A HAPPY HAPPY EASTER TO YOU

The way to the Cross is a rugged road
It leads you up and down
But the hills that seem so hard to climb
Will lead you to a crown.

The way is rugged and sometimes hard
There are pitfalls or brambles on the way
But the hand of our Lord will guide you thro'
If we seek His help each day.

We might shed tears of sorrow and pain
Or know the feeling of fear
But seek the Lord and we will find
That He is always near.

Original By the late Goldenaire Cora Price.

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A BREAK?

The first international symposium of researchers from several nations was held in Springfield, Illinois. Now it seems to be hope for Alzheimer victims. Drugs to relieve some of the devastating effects of the disease are still years off they believe but there is hope for victims of progressive brain disease. One of the encouraging aspects of the symposium is that about a dozen drugs that may relieve symptoms are in various stages of testing around the world.

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TRAFFIC

One way to solve the traffic problem would be to keep all cars not paid for off the streets.

The main trouble with the straight and narrow path is that there is no place to park.

A traffic cop is not always right but his customers are always wrong.

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A TRIP

Off to Fall River went a bus filled with Goldenaires and their friends to do some Easter shopping. They visited several outlets including Vanity Fair, The Yarn Shop and Designer Shops. After they enjoyed lunch at the Hawthorne Restaurant where they were joined by Seniors from Hyde Park, South Boston and Roslindale. Holding the winning ticket, Mrs. Evelyn Chase was the recipient of a box of chocolates.

The pleasure of this trip was enhanced by the presence of Dr. Toye Brown, president of Freedom House. Goldenaire Vivian Barber received a surprise visit from her grand niece, Mrs. Maria Offley of New Bedford and opportunity to greet her great-grand niece, little three-old Renee.
Later on the regular shopping day, the Goldenaires motored out to visit the Natick Mall.

BIRTHDAYS

IN
May your birthday
Start the kind of year
In which the Lord will
Bless
All your days with special
Gifts
Of health and happiness.

MAY
Myrtle Strother 1
Iris Bishop 2
Dorothy Smith 2
Estelle Giles 2
Beatrice Clarke 4
Carlene Freeman 4
Pauline Walton 8
Victoria Blackman 10

Frank Bell 14
Dominga Watkins 16
Mabel Lewis 20
Isabel Gill 23
Mary Hodson 24
Helen Toon 27
Lucille Small 29
Lorine Crawford 30

Loraine Marshall 30

HAPPY BIRTHDAY

BLOOD

PRESSURE
Did you know that scientists are puzzled by the fact that "we" as blacks are more vulnerable to high blood pressure? The gap between whites and blacks is even wider for the effects of hypertension, which can severely damage the eyes, kidneys and cause heart attacks and strokes.

According to Dr. Elijah Saunders, professor at the University of Maryland Medical School and president of the Association of Black Cardiologists, the proportion is nearly two out of five. High Blood Pressure can be controlled by more exercise, less stress or through drugs. The sad fact is that hundreds of thousands do not know that they have the problem.

EASTER
May the joy of Easter fill your heart
with happiness today
May the Hope of Easter light your path
and guide you on your way
May the Promise of Easter help to show
God's boundless love for you
May the Blessings of Easter
warm your heart
today and always, too.

Submitted By A Goldenaire

HOUSING
In the 1989 budget submitted by President Reagan, there are calls for more cuts in housing programs for low-income people; this proposed reduction in housing and community development programs may save about $2 billion. Major cuts will be in Section 202 housing program for the elderly and handicapped persons. It provides for the construction of only 700 new units of
Section 202 housing down from 12,000 units approved in 1988. In continuing to oppose the construction of low-cost housing, there is a proposal to increase the use of vouchers as a way of subsidizing housing. Of the 108,000 units of publicly assisted housing provided in 1989 budget, 100,000 would be in the form of vouchers to poor people who would then be responsible for locating housing they could afford.

The 1989 budget would allow the sale of more of the nation’s low-income stock and bar cities with rent control from receiving Federal housing rehabilitation funds. The Administration has indicated that it plans to make changes by regulation rather than by legislation; but critics maintain that the Federal government cannot legally make such a major change by regulation because it violates local autonomy.

It seems that the good news is that Congress finally has begun to act on the housing crisis with passage late last year of the first housing authorization bill in 7 years that represents a repudiation of attempts to terminate the Federal government’s role in providing low-cost housing.

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The middle-aged couple were vacationing in a fine hotel and the man was undressing preparing for bed when his wife said, "You had better close the shade as that woman across the way can look over here and see you."

"He replied,""If she is a lady, she won’t look, and if she isn’t, it doesn’t matter."

Church Announcement. "The Magic of Lassie", a film for the whole family, will be shown Sunday at 5 p.m. in the church hall. Free puppies given to all children not accompanied by parents.

Noticing a little boy who was wandering around lost, the clerk asked him to tell her what his mom looked like, he said, "Mad—she looks real mad.""

A two-year-old was asked to say grace for the evening meal, "I’m hungry, let’s eat first."

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"Slabtown Woman’s District Missionary and Educational Convention, 10th Annual Session held at Happy Hollow Church in Big Sandy".

That oldie was presented at the William Trotter School by the Goldenaires and the Ebenezer Baptist Church before an overflow audience. The performance by the actors, the costumes depicting the colorful clothes of that era, added to the enjoyment of the audience.

Those appearing in the large cast were: Mesdames Frances Bowen, assistant director of the Goldenaires, Maizie Ashford, Bertha Roberts, Pearl McMillian, Inez Ashley, Ruby Guscott, Martha Ford, and Messrs. Sephus Osborn and Irving Rose.
Others were:

If you were one of those unfortunates at the school, you will have an opportunity, as the cast has been invited to appear at the Concord Baptist Church at a later announced date.

THE FRIENDLY THINGS

Oh, it's just the little homely things
The unobtrusive, friendly things
The "Won't-you-let-me-help-you" things
That make our pathway light.

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The "Laugh-with-me-it's funny" things
And it's the jolly, joking, things
The "Never-mind-the-trouble" things
That make the world seem bright.

**
For all the countless famous things
The wondrous, record-breaking things
These "never-can-be-equalled" things
That all the papers cite.

***
Are not the little human things
The "everyday encountered" things
The "just-because-I-like-you" things
That make us happy quite.

**
So here's to all the little things
The "done-and-then-forgotten" things
Those "oh-it's-simply-nothing" things
That makes life worth the fight.

PRESSURE

In the absence of a national policy to restrain doctors' fees under Medicare, a growing number of state legislatures are being pressured to pass mandatory assignment laws requiring doctors to accept Medicare's schedule of reasonable fees.

Under assignment, Medicare pays 80% of what it considers a reasonable fee, leaving the patient to pay only 20% (plus any part of the annual $75 deductible amount not yet paid).

To date only four states have passed some form of mandatory assignment, four of the New England states, Connecticut, Vermont, Rhode Island and our Commonwealth, Massachusetts.

TIME

Time is such a precious thing
We should value every minute
And bless the world with kindly deeds
The short time we live in it.
Listed on the Boston Globe 1988 All-Scholastic Indoor track team were:
Eric Chrichlow -Lexington-Athlete of the Year
Randy Barrows-Cambridge Ringe-Latin
Omar Simmins-Boston Tech
Jamal Prince-Cambridge Ringe-Latin
Harry Wareham-Dorchester Bosco
Tricia Alfred-Lexington
Tasha Downing-Boston Tech.

The Boston Herald have listed those they chose to be members of the All-Scholastic Basket-ball Team;
Jesse Martin-Boston English
Bryan Edwards-Cohasset
Antoine Montgomery-Dorchester
Calvin Jones-Charlestown
Steven Nicholson-Catholic Memorial
Jason Baptiste-New Bedford

Ms. Sybil Smith has been counted as the first All-American swimmer at Boston University. With her record in swimming, she has been invited to Texas to try-out for the Olympic team.
As a senior and the only black swimmer at NCAA Division I, she was undefeated during her collegiate career at 80.0.

Congratulations

There has been a bill proposed for major new health legislation to cover all costs of home health care and nursing home care for the elderly. It is called Lifecare and would be financed by federal dollars and private premiums. The way it is constructed it can provide enough relief and close the gap by joining Social Security and Medicare. Federal dollars would come from increased payroll tax for both employers and employees.
It has been noted that more than 20 billion a year in public dollars is now spent on nursing home care through Medicaid but only after senior citizens and their families have been forced to "pauperize" themselves.
Our Senior Senator Edward Kennedy is pushing the bill.

Ms. Esterine Jacks who beat cancer twice was among sixty who received the American Cancer Society's "Courage Award". A flight attendant with American Airlines, she volunteers with the Reach for Recovery Program.

At last ceremonies were held at Arlington National Cemetery when the body of Matthew Henson were reinterred. Mr. Henson was the first at reach the North Pole and planted the American flag 79 years ago.
He had been buried in a shared grave in New York because his wife could not afford a separate gravesite.
Dr. S. Allen Counter, a Harvard professor, led the campaign for the reinterment.

Tony Brown was guest speaker at Boston University Law School. He urged that we take advantage of the opportunities available. Mr. Brown appears each week on the "Tony Brown Journal on Channel 44.

An event of great interest was held at the Beacon Street Library of the Boston Athenaeum. On this occasion the portrait of Goldenaire Lucy Mitchell was added to the collection of prominent black Bostonians. The Library holds many books by blacks dating as far back as the 1400 and 1600's, and is acknowledged in many areas of the country for its contents.

Healy Hall of Georgetown University has been designated a national landmark in Washington. It is named for Rev. Patrick Healy, S.J., the first black American to receive a doctorate and also the first black to serve as president of a major white university.

James Farmer, founder and former director of the Congress of Racial Equality spoke at Faneuil Hall on the observance of the 20th anniversary of the death of Dr. Martin Luther King, Jr. The event was sponsored by the Mayor's Office and the Greater Boston Civil Rights Coalition.

The Boston Herald has listed their All-Scholastic Indoor Track Team and "we" again are much in evidence.
Tasha Downing- Boston Tech
Tricia Alfred- Lexington
Angela Garcia- Somerville
Eric Crichlow- Lexington
Randy Barrows- Cambridge
Omar Simmons- Boston Tech
Jamahi Prince- Cambridge
Harry Wareham- Don Bosco

Congratulations- Some made both local papers lists.

Our sympathy goes to Mr. Al Engermann upon the death of his mother, Mrs. Mary Engermann. Mr. Engermann is the operator of the Freedom House van.

If it is free, it’s advice, but if you pay for it, it is counseling.

Good sense is easier to have than to use.

To obtain maximum attention, it’s hard to beat a good big mistake.

You can get through life with bad manners, but it is easier with good manners.
The newly appointed Commissioner of Elder Affairs for the city made an initial visit to the Goldenaires. Ms. Dianne Payne gave much vital information concerning her duties and what she hopes to accomplish during her tenure. We look forward to her return visit.

Goldenaire Lucille Small spent two weeks in Jamaica visiting many places of interest and glad to be away from our inclement weather.

Goldenaire Nora Lee Singleterry made her annual visit to Wilmington, North Carolina. Her sister Mrs. Elizabeth Jones always looks forward to seeing her at this time.

After a disturbing incident in her home, Goldenaire Barbara Byrd spent some time recuperating in Pembroke Pines, Florida with her grandson and his family, the Richard Deyos. She was accompanied to Florida by her daughter, Mrs. Romaine Riley.

Stressing the need of home care for adults, Mrs. of the Adult Foster Care Center at the Roxbury Comprehensive gave a most appealing and informative talk on the subject. The program interested many of the Goldenaires.

Among the Goldenaires recently traveling was Goldenaire Helen Reynolds who journeyed to Phoenix, Arizona. She was guest of her daughter, Mrs. Lorraine Neves and other relatives.

Life's threads all form a pattern
Some silver, some of gold
And there are new and finer threads
to mingle with the old
Some tiny threads are broken
a stitch or two is skipped
But when the work is finished
the pattern isn't ripped
It forms a perfect blending
of all of life's great dreams
With love we frame the border-
with sorrow sew the seams
So fold the pattern to your heart
Sweet memories are the dearest part.

COMING EVENTS
May 17 - Forum on Aging - Springfield
May 22 - Bos Red Sox Baseball Game
May 19 - Community Forum for Council of Elders