

Letter to Editor

Dear Mr. Beaver,

Now that the recall election has passed into the history books, I finally have a chance to express my personal gratitude for your support.

Perhaps the most heartening aspect of the election is the understanding and confidence shown by our citizens in making what I felt was a critical choice, critical to our city's entire future. The people, through their elected officials, must make the hard decisions that guide our community, not the special interests.

Although a healthy "adversary" relationship is the most proper exchange which can develop between our offices, I am thankful that you, and the people of Seattle, were able to define the issues correctly, direct your energies to increase the awareness of those issues, and put together the type of support which was the real force behind our victory. This was indeed the public's victory.

The role of our community publications, particularly evidenced by the outstanding support which you gave, has never been so importantly demonstrated.

I am confident that we continue to share a common goal of making Seattle the very best possible place in which all people can live, work, and enjoy life.

Sincerely,
Wes Uhlman
Mayor

Can I or Can't I?

(minister, writer, philosopher & motivational speaker)

By Sparky Spight

THE SUCCESSFUL PLAN MAKES THE SUCCESSFUL MAN

What a shocking report! According to the U.S. Bureau of Labor Statistics: out of 100 men at age 25 who'll set out to seek their fortune, by the time they reached the age of 65, 54 will be broke and dependent on friends, relatives or charity; 36 will be dead; 5 will be working because they have to; 4 will have an income; and only 1 will be financially independent. What this really boils down to is that 9 out of ten men on this average will be dead or dead broke by the time they reach the age of 65; and the most probable reason why the remaining group of men did not achieve success (even though they did not plan to fail) they simply, "fail" to plan success, like mounting to any goal - you must work at it. Perhaps these 100 men started out with much zest and ego; yet as the job became more intense they began to get impatient. And in becoming impatient they become doubtful and negative. Achieving success takes much planning and studying. Stop at this moment and just look around you. Everything that's within your vision, first started as an idea in the mind. After the idea, come forth the plan - the blue print. Without this plan or blueprint the idea could not exist. It would remain just another discarded idea; wasting itself in time.

I cannot tell or even show you how you should go about attaining your success; but one thing you must remember, is, that you must start with your first brick before you can finish with your last one. And if you can continue to do this you will be able to surmount as you've never done before. While you are "doing your thing" of succeeding, don't permit yourself to worry about what the "people" think... just keep planning, building and succeeding and I will guarantee you'll soon attain and see the "finished product" of your plan.

Remember these words: If you can't be a highway, be a road; if you can't be a sun, be a star; but whatever you be, plan, to be the best of what you are.

Good Luck

The Wall Street West Report

by Abe Moore

The Dow Jones News Service reports that stocks opened higher this morning, with the Dow Jones Average up 6.83 at 9:30 AM out time. This followed a close on Monday of plus 4.77 that advanced the Dow Jones Industrials to 875.94.

Will the day come when there are no lemons to gripe about? The New York Times reports on a new bill passed in Washington, D.C. called "The Magnuson-Moss Act", but otherwise known as, "The Lemon Act". Its designed to take the lemons out of the warranty of consumer products. The new law seems to put the burden of education on the manufacturer who is expected to make warranty information readily accessible and to encourage - or demand, if that's possible - that retailers pass this information along to buyers.

For any information, please contact Foster & Marshall, Inc. at 205 Columbia St. in Seattle, Washington. Or call at (206) 344-2452.



ABC of Beauty

by Charlene Roberts

Back this week, on the proper way to wash fabrics. This information is coming straight to you from the Proctor and Gamble Company department of Consumer Services. My contact was with Ms. Dorothy Simott.

For the next coming weeks I will be talking on removing stains from washable fabrics, treatment for stains, general rules for stain removal, stock up for stain removal, which gives you some ideas on things that you may have around the house that are stain removers, and also special advice about fabrics.

The reason why I feel that it is necessary to discuss fabric care is because there are a lot of people who do not know how to clean their clothing, so they just walk around wearing stains, and etc. I feel that if they knew what to do to the different stains, they would not walk around dirty.

A person's appearance means everything. I have seen so many young people looking for jobs this summer who are very much out of order. It is not the name of a garment, but it is how clean and neat it is. It could even have a hole in it, but if a person is clean totally this means that you care. To keep you caring about your appearance I have some tips for you.

1. STACK UP FOR STAIN REMOVAL
Since prompt treatment helps in removing stains, it is so wise to have the proper supplies on hand. Here are some stain removers that you can keep on hand:

Bleaches - Chlorine Bleach, Fabric color remover, oxygen bleach (non-chlorine, all fabric)

Detergents - Enzyme Presoaker, light duty liquid detergent, enzyme detergent and soda is one that I like to use.

Soaps - Laundry soap; white bar soap

Miscellaneous Stain Removers - Ammonia, oxalic acid crystals, rust stain remover, dry cleaning solvent or spot remover, nail polish remover, rubbing alcohol, turpentine (steam distilled), clean white clothes or a clean rag and white paper towels.

I think I will stop here for now, to give you a chance to stock up on some of these items. So that next week you can pay attention to the **SPECIAL ADVICE ABOUT FABRICS**, which I will be discussing with you, which is most important to know. May God Bless you.

For further information I may be reached at 322-8296.



Astrology

— by —

Dr. Feelgood

HIS SUN SIGN MONEY POTENTIAL...

This week we will look at his basic attitude towards money and possessions.

ARIES 3/21-4/20 - He has the drive and power of mars behind him and can get money. Holding it can be another thing, however.

TAURUS 4/20-5/20 - Venus gives this man a love of pleasure and possessions. His natural constructiveness helps him acquire these pleasures and his stubbornness helps him keep them!

GEMINI 5/21-6/20 - He is very clever in the arena of commerce. Mercury gives him the ability to make "hook ups" that often result in cash.

CANCER 6/21-7/20 - This sun sign dominates the lists of the "who's who" of high finance. He feels insecure without money and possessions and like the crab, his symbol, he holds tenaciously to what he's got.

LEO 7/21-8/21 - He feels royal, and needs the extravagant trappings of royalty. The sun, his ruler, gives him the power to attract wealth and possessions. He may, however, let it all ride on the nose of a fast pony.

VIRGO 8/21-9/22 - Virgo, an earth sign, is hard working and conscientious and in a small way steadily builds his bank book. He can however, appear petty to the more mag nanimous, but what he earns he keeps.

LEBRA 9/22-10/22 - The planet Venus, his significator rules luxury and art, etc. He often uses his natural artistry to earn money easily but you know what they say, "easy come easy go."

SCORPIO 10/22-11/22 - The eighth house, the natural house of Scorpio, rules among other things "other people's money" and they usually get plenty of it. They have a knack of being at the right place at the right time. And they hate losing anything including money.

SAGITTARIUS 11/22-12/20 - They know where the power is and go straight to it with the proper play for the right pay. They enjoy games and speculation and like Leo, love a long shot.

CAPRICORN 12/21 - 1/19 - They crave power and authority. Having money helps this ambition and nothing or nobody can deter them once the goal is set. Because it takes so much work and concentration to gain money and possessions, it stays.

AQUARIUS 1/20-2/18 - He is inventive and ingenious by nature and often comes up with new money making schemes, much to the delight of his friends.

PISCES 2/19-3/20 - This man is often a mystic and dreamer with good planning faculties for making money. Unfortunately more often than not, the plans stay just that, plans.

What's At Stake?

By Calvin Hightower

FUNDING FOR MINORITY PROGRAMS



Black oriented social service agencies in Seattle, King County and other counties throughout the state have not received the kind of consideration for funding necessary for continued survival. The monies in question are a mixture of state, county, city and private funds.

About five months ago, a few directors of minority programs, along with other concerned individuals, felt it was time to organize to assist with minority funding problems. The original group, calling themselves the Minority Task Force, was composed of Frank Mims, Community Acceptance Program; Art Simmons, Center for Addiction Services; Jerry Saunders, Conquest Center; and Calvin Hightower, Operation Awareness. Since that time Fitzgerald Beaver, THE FACTS; Syd Sparks, Central Breakthrough; Karen Denard, K.Y.A.C. Radio; Joe Bell, Prisoner's Coalition; and Curtin Knight, King Co. O.E.P. Program have been added. We are also looking forward to representatives from the Indian and Chicano communities. The long-range objective is to insure that all minority programs, regardless of the type of service provided, have an equal chance at receiving available funds.

The attainment of these goals was given added impetus when state funding allocations were announced by the Seattle King County Drug Commission. The Task Force felt that the Drug Commission had failed to adequately respond to minority programs requests for funds. It is felt that this had been the case for the past four years. There is feeling among the group that both the Drug Commission and minority programs have been at fault in that there has been a laxity on the part of minority programs in bringing about pressure on those responsible for the allocation of funds.

An example of what has been happening is the case of the Community Acceptance Program, located on 14th & Yesler in the Urban League Bldg. Community Acceptance has a primary focus of job development and placement for the ex-addict and ex-offender re-entering the community. To accomplish their goals and objectives they utilize a variety of channels, among them the media, drug education workshops and providing information among the local schools. They are involved in areas where many social service agencies lack time and funds to do a sufficient job. Numerous agencies recognize the importance of what C.A.P. is doing.

Despite the vast amount of support for C.A.P., the Drug Commission felt the program was not a priority for funding. The funding request was reconsidered and \$2,000.00 was granted, not nearly enough to insure continued operation for any sufficient length of time.

Why is it so difficult for minority programs to gain government and private funds? To answer this minorities must be in a position to seriously approach those who are responsible for the general allocation of funds. Questions asked by the Minority Task Force are: why haven't those minority programs with large community support received funding in the past and present; what kind of procedure will agencies like the Drug Commission use in the future to determine funding priorities; can we expect the doors to effective and efficient communication to remain open?

The Community Acceptance Program has made another appeal to the Drug Commission for more funds and is currently being considered. The job of the Minority Task Force is to give support to this program. We aim to give objective support not simply because this is a minority oriented program but one that provides a very necessary and unique service to the community and one that has no immediate replacement. We cannot afford to let this type of service be cut off.

The Minority Task Force will continue to study the funding picture as a whole. Not only do we plan to look at funding from the Drug Commission but all other available funding sources. Equality in the allocation of funds should not take a minority task force to bring about needed pressure. However, we must accept the realities of today which often require the necessity of organized interest groups willing to work to insure their rights.

THE WHO AND WHY ABOUT INSURANCE

by Al Williams



Something you should know about traffic violations and accidents..... A poor driving record can have a variety of undesirable effects on motorists. Insurance companies have access to the driving record of their clients, and often adjust their premiums upward if the driver has received citations. Employers likewise have access to driving records under certain conditions, and this information is often a factor in decisions on hiring and promotions.

I suggest that you review your driving habits and make the corrections you feel are necessary to help you meet all of today's driving conditions. By doing this you can avoid being involved in a collision, or further violations that may have serious consequences.

"Any question about your auto insurance or driving habits, you can call 722-5270 or write 4702 Rainier Ave. So., Seattle, Washington.

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The Disease of Alcoholism

This is the first in a series of articles concerning alcohol, its use, abuse, and the disease of alcoholism. The series is being prepared by the staff of the Central Area Community Alcoholism Center to provide education about alcohol to members of the community. THE FACTS is printing these articles as a public service.

Alcohol is a liquid, a chemical, and a drug. As such it has many uses, the most popular is in its beverage form; beer, wine and hard liquor. It has been used as a beverage for thousands of years, in all parts of the world. During the past several hundred years, however, our society has placed a moralistic judgement on that liquid and those who use it. It is now time to look somewhat rationally at the uses and abuses of alcoholic beverages, so that we may become a more educated, more knowledgeable, and a more humane community.

As we all know, alcoholic beverages are drunk (the act - not the condition). When a person drinks either beer, wine, or hard liquor, the alcohol in that beverage is absorbed directly into the body, it is not digested like food and it has no nutritional value, just lots of calories. The alcohol passes directly from the stomach into the blood system and is circulated throughout the body, not just to the liver and brain, but to each and every body cell.

So once you've had a drink or two, you begin to feel lightheaded, and friendly. This happens because alcohol, the drug, is a sedative, a 'downer'. As it goes to the brain it begins to sedate, or put to sleep, the brain's intelligence (control) centers, allowing us to express our emotional behavior, for better or worse, with fewer inhibitions. One may find it easier to make friends in a crowd of strangers, or more easy to carry on a conversation. This point of 'feeling good' is the point to which most people drink. However, most of us have, at some time, gone a bit beyond this stage. We've found that: some of us get sick; our talking will become slurred; we will begin to see two/three/four things when there is really only one; and, we will eventually loose our ability to walk normally.

Alcohol, the sedative drug, works on the brain. Like ether, once used in surgery, it sedates the frontal part of the brain and moves toward the rear of the brain, reaching the nerve centers where our life functions (heart and breath) are located. When we have too much alcohol for our body to handle we will pass out, and if that does not happen, or if we drink too much too fast, we could over-dose and die.

Most people drink alcohol to 'feel good', we open up more, our problems seem less pressing, we are friendlier, and we do and say things we would not normally do or say. Our judgement has been effected by alcohol, and the more alcohol we drink the more our judgement will become effected. "I can drive better after a couple of drinks", is a statement that we have all heard many times, and maybe used ourselves. We will use it only after having that 'couple of drinks' because, at that time, we will not be thinking rationally. Our thinking and judgement will be effected by the alcohol in our system, so although we may think we can drive better after two or three drinks, if we were thinking rationally we would know that every test, from every country in the world, proves that with as few as two drinks we will drive with less control and poorer judgement than when we are sober.

After this brief introduction to alcohol, we know that:

- 1 - Alcohol is a liquid, a chemical, and a drug;
- 2 - Alcoholic beverages are beer, wine and hard liquor;
- 3 - Alcohol enters the body directly, it is not digested like food, and it has no nutritional value, just calories;
- 4 - Alcohol is carried by the blood system to every organ and cell in the body;
- 5 - Alcohol is a sedative drug; a 'downer';
- 6 - In moderate amounts alcohol reduces our intellectual control over our emotions, and lets us have a good time more easily;
- 7 - Most people drink to the point of 'feeling good' and then stop. If a person drinks beyond this point the alcohol will continue to sedate the brain from the front (intelligence) centers to the stem of the brain (life functions);
- 8 - What this means is, if we keep drinking we may get sick, we will begin to have trouble with our vision, our coordination will not be good enough to walk normally, we may pass out, and if we drink too much too fast we could overdose on alcohol and die;
- 9 - After several drinks our judgement is seriously effected, so we may think we can drive better, but we will drive much worse. Imagine having a surgeon operate on you if he or she had just had a 'couple' of drinks before entering surgery.

Although this may all appear too simple, and something that everyone knows already, it is actually what happens to anybody who drinks alcoholic beverages. Each person will respond differently due to body size, if they had eaten before drinking, what their mood is, the type of the drink, and a number of other reasons, however, it is important to remember that anyone who drinks alcoholic beverages will have these same reactions.

Anyone interested in further information or help, please feel free to call us at the C.A.C.A.C., 322 - 2970, or stop in at our office, 905 East Columbia, on the Columbia street side of the Broadway Medical Center.



Job Hunting

By Chuck Hatten

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This week's comments are again aimed at students. Whether you are in Junior High, High School or College, preparing for your future is an immediate task. I know you are asking, "How can I prepare for my future when I don't know what I want to do?" There are several things that can be done even if you have not decided on a career.

The first thing that can be accomplished at this point is to talk to your teachers and counselor as to what areas you seem to be more proficient in, such as reading or writing skills, ability to grasp mathematics easily or quick to pick up on other sciences. Although most careers require a basic knowledge in all disciplines, they do require extensive training in specific areas. To exemplify, a career in engineering usually takes an extensive educational background in other disciplines. If you know someone who is in the field of your desires, ask them courses that they needed to accomplish their goals. If you don't know anyone in the field, do some research as to where they can be located.

You may decide that to achieve your desired career that your educational needs require vocational training. There are many very good vocations that do not require college or university education. What it's all about is finding a career that you like to do and can earn a decent living. Having a good job does not mean that you have to be sitting behind a desk. There are many "Blue Collar" positions that don't require college education that pay more than a "Desk Job." I have read somewhere that the average garbage collector earns about \$14,000 a year, which is equal pay to that of a social worker with a Master's Degree. (The point is a matter of supply and demand. If on a national basis there are 1,000 positions available every year in a particular field, and 5,000 qualified applicants for these positions every year, you can bet that the salary ranges are not going to equal to what they would be if the figures were reversed. Investigate and make your choice.

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