

Adopt A Child

Children who are Black, handicapped or older are desperately wanting for a family of their own. Adoption is easy. You may rent, live in an apt. or home, single or married. You need not be wealthy and you may apply for help with extra expenses. You are invited to an adoption information meeting on May 26th at St. John Baptist Church and learn how you can help these children who needs parents.

For information call Betty Johnson at 593-2797.

TCC PLANS SPECIAL SUMMER SAN JUAN CRUISE

A special five-day summer cruise exploring the San Juan and Canadian Gulf Islands has been scheduled July 18-22 by Tacoma Community College.

The cruise aboard the Baltic ketch, Sylvia, is sponsored by the college's Office of Continuing Education.

The 76-foot Sylvia was built in 1897 as a sailing-fishing vessel. It was refitted in 1971 for extended cruising and has since sailed the Atlantic, Pacific and Mediterranean.

For the TCC cruise, the historic ketch will tour the wild islands of the north sound and gulf, giving passengers a close look at the habitat of sea otters and bald eagles. Days will be spent sailing or exploring the islands, searching for wild strawberries or wildlife; nights will feature campfires on secluded beaches.

Participants will be encouraged to follow personal interests such as camping, diving, swimming, fishing, hiking or photography.

After a pre-trip orientation at the college, the cruise will depart from Bellingham. Cost for the tour is \$275. For registration information contact the college at 756-5000.

Grand Tour Of The Caribbean

Travel International is very happy to invite you and friends of **The Prince Hall Masonic Family**, to join us on a specially sponsored Grand Tour of the Caribbean, departing 1:14 a.m. October 23 through November 4, 1983.

This memorable event will include an extended stay (approximately 8 days) in Barbados, West Indies, the birthplace of our founding Brother, Prince Hall.

As you are aware, Barbados was first visited by the Portuguese and is well-noted for its beauty, splendor and cultural attributes including the exotic tropical Andromeda gardens and luxury hotels.

A special side trip to Fort-De-France, Martinique, the most exotic of the West Indies Islands, where the delightful mixture of Creole and French culture permeates the Island.

The Tour will further highlight a trip to St. Thomas, Virgin Islands, the shopping center of the West Indies.

You cannot afford to miss this grand opportunity of a lifetime whereby the history, tradition and heritage will leave a lasting mark in your minds and hearts for as little as 1,250 which includes a roundtrip air fair, luxury ground accommodations for approximately 12 days, side trips to St. Thomas and Martinique.

The Tacoma Ministerial Alliance Credit Union is available to assist you in making your financial arrangements. Telephone: (206) 272-9551.

You must act fast, only limited spaces are available for this unbelievable opportunity.

Make your reservations now by calling 627-5070 Tacoma, or 682-1666 Seattle.

Travel International

Coping

By Dr. Charles W. Faulkner

Be Assertive

Timidity can cause you to be nervous and full of stress simply because you criticize yourself for not having acted a certain way in a situation that has passed. The next three columns will show you how to eliminate your stress by asserting self and standing up for your rights.

"I wish I had more nerve so that I could take charge." This statement indicates that having the nerve to ask for what you want in a confident manner is often more effective than merely being nice. Most people would like to assert themselves and to be strong and forceful in their presentations. Nearly everyone admires an assertive person. Don't you?

When you want to be assertive in a certain situation but lack the nerve to do so, you become frustrated, tense and unhappy. When you refrain from letting people push you around, you get a good feeling inside.

This is your Assertiveness Quiz. Indicate how an assertive person would respond to the following situations.

1. After agreeing to go to a basketball game with some friends, you realize that the game takes place the same day as the birthday of your spouse who expects to be taken out to dinner.

☐ A. You go to the game but promise yourself never to make the same mistake again.

☐ B. You tell your friends that you will not be able to go because you promised to take your spouse to dinner and his/her birthday.

☐ C. You realize that the birthday of your spouse is more important than the game and you simply do not show up for the game.

2. Your opinion on the issue is quite different than theirs' and you might hurt their feelings if you express it.

☐ A. You decide that you do not feel like arguing and that it is best to keep your ideas to yourself.

☐ B. You express your point of view whether they like it or not.

☐ C. You tell them that this time they are going to listen to you for a change. And, you proceed to vehemently state your ideas.

3. You, a Black person, pay for a newspaper in a store and the clerk, who is white, drops your change on the counter and refuses to thank you after having thanked other white customers.

☐ A. You tell the clerk that you are tired of being treated rudely by honkies and will punch the clerk in the nose if your change is not placed properly in your hands.

☐ B. Not wanting to create a scene, you pick your change up off the counter, leave the store and promise yourself never to shop in that store again.

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☐ C. You tell the clerk that you understand his/her need to be rude to minorities and you feel sorry for his/her inability to control his/her inadequacies. Then, you send a letter of complaint to the supervisor.

Answers to Quiz:

Situation 1: A. Timidity; B. Assertiveness; C. Arrogance.

Situation 2: A. Timidity; B. Assertiveness; C. Arrogance.

Situation 3: A. Arrogance; B. Timidity; C. Assertiveness.

Timidity and arrogance are frequent characteristics of stress. Assertiveness indicates calm stability. I will tell you why in my next column: Assertiveness and Common Sense.

CHILDREN'S INDUSTRIAL HOME RECEIVES CHENEY GRANT

Children's Industrial Home of Tacoma is the recipient of a \$10,000 grant from the Cheney Foundation for the construction of a covered play pavilion at its Home on the Hill.

According to the home's administrator, Anthony Screws, M.S.W., the structure will provide a covered play area for use by the residents of the boy's home. As Screws explained, when children are denied a physical outlet for their energies, disruptive behavior increases which sets back the progress of the child's treatment. The covered play area provides a healthy outlet for productive activity.

Children's Industrial Home, founded in 1980, operates two residential treatment centers for troubled children. Home on the Hill provides accommodations for 16 boys, ages 8 through 14. The Tacoma Girls' Club houses ten girls, ages 14 through 17. The staff provides a wide range of treatment services aimed at eliminating behavioral problems and reuniting the children with their parents.

THE NORTHWEST DISPATCH

"SERVICE THROUGH KNOWLEDGE"

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