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The Official Voice of the N.W. Black Community

THE NORTH WEST FACTS

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Vol. 23 No. 28

ISSN 072

2765 EAST CHERRY * SEATTLE, WA. 98122 * 324-0552

February 8, 1984

Providence Medical Center Introduces Area's First Out- Patient Cardiac Rehabilitation Program

Getting people back to work sooner and preventing recurring heart problems are the goals of Providence Medical Center's newest effort to reduce the effects of heart disease and the cost of hospital care.

The Phase II Cardiac Rehabilitation Program is designed for people who have recently been diagnosed or hospitalized for heart attack coronary artery bypass surgery, angina pectoris, or hypertension.

The cardiac rehabilitation clinic also wants to work with people whose doctors have determined they are likely to have a "heart disease event" if they continue on their current path - smokers, diabetics, and people who are over-weight or have a family history of heart disease.

Providence has been working with heart patients while they are recovering in the hospital since 1977. Nurses received special training in teaching patients about their diseases, getting them up and walking as early as judiciously possible after surgery or heart attack, and coaching them about the recovery process. "That's Phase I of the Program," says Patty O'Hearn, R.N., M.A., Cardiac Rehabilitation Director. "Phase II gives our patients an exercise prescription and guidance to get them started and keep them going after they've gone home." Participants come to the clinic two or three times a week for up to three months after leaving the hospital. "Changing lifestyle habits - what you eat, how it's prepared, your daily activities, and attitudes about working and living - is difficult," O'Hearn said.

Joe Corrigan, 61, was one of the first patients to benefit from the out-patient cardiac rehabilitation pilot program. He had coronary artery bypass surgery about a year ago. With the help of the cardiac rehabilitation staff, regular exercise, and changes in his diet, Corrigan returned to part time work three weeks after his surgery.

Corrigan and others participating in the cardiac rehabilitation program will be guests of honor at the clinic's Open House on Tuesday, Feb. 14, noon to 7 p.m.

The cardiac rehabilitation staff and the program medical director, Peter Albro, M.D. Cardiologist, will also be present. Members of the press are invited to attend the Open House, tour the facility and interview patients. If you would like to specifically arrange an interview with a patient or medical staff, please call Sandra Smith, Director, Public Relations, (326-5641).

THE NEW IMAGE

The New Image on Martin Luther King, Jr. Way South, Th 6002 Apartments under the New Owner, Manager, and Assistant Manager, we are involved in a major renovation and better living condition for the community. Housing starts at three-hundred per month and including two and three bedrooms townhouse.

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Property Manager: Richard Stomberg; Managers: Mel & Stella Melton; Ass't. Managers: Jim & Shirley Williams. Phone: 723-0843.

"Profiles In Black" To Air On KOMO TV Feb. 13-25



Dr. Jane P. LaFargue, associate professor of Nursing at Seattle University, will be honored on KOMO TV's "Profiles In Black" series that will air Feb. 13 through 25 on Channel 4. The 10 one-minute featurettes will be seen during KOMO TV's Monday through Friday news/information/entertainment shows, "Live at 4" (4:00-5:00 p.m.) and "Weeknight" (7:30-8:00 p.m.).

Continued on Page 8....

"Brothers In The Struggle..."

The noted author and political theorist, Brother Oba T'Shaka, Professor of Black Studies at San Francisco State University, will be in Seattle for a limited time during his upcoming tour. We have been fortunate to have Brother T'Shaka address the topic of his new book, *The Political Legacy of Malcolm X*, and the relationship of Malcolm X to Martin Luther King in his major speaking engagement here for Black History Month, entitled: *King and Malcolm: Brothers in the Struggle for Self-determination*. Brother T'Shaka is, in addition, a movement veteran with 23 years of experience.

Co-sponsoring his visit are the Black Community Festival, the Pan-African Student Union of Seattle Central Community College, the Central Area Motivation Program, KRAB Black Report, Wayne Williams, Director of Afro-American Studies at U. of W., the Southern Africa Support Project, The Ad-Hoc Committee for Positive Education, the Nation of Islam, the National Black United Front, Rosetta Hunter of S.C.C.C., Seattle University and Langston Hughes Center.

King and Malcolm Brothers in the Struggle for Self-determination, Langston Hughes Auditorium, Sunday, Feb. 12th, at 4:00 p.m. - Admission: FREE.

For more information on his other engagements or to acquire his book: 323-1255.

Free Skating At The Madrona Community Ctr.

The Madrona Community Center, at 832 - 32nd at the corner of 32nd and Marion, will start its free after school skate beginning Fri., Feb. 10, 1984 for ages 6-12, and will continue every Friday from 3:30-5:30. The center will provide skates for those without. If you are interested come up and join the fun. For further information, call 325-6900 between the hours of 3:30-5:30.

Auditions For Young Actors

The Madrona Community Center in conjunction with SNECO'S Conservatory, at 832 - 32nd Ave. at the corner of 32nd and Marion will have auditions on Feb. 9, 10, and 13th, between the hours of 3:30 and 5:30. The play is called *THE UGLY DUCKLING*, and is a one act comedy.

The cast shall consist of 3 Black Males, 1 White Male, 2 Black Females, and 1 White Female. If you are any of the above and a strong actor between the ages of 15-20, call 325-6900 and set up your audition appointment today!

Expanded Dental Services

We would like to announce to parents and guardians of patients of the Odessa Brown Children's Clinic, we are expanding our dental services to include patients up to eighteen years of age.

While we remain committed to giving first priority to our younger patients, we have become increasingly aware that dental needs of our teenage patients have largely gone unmet. It is our goal that by expanding the dental services, we will more fully serve the needs of both the young and teenage patients.

Odessa Brown Children's Clinic also provides medical care for our teenage patient population. Clinic hours for both Medical and Dental Departments are from 8:00 a.m. to 5:00 p.m., Monday through Friday. Appointments may be made by calling 329-7870. We ask that a parent or guardian accompany any patient (child or teenager) on his/her first appointment. The Odessa Brown Children's Clinic is located at 2101 East Yesler Way, Seattle, Washington.

Advertise in THE FACTS and get results. THE FACTS has a readership of over 40,000.

Jesse Jackson for President Committee



The first Community Meeting of the Jesse Jackson for President Committee will be held on Mon., Feb. 13, 7:30 p.m. at Mt. Zion Baptist Church, 19th and Madison. Everyone interested in working on his campaign to become the Democratic Party's Candidate for President of the United States should attend this very important meeting. Please come and help Jesse Jackson make a successful run for the presidency. The time to get involved is now. For further information call 722-0726.

Crawford Named To National Post



Ella M. Crawford, chairman of the Tacoma Public Utility Board, was appointed to a one-year term on the Advisory Council of the American Public Power Association's Policy Board. APPA is a national association of publicly-owned electric utilities.

This council, created by the board in 1980, provides guidance on APPA's programs that affect public power policy matters. The council includes members from each of APPA's 10 regions.

Crawford has served on APPA's Energy Services Planning Committee since October 1982.

King County Jail Operation To Be Topic Of Brotherhood Breakfast Saturday Morning, Feb. 18th at 7:30 AM

Dean Olson, Commander of the King County Jail, Harry Thomas, Deputy King County Executive, and a Correction Officer yet to be named, will be the Guest Panelists at the Brotherhood Breakfast, Saturday Morning, February 18th in the Fellowship Hall of the Mt. Zion Baptist Church, 1634 19th Avenue at 7:30 a.m.

Jail Commander Olson, Harry Thomas and Corrections Officer will provide brief information about themselves and their responsibilities to the operation of the jail and then the audience will ask questions and they will respond. The meeting will be conducted much in the same manner as the meeting in which Federal Judge Jack Tanner was the guest.

It will be a good time to ask key questions and get information about what we can expect out of the new Jail Facility and the policies which will guide the operation.

The Breakfast will be open to the public, therefore bring along a friend. Women are welcome and have been a good portion of the attendance for some time. The meeting will start promptly at 7:30 a.m., Saturday, February 18th.

For information, call Mt. Zion: 322-6500.

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From The Publisher's Pen

I shall pass this way
but once
Therefore any
Good that I can do
Or any kindness
That I can show
Let me do it now
For I shall not
Pass this way
Again

Fitzgerald Beaver

"Many times a day I realize how my outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in return to give as much as I have received."

SEATTLE PUBLIC SCHOOLS SELECT A NEW SUPERINTENDENT

Native born Seattleite Mr. Robert Nelson has assumed the position as Seattle's new school Superintendent. Mr. Nelson has worked for the District for several years. Formerly he served as the Deputy Superintendent. In assuming his new position, he brings with him many years of experience in educational administration.

Local residents have been impressed with Mr. Nelson's conciliatory jester toward Seattle's growing minority communities. This past Sunday, he was a guest speaker at Mt. Zion Baptist Church. Mr. Nelson has promised to bridge the gap and work toward building a stronger public school system for all students.

During the past few months District Administrators have been in tumult while under the former administration of Dr. Donald Steele. Many parents welcome the change. Although, I do not, personally, know Mr. Nelson, I hope he is able to run an effective school system devoid of many of the former problems which plagued his predecessor. The education of our children should be foremost on the minds of District Administrators.

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