

Safety vital in avoiding rape

Special to Sentinel-Voice

At home:

- If you live alone, make it a regular part of your routine to let someone know you arrived home safely. If you live with someone and you know that you will not be home at your usual time or you are going to take a detour before coming home, call and let them know.

- If you live alone and you will be arriving home at night, be sure to leave lights on in your home. Attackers love nothing better than a dark residence. Leaving a television or radio on will also give the impression that there is someone awake inside.

- Alarm systems are great! If you can't have one installed for whatever reason, put a security company's sign in front of your home or on the door or windows to give the impression that you do have an alarm system.

While socializing:

- Know who you are going out with. Let someone know where you are going. Go on blind dates with another couple or a group of friends.

- Dress in a way that will enable you to move fast if you have to.

- If you are going on a one-on-one date with someone you don't yet know well, meet him in a well-populated, well-lit place. Do not go anywhere that is isolated.

- At a bar or club, get your own drink or accompany a guy buying you a drink to the bar. If you leave it unattended, don't go back and get it. Get a new one. If someone did add a date rape drug, you probably wouldn't be able to see, smell or taste it.

- Always take money with you in case you won't have to depend on anyone to get you home.

- Before you start any intimate activity, let the person know up front what is acceptable to you and what is not. If you know that you do not want to have sex, inform the other person so that there are no unrealistic expectations.

While driving:

- Have your keys in your hand and ready. Don't get to your car and then fumble around in your purse to find them.

- Look inside your car before you get in. The back seat or floor of your car is a good hiding place for attackers.

- As you are getting in your car, lock the doors before you close yours to prevent someone else from getting in.

- When putting infants or toddlers into their seats, try not to turn your back completely. Step inside the car so that you can at least see what's happening around you until children are safely in their seats.

- When you park in a public lot or garage, above ground or below, refrain from going to your car alone, especially at night. Also avoid waiting for public transportation alone at night. If you have to take the subway late in the evening, sit as close to the conductor as possible.

- If you must work late and your workplace does not have a security guard to escort you to your car, call someone to come and meet you when you get off.

Everywhere:

- Be aware of your surroundings at all times.
- Walk confidently. Act like you know where you are going even when you don't.

- Follow your instincts. If a man walking down the block makes you nervous for some reason, cross the street, enter a store or stay in your car until he gets far away. If you get an inexplicable unsettled feeling around a co-worker, avoid being alone with him. If you notice that a date is inappropriately affectionate, tries to put you down, insists that you drink a lot or disregards your boundaries in other ways, take a cab home instead of riding alone in his car. Feeling a little silly for following your gut is a small price to pay for ensuring your safety.

Source: U. S. Department of Justice as reprinted in "I Will Survive, The African-American Guide to Healing from Sexual Assault" by Lori S. Robinson.

Agency: Angola virus under control

LONDON (AP) - Medical teams trying to stamp out the worst recorded incidence of Marburg virus in Angola are beginning to get the deadly outbreak under control as cooperation from stricken communities improves, the U.N. health agency said Saturday.

The virus, closely related to the feared Ebola virus, has caused hemorrhagic fever in 266 people and killed 244 of them since March, when the outbreak first came to the attention of health authorities.

As communities begin to understand the dangers of the virus, though, the number of new cases has dropped from an average of 35 per week to 15, according to the World Health Organization.

"This is good news, but it doesn't mean the outbreak is

over," said Dr. Fatoumata Diallo, the WHO representative in Angola.

"The chain of transmission is being broken as we speak. However, this is the most critical time now in the response," said Dr. Mike Ryan, the WHO's top outbreak specialist from the agency's headquarters in Geneva. "Continuing and intensifying the effort is what we need to do now, not relax."

Efforts to educate communities about the disease, which is spread through direct contact with body fluids, and about the need to isolate patients both when they're ill and after death has been paying off, experts said. Medical teams also have tried to encourage cooperation by being more sensitive to vil-

lagers' fears about the health measures.

"The community response has improved very, very much," said outbreak team leader, Dr. Nestor Ndayimiridje. "Traditional leaders are coming to the office to report suspected cases or dead bodies. It was not like that two weeks ago." Only one community remains hostile, he said.

Earlier in the outbreak, suspicious villagers threw stones at medical teams when they arrived to search for infected people and collect bodies. Families hid sick people and buried the dead secretly in traditional rituals that risked spreading the disease because they involved touching and bathing the corpse.

The experts also have

added a more human touch to their actions and interactions with the community, so villagers do not feel the teams have arrived as "sanitary police," said Dr. Pierre Formenty, the WHO's Marburg virus expert.

For example, the medical teams have lowered the plastic sheet fences around isolated wards, "so that people can come and see what we are doing," Formenty said. "For them, the use of plastic is linked to death. If you have plastic around the place to isolate the ward, it shows maybe that you are going to kill them."

Doctors also now refer to the isolation wards as treatment wards and allow one relative, fitted with a bioprotective suit, to visit their sick family members.

Mosley

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right hand in the fourth round and then put down by a flurry of punches in his corner.

Margarito put Cintron down again late in the round and two more times in the fifth round before Cintron's corner told referee Kenny Bayless their fighter had had enough.

"We came out confident what we could do to this guy," Margarito said. "We had a perfect strategy for this guy and it showed."

Cintron said he didn't listen to his corner's instructions when he should have.

"I was ready. I was prepared for this fight," Cintron said. "I wasn't following instructions and I paid for it. For some reason I wasn't listening to my corner."

Mosley was visibly smaller than in his last fight in November against Wright despite weighing only six pounds less at 148 pounds.

The former three-time champion de-



Shane Mosley, of Pomona, Calif., celebrates his win over David Estrada, of Miami, with his cutman, Cassius Green, after his welterweight bout on Saturday night at Caesars Palace.

cided to move back to 147 pounds in hope of regaining some of the speed that

won him titles at 135 and 147 pounds. He looked faster, though he threw combinations only sparingly.

"I thought I hurt him to the body, but he did a great job of covering the body well," Mosley said.

Mosley (40-4) won his first 38 fights but is 1-4 since with one no contest. He had far more experience and skills than Estrada (18-2), who had legendary trainer Angelo Dundee in his corner.

"I'm still not 100 percent where I want to be but I felt a lot better in this fight," Mosley said.

In a heavyweight fight, Calvin Brock survived a seventh round knockdown to win a unanimous decision over Jameel McCline, despite giving away 47 pounds to his bigger opponent.

Brock, a 2000 Olympian, remained unbeaten in 25 fights by being the aggressor and taking the fight to McCline. He rocked McCline (31-5-3) on several occasions, and landed the crisper punches against his 6-foot-6, 265-pound opponent.

Rape

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come, so I could go and just spend the weekend with him. I remember I just couldn't wait to get in the door for just the comfort of him hugging me," she says.

Johnson is an African Studies professor at Wayne State University in Detroit.

"I got angry. I'm still angry and definitely have to try to balance that anger out while thinking about working with healing and recovery and being stronger and better," he says. "But, I was outraged then. And I'm outraged now that this type of thing happens, that it happened to my loved one. But, I agree with Lori and that's why I love and respect Lori so much, because she took

this tragedy and turned it into a positive, healthy, healing experience for herself and our people."

Even in her pain, she helped with his healing.

"I think, in part, I got the strength from her and how she handled the whole situation," he recalls. "She was unbelievable in terms of her refusal to let this defeat her or even sidetrack her, so I definitely got a lot of inspiration from her from the very beginning."

Her former *Emerge* colleagues are equally impressed.

"I think in order to do what she's done, one has to have a tremendous fighting spirit," says Marcia Davis, a former senior editor at

Emerge and now an assignment editor at the *Washington Post*.

"Anyone who reads her story has to find inspiration in her example," she says. "This is a chosen path. She has said, 'I want to share my story.' Not to say, 'Look at this horrible thing that happened to me.' But, 'I want to share my story because in it, there might be some light.'"

Meanwhile, Robinson, now 36, is still finding her way to complete healing. She says she still feels challenged and not as free and healed in her intimacy, as she would like to be.

Looking ahead, she is thinking of writing another book unrelated to the rape.

"I don't want it to be the

primary or the single subject matter that I focus on anymore," she says. She has a strong interest in people of African descent in Latin America.

But she is pleased with the contribution that her book will continue to make to the healing of others.

"When I started the book there were no books, that I knew of, that I could find, that were about Black women and rape," she says. Now, her book — as well as her life — will continue to inspire Black women with what she considers the most crucial advice besides getting professional help: "Repeating over and over again that it's not your fault, and believing that healing is possible."