

Price

(Continued from Page 10)
 convention in Seattle two months ago, "but we were oh-so-determined to succeed. It was tough at times, but we had to prove to people we could do anything. All we wanted was an opportunity. When we finally got it, we took it."

Stress

(Continued from Page 7)
 don't trigger the fight-flight response.

If your ego is threatened perhaps you need to take a look at why you feel this way. If you find yourself in the midst of an uncomfortable situation, like a toxic relationship, you need to seriously consider getting out of it. Since your emotional and

Scandal

(Continued from Page 10)
 according to New York Times columnist William Safire, the Riadys helped the Clinton Administration "lose interest in" Indonesia's human rights abuses in East Timor.

And it was in East Timor, according to an October 11 article in the New York Times, that James Riady entertained some Arkansas buddies of President Clinton who had come to check out "investment opportunities."

That U.S. foreign policy is

Getting the opportunity was much more difficult in the 1770s, when more than 5,000 enslaved and free African-Americans, including one of my ancestors, joined the Continental Army to help the breakaway colony become a new nation, according to Wayne Smith, president of

physiological responses are triggered by your *thoughts and perceptions of the situation*, you need to train yourself to take control of your thinking!

As Africans in America, our ancestors certainly knew what it is like to be in a life-threatening situation! While racial prejudice today is about the same as they faced, the overt oppression is

propelled by the greed and ambition of the special interests who control our government is nothing new.

What is new this year is the emergence of an independent movement capable of challenging those entrenched interests.

The Reform Party's call for transparency and accountability in our government, and for the elimination of "special interest money" from politics, springs from the conviction that current bipartisan system has produced

the Black Patriots Memorial Foundation. (Nearly an equal number joined the British forces, who promised freedom for their help. After the war's end, the British kept their promise, expatriating their black allies to Canada and parts of the Caribbean.)

more subtle. Whites don't beat, rape and lynch us for fun and sport like they did years ago. Now they condition us to hate ourselves, give us guns and drugs and watch us kill ourselves.

Racism is real! It is not going to go away anytime soon. We need to realize that and make our adjustments accordingly. The key to transmuting our

situations and alliances, domestically and internationally, which are deeply unworthy of American democracy.

Lenora B. Fulani twice ran for President of the U.S. as an independent, making history in 1988 when she became the first woman and African-American to get on the ballot in all fifty states. Dr. Fulani is currently a leading activist in the Reform Party and chairs the Committee for a Unified Independent Party. She can be reached at 800-288-3201.

The Foundation, based in Washington, D.C., last month secured Congressional and Presidential approval for the minting of a Black Patriots Commemorative Coin. The coin will be struck in 1998, the 275th anniversary of Crispus Attucks, a black Bostonian killed at the

anger, frustration and distress is to use our minds and energy to create eustressful environments and reactions to our predicament.

By reprogramming our minds, telling ourselves we are competent, capable, resourceful and worthy, we trigger eustress, the good kind of stress. By confidently working in our enlightened best interests, setting attainable goals, we will create patterns of success. Success begets success and more confidence. By believing in a cause far greater than ourselves and the restoration of righteousness and sanity to planet earth, we energize ourselves positively. Positive ideas and emotions lead to positive actions which led to positive results. Control your mind and tap into the positive power of eustress.

Boston Massacre in 1775, the first to die in the rupture between Britain and its American colonies. Part of the proceeds from it will go to building the Black Patriots Memorial on a site just east of the Vietnam Veterans Memorial in Washington.

And two months ago the Civil War Memorial Freedom Foundation dedicated its memorial to the 178,000 black soldiers, 19,000 black sailors, and their 7,000 white officers who fought for the Union in the Civil War at a site in one of Washington's historic black neighborhoods. The memorial, also supported vigorously by today's military, is in part an act

of atonement: At the war's end in 1865, General William T. Sherman refused the black troops permission to march in the Grand Review, the celebratory parade in Washington.

But these and other like activities look back with pride, not anger. And thus, they are a commemoration of a pledge made and a faith redeemed, of honor and sacrifice, finally honored. That is the historical foundation, the real history of the United States of America, which can enable us to sing with unencumbered fervor, *My country tis of thee / Sweet land of liberty / Of thee I sing.*

Real Estate

(Continued from Page 4)

home buyer, even the wealthiest, make compromises. The perfect house doesn't exist, not at any price. In most cases you'll be buying a home that's not as big or as conveniently located as you'd like. But remember, this is the first, not the last home you're likely to own. A good first-time investment will enable you to trade up later to another home that better suits your needs and desires.

As always, please contact a professional for all your real estate needs or write to me c/o Real Estate Perspective, Las Vegas Sentinel-Voice Newspaper, 900 East Charleston Boulevard, Las Vegas, Nevada 89104.

Loretta Arrington Hall is owner/broker of Arrington & Associates Real Estate Company.

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