

SENIOR NEWS

DOOLITTLE SATELLITE SENIOR CENTER

The Doolittle Satellite Senior Center, located inside the Doolittle Community Center, T 1901 N. "J" St., (at W. Lake Mead) is open to people age 55 and older from 10 a.m. to 2 p.m., Monday through Friday.

Please call 229-6125 to confirm the time and date of the activity and to sign up.

The Healthy Strides Group meets at 10 a.m., every Monday and Friday. Chair Exercise classes meet at 10 a.m., Tuesday and Thursday. Bingo is played at noon every Tuesday and Thursday.

Sewing and stitching classes meet at 12 noon every Wednesday.

A sketching class with Mitch meets at 10 a.m. every Friday.

Table tennis is played Monday, Wednesday, and Friday at 11:00 a.m.

Bowling is offered Monday's at 12 noon.

Square Dancing is taught Friday's at noon.

DERFELT SENIOR CENTER

Ongoing activities for people 55 and older take place from 8 a.m. to 4 p.m., Monday through Friday at the Derfelt Senior Center, 3333 W. Washington Ave., in Lorenzi Park. A one-time \$1 registration fee must be paid upon enrollment to each class, in addition to the class fee.

The Following programs are included:

Ballroom Dance Classes taught by Jim Pedersen meet every Monday from 11:30 a.m.-12:30 p.m.

The class is for beginners or people who would like to brush up on technique and style. A partner is not necessary. Cost is \$3 per class.

Oil Painting for all levels of

students, with Joyce Jackson, at 8:30 a.m. every Tuesday. Cost is \$3 per class.

Crochet/Knit Class meets at 9 a.m. every Monday with instructor Peg Fleck. Learn to crochet and/or knit, or bring your own current project. Cost is \$1 per class.

T.O.P.S. (Take Off Pounds Sensibly) #98 meets at 9 a.m. every Thursday. Learn to control weight and correct diet in a supportive atmosphere with peers. Meetings feature guest speakers, literature, and weigh-ins. For more information, call 363-2126.

Yoga Stretch meets at 9 a.m. every Wednesday and Friday for one hour and a half of gentle exercise. Yoga is great for circulation with no strain to the joints in the body. Cost is \$2 per class.

Silver State Card Club consist of bridge players who meet from 11:15 a.m.-3:00 p.m. every Thursday.

There is no charge to attend; membership dues only. Call 384-5442.

HILTON

For the record, the two "richest" African American colleges and universities, Howard University and Spelman College, ranked 130 and 147 respectively out of nearly 450 schools noted. Howard's endowment was valued at \$125 million+. Spelman's endowment is nearly \$110 million (\$108).

There are over 3,000 registered colleges and universities in the United States. The largest endowment belongs to Harvard University at over \$5 billion. In fact, the sixteen largest all have billion dollar endowments.

The Top 25 Public Colleges and Universities:

- 1). Texas A&M University System,
- 2). University of California System,
- 3). University of Texas System,
- 4). University of Michigan,
- 5). University of Virginia,
- 6). Ohio State University and Foundation,
- 7). University of Delaware,
- 8). University of Cincinnati,
- 9). Indiana University and Foundation,
- 10). University of Minnesota,
- 11). Kansas University Endowment Association,
- 12). University of Minnesota Foundation,
- 13). University of Washington,
- 14). Pennsylvania State University,
- 15). University of Florida Foundation,
- 16). University of Nebraska,
- 18). University of Alabama System,
- 18). University of North Carolina at Chapel Hill,
- 19). Washington State University,
- 20). University of Missouri System,
- 21). University of Houston System,
- 22). University of Illinois System,
- 23). State University of New York at Buffalo and Foundation,
- 24). Rutgers University and
- 25).

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AIDS

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L.A. die from it, but they didn't know what it was," said Larri Norton.

"I've had two relatives die from AIDS," said another.

While the salespeople donate readily now it wasn't always that way.

"At first salespeople balked," said Jim Weaver, "but it's standard procedure now we help the community."

"I'm very community oriented. I want to help the community," he continued.

Similar sentiments were echoed by all sales members present, and it's not just talk as each of them donates about \$18 per car towards the charity effort.

E.O.B. Planning Officer Alex Mendez expects the monies to be available for disbursement in mid-September immediately after the check is cut. The money will be used for direct aid.

"It will be direct assistance. Direct assistance being utility assistance, special assistance, rent, transportation... Whatever an African-American with AIDS needs, it will be used for," he said.

"It's a really simple program. We will pay the vendor. There is no direct assistance per se," he continued.

Las Vegas Chrysler-Plymouth is located at 2100 S. Decatur, and the Truck Center is located at 3395 S. Valley View.

Remember, "together we can make a difference."

SENIOR & DISABLED CITIZENS CAT DIAL-A-RIDE TRANSPORTATION

The Regional Transportation Commission of Clark County (RTC) offers the community a much expanded dial-a-ride, or paratransit, transportation system for disabled persons and senior citizens as part of the Citizens Area Transit (CAT) system.

Persons who establish with the RTC their eligibility as disabled under the Americans With Disabilities Act, even temporarily, will be eligible for rides whenever they call for a reservation.

However, all persons 65 years and older, even if they may not be aware they may

qualify with an ADA disability, should call to reserve a ride. CAT paratransit personnel will help with the very simple disability eligibility certification process. The RTC wants to assure readers that no person 65 years or older will be refused a ride on the CAT paratransit service simply because they have not yet established

disability eligibility.

Residents and visitors in Las Vegas who have questions about their CAT paratransit service are encouraged to call CAT-RIDE (228-7433). Persons in Clark County communities outside of Las Vegas Valley may call 1-800-228-3911, toll free, to obtain paratransit system and eligibility information

**IT PAYS TO ADVERTISE
LV SENTINEL-VOICE
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HAIR COLORING

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time.

However, because hair dye use is common in the United States, and because people who apply hair dyes as part of their work have been shown to be at increased risk of certain cancers, further research is needed to clarify whether there is a causal association.

ALONG THE COLOR LINE

(Continued from Page 4)

life of Mumai Abu-Jamal, we struggle for a truly just and democratic society.

Dr. Manning Marable is Professor of History and Director of the Institute for Research in

African American studies, Columbia University, New York City.

"Along the Color Line" appears in 300 newspapers and journals and is broadcast by over 800 radio stations worldwide.

FOR THE LADIES

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America. We are not separate from our African ancestors just because they lived hundreds of years ago and suffered through slavery while we did not.

We are African people who were born and raised in America. But, self-hate has been crammed down our throats so long, that we can hardly except the fact that our African culture and ancestry is something to be proud of.

When our forefathers were brought to this country, the first thing the slavemasters did was take away their names and give them names while making mockery of the African name. They beat kings and queens into submission and forced them to be servants. They degraded our skin color and our hair type - calling us black, ugly, jungle bunnies, nappy headed and so forth.

Soon, after much oppression, this attitude was imbedded in us and passed on to our children. We started to believe the lies we were told of the worthlessness of the African people and the greatness of the white race. In essence, we began to hate ourselves.

We have got to break this cycle of self-hatred. We are Africans born in America. Our skin is beautiful and ages gracefully. Our hair is thick, course and versatile, giving us countless options for style. Our bodies are strong and solid, making us good athletes and formidable opponents. Our hearts are loving and generous and we create strong family bonds. We are spiritual people who love God and nature and all the things that he created. We are scholars and the descendants of the scientists, architects, mathematicians, philosophers, kings, queens and teachers that taught the world, built pyramids, owned massive riches, and ruled nations.

We are a beautiful people - African people - with a rich and glorious past that we must connect to and incorporate into our everyday lives. We must love ourselves and our ancestry. If we don't love ourselves ... nobody else will.

OPEN TO THE PUBLIC

LOW PRICES ON CIGARETTES

We Carry All Premium Brands And A Wide Selection Of Generic Brands.

MARLBORO SIMMERING SUMMER SAVINGS

Specially marked cartons only while supplies last **\$12⁹⁵**

FREE GIFT One day only Tuesday, August 15th - 11 a.m. to 4 p.m. When you purchase a carton of Marlboro Cigarettes, ask about your FREE GIFT from the Marlboro Van.

BRAND	THEIR PRICE	OUR PRICE	YOU SAVE
Camel	\$17.54**	\$15.95	\$1.59
Winston	\$17.54**	\$15.95	\$1.59
Kools	\$17.54**	\$15.95	\$1.59
Newport	\$17.54**	\$15.95	\$1.59
Montclair	\$14.64**	\$11.60	\$3.04
Doral	\$14.64**	\$10.60	\$4.04

**Lucky Food Centers 5-10-95

Prices subject to change without notice.

*All prices include any applicable tax

Convenient Hours - 2 Locations

WALK-IN: Mon.-Sat. 7a.m.-9p.m., Sun. 8a.m.-8p.m.

DRIVE-THRU: Mon.-Sat. 7:30a.m.-6p.m., Sun. 8a.m.-5p.m.



1225 North Main Street
387-6433

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

11 Nuvaki 38-35 North
Snow Mountain Exit
645-2957