

**BUSINESS EXCHANGE**

**Coffee-gate and blacks' access to power**

By William Reed

Black Americans' reverence to government and its officials is in direct proportion to beliefs that it is the nation's primary source of power. Like people of socialist countries, blacks look to government for economic salvation instead of concentrating on building industries that provide the power and sources that fund government operations. After the Democratic Party spent over \$10 million to get them registered and out the house on election day, over 80 percent of African-American voters gave their ballot to Bill Clinton feeling he would use the Federal Government to their betterment more than would have Bob Dole or Ross Perot.

Since he entered the presidency Clinton has appointed more African-Americans to the White House and Presidential Cabinet positions than any president in history. In this Cabinet, President Clinton has appointed Rodney Slater to become Secretary of Transportation and Alexis



WILLIAM REED

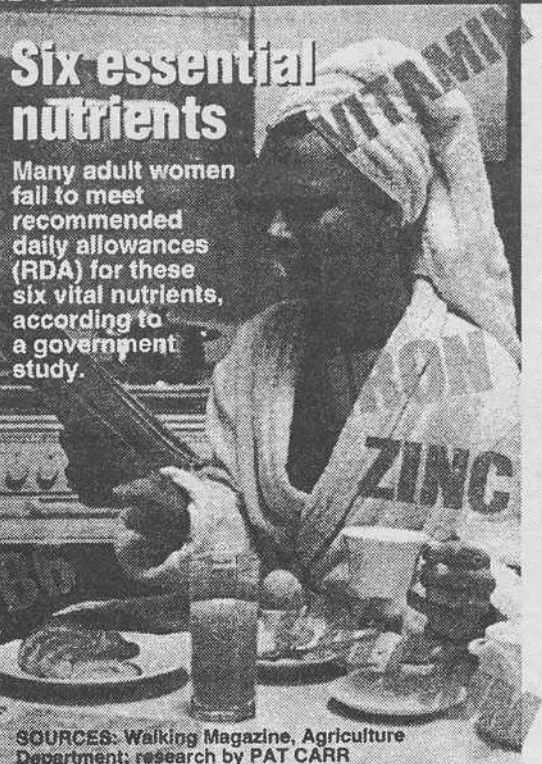
Herman to be the first black Secretary of Labor. But if blacks tally their bottom line, what do these appointments do to raising the standard of living for a larger groups of African-Americans? Most blacks cast their votes with Clinton, but only a few benefit. There was a good sprinkling of politically-connected blacks at Clinton's Inauguration. There will be 40 to 50 blacks in the White House complex and others will comprise over 12 percent of appointees. Are African-Americans really getting the most bang for their ballot? And, is this the extent of government's patronage tous? How many chickens will it put in our cooking pots? As we continue to reside in the world's

**STRATEGIES**  
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- 1 Iron** (RDA: 15 mg.)  
  - Deficiency problems: Anemia, fatigue, susceptibility to infection, poor concentration
  - Major sources: Tofu, leafy greens, lentils, liver
- 2 Calcium** (RDA: 800 mg.)  
  - Deficiency problems: Bone loss, osteoporosis
  - Major sources: Dairy products, leafy greens
- 3 Magnesium** (RDA: 280 mg.)  
  - Deficiency problems: Muscle spasms, nausea, apathy
  - Major sources: Soybeans, other dried beans, leafy greens
- 4 Vitamin B<sub>6</sub>** (RDA: 1.6 mg.)  
  - Deficiency problems: Insomnia, depression, fatigue
  - Major sources: Bananas, fish, brown rice, green peas

**Six essential nutrients**

Many adult women fail to meet recommended daily allowances (RDA) for these six vital nutrients, according to a government study.



SOURCES: Walking Magazine, Agriculture Department; research by PAT CARR

- 5 Vitamin E** (RDA: 12 IU)  
  - Deficiency problems: Susceptibility to infection, itchy skin, varicose veins
  - Major sources: Wheat germ, vegetable oils, nuts, seeds, avocados
- 6 Zinc** (RDA: 12 mg)  
  - Deficiency problems: Weakened immune system, reduced appetite, raised cholesterol
  - Major sources: Lean meats, shellfish, eggs, wheat germ, lima beans

most bountiful country note that, unless you are talking about the military, the government is not the source of this country's power. A better definition is that it is simply the arbitrator of the power among participants in

the free-enterprise system and is a policy-making body and administrator for those policies.

Beware of those who entreat you to register and vote! Under the first Clinton Administration he appointed 3,000 political supporters to government positions paying \$100,000 to \$150,000 annually. Over 400 African-Americans were among these high-level appointments and gained administrative positions at agencies such as the Departments of Agriculture, Health and Human Services, Housing and Urban Development, Energy and Veterans Affairs. Many black appointees get the use of chauffeur limousines and have unrestrained travel privileges to visit black meetings and conventions to pronounce how much the administration is doing for African-Americans.

If blacks want to see more results from their government than a few blacks in "mainstream" positions note the White House's Coffee Klatch Program and see what real access and power are about. The purpose of the government is to regulate the functions of businesses,

banking and other enterprises of the capitalistic system. If you can have a "sit down" with government officials and discuss the issue, legislation or law you want passed, you're well on your way to greater private sector market share and wealth and revenues. In 103 instances, astute business people paid \$250,000 a couple to stay at the White House for a day. They played tennis, previewed movies, and had "coffee" meetings with the same government officials who administrate over their business sectors. The "coffee group" made long-lasting friends while contributing over \$6 million to the president's re-election efforts.

Blacks frequently misinterpret the functions of government and often only seek opportunities to have photographs taken with government officials. The people that paid to have coffee with government officials not only got photos, but will affect political appointments and legislation throughout the Clinton years. When we use the government, and its officials in such a manner, we will have then achieved black access and power.

William Reed is publisher of *Who's Who in Black Corporate America*, 2054 National Press Building, Washington, D.C. 20045 (202) 547-4125.

**Entertainment**

(Continued from Page 9)  
 two Grammy's for Eric Clapton. Writers Gordon Kennedy, Wayne Kirkpatrick and Tommy Sims also won Grammy's for the song, Edmonds who was nominated for 12 Grammy's, won Best Rhythm and Blues Composition for "Exhale (Shoop Shoop)," sung by Whitney Houston. Other Grammy winners included: The Fugees, Best R & B Performance with "Killing Me Softly with His Song;" LL Cool J, Best Rap Solo Performance; Natalie Cole and Nat King Cole, Pop Collaboration with Vocals, "When I Fall in Love;" Tracy Chapman, Best Rock Song, "Give Me One Reason;" Toni Braxton, Best Female Performance, "You're Makin' Me High" and Luther Vandross, Best Male R & B Vocal Performance, "Your Secret Love."

**Get "in line" with fun fitness**

*Special to the Sentinel-Voice*  
 In-line skating is the fastest growing participation sport in America, with 22.4 million people lacing up their skates in 1996. "In-line skating is an excellent, low-impact cardiovascular workout," said Dr. John Cianca, a sports medicine expert at Baylor College of Medicine in Houston. "It raises your heart rate

to help with conditioning, and it strengthens the legs."

In-line skating can also be part of a cross-training program to complement other sports, such as cycling, running, swimming and tennis.

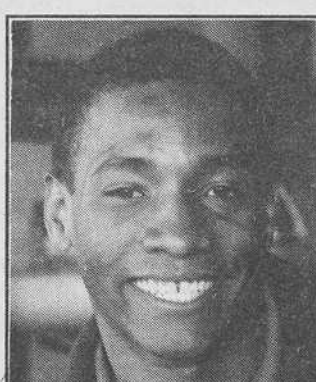
"It's a good exercise because it's pretty easy on the body. It's a perfect alternative for people who've developed over-use injuries from running," said Cianca.

But they may pick up a few cuts and scrapes without the proper protective gear.

"All skaters should wear wrist guards, knee pads, elbow pads and even helmets to help absorb the shock of a fall that's bound to happen sometime," said Cianca.



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