart attacks," says Vaarala. Evidence from previous studies suggests that strokes, sometimes called brain attacks, may also sometimes be due to an "autoimmune" disorder, a misguided attack of the body on itself. Heart attack and stroke rank as the first and

third largest causes of death in America, according to the AHA.

"Right now, we don't know what to do if you have high levels of anti-cardiolipin antibodies," admits Vaarala. "This is a new finding and in the future it may lead to new tests and new treatments." Currently the researchers are studying the antibodies in more detail, trying to determine if they bind to and interfere with a molecule that prevents blood clotting.

Over a decade ago, scientists first became aware of aCL antibodies when they were discovered in the blood of patients with the autoimmune disease SLE (systemic lupus erythematosus). SLE victims often have recurrent episodes of clotting, hardening of the arteries and heart attacks.

Vaarala's co-authors are Matti Manttari, Vesa Manninen, Leena Tenkanen, Marja Puurunen, Kimmo Aho and Timo Palusuo.

Circulation is one of five scientific journals published by the Dallas-based AHA.

DEPRESSION



My roommate was depressed. More than the blues. I mean seriously depressed.

She always looked sad. Cried a lot. She couldn't sleep, eat, or do any of her work.

Treat it! Defeat it!

Most of the time she wouldn't talk to me. I just couldn't reach her.

I figured she needed to get professional help, before her pain got worse. So I checked it out.

I was amazed. Once her depression was diagnosed, treatment was effective and began to work within a few weeks.

Got a friend or loved one who you think is depressed? For free materials, call 1-800-421-4211.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health.
National Institute of Mental Health.

- 1900: 1,700 Negroes attend college.
- 1944: 40,000 Colored People attend college.
- 1970: 522,000 Blacks attend college.
- 1992: 1,393,000 African Americans attend college.

Still I rise.

These numbers may sound impressive, but there are still tens of thousands of deserving students who can't afford to go to college. That's where the United Negro College Fund comes in. For more than 50 years, we've been helping bright, young students get the education they need to fulfill their dreams. But there are still thousands more who need your support. Please give generously. Because the bigger these numbers become, the better it is for all of us. Call 1 800 332-UNCF.

UNITED NEGRO COLLEGE FUND
A mind is a terrible thing to waste.

COMMISSION

(Continued from Page 1)

transportation contracts to a black-owned bus company. "Clearly my election to the board has been an advantage to the residents of District D," responds Atkinson-Gates on her recent chairmanship.

In her capacity as chairman, Atkinson-Gates will direct and manage all commission meetings. She will be responsible for controlling meetings, which at times become emotionally charged and unruly as constituents voice their concerns. Gates says she will use diplomacy to keep the meetings under control.

With her election to chair the commission, three new commissioners were sworn in. Commissioners Erin Kenny, Lorraine Hunt, and Myrna Williams took their posts for their first meetings.

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