

Massive, Yearlong Voter Registration & Turnout Drive Announced by New Coalition of Black Women's Group to Thwart National Anti-Black Politico-Economic Moves



FOUR LEADERS of the massive, yearlong national voter registration drive aimed at increasing black voter registration and turnout are, from left, Dr. Dorothy I. Height, President, National Council of Negro Women; Mrs. Myrtle Evers-Williams, Chairperson, National NAACP; Dr. C. DeLores Tucker, Chair, National Political Congress of Black

Women; and Faye M. Anderson, Executive Director of the Council of 100. Leaders of several black women's organizations announced the recent founding of the Black Women's Voter Crusade during a news conference at the 25th Annual Congressional Black Caucus Foundation's Legislative Conference in Washington, D.C.

Washington, D.C. — A newly formed coalition of African-American women's organizations announced recently a massive, yearlong national voter registration and turnout drive, from November 1995 to November 1996. Planners intend to combat numerous conservative political moves that threaten black political and economic gains of recent decades.

The historic, nonpartisan coalition, called the Black Women's Voter Crusade, made its announcement at a highly spirited news conference during the 25th Annual Congressional Black Caucus Foundation Legislative Weekend at the Washington Convention Center.

Key players in the coalitions efforts will be female African-American leaders from a wide variety of social, civic and social-service organizations, as well as those representing labor, civil-rights, religious, business, entertainment and professional groups.

Coalition organizers stressed that their efforts are intended to augment, not supplant, those of individual organizations such as the National Council of Negro Women (NCNW), which has

already begun its own grassroots voter participation drive.

Mark V. Monteverdi, Manager, Public Programs, Philip Morris Companies Inc., was one of several male observers greatly impressed by the announcement of this historic campaign.

He said: "African-American women have long proven themselves as the effective creators of, and participants in, most of the organizations devoted to black progress. It is not surprising that African-American women, to meet this modern-day crisis, would move boldly in the spirit of Harriet Tubman and Sojourner Truth to protect our community."

Among the organizations that have joined the efforts are the National Coalition on Black Voter Participation, the A. Philip Randolph Educational Fund, Zeta Phi Beta Sorority Inc. and the National Association for the Advancement of Colored People (NAACP), which earlier this year launched the National Voter Empowerment Program in hope of recruiting more than 7 million unregistered African-Americans.

Dr. Dorothy I. Height, President of the National Council of Negro Women, said: "In my

memory, this is a historic first. Never before have African-American women heading different national organizations come together and taken a national leadership initiative, supported by African-American men, to organize a voter education, registration, get-out-to-vote campaign with a major focus on the black family."

Likening the present political climate to that of 1877 "when Negroes were disenfranchised and their freedoms restricted," Dr. C. DeLores Tucker, Chair of the National Political Congress of Black Women, said the coalition's efforts were "urgently needed to bring about the end of this political turmoil."

Faye M. Anderson, Executive Director of the Council of 100, a Washington-based organization of black Republicans, said: "African-Americans must use the considerable leverage that we already have to advance our electoral strength. The strategic and informed exercise of our vote will ensure that never again will a political party take us for granted."

The coalition's national coordinator is Geraldine P. Boykin, who has served as a field organizer for the American



The American Muslim Women of Nevada will be presenting its Third Annual Winter conference and Awards Banquet. The three day event, December 22-24, Friday, Saturday and Sunday, will be taking place at the Alexis Park Resort. For more information please call Jamesha Ramadan at 399-6068.

FOR THE LADIES

WOMEN'S HEALTH Ideas For a Lifetime of Wellness

HOUSTON — Women who take care of their family and career often forget to take care of themselves.

A new brochure from Baylor College of Medicine in Houston recommends ways women can reduce their risk of disease by incorporating a healthy lifestyle into their hectic lives.

The brochure, "Women's Health: Ideas for a Lifetime of Wellness," produced by Baylor's Office of Health Promotion addresses ways women can reduce their risk of disease including breast cancer, heart disease and osteoporosis.

For example, a regular breast self-examination should be a part of a woman's monthly routine. Suspicious lumps should be examined by a physician.

"Also, few people know that heart disease is the leading cause of death in older women," said Dr. Raye C. Hurwitz, an assistant professor of medicine at Baylor.

Besides age, Hurwitz says other major risk factors in women include high blood pressure, obesity, high cholesterol, smoking, and a family history of heart disease.

A woman's emotional health

is also important to her overall health, says Hurwitz.

"Menopause is one condition that not only causes physical and sexual changes in a woman, but also psychological changes," she said. "Trouble concentrating, memory impairment, and depressive symptoms can be frequent at the onset of menopause and can be relieved with treatment."

She suggests some lifestyle changes to increase your physical and mental well-being: * Eat a high-fiber, low-cholesterol, low-sodium, low-fat diet, including fruits, vegetables, fish, and lean meat.

* Drink alcohol only moderately, if at all.

* Exercise regularly. Take brisk walks, go bowling or do aerobics.

* Don't smoke.

* Get regular check-ups that include cholesterol, blood pressure, and bone density screenings.

* Get plenty of sleep.

For a free copy of the brochure, send a self-addressed, stamped envelope to Women's Health, We Care for You, Baylor College of Medicine, Houston, Texas 77030.

SURVIVAL GUIDE

Rape Is a Violent Crime That Can Happen to You

News USA

(NU) - You read about it. You hear about it. You probably know someone who is a victim of it. You think it can't happen to you.

It's time to think about the unthinkable: rape.

The truth is, rape is an act of violence that can happen to anyone — children, students, women, men, the rich and the poor.

And rapists can be anyone — classmates, co-workers, a neighbor or delivery person, ugly or attractive, outgoing or shy, and often a friend or family member, say the experts at the National Crime Prevention Council.

Use Your Head

Remember that a person who is raped is the victim, and is not at fault in this violent crime.

That doesn't mean you can relax your guard and enter into dangerous situations. The council says the following common-sense tips can

help keep you from being a target:

- Don't let alcohol or other drugs cloud your judgment.
- Trust your instincts. If a situation or place makes you feel uneasy, leave.
- Make sure all the doors in your home or apartment have dead-bolt locks and use them. Install a peephole in the door and keep entrances well lighted.
- Be wary of isolated spots — laundry rooms, underground garages and parking lots after business hours. Always walk with a friend or security guard.
- If you come home and see a door or window open or broken, don't go in. Call the police from a neighbor's house or public phone.
- Avoid walking or jogging alone, especially at night. Stay in well-traveled, well-lit areas.
- If you think you're being followed, change direction and head for open stores,

restaurants, theaters or an occupied house.

Time to Survive

There are no right or wrong answers in handling a rape attempt. How you react depends on your physical and emotional state.

Rape counselors advise to keep the following in mind:

- Scream. Make noise to discourage your attacker. Try to escape.
- Talk, stall for time and assess your options.
- The presence of a weapon may mean you have no choice but to submit. Do whatever it takes to survive.
- If you fight back, be quick and effective. Target the eyes or groin.

Rape is about power, control and anger. Rape also is about surviving. This information is provided as part of the National Citizens' Crime Prevention Campaign, which is substantially funded by the U.S. Department of Justice.