



Sentinel-Voice photo by Les Pierres Streater

Author and Chicago educator Diamond Taylor (left), who keynoted the test anxiety workshop, stands with Doris Hudnall, assistant director of the Parent Citywide African-American Educational Focus Group, and group founder and current director Janet Hurd.

Test Anxiety

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tal blocking.

Learned strategies to overcome anxiety included deep breathing, staying focused on the present, be positive, persuade yourself with confidence and don't be hard on yourself.

Students learned the importance of separating test results from self-worth.

"In order to do so, the students must give up the irrational demands of 'I must succeed and if I don't, that means I must be worthless,'" Taylor said. "You cannot give in to negative self-talk. If you do, you give in to test anxiety and fail at the beginning."

Students must avoid a fear of failure, self-downing and feeling stupid, perfectionism,

need for approval, generally having anxiety about test taking and having low tolerance and frustration from test taking.

One exercise students participated in to demonstrate that they can overcome test anxiety was being placed in a situation that forced them to multitask numerous things at once and master the process. They were asked to write the alphabets forward and backwards while singing nursery rhymes within a specified time period. After repetitive tasks consisting of the same efforts, students began to relax and feel comfortable about experiencing things that were new to them and understood that with the right techniques and concentration that they could overcome the anxiety associated with test taking.

Health Fair

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Global Cardiovascular Associates Inc. and others.

Pamphlets, fact sheets and other visual aids were distributed to help attendees better understand topics like diabetes symptoms, stroke and heart attack warnings, high- or low-blood pressure readings, good and bad cholesterol, obesity risks and surgical options.

Cholesterol screening was one of the most popular booths, with a steady line throughout the day. This type of testing was also the busiest station at another recent health fair held at the West Las Vegas Library, but the method used there required a blood draw and sending to a lab. At the V-108 Health Fair, results were given within minutes using the faster "finger-stick" method, according to Samantha McGarry, a medical assistant from Swanlake. She "couldn't keep up with the count," as she did test, after test non-stop.

Attendees gave several reasons why they came. One visitor, Carrie Barnum of Chicago, was actually on vacation and was brought to the fair by her daughter, a local resident.

"I wanted to make sure my mother's health is all right," daughter Denise Barnum-Mayfield said.

Veronica James came for two reasons. "My husband called me and told me to go (for the free testing)," James said. She does not have health insurance even though her spouse works full time.

A more important reason for going, James said, is that a free screening at a health fair a

few years ago might have saved a family member's life. The tests showed (her relative's) blood sugar levels were in the danger zone.

"Off the chart," she said. Although the man seemed to be in excellent health, he immediately went for treatment. Now she credits the health fair with saving her loved one's life.

"It's important to get the information out to the community," said V-108 announcer British Steve. James' family story with its happy ending illustrates that reality.

A man and a woman attended together because each said they "care about their friends and want them to stay healthy," Lee Weiston explained.

"I heard the announcement while at lunch," said Kim Muhammad, encouraging a friend to come with her. Another participant, Francell Morgan, exclaimed, "Health fairs are a hobby for me!"

She said it is important to have current information and get tested. "I've called my friends to come," Morgan said. "There are things (some tests and information) here that you usually don't get at other fairs."

The station will hold another "Take Your Loved One to the Doctor Day" health fair in the fall, according to Woodbeck. Careful consideration will be given to the time and day of the week for the next event. Woodbeck wants to schedule it to make free healthcare accessible to more residents. The date will be announced, he said.

For further information, contact (702) 784-4012 or visit www.V108FM.com.

Ex-Jackson help won't deal

LOS ANGELES (AP) - The attorney for two former employees of Michael Jackson said recently they won't cut a deal with prosecutors if they are indicted.

An indictment unsealed last week in Jackson's molestation case said the singer and multiple co-conspirators plotted to commit abduction, false imprisonment and extortion.

The charges are believed to involve an attempt to intimidate Jackson's accuser and his family.

The names of the alleged co-conspirators were removed from the copy of the indictment released to the public.

New York attorney Joseph Tacopina said he believes from news reports and conversations with law enforcement officials that his clients, Frank Tyson and Vince Amen, may be among those who will be indicted.

Tacopina said both were invited to testify before the grand jury that heard evidence against Jackson last month. He declined to have them appear.

"They didn't do anything wrong," Tacopina said. "I just don't believe this is an open-minded sort of prosecution."

He also said he didn't want to give prosecutors a "sneak preview of our defense" if his clients are charged.

"If someone made the mistake of charg-

ing these guys with a crime, we would absolutely be going to trial. There would be no pleas," he said.

Legal experts have said prosecutors might seek to charge Jackson's associates and then offer them a deal if they agreed to testify against the singer.

Tyson, 23, was Jackson's personal assistant. Tacopina said he believes prosecutors might accuse him of threatening to kill the younger brother of Jackson's alleged victim if he told authorities Jackson had given the boy alcohol.

He said prosecutors may accuse Amen, 24, who worked for Jackson's production company, of holding the family at Jackson's Neverland estate against their will.

Tacopina said he would not make them available for comment. A message left for Amen with his mother in New Jersey was not immediately returned, nor was a message left with a cousin of Tyson's, also in New Jersey.

Jason Karpf of Tellem Worldwide, a firm handling media inquiries for prosecutors, said he had no information on any future indictments. Prosecutors have declined comment, citing a gag order.

The molestations allegedly occurred while the boy, now 14, was staying at Jackson's Neverland Ranch. Jackson has pleaded not guilty.



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