

STATEMENT OF INTENT.....

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A Report To The People

by ISAIAH EDWARDS

This is True:

The 15th Annual District, composed of District #6, Torri Lodge #46 Okinawa; District #7, Marianas; Travelers Lodge #49, Guam; and District #8, "The Purebreds", Mabuhay; Lodge #59 of the Republic of the Philippines, convened in the afternoon April 15, 1984 in Chapel I of the Clark Air Force Base, to observe their 15th District's Annual Thanksgiving Service. We assembled in the Chapel's preparation room with each, and everyone of us, properly regaled, Mr. Lacsina, a Filipino, was seated at the organ and the MC for the occasion; Bro. Avie R. Stokes, awaited our processional entry. "What a sight to behold!" Invocation and Scripture was given by Bro's. O. Sumlin and John Calahan of Mabuhay Lodge #59. The welcome was given by the Worshipful Master of Mabuhay Lodge #59. Bro. Willie C. Young, Jr.; introductions were made by worthy Matron Jackie Wiggins of Grace Chapter #31, O.E.S. of the Philippines, and Bro. John Coefield of Mabuhay Lodge #59, Philippines. The music was furnished by two groups - the Mabuhay Choir, and the Voices of Clark. Such singing I've never heard before, under the capable direction of Sister Jacqueline Garland, Asst. Matron of Grace Chapter #31, O.E.S. The sermon was brought by a Rev. Harold Hannibal, whom I believed took a roving subject, and he didn't leave a toe untouched. A young, Rev. Claude Parham, set our souls on fire, with a touching solo, and comments was given by our Grand Worthy Matron, Sister Winifred Hopkins, followed by our most worshipful Grand Master, Charles D. Stubblefield. Benediction, and the Postlude followed. This to many has been very boring, I'm sure; but not, to us Masons for this is what were all about. Before setting forth upon a journey of great endeavor, we first seek favor of the Deity. This Service, not only cemented our hearts with Brotherly and Sisterly love, but united our souls for what ever challenges might arise within the various houses during the rest of the week.

During the remainder of the week, I observed the Sisters and Brothers performing their duties like Jephthah's daughter and king Solomon himself with such proficiency I had not witnessed in the States. The highlight of the week's performance was when a two Stars General, flew his private airplane from Okinawa to Clark Air Base. The red carpet was rolled out for him, and Mort Worshipful Grand Master Chas. D. Stubblefield, Ill. Deputy James W. Davis, and Imperial Potentate, Roswell A. Taylor, gave him the full works. He was made a shriner.

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



Another Point Of View

by GEORGE BURNEY

SUPER DIETS: MIRACLE WORKERS? OR JUST FAST MONEY MAKERS

Most advertisements for weight control are full page ads and guarantee immediate weight loss, however, there are various side effects to these so called wonder diets, which makes claims for those who have been trying everything to lose weight.

So just how far will people go for that slim look? How much money will they pay? Well, for openers diet pills and capsules are the hottest selling items on the open market and more new wonder diets are popping up from everywhere. It is most likely a power of suggestion atmosphere when an advertisement suggests that you do not have to exercise, or you can eat anything you want, which might lead someone to ask what about a control appetite? Many of the people who buy these diet pills are really not aware of the product they are purchasing the first thing that comes to mind is "If I take these pill it will work." Well, that is the wrong thought channel to be in, and you almost have to do research and homework to find out what you are going to be putting in your body.

It would be much wiser to consult your doctor before going on fad diets, and if that is too time consuming, grab a copy of consumer report. Exercise and a balance diet is very important. If you eat as much as you want and don't get exercise, do not expect to wear a 32 waist, and so it goes.

Send your letters to THE FACTS - c/o: George Burney; your letter will be reviewed for printing in THE FACTS.

SMILE AMERICA

A Healthy Smile Brightens Everyone's Day

Remember, community news of interest is exclusive in THE FACTS and you read it first.



Facking With McCrackin

by Jody McCrackin

IS IT SILLY TO WISH THAT EVERYONE COULD READ?

BY JODY MCCRACKIN

If it is, then go ahead and call me that silly old man who keeps entertaining those impossible wishes. Yet, I still have some difficulty recognizing the impracticality or the impossibility of such a wish. I sincerely believe that learning to read is a goal that is within the achievement of everyone, and I really would love knowing that everyone is at least making the attempt. When we get right down to the nitty gritty, maybe those who cannot read are not much worse off than some of us who can. One could look even further back to the days of Slavery and say that Slaves were not much worse off than some of us today. Even though individual Slaves were sometimes sold and bought the same as one might sell or buy an animal today, that may not have been the worst thing that could have happened to them. Often it wasn't, especially for some of those Slaves who dared to try to learn to read. Nobody is going to do anything drastic to anyone who cannot read today, other than feel a little sad for him or her who has not yet acquired that ability.

Lives for those without the ability to read would seem to be pretty empty. What can they do? Where can they go? One might even question if they should be permitted to marry and have families. If they marry and have families, what are those children and grandchildren resulting from those families likely to be like? Almost surely they too will not be able to read. Who will teach them in those first few years of life? Are they the families that never have learned to vote? Do they spend most of their time in prisons? I know it is their business if they cannot read. However, it is also my business and your business if they cannot read, because somewhere along the line their inability to read is going to have its impact on communities and the overall society.

Therefore, I just have some very plain and simple advice for those who have not permitted themselves to learn to read. Start picking up books, magazines and newspapers - all kinds - and get to work reading. It's never too late.

Stay with us.

FROM THE FRONT

NATIONAL BLACK UNITED FRONT

CHILDCARE AT YESLER TERRACE AND FURTHER YOUTH PROGRAMS

Although many of us consider that children are our most important resource and legacy, the children of the poor and economically disadvantaged have a much more difficult time in reaching and fulfilling their potential than any other children in this country. The children of Yesler Terrace are certainly no exception to this fact, for although the community maintains offices and a recreation center, the use of these facilities is not encouraged by those who yield the power at that Seattle Housing Authority site.

Most pressing is the need for a childcare center in the development. In conjunction with the African People's Socialist Party (APSP), we of the National Black United Front (NBUF) are backing our extreme vocal concern about the childcare situation in Yesler Terrace with the organization and formation of an African People's Childcare Collective which will address the needs of Yesler Terrace residents. This Collective, which will be run by the residents of Yesler Terrace, will endeavor to provide that strong backup needed by the many single-parent families in the development, in addition to those households with both parents. We need to know from you as Yesler Terrace residents what kind of assistance you need - and from you, concerned citizens, we need to know what kind of assistance you can give in this effort.

Another area of concern to NBUF is the fact that the recreation center is not available to community residents during those periods of time when youth activity (or rather inactivity) is at the highest - evenings and weekends. These are the youth that have passed the point of "assimilation" into the public educational systems, and who instead need worthwhile and meaningful activities to fill up their "leisure" time, activities which are both educational and recreational. The youth of Yesler Terrace need help in developing educational skills through tutoring, and organized recreational activities.

It is in this spirit that we of NBUF appeal to both residents and aware neighbors and friends - WE NEED YOUR INPUT! In order to get a Junior African Movement (JAM) program to help our youth from oldest to youngest, we need to know in which areas you feel help is needed most. Please, CALL Pam at 323-0229, and let us know how you think we can help. YOUR IDEAS ARE IMPORTANT!!!

Make a wise advertising "investment" Call THE FACTS Compare our rates. You'll be glad you did. 324-0552

THE NEW LAW IS TOUGH. DON'T DRINK AND DRIVE.

Washington Traffic Safety Commission

DUPLICATE BRIDGE AT THE CENTRAL AREA SENIOR CENTER.... THURSDAY NIGHT AT 7:30

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By Herb Jackson

The Monday Noon Bridge Set enjoyed four tables of Duplicate bridge April 30th under direction of Herb Jackson.

Results: 1st Bill Lee - Braxton Price

2nd Ed Chatman - Muriel Russell

We're thinking of offering a prize to any pair who can beat the reigning champs two in a row; or perhaps just once!

Now for the regular Thursday Night Game. Connie Moorehead directed a eight table "Mitchell" Game with the following results:

North-South: 1. Edward West - Blanche Whitney 2. Albert Walker - Octavia Jackson 3. Bill Wade - Leonard Evans 4. Chuck Jones - Bill Lee

East-West: Ed. Mike Moorehead - Nan Edwards 2. Styne Slade - James Motin 3. Tom Woods - Irene Woods 4. Carolyn Benning Cecel Holmes

ABA Nationals at Toronto, Canada

0/300 - 78 pairs:

Jim Motin - Toddy Price 1st NS, 5th Overall

Pre-National - 100 to 299 (58 Pairs)

Octavia Jackson-Ruby Martin 1st NS, 4th Overall

Dewey Carr Open Pairs 25-99 (28 Pairs)

Ellen Law - Fannie Chapman 5th Overall

100-299 (62 Pairs) Octavia Jackson-Ruby

Martin 2nd NS, 10th O/A

900/U (64 Pairs) Leonard Evans, 14th Overall

100-299 (46 Pairs) Barbara Merriwether-Lucy Haynes 3rd EW

Knock-Out - 148 Boards - 3 Days (If you last) Flight "C"

1st Place Jim Motin, Toddy Price, Ray Merriwether, Orville Johnson, and Peggy Johnson.

Flight "F" 5th (Team of Martha Jordan, Helen Rawlins, Lois Sayles,, Beatrice Leverett, Fannie Chapman, Ellen Law.

More Next Week! Ed West is scheduled to direct May 17th; Jim will assign a Director for May 10th. SO, COME ONE, COME ALL! SEE YOU THERE!

The Political Legacy Of Malcolm X: Jesse Jackson, Minister Louis Farrakkan, And The Malcolm X Connection

May 14 Community Bookshelf Douglass-Truth Library 7:00 P.M.

Kwami Taha will review and analyze The Political Legacy of Malcolm X by Oba T'Shaka at the May 14th COMMUNITY BOOKSHELF. Mr. Taha knew both Malcolm X and Louis Farrakkan which provides him with a unique perspective of how Malcolm and his political legacy is manifested in the contemporary climate. Kwami Taha is a transplanted New Yorker who was Secretary of Muslim Mosque, Inc. (founded by Malcolm X after he left the Nation of Islam), Community Organizer of the Organization of Afro-American Unity (OAAU), and Past President of the Council of African Nationalist, a confederation of nationalist organizations in New York. Mr. Taha has also worked as a Liaison of the staff of the late Adam Clayton Powell and can bring a unique understanding of the historical legacy of the grassroots bid for the presidency of Jesse Jackson.

Kwami Taha is currently Chairman of the Business Administration Division at Shoreline Community College and as a past Chairman for Ethnic Studies at Shoreline is familiar with the peculiarities of the Pacific Northwest.

COMMUNITY BOOKSHELF is held on the 2nd Monday of each month at Douglass-Truth Library from 7-9 p.m.

(Copies of "The Political Legacy of Malcolm X may be obtained in advance by calling 323-1255).

CITIZENS NUTRITION PROGRAM

The Central Area United Elder Citizens Nutrition Program invites all Senior Citizens to take part in our Nutrition Program held every Monday, Wednesday, and Friday at 12:00 Noon at the Langston Hughes Cultural Center at 104 17th Ave. So. Hot, nutritious, well-balanced meals are served. The emphasis is on fresh fruits and vegetables, whole grains, and choice quality meats.

Transportation is available upon request. In addition to meals served at the center, special arrangements for home deliveries can be made for those low-income homebound seniors.

The program is funded by a block grant from the City of Seattle. For further information, call Karen Dalton at 625-5357. A typical menu for a week is as follows: FRIDAY, May 11: Pork in gravy; fresh carrots; tossed salad; rice; w/w bread; choc. cupcakes. MONDAY, May 14: Tuna and macaroni cass.; brussel sprouts; sliced tomatoes; w/w bread; peaches. WEDNESDAY, May 16: Fried fish; collard greens; cole slaw; yams; cornbread; apple sauce.

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BUGS

By Sharon J. Collman
County Extension Agent

To the gardener, it must seem the world is overrun with insects. All are waiting in the weeds to descend on the first vegetable seed to poke its head through the soil. Slugs, asparagus and flea beetles, cutworms, cabbage maggots and carrot rust fly are notorious, for they compete for the same food the gardener wants to eat.

We have grown up with the idea that the only good bug is a dead bug and so we begin the battle by spraying and stepping on any bug in sight, except maybe lady beetles.

But there is some good news about insects: they are not all bad. Like any group only a small percent are pests, the majority are just there; and in a healthy garden, there are many insects working for the gardener.

Those fast running many legged red "trains" that run out from under rocks are centipedes. Together with the shiny black ground beetles, they feed on garden pests.

Before you get out the spray can, find out what kind of bug it is. Take the specimen to the Master Gardeners Central District Clinic at Promenade 23rd (near Thriftway), 23rd and Jackson between 9:00 a.m.-1:00 p.m. every Saturday. (You might even consider becoming a Master Gardener yourself one day; sign up begins in October so you've time to think about it.)

For a free bulletin on Beneficial Insects with pictures to help in recognizing them, call 344-4162. Let us know you read about it is THE FACTS. Also free are a DialExtension brochure - with over 200 tapes on garden topics - and the Master Gardener Clinic Schedule for the 20 clinics in King County.

Socialist Workers Voice Grievances: Sponsors Rally

On Sunday, May 13 at 6 p.m., a rally to protest racist violence in the city will be held at C.A.M.P. Firehouse, located 722 18th Avenue in Seattle. Speakers will include Wayne Williams, Director of Afro-American Studies at the University of Washington; Jose Cervantes, Chicano community activist; Cheryl Hidalgo, Socialist Workers Party candidate for governor; and others.

The rally, entitled 'Stop Racist Attacks, No to Nazi Violence' is a response to racist attacks taking place in Seattle and nationwide. On March 28 Robert Baldwin, a Black laborer was shot over thirty times in the back by Seattle police. On April 26 the headquarters of the Socialist Workers Party Campaign for Governor and Congress was firebombed after a week of vandalism by a Nazi group. The police have not investigated despite a letter signed by many local civil rights, women's movement and labor activists, urging that they do so. New Martin Luther King Way street signs have been defaced with paint. All of this comes directly in the wake of the acquittal of 6 Ku Klux Klan and Nazi members who murdered anti-Klan demonstrators in Greensboro, North Carolina in 1979. This acquittal three weeks ago gave a green light to Nazi and Klan groups across the country to strike out at defenders of Black rights. Police inaction in the Puget Sound area, most notably in regard to the three consecutive firebombings of the Everett Feminist Women's Health Clinic, has given further encouragement to the racists.

On Wednesday, May 2, a delegation visited the Mayor's office to demand action in investigating the firebombing at the Socialist Workers Campaign headquarters. The delegation included Oscar Hearde, well-known labor and civil rights activist in Seattle, and Mark Manning, SWP candidate for Congress in the 7th District and a member of International Association of Machinists District 751 at Boeing.

Mayor Royer or a representative from his office has been invited to speak on the platform at the May 13 rally to denounce the right-wing violence and explain what steps the city is taking to prevent further violence of this kind from taking place and whether the police inaction has ended. For more information call 725-5330.

Free Gardening Clinic

If you have been putting off starting your garden, or if every time you think about going out to turn the soil, it rains. This clinic is for you. Sponsored by Madison Builders Supply and the C.A.M.P. Self Help Program, a gardening clinic will be held Sat., May 12 from 10 am to 2 pm to answer questions about soil preparation, what plants can be planted now, how to care for vegetables, flowers and ornamental plants.

East Madison Daycamp

Step into Adventure, the experience will last a life time. That is the theme for East Madison YMCA Summer Daycamp. On Tues., May 22 at 7 p.m. The East Madison YMCA will be having a

People who bring in a soil sample will be able to test their soil for the basic nutrients -- Nitrogen, Phosphorus and Potassium -- as well as the acidity, or sourness, of their soil.

Jean Colman, employee of Madison Builders Supply, and a Master Gardener volunteer will conduct the clinic which will be held at the store, 2021 E. Madison. For more information and pre-registration, call 328-2964.

YMCA Summer

Daycamp Open House and Free Family Swim. So, come join the fun and sign your children up for Daycamp.

For more information call Shari Potter at 322-6969.

ELK NEWS....

The local I.B.P.O.E. of World Broters and Daughters are completing the final phase of preparation for the Thirty-Sevath Anniversary of the Elks Northwest Stees Association. The State Convention including Oregon will convene in Seattle May 17th-20th. Head quarters, Holiday Inn - Boeing Fied. Portland's contingent will be headed by Exalted Ruler, R.C. Day; Dtr. Ruler, Ruth F. Jackson, Grand District Deputies, A.L. Taylor and P.S. Lola B. Campbell. Other Oregon State Offices joining this group will be Brothers and Daughters: Royce Warren, Al and Ann Holland, Reti Taylor, Mary Leshi, Emily Butler and Or Lee Martin.

On April 29th at Cascade Lodge th oratorical run-off for the Association was held with three high school contestant participating. School and representative were: Roderick Demmings, Grade 10 - Garfield High School; La Felta Trasler, Garfield Senior and Leona Pope, Franklin, Senior. Miss Pope will be Seattle's contestant at the May 18th contest. She will compete with winning students from Tacoma and Pasco High Schools. Tickets are now available for the Oratorical Banquet. Time: 7:00 p.m., Saturday night May 18th 1984. Holiday Inn - Boeing Field - 11244 Pacific Highway South. Call 722-9739 for ticket information. Seattle Committee Members that are working around the clock on the Education Program are Brother LeRoy Taylor, Dtrs. Thelma Burnham, Willie M. Blades and Mary Lou Williams.

Golden Links Circle, Past Grand Daughter Rulers, Northwest section, will host their Annual Officers and Members Luncheon on May 12th, 1984. P.G.D.R. Lucille McMath is President of the G.L. Circle.

III members: Polyhedran's Zepherine Brown, Louise Geyn and Ann Mason. Tiny M. Booker, Financial Secretary of Evergreen Temple is confined to her home, under the Doctor's orders.

We are wishing all our ailing Daughters speedy recoveries.

Deadline...until next time...

HOME IMPROVEMENTS: CONTRACTING By Pat Matthews

PART TWO OF THREE-PART SERIES

You have determined what your home improvement needs are. You have researched the options and had plans drawn up. Now you've come to the point where you must decide who will do the work.

First, consider what parts of the job you can do yourself. Be careful to estimate the time and skill level needed to complete the project. You may decide to do the entire job yourself, hiring a subcontractor for such jobs as plumbing or electrical work.

However, know your limitations. You're not going to save money if your work has to be redone because it didn't meet code specifications. Building permits and zoning variances may be required and should be obtained prior to the start of any work.

If a contractor is needed you should begin by asking friends and neighbors for referrals. Also look at advertisements in local papers. The local chapter of builders' and contractors' association and your architect or interior designer can suggest the most reputable contractor for your job.

Make out a list of questions you should ask a prospective contractor. Find out the range of services he offers. Contact four or five homeowners for whom the contractor has worked in the past year. Also ask for references from building suppliers, subcontractors, business associates and financial institutions.

Contacting individuals and groups about a prospective contractor can give you a better idea of his dependability and how well he knows his trade. You should also make sure the contractor is bonded and obtain a contractor's license number before you hire anyone. By contacting the Contractors Registration Division of the Washington Department of Labor and Industries (Tel: (206) 753-6807) you can find out if the contractor's license is current and if there are any claims against his bond.

Cost estimates for the project are usually given before any plans are drawn up. The contractor will want to meet with you and visit your home to determine the kind of work involved. Get a detailed estimate with a clear indication of the type and quality of materials to be used.

Once you've decided on the contractor that is best for your job, a home improvement contract should be drawn up. The contract can be a signed bid sheet, letter or standard form but it should be in writing. To avoid misunderstanding between you and your contractor, make sure the contract is complete and clearly worded.

Included in the contract should be the name, address and license number of the contractor and the approximate dates that work will begin and be completed. A description of work to be done and materials to be used should be added with a copy of blueprints and a specification list. Make sure the total job price and schedule of recommended payments is included.

If a contractor doesn't pay people involved in your project you can be held liable for the payment of bills. However, there are a number of ways you can protect yourself from the contractor's negligence.

To release you from any claims, a waiver of labor and material clause can be added to the contract. A performance bond can also be purchased by the contractor. This bond protects you in case your contractor doesn't perform the work as specified in the contract. The bond is bought for the full cost of the contract by the contractor. He then adds the bonding fee onto the price of the job.

Once a contract is signed you may have the right to cancel. If the contract was signed within your home or if the financing for your project involves a lien on your house you have the right to cancel your contract within three days of the signing. However, you should be notified of this when you sign the contract.

Your home improvement project is now well off the ground and your ideas are taking shape. Financing the job may still be a big piece of the puzzle that needs to be filled in but more on that is Part Three.