FROM THE VOICE OF THE AFRICAN AMERICAN COMMUNITY

THE NORTH WEST FACTS

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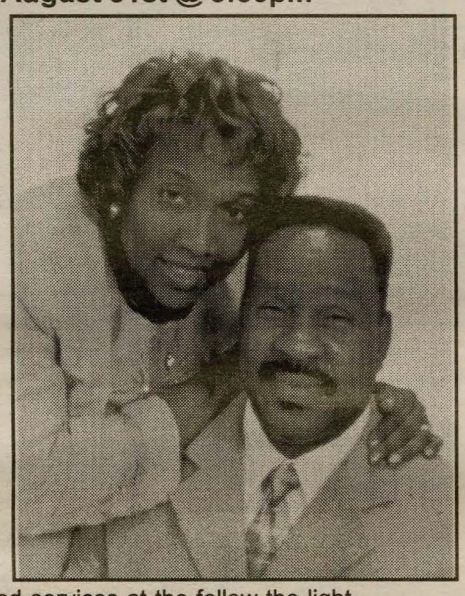
VOL. 42 NO. 32 | 42 YEARS OF SERVICE | August 20, 2003

Emmanuel Christian Conference

August 27th - August 30th

@ 6:00pm Concluding August 31st @ 3:30pm



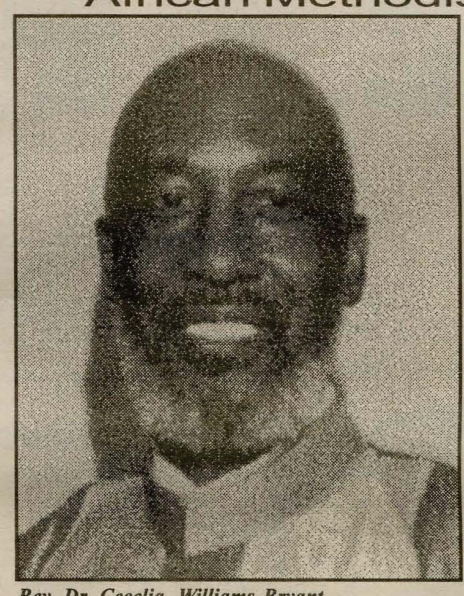


Come join us in five power packed services at the follow the light Koinonia Church 1063 Hoquiam Ave NE Renton, WA (425-430-8858) Our Special Guest Speakers Are: Wednesday, Aug.27: Elder Raul and Sis. Francine Carrasquillo, Ebenezer COGIC, and Thursday, August 28: Pastor Henry Pippin, of Chicago, IL. Friday, Aug 29: ANOINTED PRAYER FOR HEALING and Evangelist Crystal Pippins. Saturday, Aug.30: Pastor Kim and Renee Forest of King of Glory Pentecostal Assembly. Sunday, Aug. 31@ 3:30: Pastor James and Evangelist, Sharon Shaw, of Renton Full Gospel Church...Plan To Be There!!!!

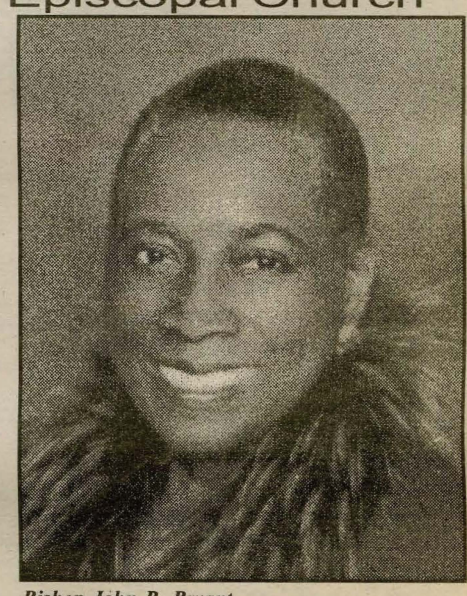
First African Methodist Episcopal Church Announces

112th Session Pacific Northwest Annual Conference

African Methodist Episcopal Church



Rev. Dr. Cecelia, Williams Bryant



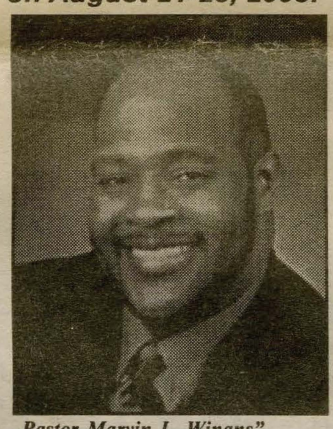
Bishop John R. Bryant

Morning Worship Preacher Sunday, August 24th, 2003 at 10:00am Rev. Dr. Cecelia, Williams Bryant Episcopal Supervisor Fifth Episcopal District. Closing Worship Preacher Sunday August 22nd, 2003 at 2:00 Bishop John R. Bryant Presiding Prelate Fifth Episcopal District. Services to be held at First African Methodist Episcopal Church 1522 14th Avenue Seattle, WA 98122.

The Northwest Believers Conference

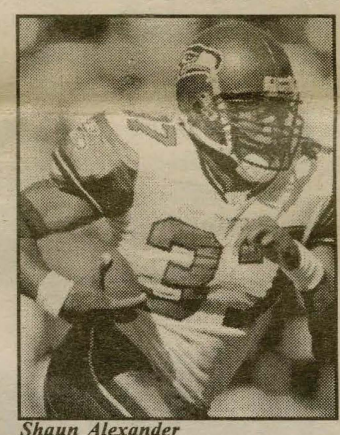
will be held at Center of Faith Church on August 21-23, 2003:

"Together We Stand" Join Center of Faith, COGIC with Host Pastor Wilbur Vincent Pastor Ronnell Mcgraw Pastor David Yaniv and Pastor David Bryant for our 3rd Annual Conference. August 21st @ 7pm National Recording artist and Pastor Marvin L. Winans will be our guest speaker. August 22, 2003 @ 7pm Pastor Vince Schott of all Nations Christian Center, will be our guest speaker. There will be a Conference Breakfast on Friday morning beginning @ 8:30am following with a noon day service. Saturday the 23rd the youth will conduct seminars and there will be a Track and Field invitation form 11-3pm. That evening we will close with an awesome musical. For more information call Center of Faith @ 253-859-1512.



Pastor Marvin L. Winans"
August 21, 2003 - 7pm guest speaker

" Walk For Seniors " in September



Shaun Alexander

The John C. Cannon Retirement and Assisted Living Residence, a 501 (C) (3) non-profit corporation is requesting your support for Our "Walk For Seniors" event. The purpose of the event is to promote the health and wellness of seniors in our community. It also aims to educate and increase the community's awareness of their needs. We are pleased to have as Honorary Co-Choir of our campaign Seattle Seahawks running back Shaun Alexander. We invite you to join us on Sunday, September 14, 2003 between noon and 4:00pm at Seward Park for a picnic and the "Walk For Seniors". Your charitable contribution will support the non-profit mission of The Cannon House, which is to promote affordable assisted living for seniors. Please make your tax-deductible donation to The Cannon House. For additional information, please contact Eudora Carter at 206-219-5952. Volunteers!! We could use your efforts to make this a huge event. Thank you in advance for your support. An invitation is extended for you to visit and tour our Facility at 113-23rd Avenue S. in Central Seattle.

Tha roof, tha roof, tha roof is on fire

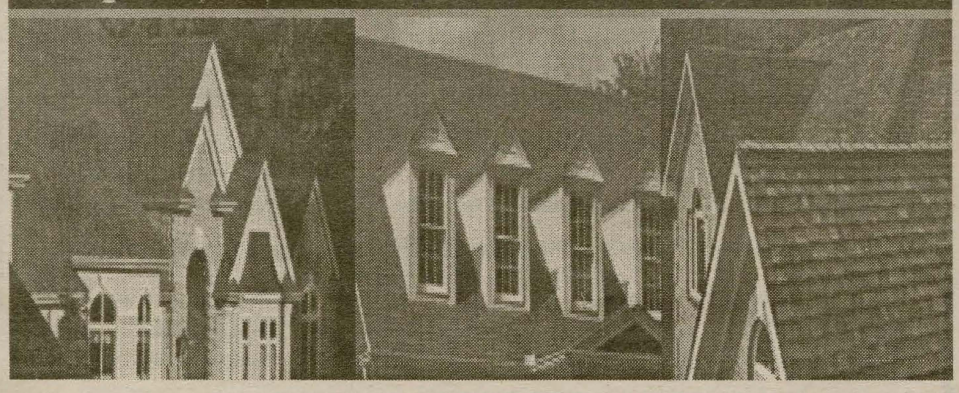
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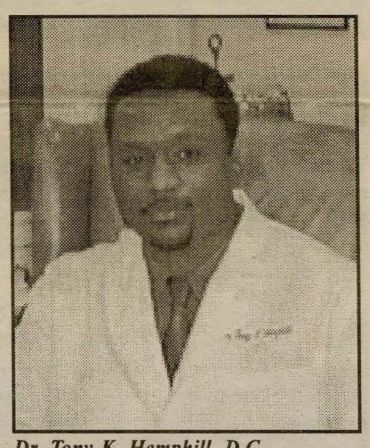
Americans Most In Need, But Less Likely To Donate



(NAPSM)-In comparison to other groups, African Americans are at an increased risk for needing an organ transplant because they are at a higher risk for health conditions such as heart problems, diabetes, and kidney disorders. However, new research shows that they are less likely to donate organs. Currently, 35 percent of the people waiting for kidney transplants are African American. Yet, recent statistics show that African Americans account for only 13 percent of organ donors. In an effort to encourage African Americans to donate organs, tissue, and bone marrow, the Linkages to Life Program was established by The Links, Incorporated, a predominantly African-American women's service organization. "While donation shortages exist overall in the U.S., African Americans consistently have a disproportionate number of people on the waiting list," said Victoria Dent, project coordinator of the Linkages to Life Program. "What's more alarming is most people don't realize that African Americans have a higher incidence of heart problems, diabetes, and kidney disorders, all of which can lead to organ failure and a need for a transplant." According to Dent, the African-American community needs to learn the facts, understand the effect a shortage of donations has and tell their families and loved ones they wish to donate:

- Better matches are made when an organ donor and recipient are of the same race;
- All major religions endorse organ donation; and
- The decision as to who receives an organ is fair and non-prejudicial.
- Because of recent medical advances in organ and tissue transplantation surgery and improved medical treatments to reduce rejection, more transplant recipients are surviving and living longer with a greatly improved quality of life. "The increasing level of research we're gathering in African-American transplant patients allows us to offer a better chance for an active life. Recent studies have shown that some of the newer anti-rejection therapies actually improve survival in this patient population," said Dr. Carlton Young, assistant professor, University of Alabama at Birmingham. "Increasing donation within a race allows for a better match and, inevitably, better outcomes." The program is supported by Roche, a company committed to organ donation education and improving transplantation outcomes through scientific excellence and innovative research approaches. People of color are helping each other by registering to be organ, tissue and marrow donors.

Early Prevention is the Key!

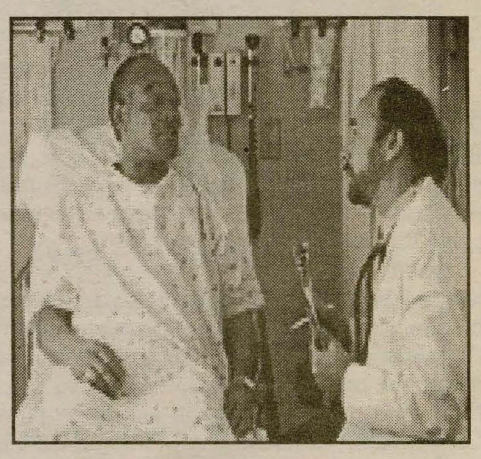


Dr. Tony K. Hemphill, D.C.

A recent study published in the Journal of the American Medical Association evaluated the risk of developing carpal tunnel syndrome (irritation of the median nerve which causes tingling, numbness and pain in the hand) from computer use. This is a condition that has been treated with much success through Chiropractic care. Researchers collected data from over 5,000 people. A very low incidence of carpal tunnel syndrome in association with mouse use (more than 20 hours/week) and no statistically significant association with keyboard use was found. Researchers concluded, computer use does not seem to pose a severe occupational hazard for carpal tunnel syndrome. However, if you are experiencing tingling, numbness and/or pain in the hand or any other part of the body, I encourage you to contact your Chiropractor or other health care provider for a proper evaluation.

Early prevention is the key!

Diabetes! Is It Hiding In You?



by Paul Blustein

Diabetes, and Hypoglycemia can slowly grow to a point and not be detectable for many years. Believe me when I say that.

If you don't mind me talking about myself, I will fill you in how low blood sugar can surface in your unsuspecting lives. Back in 1980, I had just come home from a date around 11:00 at night. I began to watch the sports reviews one weekday summer night. The lights, television, and air conditioner were all on. I did feel somewhat more tired than usual that evening and just wrote it off to a hard day at work.

While watching TV, the sound went off, and then, the air conditioner seemed to also go off. I looked around, then many thoughts ran through my mind. Was it the beginning of a black out? Then, the lights went out. Before I knew what hit me, my head began to bounce back and forth from the wall to my chest. I really got scared and realized that it wasn't PSE & G, our utility company, in New Jersey. It was me, I called my girlfriend at that time and told her to get help. Before knew it, I was in the hospital and woke up with nurses and doctors telling me I had just suffered from a severe attack of low blood sugar.

To make this a short story on how this all came about can basically be told in a short paragraph. Being a bachelor, and always being on the run, we forget to eat balanced meals.

By eating sandwiches, Hawaiian Punch and anything that looked good when we are in a rush, doesn't cut the mustard. After taking a glucose blood test for a period of six hours, it was determined that my blood sugar count was down to 29, which is quite low and therefore put me unconscious.

Here is how this begins and what makes low blood sugar slowly creep into our lives!

The starches, sugars, fats and protein in the food you eat are all converted to glucose, a sugar that your body uses for fuel. Insulin is a hormone produced by the pancreas to control the amount of glucose in the blood. Without insulin, the body cannot use or store glucose, so it stays in the blood.

Type I, or insulin-dependent diabetes mellitus (IDDM), occurs when the pancreas fails to make enough insulin. This usually occurs in childhood or adolescence, but can develop at any age. People with type I diabetes, unfortunately must inject insulin every day.

Type II, or non-insulin-dependent diabetes mellitus or (NIDDM), occurs when body cells become resistant to insulin. This reduces the amount of glucose that can be used by the cells at any one time. Type II diabetes is more common among adults, especially those who are overweight, and near or over the age of 40. (I was just about 50 pounds overweight back then), and 33 years old. But because of more over indulgence in terrible foods and sugar loaded soft drinks, got there faster with hypoglycemia that could have lead to this stage, type II.

Many people with type II diabetes are able to control their blood sugar through weight control, regular exercise, and a sensible diet. Some people may need to have injections or oral medications to lower their blood sugar.

The following are risk factors for type II diabetes:

- Age 40 or over
- Overweight
- Family history of diabetes
- African-American, Hispanic or Native American
- The symptoms of diabetes are vague, and by themselves, seldom lead to a doctor visit. They include:
- Increased thirst
- Increased urination
- Increased appetite
- Fatigue
- Skin infections
- Slow healing wounds
- Difficulty with erections
- Blurred vision or black outs
- And finally, tingling or numbness in the hands or feet

A blood test is needed to accurately diagnose diabetes. Blood glucose tests are inexpensive and very low risk. Ask your doctor if you should eat or fast before the test.

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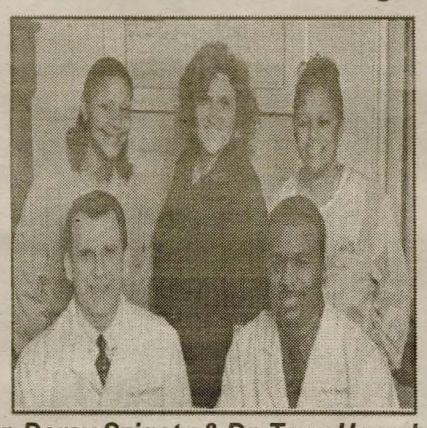
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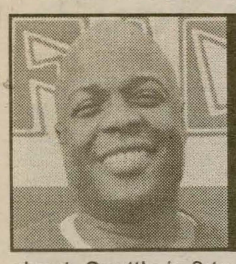
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SPORTS

Mazvita Maraire

Freddy's Revenge

Everyone likes a happy ending, it's gives us reason to believe, the prevobial "there is always hope"or keep hope alive. Wether you believe in Geek mythology and believe there really was a pandora's box or you are a realist who thinks you have to work hard for everything you earn, you have to have felt good about Seattle 's 3 to 1 win over the Boston Red Sox last Sunday. Why? Because there was Mariner Pitcher Freddy Garcia looking like Lazarus , Freddy Krueger or any other being that just won' die or go away.

Freddy pitched 7and 2/3 innings, allowed one run on four hits , struck out eight batters and walked just two. " That was real impressive it, was a big performance that breeds confidence." Mariner Pitching Coach Bryan Price said of Freddy's Performance. YO coach, shorty gave up a lead off home run in the third inning and retired the next 17 batters, before giving way to Rafeal Soriano and Shigetoshi Hasegawa. Soriano came in and threw three fast ball pitches that struck out Norma Garciaapara , arguable one of the games best fast ball hitters."We knew he would be hacking, Catcher Ben Davis said, "Nomar is a guy who doesn't take many pitches. Soriano went out there and threw three heaters by him. That's not something a lot of people can do because he's as good a fastball hitter there is. He went right after him."

After Soriano struck out Nomar to end the eight inning, Shigetoshi Hasegawa continued his perfect record in the closer role with a scoreless ninth inning. The brother is 13-for-13 in save opportunities. So now that the dust has settled the story line reads, Seattle Mariners (75-49) 6-4 of their last ten games, winners of two out of three against the Boston Red Sox and four games up on the Oakland A's. What about Freddy you say , well he has won his last two games and brought down his ERA(earned run average) to a respectable 5.08.Up next for the Mariners is a three game series in Toronto's Sky Dome and a four game series in ...You guessed it FENWAY PARK home of the Boston Red Sox. Hey I did not say that things were going to be easy for the Mariners. The M's are in a dog fight for the American league West Division title and the wild card spot in the playoffs. Beside cheering on the M's what else can you do you ask , well that's easy , Keep Hope Alive. Keep Hope Alive.

Seahawks: One step backwards, two steps forwards.

The Seattle Seahawks lost a perplexing 21 to 7 Exhibition game against the Indianapolis Colts. Why perplexing? Because you never know what to really believe in exhibiton games unless you have the privilage of watching games films. Watching game films gives one the opportunity to evaluate every play form several perspective.

The way the Seahawks offense played last Friday night, you really didn't need or want to have another look at the game film.

The Seahawks offense looked awful against the Colts blitzing linebackers, Matt Hasselbeck, Shaun Alexander and company never really figured out the Colts defensive schemes. The Colts took a 7-0 lead after Quarterback Matt Hasselbeck fumbled the ball on the second series of the game and Colts quarterback Peyton Manning hit Marcus Pollard with a three yard pass. In the end the Seahawks committed three first half turnovers and the game was long decided when Kerry Porter scored on three yard run to save face for the Seahawks." "They've got a good defense and we didn't do a very good job of picking up their game," said Head Coach Mike Holmgren.

Seattle's bright spot was the play of it's defense. The Hawks defense showed that when healthy it can play against the best of them. Rookies Ken Hamlin and Marcus Trufant continue to show that they are for real, Anthony Simmons continue to show the Seahawks that they did the right think by signing him. But as I said before, this was just an exhibition game and don't really know what to make of it.

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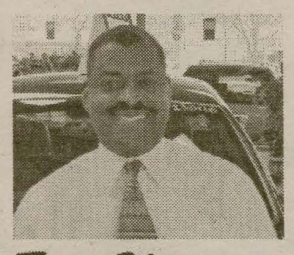
❖Games Start 9:00 AM

2003 PSYFA TEAMS

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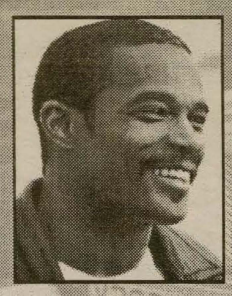
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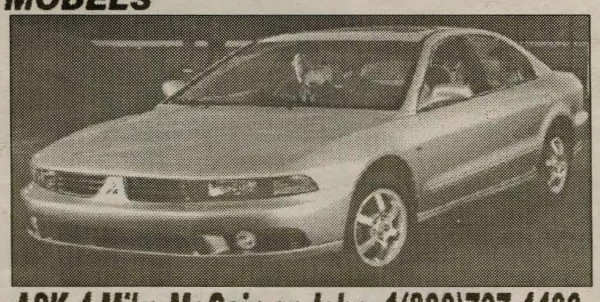
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THE TRUTH IS GREAT .... THE FACTS ARE REALITY...

United Theological Seminary and Bible College Declares 2003-2004 It's Year of Jubilee in the Pacific Northwest

God's mandate to all of his children and followers is to "Study to show thyself approved unto God a workman that needth not be ashamed rightly diving the word of truth." 2Timothy 2:15

The United Theological Seminary ad Bible College headquartered in Monroe, Louisiana has for over a half century educated trained, prepared and equipped God's people for both battle and service, under the leadership of President,DR. B.F. MARTIN. There are 21 centers located throughout the United States of America, among them is our own Seattle Extension Center. Our Chief Executive Director is the honorable DR. ROBERT HOUSTON. For more than 23 years this center in the Pacific Northwest has produced some of the best religious leaders and scholars. Among them are Dr. A.L. Hardy of the A.L. Hardy School, who served as one of our most dedicated instructors Dr. Walter White, Rev. Curtis Q. Taylor Dr. Abraham Harris Dr. Shelby Tate all national and local convention leaders, Rev. Zachary Bruce and present instructors Dr. Robert Jeffrey and Dr. Frank Bates. There is an overwhelming number of lay people, preachers and pastors who have enhanced the growth of the Christian Church and the community because of their unique unforgettable scholastic experiences at UTS. We also have 3 satellite centers and a correspondent program to meet the needs of all people. UTS dares to be different! We celebrate annually through our Student institute in the month of May. We have both out of town guest as well as local pastors delivering the noon day messages and lectures. Among our invited guest are the honorable Dr. Samuel Berry McKinney, Rev. Matthew Thornton Dr. H.P. Sampson and many others. Every 2 to 3 years we have graduation featuring our President Dr. B.F. Martin and some of the other officials from headquarters.

God's word helps us to tell our story and validates our existence. It also creates the urgency for Man to study his word of truth. God's word ignites the fire in us and stirs up the gift that God promised he would give us. Hold fast to his promise and DON'T MISS THE OPPORTUNITY TO ENROLL IN THIS GREAT SCHOOL. We promise an interminable, extraordinary change in you.

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Roots Family Picnic

August 31, 2003 10am- 6pm
Gas Works Park, Seattle WA

The Breakfast Group, in partnership with The Northwest Black Pioneers and Roots Planning Committee are Sponsoring the 2003 "Roots" Family Picnic. This event Is a social gathering in support of closing the generation? Gap to strengthen family and community ties. This year we salute the members of Washington States 41st Division National Guard Band and Korean War Veterans. So come one and come all and enjoy great Food, warm friends, games and entertainment This event is being underwritten by The Anheuser- Busch Companies.

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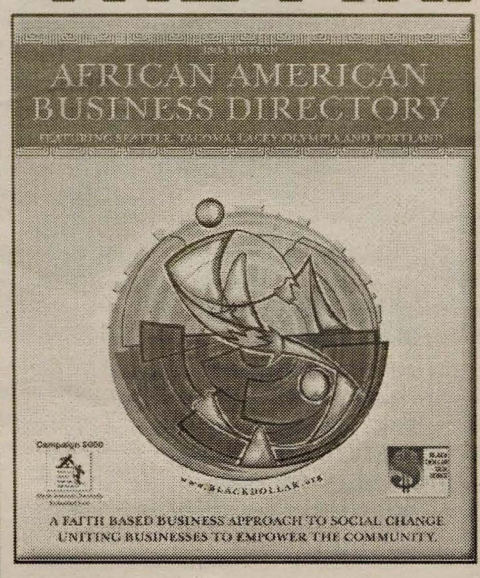
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Sound Transit Contracts to Kiewit Pacific.

The Black community has several questions concerning the Sound Transit contracts awarded to Kiewit Pacific Co. In a letter dated August 11, 2003 to Sound Transit Chairman and Martin Luther King County Executive Ron Sims, Kiewit claimed that they had received quotes from 16 African American contractors prior to submitting their bids. They had executed letter of intent to secure services of 11 African American subcontractors, increasing African-American subcontractors participation in these contracts to more that $ 3 million.

In the August 14th 2003 Sound Transit Board meeting neither the names of African American contractors nor copies of the letter of intent were available. The Black Contractors Coalition asserted that since the lack of African American participation lead to holding up the contract award to Kiewit on it's 7/24/03 board meeting, they should have demonstrated some good faith effort by providing names of their potential contractor, scope of work and dollar value of their respective contracts. A front page Daily Journal of Commerce article by Marc Stiles quotes Dan Howell Kiewit Pacific project Manager as saying that Kiewit was "actually up to slightly more than 3 million dollars now," The same article quotes Howell as saying, " the increase in African Americans is due to a couple of factors. " We had a significant number we didn't feel we could list (as minority owned companies) because they were not certified."

Rev. Kenneth J. Ransfer, Sr. Pastor at Greater Mount Baker Baptist Church, a leader who has been involved with the disparities in equity for black construction workers and contractors, stated " After all the dialogue we had with the Sound Transit Board and the Sound Transit Administration all we end up with is a promise that things would be made right. I am very concerned that African American contractors who actually bid to Kiewit were not considered, and they were certified. The battle for economic justice at Sound Transit is still a real issue in the African American community of Seattle and the Puget Sound Region. We need more than promises."

Also at the August 14th Sound Transit meeting Kiewit passed out a company statement that they entitled "Kiewit Pacific Co. Response to Allegations", that was attached to their letter to Sims. In this statement they claimed that allegations that they forced a subcontractor off a job was untrue. They further claimed that they received $1 million dollars from that subcontractor's surety bonding company as a result of the company's default and failure to perform. Elton Mason, then owner of EMT and Excavating, now dba E.L.Mason Industries Inc., was subcontractor under TLH Abatement that performed on a contract at the Washington State Convention Center in Seattle. Kiewit Pacific was the general contractor. Mason testified in front of Sound Transit's board on July 17th that he opposed Kiewit receiving the contract due to their history of treating African American contractors unfairly and that they still owed him over $300,000 (plus pain and suffering) from the convention center contract. Mason contradicted Kiewit Pacific and said, "I did not have a surety bond. Kiewit had me perform several functions outside the scope of my contract and threaten me if I did not do it. I had completed over 95% of my contract and was not allowed to come back and finish. Over a year later Kiewit hired a different contractor for more money and back charged my company for the job".

Northwest Gospel Music legend and Pastor of the Oneness Christian Center, Rev. Patrinell Wright, who one of several African American pastors who testified against the awarding of the contract to Kiewit at the July 24th, 2003 Sound Transit Board Meeting, expressed shock and dismay that the contract was awarded without Kiewit and Sound Transit not providing the public with the names of the 11 African American subcontractors that Kiewit has executed letters of intent. Pastor Wright stated, "If a contract was held up because Blacks had very, very little representation, it certainly would seem that Sound Transit would provide the names if not copies of the letter of intent, "Like Pastor Wright so eloquently said at the July Board meeting, "Just open up the door and we will get it ourselves"... James Brown.

A community meeting will be called in the very near future to update the community on Economic equity in contracting. "It's our tax dollars and we should be represented when they are spent, "said Eddie Rye Jr. of Black Contractor's Coalition.

Country Boys Hauling & Landscaping



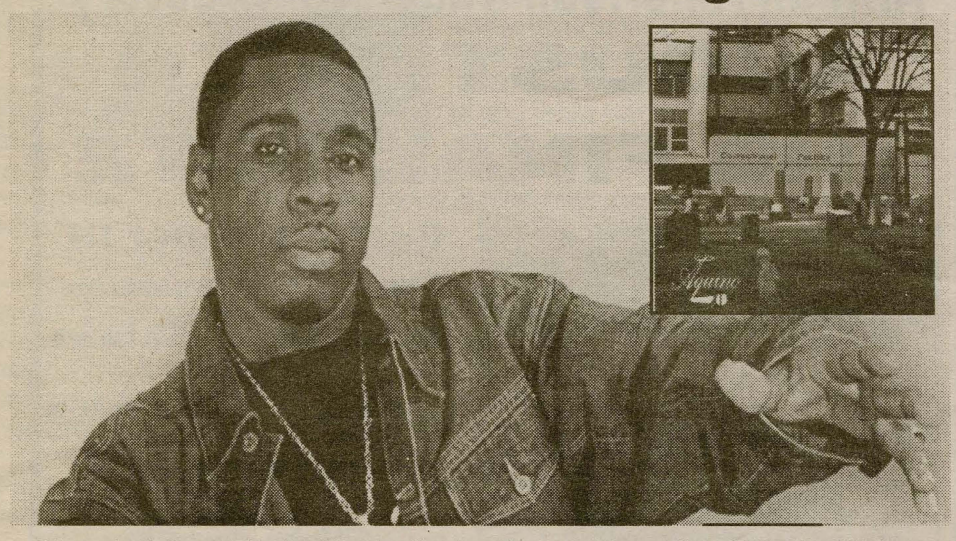
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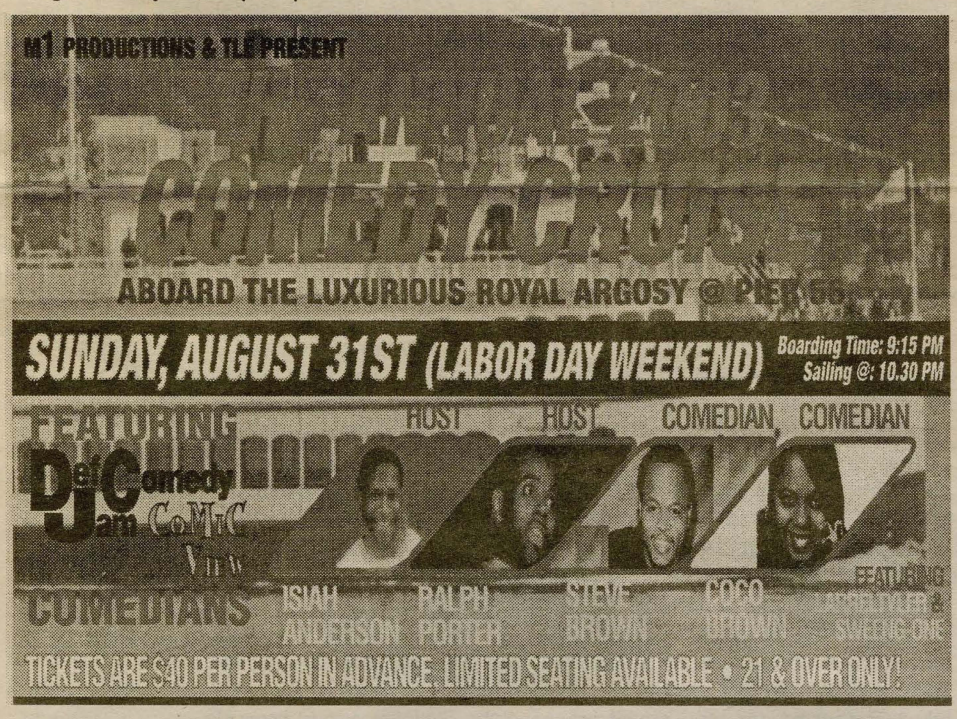
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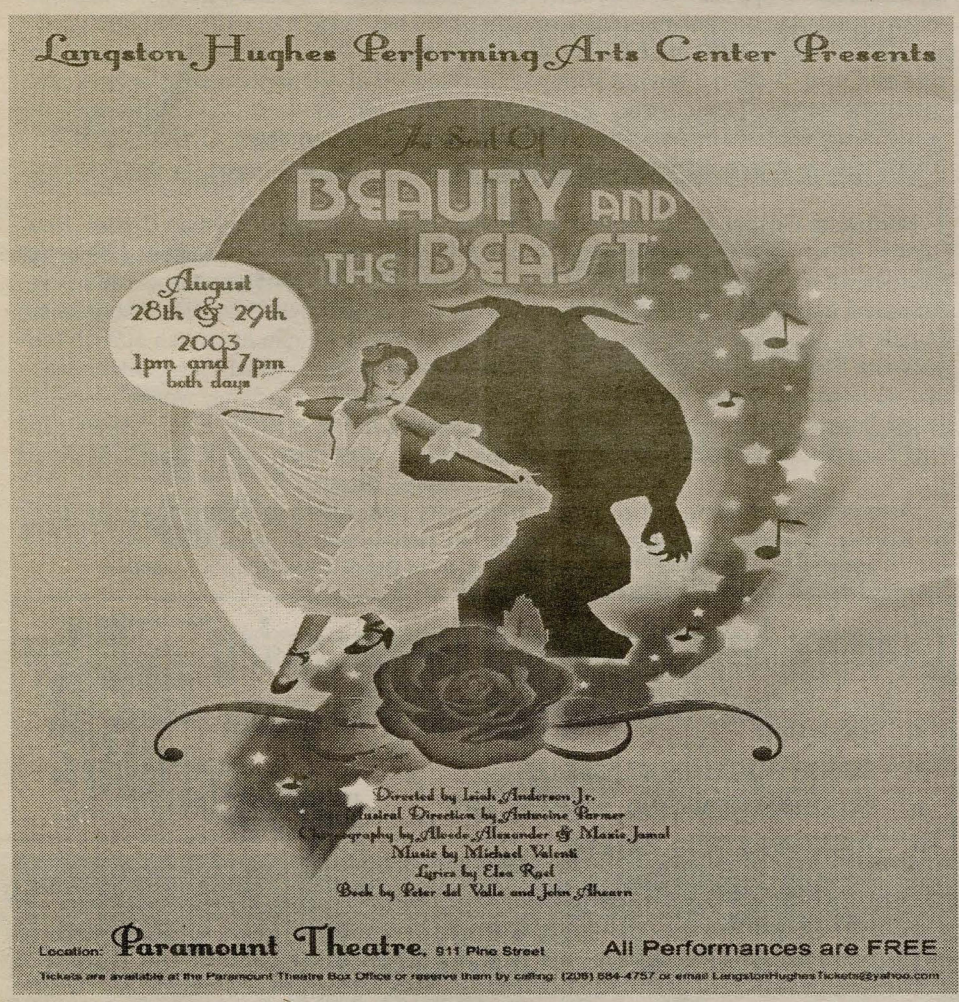


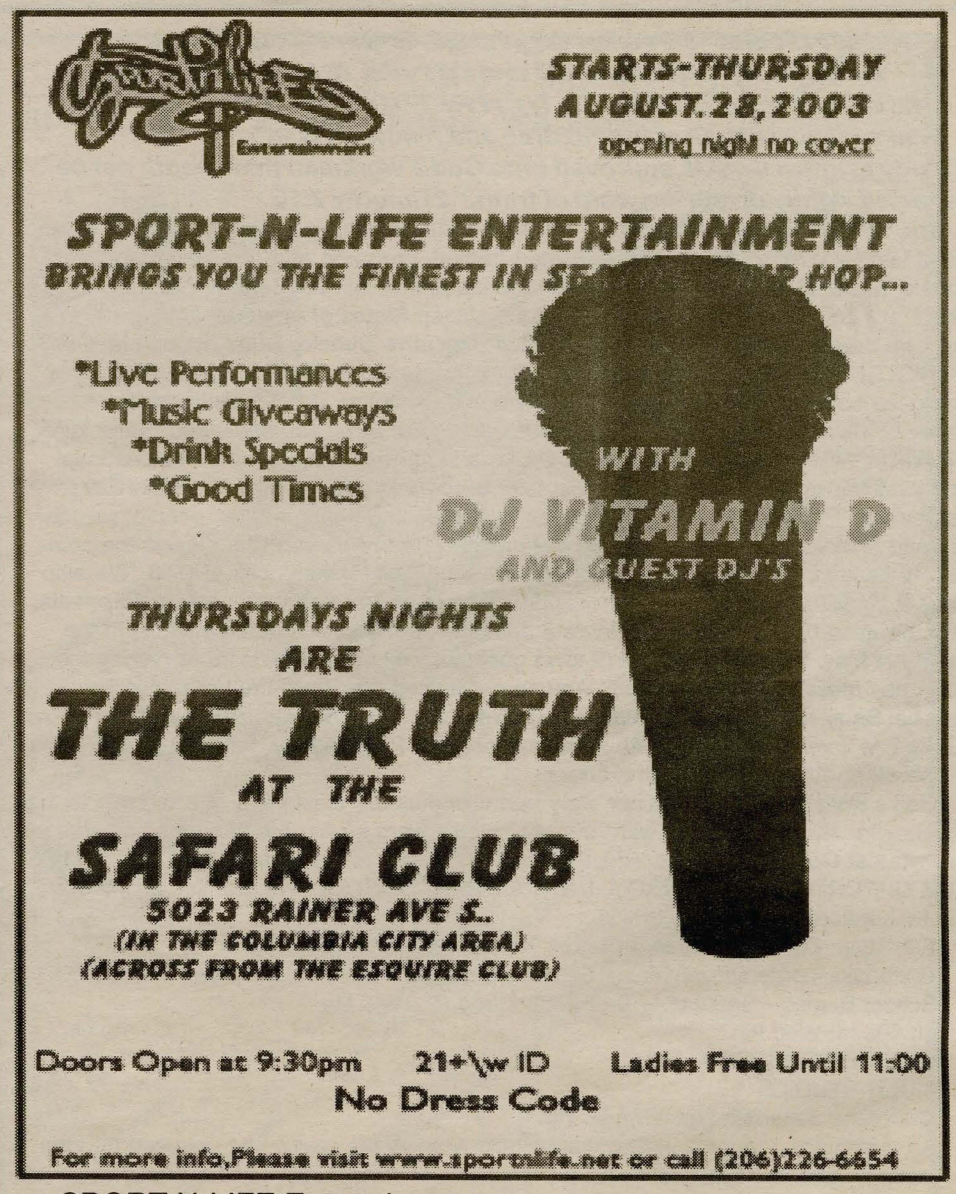
Shaunte J. Cannady aka "Aquino"; a twenty something native of Seattle, WA describes himself as "The Mc the industry has been looking for but has not yet found." Growing up in a home with parents who are music lovers Aquino had his first hip-hop experience around age nine. Enlisting himself in freestyle battles, Aquino knew he wouldn't be taken seriously quoting the likes of The Sugar Hill Gang, Grand Master Flash, African Bambada, X- Clan and Milk-D. Soaking up the knowledge and influence of those artists two years later
his first rhyme/song was written.

Listening and living hip-hop is not where it ends; "It's the music as well as all the different vibes and styles in hip-hop. And I want to master them all." When artists like 2-Pac, Rakim, X-rated, Gangstar, Wu-Tang, E-40, OutKast and Jay-Z came on the scene. The light bulb came on; "I had to tighten up my writing and flows if I want to approach my dreams with their same resilience." From open mic nights to competing in competitions he knew he probably wouldn't win Aquino protest; "If I only have one head bobbin' in the crowd, my labor is not in vain!"

Currently promoting his first full-length album "Consequences
Before Discussions". He too humbles himself when he speaks about the Lord blessing him with the means to executive produce his own product. What sets him apart from the rest is his decision to "collaborate instead of hate". "Consequences Before Discussions" features some of Seattle's best in the game. "My goals in the Game/Music Business are to get my name on the wall as an emcee who left a lasting imprint and impression. Go out and find talent in the nook and crannies of the world. And lastly make sure I am in a position to elevate and share the blessings I have received from this game they call Hip-Hop."







SPORT-N-LIFE Entertainment brings you The Truth Tursday nights at the Safari Club 5023 Rainer Ave S. located in the heart of Columbia City across from the Royal Esquire Club. Starting Thursday August 28th come and experience an evening of Hip Hop music with DJ Vitamin D on the turntables plus guest Dj's,live performances by SPORT-N-LIFE recording artists and music give aways.

Come on down dance, drink, have fun.





Get And Stay Organized Throughout The School Year



(NAPSM)-Life is full of challenges around school time. From waking up early to make the kids' lunches to racing to a soccer game after a sales meeting, the reality is that the back to school season affects both parents and children. In order for kids to be successful in school and in life, good family communication is key. Maria Bailey, Office Depot's Family Organization Expert, offers innovative tips for families to stay on track throughout the school year.

Tip #1: Establish a routine. Whether your child is going to school for the first time or moving up a grade it's important for parents to review their child's school and extracurricular commitments early for the upcoming year. Plan out a weekly schedule and try to stick to it.

Tip #2: Get organized early. Last minute book reports and science fair project deadlines can be trouble-free if you have all the school supplies you'll need ahead of time. Whether you are a stay-at-home or working parent, be sure to "take a day off" to get the family organized prior to the start of school and again after the holidays. Many retailers including Office Depot let you buy in bulk and save on the basics such as pens, notebooks and construction paper.

Tip #3: Create a "Family Communication Station." A new school year means new schedules, project deadlines and time requirements for the entire family. Avoid missed deadlines and morning chaos by creating a "Family Communication Station" that keeps students and parents on the same page. For under $50, you can easily assemble the station by hanging a large cork bulletin board, small dry erase board and monthly calendar in a high traffic area of your home, such as the kitchen. Keep the calendar updated with activities and deadlines for each child.

Tip #4: Kid-Friendly In/Out Boxes. How many times has your child lost a permission slip before you got a chance to sign it? Assemble kid-friendly in/out boxes for the constant flow of papers and permission slips that must be reviewed and signed by Mom or Dad. Have each child decorate their own personalized box with stickers, markers and glitter.

Tip #5: Try to keep some consistency in your child's schedule. Be sure to leave one night free for the whole family to dine together. Talk with your kids about how they are balancing homework and extracurricular activities and listen carefully to what they say. Not only will this bring you closer, but knowing what the kids are up to can keep you even more organized.

Creating a "Family Communication Station" can help you avoid missed deadlines and morning chaos.



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COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			20	21 NW Believer Con. 21-23 25715 102nd SE Kent, Wa.	22 *Franklin HS 30th Class of 73* Reunion 22 & 23 South China Restaurant 2714 Beacon Ave. S. Financial Educational Seminar Double Tree Guest Suite 16500 South Center	23 Donovan James Roberson 1st Annual Memorial Pinic **Seattle Animal Shelter** 2062 15th Ave. W. Seattle, WA 98119 206-386-PETS
24 **Earth, Wind & Fire** **Pier 62/63** 1600 Alaskan Way Seattle, WA 98101 206-281-7788	25	26 **American Idols Live"** **KeyArena** 305 Harrison St. Seattle, WA 98109 206-684-7200	27 **Seahawks Stadium** 800 Occidental Ave. S. Seattle, WA 98134 206-381-7500	28 **Bellevue's "Live at Five" Concert Series** 550 106th Avenue N.E. Bellevue, WA 98004 425-453-3112	29 **Al Jarreau, Yolanda Adams and Najee** **Chateau Ste. Michelle** 14111 N.E. 145th St. Woodinville, WA 98072 425-488-3300	30 When Woman Hurt Healing Seminar 13735 24th Ave. So African American Veterans Family Day Seward Park 11-3:30pm
31 ROOTS Picnic Gas Works Park 10 - 6pm **Bremerton Waterfront Boardwalk** Second Street Washington Avenue Bremerton, WA 98337 360-377-3041	1	2	3	August 2003		

Schedule of Events

Childish Film Festival
Featuring independent children's films and videos from around the world.
Schedule
Little Theatre
608 19th Ave. E.
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