

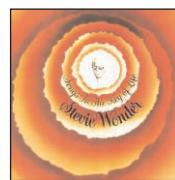


Kneaded Relief
page 6



Lussier Community Education Center
pages 8-9

Ramadan in Madison
page 10



Stevie Wonder concert review
page 16

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THE PAPER THAT'S MORE THAN BLACK AND WHITE

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Interview with director, choreographer, and fitness guru Jamie King

Wisconsinite making a big splash in L.A.

By A. DAVID DAHMER

Jamie King is currently the hottest director and choreographer in the world of pop music. A multiple Emmy Award and MTV VMA (Video Music Award) nominee, he has choreographed some of the most popular music videos, directed some of the highest grossing concert tours of all time, and even choreographed the 1996 Academy Awards presentation. Beginning his career as a back-up dancer for Michael Jackson and Prince, King has quickly become a highly coveted pop concert director. He has worked with Madonna, Mariah Carey, Shakira, and Ricky Martin, among many others.

It was recently announced that King would be doing the Spice Girls Reunion Tour, for which their manager, Simon Fuller of American Idol fame, said: "Jamie King was our first choice. He is one of the world's very best live-show directors, producers, and choreographers, having worked with all of the greats, including Madonna and Prince."

You'd think that that list of celebrities and the tremendous praise he gets would give a person a tremendously big head, but in this

case it's simply not so. And even though he interacts with superstars on a daily basis, King seems gen-

uinely happy to be talking to someone from Madison.

"I love that I'm from Verona,

Wisconsin," King says in an interview with The Madison Times. "I wouldn't change it for the world. It's awesome. That's why I'm so grounded."

King studied dance at the West Side Performing Arts Studio in Madison and eventually earned a scholarship to the Tremaine/Sleight Dance Studio in Los Angeles. Once out in California, he never came back, working his way up to become the most sought-after pop choreographer in the world.

"I think how my parents raised me is a big part of me being able to stay grounded; but aside from that, what I do is about helping other people," King says. "So when you do that — when you make your life about helping other people — whether I'm putting together a show or a music video, teaching them a step, designing a stage for them, writing a book that will hopefully help people — I couldn't be happier [or] feel more grounded."

Dance and fitness have been a huge part of King's life. Two years ago, athletic gear powerhouse Nike be-

See **JAMIE KING** / page 4



Jamie King getting R&B superstar Rihanna into shape

Desire for fitness burns strong in former Madison firefighter's life

By A. DAVID DAHMER

"Staying fit is something you do for yourself; you're not doing it for anybody else," says Kermit



Kermit Mosley

Mosley. "It's about being healthy, and nothing else."

Mosley, a longtime Madison firefighter, has retired from putting out fires, but not from being in top physical shape. At 60 years of age, Mosley is full of energy and has the physique of somebody half his age. He works out three hours a day five days a week in the winter and three days a week in the summer. "It's not a chore for me; it's a way of life," he contends.

Mosley has a long background in fitness, starting with his 13-month stint in Vietnam in 1966. "I started working out quite a bit there," Mosley recalls. "It was just one of those things that I had to do, and I've been doing it since. It's been a lifetime thing for me, and an important part of my life, at that."

What would Mosley do if we wouldn't let him work out? "I don't know what I'd do," Mosley laughs. "I look forward to working out every morning. I love to be in shape."

Mosley used that energy and that desire when he attempted to revolutionize the way the Madi-

See **KERMIT MOSLEY** / page 5

Customers prefer cuts with Style and Grace

By MARIA BIBBS

Taylor Smith has been cutting heads in Madison since 1950. At 83 years old, he holds the distinction of being the city's first Black barber.

Most people at the Style and Grace barber and beauty shop where he works affectionately call him "Smitty." You might also call him a professional and a man of God, but just know that Smith, his coworkers, and clientele, all embody the qualities that give the shop its name.

Style and Grace has been open since 1962, making it the oldest and longest running Black barbershop and beauty salon in Madison. The salon now employs two beauticians, three barbers, and two stylists who specialize in braids. The staff is experienced in caring for African American hair whether cut and worn naturally, relaxed, braided, curled, dyed, or weaved.

Spend a few moments in the shop converted from a two-story apartment building on Madison's south side at 1610 Gilson St., and you may feel many of the trappings of a family atmosphere. Even in the morning, Style and Grace is humming with activity. On the ladies' side of the house, where the beauty shop is opening

for the day, flowers, pretty pictures decorate purple and lavender-painted walls alongside flyers on breast cancer and AIDS awareness.

exclaims that she hasn't seen him since he was just a child and asks about his mother. In the barbershop, older gentlemen play check-

other day on the job for Taylor Smith.

Style and Grace is the third barbershop that Smith has worked in since he came to Madison from Greenville, Miss., in 1950 to try his luck



Left: Stylist and playwright, Vernee



Above: Taylor Smith (l) with his client, Tommie Brown



Left: Style and Grace at 1610 Gilson St.

While some of the waiting clients watch the local news, a woman chats with a teenage hair stylist just starting cosmetology school; she

ers, and everyone's conversation and uproarious laughter only gets louder as the gospel music playing on the stereo escalates. It's just an-

cutting hair. Unfortunately, his first shop, called "Smitty's," soon closed because it was difficult to

See **HAIR** / page 10

NEWS Glance

INTERNATIONAL

Celebrities fast for debt cancellation

BUENOS AIRES, Argentina (IPS/GIN) — A group of celebrities from several countries have joined a 40-day rolling fast calling on rich nations to cancel the foreign debts of the world's poorest countries, Jubilee USA reports.

"We want to bear witness and appeal to the conscience of the international community, asking them to reflect, to design policies for the poorest of the poor, and to redistribute income, because that's the only way we will achieve real democracy," said Adolfo Pérez Esquivel of Argentina, who began his fast Sept. 6. Perez Esquivel, a writer, received the Nobel Peace Prize in 1980 for his human rights work.

Also taking part in the fast are the archbishop of Cape Town, South Africa; Njongonkulu Ndungane, primate of the Anglican Church of Southern Africa; South African poet Dennis Brutus; former Tanzanian president Benjamin Mkapa, who served from 1995 to 2005; and former Zambian president Kenneth Kaunda, who served from 1964 to 1991. Other participants include U.S. activists Bart Campolo, chaplain of the religious organization Mission Year; doctor and anthropologist Paul Farmer, the founder of Partners in Health; and political scientist and writer Susan George, who lives in France and is president of the Globalization Observatory. British economist, author, and activist Noreena Hertz, a former researcher for the World Bank, will also take part in the fast, as will Paul Zeitz, the executive director of the Global AIDS Alliance.

Washington pastor and activist David Duncombe is also undertaking a 40-day hunger strike until Oct. 15, in an attempt to persuade the U.S. Congress to approve a bill to write off the debt of the poorest countries as a contribution to reducing extreme poverty. Duncombe is lobbying for passage of the Jubilee Act, which was introduced in Congress in June by Rep. Maxine Waters, D-Calif., and Rep. Spencer Bachus, R-Ala. The bill seeks to cancel the foreign debt of 67 poor countries.

Debt cancellation is regarded as a basic prerequisite for these countries to achieve the Millennium Development Goals (MDG), which were adopted by the international community in 2000. The first of these goals is that by 2015, the proportion of the world's people suffering from hunger and extreme poverty will be half of the 1990 levels.

While he is fasting, Duncombe plans to meet with members of both houses of Congress. The 79-year-old pastor and activist has carried out even longer hunger strikes in the U.S. Capitol twice before, with the same end in view. Hundreds of supporters in the United States and abroad are sharing in his campaign by fasting for one or more days.

The rolling fast will precede a Week of Global Action Against Debt and International Financial Institutions, which social organizations and movements all over the world plan to convene Oct. 14 to 21. The Week of Action will include rallies, fasts, debate forums, badges, workshops, parades, and other activities put forward by organizations that wish to join the

campaign.

The anti-debt campaign is being promoted by Jubilee South, a global network of over 85 organizations in 40 countries in Latin America and the Caribbean, Africa, and Asia and the Pacific. The group was established at a South-South summit in South Africa in 1999 to strengthen the debt cancellation movement.

In Argentina, Pastor Ángel Furlan of the United Evangelical Lutheran Church and Pablo Herrero Garisto of *Diálogo 2000*, which also advocates cancellation of illegitimate foreign debt in the poorest countries, are taking part in the fast. In that country, an investigation by Alejandro Olmos, a journalist who died in 2000, led to a ruling by federal justice authorities that debt contracted during the 1976-1983 military dictatorship was "illegal, immoral, illegitimate and fraudulent." Nevertheless, the loans to the military dictatorship were assumed by the democratic state at the end of the regime and have been part of Argentina's foreign debt ever since.

"The present government [of President Néstor Kirchner] congratulates itself on having paid off the debt owed to the International Monetary Fund [IMF], while children are starving to death," Pérez Esquivel said. He pointed out that in Argentina, in the northeastern province of Chaco, serious cases of malnutrition have come to light in recent weeks. "Nevertheless, the illegitimate debt is still being serviced and repaid," he said.

The Kirchner administration repaid all IMF loans and has renegotiated its bond issues with the majority of its private creditors, extending deadlines and securing significant reductions. However, the state has continued to issue debt bonds.

In Pérez Esquivel's view, poor countries should carry out audits to determine how much of their debt is legitimate and how much illegitimate and repay only the former. "This is being done by the governments of Bolivia and Ecuador, which are among the poorest countries in South America," he said. "Why should Argentines, especially the poorest, pay back debts contracted during the dictatorship by private companies like IBM, Ford, or Ledesma — [debts] which were later transferred to the state?" asked the Nobel prizewinner on his first day of fasting. "We cannot behave as if financial capital were more important than human capital."

— *Marcela Valente*

Residents of Samarra, Iraq, flee onslaught

BAGHDAD, Iraq (IPS/GIN) — Residents are fleeing the Iraqi city of Samarra in the face of fierce fighting between U.S. forces and resistance groups. The fleeing residents said military attacks on civilians have fueled a new defiance against U.S. forces among some Iraqis.

"On Sunday the 26th of August, there was fierce fighting between armed men and American forces in the Armooshiya district, and I saw Americans evacuate many of their soldiers by stretchers," said a man who fled Samarra for Baghdad, speaking on condition of anonymity. "As usual, Americans took revenge by bombing the district."

A woman who also fled Samarra for the capital in recent days, who gave her name as Iman, said the U.S. military "committed another crime in the medicine factory residence area" when officers "bombed a house there and killed a woman

with her seven children."

The Sunni and anti-occupation Muslim Scholars Association issued a statement confirming these two assaults and condemning the "ugly crimes" of occupation forces in Samarra. The association accused the U.S. military of attempting to break the spirit of Iraqis who reject the U.S. occupation.

"They think their crimes would stop Iraqis from demanding their rights for liberty and prosperity, but the results are always different from what the American leaders hope," said Sheikh Taha of the Muslim Scholars' Association. "They are only pushing more Iraqis to be armed against them, and you can see that the facts on the ground are the opposite of what they tell their people. Their soldiers are getting killed every day, and [U.S. forces] are losing in Iraq."

Speaking on condition of anonymity outside a Sunni mosque in Baghdad, where refugees from Samarra were arriving, a young man told Inter Press Service (IPS) that he had pledged to resist the U.S. "We will be the thorn that makes Bush's life more difficult," he said. "I am only here to ensure the safety of my family. Then I will go back to my city to defend it against all strangers."

Located 125 kilometers north of Baghdad, Samarra has endured fierce fighting between the Iraqi resistance and U.S. military units since the beginning of the U.S. occupation of Iraq in 2003. The Sunni-dominated city of 200,000 has suffered continuing raids by U.S. and Iraqi forces, raids that have made civilian life difficult. Resistance seems to have grown as the attacks have continued.

"Four years of occupation have caused this city a great deal of damage," said Thul-Faqar Ali, a lawyer and human rights activist who fled from Samarra to Baghdad. "It is true that there was strong resistance to the occupation, but most of those who got killed, injured, or detained were innocent civilians. The U.S. occupation forces in Samarra were so brutal that they conducted many executions on-site."

One of the first instances of brutal U.S. military executions of Iraqis in Samarra came in 2004, when eyewitnesses told the press that U.S. soldiers threw two young men into the Tigris River and watched one of them drown. Marwan Hassoun, the one who survived, later testified in a U.S. military court that he and his cousin had been stopped on their return to Samarra and forced at gunpoint into the Tigris River as U.S. soldiers laughed. The cousin who died was 19-year-old Zaidoun Fadel Hassoun.

"I could hear them laughing," Marwan told a reporter, recalling the Jan. 3, 2004, drowning. "They were behaving like they were watching a comedy on stage."

A U.S. Army sergeant involved in the incident, Sgt. 1st Class Tracy Perkins, 33, was later acquitted of involuntary manslaughter but convicted of assault. Many other such instances have been reported since.

— *Ali al-Fadhily, IPS' Baghdad correspondent*

African poised to be first Black chess grandmaster

(GIN) — With a trail of tournament successes, a young man from Zambia has shaken up the world chess community. Amon Simutowe, already an international master, is only steps away from being the first Black grandmaster from sub-Saharan Africa. A decisive match is under way in Namibia.

Born Jan. 6, 1982, in Ndola, Zambia, Simutowe learned to play

chess at age 10 from magazines sent him from England by his brother. By age 14 he won Zambia's national championship. He was an international master by age 16.

As a student at the University of Texas at Dallas, one of the few universities that offer chess scholarships, Simutowe helped the school win two collegiate championships.

With his eye on a graduate degree in business, Simutowe says he also wants to promote chess, which is wildly popular in Zambia. "Sometimes I am the headlines for sport in my country," he said. "Any contribution I can make, I am happy."

— *Special to the NNPA from GIN (Global Information Network)*

NATIONAL

Senate votes to increase college aid

WASHINGTON — The U.S. Senate has voted to increase college financial aid by cutting roughly \$20 billion in government subsidies to banks and giving it to students. The bill would boost the maximum Pell Grant, which goes to the poorest college students, from \$4,310 to \$5,400 by 2012. The House has also passed the bill, and President Bush is expected to sign it.

The bill would also cut interest rates on federally backed student loans to poor and middle-class students from 6.8 percent to 3.4 percent over the next four years. House Democrats pushed for the politically popular interest-rate cut. Such a provision had not been included in an earlier Senate-passed version of the bill but was added to the final version by congressional negotiators.

Democratic lawmakers say the roughly \$20 billion in cuts are aimed at excessive government subsidies to the banks that give student loans. The subsidies were established to ensure that banks enter and stay in the college loan business. Banking industry officials have objected to the cuts, saying they could adversely affect services that banks provide to borrowers.

Nearly all of the cuts would go toward making college cheaper, but \$750 million would be spent on federal budget-deficit reduction. The legislation is part of a must-pass bill needed to meet spending targets in the federal budget.

The bill sets up a loan-forgiveness program for college graduates who work for 10 years in public service professions, such teaching or nursing. It also caps annual payments for students at a percentage of their income, which lawmakers say will prevent people from having to pay back more than they can afford. — *Special to the NNPA from the St. Louis American*

New car-sharing service for south and west neighborhoods

MADISON — The Madison Community Foundation (MCF) awarded grants to Centro Hispano of Dane County and the West Madison Senior Coalition to help them bring reliable, affordable Community Car car-sharing service to the seniors, working families, and nonprofits in their neighborhoods.

After successfully sponsoring a Community Car minivan for the nonprofit community in 2006, the MCF granted two more requests made by Centro Hispano of Dane County and the West Madison Senior Coalition to begin Community Car car-sharing service in two deserving neighborhoods — South Park Street and Hilldale.

Working families in the South Park Street neighborhoods will be

able to use Community Car to take their children to day care, go to job interviews, and travel to places where the bus does not take them. Over 60 percent of Madison seniors live in or near the Hilldale area and will be able to use car-sharing as an affordable and more convenient alternative to owning a car.

Both Centro Hispano and the West Madison Senior Coalition plan to benefit from the cars they are introducing to their neighborhoods. Centro Hispano will use Community Car to assist its staff people who travel to various after-school programs throughout the Madison area, while the West Madison Senior Coalition will use Community Car to transport low-income seniors to the food pantry.

Community Car Executive Director Amanda White says sponsorship of the minivan and the two new hybrids has helped support Madison's nonprofit community. "Since the Madison Community Foundation sponsored our minivan in 2006, we've signed up over 20 nonprofit organizations for membership," she says.

The following are ways nonprofits have used Community Car service to support their missions.

- **Village of Maple Bluff:**

Transport kids to an after-school program

- **Northeast Side Senior Center:**

Transport Latina seniors to a monthly support group

- **Sustain Dane:** Deliver

garden rain barrels

"We approached the Madison Community Foundation for car-sharing service as a way to help ease transportation costs and limitations for working families in our neighborhoods on the south side of Madison," says Peter Muñoz, Centro Hispano executive director. Muñoz believes access to Community Car for his neighbors will offer new freedom to those who can't afford a car or second car.

"When I first learned of Community Car, I felt it was important to consider ways for our seniors to gain access to the service. As our senior population grows, so does the need for affordable transportation options," explained Kate Shaw, West Madison Senior Coalition executive director.

The MCF grant covered the upfront costs for Community Car to begin service at Hilldale and on South Park Street. Community Car is offering two information sessions for neighbors to learn about the new service. Attendees can sign up for Community Car at a reduced \$25 rate.

- **Hilldale Information Session:**

Tues. Sept. 11, 6 p.m. at the West Madison Senior Center, 602 Sawyer Terrace

- **South Park St. Information Session:** Thurs. Sept. 13, 6:30 p.m. at the Centro Hispano office, 810 W. Badger Rd.

The two new Community Cars are now located at the West Madison Senior Coalition (507 Segoe Rd.) and the Copps on South Park Street (1312 S. Park St.). Vehicles are reserved through the Community Car Web site (www.communitycar.com). Members simply go to the vehicle's location and retrieve the key from a coded lock box.

After using the Community Car vehicles, members return them to the original parking spot and get billed only for the hours and miles they have driven. Community Car takes care of gas, insurance, and maintenance costs, starting at just \$7.75 per hour.

— *Madison Community Foundation*

BY THE WAY

Editorial page

"We are the potential tone setters of the world, and we can do anything we want to do."

— BETTY FRANKLIN-HAMMONDS
AUGUST 4, 1995

D.C. leads nation in childhood obesity NUL study shows why

BY MARC H. MORIAL

The nation's capital leads the nation in childhood obesity, according to a recent U.S. Department of Health and Human Services survey. This comes as no surprise to us at the National Urban League (NUL), because we recently did a study of D.C.'s 8th Ward, where more than one-third of residents live in poverty and more than one-third of the children are obese.

The neighborhood, we found, is a classic food desert. It is saturated with fast food outlets, but it doesn't



Marc Morial

offer a single full-size chain supermarket. The three small grocery stores that do business there offer outdated meat and tired-looking produce. Fast food and convenience stores make up 81 percent of the food resources in the 8th Ward. The Food Research and Action Center, a D.C.-based non-profit working to eradicate hunger in the United States, has given the neighborhood a grade of "D" for community food security.

Communities such as Ward 8 are one reason why this country is paying over \$100 billion a year in obesity-related health costs. Urban League affiliates are attempting to combat obesity by teaching people about healthy eating habits and the need to limit processed foods laden with fat and sodium. These efforts, however, are fruitless if there are no places to buy healthy food.

As 8th Ward residents struggled to find a decent apple or an unwilted bunch of collard greens, only one mile away, the U.S. House of Representatives was writing its 2007 Farm Bill, the nation's most vital piece of food legislation. Over 300 doctors and other health professionals asked Congress to write a farm bill that will improve access to healthy foods, such as fresh fruits and vegetables, and help to build the infrastructure to get healthy foods to low-income communities. And at the NUL's annual conference, our affiliate CEOs called upon the House Agriculture Committee to authorize \$30 million in funding for the U.S. Department of Agriculture's Community Food Projects program, which helps low-income neighborhoods develop innovative solutions to food problems. But while the House included new programs and increased spending for existing ones, their size and scale simply do not measure up to the scope of the problem.

Did Congress listen? With 35 million Americans classified by the U.S. Department of Agriculture (USDA) as food-insecure, the House passed a bill that made only marginal improvements to the Food Stamp Program, the nation's most important defense against hunger. It increased the minimum

monthly allotment from \$10 per person — where it has been now for over 30 years — to a stingy \$18.

Did Congress take significant steps to increase the availability of healthy food? Yes and no. It did authorize increased funding for the distribution of fresh fruits and vegetables to the nation's schools over current levels, but by only enough to reach 2 percent of all schools participating in the National School Lunch Program. This hardly represents progress when childhood obesity has reached epidemic proportions.

Did Congress address the issue of food desertification? The House passed legislation directing federal agencies to "study" the problem but failed to authorize funding for the Community Food Projects, a program that has helped neighborhoods address food deserts for the past 10 years.

Congress has also made little progress in reforming a system of commodity food production that rewards the overproduction of crops, adding unnecessary pounds to our waistlines.

Since 1985, the actual price of fruits and vegetables has risen 40 percent while the price of sugar and fats has fallen as much as 14 percent. These disparities in the cost of healthy and unhealthy food reflect U.S. farm policies that give nearly nothing to fruit and vegetable producers but pass along the lion's share of public support to commodity crop farmers.

Let there be no mistake about it: Urban America wants farmers to succeed. We have watched with delight as 4,500 farmers' markets have blossomed nationwide. As those farmers have brought their abundance to urban consumers, we have brought our demand for healthy locally grown food. The synergy between city and country has never been so robust, and the market opportunities have never been so immense. That is why our farm policies must do more to strengthen the viability of local and regional farming to help meet the surging demand.

Underserved communities cannot be denied access to the same healthy and affordable food that is available to more affluent Americans. With good food and farm policies, we can realistically expect that our future generations will be free of the dietary challenges that now confront them. We urge the U.S. Congress to take into account urban America's concerns before sending a final version of the farm bill to the president's desk — for the sake of Ward 8 and other communities facing serious health problems and limited access to healthy foods.

Marc Morial is president and CEO of the National Urban League.

Things That Make You Go Hmmm ...

by Tim Jackson



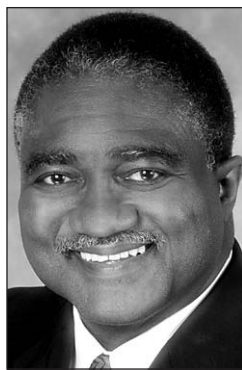
Poor coverage of the poor

BY GEORGE E. CURRY

The poor will always be with us. Just not on TV news. That's the headline of a recent report by Fairness & Accuracy in Reporting (FAIR), the New York-based media-monitoring group. According to the Census Bureau, in 2005, 37 million Americans — 1 in 8 — lived below the federal poverty line, defined as an annual income of \$19,971 for a family of four. However, other studies show that it takes at least twice as much as the official poverty figure to have a decent standard of living in the United States. So a more accurate figure for the number of people living in poverty is more like 90 million: nearly one-third of the nation.

FAIR did a three-year study of weeknight network news programs on ABC, NBC, and CBS, examining every story that contained the words poverty, low-income, homeless, welfare, or food stamps. The study can be viewed online at www.fair.org.

"Yet despite being an issue that directly or indirectly affects a huge chunk of the U.S. population, poverty and inequality receive astonishingly little coverage on nightly network news," the FAIR study concluded. "An exhaustive search of weeknight news broadcasts on CBS, NBC and ABC found that with rare exceptions, such as the aftermath of Katrina, poverty and the poor seldom even appear on the evening news — and when they do, they are relegated mostly to merely speaking in platitudes about their hardships."



George E. Curry

The three networks used a total of 14,632 sources for stories in 2001, according to one FAIR report. Assuming that figure has remained steady over the years, it means that roughly 46,000 sources were used in the 38-month period recently studied, from Sept. 11, 2003, to Oct. 30, 2006.

"During the more than three years studied, there were just 58 stories about poverty on the three network newscasts, including just 191 quoted sources," the study found. That means that sources appearing in stories about poverty represented just 0.4 percent of all sources.

NBC led the way with 25 stories about poverty, followed closely by CBS with 22. In distant third place was ABC, with only 11 stories — one every 15 weeks.

"In a handful of stories — primarily on CBS — poverty issues were discussed solely by experts, with no poor people appearing on-screen at all. A CBS story (2/7/05) on George W. Bush's proposed budget cuts to both farm aid and block grants to fight hunger and homelessness quoted solely elected officials, think tankers and executives of food banks.

"Another CBS story on problems with the new Medicare prescription drug plan (1/16/06) cited only the Republican governor of Minnesota (who was concerned) and U.S. Health and Human Services secretary Michael Leavitt (who wasn't); one on the push for increase in state minimum wage workers (6/27/06) interviewed several ACORN activists behind the campaign, but no actual minimum

wage workers. (Advocates for the poor, such as ACORN and food bank officials, are an important part of the discussion, but they can't substitute for the perspectives of those who actually live in poverty.)"

The problem also occurred in stories about the poor that did not address policy questions.

"CBS, again, is the prime culprit, having run segments on predatory lending (9/5/03), the difficulties of finding child care (11/25/03) and increasing economic polarization (12/8/05) that studiously avoided asking how government policies had helped to cause or failed to alleviate these problems," FAIR observed.

Many stories left the impression that poor people don't know what's best for them.

"In story after story, poor people were included to tell generic stories of suffering, before turning to 'experts' who discussed what policies should be pursued to address the situation," the study found.

Not surprisingly, there is an economic aspect to reporting on poverty, especially in this era of media consolidation.

"What FAIR's study cannot do is show why network journalists assign such a low priority to stories that affect so many," the report stated. "For that we must rely on the journalists themselves, many of whom tell us that the poverty narrative is neither compelling nor good for business, as advertisers aren't fond of negative stories."

What attracted me and many other Black journalists to the field of journalism was the notion that the purpose of the media is to comfort the afflicted and afflict the comfortable. But that is quickly going by the wayside.

"Unlike the powerful sources who are overrepresented on the nightly news, the poor don't have public relations staffs or corporate communications offices," FAIR stated. "They are left to the increasingly quaint journalistic ideals that once implored journalists to be champions of society's underdogs and to comfort the afflicted."

George E. Curry, former editor in chief of *Emerge* magazine and the National Newspaper Publishers Association (NNPA) News Service, is a keynote speaker, moderator, and media coach. He can be reached at george@georgecurry.com or through his Web site, www.georgecurry.com.



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313 W. Belldine Hwy. Suite 120 • Madison, WI 53713

Phone: 608-270-9470 • Fax: 608-270-9472

Editorial E-mail: news@madtimes.com

Web site: www.themadisontimes.com

Advertising E-mail: sales@madtimes.com

PUBLISHER AND EDITORIAL DIRECTOR Ray Allen • EDITOR A. David Dahmer

• SALES MANAGER Lynn Brown • DESIGN EDITOR Donna Magdalina

• COPY EDITORS Pamela Gates and Maria Bibbs

• CONTRIBUTING WRITERS James Clingman, George Curry, Marc Morial, Ron Walters, Marian Wright Edelman, Nathan J. Comp, Timothy Garrett, Anita Martin, Lisa Nunez, Anna Taylor, Mathew Jallow, Rose Johnson-Brown

• INTERNS Carlos Caraballo, Nina Harwell, and Morgan Tazifua

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JAMIE KING / from page 1

gan angling for a new kind of athlete — dancers. In 2005, Nike recognized King's strong cachet in the pop music world, his athletic dance moves, and his ability to design dance moves that enhance, energize, and improve the body. The company tapped him to create the "Nike Rockstar Workout" by Jamie King, a series of dance fitness workouts that has become a hit at gyms worldwide. In 2006, Variety magazine named King one of the most influential movers and shakers in the music industry.

"They [Nike] were the first to recognize that dance is sport and dance is fitness — just selling that idea that dancers are athletes," King says. That was sweet redemption for the longtime dancer, who had been hearing dance put down his whole life.

"I was shocked to hear that people didn't think dancers were athletes. We have the same injuries," King says. "It's all about the glory when you finally get on stage, and it really is parallel to a field or the final performance you do as an athlete. [Dancing] is all about getting in shape [and] training. There's a cardiovascular aspect, a muscular aspect. You get in shape, you get toned, you get defined. Dancers are athletes."

And dancing is an excellent way to get yourself in top physical shape.

"That's what I noticed — going around the world with Nike for the last two years — how everybody wanted to get in shape through dancing and use it as an alternative to lifting weights or going to the gym. [People were] saying, 'Oh, I can have fun while getting in shape,'" King says.

"Originally, I thought a dance was an art form or something you did in a music video behind Janet Jackson or Michael Jackson ... that's what I thought," King adds. "I realized when I became a dancer that I just got in really great physical shape. Dancers have great bodies. They walk taller and exude confidence. I think I've always been involved in fitness; I've just been able to talk more about it lately with 'Nike and Rock Your Body.'"

"Rock Your Body" is a new full-color instruction book and full-length DVD of the same name featuring Jamie King directing exercises in dance moves. It's about getting healthy and fit, or what King calls "rocking your mind, body, and soul."

"'Rock Your Body' is fun while you're getting fit," King says. "And you get to be a rock star. My goal with 'Rock Your Body' is to get [you] focused and feeling good about yourself."

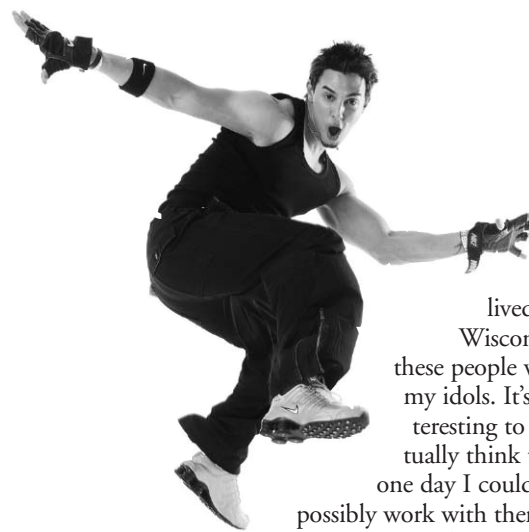
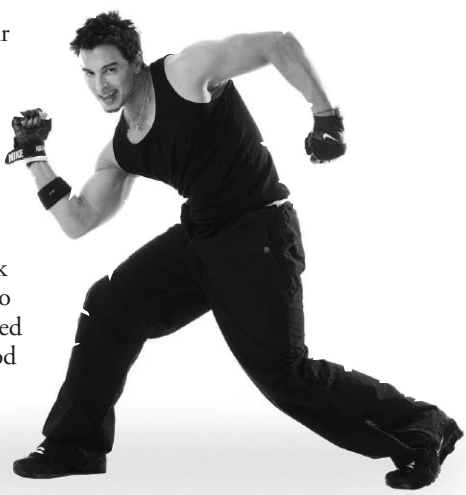
King has fashioned some of his electrifying hip-hop moves into an innovative four-week intensive workout program that targets and tones every muscle group, increases strength and flexibility, and promotes weight loss.

"I designed it how I do my rehearsals," King says. "Basically, when an artist comes into my rehearsal, they may have had a baby; they may have not been on stage since their last tour or their last music video, and they may be a bit rusty. I take things slow. Baby steps — I literally start you out walking. Then we're walking to the beat. Then I add an arm. I literally want this workout to be ... accessible for everyone. My idea is to build confidence and build awareness about your body and how it can be positioned and from there move forward."

King works with biggest rock and pop stars in the world, getting them in shape for their tours. While King is used to being with many very talented professional dancers, he stresses that anybody can do "Rock Your Body."

"There's a lot of fear involved, and it's all about taking that first step," King says about beginners. "But once you take that first step, I guarantee you'll be addicted. I believe that everybody can dance."

"From Pink to Madonna to



lived in Wisconsin, these people were my idols. It's interesting to actually think that one day I could possibly work with them. And that went further than I could ever dream.

"Essentially what happened is that I became the influence of the influencers. Not only was I dancing for them, but I began to tell them what they should do, how to design their shows, what they should wear, and how they should dance. It was crazy."

King has been Madonna's creative director for the past 10 years, having most recently directed her record-breaking Confessions World Tour 2006, as well as her hit music video. Superstars can sometimes be crazy and demanding.

"Are there war stories? Absolutely. But I think, at the end of the day, that everybody is really the same," King says of huge celebrities.

Any good dishes?

"Yep," King says, laughing, "but I'm going to keep those to myself."

In addition to the Spice Girls Reunion Tour, King is also currently working on tours for Celine Dion and rapper Kanye West. "I'm pretty busy," King says, "but I'm doing what I love to do."

When's the last time you've eaten a brat, then?

"You're cracking me up," King laughs. "When I say that word out here, nobody knows what [it] means. I don't eat red meat, though."

It goes without saying that King is a healthy eater, with fitness being such a central part of his life.

"Fitness and being healthy is so terribly important," King says. "I can't imagine going through my day without a workout, because that gets your mind right, it gets you focused, it gets you breathing right. It's essential."



Tyra Banks to everybody who made contributions to my book ['Rock Your Body'], we all had a collective idea and philosophy — that dance has changed our lives and made it better," King adds. "We've all felt the great impact it's made on our

lives."

I couldn't let King get away without asking him about working with some of the most iconoclastic personas in the history of music.

"Prince was my mentor," King remembers. "It's funny — when I

Getting in shape tip sheet

FROM HEALTH POWER FOR MINORITIES

Believe it or not, physical activity is one of the best things for you. It helps you to look good, feel better and stronger, have more energy, and keep your weight and blood pressure down. No matter how old you are, it's never too late to get in shape.

How to become more active

Since physical activity should be fun, find an activity you like, and then just do it! Your choices include:

- Walking
- Riding a bike — outdoors or a stationary bike
- Dancing
- Walking up stairs
- Swimming
- Playing sports
- Gardening
- Vacuuming
- Jogging

- Anything else that keeps you moving.
- How to make physical activity a part of every day**
- Include more physical activity in what you do on a regular basis. For example:
 - Walk more, if you're not physically challenged or handicapped.
 - If you use a wheelchair, you may be able to wheel yourself or wheel yourself more.
 - Stretch or walk around once in a while when you're watching TV or using the computer.
 - Take the stairs instead of riding elevators, if it's safe.
 - When you go shopping, park further away than you do now, so that you will have to walk more going from and to your car.

When you take a bus or subway, get off a few blocks before your stop and walk the rest of the way.

Be active at home and in the community

You don't have to go to a health club or gym to get in shape, nor do you have to buy expensive equipment. All you need is the desire to look better, feel better, and be healthier. Where there's a will, there's a way.

But if you do have the space and can afford a stationary bike or a treadmill at home, they are often helpful. They also don't cost as much as they used to.

Do physical activities with family and friends


It's easier to stay active when you do it with other people. Talk to family members and friends about your desire to be more active and ask

them to do the following:

- Agree to doing certain things with you that you both enjoy.
- Help you identify other activity buddies if they say are too busy.
- Encourage you.

How much activity is best

For those who haven't been active for some time, any increase in activity will be good. However, it's important to start slowly and increase the amount of activity gradually. It's best to do your favorite physical activity at least five times a week for at least 30 minutes each time. If it's more convenient, however, the 30 minutes can be split into two 15-minute periods. People over 40 years of age, and possibly younger adults as well, should check with their doctor before starting new physical activities.



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KERMIT MOSLEY / from page 1

son Fire Department viewed fitness in the '90s. Firefighters need to be physically and mentally fit to carry out the many roles the service now undertakes, and Mosley worked hard to make fitness a priority starting in the early to mid-'90s. He worked hard to establish a fitness program at the fire department.

"It started out as a bunch of guys just talking about fitness and trying to better the fire department. We wanted to make it mandatory at some point for people to stay in shape to maintain their job," says Mosley, who at the time was at Station 9 on Midvale Boulevard. "It was a tough thing to do, but we felt that if we pushed this, we would at least raise awareness and put it in people's heads that they needed to be in shape."

While they didn't succeed in making it mandatory — that firefighters would have to pass a fitness test to keep their jobs — they did succeed in bringing fitness to the forefront.

"If you're a firefighter and you're unable to do your job, you're going to stick out like a sore thumb," Mosley says. "Without a doubt. And being with people for 24 hours a day, they're going to be on you a lot."

"Personally, I'd want to be in shape," Mosley adds. "We're part of a team. We are brothers and sisters ... If one person is unable to do their job, it puts everybody else in jeopardy."

In most cases, other people's lack of fitness is simply other people's business — say, at an office job. However, in firefighting, the bottom line is that a low level of fitness for a firefighter jeopardizes the safety not only of the individual but also of co-workers and the public. It literally can be a life and death matter. Strength and fitness come into play often for firefighters, who haul ladders and carry tools up and down multiple stories. Endurance is also key.

"You have to go, go, go, go until things are done without stopping. It takes endurance," Mosley says. "You have to get control of the fire before you can stop. You're going to be exhausted in the end. And if you're not in shape, you won't make it until the end. You'll come up short, because you're out of shape."

The better shape that firefighters are in, the longer and more safely they will be able to work before they get exhausted. There is no question that substantial levels of physical fitness are required for firefighting and rescue work. A recent review of the available scientific literature on firefighting job performance concluded that without a moderately high level of physical fitness, firefighters cannot perform their jobs safely or well.

Mosley not only advocated for physical fitness, he also personally trained the other firefighters.

"We'd establish what you needed to do. They had a time set in the morning for strictly working out, if that is what you chose to do," he recalls. "There were officers who may have not wanted the rookies to be doing it — they wanted them doing other work — but we established this time as workout time and no lieutenant could oversee them during that time."

"We had workout times established at all stations, so when you came in in the morning you could get one of the trainers — me being one of them — to come and work out with you," he adds. "We made a lot of headway. We got the major-

ity of people working out on a daily basis, and that was a great start."

A better focus on fitness was just one of the changes that Mosley saw during his long, 21-year career with the Madison Fire De-

partment. Wooden ladders became aluminum ladders. Firefighter uniforms became fire-resistant.



"You have to go, go, go, go until things are done without stopping. It takes endurance. You have to get control of the fire before you can stop. You're going to be exhausted in the end. And if you're not in shape, you won't make it until the end. You'll come up short, because you're out of shape."

— Kermit Mosley on firefighting

partment. Firefighting methods and strategies have also changed over the

last couple of decades, along with the makeup of the force. "There was greater acceptance of minorities and women on the job through the years," Mosley says.

It wasn't always easy for Mosley, who in 2004 was the first African American to retire from the department here in Madison. There were two African Americans who came before him who, Mosley says, weren't stellar employees. "They didn't give us as African Americans a good image. They established themselves in a bad way before we got there," Mosley says.

"We had to overcome that. I had to confront a few people to their face and tell them, 'I'm not that way. Address me from what you know about me and who I am, not an image of somebody

else. I'm not that person. I don't know that person, and I don't even like that person myself.'"

"If you still don't like me after that, I can accept that," Mosley adds with a smile.

Still, Mosley modestly downplays the significance of being the first African American to retire from the department here in Madison.

"I was just another guy who

happened to make it to retirement, and 'oh, I happened to be Black,'" Mosley says. "It wasn't a big deal to me. I don't play much on that. It was a color thing, but a person is a person, no matter what."

Mosley prefers to keep the focus on fitness. More firefighters die from heart disease than from burns or smoke inhalation, according to a national study published this year. Between their fast-food eating habits and lack of exercise regimes, some firefighters pack on the pounds during their careers. Mosley has worked all his life to change that.

"You don't have to kill yourself; you just have to be consistent on a daily basis," Mosley says. "We're not talking about [becoming] a He-Man. You don't have to be a Charles Atlas. Medium weights and consistency will get you results."

"Just getting started is the toughest part," Mosley adds. "But once you do, it will make all the difference in the world in your life."

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Kneaded Relief spa pampers and promotes wellness

BY DANA PELLEBON

In today's busy times, relaxation seems to be a luxury rather than a necessity. Kneaded Relief Therapeutic Day Spa wants to change that. "Put yourself on the calendar," says co-owner Duke Harvey. Since the start of the business in 1997, owners Nichol Schumacher and Duke Harvey have wanted to revitalize the spa industry. With their move to Fitchburg in January 2007, the culmination of their vision is realized. Nestled in a preserve off East Cheryl Parkway, Kneaded Relief Therapeutic Day Spa has the location to provide the atmosphere for the services that have become a staple in their business.

While they offer the normal range of typical spa services, they have recently added personal training and wellness classes. According to Mr. Harvey, "We are preventive care. We don't just offer pampering. We offer a way to take personal control of your own wellness." Instead of giving you an exercise regiment to follow, Kneaded Relief's trainers take the extra step

to get to know the client. "We take the time to do a detailed intake. We get to know your goals. We get to know your lifestyle. We work on behavioral management.

right and maximizing their experience," Harvey said.

Personal attention is the common theme throughout the spa. When you walk in, you are given

made from recycled material and bamboo floors throughout the rest of the spa.

Most of the products they use are natural. Even in their nail sa-

for the owners and employees of Kneaded Relief. Janelle Waterman was an employee with a rare kidney disease who exemplified the type of customer care and service

that Kneaded Relief's philosophy is based upon. On her passing, the owners wanted to keep her spirit and vision alive. They dedicated the couples' massage room to her and hold a silent auction every year in August to commemorate her, with the proceeds going to the National Kidney Foundation.

Kneaded Relief Therapeutic Day Spa raises the bar in what to expect for service, accountability, and ultimate relaxation. The spa is located at 5500 East Cheryl Parkway in Fitchburg. You can either drop in or call 608-255-0070 to set up your own personal relaxation experience



Nestled in a preserve off East Cheryl Parkway, Kneaded Relief Therapeutic Day Spa offers a variety of services. Owner Duke Harvey (above left) says that Kneaded Relief not only pampers, but offers preventive care.

When you leave here you will be able to take what you have learned and apply it to your everyday life." While they do not have dieticians on staff, they do take information widely available online and make it easier to translate. Regardless of what your personal goal is, Mr. Harvey wants to make sure that you have a "personalized experience and find the program that works best for you as an individual."

The wellness yoga classes are a mixture of two forms of yoga for different skill levels. They have kept the classes at a maximum of eight to insure that you get personal service. "I have been in many yoga classes that are so large that I get very little contact with the teacher. With our classes, the instructor is able to spend one on one time with each client to make sure they are doing the positions

slippers and a robe to change into. You are led into a relaxation room to have a cup of tea, do a little reading, or look out over the preserve until your spa service is ready. Then your technician will call you back to your room and discuss the problems you are having or your goals for service for the day. After your service, you aren't kicked back out to pay and leave. You have the option of going back into the relaxation room to continue your experience.

One of the more intriguing aspects of Kneaded Relief is that it is a "green" spa. They used nontoxic paint for the walls. They have cork floors in the treatment rooms

lon they will not do acrylic or gel nails, and their pedicure tubs are pipeless, which minimizes bacteria and thus disallows fungus growth. Preventive care is the name of the game for this spa, not just for the client, but also for the environment.

The Waterman couples' massage suite has a special meaning



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Walking for health and fitness tip sheet

FROM HEALTH POWER FOR MINORITIES

Daily walking is a great form of exercise for many reasons, including the following:

- Walking is good for the body, mind, and spirit.
- Walking helps you lose weight or keep from gaining more weight.
- Walking energizes you and increases your strength.
- Walking strengthens your bones, thus fighting osteoporosis.
- Walking tones and strengthens your muscles.
- Walking keeps your joints more flexible for easy movement.
- Walking is easy to do. You can



- Walking is basically safe, especially if you walk with someone else or in well-lit areas where others also walk or run.

Walking is healthy for:

- Weight loss by burning calories. (Yes, we meant to repeat this

walk almost anywhere, by yourself or with someone.

- Walking doesn't cost much. You only need comfortable walking shoes.
- Walking can be a social opportunity, if you get a walking buddy or have a walking group.

benefit.)

- Reducing blood pressure
- Controlling diabetes
- Relaxing and reducing stress
- Delaying arthritis and limiting its negative effects
- Strengthening the lungs and heart.

Walking can be interesting (for sightseeing, window shopping, light shopping, block walking, talking as you walk, and other things that you, or you and your friends, enjoy). Good places for walking include shopping malls, school grounds, your neighborhood, parks (with someone else is best), and local shopping areas.

Easy ways to do extra walking:

- Use stairways, if safe, instead of elevators, if you don't have heart disease.

- In parking lots, park further away from the building or mall entrance.
- When you take a bus or subway, get off at the stop before the stop nearest your home, so that you'll have to walk a little further.

Special tips:

- Keep a daily record of what will make you feel best about your progress, like:
- How many times you walked each week
- How many miles you walked each week (Use a pedometer. They don't cost much.)
- How much weight you lost in a month.

Reward yourself at least once a month, and more often if it helps, even if it's a small reward. Pick an activity that will be a good reward or celebration for you.

Politics 101 – Part I: Do Democrats really love Black people?

Editor's note: In 2004, 89 percent of the Black vote went to the Democratic presidential candidate, and 10 percent went to Bush. Some pundits argue that the Democratic Party is the best hope for African Americans, given the chilling right-wing bent of Republicans. But some of the nation's most respected civil rights leaders say the faithfulness of Black voters is not rewarded by Democrats and not desired by Republicans. This two-part series, "Politics 101," seeks to explore both sides of both issues: Part I: Do Democrats really love Black people? and Part II: Do Republicans really hate Black people?

WASHINGTON (NNPA) – Congressional Democrats, now nine months into their ruling majority, boast proudly of their key legislation affecting African Americans.

New acts of Congress include long-awaited feats, such as the increase in the minimum wage, relief for Black farmers, and last week's increase in the Pell Grant for college tuition.

Yet some seasoned political observers all but yawn as they point out that mostly tepid issues are being addressed by Democratic presidential candidates. Their criticism raises this question: Do Democrats really love Black people?

"Of course not," scoffs a chuckling Kathie Stromile Golden, executive director of the National Conference of Black Political Scientists. "They love them to the extent that [Blacks] can help them get elected. Historically they are better. Certainly we've been more hopeful. But that's not because they actually love Black folks ... It's politics," says Golden, a professor of political science and director of international programs at Mississippi Valley State University.

Ron Walters, former strategist in the presidential campaigns of the Rev. Jesse Jackson, echoes Golden.

"Basically, what they want to do is to get in the White House. They want to win," says Walters, a political scientist at the University of Maryland. "And that means if they have to overthrow the civil rights agenda, they'll do it. And that is essentially what they've been trying to do. So, no, they don't love Black people. It's just that they love winning."

The danger is that the party shifts with political winds, Walters explains.

In 1984, Jackson's first presidential run, after second-term Republican President Ronald Reagan defeated the Democratic nominee, former Vice President Walter Mondale, there was a series of meetings among the Democratic Party leadership, Walters recalls.

"One of those meetings was very hot, because some of the younger leaders of the Party were arguing that they had to reconfigure the role of the civil rights movement in the party's profile, in the party's image. In other words, the Democratic Party was getting to be too Black ... It meant that they had to be less aggressive in their support of civil rights issues, and they began systematically to do that."

Although President Clinton had a reputation for affinity for Black people, he was head of the Southern Governors' Association, which was opposed to affirmative action, says Walters. "And that's where the leadership of the party came from for

eight years," he added. The only reason they didn't do away with affirmative action was because of the protests on the part of Blacks. Otherwise, they tried to tinker with that civil rights legacy every way that they knew how.

As Democratic presidential con-

All 43 Black members of Congress are Democrats, Dean adds. And with a record four Black committee chairs, 16 subcommittee chairs, and Black Majority Whip Jim Clyburn (D-S.C.), those Blacks finally have historic power, he points out.



In a gleeful moment, National Democratic Party Chairman Howard Dean (center) laughs with civil rights icons former Congressman Walter Fauntroy, the Revs. Jesse Jackson, Joseph Lowery, and Al Sharpton. Still some Black leaders wonder: Do Democrats really love Black people?

tenders fight to succeed George W. Bush, could the Party return to politics as usual? Democratic Party leaders bristle at the question.

"We've got to stop this stuff in the community saying the Democrats are taking everybody for granted," says Democratic National Committee Chairman Howard Dean.

"There's been more done in six months [by Congress] for the African American community than the Republicans did in six years. This is not a matter of giving up your values. If you do that, you can't win elections."

The record speaks for itself, says Dean.

"This is not a matter of who likes Black people. This is a matter of this system, and the Democratic Party has really worked incredibly well for African Americans," Dean says. "The first thing we did after the Democrats took over was raise the minimum wage. That disproportionately affects African Americans. Sixteen percent of all African American workers were affected by that minimum wage increase."

"So I completely disagree with the notion that this is about whether Democrats love Black people or not. This is about Democrats creating a system where African Americans could succeed."

That system is working, says U. S. Rep. John Conyers (D-Mich.), chairman of the House Judiciary Committee and reputed dean of the Congressional Black Caucus, (CBC).

Ticking off a list of House successes, including the Hate Crimes Act, the Emmett Till Act to solve unsolved civil rights crimes, the D. C. Voting Rights Act, and the Anti-Voter Intimidation Act, Conyers says the drawback for even more aggressive legislation may be in the math.

With 233 Democrats and 202 Republicans in the House, there's only a margin of 31 votes, he says. Therefore, if 16 Democrats don't agree with the CBC and the leadership position and the Republicans stay organized, the Democrats lose.

Even the Democrats are divided, he points out.

There are 43 members in the

CBC, but there are 48 Blue Dogs, the conservative Democrats. "Our majority is, quite frankly, a very thin one," Conyers says.

Conyers praises Speaker of the House Nancy Pelosi (D-Calif.). "She's been cooperating with me fully," he says. But that cooperation with African Americans has not transferred into the presidential race, civil rights leaders say.

"I am not supporting anybody," says the Rev. Al Sharpton during a recent airing of his nationally syndicated radio talk show. "Until I know — whoever I support — where they are on issues like the Supreme Court and they talk about specific cases, I am not — N-O-T," he spells the word for emphasis. "I am perfectly willing to be the one to force all of them to deal with these issues, if I have to."

Democrats received 89 percent of the Black vote in the 2004 presidential election, and Black voters are largely credited with the current Democratic majority in Congress.

Despite the allegiance, Hillary Shelton, director of the NAACP Washington Bureau and Capitol Hill lobbyist, says less than 1 percent of the NAACP's legislative agenda has come to a positive resolution and only about 10 percent has begun to move through the process.

Shelton stresses that this is only the first session of the 110th Congress and he fully expects more progress on issues such as the drop out rate, high stakes testing in "No Child Left Behind," school construction, help for Hurricane Katrina victims, mandatory minimum sentences and the death penalty, which the NAACP opposes.

The NAACP is a nonpartisan organization, but Shelton says he has noticed a difference since the Democrats took over.


"We're seeing more movement on our bills, more substantive movement," he says. "There was very little movement on these issues."

Still, he dreads a possible change in political climate with pending House, Senate, and presidential campaigns.

"I will say that we are very concerned about what happens when we get into 2008, an election year when the approach to politics begins to change significantly with the elections in mind," he says. "You'll have an awful lot of posturing going on. The real question is: In that posturing, will we see the kinds of commitment to actually implement programs that are important to our community?"

The answer is already clear, says Jesselyn McCurdy, legislative coun-

See **POLITICS 101** / page 15



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