



All Rae Sremmurd photos Courtesy of the Cotillion



PARTY TIME

By Shy and Kandi

Wichita showed up for Rae Sremmurd, and packed the house on a Sunday night, no less. The very diverse crowd reflected the broad appeal of this duo that is among the hottest raps groups out there right now. We arrived just in time for the duo to hit stage, and it was obvious the crowd was all ready oiled up and ready for the main draw.

The duo didn't disappoint. They played all the songs we wanted to hear. Their energy fed the crowd's energy. The crowd was into it, so much so that they even had us hugging each other.

"Put your arm around the shoulder of the person to your left, now to your right and sway", they told us. And almost everyone did, appropriately to the song "Swang." It was one of

those concert moments you'll always remember.

Then it was time for the mannequin challenge, since their song "Black Beatles" is forever tied to the challenge. "Ya'll know what to do," they said, and their camera men came down into the crowd. "Wichita is going to be famous for 24 hours," and the duo promised to post the video on their Instagram. When we checked, the videos weren't up, but friends say the duo delivered on their promise and Wichita was blasted to the world.

We loved every minute of this concert. This earns nothing but thumbs up.

I was lucky enough to see **Trinia** about a year ago when she was in Wichita at Club Bounce predecessor Pandora, so I knew what to expect and was excited about delivering. Made sure I didn't eat too much at our gobble meal, so I wouldn't do what we're known for – getting full, happy and sleepy – and miss the show. I was feeling so peppy, I actually arrived early while there was still room to walk around. But it wasn't long before the club was poppin'.

Her performance was to tracts, but that was okay, the crowd had her back. In fact, Trinia just turned the mic to us, and the crowd took charge, providing our most perfect Kelly Rowland impersonation. "Here we go, Here we go again," another fine evening at Club Bounce. ●●

Annual Suit and Tie Party is Always a Holiday Hit

The 4th Annual Suit and Tie Party was held Nov. 26 at the Adobe Venue. Hosts, Kevin Harrison, Riccardo Harris, Sam Hines and Robert Love once again didn't disappoint their annual Thanksgiving guests.

Absent the 10 Friends, it looks like this four-some has stake a solid hold on the bombest Thanksgiving weekend. They said they weren't going to do it again this year, but by popular demand, they were back.

This year's entertainment included live performances by local Wichita talent including jazz saxophonist Willie Wactor,



1 and singing husband and a wife duo Kim and Martin Bowie. On the one-two was DJ Fluid and DJ Carbon.

Yes a good time was had by all. ●●



PHOTOS:
1. Cortney and Moniqueka Holloway
2. Willie Wactor and Kevin Harrison.



3. DJ Carbon & DJ Fluid
4. (L-R) Gary Love, Niki Childers, and Bob Love



Photos by Darius Smith

"Bunch of Friends" Party Showcases Local Talent

Maggie Thompson hosted the "Bunch of Friends" party for all of the families and friends in town for the holiday on Sat. Nov. 26 at the The 40 Plus Lounge.

The evening's entertainment included soulful performances by local singers, Eugene Canidy and Friends which included Kim Bowie, Lady D, Frank Tatum and Corey Smith. A packed house was in attendance to enjoy the singers and band UnderConstruction. Appetizers were provided by Jodee B's Catering.

A fun night was had by all the party-goers as they took the opportunity to dance off that Thanksgiving Day turkey and make room for Sunday's Thanksgiving Day leftovers. ●●



PHOTOS
1. Corey Smith & Eugene Canidy
2. (L-R) Corey Smith, Lady D, Kim Bowie & Frank Tatum

Photos by Darius Smith

14 New Apartment Complex to be Built On WSU's Innovation Campus

Construction is expected to begin soon on a 112 apartment unit complex on the Wichita State University campus with the first building expected to be ready for occupancy in time for fall 2017 classes. Each apartment will feature a full bathroom with every bedroom, a full kitchen and laundry, and balconies for nearly all of the apartments.

The privately owned complex will be located south of Eck Stadium (the baseball stadium) and Mike Oatman Drive. The complex will serve graduate students and undergraduates beginning at the sophomore level. Students will have preference as tenants, followed by WSU employees and employees of companies located on the Innovation Campus, such as Airbus and Dassault Systemes.

The new facility will include a clubhouse with a lounge, exercise room and game room. There will be dedicated surface

and underground covered parking spaces for residents. In addition, a swimming pool, sand volleyball area and outdoor grill and eating area will be provided.

The complex also will include storm protection in the basement and garage area.

No public or university funds or student fees will be used to finance the project. It is being built by MWCB

LLC. The developer will be responsible for the leasing, operation and maintenance of the property.

"The Innovation Campus has always been described as a place to learn, work, live and play. We're happy to see that vision taking shape so rapidly," says John Tomblin, Wichita State vice president for research and technology transfer. "This housing complex is an important next step."



The new privately-owned apartment complex will be located south of Eck Stadium and Mike Oatman Drive, and within easy walking distance of Braeburn Square, the new private development at the southwest corner of 21st and Oliver.

New WSU Parking Garage Set for July Completion

Plans to build a multi-level parking garage on the Wichita State University campus continue to move forward. The \$7.2 million garage will be just south of the Rhatigan Student Center and financed through parking fees and bond proceeds.

It is set to open in July 2017.

The pay-to-park garage would have about 450 spots for faculty, students and visitors.

Centrally located on campus, the parking garage will be built on an existing lot that's currently used by faculty and staff.

MORE INNOVATION CAMPUS ANNOUNCEMENTS

- WSU will soon have a 20-acre on-campus area, called Braeburn Square, reserved for restaurants, shops and lodging.
- A 123-room Element by Westin Hotel is set to open in Braeburn Square in 2017.
- Starbucks Under construction along 21st Street, just east of Mike Oatman Drive.

Clark WSU Sexton Scholarship Winner

Wichita East High School graduate Oscar Clark is attending Wichita State University as the Linwood Sexton Scholarship recipient. A 2016-17 Freshman, Clark was awarded the four-year, full-ride scholarship last summer.

The four-year scholarship also includes, fees, on-campus housing and a book stipend.

During his time at East High, Clark participated in the school's marching band, anime club and sign language club, and was a tutor for math and physics. Outside of school, he spent time studying and volunteering for organizations such as the Wichita Food Bank.

Clark attributes his academic and personal success to the many lessons he learned from his mother, along with the continued support and motivation of his band and International Baccalaureate peers. He is the son Margaret Spain-Clark and Jay Clark, and the grandson of Richard and Jackie Spain.

"Being a drum major and being in the IB program taught me important life skills, such as public speaking, time management and prioritizing," said Clark.

Clark plans on majoring in Physics.

Scholarship history

The Linwood Sexton Scholarship was established in 2000 to honor its namesake, Linwood Sexton.

Sexton, a Wichita State legend in football, is a member of the Shocker



Oscar Clark is the recipient of the four-year full ride Sexton Scholarship.

Sports Hall of Fame and Kansas Sports Hall of Fame. An untiring advocate for equal opportunity and social justice, he has been honored with many awards for his efforts to promote understanding and respect among people of different racial, religious and ethnic backgrounds.

The scholarship is automatically renewed as long as the student maintains satisfactory academic progress. The application review process is completed by Sexton and staff representatives from the Office of Financial Aid and Scholarships, the Office of Diversity and Inclusion and Undergraduate Admissions, as well as faculty and staff from the W. Frank Barton School of Business and the College of Education.

Incoming freshmen applicants must have a minimum 3.00 grade point average and demonstrate financial need. All students are eligible to apply but preference is given to minority students majoring in business or education.

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Race, Gender, Size and Class Explored in NBC's 'Hairspray Live!'

Beyond the poufy hairstyles -- held firm by hair spray -- the big dance numbers and 60's era music, "Hairspray" digs deep into the issues of race, gender, size and class.

Following on their trend of annual live performances that previously brought us "The Sound of Music," "Peter Pan," and last year "The Wiz," NBC is set to try their hand again this year with the 60's era musical "Hairspray." However those who don't know the storyline, may choose to take a pass on this year's production, deciding the campy musical may be a little over the top. If they take a pass, they'll miss a show that's as relevant today as it was when it was first introduced in the 1980's.

The relevance of the musical to today's political climate is one thing the multiple generational cast agrees on.

"I think the timing is right to be able to deliver a message like this," cast member Jennifer Hudson told Billboard. "That's why a story like Hairspray is still around, because it is speaking of real things, and real things are timeless. I hope that this will continue to make a change through art."

So what's the premise behind hairspray? It's a social commentary on many of the injustices in American in the 60's, however the same injustices still exist today. On the surface, the story is about Tracy Turnblad, an overweight teenager with surprisingly liberal views, a lower-

class family background, and a dream to be a local television star - specifically as a dancer on The Corny Collins Show.

Beyond Turnblad fulfilling her dream despite her weight, gender and class, the show is also about the ridiculousness of racism. The race aspect is initially super obvious. It's literally a show about the integration of a formally segregated dance show in 1962 Baltimore. "Negroes" are only allowed on the show one-day per month and then that day gets cancelled.

Of course the show includes the local racist, a not so nice character, who is surprisingly an attractive woman, rather than the usual racist white male stereotype. Hudson plays Motormouth Maybelle, the host of "Negro Day" on the dance show. After the day is cancelled, Maybelle leads the Black community in a peaceful protest of the segregation on Baltimore's channels.

There are a lot of twists in the plot along the way, but in the simplistic and happily ever after ending of the show, the full cast joins in a big production number and song about how the tide of progress towards equality will not be stopped.

While the storyline delivers strongly on the message, "why can't we all just



Jennifer Hudson is part of a star-studded live production of "Hairspray," that will be performed live on NBC on Wed., Dec. 7.

get along," it's probably not the mind changing event cast member Maddie Baillio, hopes for.

"I hope that maybe someone who is flipping through the channels and they stop on Hairspray -- If they don't believe in equality for all and they don't have

a lot of love in their hearts, I hope we can change the world and change their minds," says Baillio, the newcomer who plays the lead role of Tracy Turnblad.

However, the show will definitely highlight how in 2016, 50 years after the shows identified period, there's still

work to be done.

Tune in to "Hairspray Live!" on Wednesday, Dec. 7, at 8 p.m. CT on NBC, and catch stars Kristin Chenoweth and Sean Hayes on the "Countdown to Hairspray Live!" before the live broadcast at 6:30 p.m. CT. ●●

Harlem School for the Arts Making Big Push for Alumni

Seventeen-year-old Wé McDonald may have the chops to win the NBC's "The Voice" this season, but she also has a special fan club. The Harlem School for the Arts has launched an all-out campaign in support of McDonald, a HSA alumni.

McDonald studied voice, theatre and dance at Harlem School of the Arts for 5 years and was a member of the school's Dorothy Maynor Singers and the HSA Theatre Alliance.

"Wé is a part of the HSA family and this is her moment to shine. She sets a great example for all HSA students that with hard work and dedication they

too can succeed," wrote the HSA social media team in yet another push in support of the singing dynamo.

McDonald, a Harlem native, blew the judges away in her blind audition that made all four judges turn their chair. However she chose new judge Alicia Keys, who like McDonald faced tough obstacles growing up in New York.

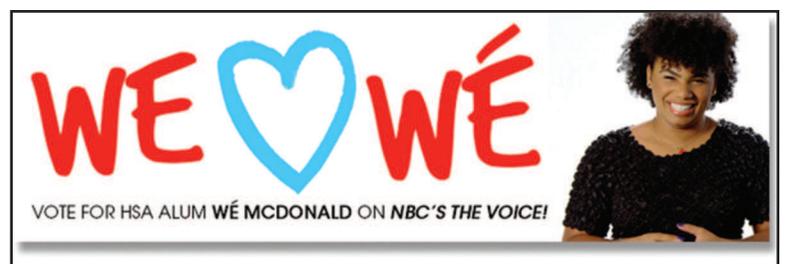
"I was bullied for the longest time and I was ashamed of who I was," McDonald said on the show. "I was an awkward kid," she continued. "I had freckles, pimples, a lot of eye problems, a lot of pig tails, chubby -- I wasn't the

cutest thing."

"Wé" is actually Kenyan for diligence. It took diligence to survive those tough years, but her life changed around the 8th grade when she found the Harlem School of the Arts and music became her outlet.

She got thick skin just in time for her debut on Amateur Night at The Apollo. She appeared on the Apollo four times -- and won four times.

The talented singer has garnered success on the show singing songs from a diverse mix of musical genres. McDonald credits the late singer Etta James as one of her biggest influences



along with Ella Fitzgerald, Nina Simone, Janice Joplin and Billie Holiday.

At age 17, she is the youngest of the eight remaining contestants on the show. If she survives this upcoming week, she'll advance to the semi-finals. Her competition is tough though.

Worth checking out also is Ali Caldwell, a talented singer with years of professional experience. Caldwell skipped college to join Xhale, a three-person R&B girl group that opened for Boyz II Men and toured Russia with a successful jazz musician Oleg. ●●

Community Briefs

DELTA G.E.M.S. HOST FAFSA WORKSHOP

Students in the Greater Wichita area are invited to The Keep Calm and Apply: College Admissions and Financial workshop. Delta Sigma Theta Sorority, Inc. is holding the event at Wichita State University to help high school students prepare for college. Representatives from WSU will inform attendees about the FAFSA, teach them how to properly complete college applications, write an application essay, and seek/apply for scholarships.

The workshop will be held on Sat, Dec 17 from 11 a.m.-1 p.m in room 10 Devlin Hall at Wichita State University.

FREE HAZARDOUS WASTE DISPOSAL IN SEDGWICK COUNTY

After you fry your turkey, safely dispose the oil at the Sedgwick County Household Hazardous Waste Facility (HHW), 801 Stillwell, Wichita. In addition to turkey grease the HHW will also accept almost all chemical items from a residential house, such as: paint, aerosols, batteries, used oil, gasoline, antifreeze, pesticides, household cleaners, and fluorescent bulbs.

This free service is open to all residents of Sedgwick County, and helps prevent hazardous material from polluting the environment. The HHW is open 9 a.m.-5 p.m. Tues.-Fri, and 9 a.m.-3 p.m. Sat. For more information call the Sedgwick County Household Hazardous Waste Facility at (316) 660-7464

RIVERFEST TEES ON SALE FOR 50% OFF

Tee-shirts from Riverfest 2016 are now on sale for 50% off (Selected items are 15% off). Visit <http://www.wichitafestivalsshop.com/> to view the selection and take advantage of the sale.

RIVERFEST ANNOUNCES 2017 POSTER & BUTTON ARTWORK CONTEST

Artists, designers and illustrators: will you be the winner of the \$3,500 prize? All artists 18 years of age and older are

invited to submit their poster and button designs for Riverfest 2017.

The design must include an original poster and button design based on the festival's 2017 theme: River Madness! Consideration will also be given to the adaptability of the design to Riverfest merchandise, print materials, cloisonné pins, T-shirts, etc.

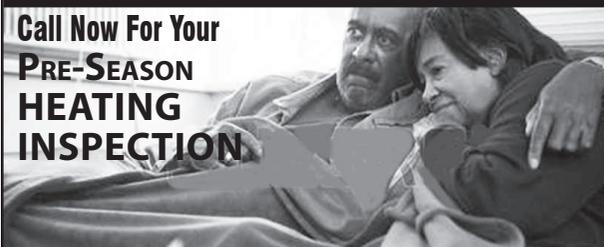
Entries must be submitted no later than Wed., Dec. 14, 5 p.m. Visit the Riverfest official website for complete contest information.



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Jackson Mortuary Wichita

Adkins, Douglas James, 73, died 11/22/16. Service will be held 12/3/16, 11:00am at North Ash Church of Nazarene.

Coleman, Mary Eliza, 82, died 11/18/16. She was a retired Home Health Aide and Cessna employee. Service was held 11/28/16 at New Jerusalem Baptist Church. She is survived by: spouse; Eugene Coleman, sons; Donald Ray Coleman, Timothy D. Coleman, Kirby S. Coleman, Rodney S. Coleman Sr., daughter Lillian D. English, sisters; Lillie B. Scott and Johnnie Mae Swenney.

Doumbia, Amaobu, 30, died 11/24/16. Self-employed. He is survived by: mother; Shauna Doumbia, father; Fode' Doumbia. Service pending.

Guess, Sharon, 69, died 11/14/16. Service held 11/26/16 at Jackson Mortuary Chapel. She is survived by: daughters; Melinda Scales, Deborah Reliford, Cynthia Johnson, sisters; Elaine Guilory, Barbara Moore, Jean Hawkins and brothers; Robert Hawkins, Larenza Hawkins and Bruce Hawkins.

Jackson, Henrietta, 71, died 11/27/16. Retired nurse's aide. Service will be held 12/2/16,

at 2 PM at Jackson Mortuary Chapel. Survived by: son; Michael Sanders, daughters; Susie Sanders & Sandra Jackson, brothers; Moses Nelson, Winfield Nelson, and sisters; Annie Sanders, Susie L. Asley

Johnson-Ikaraoha, Teresa "Lady" Arlene, 56, died 11/21/16. She was a Foster Parent. Service will be held 12/1/16, 11:00am at St. Mark Cathedral Church of God in Christ. She is survived by: mother; Sylvia Caviness, son; Surgio Johnson, sisters; Patricia Johnson, Paula Johnson, Anita Johnson and brother; Robert Johnson.

Ivy, Paul, 69, died 11/26/16. Service will be held 12/6/16, 1:00 PM at Antioch Baptist Church. He is survived by: daughters, Cherly Billingsley, Shawntay Billingsley, mother; Corean Johnson, and brothers; Clearance Ivy, James Ivy, Gregory Durant

Rankins, Ruthie Lee, 68, died 11/18/16. Service was held 11/23/16 at Jackson Mortuary Chapel.

Williams, Wilma, 79, died 11/27/16. Service pending

RJ Bethea Funeral Wichita

Acosta, Jeronimo, 16, died 11/14/16. Service was held

11/19/16 at Grace Baptist Church.

Abarca-Noguera, 27, died 11/17/16. Service was held 11/30/16 at The Venue.

Redd, Jaiah Rose, Newborn, died 11/27/16. Service pending.

Whitfield, Geneva, 68, died 11/19/16. Service was held 11/28/16 at Kingdom Harvest Church,

Biglow Funeral Wichita

Storm, "Baby" Quinn Alexandria, newborn, died 11/15/16. Service was held 11/22/16 at White Chapel Cemetery.

Bowser-Johnson Topeka

McKnight, Phillip "Midget" Ray, 76, died 11/11/16. Service is pending.

Reid, Kevin Erle, 47 died 11/15/16. Service was held 11/21/16 at Bowser-Johnson Funeral Chapel.

Peaceful Rest Topeka

Brown Jr., Walter Leon, 61, died 11/15/16. Service will be held 12/9/16, 12:00pm at

Peaceful Rest Funeral Chapel.

Calhoun, Debra Ann "Lady D", 58, died 11/19/16. Service will be 12/02/16 at Temple of Deliverance Church of God in Christ at 11 a.m.

Lucas, Sandra Kaye, 72, died 11/10/16. Service was held 11/22/16 at Antioch Missionary Baptist Church.

Peterson, Carole Elizabeth, 68, died 11/15/16. Service was held 11/18/16 at Peaceful Rest Funeral Chapel.

Wilson, Cynthia Lynn "Cindy", 57, died 11/3/16. Service is pending.

Penwell Gabel Junction City

Brockman-Garcia, Erica Nicole, 22, died 11/22/16. Service was held 11/23/16 at St. Xavier's Catholic Church.

A Savior is Born

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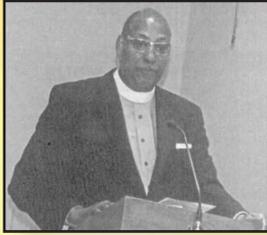


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Gospel EXALTfest will reunite Elder Jermaine C. Milton and the Gospel group Exalt. Hosted by Minister Edward Peeples, 6:30 p.m., Dec. 3 at Dellrose United Methodist Church, 1502 Dellrose. Come out and worship, praise and fellowship.

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Urban League Shutting Down Programming

 By Bonita Gooch
The Community Voice

All staff members have been laid off and the organization's office will be staffed by volunteers on an abbreviated schedule while a transition team explores what's next for the 61-year-old Wichita-based non-profit.

Melody McCray-Miller, chair of the Urban League of Kansas Board of Directors, says she is "very committed (to) and optimistic," about the future of the non-profit. Still, on Dec. 16, the League's Board will lay off the organization's last few employees and indefinitely discontinue their remaining program.

The step shouldn't be seen as an ending, but plans for a better and new beginning, McCray-Miller says. She's part of a four-member team charged with developing a new and sustainable model for the organization going forward.

Although the press release announcing the "transition" doesn't identify the cause of the shutdown, the major impetus for the change is a long and steady decline in revenue, made even more unbearable by the organization's loss of funding from the United Way.

Shut down

The Dec. 16 shutdown, will bring to an end all programs offered by the League. Even though the League had experienced a reduction in its program offerings during the past few years, they were still offering two fairly successful programs, a health care training program and a high school student mentoring program.

The health training program included programs granting certificates as a Certified Nurse Aide, Home Health Aide, or Certified Medication Aide. The Dec. 16 shutdown was specifically timed to coincide with what will be the graduation date for the remaining class in progress.

Project Ready, which is also known



This is one of the last photos taken of the Urban League of Kansas staff. All remaining members of the Urban League of Kansas staff were laid off when the board decided to discontinue all programming. (Cover Photo) (L-R) Frankie Brown-Kirkendoll, former president National Urban League Guild and local affiliate volunteer; Melody McCray-Miller, Chair of the Urban League of Kansas Board of Directors and Mary K. Vaughn, interim executive director of the Urban League of Kansas.

as NULITES, worked with high school students to help them make academic progress, provide cultural enrichment and develop important skills, attitudes and aptitudes for transition from high school to post-secondary success. That program will also shut down on Dec. 16.

Recently, the League also offered several housing assistance programs, including: homeownership workshops, foreclosure assistance and financial education. Due to a lack of staffing, those programs were discontinued.

In its heyday, the League was a strong advocate for economic, workforce and housing equality. In the late 60's when banks wouldn't hire Black tellers, the League developed a bank training program in cooperation with the American Institute of Banking. The program graduated 17 students, many of whom went on to successful banking careers.

In the early 70s, with a grant from the National Urban League, the local office offered a Black Student Summer Program that gave college students the opportunity to work on employment, education, youth incentives and health problems in the community.

A few other successful League programs included the Young Engineers and Scientists Program, the

Young Pilots Scholarship Program and a digital animation program.

From nearly 15 employees at its zenith, the Urban League was down to a barebones staff of just five. According to Mary K. Vaughn, the interim executive director, one of those staff left recently for another job, the other four employees are being laid-off.

As interim director, Vaughn was under a one-year contract that expired Nov. 30. When she came on board, the League had been without a permanent chief executive since Chester Daniel was dismissed in 2012. Vaughn joined the team on an interim basis just days after retiring from the City of Wichita. She was director of the City of Wichita Housing and Community Services Department for 12 years.

Prior to making the decision to shut down; Vaughn had been asked to stay on by the board.

"Our employees all deserve our accolades, acknowledgement and heartfelt thanks for their service to the Urban League of Kansas," says McCray-Miller, in a Nov. 16 release. "Words cannot express our overwhelming gratitude for their long standing commitment to the Wichita/Sedgwick County community."

McCray-Miller said the Board's decision to release the employees

"gut wrenching but necessary for the long term sustainability of the organization."

Funding Sources Tightened

For years, the Urban League has struggled with funding for years. As a non-profit, they've depended on grants, contributions, sponsorships and fundraising events to sustain them. However, what for a while amounted to a sizable cash flow has slowed to a trickle

Their Equal Opportunity Day Dinner, once the largest event sponsored by any community-based organization, had an attendance of around 150 this year. Even with corporate support, that level of diminished attendance resulted in diminished profits.

Grants, contracts and donations from corporations were both prime sources of operating capital for the League. Competition for corporate funding has increased significantly as more-and more non-profits vied for fewer and fewer available dollars.

Grants and contracts were also a great source of funding for the organization. The foreclosure crisis of 2010 may have been on bust for many, but it was a boom for the League. They were awarded a Federal grant to provide local homeowners much needed foreclosure assistance.

See **LEAGUE** page 12

Ideas for Holiday Shopping in the Community

Before you spend your last holiday dollar, consider supporting some community-based businesses. Here are a few worth your support.

2Envy Me If she's into weave, stop by here for top quality product. She'll thank you. 6160 E. 21st St., Suite 200. (316) 682-3689.

Barfield's Boutique A Wichita institution. She'll appreciate a glorious

crown. Ms. Barfield has the best in town and outfits to match. She may be open extra hours for the Christmas season but her regular hours are Wed. – Sat., 10 a.m. – 6 p.m. 1907 E. 21st St. N. (316) 269-4560

Cloud 009 Candles and candle



Wichita's Love Family are the source behind these fine hand poured candles.

D Best Beauty Supply

Here's another opportunity to keep money in the community. A basket of hair care products would make a nice gift, the recipient is likely to use. They're

located in Parklane Shopping Center on South Oliver. (316) 612-2662.

Little Bits Cookies Baker Greg Cole is gaining quite the reputation with his seven spice gourmet cookie. "They're baked with love." It says it right on the label. Greg's cookies are available at Green Acres Grocery, in Bradley Fair, and the Spice Merchant at 1308 E. Douglas. At just \$5 a bag, they make great stocking stuffers and gifts for co-workers.

Roseline's International If you haven't checked out Roseline's in a while, go back. With fashion moving toward the bold prints and Roseline's adding in a lot of new and muted styles, you're likely to find something that's a perfect unique and personal gift for

someone on your Christmas list. 5025 E. 21st St. (316) 682-7009.

The Smell Well These unique oils and perfumes make great holiday gifts. 2618 E. 21st St. N. He's open 10 a.m. – 6 p.m. (316) 618-1935. ●●



You can pick up this shawl at Roseline's International

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supplies always make nice affordable gifts, but the candles at Bub's place are extra special. The locally made, hand poured, and all natural candles are manufactured by Wichita's own Love family. The candles come in an assortment of scents and sizes. 824 W. 13th St.

Creations by Crawford Mr. Crawford is still there making lovely flower arrangements.. They may a great holiday gift or take won home to decorate your holiday table. He also has a beautiful selection of holiday ornaments and household decorations. 4717 E. 13th St., N. (316) 686-4686.

PARTIES, from page 7

connect with someone that knows them and get a proper introduction. Any time a mutual acquaintance makes an introduction it is less awkward and the ice is immediately broken.

Go with the Flow. Don't monopolize anyone, don't interject yourself into obviously private conversations and don't brush someone off just because he's not on your "target list" of people

to talk to.

If your game plan goes awry, you may need to improvise. Oliver offers a tip on "shaking" someone who has glued herself to your side. "One ploy is to ask if you can grab her a drink," she says. "Then quickly circulate the room before getting her the drink you promised."

If You Want to Mingle, Go Single. Oliver says that it's often better to arrive at an office party by yourself, even if other people bring significant others. "Your mission is to get along with everyone, talk to a few higher-ups and get out of there in one piece," she says. "You'll be better able to accomplish your goals if you are not saddled with another person who isn't part of the office gang."

However, you might be surprised at how interesting – and sometimes helpful – a spouse/date might prove to be.

Offer your business card (and ask for one). You'll want a way to stay in touch with key people you meet after the event, so be sure to ask for a card before ending a valuable conversation and give that person yours.

If you're out of work and don't have

a business card through an employer, offer a networking card that has your name, job objective or professional tag line, e-mail address, phone number, LinkedIn profile URL and Twitter handle.

But please don't even think of bringing your resumé to a holiday party. "It is a party, not a job fair," says Brady. "Handing out your resumé there reeks of desperation."

Know your alcohol limits. Having a few drinks at holiday parties is fine, but Jägerbomb until you can't stand up could crush your credibility. Don't be "that guy" at the party. You want people to remember you because you made a great impression, not for your ability to make a tequila bottle disappear.

Follow up. After the parties are over, get back in touch with the people you met who could be useful to your career. e-mail and a personalized invitation to connect on LinkedIn (not the auto-connect version LinkedIn offers). If you find an article or video you think might interest someone you chatted with, send it along with a note referencing your meeting. ●●

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Childhood Obesity is a Big Health Problem

America has a big, fat problem. A whopping 13 million American children are obese and millions more are about to join their ranks. By 2025, according to a report in *Pediatric Obesity*, the nation will house 17 million obese kids.

This is alarming. Obesity can lead to a slew of dangerous health complications, like diabetes, hypertension, and heart disease. And it imposes immense costs on the nation's healthcare system.

To save lives and trim budgets, parents and policymakers alike need to make sure kids learn about health habits early.

Unsurprisingly, the biggest culprit in childhood obesity is diet. Only eight in 100 children eat the recommended amount of fruit. Fewer than two in 100 eat enough vegetables.

Young Americans wolf down a lot of junk food, though. One in three kids eats fast food every single day. One in four high schoolers drinks soda daily.

Kids also aren't getting enough physical activity. Right now, less than half of young Americans get the hour of daily exercise recommended by the U.S. Department of Health and Human Services.

Insufficient exercise coupled with poor food choices is a recipe for disaster. The overwhelming majority of obese children – 80% -- don't shed weight as adults, so are destined for a lifetime of obesity.

That's devastating for health, obviously, but also for our healthcare

system. Obesity costs the United States \$210 billion each year. Many chronic diseases stem from obesity -- and chronic disease is expected to cost the nation \$42 trillion between now and 2030. Chronic disease is the top driver of rising health-care costs.

Schools are uniquely situated to whip kids into shape. Children spend most days at school -- and typically have at least one meal there. So teachers and administrators could provide students with the resources to stay healthy. But most haven't.

Only four in 10 high schools -- and just two in 10 middle schools -- require students to learn about nutrition. Physical education is vanishing, too. More than 20% of schools have removed physical education requirements -- and fewer than one in 10 offer daily gym classes.

Better prioritizing nutrition and providing more opportunities for exercise could dramatically improve America's health -- and help trim the

nation's healthcare costs.

One study found that adding an hour of gym class for students in kindergarten through fifth grade reduced Body Mass Index by half a point, on average.

Some schools are embracing creative ways to keep students healthy.

At Pulsaki Elementary School in Delaware, for instance, each student receives a fruit or vegetable to eat during snack time.

They also can participate in a walking club and receive fun tokens to decorate their backpacks based on the number of minutes they've walked.

The First Lady also has inspired

schools to help kids eat better and exercise more. Thanks to a national initiative called Let's Move!, many schools now work with local chefs to ensure that meals are healthy and tasty. More than 20,000 schools also have committed to integrating 60 minutes of physical activity into their student's daily schedule.

Implementing and participating in initiatives like these can help students get healthy -- and stay healthy throughout their lives. That'll drastically help these children -- and save our healthcare system money. ●●

“The overwhelming majority of obese children – 80% -- don't shed weight as adults, so are destined for a lifetime of obesity.”



Parents and Children's Obesity

Parents must step up and take action since young children have limited control over factors that can contribute to their weight status, like the types of food that are available to them.

The Institute of Medicine recommends parents take the following actions:

- Promote healthful eating behaviors and regular physical activity for their children.
- Choose exclusive breastfeeding as the method for feeding infants for the first four to six months of life.
- Provide healthful food and beverage choices for children by carefully considering nutrient

quality and energy density.

- Assist and educate children in making healthful decisions regarding types of foods and beverages to consume, how often, and in what portion size.

- Encourage and support regular physical activity.

- Limit children's television viewing and other recreational screen time to fewer than two hours per day.

- Discuss weight status with their child's health-care provider and monitor age- and gender-specific body mass index (BMI) percentile.

- Serve as positive role models for their children regarding eating and physical-activity behaviors. ●●

12.8% Rate of Childhood Obesity in Kansas That's 40th in the nation, Virginia is 1st at 20%.

Study Links Black Child Obesity to Irregular Sleep, Skipping Breakfast

In research that sheds new light on the obesity epidemic skipping breakfast and irregular sleep patterns have been identified as key reasons Black children may become dangerously overweight. Lifestyle factors and the environment in which the child lives also play significant roles in their becoming overweight or obese.

The study, led by academics from University College London, found that the belief childhood obesity develops largely from overeating, was

an oversimplification that ignored the child's overall environment. Of the 19,244 families studied from September 2000 to January 2002, disrupted routines, including skipping meals and irregular sleeping patterns, influenced weight gain among children.

“We have long drawn attention to the importance of early intervention in tackling childhood obesity. The earlier the action, the higher the chance of preventing obesity taking a hold and adversely affect-

ing life-long health,” Yvonne Kelly, lead researcher of the study said in her conclusion. Evidence shows that breakfast consumption reduces weight gain by improving satiety and decreasing binge eating later in the day. High-fiber cereals and whole-grain products improve satiety and decrease binge eating at lunch or after school.

Terrie Shriver, a mother of 3 said she had no idea that routine bedtimes and breakfast on the run could drive her children into obesity

and poor health.

“Sometimes the kids don't want to go to bed and I had a rule that so long as they get up the next morning and get moving to school, there was no problem,” said Shriver, “but the later they stayed up, the more likely we'd be running late the next morning and their breakfast would be a doughnut and milk from Dunkin Donuts or a cold PopTart in the back of the car.”

Shriver is not uncommon.

Retired daycare provider Millicent McCormick says “It's important for parents to set guidelines early and make them stick because staying up late and rushing to eat the next morning, sets a child up for a lifetime of chronic conditions in addition to the obesity issues.”

The National Sleep Foundation recommends school-aged children six and 13 years-old, get between nine and eleven hours of sleep each night; teens require between eight and ten hours. ●●

CRIME VICTIMS TO BE HONORED AT HOLIDAY REMEMBRANCE RECEPTIONS

Kansas Attorney General Derek Schmidt, in cooperation with the Kansas Organization for Victim Assistance, will host receptions in Topeka, Kansas City and Wichita in honor and remembrance of crime victims who lost their lives.

"The holiday season can be a difficult time for the families of crime victims," Schmidt said. "These receptions provide families an opportunity to come together and honor their memories and share support and encouragement."

The Wichita reception will be Wed., Dec. 7, from 2 – 4 p.m. at the Dugan-Gorges Conference Center at Newman University, 3100 W. McCormick St., sponsored by Newman University.

The Kansas City reception will be Tues., Dec. 13, from 2 – 4 p.m. at the Jack Reardon Civic Center, 500 Minnesota Ave., sponsored by the Kansas City, Kan., Police Department.

The Topeka reception will be Fri. Dec. 16, from 2 – 4 p.m. at Memorial Hall, 120 SW 10th Ave.

Friends and family members of crime victims are invited to attend and to bring an ornament for an "Angel Tree" in honor of their loved ones. The

public is also invited to attend. More information is available on the attorney general's website at <http://bit.ly/2g3Zaj4>.

TOPEKA ZOO HOLIDAY LIGHTS RECYCLING DRIVE

The Topeka Zoo's second-annual Holiday Lights Recycling Drive has begun.

The drive is designed to prevent thousands of pounds of unused, unwanted or broken holiday lights from going to landfill space. Through the holiday season, when so many holiday lights are found to be broken or unwanted, simply drop them off at the front entrance of the Topeka Zoo. The Zoo will turn in the holiday lights to Southeast Enterprises, where the parts will be separated and complete recycled.

Last year, Topeka's drive brought in 1,611 pounds of lights for recycling, he said. The company collected more than 46,000 pounds.

All drop offs of holiday lights must be made to the marked containers at the Zoo's front entrance. They can be accepted at any time of the day, any day of the week through the drive. The drive will last from Nov. 15 through Jan. 15. Lights cannot be accepted after Jan. 15.

Rope lights, garland lights, C7, C9, mini lights

TOP TEN LEAST EXPENSIVE AVERAGE GAS PRICES

November 28, 2016



Note: Prices are per gallon for regular unleaded gasoline.

Source: AAA (GasPrices.AAA.com)

and LED holiday lights are all accepted. Yard light displays can be accepted as long as they contain electric wiring and can be broken down to lay flat for storage and transportation.

SOUTH LAWRENCE TRAFFICWAY COMPLETE

The South Lawrence Trafficway in Douglas County, is now complete. The project connects the K-10 Highway and the Kansas Turnpike, and helps handle the area's growing economic development in Kansas' High Tech Corridor.

In 2005, Senator Pat Roberts secured \$1.5 million through the federal appropriations process to begin construction on the eastern portion of the trafficway – the U.S. Army Corps of Engineers' approved 32nd Street route – which allowed the

project to move forward. In 2010, he secured another \$1.25 million to complete construction.

KANSAS GAS REMAINS AMONG THE CHEAPEST IN THE COUNTRY

Kansas remains at the number four spot for lowest state average in the country. Topeka remains number four in the country for metro averages. Lawrence is right behind at the fifth slot. Wichita is number 17 and Kansas City, Kansas is 20.

For the week ending Nov. 28, the national Average for gas is \$2.13/ gallon, while gas in Kansas averages \$1.90/gallon. Topeka remains the cheapest place to buy gas in the state at \$1.81/gal. Salina's avg. gas rate is \$1.83/gal., Manhattan, \$1.93/Gal and Kansas City, \$1.87/gal.

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Network Like A Pro At Holiday Parties

This holiday season, a sure fire hit is likely to be the movie “Office Christmas Party,” an over-the-top comedy about an office party that spirals out of control. This party involves tons of drinking, drug use, sexual situations and dangerous stunts. Hopefully you won’t be out-of-control at any holiday parties, especially if you’re looking to make a positive impression and hopefully move up the ladder.

Here are some rules for effective networking at parties gathered from the experts at Entrepreneur, Forbes and Monster.com, who agree, there’s no denying holiday parties provide an invaluable opportunity to connect with colleagues, meet new people and strengthen your professional network.

And since networking is the single best way, they say, to land a job and keep your career healthy, here are some smart ways to join in the festivities.

Arrive with goals in mind.

When you attend a networking event you should have a set goal in mind. For example, you might want to establish three connections that can develop into business relationships. Do the same with holiday parties. Go in with a goal and work the crowd until you meet and exceed that initial goal.

Dress the part and participate.

A festive tie or holiday-themed earrings are certainly suitable; however, don’t treat the holiday party like a real party, Oliver says. “It’s

actually work, and you should dress accordingly,” she says. “If you’re female, dress conservatively [and] make sure you’re not revealing too much cleavage.”

WHAT TO SAY

Talk less, listen more. Smart networkers focus on asking good questions. “Do more listening than talking (two ears, one mouth — for a reason),” notes Susan Joyce in her Job-Hunt.org article, “Holiday Networking: Party Your Way to a New Job.”

Kathleen Brady, a career coach and author of Get A Job! 10 Steps to Career Success, says there are hidden benefits to being the inquisitor. “Asking questions that are ‘other focused’ allows you to uncover who might be in a position to help you,” she says. “It also allows you to begin to build rapport and establish relationships.”

By asking questions, you’ll avoid talking too much or too little, problems that often plague nervous job seekers and introverts.

Limit shop talk. When you’re at office parties, it’s fine to have some



work-related conversation (and always nice to compliment your co-worker or boss in front of their spouse or partner). But mix things up a bit with a touch of the personal.

Ask your co-workers questions about their families, hobbies or interests. That’s a nice way to get to know them better. You’ll undoubtedly discover new connections and commonalities.

Avoid touchy subjects. In general, it’s wise to steer clear of politics, religion and hot-button social issues (think the recent presidential election or abortion).

Keep it low-key. A holiday party is first and foremost a social event. So even if you’re desperate to find work, avoid a full-court networking press.

“Your first objective is to establish a connection that provides a context for future contact,” says Brady. “This is not the time or place to close the

deal. Think about it as creating an on-ramp to building a relationship with the person. You can call to set up a follow-up meeting after the holidays.”

WHAT TO DO

Break away from your crew. It never fails -- at every holiday party there are always cliques of people that know each other. They are either friends or co-workers and they will stay in the corner the entire time talking amongst themselves. You aren’t going to network and meet new people staying in your comfort zone, so break out of your bubble and meet new people. Introduce yourself, shake hands and socialize.

Leverage acquaintances for more effective introductions.

If there is a particular individual that you want to be introduced

See **PARTIES** page 8

Business Brief

Kevin Lockett is the newest member of the INTRUST Bank board of directors. Lockett is a partner at Fulcrum

Global Capital, a venture capital fund focused on agriculture, animal health, and health IT



Lockett

sectors. His previous positions include chief executive officer of the Kansas Bioscience Authority and chief operations officer of the Urban Entrepreneur Partnership at the Ewing Marion Kauffman Foundation.

“His extensive experience in business leadership, finance, and entrepreneurial stimulation will prove beneficial to our company,” said Charles Q. Chandler IV, chairman and CEO, INTRUST Bank.

Lockett, an accounting graduate from Kansas State University, serves on the board of trustees of the United Way of Greater Kansas City and the advisory board for the Center for Entrepreneurship at Kansas State. A former professional football player, Lockett and his family are founders of the Lockett Up Foundation, which focuses on programs for at-risk youth in the areas of academic achievement, youth development, reading and community service. ●●

Workforce Alliance Receives \$5.9 Million America’s Promise Grant

The Workforce Alliance of South Central (WA) Kansas has been awarded a \$5,995,327 four year America’s Promise grant from the U.S. Department of Labor.

The America’s Promise grant, or Kansas Advanced Manufacturing Program (KAMP), will support tuition free skills training, develop work-based learning opportunities and on-the-job training to prepare partici-

pants for careers in the aviation and advanced manufacturing industries. KAMP is designed to move low-wage and underemployed workers to high-paying manufacturing careers.

“The need for skilled manufacturing workers exists among employers across the region and this project can help close a skills gap for many job seekers,” said Keith Lawing, president and CEO Workforce Alliance of South

Central KS.

The WA will partner with Spirit AeroSystems, Wichita Area Technical College (WATC), Wichita State University, Hutchinson Community College, The Greater Wichita Partnership, Textron Aviation, XLT Ovens, JR Custom Metals, Flint Hill Industries, the Lowen Corporation, the Bradbury Group, the Kansas Department of Commerce and Kansas WorkforceOne

to administer the grant throughout Butler, Cowley, Harper, Harvey, Kingman, Marion, McPherson, Reno, Sedgwick and Sumner Counties.

“Wichita Area Technical College is proud to be a collaborative educational partner in the America’s Promise grant,” said Sheree Utash, president Wichita Area Technical College. “We look forward to working with the advanced manufacturing

industry, Workforce Alliance and others to provide tuition assistance and training for students with an earn and learn component that will connect well-paying manufacturing jobs to employers.”

WA staff will be working with officials from the USDOL over the next few weeks on the details to implement KAMP. It is anticipated the project will be operating in early 2017. ●●



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Graduation Rates Up For Black Men's Basketball Players

The NCAA announced last week that 77% of Black men's Division I basketball players who entered college in 2009 earned a degree within six years, up five points from a year earlier and a record high.

That improvement helped the overall Graduation Success Rate match last year's record of 86% of athletes graduating within six years, the NCAA said. Of all Black Division I student-athletes, 74% graduated within six years. NCAA President Mark Emmert said in a news release the improved rates were "hugely significant."

"Over the last 15 years, the overall Graduation Success Rate has dramatically improved, but the really good news is how college sports helps more and more minority students, especially those playing our highest-profile sport, earn a degree that will help them long after their athletics career is over," he said.

The graduation rate for Black basketball players is up 31 percentage points over the past 15 years, the NCAA said. Overall, all Black male athletes have increased their GSR by

19 percentage points to 70% during that time. Black female athletes improved their rate 13 points to 84% over that same time.

For all Division I athletes, the rate increased 12 percentage points during the past 15 years.

B. David Ridpath, an associate professor and sports business and president of The Drake Group, an NCAA watchdog, said the GSR provides only a partial picture, pointing to reports of athletes at North Carolina taking courses aimed at boosting their GPAs in a department popular with athletes.

"Are we essentially practicing eligibility maintenance, potentially in a major with friendly faculty?" he said. "Are these kids graduating with a very meaningful, vital degree that can benefit them for the next 50 to 60 years of their life? In some cases, yes, this is happening. But all too often — and I know this because I worked in college athletics — we're essentially pushing these kids through, keeping them eligible and in cases where they do graduate they might not

be graduating with the requisite skills."

Among football teams in The Associated Press Top 25, the only teams with a GSR 65% or lower were No. 25 Troy at 65% and No. 13 Oklahoma State at 50%. Among Top 25 men's basketball teams, No. 4 Oregon had a GSR of 38%, No. 25 California 40%, No. 5 North Carolina, No. 18 Syracuse and No. 24 Cincinnati all had GSRs of 50%, and No. 13 Michigan State has a GSR of 63%.

The University of Connecticut men's basketball team had one of the lower graduation rates at 22%, according to the latest results. But those 2009 numbers were actually a big improvement over previous years. The team's GSR rose from just 8% in 2006, 17% the following year and 20% in 2008.



The NCAA indicated an 81% Graduation Success Rate for Wichita State University athletes, below that national average of 86%.

School spokesman Mike Enright said the poor graduation rate reflects the same time period for which UConn was sanctioned by the NCAA and missed the 2013 postseason because of another indicator, the Academic Progress Rate, which measures whether players are in good academic standing.

The school has reported perfect or near perfect APR scores since 2012-

13 and is expecting similar numbers this year, Enright said. He also said all current members of the basketball team are on track to graduate.

"The academic achievement of our men's basketball team has been outstanding the past several years and I have a full expectation that this will continue," athletic director David Benedict said. ●●

TOM COYNE, AP Sports Writer

Texas Monument to African-Americans Dedicated Amid Protests

Texas unveiled a monument last week recognizing the contributions of African-Americans to the state but the dedication on the State Capitol grounds was followed by verbal sparring between a White Lives Matter group holding a protest nearby and counter-protesters.

After the ceremony attended by state officials, including Gov. Greg Abbott, about two dozen individuals with a White Lives Matter group demonstrated

against what they called the unequal application of hate crimes laws, which they say favor minorities. The group said it was a coincidence its protest was held at about the same time as the ceremony for the monument.

The White Lives Matter group was shouted down by a group of several hundred counter-protesters, who held up signs that said "Stand Against Hate" and "Black Lives Matter."

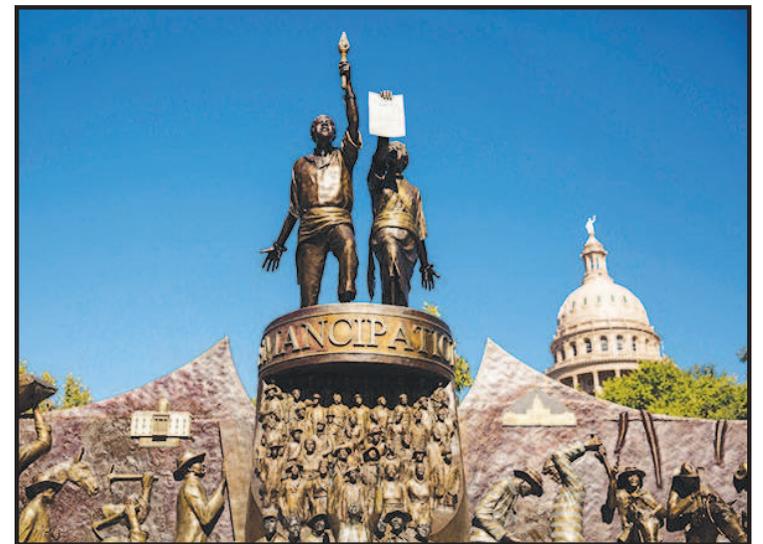
Austin police and troopers with the

Texas Department of Public Safety dressed in riot gear kept the two groups separated.

No arrests were immediately reported.

During the unveiling ceremony, Abbott told a crowd in attendance that the monument honors African-Americans who helped grow Texas.

"The fact is African Americans have shaped this land that we are on today since long before it was even named



the state of Texas. They fought for their own freedom. They fought for the freedom of Texas and the freedom of the United States of America," Abbott said.

The monument is located on the Capitol's south lawn, close to other monuments that honor Confederate soldiers for their service during the Civil War.

The new monument features the African-American experience in Texas, from exploration in the 1500s to slavery and emancipation to achievement in arts and science.

It will be the second memorial dedicated to a specific ethnic group. The Tejano Monument to Mexican-American history in 2012. ●●

Letter to the Editor

Not My President; My \$2 Cents Worth

In reply to your statement, "Not My President" one should leave the country. I disagree because not too long ago a person of color couldn't vote. So I'm asking you... was it still their President?

But I do believe in keeping the peace, yet one must let his voice be heard.

As you probably know the Green

Party is protesting outcome of the vote, should they stay or leave the country.

I hear your voice and by all means keep the 2 cent you deserve more. Because you give us all something to think about.

KEEP UP THE GOOD WORK. ●●
Donald L. Dunn SR.



PUT THE VOICE ON YOUR CHRISTMAS LIST

Consider giving to The Community Voice
This holiday season.

gofundme

We're still well short of our Go Fund Me campaign goal that will allow us to increase our capacity to serve our community.

www.gofundme.com
campaign name -- Increase community
voice capacity

Our Christmas Gift to You Join Us For A Holiday Outing

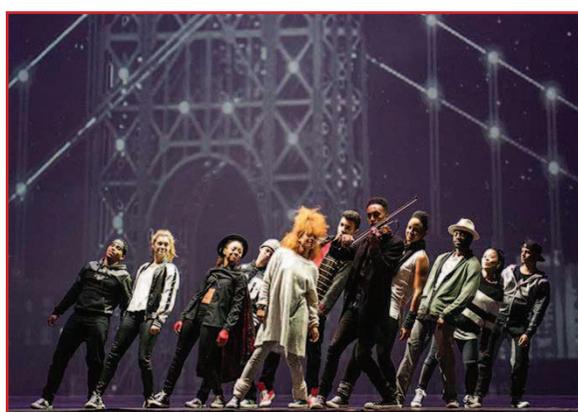
We're going to see the Hip Hop Nutcracker and Tour the Christmas lights and it would be great if you could join us. On, Tues., Dec. 20, we'll load the party bus and enjoy snacks and drinks on our way to see Kurtis Blow and the national touring company of the Hip Hop Nutcracker. Of course, we'll enjoy the show from Orchestra level seats.

After the show, it's back on the bus for a tour of the holiday lights. We'll listen to music, enjoy more snacks and drinks and just have a good time.

All of this for less than the price of the ticket. Orchestra seat tickets to the Nutcracker are \$49 with handling charges. We're adding

in the bus tour, snack and drinks, and company and fun for just \$40 (no extra fees). That parts our gift to you our readers.

However, we only have limited space, and the seats are taken on a first come, first PAID basis. If you want to join us, bring or mail your payment to our office, no later than Dec. 9. Checks and



cash only.

The bus will depart from 21st and Oliver at exactly 6:30 p.m. We will return at 10 p.m. For more information, see the ad this page or call us at (316) 681-1155. ●●

Thank You gofundme Contributors

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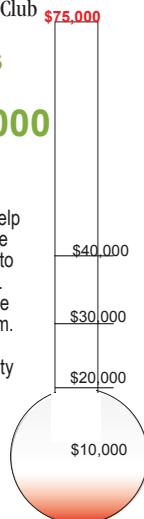
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**Donations
Just More
Than \$5,000**

Our goal is still to hire additional staff. Please donate and help The Community Voice increase its capacity to serve our community. You can donate online at www.gofundme.com. Campaign name is -- Increase Community Voice Capacity.

Bonita Gooch



SEND HOLIDAY GREETINGS

To the community, friends,
family and/or customers

MERRY CHRISTMAS &
HAPPY NEW YEAR



FROM THE SIRE ARCHON AND ARCHONS OF
SIGMA PI PHI FRATERNITY
ALPHA NU BOULE

In *The Community Voice's* Annual
Holiday Greetings
Issue Dec. 15, 2016

- Let them know they're appreciated and loved
- Wish them Happy Holidays & a Prosperous New Year
- Thank them for their support and/or business

Ad Sizes, Prices & Specifications

1/4 Page -- \$250	1/6 Page -- \$175	1/9 Page -- \$100
4.9"W x 4.2"H	4.9"W x 2.75"H	3.2"W x 2.75"H
Full Color Ad	Full Color Ad	Black & White Ad
w/up to 2 photos	w/up to 1 photo	No Photos w/up to 10 word greeting

Publishing date -- Thurs., Dec. 15

Ad copy & space reservation deadline -- Thur., Dec. 8

FREE
\$60 value

BONUS GIFT FOR YOU

A post of your Holiday Greeting on Facebook!
Your ad will reach both our print readers and online fans.

JUMP START YOUR 2017 MARKETING
Buy TWO ads, Get ONE FREE *

Call (316) 681-1155

*Promotion available for holiday greeting advertisers only. Maximum ad size, half page. Discount taken off smallest ad. Cannot be combined with other discounts. Ads must be ordered by Jan. 30, 2017 and completed by June 30, 2017.

A Holiday Special for our readers
Join us for a

Holiday Celebration

Tues., Dec. 20
6:30 – 10 p.m.

We'll Party Bus

to enjoy

The Hip-Hop Nutcracker

After the show, we'll take a

Christmas Light Tour

Featuring show featuring Kurtis Blow)



\$40
/person

Seating is limited.
First come, first served, Cash/check only
RSVP No later than Dec. 9th
Payment can be mailed or brought to
The Community Voice,
2918 E. Douglas,
Wichita, KS 67214
Call 681-1155 for more info.

Price includes:
Orchestra Level Seats
to the Hip-Hop Nutcracker
(\$49 value w/ handling charges)
Transportation, Tour, with
Light Snacks and Drinks
(adult and non-adult beverages)
Bus departs 21st and Oliver at 6:30 p.m.,
Show begins at 7 p.m.

Wichita Calendar

DEC 3 Lecture and Book Signing

Dr. Daisy Kabagarma will be giving a lecture and signing her new book "Rise Above Limitations: A book of Inspiration and Hope for a Brighter Day. From 1-4 p.m. at Wichita State University, Ahlberg Hall, Room 201.

3 Sharefair, 10:00 am to 3:00 pm at The Center 1914 East 11th Contact: Michelle Vann at 806-2280. Are you looking for one place to get all of your Christmas shopping done in one place? Sistahs Can We Talk presents this event for small business owners to come together under one roof to share great gifts and ideas for the holidays. Free, family friendly open to all ages.

6 "A Place for all People," introducing the National Museum of African American History and Culture. 5:30-8:30 pm at Inter-Faith Ministries, 829 N. Market. Presenting posters from the

Smithsonian Institution's National Museum of African American History and Culture Artwork by local African American artists. Dedication of inter-faith sculptures. Spirituals by Sharon Cranford, Sheila Kinnard and Gerald Norwood plus a Jazz ensemble. Free and open to the public

7 Medicare Enrollment Deadline. If you miss it you can't make changes to your plan for another year.

10 Ruff Ryders Annual All-White Party. 40 Plus Lounge, 3926 E. 13th N. 8:30 p.m. - 2 a.m. A night of excitement and fashion. Dress to impress. All clubs welcome. Admission \$10 VIP available. DJ Dub, for more information contact 832-5810

10 Sedgwick County Black Republican Annual Banquet The theme is "The Ultimate Sacrifice for Freedom." Honorees, to

receive the "John Brown" Award are: Sam Muyskens, Senator Oletha Faust-Goudeau, Cleo Littleton, LTC Mattie Boyd, and Col. George Boyd. Event begins at 6:30 p.m. at the Wichita Marriott, 9100 Corporate Hills Drive. Tickets are \$40, \$300 table of 8. For tickets contact Joseph Elmore (316) 204-6624.

15 Affordable Health Care Deadline. If you miss this date you won't be insured on Jan 1, 2017. However open enrollment continues through Jan. 31.

17 Keep Calm and Apply, College Admission and Financial Aid Workshop. This workshop is for high school junior or seniors. See page 13 for details.

17 Black Business Marketplace. 10 a.m. - 6 p.m., 6140 E. 21st Ste. 200. In the spirit of Cooperative Economics. come support community businesses.

LIVE ON STAGE AT THE HISTORIC ORPHEUM THEATRE



Special guest MC the legendary KURTIS BLOW

TUESDAY, DECEMBER 20 | 7 P.M.

TICKETS ON SALE AT SELECT-A-SEAT: 855.755.7328, SELECTASEAT.COM, BOX OFFICE AT INTRUST BANK ARENA

WICHITAORPHEUM.COM | HIPHOPNUTCRACKER.COM

Holiday Calendar

Wichita

Dec. 4, Dennis Family Christmas Concert, 33rd annual concert, 6 p.m. Tabernacle Bible Church, 1817 N. Volusia; free; donations accepted for local charities; 316-734-1495.

Dec. 4, Holiday Open House Celebrate the season with holiday refreshments, live performances, and family art-making activities. Admission: Free. 2-4 p.m. at the Wichita Art Museum, 1400 W. Museum Blvd.

Dec. 6, Spirit of the Season Family Holiday Concert This one-hour concert will celebrate the sounds of the holiday season with your favorite Christmas carols and holiday hits performed by your Wichita Symphony. Canned food donations for the Kansas Food Bank will be accepted, and cash donations will be accepted for the Wichita Symphony's education programs. This free event starts

at 7:30 p.m. in Century II Convention Hall.

Dec. 8, Mayor's Tree Lighting: A Night With Santa Enjoy the lighting of the downtown Christmas tree, carnival games, fireworks, cake walk, bingo, and crafts! This free event starts at 6 p.m. at Kennedy Plaza, and continues 6:30-8:30 p.m. inside Century II.

Dec. 17, Come Let Us Adore Him Annual Christmas Celebration at 5 - 6:30 p.m. Everyone invited to celebrate the birth of our Lord in song and word. Free, St. Paul African Methodist Episcopal Church, 1756 N Piatt Ave.

Salina Dec. 11 Mayor's Christmas Party. If you want to have "Tons of Holiday Fun," this free event is for you! Activities include special entertainment, crafts, door prizes, treat bags and, of

course, a visitor from the North Pole. 2:00 - 4:30 p.m., Salina Bicentennial Center.

Dec. 17, Salina Symphony: Christmas Festival. Celebrate the season with festive song and dance from the Symphony, Iron Street Dance Company, Tamara Howe School of Dance, Salina Chorale, Kansas Wesleyan University Chorale and Salina Youth Choir. 7:00 p.m. Stiefel Theater for the Performing Arts, 151 S. Santa Fe. Adult \$25-\$35, Students \$15. contact <http://www.salinasympphony.org>.

Topeka Dec. 9-11, Drive-in Christmas Light Show. Topeka Bible Church presents their annual Drive-in Synchronized Light Show with live musicians in the windows of their 3-story building located at 11th & Mulvane. Shows begin at 6, 7, 8 and 9 p.m. sharp.

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DECEMBER 10TH**



10 Wichita Black Nurses Gather for Founder's Day and Planning

The Wichita Black Nurses Association celebrated their founders day with a special guest – their founder Frankie Manning -- who lead the group through a discussion on recruitment and retention of minority nursing students, mentoring, scholarships and endowments. The event, entitled “Coming Together to Bridge the Gap, was held Oct. 10, at the Atwater Neighborhood Center, Wichita.

More than 50 nurses attended the event and true to the group's goal to bridge the gap, several attendees were current nursing students. Bridging the gender gap, the group had one male nurse in attendance.

The Wichita Black Nurses Association was organized in Wichita in Oct. 1973. Manning attended the first meeting of the National Black Nurse's Association in Cleveland, OH in Sept 1973 and came back excited about forming a local affiliate. A total of 65 nurses attended the first meeting, and everyone was surprised by the number of nurses who showed up. According to a historic magazine article on the initial meeting, “Most of the Black nurses present could not name 10 of the 60 nurses in the room, nor had they known that many to exist.”

Today, thanks to the Wichita Black Nurses Association, the nurses in attendance were much

more familiar with each other. However, many of the issues that concerned the nurses 40 plus years ago continue to exist. Among the most talked about issue was attracting more African Americans into the field of nursing.

The Wichita Black Nurses Association is well known in Wichita. The ladies can be counted on to show up at job fairs, expos, health fairs, and community meetings of all kinds to provide blood pressure and diabetes screening. Those efforts are all part of their charge to close the healthcare gap. Their motto: “Whatever it takes.”



PHOTOS: (Above) Black nurses from Wichita and the surrounding area, nursing students and friends gathered for a photo at their Founder's Day Event. (Right) WBNA founder Frankie Manning presents a gift to WBNA President Linda Wright (L) and WBNA Historian Theola Cooper.



Manning, the chapter founder, made the trip from Washington State, where she currently resides to conduct the exploratory segment of the meeting. Manning, a retired Army officer. During her career, she held several roles in the U.S. Department of Veteran Affairs, on professional boards, and as a faculty member for several academic nursing programs. ●●

Are Your Digital Devices Harming Your Eyes?

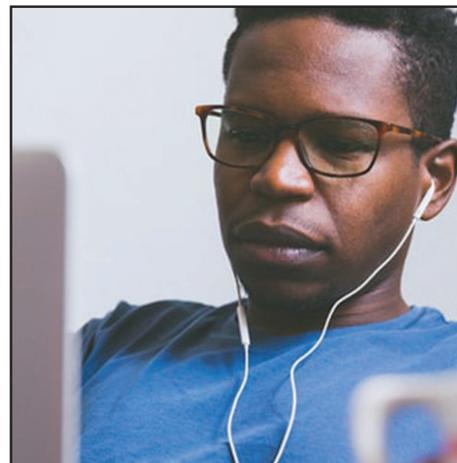
Eyes are one of the most vital organs and a window into the bigger picture of what is going on inside the bodies. Even so, many people neglect to care for their eyes when it comes to digital devices, which can have unintended health consequences.

Digital devices allow people to live in the present — connecting with others, sharing information and capturing memories. Yet many users fail to notice how the hours spent with this technology can affect vision health, both immediately and over a lifetime.

What is Digital Eye Strain?

Digital eye strain is the physical discomfort felt after two or more hours in front of a digital screen and is associated with the close to mid-range distance of digital screens, including desktop and laptop computers, tablets, e-readers and smartphones.

Prolonged periods of use appear to exacerbate symptoms of eye strain as 96 % of Americans who experience digital eye strain spend two or more hours each day using devices. A combination of factors foster the onset of digital eye strain, including the proximity of the screen, the frequency and du-



If you spend hours on your digital devices, consider buying “computer” glasses to help with eye strain.

ration of use and the degree of exposure to high-energy visible (HEV) or blue light emitted by video screens.

How Can People Protect Their Eyes?

The optical industry has responded to the shift in digital habits and has developed lens technology to alleviate vision problems and protect eyes from blue light, glare and other environmental stressors.

Commonly referred to as computer glasses, this eyewear has lenses that are constructed specifically for

the mid-distance range at which users typically view a digital screen, and they can be purchased with or without a prescription. The lenses and filters are customized to reduce bluriness and pixilation, decrease brightness, block blue light, and minimize glare while working in front of a screen—or multiple screens.

You can purchase computer glasses online or at your local pharmacy. Like most products, they come in various styles and cost ranges. A reasonably priced pair cost \$15-35. ●●

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St. Matthew CME Church
841 N. Cleveland, Wichita
\$20 Includes Lunch



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WORKSHOP TOPICS
Reaching Beyond the Walls -The Power of Relationships
Marketing & Social Media
Bringing Unity into the Community
For more information or to register contact:
Minister Theodis Bias, 316-440-4417
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Dec. 7 is Medicare Enrollment Deadline

- If you are a recipient of Medicare, it is time to check your health and drug coverage for 2017
- If you're already enrolled, this is an opportunity to review your coverage and make adjustments if necessary.
- If you're already enrolled in a Medicare Part D or a Advantage Plan and you don't want to make changes to your coverage for 2017, you don't need to do anything during open enrollment.
- However, the available plans and

what they cover are updated from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that is still the case before you lock yourself in for another year.

- Medicare.gov has the best tool for helping narrow your search for a new health or drug plan. Just click on find health or drug plan. If online enrollment is not for you call Medicare toll-free at 1-800-633-4227.●●

Dec. 15 is the 1st Affordable Health Care Deadline

- If you want to flow smoothly into next year without an interruption of health care services, you need to make sure you submit your 2017 Health Care application no later than Dec. 15. That's the last date to sign up and have coverage effective Jan. 1, 2017.
- If you enroll before Jan. 15,

2017, your insurance will be effective Feb. 1.

- The final date to enroll for 2017 coverage is Jan. 31, 2017. After this date, you can enroll or change plans only if you qualify for a Special "life event" such as having a baby, getting married or losing your coverage through your employer.●●

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12 Pcs Mixed Chicken, 6 Biscuits, Lg Coleslaw,
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plus tax, Mild or Spicy *Tea or Lemonade

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11th & Broadway

Seneca & Harry

4232 W. Central

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DEC. 1, 2016

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For Div. 1
Black Athletes

4

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