

Mary Fields, born a slave, came to Cascade, Montana in 1884. Called "Black Mary", she was described as a six foot, tow-hundred pound, cigar-smoking, whiskey-drinking, gun-toting pioneer.

Caught in a blizzard, she almost froze to death, but fought off wolves until daybreak to save her life and cargo.

When more than 60, she got a U.S. mail route, and when the snow was too deep for horses, she would put on snow shoes and walk for miles to deliver the mail.

She met the challenges of the west with strength and courage.



Mary Fields
1832-1914

We Salute Black History



SAFEWAY STORES are

"An Equal Opportunity Employer"

ALEX HALEY SAYS:

"The Coast Guard can be the most important experience of your life."



Alex Haley,
author of *Roots*.

"It was for me.

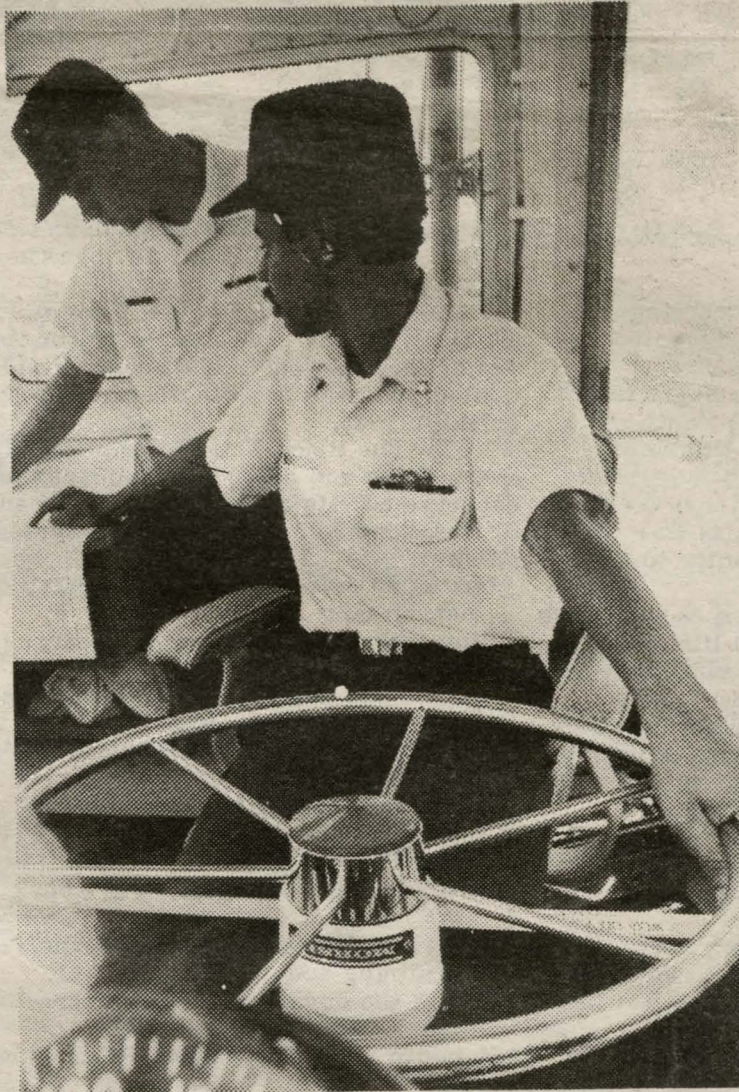
To me, it's my alma mater. I learned how to write in the Coast Guard. I went in as a mess boy and I came out as a Chief Journalist.

"It was the most important experience of

my life. And it can be yours too, if you're qualified."

Today, the Coast Guard offers great opportunities for young men and women. You can be part of a small service that does a big job: saving lives, fighting pollution, and enforcing maritime law.

If this sounds good to you, call or write us. As Alex Haley says: "You can do a lot of good for yourself helping others. And that's what the Coast Guard is all about."



The Coast Guard HELP OTHERS. HELP YOURSELF.

CONTACT YOUR LOCAL RECRUITER NOW

IN SEATTLE
1327 Third Ave.
442-1405

IN TACOMA
2000 Tacoma Mall #141
593-6580

Things You Should Know



Representative Shirley Chisholm, Democrat from New York, the first black woman to serve in Congress.



Thomas Bradley, mayor of Los Angeles, at his desk in June, 1974



On December 21, 1956, Mrs. Rosa Parks, the seamstress who refused to obey Montgomery's racial laws, proudly sits in a seat of her choice after a year of boycott integrated the city's buses!



Professor John Hope Franklin, a distinguished historian who has taught at Howard University, Brooklyn College and the University of Chicago. Dr. Franklin is the author of *From Slavery to Freedom*, *The Militant South* and *The Emancipation Proclamation*.



Martin Luther King, Jr.

people started to march on the streets, talking about the denial of their civil rights. During the 60's Black people were said to have 'leaders' who were directing their actions.

From 'by any means necessary' to 'non-violent demonstrations.' Black people lifted their voices and cried-out for their rights. During the 60's, long hot summers were feared, as riots broke out across the United States.