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A Report To The People

by ISAIAH EDWARDS

This is True:

Arising from the crevasses of an environ, filled with bigotry and hatred, came he, Jesse Jackson, and astounded the world with his great daring, in announcing an aspiration he had nurtured since his early childhood: "I want to be President of the U.S.A." And, as the results of which America's political process will never remain the same: For the stewardship of Dr. Martin L. King has hastened the day when a Black, shall one day, become President of the U.S.A.; with continued perseverance in fields of education and preparation; with honest and concerted efforts of voters' registrations; with increased numbers of Black mayors in control of most of our largest American cities; with increased numbers of Black office holders across the nation in at-large; and after we've had a few more diabolical, hypocritical forked tongued administrations such as administrated by Richard Dick Nixon, and Ronald Reagan, Frustrated America will have no other alternative, but to place its trust in the brain power and the proven integrities of Black men, to run this government, just as she has turned to the Black American athletics who dominates her athletic world with their superior capabilities. The bigots and the racists shall be subdued, and humanity will demand justice above color. Yes, one day sooner than we know, we shall have a Black President, and Jesse Jackson's stewardship will have hastened that day.

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

CHERRY STREET TALK

by

THE PHUNTIQUE LADY:

BARJA NAZARETZ



BARY TALK: WHERE IS MY LEGAL LICENSE TO LIVE

Since a law cannot be made directing that certain children shall not breathe—we end up with magnificent opera buffos starring "unlicensed" parents and "licensed" public censors.

Looking at some of the classics: (1) Ousted from Cabinet Post: Parliament member, Cecil Parkinson wishes the baby born to his ex-mistress secretary—"peace, privacy and a happy life." (2) Marion Center, Pennsylvania: The school board upheld the dismissal of 17-year old Arlene Pfeiffer from the National Honor Society. (3) Dallas, Texas: Some parents complained that by selecting Ayle Martin, 17, Homecoming Queen, the school appears to be condoning teenage pregnancies.

These "unlicensed" parents exercised their personal rights in allowing life to their children. Remember the times when the newspaper would run a blurb young unidentified girl's body found at city dump. Grapevine gave the reason of death as botched abortion. The voices of censor never hollered about TWO DEAD ONES. Now the parents in these situation choose LIFE FOR TWO, the censors are having a field day in curbing the rights of a parent to do the best possible with future planning.

Babies are given legitimate license and recognition by the IRS—they are legal exemptions. Uncle Sam will not censor citizenship and taxation areas—we are all equal in the eyes of the IRS.

As young mothers continue with their education, we can see many becoming lawyers and politicians. They will need to remember to re-write the laws that were originally narrowly designed to protect large landholding families. New laws can accommodate birthrights of children legally recognized by their fathers. Deletion of any disenfranchisements to the mother and the child are in order.

Note: If you are looking for the lily in the morass, come in and see us on your monthly ghetto visit. Don't pass up your opportunity to visit our landmark location as you whiz by in your big ride on 23rd Park on Cherry, bring your phamily—we have something for everyone.

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by Jody McCrackin

Facking With McCrackin

MORE BLACK MAYORS ARE KEY TO NATION'S FUTURE

If the number of Black Mayors continue to increase in the future as during the past sixteen years, there will be little need for any of us to worry about facing another period in history such as the one we are currently experiencing. Should that happen, this nation may never have to contend with another Reagan as President, and overall conditions for everyone will have greatly improved because of that fact. It was not at all surprising to see recent statistics compiled by the Joint Center for Political Analysis that revealed a spectacular increase in the number of Black Mayors during the ten year period between 1973 and 1983. Black Mayors increased during that brief period by 364 percent. Today the 226 Black Mayors represent more than 25 million people in some 28 of our 50 states. Most of us will undoubtedly agree that the office of Mayor is one of the most difficult, most demanding and most challenging public offices that one can hold. It is an office that requires all the skill and expertise that these Black men and women can bring to it.

In many ways, Black Mayors are a special breed. They bring to the office an uncommon sensitivity for human suffering that is lacking in even the most liberal white public official. The only other public official that comes close to having their unique sensitivity are White women and Hispanics whose numbers are also increasing. When combined with White women and Hispanic Mayors, they represent more than half the total population of this nation. With these kind of numbers, it should be almost impossible for a conservative hater of Blacks, Hispanics and Women, like President Reagan is said to be, to ever get elected again.

However, the primary necessity for assuring against his or the election of any other conservative, is that Black Mayors, White Women Mayors and Hispanic Mayors get people that they represent out to vote. If they do, whatever amount of money that conservatives are able to raise will not help them get elected. The numbers, the sensitivity and the sentiment are clearly against the Jesse Helms, the Strom Thurmonds, the Roger Jepsens, the William Armstrongs, the John Warners, the James McClures, the Larry Presslers, the Gordon Humphreys, and yes, the Ronald Reagans of the nation. Among these, only President Reagan may be wise enough to see the handwriting on the wall, and quite frankly, may well elect not to seek a second term. His fate too, is clearly in the hands of Blacks, Hispanics and Women, who are not likely to soon forget either the years of 1968, 1972, or 1980, the years that the nation had Richard Nixon, his resignation, and the election of President Reagan. Those were dark days in our history that none of us can afford to forget.

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HEALTH EXTENSION

When you are laughing, talking, walking, sleeping, or doing nothing at all, your system is regenerating continuously. One cell is dying, another is being formed. The regeneration process happens automatically. Cells can regenerate toward health or degenerate toward illness depending on the choices one makes in daily life. When you eat, how much you exercise, the way you manage stress, your mental and spiritual orientation—any combination of all these factors determines the quality of regeneration of the cells.

Health status is purely individual. Even illness can act as a health indicator. Dramatic progress toward the regeneration of your health can be made once you learn your body chemistry and system, and discover the causes of illness. Often we convince ourselves that we can be fit without efforts, thin without dieting, and psychologically and spiritually healthy without facing our behavior problems. It is time to stop cheating ourselves.

For a realistic wellness evaluation, you have to assess your health status. Some significant signs of imbalance are: (1) Food-digestion difficulties requiring digestive aids, poor eating habits, more than 10% above or below your ideal weight (which creates poor body image), (2) Energy level—low energy, lacking in stamina, sluggishness, no exercise habit, (3) Stress—anxiety, quick temper, restlessness, poor sleeping habits, difficulty concentrating on daily tasks.

To be continued Next Week).

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

PSILOCYBIN

(cont'd from last week) The precise mechanism by which psilocybin produces a pseudo-hallucinogenic state is not known. Both psilocybin and psilocin are thought to effect the levels and activity of certain brain hormones. One of these, 5-HT (Serotonin), is involved in the transmission of nerve signals in the brain. It is thought that the interaction of psilocybin or psilocin with this hormone, and thus with neural transmission, accounts for the altered states of perception produced by the drug.

Although the psychological effects of Psilocybe are similar to those of LSD, mushrooms are much less potent, and have a shorter duration of action. A psilocybin "trip" can last from 4 to 10 hours, depending on the type and amount of mushroom ingested.

Current research has not demonstrated physical dependence potential with psilocybin use, although tolerance to the drug's effects does develop. Tolerance is the development of increasing immunity to the effects of a drug, so that greater amounts are required to produce the desired result. In addition, psilocybin has demonstrated a cross tolerance with LSD.

Although a dose of from 115-160 microgram/kg. of body weight is usually sufficient to produce definite effects, tests in animals indicate that psilocybin is relatively non-toxic. Intravenous doses as high as 200 mg/kg. of body weight were administered to mice in one study, with no lethal effects. Children, however, may exhibit untoward responses including high fever and convulsions. The death of one child in the Pacific Northwest has been attributed to Psilocybe poisoning.

HOSPICE VOLUNTEER TRAINING OFFERED

Volunteers are needed to work in the Community Hospice Program which provides in-home care to terminally ill patients and their families. Community Hospice serves Seattle and King County. Trained volunteers are essential components of our

hospice team. In addition to lending assistance with transportation and activities, they provide emotional support to patients and their families.

Training will be held during the day (9:30 - 3:30) on four successive Thursdays. (Feb. 16 and 23, March 1 and 8). No previous experience necessary.

To apply call Community Home Health Care 282-5048 and ask for the Hospice Volunteer Coordinator.

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BLACK-ON-BLACK CRIME (Part 1 of 4)

As we gear up to celebrate Black History Month, we will not have any history left unless we as a community do something about Black-On-Black crime.

Black-On-Black crime is committed on those who can least afford it - those who are extremely vulnerable and are larger uninsured. The economic and political oppression suffered by Black people in America is the cause. It is a symptom of the social ills.

Brothers and sisters are acting out of impulse and frustration. We are all confined in a vacuum. If you are angry, frustrated, helpless or hopeless, you manifest those negative feeling right there within the context of the vacuum.

Racism is systematically projected in every institution in America and this produces a sense of self-hate. People in that same vacuum will begin to believe those messages coming from institutional racism. The power and consistency of that message will take its toll.

When the economic and political oppression reaches a certain point in one's life Black-On-Black crime will erupt.

Dr. Chancellor Williams wrote, "Life caged animals they strike at what is nearest to them—their own people. White need not go all out for "genocide schemes" when Blacks are killing themselves off daily on such a larger scale."

(Next Week: The Youth and Black-On-Black Crime.)

FROM THE FRONT

THE NATIONAL BLACK UNITED FRONT

AFRO-AMERICAN HISTORY MONTH:
It's Creation, Changes and Aims

Afro-American (Black) History Month was first celebrated in 1926, called then Negro History Week. In 1972 the name was changed to the present Black History Week, due to the demand for more time, and the week was extended to a month. This event was the brainchild of the late Dr. Carter G. Woodson, also known as the Father of Negro History. Carter G. Woodson was born in Virginia, and received very little formal education, freedom and employment, until age 17. He was the son of former slaves, who taught himself to read and write, and later graduated from high school with honors. He then went on to attend Berea College, the University of Chicago, and graduated from Harvard University in 1912 with a Ph.D. Carter G. Woodson, unlike many Blacks of that time and today, did not forget his roots. In 1915 he became the founder of the Association for the Study of Negro Life and History. He strongly believed in promulgating the contributions which Black people have made within this society, he believed that it was necessary, through research, to bring Black History out of the shadows and to probe the neglected aspects of Black Americans.

Throughout the years, the Association for the Study of Afro-American (Black) History has presented and encouraged yearly celebrations, usually in February. This year, several groups have events scheduled, including the Black United Front, the Seattle Times, KIRO Television, the Seattle Public Library, and the National Council of Negro Women. The activities include programs of dance, film, music, literary arts, puppets shorts exhibitions, visual arts and dramas. This annual tribute to Black History is scheduled to begin January 28 and continue throughout February.

Keep an eye open for announcements of the various programs, and try to attend at least one of them during February. Also watch for notices on the NBUF programs (one each Friday evening, starting February 10th) in this column and the National View, or call Pam at 323-0229 for further information.

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Another Point Of View

by GEORGE BURNEY

VIEWPOINT RESPONSE: SUGAR RAY'S COME BACK WILL TURN SOUR

This week's viewpoint response is in regard to the article which appeared in the Dec. 21, 1983 issue of THE FACTS. The column was directed at the return of boxing great Sugar Ray Leonard, who just a year earlier announced his retirement due to an eye injury. Most likely sustain in his last match with Thomas Hearns.

This week's response is from a boxing fan who thinks that Ray Leonard is headed toward the wrong direction.

Mr. Burney: This letter is in response to your article on Ray Leonard which was in the 21st issue of THE FACTS. Although the letter I'm writing is a little late, there are some points I would like to get across. First of all, many boxers cannot leave well enough alone. For instance, when Muhammad Ali retired - then returned, then retired again. He was just playing games with his own fans. Trying to make a comeback at age 39 in boxing! - come on Mr. Burney, who's foolin' who?

And as for Sugar Ray Leonard, you explained in your article that any more injury to the eye retina, this young man will go blind. He's a young man with money and is set for life. Why would he risk his eyesight for history? Only he knows.

Yours truly,
Marun Holly.

CooperativeExtension
at Washington State University
344-3470

HOUSEHOLD MOLD AND MILDEW

By: Anne Engelsen
County Extension Agent

The cold and wet winter of 1983 and 1984 may lead to a couple of minor but unpleasant household problems that can be prevented with a little attention. The problems are mildew and musty odors.

Anne Engelsen, King County Extension agent, cautions that the right conditions for mildew is a thin, usually black or greyish growth produced on many kinds of surfaces by molds. These molds grow on anything from which they can get enough food. In homes they develop most often on cotton, linen, rayon, silk, wool, leather, wood and paper. Many synthetic fibers are resistant to mildew.

Prevention of mildew growth is a lot easier than removing the mildew once it has a chance to grow. To prevent it, keep things clean, control excessive moisture, keep the air dry and circulating and be certain that any closed location has frequent and adequate circulation of air. Chemicals such as silica gel, activated alumina, and anhydrous calcium sulfate can be used to absorb moisture from the air.

When mildew damage has occurred on clothing or any household article, remove the spots as soon as possible. If possible, brush the spores off outside so that they are not scattered further in the house. If carpets or upholstery is damaged and the removal of mildew is with a vacuum, be certain to dispose of the bag immediately, preferably emptying out of doors.

Drying, sunning and airing the damaged article will stop the mold growth. However, during the winter season this process is hardly possible. Clothing spots can be removed by soaking colorfast garments in a chlorine bleach solution of two tablespoons bleach to one quart of water. Soak five to fifteen minutes.

For non-colorfast fabrics use a solution of peroxygen bleach of one-half tablespoon to one pint of water. Be sure to pretest fabrics for colorfastness as some fabrics with wash and wear of special finishes may be damaged by chlorine bleach.

When mildew remains on upholstered articles or mattresses, sponge lightly with thick suds of soap or detergent and wipe with a clean damp cloth. In doing this, get as little water on the fabric as possible so the filling does not get wet.

Another way to remove mildew on upholstered furniture is to wipe it with a cloth moistened with diluted alcohol (one cup denatured or rubbing alcohol to one cup of water). Dry the article thoroughly.

For further details on preventing and removing mildew in the home, call King County Cooperative Extension office at 344-2686 and request King County publication KC #39.

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