

# FOR THE LADIES

## AFRICANS IN AMERICA

By Bonita Armstrong

It distresses me when I hear black brothers and sisters denying their heritage and their culture. As though being black and being of African decent is something to be ashamed of.

I've had conversations with several different people who have said "I am not an African. I am American." Their tone was telling me to not link them with Africa or the African culture whatsoever.

This attitude portrays a much bigger and deeper underlying problem for us as black people. It is a 400-year lesson in self-hate, which now has been imbedded into our hearts and minds. It is now buried so deeply into our subconscious that we don't even realize what is



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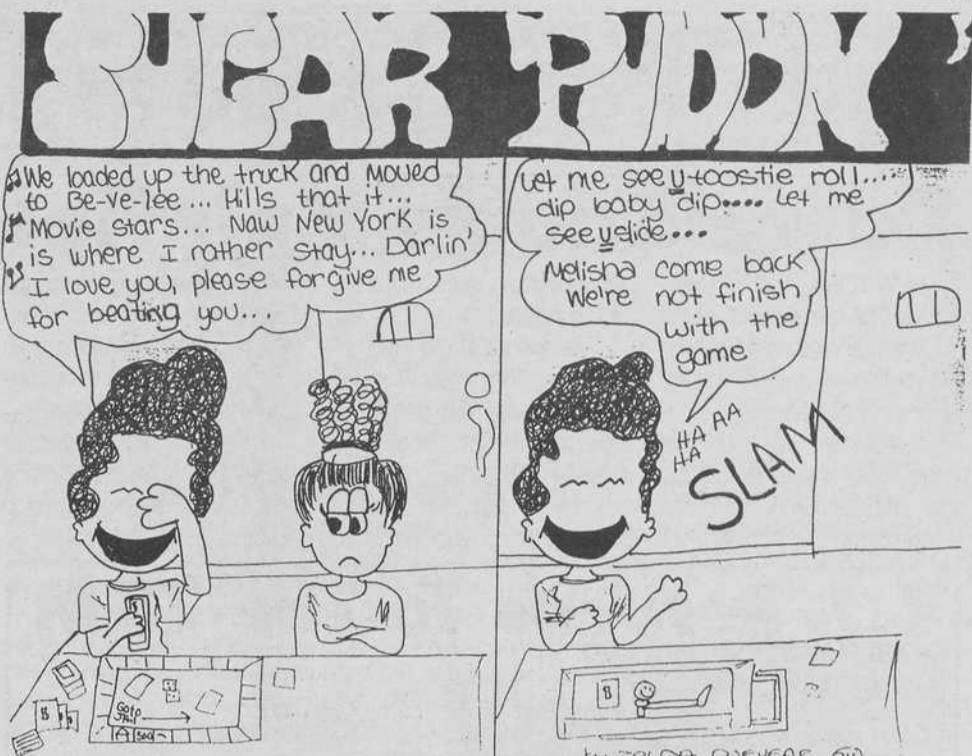
happening to us.

It is self-hate that prompts a black person to say "I'm not African." Have you ever heard an American-born Chinese person say "I'm not Chinese," or an American-born Mexican say "I'm not Mexican." or even an American-born Italian say "I'm

not Italian, I'm America." The fact is they are both.

The fact is we - black people - are both African and America. We have to remember Africans are a "race" of people, not just a continent. We belong to the African race. We are not separate from our African brothers just because we live in 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 (See For the Ladies, Page 20)



## OCTOBER IS BREAST CANCER AWARENESS MONTH Breast Cancer Screening

According to The National Cancer Institute (NCI):

1. There is a general consensus among experts that routine screening every 1 to 2 years with mammography and clinical breast examination can reduce breast cancer mortality by about one-third for women ages 50 and over.
2. Experts do not agree on the role of routine screening mammography for women ages

40 to 49. To date, randomized clinical trials have not shown a statistically significant reduction in mortality for women under the age of 50.

The statement represents a summary of scientific fact about effectiveness, that is, the ability of mammography, coupled with appropriate treatment, to reduce the mortality from breast cancer.

It summarizes scientific knowledge derived from two

decades of clinical trials research. The statement is a successor to a "working guideline" formulation drafted in 1987 and will be revised as new information is developed.

Background Information

The NCI is the lead Federal agency for research on the causes, prevention, diagnosis, and treatment of cancer. The NCI conducts ongoing (See Breast Cancer, Page 20)

## "African American Women On Tour" Visits Los Angeles



MARIA D. CAROTHERS

SAN DIEGO — African American Women on Tour (AAWOT), the nation's foremost Black women's empowerment conference will wrap up its five-city tour in Los Angeles, October 20-22, 1995 at the Airport

Marriott. A tobacco and alcohol-free conference founded by Maria Carothers, president of PROMOTrends, a San Diego-based marketing and promotions firm, African American Women on Tour provides a forum for uplifting, empowering and enhancing the quality of life for Black women, their families and

communities through economic, intellectual and spiritual development.

Nationally renowned spokeswomen will be featured, including Emmy award-winning actress Lynn Whitfield; stage and screen actress and entrepreneur Sheryl Lee Ralph; and nationally (See Women on Tour, Pg 20)

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**A lot of reasons why you haven't had a mammogram.**

I'm embarrassed.

I'm nervous.

I'm not getting undressed for anyone.

There's no history of breast cancer in my family.

I take care of myself.

My doctor never told me to go.

**The only reason why you should.**

It may save your life.

Even though your doctor may not have told you to go for a yearly mammogram, that's no reason not to. A yearly mammogram takes less than fifteen minutes and can detect lumps too small to find even by frequent self-examination. And finding breast cancer early may just save your life.

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