

STATEMENT OF INTENT....

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THE FACTS takes no responsibility for errors and mis-spelled words in copy, especially hand written copy!



A Report To The People

by ISAIAH EDWARDS

This is True:

The U of W. administration attempts to consolidate the Afro-American, Chicano, and Asian studies programs into a new Department of American Ethnic Studies is being met with strong resistance, not only from Black, Hispanic, and Asian students, but from the Community leaders as well. They contend that such action would only result in the under funding of the Department, but also a denial of ethnic individual studies, internal conflicts, and in-fighting that would weaken and paralyze the Department. They further contend that such action is, but a manifestation of the Reaganite strategy of crippling programs that benefit oppressed ethnic groups in America, through budget restrictions and re-organization, while shifting our tax dollars from education to the production of weapons of destruction for the Pentagon. To further emphasize the seriousness of their concern, a large number of students - Blacks, Hispanics, Asians and Community leaders - on last Thurs., Feb. 2nd, embarked upon a relentless, but peaceful sit-in, in the University of Washington Administration Building. They later gained admission to the office of President, and met face to face with the U of W President, William Gerberding, and warned him, that the Universities attempt to lump the Ethnic Programs into one Department was racially motivated, and "would be opposed by all appropriate means, and would ignite student activism, reminiscent of the 1960's rebellions." They further pointed out "that budget cuts are the result of political decisions made by racist whites in power, and that these same whites have the power to increase budgets, and to make courses in Ethnic Studies a mandatory requirement for graduation for all."

The protest ended when President Gerberding agreed to meet with them Feb. 24, on which date, the Community advocates for Quality Black Education invite a large segment of our community to support and sit with them at this hearing. For after all such student activism, is responsible for many ethnic faculty jobs at the U of W and other public schools throughout our community. They without question deserve our support.

Until then, This is True. Will see you next week.

Nominations Being Accepted For Position Of President At SCCC

Dr. Donald G. Phelps, Chancellor of Seattle Community College District VI, invites nominations and applications for the position of President of Seattle Central Community College, Seattle, Washington.

Established in 1966, Seattle Central Community College is located near the city's financial and business center. It is a fully accredited institution that offers programs in college transfer, vocational training, and general education, and also provides a full range of student support services. More than 45 percent of the College's 7,500 students are ethnic minorities or foreign born. The College has a \$10 million plus annual budget.

As chief administrative officer, the president has the responsibility and authority for the control and management of the institution and is to provide leadership which assures that the College provides a broad range of educational opportunities which meet student and community needs. The President is directly responsible to the Chancellor for the administration of the college.

Qualifications include top level community college administration experience or equivalent; work experience in a multi-level, multi-ethnic environment essential; master's degree required, earned doctorate or equivalent experience desirable; and demonstrated ability to develop and manage a major institutional budget. The candidate must demonstrate ability to work with a wide variety of constituencies to accomplish institutional goals. Submit application, and a minimum of three letters of reference from individuals familiar with the candidate's work experience to: Dr. Donald G. Phelps, Chancellor; Position Search for SCCC President; Seattle Central Community College, 1701 Broadway, Seattle, WA 98122

Application deadline: March 30, 1984. Seattle Community College District is an equal opportunity and affirmative action employer.

UPCOMING EVENTS FOR BLACK HISTORY MONTH AT SEATTLE UNIVERSITY

Thursday, Feb. 16, at Noon to 1:30 pm.: Film, "Autobiography of Miss Jane Pittman."

Saturday, Feb. 25, at 8:00 pm.: Annual Black History Month Awards Banquet.

John Spellman, Governor of the State of Washington has proclaimed Saturday, Feb. 25, 1984 as Black Education Day in Washington State in conjunction with Seattle University's Black Students Union, the Office of Minority Affairs and the Alumni Office.

On this day, this Seattle University will give awards to teachers in the public and private schools of Seattle who have made an outstanding contribution to the education of Black children. These teachers have been chosen by their schools:



Facking With McCrackin

by Jody McCrackin

THE CONSERVATIVE MIND IS A DANGEROUS THING

This writer long ceased giving the conservative mind credit for a great deal of rationality or objectivity. Over and over down through history, conservatives have displayed a tendency to be anti-public in their thinking. This has been true of both their public and private lives. Conservative thinking largely results from selfishness, especially, in the area of personal rather than public financial matters. Most conservatives are willing to invest unlimited amounts of public money on the pursuit of frivellous matters such as opposing gun control and abortion.

In contrast to many liberal thinking people, conservatives are generally thought to be excellent communicators. Many of them are also considered to be good salesmen, derived from qualities of being fast, persuasive and impossible to ignore. In this way, they are much like the criminal mind that would have us believe that it is more intelligent, better trained, and works to dominate others around him.

Many of us will long remember the magnificent selling job done by President Reagan on behalf of Richard Nixon when he competed for the presidency against John Kennedy over 20 years ago. He did a no less magnificent job in selling us on himself a few years ago. He almost had us see him as our real savior by presenting himself as an angel of love and a crusader for peace while all along devising plans for putting race against race, heating up the cold war with other nations, and enriching his friends at the expense of the public, the poor in particular. Both elections in which he succeeded, 1968 and 1980, resulted in a national shame. In the case of president Nixon, it was the criminal minds with which he surrounded himself. In the case of President Reagan, his greed and lack of respect for the public that created his problems. His budget deficits has cost each person in this nation several extra thousands of dollars, causing increased poverty and dissaray among all nations.

Certainly, Prayer in public schools, abortion and school discipline, while important to many, are not really the kind of issues that should be dominating political discussions as the president has made them. How should these subjects rank in the order of priority with such others as Nuclear War, Budget deficits, Hunger. Yet, conservative minds like the President's, Jesse Helms, and Jerry Falwell would have us believe that these little issues are the most important things going on in America. It is because of such things that I have considered these little minds dangerous.

Stay with us.

CHERRY STREET TALK

by
THE PHUNTIQUE LADY:
BARJA NAZARETZ
WHO'S IN CHARGE WHERE?



Every once in a while we need to sit down and look at who is in charge of what and where. Let's look at Congress - a bunch of basically elderly men. How do they think? We can't read their minds, but we can look at what they fund to get a picture about their outlook. What they fund now is probably consistent with what they have funded in the past. Would you wager that the two big ones are cancer and the military? They support the best minds and the best bodies. What does this mean?

A cure for cancer means that they are interested in prolonging their lives. It is close to inevitable that cancer hits a large proportion of the elderly population.

In order to insure that they can sit in peace and vote for cancer, they vote unbelievable monetary support to the military. There is a concerted plan to allow the healthiest young stock of the U.S. population in this club where members fight, lose their lives, etc. in protecting their countryland.

They assume that their will always be healthy stock to enroll. Once they discover that the elderly are slowly moving to a majority of our population and that there may not be enough young for the slots that make for an ongoing society, the elders will start taking an interest in developing healthy stock at conception—if it is not too late.

If the elders start looking at the funding of social service programs for young mothers, they can start making more sense in terms of nurturing a surviving populous. The Republicans have had their turn and you see what has happened. We need a group of elders who can relate to the majority of the people and not subconscious personal needs. If there is such a party, let's change elders.

Note: The Phuntique (fun-teek) Thrift Shop and Beauty Doctor Hair Clinic invite you to come in and see what has become a tourist attraction in the community at 703 23rd Avenue near Cherry. Beauty Salon accepts walk-ins or appointments: 324-9544.

Dr. Jane La Fargue - Seattle University; Robert Haynes - Franklin High School; Dr. Consuelo Shaw - Rainier Beach High School; Emmet Kinkade - Cleveland High School; Alice Coleman - Cleveland High School; Izora Hurd - Roosevelt High School; Herb Williams - Roosevelt High School; Sister Rose Monica Rabdau - Holy Names High School; A. Denny West - Holy Names High School; Tom Doyle - Seattle Preparatory High School; Byron Johnson - Franklin High School.

Reservation are required. Cost: \$5.00 - deadline: Monday, Feb. 20, 1984 call the Minority Student Affairs Office at 626-6226 for more information.

A.B. Brahmhbhatt, Ph. D.
Nutritional Consultant
(206) 451-9700

CHECKLIST FOR HEALTH LIVING

(From last week) 6. Sunshine: Take advantage of nature's gift daily, or whenever possible, in order to maintain perfect health. 7. Meditation and Relaxation: It is absolutely necessary that each of us spend a minimum of 15 minutes daily in seclusion with eyes closed if mental, emotional, and spiritual health, as well as physical health, are sought. Maintain relaxation using different techniques suitable to your temperament and personality. 8. Recreation: It is important for the mind to be diverted in play. This brings about release from the tensions of the day. Recreation should be at least once perweek, for a minimum of one hour. 9. Sex: You and only you are hte "expert" about yourself. Allow yourself to say YES to what you want, and NO to what you don't want. When people care about each other, they respect each other's limits.

DUKE RAPPORT WITH LANITA DUKE
A PRODUCTION OF
GRASSROOT NEWS,
N.W. WIRE SERVICE



BLACK-ON-BLACK CRIME Part II

One of the most awesome effects of Black-on-Black crime is the effect on our youth. They see, hear and live our reliance on violence. Kids today can discuss a movie filled with sex and violence the way our parents used to discuss Howdy-Doody.

Those youth who enter the criminal justice system receive harsher punishment than whites. The criminal justice system turns juvenile offenders into adult criminal. And from what I read, seened and experienced about prisons they just make good prisoners.

The weakening of our family structure does not help, either. Many parents have forgotten about role models. Our thoughts are only about survival. We tell our children not to lie but our children see us lie. We tell them not to drink but they see us drinking. Or, we tell our children not to smoke pot but they see us firing-up.

We must give Black children positive role models. Instead of the self-defeating and self-destructive models whose lifestyle reflect the hopelessness and powerlessness that accompanies being Black in America.

We need strong role models, like Jesse Jackson, which show Black children how to stand proud and firm and face their oppression head on, instead of turning their frustration inwards and against their fellow Black.

Continued from Page 1.....

"PROFILES IN BLACK" TO AIR
ON KOMO TV FEBRUARY 13-25

In a special salute to Black History Month and to local and nationally recognized Black American whose contributions are making history now, KOMO TV will air "Profiles in Black," a series of 10 one-minute featurettes, in the station's two Monday through Friday news/information/entertainment shows, "Live at 4" and "Weeknight," 4-5 p.m. and 7:30-8 p.m., Feb. 13 through 25, Executive Producer Tom Cohen announced today.

Written, produced and videotaped by award-winning "Weeknight" Photographer Charles O'Farrell, the 1984 "Profile" series honors accomplishments of the following people: Arlington (Art) W. Carter, Jr., manager of the Air-Launched Anti-satellite program, Space Systems Division, Boeing Aerospace Company, Seattle.

John C. Cannon - Because Blacks were not allowed to enter public libraries, Cannon as a child in New Orleans had to stand outside a window and wait for a white worker to open it and take his order. Today he's come full circle, the popular Director of the Seattle Central Area Senior Center is also President of the Seattle Public Library Board.

Winthrop Cameron - A Licentiate at Mt. Zion Baptist Church, is the bachelor father of six adopted Black boys.

Lemhard G. (Lem) Howell, P.S. - Seattle Attorney and Fellow, International Society of Barristers, is listed in "The Best Lawyers in America," by Harvard Law School Graduates Steven Nalifeh and Gregory White Smith (1983).

LaVerne C. Hall - Owner of her own company, VELB Associates, Bellevue, creator of Black Paper Dolls, and Chairperson of the 1984 Tribute to Black History, Seattle Section, National Council of Negro Women.

Quincy Jones - Composer-conductor-musician; winner of five Grammy Awards, 1982; producer for more than 100 major recording artists. He scored 33 movies; has sold 35 million records; and has earned numerous awards and honors through the years.

Regina L. Gleen - Director, City of Seattle Department of Licenses and Consumer Affairs and former Deputy Director, State of Washington, Department of Retirement Systems.

Jane P. LeFargue, R.N., Ph.D. - Associate Professor of Nursing, Seattle University.

Vanessa Williams - First Black woman to become "Miss America."

James Chase - First Black mayor of the City of Spokane.

"Profiles in Black" were researched and co-produced by Jimm Brown.

CASC'S SATURDAY BREAKFAST FEB. 18TH "A FEAST FOR ALL"

In keeping with the strong demand, the Central Area Senior Center has scheduled its first 1984 "Saturday Breakfast", Saturday, February 18, 1984, at 9:30 a.m. - 1:00 p.m.

The Saturday Breakfast is extremely popular and an excellent menu consists of: Hotcakes, Scrambled Eggs, Ham Slices, Beef Sausage,

CALVIN HIGHTOWER
For questions/answers concerning prescription drug abuse and treatment, call Therapeutic Health Services at 587-6545.

MDA

(From last week) Physical Effects and Hazards: Existing information about the effects of MDA is inconclusive and incomplete. Experienced LSD users have confirmed clinical evidence that MDA produces LSD-like effects without the occurrence of hallucinations. The drug appears to produce a sensation of joy in the user. Feelings of peace, tranquility, tenderness, and gentleness are also experienced without accompanying despair or remorse. Also absent are the visual distortions or misperceptions common to hallucinogens. Reactions such as anger, aggression, confusion, disorientation, paranoia, loneliness, and isolation occur infrequently. This suggests that MDS might safely function as a bridge between mentally disturbed individuals and therapists.

Physiological effects include increased pulse rate, fluctuating blood pressure, and dilation of the pupils. Overstimulation, loss of appetite, and insomnia are also common. The average street dose (100-150 mg.) takes effect within an hour after ingestion of the drug. Peak effects are usually reached in the first two hours and effects may continue for as long as 12 hours, depending upon the dosage and the user's state of mind.

There are no accurate studies available of either high dosage or long-term use of MDA. Research into physical effects and hazards from continued high doses is needed.

FROM THE FRONT

NATIONAL BLACK UNITED FRONT
MALCOLM X: AFRICAN-AMERICAN
FREEDOM FIGHTER

The Life of Malcolm X is one of the most inspiring in the history of African-American struggle. Malcolm rose from the very bottom of society, to the leadership of the African-American struggle in America.

Malcolm's early life was filled with tragedy. His father, along with four of Malcolm's uncles, were killed by white racists, and his mother had a nervous breakdown. This devastating attack on Malcolm's family led to his separation from his brothers and sisters in childhood, but also revealed to him with astounding clarity, the violent racist nature of American society.

Systematically discouraged by racist white teachers from pursuing an academic career, Malcolm, despite his obvious superior intellectual abilities, wound up hustling and selling dope in the streets of New York. Finally Malcolm ended up where so many talented African-Americans are - in jail.

But in jail Malcolm joined the Nation of Islam and his great self-discipline led him to study an enormous amount of subjects, including African and African-American history. It was here that Malcolm found out who he truly was - an African and a descendant of a great people.

When Malcolm X got out of jail he joined the struggle of African-American people for freedom. Malcolm took our struggle to our brothers and sisters in Africa and explained to them that African people were all fighting the same enemy worldwide. Malcolm was respected throughout the world as an African-American and world leader.

Oba T'Shaka, Professor of Black studies at San Francisco State College and author of "The Political Legacy of Malcolm X" will be touring Seattle Feb. 12-14th. This 23-year veteran of the African-American struggle will be speaking on the life of Malcolm X.

For times and places contact Karimu at 323-1255.

NEIGHBORS HELPING NEIGHBORS

Winter is not over yet. It is not too late to make your home warmer and save money on your heating bills. Most of the heat in your house either goes out the roof or out the windows. Call us for a weatherization inspection and we can tell you what needs to be done and how to get it done. There are programs in this city that provide complete weatherization services for little or no cost for low income families.

One thing that is guaranteed to make your home warmer by keeping the heat inside in storm windows. You can make your own nice-looking and long-wearing storm windows for very little money. Come to the storm window workshop at C.A.M.P. on Thursday, February 16, from 6:30 to 8:30 in the evening. For more information on the workshop and or a weatherization inspection call 324-0500.

The CAMP Inner City Self-Help Program also invites you to join our Labor Exchange and trade labor with a neighbor. Through the Labor Exchange we facilitate neighbors helping neighbors. You can get assistance on your home repair projects by helping other labor Exchange members on theirs. You trade labor on an even hourly basis. By joining the Labor Exchange, you can meet many of your needs with a minimum of cash. You can also learn skills and teach others the skills you have. And in the process, you can become better acquainted with people in the community. For more information, call our Tool Bank/Labor Exchange Coordinator, Robert Wade at 324-0500.

Grits, English Muffins, Ranch Toast, Assorted Juices, Jellies, Coffee, Tea and Milk. Donation \$2.75.

Reserve Saturday, Feb. 18th on your calendar for a feast of a breakfast at snack prices.

For reservations or additional information, please phone the Center, 447-7816.

Central Area Senior center is located at 500 30th Avenue South, and is a member of Senior Services and Centers of Serattle/King County, a non-profit United Way agency.



Another Point Of View

by GEORGE BURNEY

THE ROLL IS BEING CALLED ON DEATH ROW

For convicts on death row, it has been increasingly overcrowded. With years of court appeals and stay's of executions, the courts now are denying appeals and in the future plan to make more room on death row.

The latest prisoner to be executed was 66 year old Anthony Antone, who was convicted of arranging the contract killing of an organized crime investigator. Antone is the 12th man electrocuted since 1976. What the courts are doing is enforcing the law. It is also doing what the public wants, according to nation wide polls in which Americans favored capital punishment.

Most prisoners will try to get a stay of execution only hours before they are executed. Many are granted, but in some circumstances they are turned down. Many cases may not get the best reviews because of pressure upon the judicial system. The prisoners themselves often become victims of circumstance and become just another part of the system.

If it's money that the courts are worrying about, perhaps, more programs for first and repeated offenders should be considered rather than to wait until someone would wind up on death row though he could have been helped long before. It's often said that the prisoners - could have, should have, would have - the courts say it's the prisons' problem. The prisons say that we don't want them here in the first place. For the police, they can only say: we are trying to help them. What about the public? "I'm sorry, but it's not my problem." - And so it goes.....

Letters should be address to: THE FACTS, C/o: George Burney. Your letter will be considered for printing in the FACTS.

CooperativeExtension
of Washington State University
344-3470

"LIFE IS A LEARNING PROCESS"
By: Colleen Patrick
Extension Program Assistant

"Life is a learning process, so you should be open to new ideas. Everyone you meet has something to offer." This is part of the philosophy that motivated Eva Henderson-Ward to become an EFNEP (Expanded Food and Nutrition Education Program) Nutrition Aide for the King County Cooperative Extension Service.

Eva has many interests such as cooking, collecting recipes, working in the Boy Scout program and singing in her Church choir. Her number one responsibility is her family, whom she is very proud of. She has 5 boys and a daughter ranging in age from 24 to 4 years old. One son just graduated as an electrical engineer; her daughter is studying medicine, one son is becoming a chef and another a photographer. And she still has two boys at home. Her husband is employed by United Waste and he is a Real Estate broker and investor.

As an EFNEP nutrition aide in the south Seattle area her goal is to help homemakers improve their quality of life by teaching them about nutritious and healthy food and helping them to get the most out of what they have. The EFNEP Program is a free educational program of the King County Extension Service to help you with better cooking; buying; meal planning of good looking, good tasting, low cost meals. This program is available to expectant women and limited income families who still have children at home.

Another goal of the EFNEP Program is to work with youth of EFNEP homemakers. They are organized into 4-H groups where they also can learn about nutrition and good health. Adult volunteer leaders are always welcomed to help with this program.

"My feeling is you learn through teaching. And what you have is no good unless you're willing to share it with someone else....EFNEP is a good program that all people can benefit from." If you are a limited income homemaker with children at home and are interested in participating in this program or becoming a volunteer leader to work with 4-H aged youth, you may call the King County Cooperative Extension Service at 344-7683 for further information.

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and has a readership of over
40,000.

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