More On Sengbeh Pieh ("Joseph Cinque", Who Led The Amistad Revolt)

By Prof. McKinley Burt

I am quite sure that for months and even years to come there will be fascinating details and nuances to surface in respect to this important account of a significant episode in a suppressed African American history.

Accordingly, I have appended here a very comprehensive bibliography, including an 'Internet' reference. There are beautiful personal accounts of a simple African farmer in the British Colony of Sierra Leone (1838). A hard-working man with a wife and three children - none of them had ever seen a whiteman. Several bad crops resulted in a loan default to the chief of his village who sold him into slavery. A tale too often told.

And at the other end of this saga are the poignant, sometimes bitter story of "Cinque's" return to his African village in Mendi only to find all family gone forever. There is so much of a full (too full) and marvelous life here, that there is no way that the drama, power and meaning could be captured in a single movie, article or book. The last 35 years of his life on the African continent as farmer and translator for Christian missionaries is a story in itself. Enjoy!

Sources and Documentation.

* Dr Russell Adams, Chairman of the African American History Department at Howard University recommends, "History of the Amistad Revolt" and "Black Mutiny"

Currently see,

- "Mutiny On The Amistad", a detailed article in the December issue of the Smithsonian Magazine

- "Sengbeh Pieh", Steve Courtney.

_ AFRO-Americ @ :Black Resistance -- Slavery in the U.S. http://interact.courantcom/special/bhistory/cinquez.htm

Specific in the literature,

Mutiny on the Amistad: the Saga of a Slave Revolt and Its Impact on American Abolition, Law, and Diplomacy, by Howard Jones. Oxford University Press, 1987.

Black Odyssey: The case of the slave ship Amistad. by Mary Cable. Penguin Books, 1971.

Slave Mutiny: The case of the slave ship Amistad. by Mary Cable. Penguin Books, 1971.

Slave Muntiy: The Revolt on the Schooner Amistad. by William A. Owens. The John Day Company, 1953.

Argument of John Quincy Adams before the Supreme Court of the United States, in the case of the U.S. appellants, vs. Cinque, and other Africans, captured in the schooner Amistad. New York, 1841. A History of the Amistad Captives. by John Warner Barber. 1840.

Africans Taken in the Amistad (U.S. 26th Cong., 1st Sess. 11. Exec. Doc. 185) New York, 1840.

Health Effects Of Lead Exposure

Lead is a useful metal found throughout our environment. Household dust, soil, pigments, solder, ammunition, plumbing, cable coverings, caulkings, bearings, "non-Western" home medicine remedies, cosmetics, gasoline and paint may contain lead. Over the last three decades federal and state governments in the United States have banned or drastically reduced the allowable use of lead in paint, gasoline, and plumbing fixtures and components, etc.

Lead can be poisonous and hazardous to the health of anyone who swallows or breathes it. Effects of exposure are cumulative and lead can build up in the body. It can damage the brain, kidney, nervous system, and red blood cells. The effects can range from barely noticeable to severe.

The greatest health risk, even with short-term exposure is to young children and pregnant women. Research has shown that even at low levels, lead might be harmful to the physical and mental development of young children. A pregnant woman can pass lead from her blood to her unborn baby.

Resolve To Recycle More - Start With Holiday Trash

The holiday season is a time for sharing and giving - and a season that generates considerable material that may go to waste. Many remnants of the holiday season can be recycled or reused instead of going into the garbage. Metro offers the following tips to keep from trashing the season:

Reuse and recycle as much as possible. Save boxes, ribbons, bows and wrapping paper that can be used again. Save Christmas Cards and make them into gift tags for next year.

Recycle cardboard boxes at the curb or your recycling center. Cards an wrapping paper can be recycled with scrap paper. Do not include foil or plastic-coated wrapping paper or any other foreign material that would contaminate the paper recycling process.

Holiday cooking generates glass bottles and jars and steel cans. Rinse cans, remove the paper labels and recycle them with scrap paper. Flatten cans to make transportation more economical. Rinse and sort glass by color before recycling.

Polystyrene packing peanuts can be can saved to be reused next year. Many mailing services also accept them to pack items for shipping. Call Metro Recycling Information, 234-3000, for the location nearest you.

If you received upgrades of items such as computers or electronic equipment, your older equipment can find a good home at a local charity or school. Metro Recycling Information maintains a list of local charities and the items they are seeking.

While not accepted curbside or at depots, block polystyrene packing material used to package new electronic equipment and other items, can be recycled at one location in the metro region. Call Metro Recycling Information for details.

Christmas trees and the greenery from swags and wreaths also can be recycled in a variety of ways. Many scout troops and other nonprofit organizations offer pickup services or collect trees at dozens of locations throughout the region. Groups charge a small fee or request a donation to support worthwhile community projects. Trees can also be recycled through the curbside yard debris collection program or at local yard debris processors. Preparation and fees vary throughout the region. Call Metro Recycling Information, 234-3000, for details.

Metro Recycling Information staff answered almost 100,000 calls in 1997 from resident calling with questions about recycling, waste reduction and disposal. The service is operated from 8:30 a.m. to 5 p.m. Monday through Saturday.

FLU facts & figures

Fighting The Virus

(NAPS)—"Flu" is short for "influenza," which is derived from the Italian phrase *influenza di freddo* (influence of the cold).

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Flu symptoms generally appear after an incubation period of one to four days.

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Since 1510, there have been more than 30 "pandemics" (widespread epidemics) of the flu.

Children can now get strong medicine for their coughs without all the additives.

Many over-the-counter cough and cold remedies contain alcohol, which is not recommended for consumption by children.

* * *

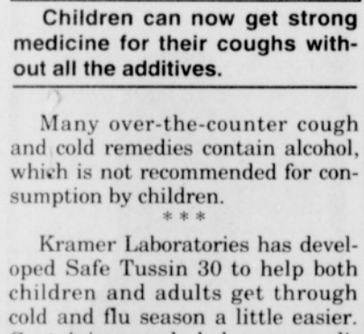
Kramer Laboratories has developed Safe Tussin 30 to help both children and adults get through cold and flu season a little easier. Containing no alcohol, sugar, sodium, antihistamines or dyes, the product works to relieve the pain of a cough and soothe a sore throat, both of which are symptoms of the flu. The "all free" formula is particularly suited for use by children and people with diabetes, hypertension or dye sensitivities.

* * *

Safe Tussin 30 is available at pharmacies nationwide. For more information, call Kramer Laboratories at 1-800-824-4894.

Did You Know?

(NAPS)—Many household tasks can be made easier with the help of slick, quick lubricants such as WD-40 and T.A.L. 5.



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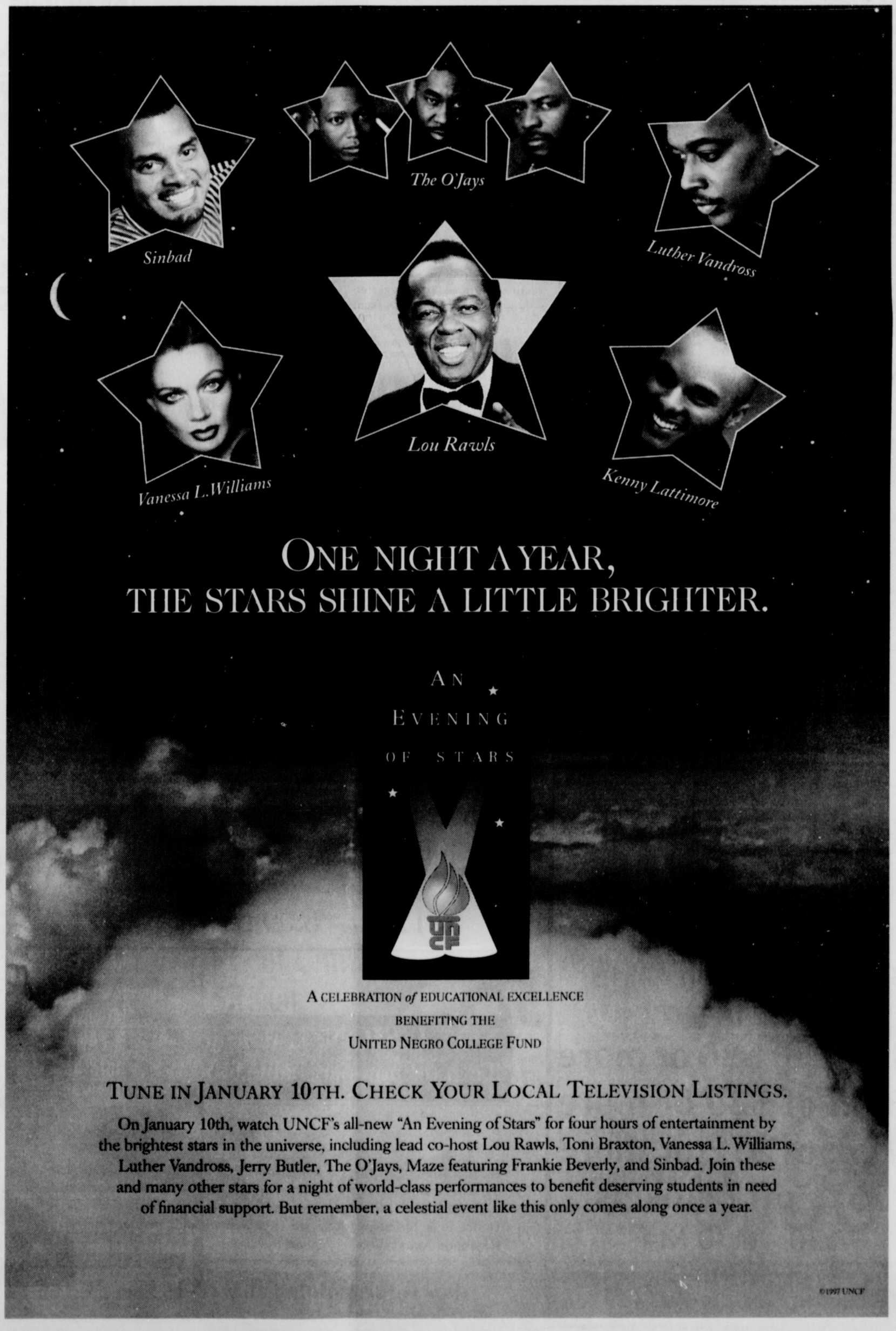
Glamourous clothes are in these days say experts at Laura Ashley. To find the store location nearest you, call 800-429-7678.