

Madrona Dance Center Offers Classes In Health and Fitness

"Kinesiology/Physiology Workshop" - 4 weeks
Fall quarter '82, Four Fridays, 9-11 a.m., September 17 - October 8.

Karen Clippinger, a well known Seattle Kinesiologist, an instructor on body movement, offers a teachers workshop at Madrona on the important aspects of body movement during a workout. The introductory class for teachers, dancers and athletes will cover the body's skeletal muscular and nervous systems; alignment; and injury prevention, causes and recovery, along with the chemical reactions and changes that the

body experiences when moving -- warming up, working out and cooling down.

"Nutrition Workshop" - 4 weeks
Fall quarter '82, four Fridays, 9 - 11 a.m., September 17 - October 8.

Nutrition Workshop is for active people interested in nutrition as it relates to energy, fitness, and weight control. The class covers nutrition, food for energy and guidelines for healthy weight control as well as emotional aspects of eating and critiques of current popular diets, nutrition myths and controversies. Classes will be

instructed by Janet Edleson, M.S.

"Exercise For Pregnant Women" - 8 weeks
Fall quarter '82, Tuesday, 10:15 - 11:15 a.m., Thursday, 12-1 p.m., and Saturday, 12:30 - 1:30 p.m.

Exercise for Pregnant Women is designed for women at any stage of pregnancy. Emphasis is on over-all conditioning, increasing flexibility, and strengthening those muscles involved with, and preparing for the delivery. This class provides an excellent opportunity to share with other women in this awesome and magical time. Single class purchases and registration are allowed

anytime.

"Exercise For Post-Pregnancy" - 8 weeks
Fall quarter '82, Wednesday, 11:30 - 12:30 p.m.

Exercise for Post-Pregnancy focuses on gentle exercises for total body recuperation and reconditioning. The instructor concentrates on strengthening the abdominal muscles. Exercises are designed to include the infant. Bring your infant and a baby blanket and share in the exercise.

Call 625-4304 for registration information or pick up a brochure at Madrona Dance Center, 800 Lake Washington Boulevard.

Denice Williams To Perform At Congressional Black Caucus Foundation Awards Dinner

Washington, D.C....Congressman Julian Dixon (D.-CA), chairman of the 12th Annual Congressional Black Caucus Foundation (CBCF) Legislative Weekend, announced today that popular song stylist Denice Williams will entertain the more than 4000 guests expected to attend the CBCF Awards Dinner this year. The dinner is scheduled for Saturday, September 18 in the International Ballroom of the Washington Hilton Hotel.

born into a religious family in Gary, Indiana where virtually no music was permitted in the household except gospel. Deniece was steeped in music, having become an active, vibrant cornerstone of the local church choir. For this reason, Deniece cannot be pigeonhole into a generation that revered Sarah, Billie, and Ella. Her background in the pop and R & B field did not arrive until her teenage years.

Congressman Dixon said "I can't think of a single performer more capable of presenting an entertaining heartwarming program than Ms. Williams. Her musical career is a legend."

While attending Tolliston High School, Deniece worked part-time in a record store. The owner heard her singing along with the records and told her mother that Deniece had potential as a singer. He invited representatives from Chicago's Toddlin Town Lable to hear her, and she was signed to the Com-

pany. Her first single, "Love is Tears" received some notice in Gary; there was another 45 a year later, but nothing ever came of it.

She attended Baltimore's Morgan State College as a nursing major for a year and a half, and occasionally moonlighted as a nightclub singer. She returned to Indiana and continued her studies at Purdue.

Deniece's musical career reached a turning point in 1971. Stevie Wonder heard her old singles and invited her to Detroit to audition for his backup group, Wonderlove. Deniece's first real professional exposure was with Stevie Wonder during the 1972 Rolling Stones tour. Shortly thereafter her debut album *This Is Niecy*, was released. Produced by Maurice White, the

album featured the hit singles "Free" and "That's What Friends Are For." Five other successful albums have been released, including *That's What Friends Are for*, a duet with Johnny Mathis, *Too Much, Too Little, Too Late* and *When Love Comes Calling*, which she co-produced with David Foster of Hall and Oates and Ray Parker, Jr.

Deniece's sixth and most recent album, *Niecy*, is the second collaboration between Deniece and her co-producer/co-writer Thom Bell. This album, featuring the single "It's Gonna Take A Miracle," is a landmark and rated one of the year's best.

For further information concerning the CBCF Legislative Weekend and the Awards Dinner, contact the Congressional Black Caucus Foundation at (202) 226-2322.

HAIR FAIR

feels that people go to salons not only to have their natural beauty enhanced, but for comfort and relaxation. One way a person can totally enjoy the services of a salon is if they are familiar with the person they will work closest with. Allow us to introduce to you, stylist—

Boyce Johnson



A Portland, Oregon native, Boyce has been in the Seattle area for five years. He received his training at Broadway Beauty School and has worked at various Seattle salons including the Bon Marche. Boyce is licensed by the Washington State Board of Cosmetology and has been in the field for three years. He specializes in perms, relaxers and curls. Of all the salons where he's worked, Boyce remarked, "HairFair is the best."

Come In...Meet Boyce...

Fall Specials

Take advantage of HairFair's monthly maintenance programs

Spotlighting this week

The Designer Curl Maintenance Program

Curl and Cut - \$75.00

3 consecutive weeks of conditioning treatments (\$10 each) - \$30.00

Regular Price - \$105.00 **Now Only \$75.00**

Every Monday is Senior Citizens Day and services for seniors are 1/2 price.

Other maintenance programs offered by HairFair are the Virgin Relaxer, the Relaxer Touch-Up, the Shampoo, Blow Dry & Curl and the Shampoo, Press & Curl. For information concerning these maintenance programs and their prices call 323-8242. Please call for an appointment.

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WATCH For Orange Tag Items

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	SLICED BACON	AGAR Prestige No. 1 Grade	\$1.58
		1-lb.	
	BAR-S BIGGIES	(Beef Franks ea. \$1.48)	\$1.38
		Meat Franks 1-lb.	
TURKEY ROAST Valchris, Frz. 3 to 5 lbs., Boneless	1.59	FISHER SANDWICH MATE Sliced Cheese Food	98¢
FRYER THIGHS Chickadee Maid, Frz. (Sold Only in 2-lb. Box \$1.38)	69¢	BALL PARK FRANKS Hygrade Reg. or Beef	\$1.68
		SLICED LUNCH MEAT Bar-S 1/2 Salami or Asstd. Bologna	\$1.38

	SHASTA POP	REG. or DIET	\$1.08
		ASSTD. FLAVORS 12 oz. Cans	6 Pack
	HEINZ KETCHUP		\$1.08
		32 oz.	
	POTATO CHIPS	FRESHIE REGULAR, BARBECUE, OR DIPPER	68¢
		8 oz.	
	PORK & BEANS	VAN CAMP'S	44¢
		21 oz.	
	MACARONI & CHEESE	KRAFT DINNER	32¢
		7 1/4 oz.	
	KRAFT MAYONNAISE		\$1.38
		32 oz.	
	PEANUT BUTTER	ADAM'S 100% Natural, Old Fashioned, Creamy or Crunchy	\$2.88
		36 oz.	
	CLOROX BLEACH	Liquid 5¢ Off Label	78¢
		1 Gallon	
	PILLSBURY PLUS	ASSTD. LAYER CAKE MIXES	76¢
		18 1/2 to 18 3/4 oz.	

Paper Plates	Dixie Spring Medley: 9 Inch	50 ct.	\$1.68
Paper Cups	Dixie Spring Medley: 7 oz. Size, Cold	100 ct.	\$1.48
Jergens' Soap	Lotion Mild Bath Size Bar	4% oz.	24¢
Detergent	Sunlight Liquid: 27" Off Label	32 oz.	\$1.58
Little Friskies	Fish or Braised Liver	7 lb.	\$3.98
Come 'n Get It	Dry Dog Food	20 lb.	\$6.48
Potato Puffs	SNOWBOY Frozen	2 lb.	98¢
Potato Wedges	SNOWBOY Frozen	2 lb.	98¢
Frostings	Pillsbury: Ready-to-Spread: Cream Cheese, Milk Choc. or Choc. Fudge	16 1/2 oz.	\$1.18
Frostings	Pillsbury: Ready-to-Spread: Coconut/Pecan, Coconut/Almond	15 oz.	\$1.38
Grape Juice	SNOWBOY Frozen Concentrate	12 oz.	68¢
Rice-A-Roni	Asstd. Varieties	6 1/4 oz. to 8 oz.	58¢
Dill Pickles	Nalley Bonquet	46 oz.	\$1.28
Pineapple	Dole Juice Pack: Sliced, Chunks, Crushed	20 oz.	68¢
Snack Pack	Puddings: Asstd. 5 oz. Tins	4 Pack	\$1.18
Aluminum Foil	Reynolds: 12 inch	75 ft.	\$1.48
Pop Tarts	Kellogg's: Asstd. Flavors	10 1/2 oz. to 11 oz.	68¢
Mustard	French's Squeeze Bottle	16 oz.	68¢
Raisins	Sun Giant Seedless	12 oz.	\$1.18
Velveeta	Kraft: Processed Cheese Spread	2-lb.	\$3.44

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