You are now reading the newspaper most people prefer for information about Seattle's minority community! THE FACTS Newspaper

This Year We Begin Our 30th Year Of Service To Our Growing Community!

THE OFFICIAL VOICE OF THE N.W. BLACK COMMUNITY

THE NORTH WEST FACTS

25¢ N.C.A. (National Circulation Audit)

The Northwest's Largest African-American Owned Publication

Vol. 33 No. 6 | On the corner of Martin Luther King Jr. Way & East Cherry Street 2765 East Cherry Seattle, Washington 98122 324-0552 | Verified Circulation FAX 324-1007 | October 14, 1992

TOP NAILS
723-2903
We treat your nails to the best!
Full Set.....$25.
Fills.....$13.
*Friendly * Licensed and *Experienced Nail Technicians * Parking Available * Walk-ins are Welcome
Open Mon-Sat
9 am - 8 pm
5400 Rainier Ave. So.
(Next to Group Health)

REAL-ESTATE LOANS
Do you currently have the lowest interest rate available?
Have you contemplated consolidating all your bills to lower your outgoing cash flow?
What about raising money for college tuition?
You can accomplish these goals and save thousands by REFINANCING your current mortgage at a lower rate!
* Refinance NOW 30 YR Fixed 8% * Refinance NOW 15 YR Fixed 7.5%
* Bank Turn Downs - Our Specialty * Foreclosures - We Can Help
* Poor Credit - We Can Fund * Debt Consolidation *Home Improvement Loans
* Business Loan - No Taxes Needed * Zero Down Purchases - Call For Details
* Second Mortgages
Great Mortgage
Financial Services, Inc.
A MINORITY OWNED CORPORATION WE WANT TO SERVE YOU
JOHN BAKER PRESIDENT
CALL 656-0105

An Evangelistic Crusade At The Rose

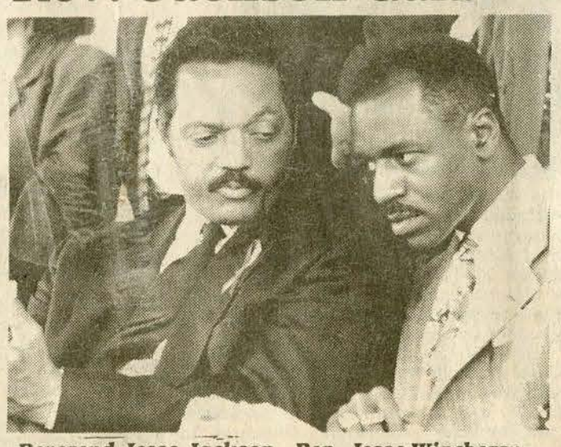


Rev. Herbert C. Shankle Bishop A.L. Hardy

Commencing Sunday, October 18, 1992 in the 11:15 a.m. Worship Hour, at the Rose of Sharon Pentecostal Temple located at 4103 Rainier Avenue South, Seattle, Washington. Evangelist for the week is the **Reverend Herbert C. Shankle**, D.D., Ph.D., L.H.D., Th.D. He is Chancellor of the Faith Evangelistic Christian Schools, Seminary and Bible College, Detroit, Michigan Extension. These services shall continue each night at 7:00 p.m. through Friday, October 23, 1992.

Dr. Shankle is an educator and while in our fair city, he will be engaged in a day of teaching at the **Bishop A.L. Hardy Academy of Theology.** On Tuesday, October 20th, at 9:00 a.m, a Seminar with **Pastor E. Mason**, M.Th. from Tacoma, Washington will give one semester hour on how to save our Youth. From 10:30 a.m. to 1:00 p.m., H.C. Shankle, Th.D. shall give some Exegetical Interpretation regarding the Cosmological and the Planetary Hypothesis. All persons who are interested and attend all these classes will receive a certificate of continuing education from the Bishop A.L. Hardy Academy Of Theology. This Seminar is for anyone that desires to attend. If you can't make the morning session the evening session will start at 6:00 p.m. Bring note books and tape recorders. This is just **one day only, Tuesday, October 20, 1992.** For more information call Dr. A.L. Hardy at (206) 725-4271.

Rev. Jackson Gala



Reverend Jesse Jackson, Rep. Jesse Wineberry

Tickets Going Fast for

(Seattle) **The Reverend Jesse Jackson** will be in Washington State, Sunday, October 18, 1992 on the eve of the final Presidential Debate between President Bush and Governor Clinton.

Rev. Jackson will conclude his visit on the 18th at a **gala reception** in his honor at 1100 5th Ave. West (Queen Ann Hill) from 6:00-8:00 p.m. hosted by **Representative Jesse Wineberry,** House Majority whip, Washington State Rainbow Coalition.

Persons who would like to attend the reception or serve on the host committee for Rev. Jackson visit please call Gayle Johnson, 323-5309.

La Mediterranean Deli Celebrates Their 20th Anniversary



Celebrating our 20th Anniversary on October 16, 1992, from 11:30 a.m. to 5:30 p.m. with an out-door Bar-B-Que featuring Lamb, Beef, Gumbo, Jambalaya, Boudin, Jamaican Jerk Pork and chicken, Soul Food, African Food, Fresh vegetables, Dessert Bar: Pralines, Cobblers.

Ed and Jocelyn Owens have traveled throughout Europe, Italy, Germany, Spain, France, Sweden, Greece, Trinidad, Jamaica, Martinque tasting International Cuisine and gathering recipes for their customers' enjoyment and delight.

LaMediterranean was honored at the White House in the **Rose Garden by President Carter.** They are the second generation to be so honored, their grandmother was a Gospel singer and was asked to sing in the Rose Garden during her generation.

We wish to thank our many customers for their support and our children for their cooperation: Attorney Norrm Proctor, Fawwn, Debbie, Deeqa, Daymond Jordan and grand children.

La Mediterranean Deli is located at 528 Broadway, Seattle, WA. Please call 329-8818 for further information.

Norward Brooks Identifies Remodel Savings In Property Tax Assessments



Norward Brooks

Citizens who improve their single family residence may be eligible for cuts in property tax assessments under the King County Department of Assessments ReModel Program Exemption.

Norwood Brooks, King County Assessor states "homeowners can cut property taxes for three years with a ReModel Program Exemption."

The ReModel Program Exemption would reduce the taxes paid by the homeowner for all excess tax levies and a portion of regular levies, according to Brooks.

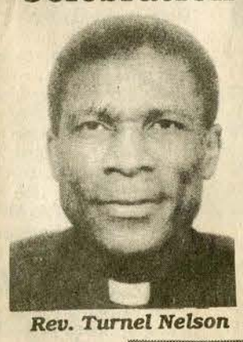
The exemption for homeowners is based on the assessed value of the home's new rooms, deck, patio or other physical improvements. Normal maintenance items are not eligible for exemption consideration.

"Homeowners must apply for the exemption before the remodel project is completed," cautioned Brooks.

The ReModel Program Exemption is one of five Tax Relief Programs offered through the King County Department of Assessments. Tax Relief Specialist are available to assist with program applications.

To find out more about the ReModel Program Exemption or other Tax Relief services contact the King County Department of Assessments at 296-3920.

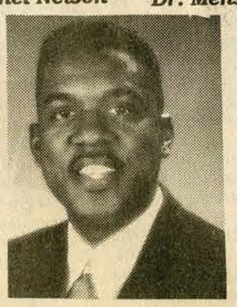
New Covenant Presents A Week of Life Changing Celebration



Rev. Turnel Nelson



Dr. Mensa Otabil



Pastor Tony Morris

New Covenant Christian Center is pleased to present the dynamic ministries of **Dr. Mensa Otabel** of Accra, Ghana and **Rev. Turnel Nelson** of Port-O-Spain, Trinidad.

Dr. Mensa Otabil pastors the 6,000 member International Central Gospel Church, established in 1984. He functions as a pastor's pastor to many men and women in Christian ministry who continue to draw on his wisdom and maturity. He also speaks in conferences and seminars in several countries where his down-to-earth rendering of profound truths have impacted many lives. **Dr. Otabil** will be speaking Wednesday, October 21st through Friday, October 23, at 7:00 p.m. each night.

Rev. Turnel Nelson is the pastor of the Woodbrook Pentecostal Church in Trinidad. He has been called a "General" in the church. His many years of wisdom is drawn upon by pastors and politicians. Rev. Nelson delivers his messages with impact and they will leave you with much to think about. **Rev. Nelson** will be speaking on Saturday, October 24th at 12:00 Noon in a Leadership Symposium. Church leaders are welcome to attend. He will also be speaking on **Sunday, October 25th** at New Covenant's 11:00 a.m. and 7:00 p.m. Services. New Covenant Christian Center is located at 7930 Rainier Avenue South. For more information please call 725-6222.

Oscar Productions and Alpha Omicron Boule' Presents Seattle's First African American Film Festival



"TAKE A SECOND LOOK...THE DARK IS LIGHT ENOUGH".

Oscar Productions and Alpha Omicron Boule' presents **Seattle's First African American Film Festival**, beginning Thursday, October 15 through Sunday, October 18, 1992. **Thursday Night is Scholarship Night** hosted by the Alpha Omicron Boule' and all proceeds will provide Academic Scholarships to African Americans completing high school. Films to be shown on opening night will be **Stormy Weather** and **Cabin In The Sky** with Lena Horne, Bill Robinson, Fats Waller, Cab Calloway and Ethel Waters. Scholarship night attendees will include film personalities **Ivan Dixon, Vonetta McGee** and **Bernie Casey.** Cost for Scholarship Night is $35.00. In addition to scholar night activities **sixteen (16) films** from the 20's and 30's will be shown over the four (4) days.

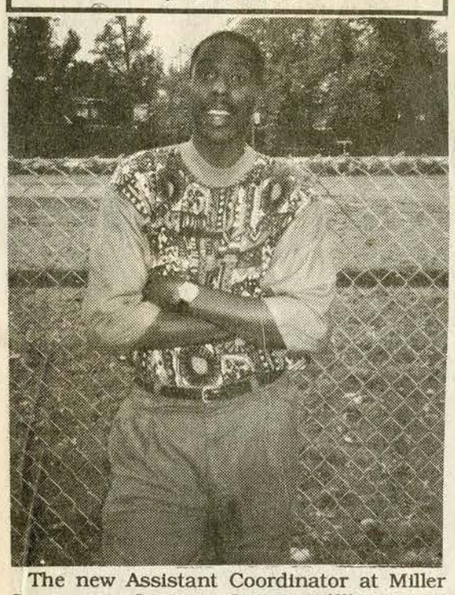
Oscar Productions Head and Festival Coordinator is Hollywood Film and Television Producer-Director, **Nate Long.**

Film showings will be at the Seattle Central Community College Broadway Performance Hall and the King Theatre, 6th and Blanchard. Tickets for **all** events can be purchased at the Broadway Performance Hall Ticket Office, Phone 323-2623. The Film Festival is made possible in part by a grant from the King County Arts Commission Hotel/Motel funds.

October is Health Awareness Month

Miller Community Center's Showcase

By G. Alexander



The new Assistant Coordinator at Miller Community Center is **Guy B. Williams** Mr. Williams graduated from Bishop O'Dowd High School in Oakland, California in 1979, where he was a high school All-American basketball player. In 1980, Guy attended the University of San Francisco and as a Freshman, was voted M.V.P. of the NCAA Western Regional Basketball Tournament. He transferred to Washington State University in 1980 and graduated in 1983 with a degree in Communications. While at WSU, Guy set the school's single-game basketball scoring record of 45 points.

Mr. Williams played for the Washington Bullets (NBA) and for several teams in Europe. We are happy to have **Mr. Williams** in our Parks Department family.

You are cordially invited to the **First African American Holiday Bazaar** on Saturday, November 21, 1992, at Miller C.C., 10:00 a.m. to 4:00 p.m.. Tables $25. For more information call Guy Williams, 684-4753 or Lillie Brinker at 328-7792.

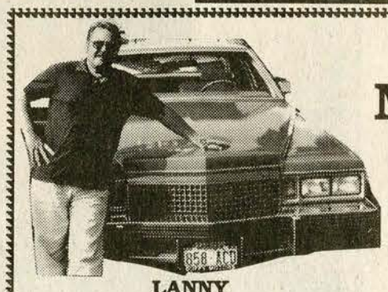
Miller C.C. and Adefua's Dance Co. presents an ***African Harvest Festival,*** Nov. 27 - 29th. 4 workshops and 2 performances. For more information call 684-4753.

Hoopsters, Don't Be Late. Be a part of the Miller Community Center's Basketball Program. Volunteer coaches are needed (male and female) sign-up forms are available now!!!

CARROUSEL, TOO
1114 - 34th Ave
322-8683
Update Your Hairstyle For The Fall.
Try A Flip-do, French Roll, Finger Waves Or A Twist.
Ask For Terrie Or Barbara

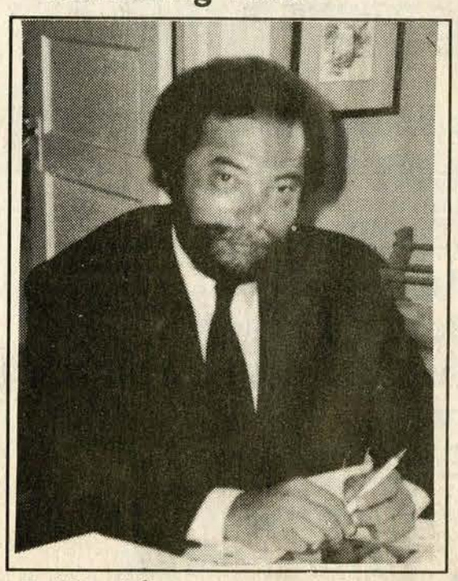
MOMMA'S KITCHEN
HAVE A HOT BREAKFAST
Momma has a new CHILDREN'S MENU
Breakfast 75¢ and up Dinner $4.50 and up
children 12 and under
Come and enjoy our Texas Baked Smoked Salmon & 1/2 Chicken, Pork, Beef, BBQ Pig Feet
Wed. Chicken & Dumpling $3.95 THURS: Meat Loaf $5.99
FRI: Chitterlings $6.99 & Gumbo $7.99 SAT: ALL YOU CAN EAT Turkey & Dressing $5.99
2200 S Jackson 324-1139

ROSE PETALS
RESTAURANT & LOUNGE
6901 MLK WY SO 721-2409
Thursday Night Ladies Night
10 pm - 12:30 a.m
Every 30 minutes $20.00 will be given away to the lucky ticket holders
Also there will be a Fashion Show sponsored by BC & H The holidays are around the corner so you definately don't want to miss this extravagant
Fashion Show Starting At 10:pm
BIRTHDAY PARTY CELEBRATION!!
If you haven't met her you will soon at the Rose Petals Restaurant"
Mary Harris will celebrate something special in one's life she will be 50 years old October 16th. Of Course She Deserves Special Recognition.
So let's help celebrate her Birthday with a special sense of pride
Saturday October 17, 1992 9 pm until


LANNY
DUFFY MOTORS INC.
Cream Puff Lane !!
528-0460
* Have A Good Job?? You Need *Very Little Credit with Duffy
200 cars in stock - examples!!
79 Old 98 Regency 4 dr, loaded, of course u1x224 $600 dn or $2200.
79 Cadillac Coupe Sharp! Fully equiped Astro Roof 858ACD $1500 dn or $3600.
79 Crew Cab. F350 p/v 460 V8 - auto XLT Model 57741-J $1200. dn - $2650.
77 Buick Regal Sedan nice, low mile, fully equiped LWB-015 $900 dn or $2250
83 Mazda Rx7 GSL must see s/r, air, fullpower 172CJJ $1600 dn or $3290.
78 VW Rabbit 4 dr great economy, well maintaned 091AYQ $800. dn or $1999.
72 Monte Carlo really nice, low miles HZX505 $900. dn or $2400.
77 Dodge Ramcharger 4x4 V8 auto this monster goes 83623-R $1000 dn or $2190.
79 Merc Grand Marq 4dr Full loaded grandride UHT-061 $700. dn or $2100.
72 Chev 1/2 Ton Pickup 6 cyl, auto nice shape 19432-H $600 dn or $1490.
528-0460 or if no answer 525-0200
83rd & Greenlake drive/Aurora No.
* Good Job & Credit Could Be Less Down
**$200. more if Duffy Finances

THE FACTS' FEATURED FRONT PAGE NEWS

Try Somthing, If that Doesn't Work, Try Something Else



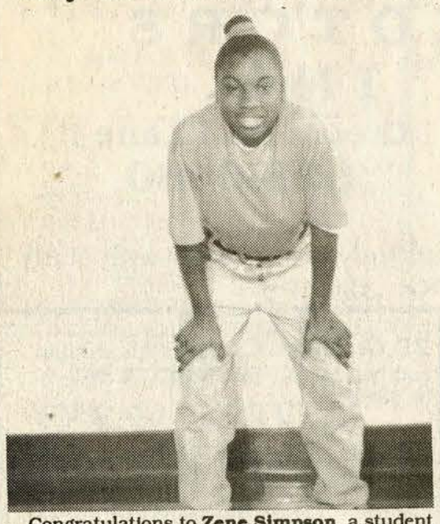
Ted Daniels

There is plenty of discussion these days about economic development from those who look forward to representing you in Olympia. . Some are compentely retorical on many issues akin but have no real experience to associate with this objective.

If Mr. Wineberry is real on the issues of small business development, then what did he mean about signing Substate House Bill 1136. This bill as it is signed, is a great example of how government can impede the maintenance and development of small business. The cosmotology, manicurist and barbers, owners, operators, are incensed on the notion that the state could further hamper their growth when the industry at this level, has been on margin in the market place for years, relative to income. The Bill 1136 is magnificently disquised as a consumer bill, a revenue enhancement bill for the state is really what it is. Many of these operators, owners, have been renting space in this district, which in my judgement, may have remained vacant. They are indeed contributors to our local economy and certainly do not deserve at this time any of the trumped up legislation of this bill. Why do we continually reinforce failure and punish success. There is a need to caution ourselves about this growing attitude of villionizing businesses. My opponent talked about the training of some 8,000 folks associated with the current transit projects. My concern is, what about the 8,000 people already trained, from loggers, fishermen, wherehousemen, truck drivers, painters, carpenters, plumbers, and let's not forget the possible cosmotologists, manicurists and barbers, what are we to do with these hard working people? We must understand that businesses on all levels and at all cost are so important today. We must make the connection between our willingness to create jobs and a vibrant private sector willing to consume people for employment. Ladies and gentlemen, it may not be such a good idea to tax businesses out of the market place, literally, and have everyone trained and nowhere to go. My opponent of course, doesn't understand the acute needs of small businesses. How can he? He simply hasn't been there. I am not suggesting, if you haven't flown a kite, you can't get one off the ground but I can assure you, that you will have problems establishing one. In the long run, we will be no better off for investing in people who don't know anymore than we will be investing in programs that don't work. Out of much frustration, you and I stand ready to try something and if that doesn't work "Try something else," "work."

Ted Daniels , Position 1, 37th District

City Wide Teen Talent Show



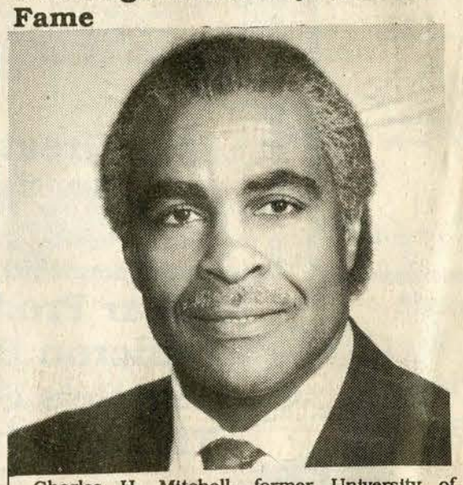
Congratulations to **Zene Simpson**, a student from Garfield High School who will perform in the finals of the **City Wide Teen Talent Show** on Friday, October 23 in the Seattle Center House. The show is from 7:00 to 9:00 p.m. and is followed by a dance for all participants and spectators lasting until midnight. Both the show and dance are free and open to the public.

15 year old **Zene Simpson**, who has been dancing since she was three, was selected to the finals having competed with over 100 acts at competitions held throughout the summer. To prepare for the competitions, each participant was given rehearsal space at Seattle-area community centers and assistance with performance technique and stage presentation.

Zene's credits include a performance in the Seattle Repertory Theater production "Fences", when she was nine years old. She recently performed in two of Langston Hughes Cultural Arts Center's Madrona Youth Theatre productions "It's Entertainment Live" and "Drugs Draw the Line." Zene sings in her church choir, and considers her mom as one of the people who has been most influential in her life.

The **City-Wide Teen Talent Show** is a Seattle Center Production sponsored by The Bon Marche and the City of Seattle Department of parks and Recreation. For more information, call Seattle Center at 684-7200.

Dr. Charles H. Mitchell Inducted Into University of Washington's Husky Hall Of Fame



Charles H. Mitchell, former University of Washington football star, was one of seven individuals inducted in to the University's Husky Hall of Fame last week. Mitchell, president of Seattle Central Community College, played on the 1960 Rosebowl winning team.

Mitchell led the Huskies in kickoff returns from 1960 through 1962 and owns one of the UW's longest kickoff returns - a 90-yard run for a touchdown over UCLA in 1961.

"This is a long overdue tribute for Dr. Mitchell," said, Bob Flowers, Co-Convener of the Breakfast Group. "Not only has he been an outstanding amateur and professional athlete, but he has worked in the community with youth, education, and other areas of social service."

Mitchell, who grew up in Seattle, is a product of the city and state's education system. At Garfield High School he served as vice president of the student body, and his football exploits won him an All-American award from Scholastic Magazine.

After receiving his bachelor's degree in history from the University of Washington in 1965, he played football with the Denver Broncos for five years and then played for one year with the Buffalo Bills. While with the Broncos he received the Mr. Offense Player Award.

Mitchell also continued his education, receiving his master's degree from Seattle University and a doctorate in higher education from Brigham Young University.

He has served as president of Seattle Central since 1987. During his presidency he was instrumental in creating the Middle College High School for at-risk youth at the college. He also obtained passage of a legislative bill to waive out-of-state tuition for students in the college's Regional Education Program for the Deaf.

"As someone who grew up in Seattle, Mitchell is truly a role model for young people" Flowers said. "He was an outstanding athlete but recognized that an education was important and would enable him to enter a field where he could continue to help the city and its residents."

As well as his work in community college education, Mitchell serves on the Board of King County United Way and is a member of the King County Municipal League. His years of work with the Central Area Boys club were recognized by its board of directors when he was presented its "Outstanding Citizen Award." He has also served as vice president of the Central Area motivational Program and as vice president of the King County Boys Club Board of Directors.

This year's University of Washington honorees brings the total number Hall of Fame members to 97 individuals since its beginning 14 years ago.

Alpha/Omega Marketing Moves After Five Years In Hillman City



Alpha/Omega Marketing, a well known company that provides many services to large and small businesses, has moved from its former location in the Rainier Valley to 1st Avenue South in the SOHO District.

Alpha/Omega Marketing is a "one-stop" center where businesses, individuals and organizations can purchase many items and services, including low cost printing, promotional items, business and legal forms, and trophies and plaques.

"Since moving to our new location," said the owner/operator **Marge Gullick**, "we have added a FAX service and have expanded our line of African-American Christmas and all-occasion greeting cards to include Christmas gift wrapping paper and party invitations. We have a limited supply and will start selling these in November."

You will find **Alpha/Omega Marketing in Suite 5 in the Atlantic Building at 1258 1st. Avenue South**, one block south of the Kingdome, or call 292-9107.

Marge Gullick welcomes all to come by her new location.

SPIRITUAL READER ADVISOR
Sir Michael Gandhi
Assistant Monique
You Seen The Rest See The Best!!
Guaranteed to help in all problem of life in 24 hrs
Call (206) 284-6187
Open 7 day a wk. All readings 5 dollars

Tutor/Mentor Program Launched By Mayor Rice and Washington Mutual

"Hundreds of Children Are Waiting For You"



(Seattle) -- Having someone to look up to makes all the difference in the world for a young person. Making that difference in Seattle got a big boost Tuesday with the start of a new campaign to encourage adults to volunteer as mentors and tutors.

The campaign, called The Seattle Challenge, was announced to local business leaders at a meeting of the Greater Seattle Chamber of Commerce board of directors by campaign co-chairs Seattle Mayor Norm Rice and Kerry Killinger, chairman, president and chief executive officer of Washington Mutual.

"The goals of The Seattle Challenge are very simple; we want to alert everyone to the need for more tutors and mentors to work with our young people, we want to highlight the many good programs available, and we want to make it easy for caring adults to come forward," Rice said. ....

The campaign hopes to attract more than 500 new volunteers to work with existing mentor and tutor programs, but without creating a new structure or organization. At the Nov. 12 Expo, in the Seattle Center Center House, potential volunteers can quickly gather information about the mentor or tutoring options available and locate a program that best serves their needs. The Expo is free and open to the public from 11:00 a.m. to 1:30 p.m. and from 5:00-7:00 p.m.

The Expo will also provide businesses wishing to begin their own in-house tutor and mentoring programs the opportunity to view other corporate models and talk with representatives of the program.

Sister Spirit Series

The East Cherry YWCA is excited to announce the seventh Sister Spirit Series session entitled "Sexual Assault and Domestic Abuse" on October 17, 1992 from 10:00AM-2:00PM at the East Cherry YWCA, 2820 East Cherry, Seattle, Washington. This monthly informal discussion group for African-American women includes lunch and on-site childcare at no cost.

The October session , "Sexual Assault and Domestic Abuse", will examine sexual and domestic abuse as it relates to African-American women and their families. The Series will be facilitated by Catheryn Elder and Gloria Yamato.

The Sister Spirit Series is an ongoing discussion group formed to provide a safe, comfortable environment for African-American women to come together.

Remaining topic for the 1992 series is "Coping with the Holidays". Women who attend 3 or more sessions will receive a certificate of participation. Door prizes and free giveaways will be available to all who participate.

Women of Achievement Awards Dinner



Patricia Russell-McCloud, a spell-binding professional orator who leaves her audiences anxious for more will be the keynote speaker at the Women of Achievement Awards Dinner on Friday, October 23, 1992 at the Seattle Hilton. The Women of Achievement Awards Dinner is being hosted by The Black Women's Gathering, a community service organization.

Ms. Russell-McCloud's spell-binding oratory has become symbolic with excellence, equity and essential information. Her acute analytical ability to identify and substantively address issues, while simultaneously motivating audiences to make a positive difference has been utilized by government, corporations, school districts, colleges, universities and community organizations throughout the United States, Caribbean, Great Britain, and West Africa.

The Elks Oratorical award winning orator Russell-McCloud is President of Russell-McCloud and Associates a motivational speaking and training professional association based in Atlanta, Georgia. She is a graduate of Howard University Law School, completed intensive study in law at Harvard University, and served as Chief, Complaints Branch, Broadcast Bureau, senior managing attorney for the Federal Communications Commission, Washington D.C.

Russell-McCloud's speech, "If Not You-Who, If Not Now, When?" is recorded in the Congressional Record of the United States, (H 3661), May 14, 1992. She is currently the national vice-president of The Links, Inc., past Supreme Parliamentarian of the Alpha Kappa Alpha Sorority, Inc. Her memberships include the National Bar Association, National Urban League, Alpha Kappa Alpha Sorority and the African Methodist Episcopal Church. She was most recently featured in the March 1992 issue of Essence Magazine.

The Women of Achievement Awards Dinner will be an evening dedicated to the honor and recognition of African American Women in the community who have exhibited immeasurable determination and excellence in career, community or family commitments. For further information call 726-8239 or 725-6223.

La Maison Bleu

La Maison Bleu, Celebrating our 1st Anniversary and Introducing our 1st Annual "Art-Tober"

We pause, first, to say thank you for your enthusiasm, encouragement and support. We couldn't have done it without you.

We are proud to present the very finest in African American Art and quality custom framing in the Northwest. We know sooner or later you'll find that right piece for you. ...

A visit to the gallery is an excellent appetizer to an evening out on the town, or it can be an evening out all by itself. We look forward to seeing you.

Sincerely,
Ron, Iris and the Staff of La Maison Bleu Art Gallery

Schedule of Events

Saturday, "Art-Tober" 17, from 2:00 to 6:00 .m. the Gallerry will feature San Diego Artist, Albert Fennell. Albert & LMB publishing will introduce 2 new limited edition works from his embrace series, titled "GLOBAL LOVE" AND "PRAISED".

Sunday, "Art-Tober" 25th, 1:00-5:00 p.m. Los Angeles artist, **Charles Bibbs** and his long time friend, local artist, **Eric Salisbury.** We will feature selected open and limited edition lithographs by Charles. LMB Publishing Will Introduce 2 New Poster Prints By Eric: "A Child Shall Lead Them" And "Friends And Flowers"

Saturday, "Art-Tober" 31, 1:00-5:00 p.m. **"A Woman's Perspective",** Featuring original work by 4 African American Women: **Augusta Asberry** of Bremerton, Wa.; **Jody Kim** of Seattle, Wa.; **Monica Stewart** of Oakland, Ca.; and **Theresa Ramey-Young**, Seattle, Wa.

35% off custom framing through October 31, 1992.

So EZ For You

Florals & Gifts
For that special occasion or person send a gift of love and thanks...
We make it
"So EZ For You"
1635 1/2 E. Olive Way
Seattle, Washington
323-2244

A tremendous savings opportunity awaits you

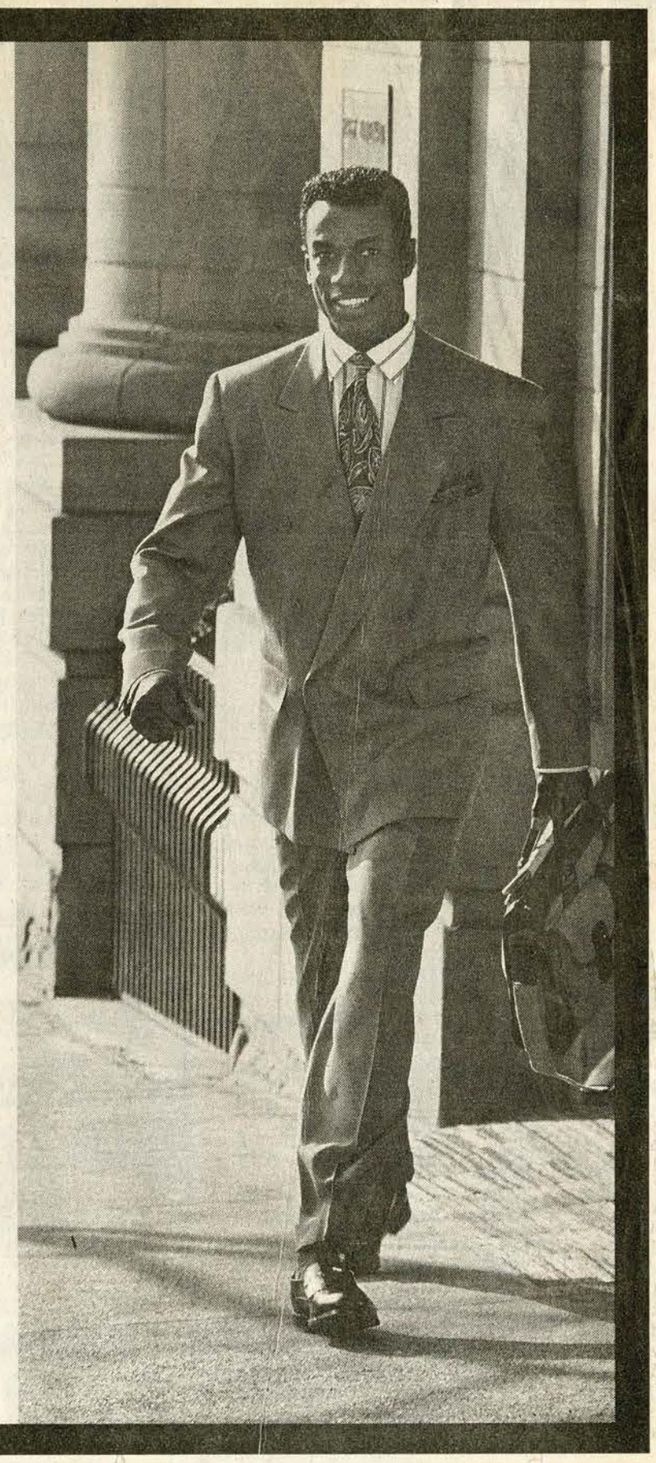
in Men's Clothing at Nordstrom.

men's

[fall] suit sale

This week only, take advantage of outstanding values on a great selection of suits and sport coats. Sale ends Sunday, October 18, so shop early for the best selection. Downtown Seattle, Northgate, Bellevue Square, Southcenter, Alderwood Mall and Tacoma Mall.

NORDSTROM



MANN'S BITS & PIECES

by Dave Mann
Sports Editor



The Powers-to-be made the **Huskies** and **Canes** the Co-Number One football teams in the country. **Miami** and **Washington** each received 30 1/2 first-place votes in the AP Poll, but the Huskies got one more point (1,517 1/2 - 1,516 1/2) because one voter listed **Alabama** First, **Washington**-Second and **Miami** third. Another voter split his first-place vote between **Washington** and **Miami.**

In USA Today - CNN, Miami **out-polled** Washington by two first-place votes (31-29 and one point (1,467-1,466). The results are the **opposite** of last years' final polls, when **Miami** was **No. 1** AP and **Washington** was **No. 1** in **USA TODAY.**

THE Powers-to-be, who make these selections say that Washington's **35-16** victory over **California** was the Huskies **third** straight victory over a **ranked** team, but **none** of those opponents is currently in the AP **Top 10**. **Nebraska** is 11th, **Southern Cal** is 18th and **California,** which was **24th** last week, dropped out of the top 25 this week. . . **Napoleon Kaufman** started his first game as a Washington **Husky** and only carried the ball **30 times** for **208 yards**. His efforts made him the **offensive** football player in the **PAC 10** last week... Now for the flip-side of football - In front of 62,311 football fans in Texas Stadium in **Dallas,** Texas last Sunday our **offensive** minded Seahawks gained only **62** offensive yards. That **62** yards of total offense represents the second worst effort in the Franchise's **17- year** history. Consider this, just **six** first downs, just **one** coming in the final three quarters - **seven** sacks - **three** turnovers and **38** yards rushing on **22 tries - 24** yards of not passing - Number two Quarterback **Dan McGuire** suffering a slight left shoulder dislocation and hip injury and may be lost for the season...

It's been a long time coming, folks, but the **Cougars** from the Palouse country finally made the **Top 25** list in College Football. Their **5.0** record is the same as the Huskies. Granted they haven't played the same **tough** teams the Huskies have and their meat-and-bones part of the schedule lies ahead of the, they are nevertheless in the elite **Top 25**...**Dr. Charles Mitchell,** renowned for his breakaway speed in the **Husky** backfield in the late 60's was honored at half time last Saturday at Husky Stadium by being inducted in the Husky Hall-Of-Fame...The **Filipino** youth golf tournament was a big success last Sunday at beautiful **Echo Falls** Country Club. Chairman **Lucho A. Singh** put on a nice tournament for about **60** golfers. The $75.00 entry fee tournament was sponsored by **Al Hendrix** in the memory of his son, **Jimi Hendrix.**

SPORTS

JEFFERSON PARK GOLF

Filipino Youth Golf Tournament - A Big Success











Last Sunday at Echo Falls Country Club, **Lucho A. Singh** put on a nice golf tournament for the benefit of the Seattle Area Filipino youth. The tournament was sponsored by **State Farm Insurance Management and Al Hendrix** (in the memory of his son, **Jimi Hendrix**). Sixty golfers showed up and had difficulty in mastering the shoot Par 74 course.

Some golfers seen in attendance were Tom Sovaz, Sam Jennings, Jim Benton, Bob Smith, David Cashen, Stan Echelbarger, Ray MacKnight, Gary Scott, Ben Mario, Sally Bjerklie, Connie Stewart, Agnes Cabullos, Richard Cabullos, J.J. Jackson, Frank Jackson, Ron Harbin, Wonzel Mobley and Jabbo Ward.

CHEAP! FBI/ U.S. SEIZED

89 MERCEDES $200
86 VW.....$50.
87 MERCEDES..... .....$100
65 MUSTANG..... .....$50

Choose from thousands starting $25.
FREE Government Lists 24 Hours. 801-379-2929 Copyright # WA160YCT

SMOKEY POINT

PONTIAC - - BUICK - - OLDSMOBILE - GMC
DRIVE A LITTLE - SAVE A LOT!



Henry Taylor
Owner

Drive North on 1-5, 40 Minutes North of Seattle
(5 Minutes North of Everett)
659-0886 Local *623-8831 Seattle*

NO CREDIT NEEDED!

1. Special GMAC Program for first time buyers.
2. Also rebates and interest programs apply.
3. If you have time on job and your debt to income is satisfactory you can buy a new car or truck

FEATURING
* Grand Ams * Toronadoes,
* Firebirds * F-15 Jimmys
* Grand Prix * 98's
* Full -Size Pickups
* Cutless Supremes

BUY FROM US - OR WE BOTH LOSE!

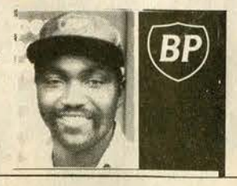
BP

BRAKE SERVICE

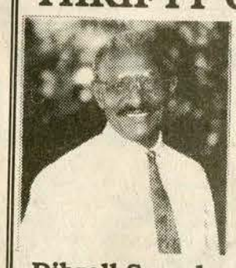
AS LOW AS
$69.95 per axle

Prices vary from $69.95 to $99.95 depending on application. Additional parts & labor extra. Ask for details.

Hi! My name is ART HARRIS, YOUR NEW BP DEALER.
2801 MLK Jr. Way S.
722-4995



THRIFTY CAR SALES



92" Rental Returns all with factory warranty.

Dibrell Sneed
All Makes & Models
Will save you $$ Hundreds$$ of Dollars
See Dibrell Sneed **243-2277**

SKEETER'S
AUTO REBUILD, INC.
SKEETER KEENE WALTRR McKINNEY

*Complete body & paint repairs
Foreign & domestic Insurance work welcome Estimates
* Satisfaction guaranteed
8:30-5:30 Mon-Fri
Sat by appt only
All work guaranteed in writing
2104 So. Plum ST.
324-8111

(206) 760-9048 3533 Rainier Ave. S.
AUTO-CARE DETAIL
HANDWASH

*Handwashing - Tires/Rims Dressed.....$8.00
*Interior - Vacuum, Windows, Sweet Smell.....$4.00
*Tires Only.....$5.00
*Seats - Cleaned & Treated.....$20.00 or $5.00/ea.
*Hand Waxing.....$25.00
*Carpets Shampooed.....$25.00
*Interior Detail.....$65.00
*Buffing.....$70.00

Fleet prices available
Owned and Operated By Tony and Maria
FREE ESTIMATES
Pick-Up and Delivery
(For Details Only)

LERLEENO'S BODY SALON
11810 NE 8th Bellevue, WA. 98005
Lose Weight and Inches befor the Holidays!
1 FREE Body Toning Table Session; Body wrap $49.; Tummy $28.
Foot massage and Swedish massage call for appointment **450-9930**

"Magic" Honored By CBCF



Earvin "Magic" Johnson, center, Los Angeles Lakers' basketball superstar is welcomed to the Congressional Black Caucus Foundation's (CBCF) 22nd Annual Awards Dinner in Washington, D.C. recently by Rep. Cardiss Collins, (D-I1), left, and Rep. Maxine Waters, (D-Ca). A partner with "Black Enterprise" publisher Earl Graves in Pepsi-Cola's $60-million distribution business in Washington, Johnson was one of six Americans to be honored by the Foundation. The CBCF'[s citation noted Johnson's fund-raising efforts that netted $7.5-million in seven years for the UNCF. A CBCF/Pepsi-Cola reception in Johnson's honor, just before the dinner, brought an overflow crowd of admirers and started a night of accolades. Johnson's message at both locations was that successful Blacks should "reach back" and help others and that a larger fight must be mounted against AIDS--"it can wipe us out!" Rep. Collins, the CBC Vice Chairwoman with 17 years in Congress is the longest serving Black American woman in congress. Rep. Waters took the time during the Caucus Legislative Weekend to show three Los Angeles gang members who had negotiated a peace after the riots how the congressional process was conceived to work for all the people.

E.C.T.A. Scores With Tennis Tourney



Shawn Berry and Anne Douglass, left, are congratulated by ECTA member Jackie Jones on their 6-3, 6-3 finals victory in the Mixed Doubles-B division over Maggie Williams-James and Lwanga Lwanga, right.
Claranelle Morris photo

The Emerald City Tennis Association recently completed its 3rd Annual Tournament, held indoors at the Seattle Tennis Center. "Outstanding!" was the word used to describe the event by one of the 174 participants in 15 events. "It's rewarding to see our own community organization running a top-flight of this kind."

Held over four days, the tournament has increased 81% in players since 1991. "We have probably neared the numerical capacity for a weekend event," stated Claranelle Morris, tournament director. "We do think we are contributing a service to this community, as well as raising money to help fund our Junior Development program. It's all possible because of the great committee members who worked tirelessly, including Everette Mooney, Jabari Raashidi, Rivian Smith, Karen Cowley, Stanley Friendship, Lwanga Lwanga, Marcy Mitchell and George Monroe."

The club now looks foreard to celebrating its fourth anniversary with a gala party in January and eveeen more opportunities for competition and fun among African American tennis players in the area. Inquiries about membership or monthly tennis mixers may be obtained from Membership/Social chair Rivian Smith at 232-6873.

Variety Boys and Girls Club Dangerettes Drill Team

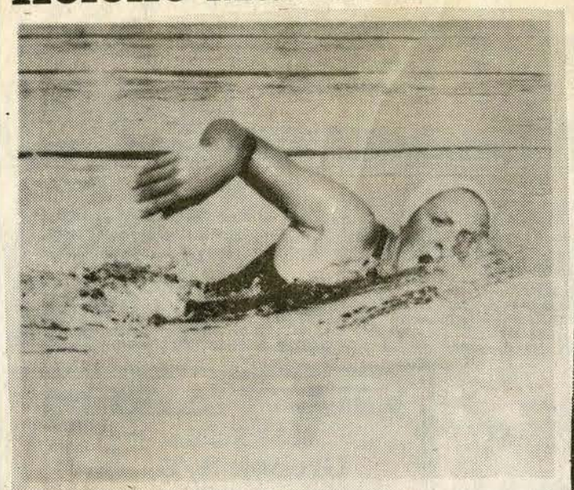
It is that time for recruitment for an upcoming season. We are glad to announce that the **Baby Dangerettes** is moving ahead for another successful year. If you are between the ages of 5 and 12, you can be involved in our **Baby Dangerettes.** But if you are between the ages of 13-18, you can join the **Ms. Dangerettes Drill Team.** This in one Drill Team you don't want to miss out on the opportunity to join!!

For more information call 725-4197 between the hours of 1:00 and 8:30 p.m., Monday through Friday.

Basketball Sign-Ups

Registrations are now being accepted for fall Basketball at the Rotary Boys and Girls Club. Sign-ups for CUB ages 6-9 for boys and girls. Also, 6th grade, 7th grade and 8th grade. Please have copy of birth certificate or proof of age. Coaches are needed! For more information contact Paul Reyes at 324-7317.

Helene Madison



HELENE MADISON – Three-time Olympic gold medalist Helene Madison is inducted posthumously in the Veterans Category into the U.S. Olympic Hall of Fame, which is co-sponsored by the USOC and Coca-Cola USA. Madison dominated the sport of swimming like no man or woman ever has before. In 1932, she held 16 womens' world freestyle-swimming records and 56 U.S. records. "Queen Helene" was honored in 1950 as one of the greatest swimmers, male or female, in the first half of the 20th century. She was recently featured in a five-stamp commemorative series issued by the United States Postal Service honoring Olympians who gained renown in the first half of the century. Madison died of cancer on Nov. 26, 1970.

Three-time Olymic gold medalist Helene Madison dominated the sport of swimming like no man or woman ever has before. Coming into her first Olympics in Los Angeles in 1932, she held all 16 women's world freestyle-swimming records and 56 U.S. records. The lanky 5 foot 10 inch 19 year old from Seattle took home gold medals in every event in which she competed and became a national celebrity overnight.

In 1950 she was honored as one of the 10th greatest swimmers, male or female, in the first half of the 20th century. She was among the first five athletes inducted into the Washington State Athletic Hall of Fame and was inducted into the International Swimming Hall of Fame in 1966.

Most recently, Madison was featured in a series of five 25-cent commemorative stamps honoring American Olympians who gained renown in the first half of the century.

Helene Madison died of cancer on Nov. 26, 1970. She is inducted posthumously into the U.S. Olympic Hall of Fame In The Veteran's Category.

SCAA Cross-Country

Rotary/SCAA Cross-Country traveled last weekend to run the mile in Puyallup hosted by the South Hill Striders. Rotary/SCAA placed very well having several standouts.

Results: BOYS 6-UNDER; Andre Garaghty 1st. 8-UNDER GIRLS: Angie Jones 2nd, Alexis Russell 3rd, Courtney Dean 7th. 8-UNDER BOYS; Jamal Shareef 1st, Omari Jones-Nelson 5th, Dimitu Argo 6th. 7-10 Girls: Regina Davis-Niles 2nd, Jerusalem Bihon 13th. 7-10 Boys: Loyal Allen 6th, Kassa Overall 7th, Chavas Gary 8th, Taj Mathews 10th, Antoine Garaghty 12th. 11-12 GIRLS: Asha Dean 3rd, Jana Jones-Nelson 5th, Andrea Curry 6th, Jasmine Jackson 9th, Janelle Davis-Niles 13th, Randi Jones 14th. 13-14 BOYS: Carlos Overall 10th, Ahmed Esene 14th. 15-16 BOYS; Jebessa Argo 7th. 17-18 BOYS: Barrissa Argo 6th.

Rotary/SCAA Cross Country traveles Saturday October 17th to Auburn.

Garfield Community Council Meeting

Tuesday, October 20, 1992, 7:00 p.m. at the Garfield Community Center (428 23rd Avenue) marks the next regular monthly meeting for the Garfield Community Council.

This months agenda will include an introduction of the Central Area Neighbors Against Drugs, a local group of residents who hold regular marches and vigils against drugs and crime on the Cherry St. corridor. Also included on the agenda will be information from the Garfield Community Councils mailing to residents of a Weed & Seed support letter, the unveiling of a "Drug Free Park" sign for Garfield Park, and an update on the progress of the new community center.

Again the boundaries of the Garfield Community Council are 23rd Ave. to 33rd Ave. and Cherry St. to S. Jackson. All residents and businesses are encouraged to attend this months important informational meeting.

CAYA Football & Cheerleader News

The best game of the season was held on Saturday, October 10 at Rainier Playfield. The Competition was great, CAYA extends its compliments to the Rainier Staff for making the entire day a good one. Everyone had a great time!!

The Cheerleaders are a big inspiration in supporting the players, keep it up coaches and Cheer Squad!!

Scores:

CAYA Juniors	21,	Rainier	7
CAYA Pee Wees	7,	Rainier	6
CAYA Midgets	6,	Rainier	13
CAYA 89ERS	6,	Rainer	12
CAYA S/Peas	12	Rainier	6
CAYA Bantams	13	Rainier	12

The next games are Saturday, October 17, CAYA Juniors Vs Federal Way at Federal Way Stadium at 8:00 a.m. The Pee Wees, Midgets, 89ers, Sweet Peas and Bantams play on Sunday, October 18, at Highline Stadium in Burien, games start at 8:00 a.m. plan to come out and support our youth it's a fun experience for all.

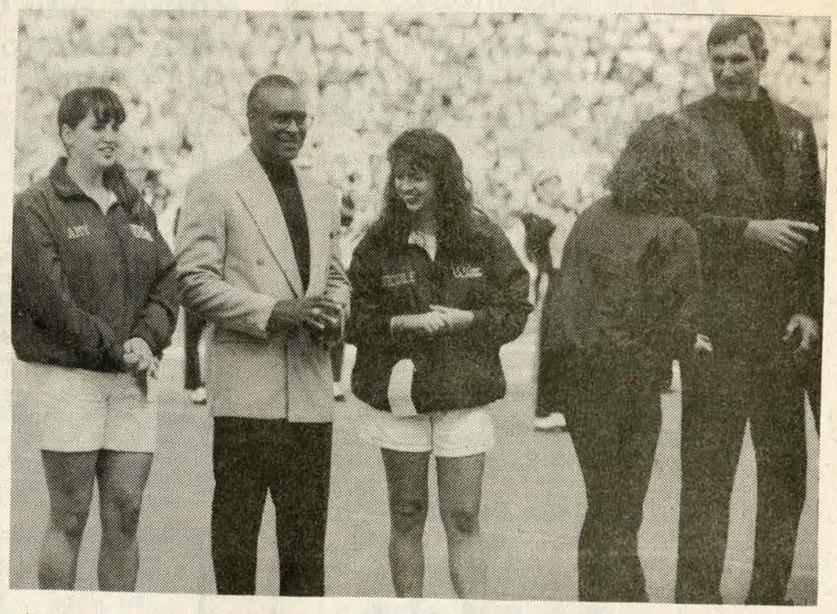
BACON BOWL

Saturday, October 17, 1992, 6:00 p.m. at the Kingdom. SPD VS TPD, CAYA CHEERLEADERS WILL BE CHEERING!!!

BASKETBALL SIGN--US

CAYA has registration packets for basketball which can be picked up at CAYA starting Wednesday, October 14. If you have not played before you will need a copy of your birth certificate, fee $42. The season begins in January, practices will begin soon, it will pay get your paperwork in early to get on a team. Packets can be picked up at Garfield. Questions? Call 322-6640, Charlotte.

Dr. Charles Mitchell Inducted Into Husky Hall of Fame



Dr. Charles Mitchell Inducted Into the Husky Hall-Of-Fame

Like the song says "Good Things Come To Those That Wait". So was the case last Saturday afternoon at Husky Stadium. While his Alma Mater was beating up on the California Bears, **Dr. Charles Mitchell** waited until half-time to receive his honor in being inducted into the Husky Hall-Of-Fame. Dr. Mitchell's reign of terror on the Husky gridiron was prominent in the late 60s. Coming out of Garfield High School and portraying his running talents at the Montlake School was a dream come true for the President of Seattle Central Community College.

Dr. Mitchell's forte was his excellent speed and ability to make tacklers miss in the open field. Long before the Beno Bryants and Naopleon Kaufmans, there were the Junior Coffeys, Marti Wyatts and Mr Outside - **Charles Mitchell.**

ENTERTAINMENT



SPICE

The New Album From Oakland's Original East Bay Gangster Featuring the First Single And Video

"187 Proof"

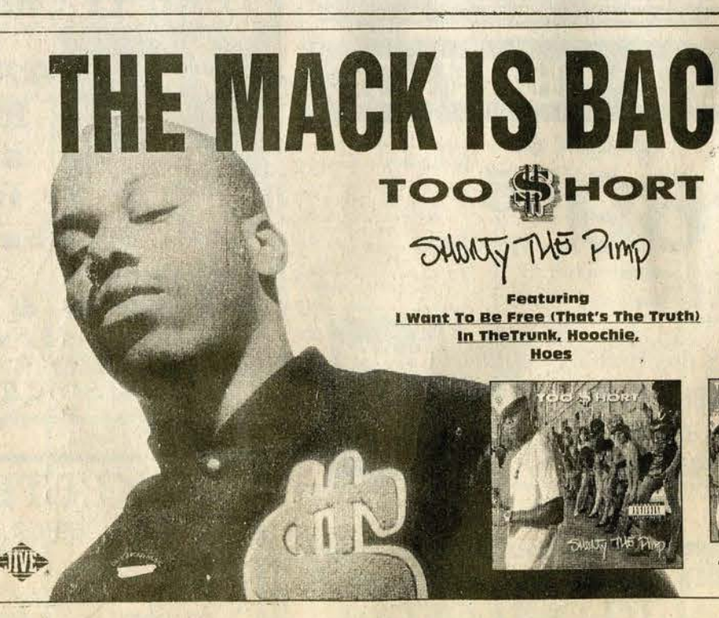
"East Bay Gangster"

"In My Neighborhood"

and

"Money Gone"

JIVE



Available at all five

LITTLE RECORD MART

Seattle location's

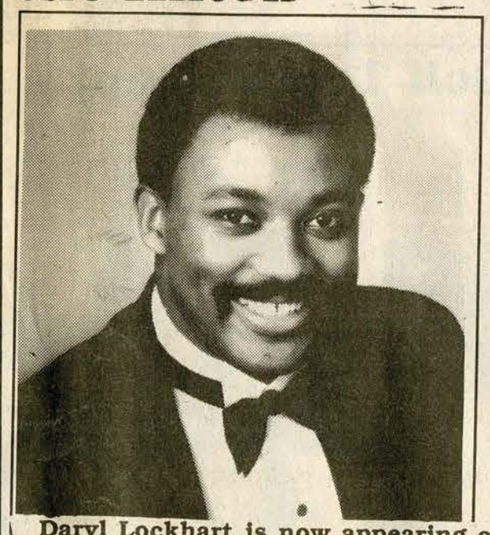
* 2811 East Madison St. 323-3819
* 4200 So. Othello 722-5611

Tacoma location's

* 1123 So. K St. Tacoma 98405 627-2053
* 15109 Union SW Tacoma 98408 588-9026
* 7044 Pacific Ave Tacoma 98408 475-7164

DISCO
FRI, SAT
DOOR PRIZES
PAL'S TAVERN
2101 E. Union

Daryl Lockhart Now Appearing - Seattle's Top of the Hilton



Daryl Lockhart is now appearing at the Top of the Hilton downtown in a very nice piano bar and lounge. It is located at 6th and University, there is no cover charge and you can find him there from 7:00 pm to midnight, Tuesday through Saturday for the months of September and October.

THIRD LEVEL
PRESENTS
ROCK-N-BOWL
AT
SKYWAYPARK BOWL
11819 RENTON AVE. SO.
TUESDAY'S
10P.M. TIL 2A.M.
FREE PIZZA !!!
UNLIMITED GAMES !!!
RNB*HIP HOP*REGGAE
NO HOST BAR
$10 PER PERSON

KAPPA ALPHA PSI.
INC PRESENTS
"HO FRAT HO"
COURTESY OF BUST IT RECORDS
CONCERT &
FALL STEP SHOW!!
WHERE: SEATTLE CENTER
SNOQUALMIE ROOM
WHEN: OCT 24TH TIME: 7:30 PM (SAT)
COST: $10 IN ADVANCE $12 AT DOOR
DJ BLIND/DJ GREGG B.
A PORTION OF PROCEEDS WILL BENEFIT THE JANAI CANTE FUND.
TICKETS ON SALE AT
BEVERLY'S OR CALL: 772-0787
THIRD LEVEL

LANDMARK
Landmark Cafe
Carole De Roche'
Louisiana Cookery
Closed Sun & Mon
Tues - Sat 8-8 p.m.
4868 Rainier Ave. So.
760-1833

Alphi Chi Pi Omega Holds Founders Day Tea

Alpha Chi Pi Omega Sorority and Fraternity, Delta Omega Chapter cordially invite you to attend their ***Founders Day Tea*** on Sunday, October 18, 1992, 3:00 - 6:00 p.m. at 900 24th Avenue, Seattle, WA 98122.

The Tea will benefit Bethune Cookman College.

Bertha Johnson, Basilus
Alma E. Mitchell, Reporter

Steppin' Out With The 'Stones

Join the 'Stones - The Washington Rhinestones will be celebrating their 40th Anniversary on November 7, 1992 at the Campion Towers Seattle University, from 9:00 p.m. to 1:30 a.m.

Dress in 50s, 60s or 70s attire. Oldies but Goodies. Music by Rufus Berry. No Host bar wine, champagne and soft drinks only.

For tickets contact any Washington Rhinestone member. Proceeds will benefit Debutante Ball.

Debra Lane, President
Alberta Howard, Chair

TURNING POINT
Restaurant & Lounge
8124 Rainier Ave. S. 725-3436
Open Daily at 4:00 pm
Tuesday's - Happy Hour All Day
Wednesday's - Domino Tournament $ Cash Prizes $
Thursday's - Dance Music for mature adults with James B. Unitl 2 am
Friday's - Dance Music for mature adults with James B. Until 2 am
Saturday's - Live Dance Music with N-Tyme until 11 pm Dance Music with James B until 2 am
Sunday's - Afternoon blues party with N-Tyme 5-9pm free hors'd'oeurves until 7pm
Late Night Jam Session 9-1:30 am
Have your Birthday Anniversary or Holiday party with us free for call detail

October 6 - November 6
Opening Reception: October 6 1 - 3 and 6 - 8 p.m.
Masks & Adornments
Multi-Ethnic Artifacts

MUSIC AT IT'S BEST
BLUES * GOSPEL * SOUL * JAZZ * ECT
THE MUSIC CONNECTIN TO YOUR MUSICAL DESIRES
(ALL CATAGORIES - FROM 1940'S THRU 1990'S
MOST ONLY $5.
COME TO
GOOD GOLLY MISS MOLLY OUT POST
MON - SAT
GRAHAM ST. AT M.L. KING JR WY SO. INSIDE
TRAILER NEXT TO LIQOR STORE



SENIOR HALLOWEEN DANCE
WEAR YOUR SCARIEST COSTUME OR MASK
Music By The Rhythm-Aires
FREE
SEATTLE CENTER HOUSE
OCTOBER 28, 1992
1:00 - 3:00 p.m.
Sponsored by:
Seattle Parks & Recreation Department
Mayor's Office for Senior Citizens

For a new thrill come on stage and
BE HYPNOTIZED



You'll be thrilled until your spine tingles!
Proceeds to benefit the educational programs of Mothers Against Police Harassment
The amazing
Dr. Charles W. Faulkner
Master Stage Hypnotist
as nationally syndicated columnist in a rare Northwest engagement
Two Spectacular Shows
Sat. Oct. 24, 1992
7 & 9 p.m.
Admission $15
Carco Theatre

Fun and Entertainment
10% Coupon 10% Coupon 10% Coupon
"We stock the largest selection of Farrakhan video tapes in the Northwest"
VIDEO RENTALS $1.99
NEW UNLIMITED
(206) 324-5226
1408 22nd Ave.
Seattle, WA
98122
Mon-Sat 10am - 7pm

COUPON COUPON
THE DART INN
FIESTA
MEXICAN RESTAURANT
Westlake and Harrison
330 Westlake Avenue North
Seattle, Washington 98109
622-DART
Cocktails & Mexican Beer Available
COME & TRY OUR FAMOUS MARGARITAS
Cocktails until 2 am
Mon-Thur - 11 am - 11pm
Fri & Sat - 12 pm- 11 pm
Sunday - 2 pm - 10 pm

The Dart Inn Fiesta
2 FOR 1 LUNCH or DINNER
Buy One Lunch Or Dinner At Regular Price Get A Second Lunch Or Dinner Of Equal Or Lesser Value
FREE
Valid On Combinations #1-24 Sunday Thru Thursday Only; Offer Not Valid For Orders To Go, Or With Any Other Offers.
WITH COUPON - VALID 11 AM - 10 PM

The Dart Inn Fiesta
2 FOR 1 LUNCH or DINNER
Buy One Lunch Or Dinner At Regular Price Get A Second Lunch Or Dinner Of Equal Or Lesser Value
FREE
Valid On Combination #1-24 Sunday Thru Thursday Only Offer Not Valid For Orders To Go Or With Any Other Offers
WITH COUPON - VALID 11 AM - 10 PM

VALLEY MARKET
2338 Rainier St.
Greens 3/$1.00
Yams 3/$1.00
Cabbage 3lbs. $1.00
Sweet Potatoes 49¢
Smoked Knuckles, Ham Hocks, Salts Pork, Jiffy Mix

ALLEN & KEVIN BROOKS
S.C Entertainmet
presents
THE FIRST ANNUAL MEN AND WOMEN'S POP THAT THANG CONTEST
Sunday at Celeberty's
night club in Pioneer Square
Come and listen to the latest dance music,
Drink specials all night.
But must get there early to avoid long lines
dress code strickly enforced
21 and over I.D. required

The Washington Rhinestone Club's 40th Years of Service

The Washington Rhinestone Club would like to announce its 40th Anniversary. The Club was founded in 1952 for the purpose of recognizing the goals, accomplishments and ambitions of the youth of our community through well-planned social events that involve the total community.

In celebrating 40 years of service, the Club is attempting to locate all past debutantes and MC's of the Ball. If you are a past Washington Rhinestone Club debutante, please call Karen Robinson, 362-1389. If you are a past queen, contact Dawnmarie Cooper, 721-5449 and if you were ever a mistress or master of ceremony for the Ball, call Colleen Walls, 329-3951.

A luncheon has been planned for all past Debutantes on December 26, 1992 at the Westin Hotel, and past Debs will also be recognized at this year's Washington Rhinestone Club Debutante Ball which will also be held at the Westin Hotel on the 26th of December.

For further information, please contact Rosa Williams, Publicity, 722-9979.

ARCHWAYS
by the volunteers, for the volunteers
Volume 3, Number 9 •October 1992



Expect something entirely new and outlandish this Halloween at Pacific Science Center.

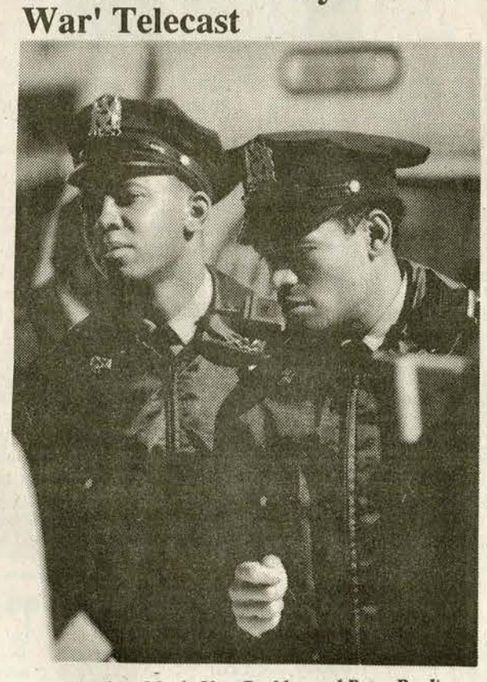
Thanks to sponsorship by Hallmark, Pacific Science Center is presenting Hallmark Haunted Halloween October 30, 31 and November 1. There will be scary stories in the dark, theatrical face makeup, three workshops where children can paint mini-pumpkins, make face masks and roll their own beeswax candles.

No one will want to miss the Chamber of Chills or the Treasure Hunt. The MAZE will be glowing with black lights and the maze ghoul will be hiding in the shadows just waiting for people.

Outside, the walls of all the buildings will be washed in special lights and there will be spooky music and sounds greeting visitors. Even the planetarium and Laser Fantasy have special Halloween shows. IMAX® will have a continuous showing of *Wearing Ants* and there will be special demonstrations of medieval alchemy.

Be part of this super new celebration. Volunteer opportunities are listed inside and all you have to do

'In the Line Of Duty: Street War' Telecast



Ray Sharkey, Mario Van Peebles and Peter Boyle

Michael Boatman, Courtney Vance and Morris Chestnut and the stars listed above, star "In The Line of Duty: Street War" on October 25th on NBC, (9-11 p.m. NYT).

Ray Shakey ("the Revenge of Al Capone"), Mario Van Peebles ("New Jack City") and Peter Boyle ("The Dream Team") star in " In the Line of Duty: Street War," a hard-hitting drama- inspired by a true story-about police partners who patrol the same mean streets of New York City on which they grew up as friends. When one is slain, his death triggers an investigation into the underground world of a crack cocaine dynasty.

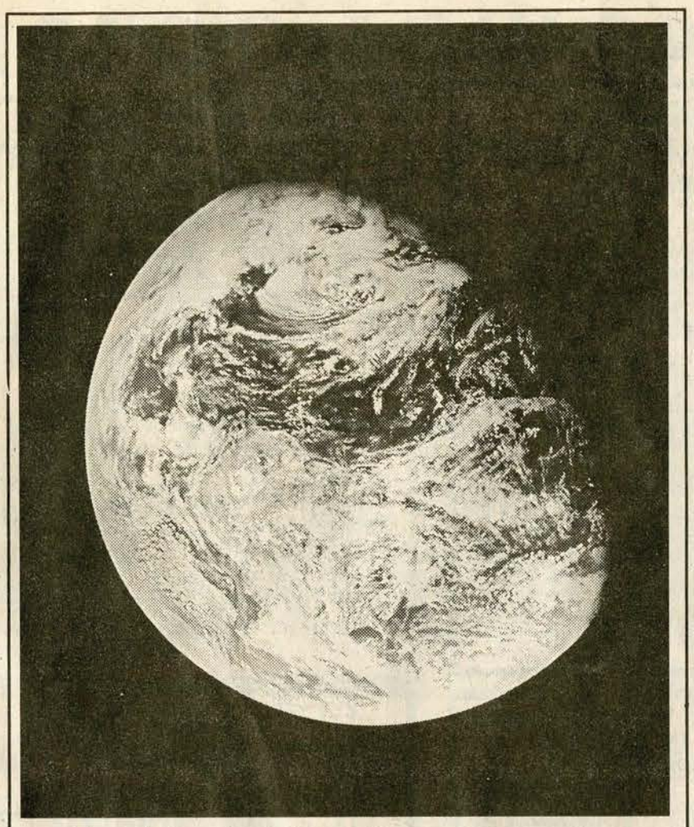
MUSIC INNER CITY
With your host Gordon Curvey the latest rap, R&B, Dance Music Videos, Special interviews
Friday night 9:30 pm to 10:00 pm ch 29
1:30 am to 2:00 am KTZZ ch 22
If you want to be a guest "V.J".
Call 722-9160

The Royal Esquire Women's Auxiliary
Cordially invites you to a
"Mexican Fiesta -Night"
Friday, October 16, 1992
at the
Royal Esquire Club
5016 Rainier Avenue So.
Seattle, Washington
for
Fun - Good Music - Dancing
5 p.m. - 10 p.m. Donation: $5.00
Come join us in "Colorful" Mexico!

DISCO
FABROS
Fri Oct 16
Sat Oct 17
9-1:30 am
Ladies Dart tournament 6:30pm
$100 prize
723-8924
Great Food

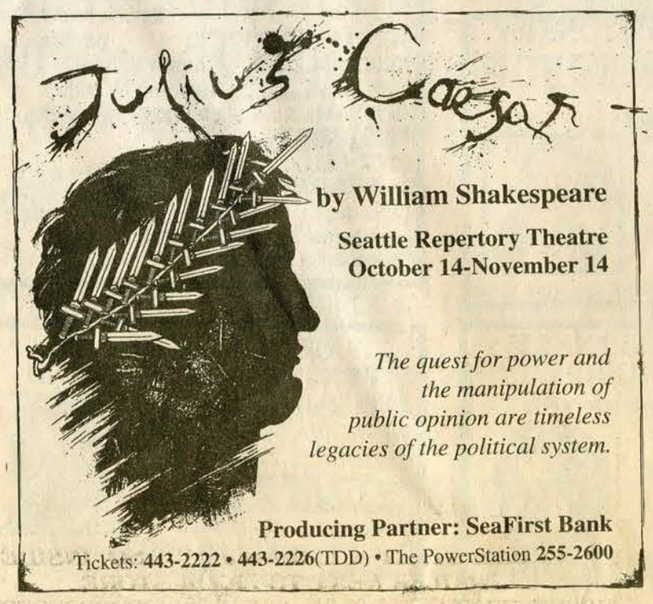
"The Rhythm of the City"
K-FOX
1250AM

Music
F.O.R.
World Peace and Justice
A musical evening featuring
Leon Lishner
Linda Allen
Tom Rawson
Rose Betz-Zall
Benefiting the Fellowship of Reconciliation
Refreshments following
FOR
United Nations Day, Oct 24, 1992, 7:30 p.m.
Beacon Avenue United Church of Christ
6230 Beacon Ave. S., Seattle
Suggested Donation: $5-15, sliding scale



It's a big world. Let's work together.
And help make it better.

BOEING



Special Notice

Tonight, October 14, 1992 at 6:30 p.m. the City Council will hear public testimony on the Street Utility and its rates. Come and be heard or call Ms. Choe at 684-8802 and share your views.

By Arnette Holloway

READ THE FACTS NEWSPAPER AND STAY INFORMED

Successful Careers Begin at Charko's



Model Marinna N. Thomas. Ready for work, can work after school as a movie extra or a modeling job.

Talent and opportunity lies within, but at **Charko's** is where a successful career begins!

Fall classes are now in progress! Sign up now! First 100 callers receive a Free Gift! Call now to release the talent and opportunity that lies within you! Call 206-726-7902 or 325-8005 for more information.

As of November 14, 1991, Charko's School of Fashion and Fitness Agency had become a non-profit organization. Now accepting donations, all donations are tax deductible.

To Charko:

Mother I Appreciate, Respect and Admire You!

Mother, I appreciate your strength, your sweetness, and your spirituality; I appreciate your warmth, your kindness, and your confidentiality.

Mother, I appreciate your understanding, your love for life, and your style; I appreciate your valid anger, your moodiness, and your smile.

Mother, I respect your courage and your ambition; I respect your faith, and your determination.

Mother, I respect your personal discipline and your parental ways; I respect your strive for perfection, and your hard working days.

Mother, I admire your ability to accomplish your goals, and your ability to be independent I admire your giving heart and our friendship.

Mother, I admire the unconditional love you give to your children, and our relationship together; I admire your personal salvation, and your love that you have for Charko's that will last forever.

It is a pleasure and a honor to have you for a Mother, I hope the general public will take advantage of the knowledge and the love you have to offer.

I'll Always Love You Mother,
Your Daughter, Treasure Hunter

A diet high in fiber and low in fat may reduce the risk of cancers of the colon and rectum



How to get a home loan with 5% down.

Introducing the Community Home Buyer Loan Program from University Savings Bank. For home buyers who demonstrate that they can make the monthly payments, but who might not have the 10 to 20% down necessary for traditional financing.

The path to a home of your own: You may pay 5% down from your own resources; or you may combine a 3% down payment with a 2% gift from other sources (say a relative, or even your employer).

The program features conventional 15- to 30-year financing at some of today's lowest fixed rates. It's good for the purchase or refinance of owner-occupied properties only, which must be either a single family residence or a condominium unit. Flexible underwriting ratios allow more income to be devoted to housing payments than on traditional loans.

Who's eligible? Your maximum household income must not exceed $50,500 in King and Snohomish Counties; $41,400 in Pierce; $44,200 in Kitsap; and $38,600 in Thurston. Perfect for first-time home buyers, but not limited to them.

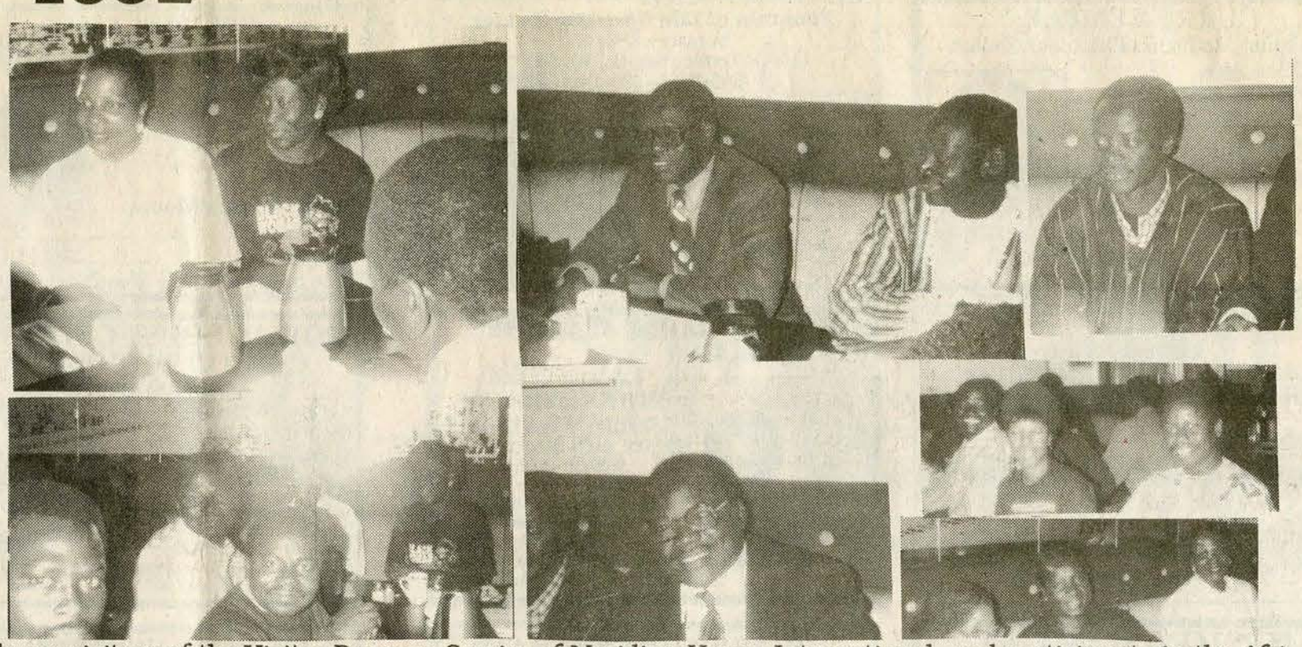
Get the low down on our new Community Home Buyer Program. For the latest rates, program options and qualifications, call or stop by any one of University Savings Bank's 22 branches.

University Savings Bank
A GLENFED Company

Ballard: 789-8100; Bellevue: 455-3380; Bridle Trails: 883-3800; Capitol Hill: 328-0040; Downtown Seattle: 622-6800; Edmonds (South Snohomish County): 672-3010; Gig Harbor: 851-8250; Highlands: 365-6100; Innis Arden (North Seattle): 542-9404; Juanita/Woodinville: 821-1414; Laurelhurst: 523-1911; Madison Park: 322-7720; Mercer Island: 236-0300; Queen Anne: 282-8787; Renton Highlands: 228-7660; Roosevelt Square: 525-2494; Tacoma/72nd Street: 473-6850; Tacoma Highlands: 565-8200; Tacoma Mall: 475-6100; University: 548-8200; Wedgwood: 523-7730; West Seattle: 932-5400.

Member FDIC

West African Participants of the Visitor Program Service of Meridian House International Tour Seattle on October 3, 1992



Eleven visitors of the Visitor Program Service of Meridian House International, and participants in the African Regional (Francophone) Project, "American Studies for History and Geography"; Teachers and Teachers Trainers, met with Janice Preston at the Silver Fork restaurant Saturday, October 3, 1992. They were delighted to share in pancakes, eggs, coffee and tea, or whatever struck their fancy while enjoying Seattle's hospitality. Arriving shortly afterward, I received such a warm greeting by Janice and all of the special guests. Janice was a wonderful hostess. Managing to converse back and forth with minimall English, enabled us to form warmth and bonding, connecting our similarities, in sisterhood and brotherhood from across the continent. Time passed and I extended my thanks and appreciation for their time; they were equally appreciative. Janice continued to give them a tour of Seattle for the remainder of the evening. Residing in West Africa, they either teach at, or attend a University in the subjects of Geography and History. Since September 3, 1992, they have been enjoying a tour of the United States, visiting: Rhode Is.; New Orleans, LA; Boston, MA; Tuscaloosa, AL; Albuquerque, New Mexico, visiting high schools and universities, and the Pueblo Indians. Sunday they will depart for Washington D.C.. The also had the opportunity to visit with the students at B F Day Elementary African Focus School, Principal: Carole Williams. Their tour with Janice included: Mt. Zion Church and the Ethnic School. Pastor S.B. MCKinney gave a historical account of the African-American heroes etched in the stain glass windows of the church. They proceeded to the Aquarium, and ended their tour at China Town. After an evening of conversation with Janice and family, they extended a most honorable and well deserved thank you to Janice for her kindness.

Visitors: Diarra Basseyni from Mali; Mamadau P. Dieng from Guinea; Tinta Hamade from Burkina-Faso; Ky Maurice, from Burkina -Faso; OuangraouA Madeleine from Burkina-Faso; Mrs. Yace Blandine from Cote D'Ivoire; Mrs. Ernestine Akomiane from Cote D'Ivoire; Mrs. Zeinabour Hadari from Niger; Mr. Chuck Hamaoullah from Traore Mali; Mr. Koko Marcel from Central Africa; Mr. Gorgui Ciss from Senegal.

Writer: Caroline McNeal

CHURCHDIRECTORYEVERYONEWELCOME

GOODWILL MISSIONARY BAPTIST CHURCH
126 15TH AVENUE

Seattle Washington
Office Phones:
323-2011 or **324-6688**
Lobby Phone: **323-9718**


Rev. Harry B. Sampson, Jr.

KFOX 1250
9am-10am
each Sunday

Sunday school----------9:00a.m.
Baptist Train Union----------10:05a.m.
Morning Worship----------11:00a.m.
Evening Worship----------6:00p.m.
Baptizing & Lords Supper (1st Sun).------6:00p.m.
Tues. Teacher's Meet----------7:00p.m.
Wed. Prayer & Bible Study Ministries---7:30p.m.

NEW HOPE MISSIONARY BAPTIST CHURCH
124 21ST Ave
323-5965



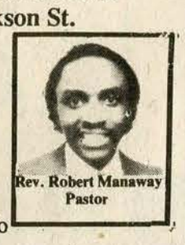
Hour Of Hope Heard
Live Sunday on **KRIZ**
1420 AM on your dial
at **12:10pm-1:10pm**

Dr. Robert L. Jeffrey Sr.
Pastor
6:30pm Wednesday Bible Study:
Introduction to victorious Christian Living

New Hope is a Full Gospel Church
Church Office:**323-4212**
Pastor's Study:**323-5958**
Morning Prayer Service 7:30am
Early Services.....8:00am
Sunday School.....9:20am
Morning Worship.....10:50am
Evening Service.....7:00pm
Wed. Bible Study.....6:30pm

TABERNACLE MISSIONARY BAPTIST CHURCH
2801 So. Jackson St.

P.O. Box 18148
Seattle, Wa 98118-0148
(206) 329-9794
(206) 322-8860
RADIO BROADCAST:


Rev. Robert Manaway
Pastor

Sunday Evening
5:00pm-6:00pm on Radio
Station 1420 AM KRIZ Radio

Order Of Service:
Early Morning Worship..... 7:00am
Church School..... 8:30am
Morning Worship..... 9:30am
Bible Study.....Mon. (8pm-not Wed.)
Prayer Hour.....(Wed.)7:00p.m.
Mid-Week Worship.....(Wed.)8:00pm
Evening Workshop, Sundays.....7:00pm

PROGRESSIVE MISSIONARY BAPTIST CHURCH

Located at the corner of
1103 14th Ave & Spring St.

"We welcome you to worship here"

324-5599 Pastor's Study
324-3365 Main Sanctuary

Sunday Church School.....9:30am
Morning Worship.....10:40am
Christian Growth.....6-7:00pm
Evening Worship.....7:00pm
Wednesday Power Worship.....6:30pm
"Progressive, a word of God's church.
(1 Thessalonians)

CHURCH OF NEZIAH CHILDREN OF VICTORY



Pastor, Bonnie Galloway- Graves Elder James W. Graves
Non-Denominational Full Gospel
1633-12th Ave
329-1619
"Try Jesus, You've Tried Everything Else"
Service Times:
Sunday.....12:00Noon
Adult Sun. School.....10:30am (Sun.)
Childrens Church.....10:30am(Sun)
Wed, Night Bible St.....7:00pm
Friday Night Service.....7:30pm
Sign Language Interpreting for The Deaf.

NEW DIRECTION MISSIONARY BAPTIST CHURCH
755 S. HOMER ST.
SEATTLE, WA. 98108
CHURCH **#763-2151**


REV. WILBERT REED, SR
Pastor

THE PUBLIC IS CORDIALLY WELCOME TO WORSHIP WITH US IN EACH SERVICE

Sunday School.....9:30a.m.
Morning Worship.....11:00a.m.
Baptist Training Union.....5:30p.m.
Evening Worship (Lord's Supper)
(1st Sunday Night.....7:00p.m.
Wed. - Prayer & Bible
Study.....6:00-9:00p.m.

BEREAN BAPTIST CHURCH
Set free to be God's hands, reaching out to the world.

Mailing Address:
P.O. Box 18114
Seattle, WA 98118



New Church Location:
at Columbia Baptist
4712 35th Ave.
between Alaska and S. Edmonds: turn south on 35th
S. between Rainier and M.L. King, off
Alaska St. on 35th!
Pastor's Phone: **228-0671** Church Phone:**722-2220**
Sunday Worship.....12:00pm
Church School.....11:00am
Tues. Christain Doctrine Classes.....7-9pm
Thurs. Bible Study.....6:30-7:30pm
Thurs. Prayer Meeting.....7:30pm
Saturday Men's Training.....5:30pm

GREATER NEW BETHEL MISSIONARY BAPTIST CHURCH
5279 RAINIER AVE. SO.
SEATTLE, WA 98118

PASTOR'S STDY: 725-0490
CHURCH:723-2562


Rev. Anthony R. Watson Sr.

SUNDAY SCHOOL.....9:30AM
WORSHIP SERVIC E.....10:45AM
WED. PRAYER/BIBLE
STUDY.....7:00PM
"A Teaching Ministry Based on Gods Word The Bible

CENTER OF FAITH CHURCH OF GOD IN CHRIST
25628-101st Ave. SE
Kent, WA
Phone: 859-1512
Sun. Morn. Worship....11:00am
Tues. Bible Study.....7:30pm
Fri. Evag. Svc.....7:30pm
II Cor. 5:7For We Walk By Faith, Not By Sight!


Wilbur D. Vincent, Pastor

GOOD SHEPHARD CHURCH
Non-Denominational

4831-So. Garden St
Seattle, WA 98118


Rev. R. Frank Bates
pastor

SUNDAY SERVICE:
10:00A.M.....Church School
11:00A.M.....Morning Worship
6:00P.M.....evening Fellowship
THURSDAY:
6:00P.M.....Bible Study
SATURDAY
12Noon.....Old Fashion Prayer Meeting
Low Impact Aerobic Class
Church Office #723-8778 Residence 725-6946

MACEDONIA MISSIONARY BAPTIST CHURCH
New location:
718 M.L.K. King Way
Mailing Address:
P.O. Box 80827
Seattle, WA 98118
Office: **767-2734**
Sun. School----9:00am
Worship Svc.-10:00am


Pastor, Rev. Ray A. Cotton

BEACON HILL FIRST BAPTIST CHURCH
1607 S. FORREST
324-3350



Sunday School.....9:30a.m.
Morning Worship.....11:00a.m.
Evening Serices.....7:00p.m.
Wed. Bible Study.. 11a.m.-1p.m.
Thurs.-Prayer &
Worship Service.....7:00pm
Dr. Robert Houston, Pastor & Director of United Theological Seminary School Sea, WA Extention.

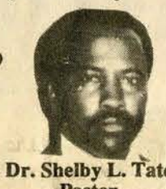
UNITY CHURCH OF GOD IN CHRIST
4055 38th Ave. So.
Seattle, Wa 98118
723-3636 or **721-0951**



Sun. School.....9:00am
Morning Worship.....11:00am
Evening Worship.....7:00pm
Prayer & Bible Band (Tues)..7:30pm
Mid - Week Service (Thurs)...7:30pm
"Where there is Unity There is Strength"!
Pastor James E. Hicks & Missionary Helen Hicks

GREATER MT. BAKER MISSIONARY BAPTIST CHURCH
2425 So. Jackson St.
Office: **325-7385** Church: **325-8335**
D.E.C. Matthews, Pastor
SUNDAY SCHOOL.....9:00AM
MORNING WORSHIP.....10:30AM
BAPT. TRAIN UN.....5:00PM
EVENING WORSHIP.....6:30PM
TEACHER TRAINING, WED.....6:00PM
PRAYER SERVICE, WED.....7:30PM

ROSEHILL MISSIONARY BAPTIST CHURCH
" A Church Where Everybody Is Someboby"
Services Held At:
7550 M.L.K. Wy. So.
Mailing Address: P.O. Box 28249
Seattle, WA 98118-1249
Church Phone: **721-0825**
Pastor's Office: **721-0426**
Sunday School.....9:30am
Morning Worship.11:00am
1st. Sunday Night...6:00pm


Dr. Shelby L. Tate
Pastor

FAITH DELIVERANCE PENTECOSTAL CHURCH
4872 Rainier Ave. S.
Seattle, WA 98118
Church: **723-2480**
Res: **271-2879**
Sunday School.....10:00am
Services.....11:30am
Tues. & Thurs. Svc..7:30pm
Friday Svc.....8:00pm


Charles W. Alford
pastor

EMMANUEL BAPTIST CHURCH
6558 35th Ave. S. W.
(corner of 35th & Holly)
Mailing Address:
5710 S. Augusta
Seattle, WA 98178


Walter E. White
Pastor

Sun. Christian Development Hour.....9:30am
Sun. Morning Worship.....10:45am
Wed. Prayer & Bible Study.....7:30 p.m.
Pastor's Phone:**722-0501**

FIRST CHURCH OF CHRIST, SCIENTIST
1519 East Denny Way, Seattle
Christian Science Church Services

Sunday.....10:00am
Sunday School.....10:00am
Wednesday Testimony Meeting...7:30pm

Phone: 324-3020

STAR BETHEL MISSIONARY BAPTIST CHRCH
5922 Rainier Ave. So. Office:**725-0827**
P.O. Box 18706
Seattle, WA 98118
Order Services:
Sunday School.....9:45am
Sunday Morng Svc...11:00am
Thurs. Evening Svc... 7:00pm
Sunday Evening Svc...7:00pm


Pastor Grover Sanders
Home: 329-8449

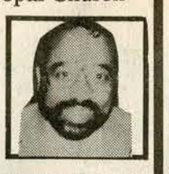
CHURCH OF CHRIST
Jimmy Hurd, Minister
2600 South Holgate Street
Seattle, WA 98144
Phone **324-5530**
Come, Worship with us!
Sunday 10:45A.M.
6:00p.m.
"And you shall know the truth and the truth shall set you free." John 8:32

TRUE VINE OF HOLINESS MISSIONARY BAPTIST CHURCH
1400-31st Ave. So.
Seattle, WA 98144


Rev. J. Huggins, Pastor

Sunday School.. .....9:30am
Morning Service.....11:00am
Everyone is Welcome **-722-4015**

CURRY TEMPLE
Christian Methodist Episcopal Church
172-23rd Ave.
Seattle/P.O. Box 22247
Church Office **325-9344**
Sunday Services.....10:45am
Sunday School.....9:30am
Wed. Bible Study.....6:30pm
Fri. Praise Service.....7:00pm


Rev. Alec K. Piper
"Counseling by Appointment"

Fountain of Life Christian Center
"A place of Hope"
1107 E Terrace Seattle, Wa 98122
860-0905/292-1490
Sun. Bible Institute Hour.....10:00
Sun. Morning Worship.....11:15
Life Bible Study, Wed..... 7:30
Wed. Prayer.....12:00
Fri. Prayer.....12:00
For with thee is the Fountain of Life; in thy light shall we see light. Psalms 36:9
Pastors Michael & Robin Tramble



GREATER FAITH MISSIONARY BAPTIST CHURCH
3051 Beacon Ave. So.
Seattle, WA 98144
323-1852



Pastor: Fondia Moore
Sun. School.....9:30am
Service.....11:00am
Bible Study & Praye Meeting.....7:00pm

GREATER FRIENDSHIP MBC
3406 E. Union St. 98122
Phone; 322-2423

Sunday School.....9:45 am
Morning Service.....11:15 am
Thur: Bible Study.....6:30
Rev. M.J. Thorton Pastor

"By this shall all men know ye are my disciples If ye have love one to another."
John 13:35

Licensed Christian Counselor
--God's Word is Positive--
Positive Approach
725-3947
Mrs. Mary O' Neal
Notary

SEATTLE TABERNACLE

Sunday School	10:00 am
Worship Service	11:00 am
Saturday Safari	1:00 pm

24th & Spruce (behind Garfield)

BISHOP A.L. HARDY ACADEMY OF THEOLOGHY



Registar Office
3208 S. Hanford St.
Seattle, WA 98144
CLASSES EACH TUESDAY
9:00a.m.-1p.m.
6:00p.m.-10:00p.m.
Rose of Sharon Educational Ctr.
4103 Rainier Ave. S
Info: 725-4271
Academic Dean: Atty. Philip Aaron
President/Foun nder: Dr. A.L. Hardy

POWER HOUSE CHURCH OF GOD IN CHRIST
2700 S. HANFORD
(MARIN LUTHER KING WAY. SO. HANFORD)
PHONE:723-6646
Sunday School.....10am
Church Service.....12am
Y.P.W.W.....7pm
Evening Service.....8pm
Tues. Bible Study...7:30pm
Friday Srvc.....7:30pm
"But you shall receive power after that The Holy Ghost is come upon you" Acts 1;8


Henry A. Jenkins,Sr.
Pastor

LINSEY CME CHAPEL
11427 Rainier So.
772-8452

Morning..... 11:00
Sunday School.....9:30
Pray Serv Tues 7:00

Family Counseling and Prayer by Appt.
Pastor Ronnie White

Israelite Community C.O.G.I.C.
(Church Of God In Christ)
7149 M.L.K. Wy So.
Ph: 725-0840-721-2333
Sunday School.....9:30am
Church Services.....11:00am
Y.P.W.W.....6:00pm
Evening Worship.....7:30pm
Tuesday Bible Stud.....7:30pm
Friday Service.....7:30pm
The Light Is On


Elder Alvin Horton Sr.

MISSION BAPTIST CHURCH
735 18Th Avenue **329-3265**
Sunday School.....9:45am
Morning Worship.....11:15am
Special Programs.....3:00pm
Wed. Prayer & Bible
Study.....7:00pm
Communion 1st. Sun.
Night.....6:00pm


Rev. Abraham Harris,

THE SEED OF ABRAHAM EVANGELISTIC CENTER
2002 East Union
Pastor Elder Habakkuk Evans
322-4324



Order of Services:
Sunday School.....9:30am
Sunday Morning Worship.....11:00am
Mon-Fri, Nightly Crusade.....7:30pm
Tuesday Bible Study.....6:30pm

NEW BORN PENTECOSTAL TEMPLE
432 26th Avenue East **323--0408**

(The Church where everyone is welcome)
Mon. Choir Rehearsal.....7:00pm
Tues Bible Study.....7:00pm
Thurs. Midweek Evag Svc.....7:00pm
Saturday Prayer Mtg.....7:00pm
Sunday School.....9:30am
Sunday Morn. Worship.....11:00am
1st Sunday Night, Communion, 4th Sunday night, fellowship svc.
Rev. Frank Johnson, Pastor

SMITH TEMPLE C.O.G.I.C.
1430 26th Ave.
(206) 329-8104



Sun. School.....9:30am
Sn. Service...11:30am, 7pm
tes., Fri. Svcs.....7:30pm
Day Care-Christian Marital Counseling -Bible Institute
"A Good Place To Worship"
Dr. Chas E. Smith, Jr.

RESURRECTION TEMPLE
1428 31ST AND ALANTIC
SEATTLE, WA 98144
(1 Block South of Ollie's Gospel Corner)

PASTOR KEITH WILSON
SUNDAY SERVICES----------11:00am

"come and have a good time in the Lord"

RENTON PENTECOSTAL FULL GOSPEL CHURCH
Elder James Shaw, Jr.
1015 N. 29th, Renton
phone: 226-7411 Pastor's Home:722-2413
Sunday School.....9:30am
Worship Service.....11:00am
Tuesday Prayer.....7:00pm
Tuesday Bible Study.....8:00pm
Thursday Basic Religious Class....7:00pm
Friday Night Service.....7:30pm

THE CHURCH AT SOUTH SEATTLE
"A Church Of Evangelism"
9416 M.L.K. Way So.
Seattle, WA 98118
772-0240 or 7224345
Worship Service.Sun....11:30am
Adult Learners
Program.....6:00pm
Rainier Beach Public Library
Bible Study....Thur.....7:30pm


pastors
Dr. Emma Jones,
Bro Johnny Jones Sr.

UNITED DELIVERANCE TEMPLE
5523 Rainier Ave. S.
Seattle, WA 98118
Weddings, Funerals, Counseling


Pastor Eula P. Clark

HOME:325-6764 CHURCH: 723-5198

"Now Faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1

LITTLE ZION MISSIONARY BAPTIST CHURCH
2601 So. Jackson St.
Seattle 98144

CHURCH: **324-4157**
RES.: **323-5506**


Rev. Jerry Brooks, Pastor

Sun. School----9:45
Worship Serv..11:00am
Prayer Serv...Wed. 7pm
Bible Study...Wed. 7:30pm

NOW IN FEDERAL WAY
ROSE OF SHARON CHRI STIAN CHURCH
Services held at:
Church of The Nazarene
1525 Dash Pt. Rd.
Federal Way Wash. 98003
Sunday School.....1:00pm
Worship Svc.....1:45pm
Bible Study Mon...7:00pm
Office: 927-8131.


Pator M.E. Hale Sr

******** ATTEND THE CHURCH OF YOUR CHOICE THIS SUNDAY. ********

CHURCH DIRECTORY CONTINUED

ROSE OF SHARON PENTECOSTAL TEMPLE

4103 RAINIER AVE. SO.
Church Phone: 722-9972
Office:722-4920
Order Of Service
Church School.....9:30a.m.
Morning Worship.....11:15a.m.
Evening Service.....7:00p.m.
Evangelistic Service-
Wed. evening Mid Week
Service.....7:00p.m.
Friday.....7:00p.m.



Pastor & Founder
Bishop A.L. Hardy, D.D.

CHRIST TEMPLE CHURCH OF CHRIST (HOLINESS)

2855 South Alaska Street
Order of Servi ces:
Sunday School.....10:00am
Morning Worship.....11:15am
Evening Worship.....7:00pm
(1st & 3rd Sundays)
Prayer & Bible Study.....Wed. 7:00pm
REV. C.L. CARHEE, PASTOR

ANTIOCH BAPTIST CHURCH

1445 S. Main Phone:322-9538
Study: **329-3888**
Home: **722-4267**
Sunday School.....9:45
Morning Service.....11:00
B.T.U.....5:45
Evening Service.....7:00
Mon. Mission.....7:00
Wed. Prayer & Teacher Mtg.7-7:30
Thurs. Bible Class.....7:00



David E. Hardy, Sr. Pastor



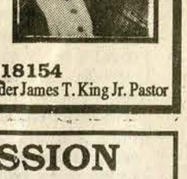
Safe In His Arms

Church of God In Christ
Preaching and feeding on the street corner of Hewitt and Colby in the city of Everett every Friday from 5-6 p.m., 742-7308

Safe In His Arms
Pastor Ray Hampton, III
P.O. Box 1363
Lynnwood, WA. 98046

EBENEZER CHURCH OF GOD IN CHRIST

Early Morning Prayer Time.....9:30am
Sunday School (Chruch School).....10:00am
Morning Worship Service.....11:30am
L.P.W.W. (Youth Ser/Bible St).....7:00pm..
Sunday Evening Worship.....8:15pm
Wed. Evening/Prayer & Bible St.....7:00pm
8302 Renton Ave. So.
Seattle, WA. 98118
(206) 725-2829
Services being held at the Mt. Baker Community Center
Mailing Address: P.O. Box 18154
Seattle, WA. 98118 Elder James T. King Jr. Pastor



UNITED MISSION BAPTIST CHURCH

771-4360
11:00 Worship Service
The Landmark Hotel & Convention Center
4300 200th st SW Lynnwood Wash
6:00 pm Worship Service
607 SE Everett Mall Way St. 5 Everett Wash
Mailing address
Rav. Raymond Hampton, Pastor
P.O. Box 5925 Lynnwood Wash 98046

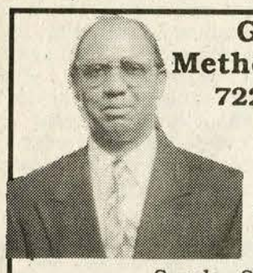
Tried Stone Community Church

5900 Rainier Ave. So.
Seattle, WA. 98118
(Methodist Free Sanc. Corner of Juneau & Rainier)

Worship Service.....Sunday, 12:30 p.m.
Children's Church.....Mid Service
Home Prayer/Bible Study.....Tuesday, 7:00 p.m.



Pastor & Mrs. Sherman Walker
(206) 277-6662
"Come unto me, all ye that labor and are heavy laden, and I will give you rest." Matt. 11:28



Grace United Methodist Church

722 30th Ave So.

Rev. Austin V. Ray
Pastor

Sunday Service
Worship and Praise.....8:00 am
Church School .....9:45 am
Worship Service.....11:00 am

Church Office 329-4674

The Mission of Grace UM Church is to: Proclaim the Gospel of God's Saving Grace; provide opportunities for spiritual Growth; through worship and service; and serve people both near and far, as Christ centered, Bible based Family Church that offers God's "Love to all".

"We look forward to worshipping with you on Sunday"

CHURCH NEWS



CHURCH EDITOR
DR. EMMA JONES

Nation Of Islam Study group #67

1408 22nd Ave Seattle Wa
860-8107



Bro. Min. Phillip X
Authorized Representative
of The Hon. Louis Farrakhan

Meeting Schedule
Wed: (Lecture) 7:30 pm
Fri: (study group) 7:30 pm
Sun: (Lecture) 2:00 pm

Greater Mt. Moriah Missionary Baptist Church

1431 - 23rd Ave
Seattle, Washington 98122
325-8652
Rev. John L. Coleman, Pastor

Sunday School.....9:30 am
Morning Worship.....11:00 am
Wednesday Night Service..... 7:00 pm

"There is a new church starting in Central Seattle."
"Let your light so shine" Matt. 5:16

New Light
CHRISTIAN CHURCH

2101 S Jackson
(Washington Middle School)
Pastor Rick Danner

First Service: October 18, 1992

Sunday School.....9:30 am
Morning Worship.....11:00 am

Why don't you come to the light?

Unity COGIC Pastoral Anniversary

The Unity COGIC family, located at 4055 38th Ave. So. cordially invites the community to come join us in celebrating our Pastor, James E. Hicks, and wife Helen Hicks, 12th Anniversary. Service will convene on Wednesday, 14th, 15th and 16th each night at 7:30 p.m. There will be no service Saturday, 17th, but we will continue our celebration, Sunday, Oct. 18th at 3 p.m. We are anticipating a high time in the Lord so come and enjoy the Lord with us. The Anniversary Committee.

God's Children

In full concert on Saturday, October 17th, 6:00 p.m. at the Rose of Sharon Pentecostal Temple, 4203 Rainier Ave. So. Come expecting a good time in the Lord.

Greater Mt. Baker Baptist Church

Mrs. Lucy Thomas-Edward will be coordinating the Mission II & Jr. Women's Workshop. She's vice president of State Mission #2 of the General Baptist Convention of the Northwest. She's the advisor to the junior women of the general Baptist Convention. Pres. of the Local Mission & Church. She belongs to the True Vine Missionary Baptist Church. Wife of Rev. Ray Edwards she's statistian of the Senior Mission Union National Missionary Baptist Convention, Inc. Oct. 17, 19:00 a.m.-12:00 p.m., theme: Standing on the promises of God,. Heb. 10:23,26. We invite mission sisters and friends to be a part. Sis. Mary Marbles, Mission 2 Pres. Sis. Jennifer Hall, Junior Women's Aux. Pres.

The King of Glory Church

The King of Glory Church of God In Christ invites you to attend our Friday night Youth meeting on October 16, 1992. Special guest speaker, the dynamic, motivating, Evangelist Maurice Belin, will be stirring our hearts, minds, and souls with a profound message designed for today's youth. His powerful presentation will reflect The King of Glory's motto: "Reach up; Reach in; Reach out." We are located at 12712 Renton Avenue in Skyway. Pastor and founder: Elder Craig Jackson.

Fountain of Life Christian Center Seminar for Couples

Michael and Robin Tramble have been married for 12 years. During this time they have ministering in song together. Michael and Robin Tramble will be sharing the concepts of marriage from a Christian perspective. Some of the topics will include: THE PRINCIPLES OF MARRIAGE, HOW TO KEEP THE FIRE BURNING, HIS NEEDS/HER NEEDS and more. Plus a short session on parenting. This seminar promises to be one of your greatest investments of time. AND IT'S FREE!. Register today, space is limited Seminars are October 16 at 7:00 p.m. and October 17 at 6:00 p.m., 1107 E. Terrace, Seattle, 860-0905 or 292-1490.

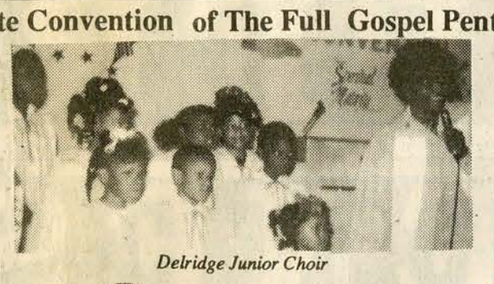
The Paradise Baptist Church

The Paradise Baptist Church family would like to invite our brothers and sisters in Christ to attend our Fall Revival. The dates of our revival are October 14, 15, 16, 1992 at 7:30 p.m. and closing on Sunday October 18, 1992 at 3:00 p.m. Whether you are a member of a church or if you are seeking Christ, please come out and help us lift up the name of Jesus. Paradise Baptist Church is located at 4353 South Henderson, Seattle, WA. 98118. Phone 723-0888. May God bestow a blessing upon you. Reverend Stan Robinson, Pastor.

11th Washington State Convention of The Full Gospel Pent. Fed. Assoc.



Overseer James Shaw



Delridge Junior Choir



Bishop S.D. Leffall



Overseer C. Pearson

The 11th Washington State Convention of The Full Gospel Pentecostal Federated Association will be convening October 14-18, 1992 at the Renton Pentecostal Full Gospel Church, 1015 N. 29th St., Renton, WA. 98055.

The guest speakers are: pastor Curtis Doakes, Pastor M.J. Bass, and Apostle Eugene Satterwhite. The theme for this year's convention is "USING WHAT WE HAVE" found in Exodus 4:2-4.

The Pilgrim Rest Baptist Church

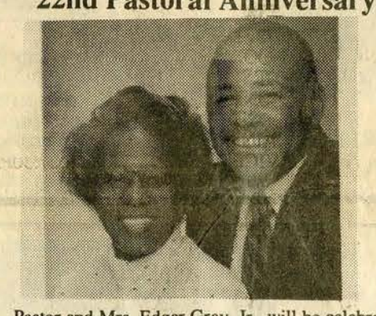


Will honor their pastor and First Lady's 2nd Anniversary on Sunday, October 25th 1992 at 3:00 p.m.

Rev. David Hardy, a dynamic minister, pastor of the Antioch Baptist church will be the guest speaker. There will be other churches and choirs throughout the city with soul stirring sounds participating in this great celebration. The public is invited to attend. If you are not there you will miss a treat.

Pilgrim Rest Baptist Church is in the Washington Hall Building located at 153 14th Avenue, Seattle, Washington. May God Bless you all. Sis. Edna Lockhart Program Co-ordinator.

Pastor and Mrs. Edgar Gray, Jr. 22nd Pastoral Anniversary



Pastor and Mrs. Edgar Gray, Jr., will be celebrating their 22nd Anniversary at The Madison Temple Church of God in Christ, 2239 East Madison Street. The Madison Temple congregation invites you to join them in this momentous celebration on Friday, October 16th at 7:30 p.m and Sunday, October 18th at 3:30 p.m. Pastors James King and Gerard Sanders and their congregation will be with them on Friday night, and Pastor James T. Watson and congregation on Sunday evening. Please plan to attend.

Northwest Singles Ministry Presents Annual Singles Jubilee

Theme: Singles In The 90s - A New Focus, Saturday, October 17, 1992 sponsored by Christian Life Fellowship Center, Pastor George Frost, 1123 23rd Avenue, Seattle, WA. , 9:00 a.m. - 10:00 a.m, 10:00 a.m. - 12:00 p.m. Singles Ministry Seminar for Pastor and Singles Ministry Leaders, Pastor Reuben Sapien, Seminar Topic: Developing and Tapping the Potential of Your Singles; 10:00 a.m. - 12:00 p.m. Praise and Worship Seminar, Minister Shawn Lynch; 12:00 p.m. - 1:15 p.m. Lunch (provided by the Northwest Singles' Ministry); 1:30 p.m. - 2:30 p.m. Workshops (choose one): Single but not Alone - Pastor Keith Wilson Healing/Deliverance from past Hurts, Fears, Anger and Depression - Evang. Tamera Pearson, Developing your Prayer Life - Evangelist Hattie Johnson; 3:00 p.m. - 4:00 p.m. Workshops (choose one): Preparing Yourself for Marriage or Remarriage, Single Parenting Issues - Missionary Evangelist Darlene Greene, Financial Planning for Singles - Pastor Reuben Sapien; 6:00 p.m - 7:00 p.m. Intercessory Prayer; 7:00 p.m. Celebration Musical featuring local Choirs and Artists from the Seattle/Tacoma Area.

Come One...Come All Revival Time

Come one, come all, Revival time once again. Place: Showers of Blessing Tabernacle presents Evangelist Charles Maynard of Venice, California, Oct. 18-25 at 7:30 p.m. at 5518 Martin Luther King Jr. Way.

Bargain Hunt At Madrona Presbyterian Church

On Saturday, October 17, from 9:00 a.m. to 3:00 p.m., Madrona Presbyterian Church will sponsor a rummage sale. The church is located at 832 32nd Avenue (corner of Marion) and the bargains will be in a wide range of categories including toys, household goods, and clothing for men, women, and children.

Beacon Avenue Church of God

The Church Anniversary Committee will be having a pew rally on October 18, 1992, 3:30 p.m. On program will be the singing Galatians, Tabernacle Baptist Church Male Chorus, House of Holiness Male Chorus, Sis. Charlene Lacy and Bro. James Jones will M.C. this program. Also beginning October 22th, 23rd and 25th we will be celebrating our church's 19th year anniversary at 7:30 p.m. nightly and 3:30 p.m. Sunday. Come expecting a blessing! 7225 Beacon Avenue. Seattle, WA. Bishop Willie Vaughn, Pastor.

Mt. Zion Baptist Church

Mt. Zion Baptist Church Brotherhood Breakfast will be held on Saturday, October 17, 1992 at 7:30 a.m. Our guests will be candidates who are running for local and National Political Offices. Mt. Zion Baptist Church is located at 19th and Madison, Seattle, WA. Hope to see you there!

12th Year Anniversary of New Direction BC

The Pastor and family of New Direction Baptist Church is inviting everyone in the Seattle-Tacoma areas to come out and celebrate 12 years of service with hem, Oct. 14-16 at 7:00 and Oct. 18th at 3:00 p.m. Our theme for this celebration is Matt: 21:13. My House Shall be called the House of Prayers. 755 So. Homer St., Seattle, WA. , Rev. Reed, Pastor.

AT DAYSPRING & FITCH YOUR FEELINGS COME FIRST

FUNERALS * MEMORIALS * CREMATION



ZANE FITCH

SERVING ALL FAITHS & NATIONALITIES

*PRE-ARRANGEMENTS
*FLOWERS
*MONUMENTS & MARKERS SHIPPING
*ASSISTANCE WITH ALL DEATHS BENEFITS

Call Day Or Night
723-8955
3714 Rainier Ave S.

LOCALLY OWNED & OPERATED

IN TACOMA AND WESTERN WASHINGTON
1-800-286-3296

Safe In His Arms COGIC Will Hold It's First Service November 1st



Pastor Ray Hampton III and wife, Julia

Safe In His Arms COGIC will hold it's first service on November 1, 1992 at 11:00 a.m. at the Everett Pacific Hotel in Everett, WA.

Reverend Raymond Hampton, III, an African American pursuing a degree in Human Services, works in Snohomish County in a street ministry, "preaching and feeding" on the street and visiting hospitals and jails. He has been a Pentecostal minister with The Church of God in Christ for four years and an Assistant Chaplain at he Snohomish County Corrections Center in Everett for he past year.

Hampton just started his own church, Safe in His Arms Church of God in Christ, which will hold its first service on November 1, at the Everett Pacific Hotel. Hampton says that,"People have been serving the church and now the church needs to serve the people." He claims, "People have been coming to chuch and have been neglected in church and now we need to take the church (the message) to the people in the streets."

Hampton, who is married with four children, says he is, "happy to receive the Multi-Cultural Scholarship" and is "trying to make a difference in he community in Snohomish County." He is concerned about gangs and is bringing a "message of hope to a neglected generation."

Mailing Address: Safe In His Arms, P.O. Box 1363, Lynnwood, WA. 98046, (206) 742-7308.

Rosehill Missionary Baptist Church 1992 Pastor's Aide Annual Day

Pastor Shelby L. Tate and the members of the Rosehill Missionary Baptist Church cordially invite all churches and the community to our 1992 Pastor's Aide Annual Day Program. This event will be held October 18, 1992 at 3:00 p.m. at Rosehill Church located at 7550 Martin Luther King Jr. Way South, Seattle, Washington.

For further information, please contact Sis. Dorothy L. Harper, President 725-4169 or Sister Virginia Miller, Vice President- 722-6981. Rev. Shelby L. Tate, Pastor.

Deliverance Temple Women's Day Program

Praise the Lord! Praise the Lord! Praise the Lord! Supreme Joyce Jackson has accepted her calling! Come out and support this dynamic woman of God as she delivers her first public message a the Deliverance Temple Women's Day Program on October 18, at 3:00 p.m. Deliverance Temple Ministries is located at 4850 37th Ave. So. where he pastor is Elder Kenneth W. Jackson Sr. Let's show her some love. Come out and support.

Greater Deliverance COGIC

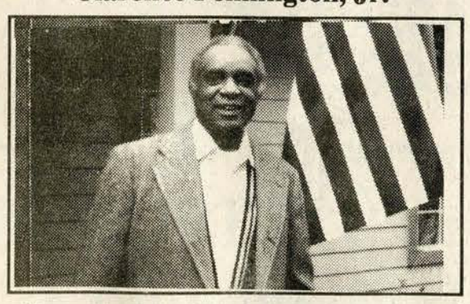
We, the members of Greater Deliverance COGIC cordially invite you to help us honor our pastor's 17th Anniversary, Sunday, October 18, 1992 at 3:00 p.m. The church is located at 7544 Martin Luther King Way. Elder Albert R. Horton, pastor. Various churches will be attending. Theme: Going forward I press Toward The mark For The Prize Of The High Calling Of God In Christ Jesus. Phillipians 3:14. For further information contact Sis. Jo Ann Reese at 725-5085.

Progressive Missionary BC 51st Church Anniversary

Services are continuing Wednesday through Friday night October 14-16th at 7:00 p.m. nightly a Progressive Missionary Baptist Church in observance of their 51st Church Anniversary. Guest churches will be: Wed. Berean Baptist Church, Pastor Howard Robinson, Jr.; Thurs. Macedonia Missionary B.C., Pastor Ray Cotton; Fri. Trinity Faith Temple, Elder Alfred Roberson. On Sat., October 17th at 6:00 p.m. There will be a recognition day honoring long time members, Mother Thelma Charles, Bro. Charlie Smith and Bro. James Alexander. Guest speaker will be Rev. B.A. Taylor, Pastor of Damascus B.C. Services will close out Sunday, October 18, 1992 at 3:30 p.m. guest speaker will be Rev. Matthew Thornton, Pastor of Greater Friendship Baptist Church. Progressive is located at 14th & E. Spring.

OBITUARIES

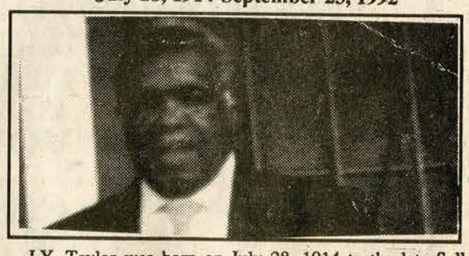
In Loving Memory of Clarence Pennington, Jr.



Clarence Pennington, Jr. funeral services will be held Friday, Oct. 16, 1992 at 11:00 a.m. at Mt. Zion Baptist Church, 1634 19th Ave. with Pastor S. McKinney officiating. Interment will be at Greenwood Memorial Park, Renton, WA. A visitation will be on Thursday, Oct. 15, 1992 from 12-8 p.m with the family receiving friends from 7-8 p.m. all at Southwest Mortuary Chapel, 9021 Rainier Ave. So.

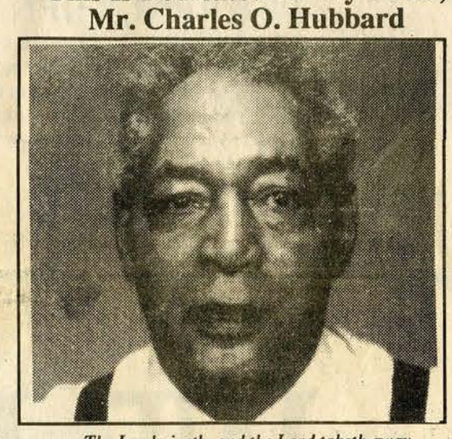
In Loving Memory of Mr. J.Y. Taylor

July 28, 1914-September 23, 1992



J.Y. Taylor was born on July 28, 1914 to the late Sell Taylor and Minnie Taylor of Coffeeville, Mississippi. He was one of eight children born to this union. While living in Memphis, J.Y. met and married Olivette Hill on September 2, 1943. They were blessed with eight children, six daughters and two sons. He worked with his brother's firm, Farwest Cleaning Services, a janitorial company whee he remained until he began working for he Univ. of WA. until he retired in 1980. He leaves to celebrate his memories his loving wife of 49 years, Olivette, daughters, Irma J. Marshall, Vickie Taylor, LaVonnya Taylor, Valarie Taylor, Ernestine Hill and her husband Patrick, Leona Holman and husband Marc; his sons, Herman Taylor, Larry Hill; mother in law, Mrs. Arizona Hill of Gary, Indiana; his brother, Leroy Taylor, L.D. Taylor and wife Mamie and a host of grand and great grandchildren, relatives and friends. Dayspring & Fitch Mortuary Funeral Directors in charge. Services were Oct. 3, 1992.

This Is Dedicated To My Uncle, Mr. Charles O. Hubbard



The Lord giveth, and the Lord taketh away.
Although sometimes we might go astray.
the Lord will always make room for you.
Only if we follow him all the way through.
The after life is peaceful and beautiful without sin
Which is called eternal life; where our new life begin.
by Shirley J. Delcamber

Charles O. Hubbard, 1917-1992. Service to be held at Goodwill Baptist Church, Oct. 17, 1992, 1 p.m.

In Loving Memory of Edmond Dean Hackley-Liggett



On Monday, Oct. 12th at 6:45 a.m. our beloved Lord Jesus saw fit to add another flower to his bouquet. That flower was Edmond Dean Hackley-Liggett, born September 4, 1988 and passed October 12, 1992 at Childrens Hospital at the age of 4 yrs old. He will be missed and loved always.

He leaves to cherish his memories his devoted and loving mother, Whitney Michon Liggett, father, Edmond Dean Hackley, grandmother Beverly Ann Liggett, grandfather Jerry Wyman, step grandmother Jasmine Wyman, great grandfather, James Liggett and great grandmother Gloria Liggett, great aunt Brenda Liggett Martin, great uncle, Al Martin, great aunt, Barbara Liggett Meilleur, great uncle Darryl J. Liggett, aunts, Aletta Wyman, Athena Wyman, Anita Wyman, uncles, Jerry Jr. Wyman, Mathew Wyman and a host of other relatives and friends. Services will be held Wed., Oct. 21st at 11:00 a.m. at Delridge Wy. Pentecostal, 5071 Delridge Wy. S.W., Seattle, WA. Bishop S.D. Leffall, Pastor.

In Loving Memory of Carolyn J. Anderson



Funeral services for Carolyn J. Anderson will be held on Saturday, October 17, 1992 at Dunlap Baptist Church, 8445 Rainier Ave. South, Seattle, WA. Rev. Claude Collins officiating. Memorial services will be at Greenwood Memorial Park, 350 Monroe Ave. N.E., Renton, WA. 98056. Carolyn J. Anderson leaves to mourn, her four children, Keith Anderson, Stephanie Siders, Steven Anderson and Kimberly Anderson all of Seattle, one brother Harry Taylor, one son in law, Arnett Siders, seven grandchildren and a host of relatives and friends. Carolyn we love you and will miss your dearly, your children, Keith, Stephanie, Steven and Kim, your brother Harry Taylor, your seven grandchildren, your friends Eric Belisle and Jacquie Jones-Walsh.

OCTOBER: HEALTH AWARENESS MONTH

PROVIDENCE MEDICAL CENTER

Providence Medical Care Centers
and
Hospice of Seattle/Providence Homecare

We invite you to consider Providence now and in the future for your medical needs and career opportunities.

Providence Medical Center
Personnel Department
500 17th Avenue
Seattle, WA. 98122

Jobline: 320-2020

SISTERS OF PROVIDENCE
SERVING IN THE WEST SINCE 1856

"STRENGTHEN & TONE" WEDNESDAY, OCTOBER 21

Would you like to increase your endurance and strength for the daily activities that you enjoy? Would you like to enhance your flexibility and decrease joint stiffness? If so, Strengthen & Tone is for you. This one-hour activity session will teach you exercises that you can do to enhance your overall strength and flexibility. You will learn exercises to do in a chair as well as stretches on the floor. Strengthen & Tone is taught by certified instructors who will teach you how to exercise safely and effectively.

Wednesday, October 21, 1992
10 am to 11 am or 12:30 pm to 1:30 pm
Mother Joseph Conference Rooms A & B
Call Providence Health Resources at 320-2299 to reserve your space.
Class is limited to 50 participants.

WE HAVE ONE SPECIALTY. PEOPLE.

UW MC

UW Medical Centers Personnel is the gateway to allied healthcare opportunities at both the University of Washington Medical Center and Harborview Medical Center. Two exceptional facilities providing critical services to Seattle and the Northwest region. Which makes finding exceptional healthcare people our specialty.

As such, we are acutely aware that it takes a wide variety of healthcare skills to serve the medical needs of our diverse population. And why we recruit a diverse group of people. People who have helped make our services some of the best in the nation.

For more information about our vast array of opportunities, please call our Job Line at (206) 685-GTWY or (800) 685-GTWY. We are located at 325 Ninth Avenue, Seattle, WA. Affirmative Action and Equal Opportunity Employer.

UNIVERSITY OF WASHINGTON · 1861 ·
MEDICAL CENTERS PERSONNEL

YOUR GATEWAY TO THE BEST OF BOTH WORLDS.

Health Promotion in the Black Community: Scaling the Barriers

MARK YOUR CALENDAR

OCTOBER 30-31

Sponsored by
Providence Medical Center
Washington State Association of Black Professionals in Health Care
Department of Medical Education

University Targets Community-Wide Hypertension Care

Using hypertension as its "test disease," the University of Washington in Seattle has taken a leading role in establishing and teaching community-wide practice standards for the effective and efficient management of chronic conditions. The study model established in the hypertension project by the University's Health of the Public Program hinges on collaboration with major provider groups to collect data, assess variations in practice, and implement site-specific interventions to improve the management of hypertension and encourage preventive care. Having completed its statewide analysis of care for hypertension, the University is following up with a similar report on obstetrical care and maternal and perinatal outcomes.

The Health of the Public Program has two goals: a research and development effort to systematically study the care provided to hypertensive patents, and a revision of the medical school's curriculum and ambulatory training of house staff to improve preventive practices "The overall intent of the program was to help academic medical centers respond to the changing demographics and economics of the health care environment by moving their training and research programs out into the community," said Jonathan Showstack, MPH, codirector of the Health of the Public Program and associate professor of health policy at the University of California's School of Medicine in San Francisco.

Consortium Focuses on Resources, Outcomes

In 1987, the University of Washington convened a consortium consisting of its academic medical center; an affiliated teaching hospital, Pacific Medical Center; the two largest private-sector health maintenance organizations (HMOs) in Washington, Group Health Cooperative of Puget Sound and HealthPlus; the Health Care Purchasers Association; the State Employees Benefits Board; and the Washington Affiliate of the American Heart Association. "The managed care organizations were eager to participate because of the opportunity to collect data about resource use and outcomes of care and to find out how they compare to others," said James P. LoGerfo, MD, MPH, director of the program at the University of Washington and medical director of Harborview Medical Center in Seattle.

The consortium collected and analyzed 1 year of baseline data to describe existing variation in hypertension care across the chosen sites. This information was derived from billing and claims data, medical records review, computerized laboratory and pharmacy data, and patient surveys. LoGerfo explained that data for approximately 1800 patients were analyzed to examine outcomes assessed by physiological measures such as control of blood pressure, functional status measures, and satisfaction. For resource use, the project looked at the number of patient visits and patterns of drug use.

Need for Step-Down Therapy

As for the findings, data regarding diastolic blood pressure showed that some patients were being "overcontrolled" for hypertension. The clinics that participated in the program "had never seen data like this," LoGerfo said, and it made them realize that many of their patients who were on multiple-drug regimens are good candidates for step-down therapy.

Study participants were also struck by the prevalence of obesity, especially among women patients. The degree of hyperlipidemia observed was also higher than had been expected. And it was shown that patients were given advice on lifestyle changes during only 30% of all hypertension-related visits. These findings led to the conclusion that risk-factor modification might be a "fruitful" area for intervention.

After the data collection and analysis had been completed, detailed reports were given to the participating provider groups, and meetings were held with representatives of each site in late 1990 and early 1991. It was decided that each site would incorporate into its planned intervention the following five approaches for altering physician behavior; education, feedback, administrative changes, incentives/penalties, and participation.

Prevention to become Part of Medical Curriculum

Also as a result of the project's findings, the University of Washington is restructuring its curriculum so that the basic concepts of disease prevention are incorporated into all 4 years of medical school. "Not only will students learn in lecture that smoking is bad," Logerfo explained," they will have to counsel at least one patient in smoking cessation during their family medicine rotation."

The Health of the Public Program, which is in its final years of funding from the Pew Charitable Trusts and the Rockefeller Foundation, is now directing much of its focus to improving data collection. The program has developed a prototypical, PC-based, ambulatory clinical information system to track routinely the coasts as well as the physiologic and functional outcomes for such chronic illnesses as hypertension, diabetes, chronic obstructive pulmonary disease, back pain, obesity, and depression.

Cynthia L. Pollock

HOSPICE OF SEATTLE PROVIDENCE HOMECARE SISTERS OF PROVIDENCE

Providence Homecare is seeking new volunteers to become members of a team of professionals who provide supportive care to those who are homebound due to age, disability or illness. The fall training session will take place at Providence Medical Center on 3 half day Saturdays - October 24, 31, and November 7, 1992, as well as one Tuesday evening. October 27, 1992. Parking is provided. For an application, job description or more information, please call Lena Maria Brucia at 320-4848 ext. 1131, no later than Monday, October 19, 1992.

Reduce Your Hospital Bill

Having trouble paying your hospital bill? A new provision of the Washington Administrative Code now requires all Washington State hospitals, including those serving the African American community to reduce your bill based on your income.

"You can reduce your bill from as little as 10% to as much as the entire amount," said Keith Gormezano, a Patient Collections Representative at University and Harborview Medical Centers in Seattle. "Think of how much rent, clothing, food, prescription drugs, or childcare that could pay for."

"But you can only get this discount," he noted, "if you ask for it. Sadly, most hospitals, including mine, for example, don't inform patients about their financial rights, give them a copy of any sliding scale charity guidelines (a public document) when they register and on any bills, follow up statements, or collection letters thereafter. I guess they don't want to obey this law or reduce qualified patient's bills as they say they will do in the financial services agreement that most patients sign."

From reading WAC 246-453, Gormezano, a University of Puget Sound Law School Alumnus explained how an African-American community family making less than 200% of the federal poverty guidelines or $1135 a month for a family of 1, $1532 for 2, $1928 for 3, $2325 for 4, $2722 for 5, $3318 for 6, $3515 for 7, $3912 for 8, $4308 for 9, and $4705 a month for 10, is eligible for a partial or total reduction of their bill. This is after insurance has paid, rejected he charges, or even if the patient had no insurance. "I know many single parents, seniors, laid-off Boeing employees, students, and college graduates, some of whom reside in he African-American community who are eligible," he said. "Even I have been eligible while employed in this position."

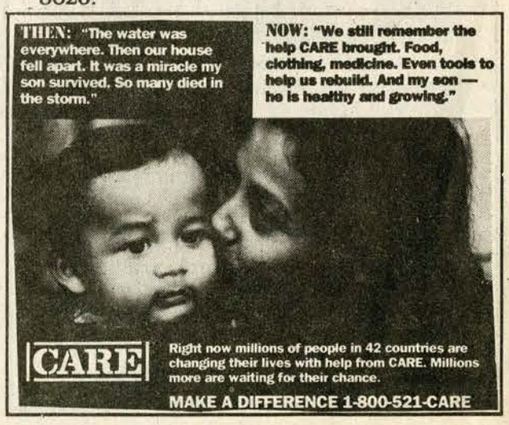
Hospitals effected by this new reputation include Swedish ("notorious," he stated "for dumping patients with no insurance (read indigent) on Harborview's doorstep"), University, Harborview, Providence, Northwest, Virginia Mason, Stevens, Overlake, Fairfax, Evergreen, Valley, and Children's ("very good charity care") to name a few.

"To start the ball rolling, I encourage everyone in the African-American community with an account at Harborview or University on request a reduction by calling their somewhat friendly Collections Department at 543-4540 from 10-4 Monday to Friday or by dropping a postcard with your request and the account number on it to P.O. Box 95459, Seattle, WA. 98145."

For everyone else in the African-American community unless you call or write the applicable financial services departments listed on your bill, you won't save money. You could even be assigned to a collection agency for not paying your bill. Write down who you talked to and when and always keep copies of any correspondence you send.

UNIVERSITY OF WASHINGTON HEALTH BEAT HEALTH SCIENCES NEWS AND INFORMATION

Peter Breysse, Associate Professor Emeritus of Enviromental Health, Univ of Wash, says toxic chemicals can give the same symptoms as a cold, sore throat, and chronic headache. People spend 65 to 90 percent of their time indoors. What is brought inside the home may affect health more than the outside air. Homes are built air tight, not allowing sufficient air flow to dilute chemicals. It is crucial to eliminate indoor toxic substances. Other syptoms: Prolonged stress, causing personality changes; allergy reactions, causing cardiovascular and heart problems; eye, nose and throat irritations; chronic headache; nausea, and short-term memory . Fungus and molds cause similar symptoms. There are many ways to eliminate some of these problems. If in doubt ask merchants about the materials you purchase. Ask for data sheets that list ingredients, and harmful affects, and safety rules. For more information call (206) 543-3620.



HEALTH AWARENESS

The Northwest AIDS Foundation & Smart Women presents

HOT DAM!
women, sex, and latex...
IS BACK!

a workshop for Lesbians & Bisexual Women



Saturday, November 14th
1:00-5:00pm
at Heart To Art Gallery II
(Chicken Soup Brigade Building)
1002 E Seneca

Call 329-6923 x241 to register
TDD 323-2685
Childcare & ASL provided

NORTHWEST AIDS FOUNDATION

HOT DAM Women, Sex and Latex...

It's back! Due to community demand, the Northwest AIDS Foundation will offer a second "HOT DAM! women, sex and latex..." workshop Saturday, Nov. 14, from 1p.m. to 5 p.m. at Heart to Art Gallery II in the Chicken Soup Brigade Building, 1002 E. Seneca.

The new, four-hour workshop was created based on recommendations from women who attended the Foundation's original HOT DAM! workshop last June, The session will offer lesbians and bisexual women a chance to talk about sex, sexuality, and sexual safety openly and honestly, in a safe, supportive environment.

"We created this second workshop to meet the demand that followed our first "HOT DAM!". The feedback we were getting from women was, 'Hey, give us more,' notes Laura Michalek community outreach specialist at the Foundation. "We hope to hold HOT DAM! workshops two or three times a year. The Foundation is committed to providing women with there kinds of resources as long as staff and funding are available."

Workshop participants will have the opportunity to develop skills in communicating and negotiating sexual safety issues and to explore the infinite possibilities for creatively eroticizing safer sex. The workshop will include a slide show presentation and a discussion panel made up of women living with HIV/AIDS in our communities.

'HOT DAM! women, sex, and latex..." is limited to 40 participants. To register, please call the Northwest AIDS Foundation's Information and Referral Line at 329-6923, ext. 241.



EveryBody

HEALTH & FITNESS
2609 – SOUTH JACKSON
324–6062



- REASONABLE MONTHLY RATES
- PERSONALIZED TRAINING
- EXPRESSO & JUICE BAR
- AFRIKAN AEROBIC DANCE CLASSES
- FREE WEIGHTS
- UNIVERSAL WEIGHT MACHINES

*RATES

$225 FOR ENTIRE YEAR
OR
$99.00 DOWN & $15.00 MONTHLY
OR
$35.00 DOWN & $25.00 MONTHLY

EveryBody

Seattle's Friendliest Health Club
Every Body Health & Fitness

PERSONALIZED FITNESS TRAINING
UNIVERSAL MACHINES
FREE WEIGHTS
CARDIOVASCULAR MACHINES
AFRIKAN AEROBICS DANCE CLASSES
WEIGHT LOSS/WEIGHT GAIN PROGRAMS
JUICE AND ESPRESSO BAR

All of these are offered in Seattle's newest Health Club in a vintage 1895 building on Metro Bus Route #14
(206) 324-6062
2609 S. Jackson St.
Seattle, WA 98144

NORTHWEST AIDS FOUNDATION

The Northwest AIDS Foundation's Community Outreach Program invites your agency staff and volunteers to: A Teach-In:
Transgenderal and Transvestite Community Concerns and Issues Related to HIV/AIDS and Prevention
Speakers:
Dee Spath, Director of Resources, Ingersoll Gender Center Jason Cromwell, President of Ingersoll Gender Center; PhD Anthropology, Kaz Susat, Member of Transvestite Community *Fact versus fiction in transgenderism and transvestism *Personal Histories *Medical, social, and psychological issues *Safer sex issues for the transgendered and cross-dressing communities
Monday, November 2, 1992,
7:00-8:30p.m.

Planned Parenhood of Seattle-King County Safer Sex Starts With You

Sexually Transmitted Disease (STDs): Having an open mind about sex, is a beginning to the realization that, it's risky out there. Anyone can get a sexually transmitted disease. It infects men ,women, and children. It does not discriminate. Many std's can cause serious medical, and social problems, and even death. Std's can be prevented by 1) abstinence, 2) have sex with only one partner, that has sex only with you, mutual monogamy. It is only safe if both partners are not infected. 3) Have safe sex, by not having contact with body fluid that can carry infection (blood, semen, vaginal secretions, urine and feces), and avoid contact with sores on other's mouth or genitals; and have sex with fewer partners. Sexual behavior is't easy to change, but can be changed by getting yourself into a safes "state of mind." There are many questions you can ask yourself. And it is equally important to discuss these matters with the other partner.

The Pill: Approximately 13.2 women in the United States use birth control pills for contraception. More than 27,000 patients in 1991 inquired about save and effective contraceptive methods, and chose birth control pills. Birth Control Pill were developed in 1960, containing larger amount of hormones, than the pills today; making the pills safer to use. When taken properly, they are effective (only 1 in 1,000 will get pregnant). It can also help prevent ovarian and uterine (womb) cancer. According to the latest studies, there is no clear evidence that long term use of pills is related to cervical or breast cancer. Women that smoke are at a higher risk of cancer and heart disease whether taking the pill or not. The pill does not protect from STDs.

Using a Condom with Birth Control Pills: To prevent contacting STD's such as herpes, chlamydia, gonorrhea, syphillis, AIDS and genetal warts, it is necessary to use a condom even when using birth control pills. When you have intercourse with someone, you are basically having intercourse with that person's previous partners. Someone may not know they are infected because it takes time to appear, and may pass it on to someone else by oral, and vaginal intercouse. Changing partners without protection is risky. Using condoms is a sign of responsible love making.

For more information on the use of birth control pills, condoms, and safe sex, contact Planned Parenthood at (206) 328-7738), located at 2211 E. Madison, Seattle, WA 98112-5397

CAPE

COALITION FOR AIDS PEER EDUCATION



2211 East Madison
Seattle, WA 98112

Community Health Referral Services: Healthcare Access Projects For Pregnant Women, Children And People With HIV/AIDS

For decades, access to medical services has been a recurrent theme in the health care community. One of the more successful models in increasing access has been the strategic development of information and referral programs to keep abreast of changing resources and appropriately refer patients in need. Four of these referral programs currently exist in King County.

The Community Obstetric Referral Program (CORP) provides medical referral and information on social and financial services for pregnant women. CORP provides information on the First Steps Program, which is designed to cover prenatal care and delivery services for pregnant women who lack health insurance. The program began in 1982, and has continued successfully since that time. CORP's main goal is to improve the health status of mother and babies by improving access to medical care.

In the spring of 1991, the AIDS/HIV Care Access Project (ACAP) was created. This program is another example of the responsiveness of the medical community. ACAP connects HIV positive clients with medical care and services. It's vision is to distribute the care of persons with HIV/AIDS among private doctors and community clinics while respecting the needs of each client and provider.

Access to pediatric care for children, including those with special health care needs, was another area of need in King County. In the summer of 1991, the Pediatric Referral Program and the Family Resources Coordination Project were developed. The Pediatric Referral Program connects children with medical care and social services, and the Family Resources Coordination Project helps families with special needs children identify resources in their communities.

These four referral programs are jointly sponsored by the Community Health Council of Seattle King County, the King County Medical Society, the Seattle Area Hospital Council, and the Seattle-King County Department of Public Health. For more information, please call:

Community Obstetric Referral Program
Elizabeth Nucci
284-5291
AIDS/HIV Care Access Project
Dennis Torres
284-9277

Pediatric Referral Program
Liz Mercer 284-0331 Family Resources for Special Needs Children Christine Burgoyne 286-9005

In addition, the Healthy Mothers, Healthy Babies Program helps pregnant women identify resources in their communities, and refers women in King County to CORP if they need assistance finding medical care. Call for **more information: 1-800-322-2588**

October 27 - November 3, 1992

AUDIENCES FOR AIDS



Become a red-ribbon partner in the fight against AIDS. Attend a performance by any of these local arts organizations between October 27 and November 3. Then drop a donation in the AUDIENCES FOR AIDS box on your way out. Your tax-deductible gift will help the Northwest AIDS Foundation provide community education and care services for people living with HIV/AIDS.

Sponsored by:

ACT
Annex Theatre
The Backstage
Bathhouse Theatre
HTA MasterCard & Seafirst's Best of Broadway: Cats
Cabaret de Paris
Comedy Underground
Intiman Theatre*
Kings' Elephant Theatre
Northwest Asian American Theatre
On The Boards
Seattle Children's Theatre
Seattle Opera
Seattle Repertory Theatre
Seattle Symphony
Seattle Theatre Project
TheatreSports
UW World Series at Meany*
*Performances October 22-24

For performance information, call the Audiences For AIDS Hotline: 343-8395

NORTHWEST AIDS FOUNDATION

Immunize on Time

Immunization ▶ / Age * ▼	Diphtheria, Tetanus Pertussis (DTP)	Polio (OPV/IPV)	Measles Mumps, Rubella (MMR)	Tetanus, Diphtheria	Haemophilus influenzae b Conjugate (Hib) *	Hepatitis B *
Birth-2 wks						X
2 months	X	X			X	X (1-2 mos.)
4 months	X	X			X	
6 months	X				X**	X (6-18 mos.)
12-15 mos					X**	
15 months			X		X**	
15-18 mos	X	X				
4-6 years	X	X				
11-12 years			X			
14-16 years				X		

Adapted with permission from the American Academy of Pediatrics.
*Check with your doctor, nurse or clinic about the best schedule for your child.
**Schedule depends on which vaccine is used.

Why does my child need immunizations or "shots" if he isn't sick?

Immunizations, also called vaccines, help your child stay well. Protect your child from nine dangerous diseases: measles, mumps, rubella (German measles), polio, diphtheria, pertussis (whooping cough), tetanus, *haemophilus influenzae* type b and hepatitis B. These diseases can make your child very sick, cause permanent disability or even death.

When should my child be immunized?

Start when your child is a baby. Getting the right vaccine at the right time can greatly reduce the chances of your child getting these diseases (see chart). Often your doctor or nurse will give your child the shots at well-child check-ups. Checkups are important to make sure your child is growing well and to take care of any health problems early. If your child has never been immunized or did not get all his shots, check with the doctor or clinic to help your child catch up.

How can I get my child immunized?

Most doctor's offices, the health department or your community clinic give shots during their office hours. In King County, you may call Kid Care at 1-800-756-KIDS or the Seattle-King County Department of Public Health at 206-296-4949 for more information.

(continued on back)

Seattle-King County Department of Public Health
Children's Hospital & Medical Center
Community Health Council of Seattle-King County

Immunize on Time

Are Immunizations Safe?

It is very rare for a child to have a serious reaction to a vaccine. There is a much greater risk of disability or death from the diseases than from the vaccines themselves.

How can I Help My Child Prepare For An Immunization?

Your child may be upset about getting a shot. All immunizations except the polio vaccine must be given as a shot in order to work. If your child is old enough, explain why Shots are important. Here are some tips that will help you prepare your child:

(A tip for parents: if you are afraid of shots, as a friend or relative to come with you to be with your child.)

Infants

Just prior to and during the vaccination, talk to your baby or distract her with a toy. Console her by cuddling and hugging immediately afterwards.

Toddlers / Preschoolers

Tell your child what will happen just before the shot is given. Be honest and matter-of-fact in saying it will hurt. Try to distract him during the injection and tell him when it is over. Praise his behavior or console him as necessary. Allow you child to act out giving a shot to a doll or teddy bear or draw a picture of what happened.

School-Age

Prepare your child the day before or the day of the appointment. Tell her what will! happen and what she is expected to do (holding her arm still, etc.). Allow your child to have some control of the situation by letting her choose which arm the shot is given in, opening the band-aid package, etc. Distract or relax her (by counting or singing) to help her through the experience. Praise and console as needed. Allow her to play out and talk about the experience.

Children's Hospital & Medical Center

Community Health Council of Seattle-King County

Department of Public Health

"We take you personally"



We can help you with birth control, sexually transmitted diseases and pregnancy exams. You'll find professionals you can trust to give you confidential care. Call today.

Seattle • 2211 E. Madison • 328-7700

Planned Parenthood of Seattle-King County

N O W O P E N

Introducing Kids' HealthQuarters at Valley...

because nothing is as important as your child's health.



Questions? We've got the answers. Now moms and dads can find the right health-care information and services for their kids at Valley.

Valley Medical Center's Kids' HealthQuarters is a fabulous, FREE, resource center of information and referral services. Ask us to help you locate material on health and safety issues, counseling referrals for behavior or medical problems, even babysitter training programs for your preteen.

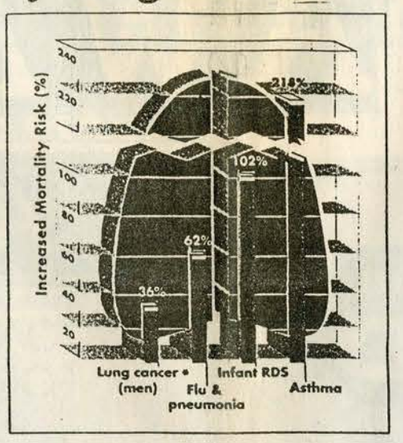
You can borrow our brochures, books and tapes. Or you can ask our social worker for assistance in checking the various hospital and community resources available for the right treatment, outreach program or other service to help your child through a particular problem. Regardless of your financial situation or insurance coverage, you can find the help you need.

Valley's Kids' HealthQuarters is one way we can assure health coverage for our most precious resources—our kids. Come visit Kids' HealthQuarters in the Valley Medical Center Toys 'R Us Kids' Playroom on the second floor lobby or call 656-KIDS for more information.

Kids' HealthQuarters

Valley Medical Center

Blacks Hit Hardest by Lung Disease



African Americans are at increased risk from lung disease. Reasons include limited access to health insurance, a lack of regular medical care and reliance on emergency rooms for care, and inadequate health education. As a result black Americans are far more likely to die from most forms of lung disease than are Whites. The American Lung Association is working to help all Americans fight lung disease through programs of education, research and advocacy.

•Lung cancer for men age-adjusted to the 1970 population.

Sources: National Center for Health Statistics, National Cancer Institute.

Study in Need of Minority Participants

Minorities are being sought for a study on the effects of vitamins on lung cancer. The Carotene and Retinol Efficacy Trial study, sponsored by the National Cancer Institute, is the first long-term effort to examine such a relationship. Vitamin A and beta-carotene will be used in the study.

The study being researched at the Fred Hutchinson cancer Research Center and the University of Washington is part of a new method to try and prevent lung cancer.

Fedco/Masterguard Inc.
Manufacturers of ORNAMENTAL STEEL SECURITY PRODUCTS

Lowest Prices • Highest Quality • Best Service

FREE ESTIMATES
547-8911
3635 Wooodland Park Ave. N.
Seattle, WA. 98103

ELIMINATE STRESS



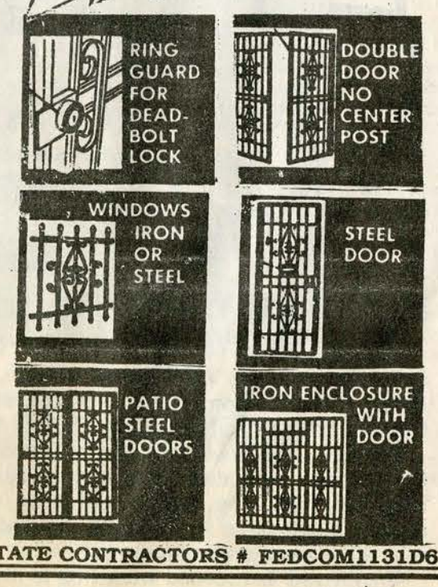
PEACE OF MIND
HOME SECURITY YOU CAN AFFORD
"WE WON'T BE UNDERSOLD"
VISA MasterCard AND OTHER FINANCING O.A.C.

Mention this ad for a 10% Discount

SECURITY WINDOW AND DOOR GUARDS



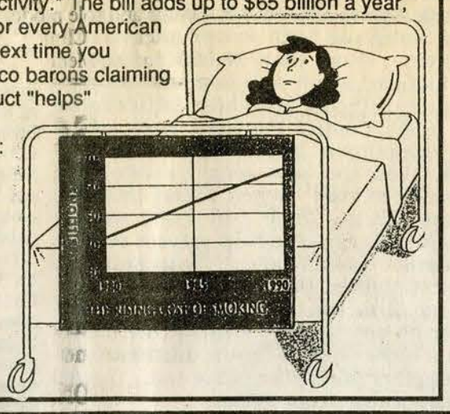
SPECIALISTS IN COMMERCIAL AND RESIDENTIAL INSTALLATIONS
WE INSTALL PEACE OF MIND THROUGH MAXIMUM PROTECTION
FOR FAMILY & HOME WITH INSTANT SAFETY RELEASE WINDOW
GUARDS AND PATIO SLIDING DOOR GRILLS ALSO AVAILABLE



STATE CONTRACTORS # FEDCOM1131D6

UP IN SMOKE

Smokers aren't the only people paying $2.50 a pack for cigarettes. The American Lung Association estimates that every pack of cigarettes sold in the U.S. costs the country roughly $2.50 in direct and indirect health care expenses and lost productivity.* The bill adds up to $65 billion a year, or over $350 for every American adult. So the next time you hear the tobacco barons claiming that their product "helps" the economy, just remember: Their profit is our loss.



*Estimate based on 1990 domestic sales of 518 billion cigarettes to the U.S. which comes out to 25 billion packs.

The Facts About Kidney Disease



Ken Easley, former Seahawk

Did you know African Americans are four times more likely to develop kidney failure than white Americans, yet are less likely to receive a kidney transplant? Without a transplant patients with kidney failure must be treated by dialysis, a process which cleans a person's blood, three to four times a week for the rest of their lives.

Twenty percent of Blacks with kidney failure can accept a kidney only from a Black donor because of the need for compatible tissue type the more likely that transplant will be a success.

We African Americans are probably at greater risk of kidney failure than any other ethnic group in this country," Ken Easley, former Seahawk, stated. "For whatever the reasons -- hypertension, diet, or for lack of early detection of symptoms -- there is a great need for organ donors among our people. I know first hand; I received a kidney in June of 1990."

Becoming an organ donor is simple. All you need to do is sign and carry an organ donor card,. Relatives should know of your wishes since your next of kin will be asked to agree to the donation in the event of your death. Donor families often feel comfort knowing a life was improved or saved by their decision to donate a loved one's organs. When thanking about becoming an organ donor consider the following:

*There is no cost to the donor family for organ and tissue removal

* In a life-threatening situation you will receive the best possible medical care. Donation procedures begin only after all efforts to save your life have been exhausted and you next of kin have been notified.

* Organ donation is approved and supported by all major religious denomination in the U.S. You may wish to discuss any concerns with a minister or priest.

* So take Easley's advice, "Become an organ donor today. I am." For more information on organ donation, or about kidney failure, call the Northwest Kidney Foundation at 292-5351

NORTHWEST KIDNEY FOUNDATION
P.O. BOX 3035 • SEATTLE, WA 98114

AARP

Bringing Lifetimes of Experience and Leadership to Serve All Generations

For more information about:

- Becoming a member and joining a chapter
- Health Care America, AARP's new health care reform proposal serving all generations
- A classroom refresher course that could qualify you for a discount on car insurance
- Medicare and supplemental insurance
- How to write a resume
- Consumer's guide to Probate

AARP ANDRUS FOUNDATION
601 E STREET, N.W.
WASHINGTON, DC 20049

Contact:
AARP, Northwest Area 10 Office
9750 Third Ave. N.E.
Seattle, WA. 98115
(206) 526-9718

POWER *Lean*™

- **Fight fatigue**
- **Promote endurance**
- **Increase strength**
- **Lose body fat and increase energy**

"I learned about the importance of nutritional supplements while training for my third Olympic team," says Ed Burke. "I was 40 years old, hadn't trained for over 12 years and was having trouble achieving overloading results. Then I learned how nutritional supplements improve performance and assure training recovery. The results were fast and convincing. My energy and strength increased dramatically. I was soon throwing the hammer well beyond the American record I had set at age 27."

Ed Burke discovered what other serious athletes have discovered...that POWER*Lean*™ is the *natural* way to build muscle and improve performance.

*"I recommend POWER*Lean*™ to every athlete."*
- Ed Burke, Three-time Olympian

The Secret

POWER*Lean*™ was developed by Dr. Ladislav Pataky, the highest ranking sports scientist to defect from behind the iron curtain. POWER*Lean*™, a totally complete protein powder is a natural way to build muscle mass, help you assimilate the foods you eat, and even lower your body fat and cholesterol.

Special Introductory Offer:
Receive
16 oz. Vanilla POWER*Lean*™ for just $15.

Distributed by U.S. MONOLITH
1 (800) 669-3346
from 7 a.m. - 10 p.m. Pacific Time
Personal check or money order accepted.

U.S. MONOLITH, Inc., Ad Co-op Dept. A-3, 7110 230th St. S.W., Mountlake Terrace, WA 98043

AARP AS WE SEE IT

AFFORDABLE HEALTH CARE TOP GOAL OF SENIOR ORGANIZATION

The major priority of the American Association of Retired Persons(AARP) Washington State Legislative Committee, is to provide access to affordable, comprehensive, quality health and long-term care for all Washington State Residents. The legislative committee representing seniors, voted unanimously that health care reform is the centerpiece for the coming year. There are 660,000 AARP members in Washington that will use a new survey form to determine work priority.

The AARP endorsed Citizens Initiative 141 at the August meeting. Obtaining sufficient signatures would give the 1992 legislature, an opportunity to mandate, that state government design and implement a cost controlled health benefits system, publicly and privately financed for all state residents. Initiative 141 is expected to motivate the legislature to take action, if sufficient signatures are obtained by the end of 1992, on a health measure early in 1993. Washington AARP State Legislative Committee: Helen Sohlberg, Vice Chairman, Tacoma; Fred Cox, Secretary, Seattle; Robert Deal, Yakima; Robert Drake, Prosser; Jack Hillier Olympia; Charles McNurlin, Olympia; Norman (Red) Meyer, Hoodsport; William Mitchell, Seattle; Mary Perkins, E. Wenatchee; and Elizabeth Ralls, Spokane.

For information contact Mark Stenson (206) 746-3547.

We all have a stake in concerns of caregivers

BY HORACE B. DEETS

There seems to be a basic drive for independence in all of us, from the first "I'll do it myself" of a toddler to the "I don't want to be a burden to anyone" of an older person. This is one reason caregiving and the feelings it arouses are unsettling.

The recipient of care often wants no more than the minimum; excessive care breeds dependence and removes a sense of dignity and purpose. The caregivers, wrestling with the constraints of time and money, are themselves constantly reminded that they, too, may need care someday.

Caregiving can involve bathing and dressing a loved one; cooking, cleaning and laundry; handling finances; giving shots and medications; or running errands to stores and businesses. Most of the care is informal, unpaid and helps keep people at home.

At least seven million families contain a caregiver, the overwhelming majority women. And most of these caregivers have multiple responsibilities: full- or part-time jobs or children at home. As the older population grows–especially those over 85–the number of caregivers is expected to increase dramatically.

AARP is working to assist caregivers on a number of fronts. We continue to support the Family and Medical Leave Act, legislation before Congress that would guarantee workers a period of unpaid leave to care for a child, spouse or parent or in the event of personal illness. Also, our draft health-care reform proposal, "Health Care America," would provide caregivers with adult day care, in-home assistance and respite care.

While opponents of these efforts cite the costs of providing such benefits, they are rather shortsighted in their refusal to face up to the cost of doing nothing. Elderly people without relatives to assist them are more likely to be institutionalized, which is more costly. It is also contrary to what most people want for themselves and their loved ones.

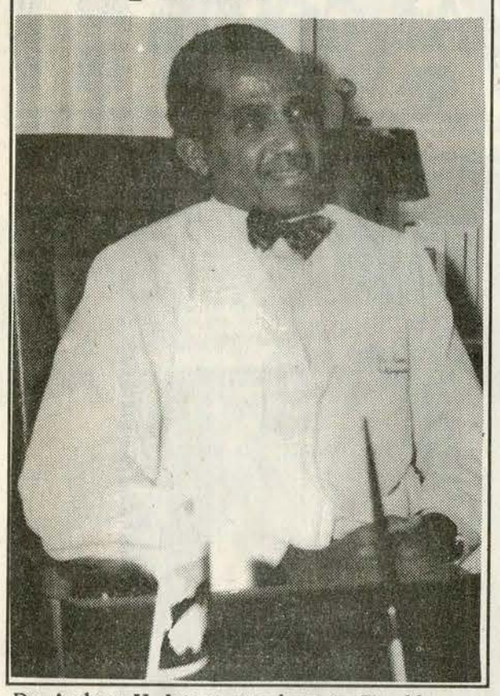
In addition to our advocacy efforts, AARP offers programs and publications to support caregivers.

To find out more, write to AARP for "A Path for Caregivers." Send a postcard requesting stock no. D12957 to: AARP Fulfillment, EE0294, P.O. Box 22796, Long Beach, Calif. 90801-5796. Please allow six to eight weeks for delivery.

Whether receiving care, providing it or anticipating that possibility, we all need information. Ultimately we or our families may require long-term care services that enable us to live with independence, dignity and purpose.

Horace B. Deets is the AARP Executive Director.

Dr. Andrew H. Isaacs, Chiropractor



Dr. Andrew H. Isaacs was born in Brooklyn, New York to the parentage of the late Rev. A.E. Isaacs and Mrs. E. L. Isaacs. Dr. Isaacs spent his early childhood in Quincy, Florida and West Palm Beach, Florida. Dr. Isaacs attended undergraduate and graduate schools in St. Louis, Missouri receiving his Doctor of Chiropractic Degree from the Logan College College of Chiropractic in St. Louis, Missouri. After a brief practice in Massachusetts and Florida, Dr. Isaacs moved to Seattle in 1976 where upon he opened his practice as the first Black chiropractor in the state of Washington.

Dr. Isaacs has watched his practice grow as the public awareness of chiropractic has been expanded. Dr. Isaacs has demonstrated his skills in the management of spinal disorders from motor vehicle accidents, industrial accidents and personal injuries. Dr. Isaacs has done extensive research in spinal biomechanics throughout Europe and North America. Most recently, in a clinical conference on biomechanical spinal disorders in May of 1992 in Mirabella, Spain.

Dr. Isaacs ascribes his success to his lovely wife, who serves as business manager for their beautiful clinic located on Rainier Avenue. This clinic was opened in 1985 and many of the local residents has stated it is the most beautiful edifice offered in the Columbia City area for some time. A walk through the clinic would excite any individual in the beautiful color selection and the efficient layout of rooms and equipment. Dr. Isaacs is also very proud of his office manager, Ms. Evelyn de Guzman who handles all of the individual insurance transactions, patient files and other important documents relating to the practice of chiropractic and even after almost 25 years in practice, Dr. Isaacs states that he is still excited over the effectiveness of chiropractic in managing spinal pain.

Dr. Isaacs states that the public is always welcomed to his clinic for care relating to injuries from automobile accidents, industrial injuries or personal injuries. For more information, contact the Isaacs Chiropractic Clinic, 5200 Rainier Avenue South, Seattle, WA. 98118 - (206) 725-2130.

Dr. Raburn Lewis - Back Pain Specialist Serving the African American Community, and Surrounding Seattle Area

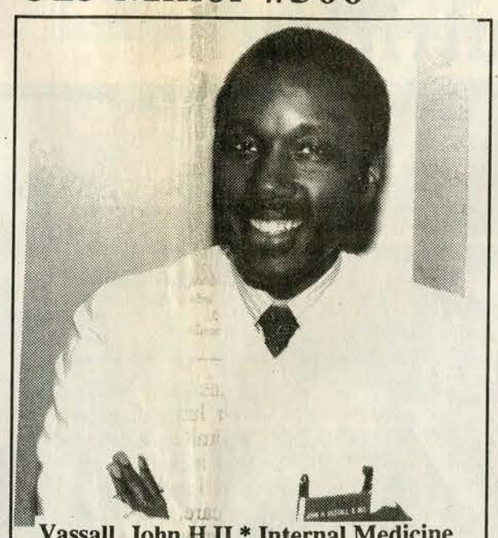


Dr Raburn Lewis, Age 42; A Certified Internalist, is one of the City's best known back specialist. Dr. Lewis traveling from Michigan, opened up General Practice in 1983. First starting small, acquiring the practice of a retiring physician; then moving forward, joining with a multi-specialist group. His education, training, and experience consist of:

Two years in Internal Medicine at the University of Washington; service with U.S. Public Health in Orthopedic Practice; and serving the Local School District. He also spends time in the community, serving an inner-city high school football team; and his current private practice. Ten percent of his practice is devoted to low-income patience; forty percent is in General Medicine; sixty percent is Occupational Health and Sports Medicine. Dr. Lewis is a strong and positive role model for the African-American Community. He is located on "Pill Hill," in a district dominated by hospital offices of some of the Cities best know specialist.

His ofiice is located on Minor and James, 515 Minor Avenue, Seattle, WA 98104. Office Phone: (206) 286-9500

Vassall, John H II * Internal Medicine 515 Minor #300



Vassall, John H II * Internal Medicine

John H Vassall II, M.D. is a graduate of the University of Washington School of Medicine. He has a bachelor of science degree in bacteriology and a Master of Science degree in Microbiology from the University of Washington. He is board certified in Internal Medicine.

Dr. Vassall received his hospital residency training at Grady Memorial Hospital in Atlanta Georgia, and after one year of private practice in Decatur, Georgia and one year at Group Health Cooperative of Puget Sound, he openned his private medical practice along with Dr. Rayburn S. Lewis, M.D. in 1983. Dr. Vassall and Dr. Lewis were roommates and classmates in medical school and have maintained a close friendship ever since.

Dr. Vassall specializes in the treatment of all adult medical illnesses including hypertension, diabetes, heart disease, arthritis, lung disease, intestinal problems, cancer, stroke and many others. He also specializes in helping his patients remain healthy so that they may avoid or control these problems. He is very much involved in the health issues of the African-American community. He has given keynote addresses at conferences on Cancer in the Black community, as well as on infant mortality in the Black Community. He is a Trustee of the Washington State Association of Black Professionals in Health Care, and Chair of the Health committee for the Breakfast Group, an organization of Black male professionals dedicated to Community economic development.

Dr. Vassall is a member of the Board of Trustees of the Fred Hutchenson Cancer Research Center, and of the Washington State Medical Association. He was recently elected Vice-Speaker of the Washington State Medical Association House of Delegates. Dr. Vessall was Director of Minority Affairs for the University of Washington School of Medicine, and still serves as a mentor and role model for minority students in his capacity as Clinical Assistant Professor of Medicine for the Medical School.

OCTOBER IS A GOOD TIME TO HAVE THAT DENTAL CHECK-UP!



WONZEL M. MOBLEY, D.D.S., P.S.
COSMETIC AND RESTORATIVE DENTISTRY
1001 BROADWAY, SUITE 313
SEATTLE, WA. 98122
(206) 328-1042

October is Health Awareness Month
Now is a good time to have that dental check-up
Call for an appointment ***TODAY!***

Incidence Of Tuberculosis On The Rise

Atlanta (AP) - The risk of getting tuberculosis has increased among hospital workers exposed to drug-resistant strain of the disease, federal health authorities say.

The Centers for Disease Control blames the increase in part on poor infection control.

In a report in the latest edition of the Journal of the American Medical Association, the agency cites a two-year TB outbreak in the AIDS ward of Miami's Jackson Memorial Hospital.

Thirteen of the unit's 39 workers, became infected by tuberculosis brought in by patients, the report says. "This is a very high rate of infection," said Consuelo Beck-Sague, a CDC epidemiologist who directed the study. "Infections among health-care workers were strongly associated with exposure to multi-drug-resistant TB patients."

Experts already suspected that many of the 200 people stricken by drug-resistant TB in seven major outbreaks over the last few years were infected in a hospital.

While the report deals with hospitals, CDC officials say their findings are a warning for any place homeless shelters.

Failure to isolate patients and delays in recognizing drug resistance accounted for the high infection rate, Ms. Beck-Sague said.

The rate diminished when precautions were taken to prevent the escape of germs from TB patients' rooms and to isolate TB patients this year--twice as many as it treated last year.

But many of the country's hospitals remain poorly prepared to protect their staff and patients from patients with drug-resistant TB, Ms. Beck-Sague said.

High Blood Pressure

Rex F. Ochi, M.D.
Naphrology; Inernal Medicine

The purpose of this article is to inform readers of a) the definition of high blood pressure and its consequences and b) daily habits that can help prevent high blood pressure.

Blood is pumped directly from the heart and carried to all parts of the body by arteries. The driving force for blood is called the blood pressure. The blood pressure consists of two numbers. The first number is the SYSTOLIC pressure. It is the highest pressure measured as the heart pumps blood toward. The second number is the DIASTOLIC pressure. It is the lowest pressure measured as the heart refills with blood. The blood pressure is measured in units called millimeters of mercury. An average blood pressure is 120/80. High blood pressure is average sustained levels of 140/90 or more.

High blood pressure damages blood vessels over time. Damage to blood vessels of the brain increases the incidence of strokes. Likewise damage to blood vessels of the heart and kidneys increases the incidence of heart and kidney failure.

High blood pressure is very common. Approximately 60 million Americans over age 18 have high blood pressure as measured by diatolic blood pressures over 90.

There are two ways to lower high blood pressure and prevent its consequences. a) lifestyle modification and b) medications.

Proven methods of lifestyle modification include weight loss, sodium restriction in "sodium sensitive" hypertensive persons, restriction of alcohol intake and regular exercise. about half of all persons with high blood pressure are overweight. As weight is gained the blood pressure tends to rise. As weight is lost the blood pressure usually falls. Calories should be restricted in a manner appropriate for the individual. Most individuals will lose weight gradually and safely on a 1200 calorie low-fat diet. Restriction of dietary sodium to 2 grams per day will lower the blood pressure by 5-10 points in those who are "sodium sensitive". Examples of low sodium foods include ground beef 0.057 grams per 3 ounces, uncooked port 0.065 grams per 3 ounces. By contrast a hamburger such as a Big Mac or a Burger King Whopper has 0.9 grams of sodium. Other high sodium foods include bacon with 1.4 grams per uncooked 3 ounces and a large dill pickle with 1.9 grams! Daily consumption of more than two ounces of alcohol is often associated with high blood pressure. Therefore where applicable, reduction in alcohol intake will lower blood pressure. Exercise of 20-30 minutes three times per week is accompanied by a fall in blood pressure. Medications are needed if high blood pressure persists despite lifestyle modification. When high blood pressure is sustained as measured by diastolic pressure greater than 90 on multiple occasions, then the use of medications is a proven method to slow the progression of blood vessel damage. This requires medical supervision.

OCTOBER IS HEALTH AWARENESS MONTH

Free Or Reduced-Cost Breast Screening Program is Available As A Community Service To Women In The Puget Sound Area During October And November

QUAL-MED, INC

Free or Reduced-Cost Breast Screening Program is Available as a Community Service to Women in the Puget Sound Area During October and November

One out of nine women will develop breast cancer. Breast cancer is the leading cause of death from women 40 to 55 years of age. If detected early, breast cancer will be cured. Mammography is an accurate, safe and easy method to detect breast cancer in its early stages. It can pinpoint the breast cancer before a lump or other symptoms are present. The good news is mammography and breast self-exam can save women's lives. Kathi Goertzen of KOMO NEWS 4, Qual-Med Health Plan and LIFESCREEN are bringing reduced-cost or free mammograms to women in the Puget Sound area throughout October and November. By dialing 1-800-653-2995, women can receive educational materials on mammography and a LIFESCREEN packet which includes a listing of sites throughout the Puget Sound area that are offering the free or reduced-cost exam. If you area a woman age 35 or over, participating in this program could be one of the most important actions you will ever take. KOMO News 4's Kathi Goertzen will kick off the campaign during KOMO TV 4's "Northwest Afternoon" on October 12th. To increase public awareness, KOMO TV will air four public service announcements (psa's) throughout October and produce a threepart news series to be aired during the 5 p.m. newcast on October 14. One of the psa's features a message from Dr. Constance Rice, (the sife of Mayor Rice), concerning the importance of mammography.

Seattle 98104 386-9550

Eara/Eastside Radiology P.O. Box 806 Bellevue, WA 98009 (206) 454-8143 Contact: Kim Schaaf	Frank Allen, MD Diagnostic Imaging 120 Northgate Plaza #426 Seattle, WA 98125 (206) 364-4245	Diagnostic Imaging Norhtwest 7424 Bridgeport Way W #103 Tacoma, WA 98467 (206) 581-2550 Contact: Joanne Ashley
Enumclaw Imaging 2600 Wheaton Way Bremerton, WA 98310 (206) 373-2519 Contact: Joyce Smith	Allen Boeker, MD 1120 Cherry Street #110 Seattle, WA 98104 (206) 623-4176	Federal Way Radiology 34616 11th Pl S #3 Federal Way, WA 98003 (206) 838-0550 Contact: Melanie Hancock
Evergreen Radiology Associates, Inc. 2500 Cherry Ste. 202 Bremerton, WA 98310 (206) 373-2573	Lakeview Radiology 3216 NE 45th Pl #202 Seattle, WA 98105 (206) 525-7490 Contact: Dr. Hesch	Federal Way Radiology 1804 S 324th Pl Federal Way, WA 98003 (206) 838-3800
Advanced Med. Img. Nuc. Med. 2601 Cherry Ave #105 Bremerton, WA 98310 (206) 377-7411	Summit Radiology 1309 Summit Ave #100 Seattle, WA 98101 (206) 62307570 Contact: Dr. Neil F. Schneider	Ranier Radiology 21806 103rd Ave Ct E Graham, WA 98338 (206) 847-8815
Evergreen Radiology Associates, Inc. 900 Sheridan Rd #108 Bremerton, WA 98310 (206) 377-3828 Contact: Karen Smith	Evergreen Radiation Therapy 12040 NE 128th St. Kirkland, WA 98034 (206) 899-1860	Evergreen Radiology Associates, Inc. Silverdale Medical Ctr. 10513 Silverdale Way NW Silverdale, WA 98383 (206) 692-8860
Olympia Radiological Assoc. 3525 Ensign Rd Olympia, WA 98502 (206) 943-4630 Contact: Jerry Baker	Harold Schulman, MD Talbot Road Radiology 4300 Talbot Road S #301 Renton, WA 98055 (206) 228-6000	Evergreen Radiology Associates, Inc. North Kitsap Medical Ctr. 20700 Bono Rd NE Poulsbo, WA 98370 (206) 779-3626

Other LIFESCREEN Site Locations:
Northgate Professional Center
Auburn Professional Center
Southcenter Professional Center
Capitol Square II (Federal Way)

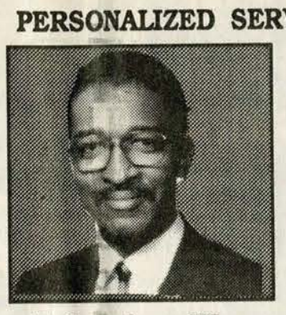
(CONTINUED) KOMO Radio's Gina Tuttle will host a locally produced hour talk show to support the outreach campaign.

KOMO's radio talk show will air from 6 to 7 p.m. on October 14, 1992 and listeners will be able to call in questions by dialing (206) 443-0181. KOMO Radio will also air a five part news series and several "Of Special Interest" reports which will air the weeks of October 12th and 19th. The American Cancer Society recommends that every woman would have an initial mammogram between the ages of 35 and 40 and then have it repeated every one to two years thereafter, depending on her age and risk factors. Mammography, monthly breast self-examination and regular physical examinations by a health professional, form the most effective method to detect breast cancer early. LIFESCREEN gratefully acknowledges its sponsors Qual-Med Health Plan and KOMO Radion and TV. Without their help, guidance and commitment to the health of their community, this project would not have been possible. Service areas: Washington, Idaho, Oregon, Colorado, New Mexico, and California

SOUTHWEST MORTUARY
9021 RAINIER AVE. SO.
SEATTLE, WA. 98118

Spacious Chapel Seating
Private Family Viewing Rooms
Ample Parking
Limousine Service
Purple Cross Pre-Arrangement Plans
Funeral Arrangements
Cremation
Shipping

PERSONALIZED SERVICES FOR THE FAMILIES WE SERVE



(206) 722-3675



I. Sanchez III
General Mgr./Funeral Director

Cecil (Smitty) Smith
Assistant Manager

Our Facilities And Equipment Are Among The Finest

Seattle Area Hospital Council

Health Care Reform - The Hospital Council believes every person has the right to basic health care and affordable insurance coverage. The Council supports programs and systems that assure access in ways that reflect American cultural values and societal demands, that promote system efficiency and illness preventive care, and that decrease utilitilization through healthier ways of living. The Council Believes:

Healthier behaviors cost can be decreased. Reducing the use of tobacco, alcohol, drugs, wearing seat belts and helmets exercise and establishing proper nutritional habits will benefit the individual and community. An increase emphases on public health systems is vital to any health care reform in order to address the full spectrum of community health care needs.

The Council will promote:

Initiatives that support prevention of illness and injury; healthier lifestyles, and supports increases on taxes on cigarettes and alcohol to fund education and intervention programs that reflect the Council's healthy behavior philosophy. There are many other issues that the council stands believes and supports. For more information contact the Seattle Area Hospital Council at 190 Queen Anne Avenue North, Third Floor, Seattle, WA 98109, or call (206) 281-8989.

Washington Advocates for the Mentally Ill Proudly Presents : Rael Jean Isaac, PHD

Sunday, October 25, 1992, University of Washington Urban Horticulture Center, 3501 N.E. 41st Street, Seattle. Co Author of Madness In The Streets and How Psychiatry and the Law Abandoned the Mentally Ill, How Do We Get To Where We Are, and Where Should We Go From Here? Light Buffet 5:30 p.m. to 6:30 p.m. Dr. Isaac Will Speak from 7:00 p.m. to 8:30 p.m. There is no charge. Please make

Follow This Guideline and Safeguard

Do not take additional medicines without asking your physician. All of them, including those you can purchase without a prescription, are designed to have an effect. Sometimes combining medicines can be dangerous. For instance, some antibiotics should not be taken with antacids, and alcohol should not be used with sedatives or pain killers.

FRED HUTCHINSON CANCER RESEARCH AWARDED $140 MILLION CONTRACT

On September 30, 1992 The National Institute of Health awarded the $140 million contract to Fred Hutchinson Cancer Research Center. It will act as the clinical coordinating center for the Women's Health Initiative (WHI), and will serve as the hub of the WHI, which is a combination of studies devoted to research in the prevention of chronic diseases, including cardiovascular disease, cancer and osteoporosis in mature women. Spaning 15 years, it will involve more than 150,000 women ages 50 to 79 from all ethnic, racial, and economic backgrounds. It will coordinate all activity for as many as 45 participating clinical centers conducting the initiative's studie. The Three Units are: Clinical Nutrition and Intervention, Statistical and Central Study, and Leadership. Hutchinson Center will handle subcontract for scientific groups handling blood imaging and other special measurements. The Clinical Nutrition and Intervention unit will coordinate various activities in the participating clinical centers, including clinical procedures and nutrition intervention. The Statistical and Central Study unit will be responsible for data management, statistical analyses, network system, study documentation and subcontractor coordination. The Leadership unit will provide administrative support and scientific direction for the program. Dr. Ross Prentice, Director of the Public Health Sciences Division is the principal investigator, and Dr. Maureen Henderson, Head of the Center's Cancer Prevention Research Program is the Co-principal Investigator.

GROFF'S NUTRITION

OUR NEW LOCATION!

COMPLETE LINES OF:

Vitamins

Herbs

Sports Nutrition

Body Care

Juicers

Books



337 Strander Blvd.

Just South Of Southcenter Mall, Near Target

575-3733

GROFF'S NUTRITION RECEIVE **15% off**

Any regularly priced merchandise

What we take, what we eat, and how much we eat has a lot to do with how long we can expect to be around.

Alana Garrett Is Sales Associate At Groff's Nutrition



Alana Garrett is a sales associate at Groff's Nutrition located at 337 Strander Blvd. at Southcenter Plaza, just south of Southcenter. Established in 1942 and has been and industry leader in the field of nutrition for over fifty years. They carry complete lines of: vitamins, herbs, sports nutrition, body care, cosmetics, juicers, and books. They also have excellent prices, frequent sales promotions and a knowledgeable staff that is trained to handle questions on any and all health/nutrition subjects.

Alana Garrett is not only one of Groff's Nutrition's most knowledgeable sales associates, she is also owner of her own health/fitness company called: Fitness by Visions. Fitness by Visions offers aerobic conditioning and personal training. Alana has four years of experience at Pacific Nautilus and three years of nutritional experience related to health food. Having competed in bodybuilding competition herself, Alana knows what is necessary to achieve and maintain a tone health physique.

Sponsored by King County Councilman Ron Sims



If he says he'll use one next time, you just tell him you'll see him then.

Getting your man to use condoms can be a hassle. But when it comes down to protecting yourself from AIDS, it's worth it. As Black women, we've got to respect ourselves, which definitely includes making sure we stay alive. Insist on condoms, every time.

Our Community Is Stronger Than AIDS.

AIDS Prevention Project
296-4999
TDD: 296-4843

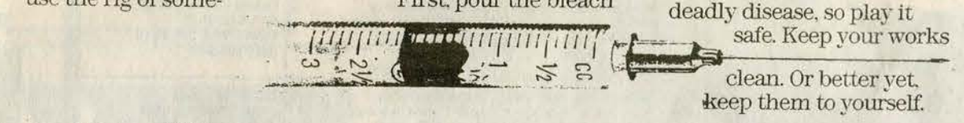
SEATTLE-KING COUNTY DEPARTMENT OF PUBLIC HEALTH

If you use drugs and share needles, you can get more than just high—you can get AIDS. Right now, there is no cure for this deadly disease.

But there is a way to protect yourself.

Don't share.

The AIDS virus travels in the bloodstream. If you use the rig of someone who has AIDS, their blood could get into your blood. That goes for skin-popping, too. So keep your works to yourself.



Keep your rig clean.

If you borrow or lend a rig, cleaning it can reduce the risk of getting the disease. It only takes a minute. All you need is some ordinary bleach, clean water and a glass.

First, pour the bleach into a glass and fill your works. Squirt out the bleach. Fill it with bleach and squirt it out again. Now pour the remaining bleach down the sink and fill the glass with clean water. This time, fill your works with water and empty it out. To finish up, fill it with water one last time and squirt it out.

It's that easy.

Don't let bad blood come between you.

Anyone can get AIDS.

It doesn't matter what color you are. Fact is, 45% of the people with AIDS in the U.S. are Black, Hispanic, Native American and Asian.

There is no cure for this deadly disease, so play it safe. Keep your works clean. Or better yet, keep them to yourself.

Find out more.

If you have questions about testing, counseling or anything else, call the AIDS information hotline at (206) 296-4999.

Color is no protection against AIDS. Call today.

National AIDS Hotline
1-800-342-AIDS English
1-800-344-SIDA Spanish

FREE

(WITH THIS COUPON)

STD / AIDS TESTING

Harborview STD Clinic,
3rd Floor South
Referrred by POCAAN

People of Color Against AIDS Network
322-7061

For information about appointments call: Charles 999-3013 or Kevin 991-5746

Donations Welcomed

Free bus token or parking validation. Bus Routes #3, #4 or #60 from the South End, #9 from Broadway to Harborview.

_____ Log # _____

Southeast Seattle PhysicalTherapists: Bruce G. Clayton and Wrenna L. Clayton



Bruce G. Clayton and Wrenna L. Clayton are Physical Therapists in Private Practice in Southeast Seattle. They have been in Private Practice for the past 7 years. Their office is located at 5620 Rainier Avenue South. Both are graduates of Loma Linda University, Loma Linda, California.

Bruce Clayton has been employed in the State of Washington for 14 years and has worked for Providence Medical Center, Riverton Hospital, and for the Department of Labor and Industries. he also has served as a Consultant for Washington Home Health Services. His specialty is in Orthopedic Rehabilitation, Industrial Injuries, Sports Medicine, and Geriatric Care.

Wrenna Clayton has worked for Riverside Community Hospital, The Virginia Mason Hospital and Clinic, CEA, and the Red Cross. Her Specialty is in Neurological Rehabilitation, Biofeedback/ Relaxation, and Pre & Post partumn Fitness.

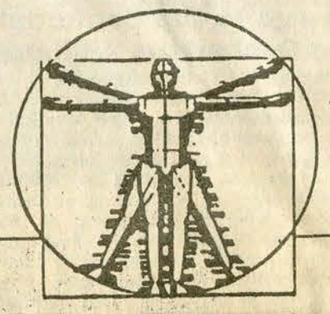
As Physical Therapists they are specially trained to improve movement and function, relieve pain, and expand your movement potential. They can both treat existing problems and provide preventive health care for people with a variety of needs. They work very closely with your physician. They work with people who have neck and back problems, sports injuries, job injuries, auto accidents and arthritis problems. Their Physical Therapy Evaluation is designed to gather information about your dysfunction, pain, loss of movement ability, or other problems. They then assess this information, consult with your physician, and plan your personalized treatment program and therapy goals. Your treatment may include massage, traction, heat or ice, and education.

For referrals and further information you may call Columbia Physical Therapy Services at 722-2205. Office hours Mon. - Fri., address, 5620 Rainier Ave. S.

TO ADVERTISE IN THE SPECIAL OCTOBER, 1992 HEALTH EDITIONS OF THE FACTS NEWSPAPER PLEASE CALL (206) 324-0552 OR MAIL TO: 2765 EAST CHERRY ST. SEATTLE, WA. 98122 OR FAX TO: (206) 324-1007

COLUMBIA

PHYSICAL THERAPY SEVICES



- NECK & BACK PROBLEMS
- INDUSTRIAL 7 SPORTS INJURIES
- ARTHRITIS MANAGEMENT
- PHYSICAL PROBLEMS OF AGING
- EDUCATIONAL PROGRAMS
- AUTO ACCIDENTS
- PERSONALIZED WEIGHT TRAINING

BRUCE CLAYTON, P.T. WRENNA CLAYTON, P.T.

722-2205
5620 Rainier Ave. So.

We Process All Insurance Claims

When A Person Is Diagnosed with Cancer

When a person is diagnosed with cancer, the disease affects the whole family. That particularly true if the cancer patient is the mother,said Dr. Frances Marcus Lewis, professor of community health care systems at the University of Washington School of Nursing.

Early intervention is essential. If the cancer diagnosis leaves the family feeling overwhelmed, chances are they'll stay that way unless they get some help. "Once a family solidifies on how it thinks about the illness, there's very little change," Lewis said.

Lewis has won a grant from the National Cancer Institute to test ways to help families of women with breast cancer cope with the disease. With one in nine women being stricken with breast cancer, that's a lot of families.

"Families that put the illness on the table and not under the table do better," Lewis said flatly. "In families that coped the best, the family stopped and took stock regularly, asking 'How did we do this week, what could we have done better?' They were self-reflective on their own behavior and talked about it with each other."

Another important aspect of successful coping is lots of time between the father and the children. "When children rap with dad a lot they do much, much better," Lewis sid. "The non-ill parent really matters. You don't have to talk about the illness. Just be accessible."

Other successful coping strategies:

- Making time for husband and wife to be together as a couple, even if it's just a walk around the block after dinner.
- Seeking out information about the disease and treatment options, which helps couples regain a sense of control over their lives.
- Realizing when it's time to get help from a mental health professional. "Depressed women with breast cancer tend to stay depressed," said Lewis, noting that women in her study did not have mental health problems before illness struck. "When it's Mom's silent sorrow, that's when problems happen. This suggests the need for help from mental health professionals, for more intensive support."

Services need to be directly targeted to the family of the woman with breast cancer, not just to the diagnosed patient, she said. Family members often are treated as bystander rather than as people directly affected by the illness. Families don't know what support services re available or how to get help.

Some following resources are:

- Cancer Lifeline, 1-800-255-5505, 24-hour counseling by phone.
- American Cancer Society, 1-800-227-2345, for referrals to services for people with cancer.
- National Cancer Institute, 1-800-4CANCER, for free printed material.

Know The Signs of A Heart Attack



Norward Brooks

The Symptons:

- Prolonged, heavy pressure or squeezing pain in the center of the chest, behind the breastbone
- Pain may spread to the shoulder, arm, neck or jaw
- Pain or discomfort often accompanied by sweating; Nausea, vomiting and shortness of breath may also occur

Act Immediately

- Call your local emergency medical service agency (911 in most areas)
- Every family should know in advance the hospital where their physician sends his or her patients.

The decision to obtain help should not be left to the patient alone. It is also the responsibility of the wife, husband, relative or other person present during the emergency.

Risk Factors: heredity, sex, age, race, cigarette smoking, high blood pressure, elevated blood cholesterol, diabetes, stress, obesity, and lack of exercise.

To enroll in a CPR (Cardiopulmonary Resuscitation) class call in Seattle and King County the Medic II citizen CPR training office at 625-4771, outside of Seattle contact the nearest chapter of the American Heart Association or American Red Cross.

The American Cancer Society recommends that women follow these

GUIDELINES:

BREAST SELF-EXAM
(BSE)

(YOU) ALL AGES, EXAMINE YOUR BREASTS EVERY MONTH

Natural & Healthy Meats for Your Family

Turkey, Italian Sausage, Fresh Polish Sausage, Hot Italian Sausage, Bacon, Wieners, and much more! Made from meats raised without hormones or antibiotics. Produced without sodium nitrate, nitrite, MSG, or preservatives. Low fat and low salt – DELICIOUS!

The Natural Meat Company is a worker-owned cooperative in Rainier Valley. Our mission is to create good food and good jobs. Please ask for our products where you shop. Call or write for the shop nearest you.

THE Natural MEAT COMPANY

Phone 723-6333
4225 Rainier Ave. S., Seattle, WA 98118

DAYSPRING & FITCH

Funeral Directors
3714 Rainier Ave. So.
Successors To Allen's Evergreen
Washington, Texas and Oklahoma



Zane K. Fitch, Sr.
Lic. Funeral Dir.

Opening New Location:
1993 35th Ave. S. and
S. Charleston
(Across from Pay-N-Pak)

"We are here to take care of those special needs in your times of sorrow"



**Funerals, Memorials, Florals * Funeral Financing * Pre-Need Pre-Arranged Funeral Plans * Notary Public*
Chapel Located at : ***42031/2 Rainier Ave. So., Seattle, WA. 98118***
across from Rose of Sharon Church
Seattle 723-8955 - Tacoma 3831989



A mammogram is a safe, low-dose X-Ray that can detect breast cancer Before there's a lump. In other words, it could save your life and your breast. If you're a woman over 35, be sure to schedule a mammogram. Unless you're still not convinced of its importance. In which case, you may need more than just your breasts examined.

Find the time. Have a mammogram

AMERICAN CANCER SOCIETY®

Give yourself the chance of a lifetime.

SPONSORED BY: King County Councilman Ron Sims,
Room 402, King County Courthouse
Seattle, WA. 98104 (206) 296-1005

LETTERS & EDITORIALS & OPINIONS & LETTERS & EDITORIALS & OPINIONS & LETTERS & EDITORIALS

PAINE'S LANE
by Adriel Paine

I care about our youth and I'm trying to get our youth and their talent busy in Seattle. Seattle has a lot of excellent talent that's not being used. We, as African Americans need to support anything that helps our youth. B.O.S.S. Productions cares because we have helped some youth to get on stage and T.V. The citywide Teen Talent Show is coming to town, and it will be held at Seattle Center House. These youths need every African American in Seattle there to support them and show them we care that they're not selling drugs, doing drive bys, or getting high. These young people worked hard to get to these finals. Blak Culture is part of B.O.S.S. Productions which consists of LeLe, LaLa and BoBo, my nieces are the best female rappers in the Seattle area. These young ladies rap their hearts out for real.

If you know me, Adriel Paine, people know me also as Bernard. You will come and support me, my son, Adriel, Jr., Clarence Benton and David Steward and Blak Culture and show me you care about our youths. The Dept. of Housing and Human Services, Seattle Center, The Bon Marche, Seattle Dept. of Parks and Recreation and Langston Hughes care about our youths so if these people care and support us, as African Americans should care and support us too, so please come.

It's a small step on getting our youths on the right track but it is a step. Let's keep stepping for our youth until they see the light about respect, togetherness, caring and non-gang activities. If they want to be in a gang be a gang doing a gang of good for the African American community.

I also like to say Alfy Joe, I love you and I will miss you greatly, Hope you're in heaven. So stay in the right lane with Paine and support our African American youths at the citywide Teen Talent Show. Thank you.

Democratic National Committee Honors Louie Martin, 'Godfather of Black Politics'

Democratic National Committee Honors Louie Martin 'Godfather of Black Politics' Washington-Louie Martin, considered by many as the "Godfather" of black politics, was presented the First Annual Lawrence O'Brien Achievement Award at a reception in the Mansfield Room of the U.S. Capitol on Tuesday, September 29, 1992.

Martin was one of nine recipients of the award established by the Democratic National Committee (DNC) and the O'Brien family in memory of the late Lawrence (Larry) O'Brien, who served in President John Kennedy's Administration and as Chairman of the Democratic National Committee.

National Democratic Party Chairman Ronald H. Brown hosted the awards reception and said the award was created to honor persons or institutions that have made "a particularly notable contribution to the health and vitality of the Democratic Party." Winners received an official award citation in addition to a check in the amount of $4,000.

Martin was cited for his years of work with Democratic Party as Deputy Chairman and serving as a senior advisor to three Democratic Presidents, John F. Kennedy, Lyndon B. Johnson, and Jimmy Carter.

In presenting the award to Martin, Chairman Brown noted, "More than any other person, Louie Martin has paved the way for the significant involvement of Black Americans at all levels of the Democratic Party. He is an extraordinary human being who has done so much to make the Democratic Party a true party of all the people."

Joining in saluting Martin and the other recipients was Senate Majority Leader George Mitchell. Among special friends of Martin attending the reception were Senator Harris Wofford (D-PA) and Eddie Williams, President of the Joint Center for Political and Economic Studies.

Martin was accompanied by his wife, Gertrtude, and his daughter. He suffered a stroke two years ago and now lives in Diamond Bar, California, outside of Los Angeles.

The 6th Annual Black Women's Gathering

"Choices 1992: Women of Determination" will be the theme for the 6th Annual Black Women's Gathering scheduled for Saturday, October 24, 1992, at First A.M.E. Church located at 1522 14th Avenue from 9:00 a.m. to 5:00 p.m. **Constance Williams Rice, Ph.D.** will deliver the keynote address for an anticipated gathering of over 500 African American women. Workshop topics include **"Women in the Trades", "Parenting African American Children", "Politics in the 90's" and "Career Development".** This years' Gathering will also feature a teen summit to address the concerns of African American teenage girls. The annual "Sisters' Market" will also be a part of this years events. If you are an African American entrepreneur interested in having a booth, call 725-6223. There is no charge to attend this event. Lunch will be available for $5 with advance registration. Send checks payable to The Black Women's Gathering, 1347 15th Avenue So, #5, Seattle, WA. 98144. In addition, child care will be available for a limited number of children, from toilet trained to 12 years of age - call 324-5785 to reserve a space for your child. For further information regarding this years events call 726-8239 or 725-6223.

Central Area Neighbors Against Drugs

A group of Central Area neighbors who are fed-up with the drug trafficking in their neighborhood have united to take back their street from drug dealers, buyers and prostittution. The residents have had regular marches on Thursday, Friday and Saturdays, gathering at 25th and Cherry St. and marching to Yesler St. and then holding their vigil on Cherry St., often times past midnight. As a result of the groups efforts and support provided by the officers of the East Precinct, a visible difference can be seen at the corners of 26th and Cherry St. Armed with anti-drug signs, white tee shirts and white hard hats, these residents have vowed to continue their vigil until the drug trafficking ceases. Tired of feeling powerless and being victimized by this criminal activity residents have decided that no one should have to tolerate this in their neighborhood any longer.

If you too, are fed up with the trashing of your neighborhood, drug trafficking and all other criminal activity this perpetuates, plan on joining this group and take a stand against crime and make a difference.! Call 684-4370 for marching times and additional information.

THE LETTERS AND EDITORIALS AND OPINIONS WRITTEN IN THE FACTS NEWSPAPER DO NOT REFLECT THE OPINIONS OR THE VIEWS OF THE FACTS NEWSPAPER OR THEIR STAFF. THESE OPINIONS ARE THEIR OWN (THE WRITERS)

WISDOM DIVINE
Dealing With Reality
by Omari Tahir

Respect For Black Male Authority

Respect for Black male authority is at an all time low in America. In so-called Black churches across America an image of a White male Jesus is worshipped as "the Lord and Savior" of the Black family? It doesn't take a Harvard trained psychiatrist to figure out the devastating effect on the Black child's mind, self esteem and self respect the perpetuation of this horrible big white lie continues to have on the African community here in America. Every "Black Preacher" should be confronted and ask over and over and over, why do they teach submission to and worship of a White male image of Jesus Christ the "only begotten son of God"?

No group of people in the world has been able to free themselves and progress while worshipping their historical enslaver, oppressor, exploiter and corrupter as their "Lord and Savior". The cowardly and silly argument given by many Black Reverends/Pastors that Jesus skin color is irrevalent is refuted by these same NERPS (Negro Establishment Responsible Preacher Politicians) adamant refusal to teach or preach the Biblical description of Jesus. Before the rise of the African slave trade even Europe worshipped a Black skinned Madonna and Christ child. It is understandable why Europeans would want to change and whitewash the image of Jesus to cover their wicked slave trade, brutal beatings and murder of Africa's kidnapped children.

Today the world under the leadership of Euro-America intentionally projects a "color purple image" of the Black male with the cooperation of many black male hating Negro women. The end result has been and is no respect for Black male authority in or outside of the Black family in America. Black women teach their Black sons that "your daddy ain't no good and your following in his footsteps (no good either). black women need to be careful what they teach their sons and daughters about Black males. More importantly Black women need to stop having babies for "No good Black males". Wouldn't it be wonderful if Black women could have babies for the White male Jesus? The babies would even have "good hair"?

Should Black women respect Black males. No! Black men? Yes! There is a big difference between a Black male and a Black man. Black males don't respect themselves, Black women or Black children. Black men do! Praise the Lord as long as he is not a Black man?

Traveling With Pizazz

ALABAMA - The State of Surprises! From the scorching strains of a jazz trumpet to the cool splash of an Appalachian waterfall; from French fortresses to the pulpit where Martin Luther King first shared his vision of brotherhood with the world; from the sweet perfume of magnolia and jasmine to the brilliant burst of color from December camellias - go once, and a part of you will call Alabama home forever.

In Selma visit Brown Chapel AME Church, at 410 Martin Luther King Street. Open by appointment only Monday-Friday. Free admission. 874-7897. Founded in 1867 as the First AME Church in the state, it served as a headquarters for Blacks during the Civil Rights Movement. It was the starting point for marchers from Selma to Montgomery. There is a Martin Luther King room and a bust of Dr. King is front of the church.

In Montgomery visit the Civil Rights Memorial at the Southern Poverty Law Center, 400 Washington Ave. 264-0286. Admission is free. Maya Lin the architect of the Vietnam Memorial in Washington, D.C., designed this stunning tribute to the 40 Americans who died during the Civil Rights Movement from 1954 to 1968. Beginning with Rosa Parks' refusal to give up her seat to a white man on a segregated bus, this national memorial documents the momentous events of the Civil Rights struggle. Located outside the Southern Poverty Law Center, the Civil Rights Memorial is accessible 24 hours a day.

Visit Dexter Avenue King Memorial Baptist Church, 454 Dexter Avenue, 263-3970, in Montgomery. Open Monday-Friday 9:30 a.m. - noon and 1-4 p.m.; Saturday 10 a.m. - 2 p.m. It is closed on Sunday and when the church facilities are in use. Holidays and weekends call at least 2 weeks in advance.

Visit Tuskegee Institute National Historic Site - the Carver Museum at 1212 Old Montgomery Road, Tuskegee Institute, 727-3200. Open daily 9 a.m. - 5 p.m.; closed major holidays. Admission free. Established by the Tuskegee Institute in 1938, the museum exhibits needlework, ink, dyes and artworks that George Washington Carver created from agricultural experiments with the peanut and sweet potato. The museum also features a photo exhibit of early Tuskegee Institute.

However you choose to travel, our staff at PIZAZZ TRAVEL will make all reservations for you, including hotel, airline or car rental or Amtrak.

PIZAZZ TRAVEL, 300 14th Ave. South in Seattle; office hours Monday - Friday 9:30 a.m. to 5:30 p.m.; Saturday, 10:00 a.m. to 2:00 p.m.; available parking; major credit cards accepted; telephone (206) 322-1987; toll free 1-800-55CLASS; FAX (206) 322-1901. Give us a call, or drop in; you'll be glad you did.

Making It A Day At A Time
by Joseph O. McGowan, SJ

Some of us never learn that sweet talk, shouting, growling, and intimidation may freeze people for a little while. But only the sick ones will hang in there and take the mess we hand out. Our kids will leave us. Our spouses will give us back as good as we dish out. Our friends will ignore us. Our co-workers will sabotage us. Our bosses will fire us sooner or later, we will have to learn how to communicate rather than manipulates: c: speak clearly and to the point; o: own our feelings, thinking, and behavior; m: realize an effective relationship is a mutual relationship; m: realize we can't make people do what we want; u: but we can grow in understanding of each other; n: by naming our own needs-hurts, hopes, and helpless; i: and be illumined by others sharing their needs and dreams; c.: which will help us to attend to each other with care; a: be aware of each other's concerns; t: treat each other sensitively and positively; e: four our living and working relationships safe and enduring; and keep making it a day at a time.

RAQIB SPEAKS OUT
by Raqib

What needs to happen before we turn from the violence and self hatred among us that is reflected in our youth? What will it take to develop some "Mothers Against Unruly Children, or Dads Against Drugs and Violence"? I don't mean a bunch of men and women out marching through the neighborhood, (not to say there is anything wrong with this) but I mean parents taking time to raise their children and setting some limits on what they will permit or tolerate in and around their house. We parents must stop the apathy and hypocricy in raising our children.

Parents and other mature, responsible citizens, have got to step forward and condemn use of intoxicants. Throughout our relationship with children we literally teach them to GET HIGH, usually with alcohol. We teach by example. Every party and special occasion is enveloped in getting high. We have commercials and advertisement associating sophistication, charm and manliness with getting high. Then our children grow up and they too GET HIGH, but some of them choose different substance than we used, but the bottom line is GETTING HIGH and doing their own thing. Now our chickens have come home to roost. Now the seeds of decadence and wrecklessness that we planted during their childhood are blooming in our youth as a fully flourished menance. Most of the violence in our community involves alcohol and or drug use. Sometimes violence erupts out of the erratic, irrational reaction of someone under the influence of a mind altering substance. Sometimes violence breaks out during the exchange, theft, or sale of these substances.

Why do we consume these substances? Could it be that we can't stand to be with ourselves when we are sober? Is there a secret desire to destroy ourself? Do we hate that image in the mirror so bad that we have to have our mind befogged to face it? Then when you are out of our mind with some mind altering substance and your inhibitions are down, you strike out at that hated image, usually mirrored in another person whom you seek a confrontation with so you can have a chance to destroy or at least hurt them. Yes that is it and only we can change it.

This Way For Black Empowerment
Street Talk

As Election Day 1992 approaches, I am spending much of my time in the streets of Black New York. I am out there to deliver an urgent message to the African American electorate: Don't waste your vote on Bill Clinton. This is a man who did business with apartheid South Africa, who raced home to Arkansas to oversee the execution of a Black man and who played golf at a "whites only" club.

Even so, sometimes people come up to say: "I don't like Clinton. But isn't he a little bit better than Bush?"

In my opinion, the answer is no. Whatever little bit of difference there may be between them doesn't make a difference. In the days of slavery, there may have been a slaveowner who was slightly more humane in his treatment of his slaves than the slaveowner on the next plantation. But slavery was - and is - slavery; it doesn't make sense to distinguish which slaveowner is "better." The point is to get rid of slavery!

The African-American community is making a big move this year. Many are not going with Clinton, because folks are aware that voting for him just shows that we're willing to accept his insults. Voting independent for Fulani is a statement which gives leverage to the Black Agenda and to those who have been disrespected by the Democrats and Republicans. When I tell people this on the street, they understand.

They also understand that many Black leaders will soon be telling them to vote for Clinton. Not even because they think he's the best choice. But because they make choices based on what's best for their careers and jobs, rather than what's best for African-American community.

We met an employee of the Urban League who said that - like everyone else at his job - he had not been planning to vote, so he was glad to run into us. Now he's going to tell all his colleagues that they need to go to the voting booth on Election Day and do the independent thing. I'm the nation's #1 African American independent, and the Black community is going to lead the way in building independent politics.

We are looking for building captains:; people who will take responsibility for going door to door in their apartment buildings to distribute literaure, to find out whether a neighbor needs help in getting to the polls on Election Day and to make the necessary arrangements.

One woman told me that the "only" thing she can do is cook -- she will prepare food for the next meeting in her neighborhood.

Our people are giving whatever they can give and then they are giving a bit more. I think we will see the results on Election Day - and beyond. Call me at 800-288-3201 and let me know what you can do. To reach Dr. Fulani's campaign locally, call (206) 329-9540).

M.L. King Elementary School Students to Demonstrate P.E.P. Assembly

An exciting event for children and their families is upcoming at Martin Luther King Elementary School on Capital Hill, and the public is welcome to attend. On Thursday, October 15 at 1:30 p.m. the students will be demonstrating how to put on a school P.E.P. Assembly to which teachers and administrators from the entire school district have been invited. At the assembly, student representatives from every grade level will be presenting poetry, goals for the month, music and social skills demonstrations for their guests. There will also be a special guest career speaker.

P.E.P. stands for Proficiency in English and it is a program that was started in the Watts area of Los Angeles, particularly for African American children. It has now expanded to districts as far north as Seattle, and teachers from King, Minor and Rainier View have been trained in P.E.P. These three schools are demonstration schools for the entire district. Emphasis is placed on academic achievement, cultural awareness, social skills and career awareness.

The public is encouraged to visit on October 15 to see that there are some very positive things occurring in our schools.

MY "STILL RIDING THE BACK OF THE BUS" VOICES
by Freedom Justine Nubee

I was in the hospital to visit my friend Rhonda, who was in a car accident. I was asking the nurse about her progress when we heard a wild scream.

"I'm free!" the voice said. "I'm free! I'm free! I'm free!" the voice trailed off into loud laughter.

We both knew it was Rhonda. We ran to her room to see what had happened.

SHOES had intrigued me since I was a little girl. I found any excuse to be in my barefeet. My mother was 4'10" and wore the highest heeled shoes she could find. It made no sense to me that she soaked her feet in hot epsom salts water at night just to be able to pour her feet back into tight high heeled shoes the next day.

It came as no surprise to me to learn that high heeled shoes originated by males in Europe during the 1600s to accentuate the height of a short monarch. Soon the fad turned into one created for the female to express her beauty as controlled by men.

"How do you do it?" Rhonda had asked me about wearing my "clunkers" with frilly socks.

I had had my bouts with high heeled shoes but I was glad to be able to say: "Folks I know think I'm beautiful regardless of what I'm wearing or NOT wearing."

We had both laughed.

" I know how bad heels are and I try not to wear them but I was almost fired."

"The Chinese Communist Manifesto was about this same issue." I had said.

Rhonda had sadly understood. She knew the shoes were a killer. She agreed that all women knew if they allowed themselves to admit it.

She was a tall, attractive woman and my friend. I knew she would do the best for herself. When I heard she had been in an automobile accident, something made me know she would be alright.

Her screams made me hurry into her hospital room by her bedside. Prominently displayed was her right foot with red neatly painted toenails and a red spike heel pump where her left foot used to be.

I squeezed Rhonda's hand as we both wept softly.



LOVING DIVERSITY
By Dr. Steven Beresford

African-American Jazz Giants

I was introduced to African-American jazz during my first year at college. One of the students kept playing some jazz that seemed to be rather quaint and old-fashioned. However, after a few days of casual listening, the music suddenly exploded on me like a bolt of lightening. I realized that it was the work of a tremendous creative genius. I had encountered the spirit of Charley "Bird" Parker.

From Then on, I was totally fascinated with "Bird's" genius and listened to almost all of his recorded work. This in turn led to "Trane", Monk, Davis, "Bags", Wes, Mingus, "Cannonball" and many other African-American jazz giants. An entirely new vista opened up to me that completely transformed my life.

Music is an expression of the soul - and the depth, beauty, and creativity of these jazz giants never ceases to amaze me. Their brillance has transformed and enriched the lives of countless millions of Whites throughout the world. They were truly great. I will always be in their debt because they shared their genius.

But perhaps the most important thing to remember is that great music is a combination of the performer and the instrument. All the instruments played by the African-American jazz giants were invented by Whites. These instruments opened doors in their minds and allowed their creative talents to blossom. The combination of White inventiveness and Black musical genius gave birth to a new art form - modern jazz - that continues to inspire and delight millions of people throughout the world. "Bird" still sings!

This fact emphasizes the importance of racial harmony. The Black and White races are very different, but if we can love our diversity and overcome the barriers that separate us, we can truly enrich each other. If we transcend racism and combine the positive elements of our different cultures, a tremendous amount will be accomplished!

Remember, if you want to end racism in America, start by ending it within yourself. Clean up your own racial attitude. Then be an example to others. Readers who want to contact Dr. Beresford should write to him at: 16307 N.E. 83rd Street, #F, Redmond, WA. 98052.

Duplicate Bridge

The Monday Bridge Set had five full tables in play on Oct. 5th last, under direction of Herb Jackson. Results as follows:
1st, Nelda Hill & Dortha Bowen (43 1/2); 2nd, June Motin & Patsy Wade (40); 3rd, Muriel Russell & Octavia Jackson (38 1/2).

The Regular Thursday Night Game, Le Etta King, had seven and a half tables in play on Oct. 8th last, under direction of Herb Jackson. Results as follows:
NORTH-SOUTH
1st, Barbara Bedayal & Orville Johnson (107.3, 1st O/A); 2nd, Dick Cole & flora Cole (98, 4th O/A);
EAST-WEST
1st, Peggy Johnson & Ray Merriwether (101.5, 2nd, O/A); 2nd, Nan Edwards & Dee Bennett Jr. (98.5, 3d O/A).

The next two major Bridge Events are as follows: Saturday Oct. 17th - COASTERS Bridge Club "C" Regional at the Central Area Senior Center. Registration at 6:30 p.m., and play at 7:00 p.m. Call Charles Huey, 322-4375, for partnerships. Sunday Oct. 25th - Seattle/Tacoma Unit Game to support the United Negro College Fund. The Game will be Stratified per Roscoe Simmons, Unit President.

Remember: regular play on Noon Mondays, and 7:00 p.m. Thursdays, and all Bridge Players are welcome. So, come one, come all, see you there.

UNBROKEN CHAINS
by Harold Murphy



I Cannot Lie
by Harold Murphy

It's been hard
Lord...
I can't lie!
these words I
Must speak
Before I die.
I's been hard
Lord...
Life's road
Have not been
Easy to travel...
The blood along the way
Is thick and always fresh
With new sacrifices
Of struggle...
Innocent blood!
The successes are marred and scarred
By rejection and humiliation
Bandaged by guilt and law...
Scarred Success!
I'ts been hard
Lord...
that is why my people...and I
Sing hard
Dance hrad
Love hard
Cry hard
Pray hard
Live hard
Die hard...my Lord
I cannot lie
Before I die.

This poem is a reflection on my experiences as an African-American in this country of the United States. I am certain these feelings are shared by other cultures and peoples in the world whose tradition claims slavery and oppression. Regardless, as individuls are unique, so are whole peoples of nations. races, and cultures. It is this uniqueness that The Unbroken Chin of Black Poetry attempts to capture and sve.

"Stop, Think and Listen" - A Message to the Community from Decharlene Williams

In paying this community back for faithfully supporting Decharlene's Beauty and Boutique for 2 decades of success, I have a vested interest in this community's health, social, civic and welfare. I think of myself as a Community Watch Dog! For the last 10 years I have dedicated my services to organize,form and act as Central Area Chamber's president (enrollment of 159 members). Whereas my duties are to lead our organization in a positive direction which I have demonstrated to you over the years. I have no problem now in sharing my personal views with you about "Weed and Seed" . As to what my statement contains, it has not been discussed with our board members.

Weed and Seed is a very interesting topic - the Weed and Seed Program comes in the nick of time. Looking back through the years when I first headed the drug movement for Mayor Charles Royer's Task Force in 1988, I see very little changes taking place to pull crime to the curb. Today I see an up-swing in street violence. Almost every weekend you count at least three black people getting gunned down. The National Census states that Seattle is #2 in the world for gang violence, which is a very negative statement to make about a city with our type of climate. Weed and Seed Program can work for us if we all ban together. This program will eventually provide employment opportunities for both the employer and employee. This program will start off with the increase of the community Police Team, as well as the enforcement of demanding a curfew law for our youth. Once the Weed and Seed Program takes off, there will be an avenue open to help with Drug Education Treatment and Counseling in Youth Parenting. Weed and Seed has an ugly name tagged on to the programs credit title, which makes us sensitive I know, however, for those of us who have been a victim of gang violence understand the value in a program of this type. I myself, view the program as a business growth element. This program will only work if we ourselves are committed to the advisory board of Weed and Seed and demand that the city clean up their act! Our people's welfare and survival should always be our main concern and kept out front. At the rate of three killings of black people a weekend, we are headed for a large decrease of the black population. In the next decade we will experience a loss of 50% vanishing black people. By the year 2015, we will have lost half of our people. Is this what we want to experience?

"Weed and Seed is the link that will bring us together as a Black race of people. Believe me."

Sat Test Preparation Workshop

The Urban League of Metropolitan Seattle (ULMS) received an overwhelming response for the September-October SAT TEST Preparation workshop. Many who were interested were placed on a mailing list.

To accommodate those students interested in participating in the SAT strategies workshop, we will offer a three-week session from 9:00am to 12:00 on November 7, 14 and 21. We will conduct strategy sessions on math, verbal and give a simulated SAT test.

Preference is given to students living in Central and S.E. Seattle and to those scheduled to take the SAT on December 5 or January 23.

According to the SAT Coaching Cover-UP, a 1992 report released in January by the Center for Fair and Open Testing (FairTest), students who take special courses to prepare them for the SAT can increase heir scores by as much as 100 points.

FairTest, a leading testing watchdog group, substantiates earlier claims by testing opponents that test scores can be manipulates simply by coaching test-takers, and that the test scores are not necessarily indicator of students' intelligence or ability to succeed in college.

For additional information on higher education options, or to register for the November SAT workshop, contact the Leagues' Education Department, at (206) 461-3792.

SWIMSUIT CALENDAR CONTEST FOR 1993



HEY GUYS!!! DOES YOUR WOMAN GOT IT GOING ON, IS SHE SLIM IN THE WASTE AND PRETTY IN THE FACE???? LADIES, HERE'S YOUR CHANCE TO STRUT YOUR STUFF. COME ENTER OUR 1st ANNUAL "DESCENDANTS OF THE NILE" SWIMSUIT CALENDAR CONTEST.

DEADLINE TO ENTER IS OCTOBER 20th 1992

DON'T BE SHY

THE CONTEST DAY IS NOVEMBER 7, 1992

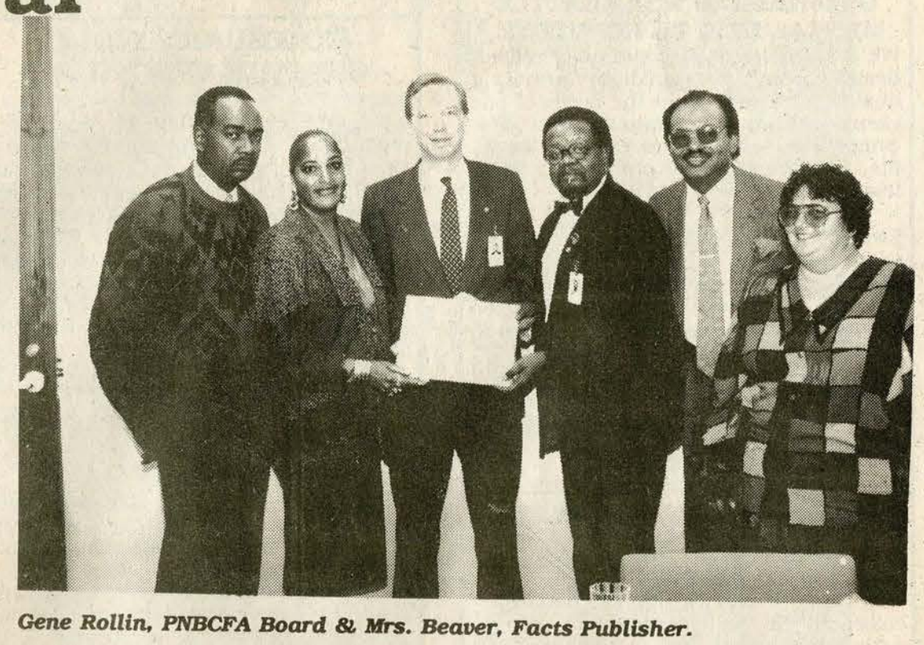
ENTRY FEE

722-3512

Boeing Honored For Commitment to Black Festival



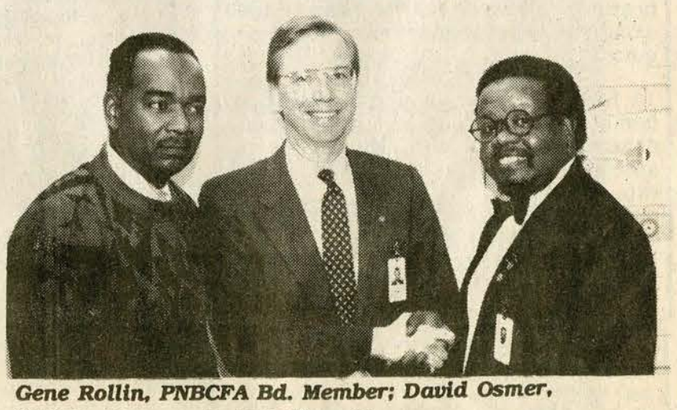
Mrs. Beaver, Facts Publisher with David Osmer, Boeing Community Relations Manager



Gene Rollin, PNBCFA Board & Mrs. Beaver, Facts Publisher. David Osmer, Boeing Community Relations Mgr., Michael Taylor, President of PNBCFA; Robert Putney, PNBCFA member & Rosey Blasco, Facts Business Manager



Gene Rollin, PNBCFA Board; David Osmer, Boeing-Community Relations Mgr, Elizabeth Beaver, Facts Paper Publisher, Lee Lathrop Boeing Corporate Mgr., James Alonzo, Facts Asst. Editor, Michael Taylor, President NBCFA



Gene Rollin, PNBCFA Bd. Member; David Osmer, Boeing, Community Relations Mgr.; Michael Taylor, President of PNBCFA.

The Pacific NW Black Community Festival Association presented the Boeing Company with its first corporate Appreciation Award in the presence of Facts representatives, Friday, October 9, 1992 at Boeing Corporate Headquarters. The purpose of the visit was to honor Boeing's contribution to the Festival, and introduce its corporate officers to Facts Editor Elizabeth Beaver and members of her staff.

The Facts will be covering more news from Boeing because, according to Mrs. Beaver, "The Community wants to know". Although Boeing has traditionally kept quiet about the contributions it gives in the community, corporate manager Lee Lathrop agreed with Mrs. Beaver that if the community wants more information about the company and what it's doing, that will be forthcoming.

Michael Taylor, President of the PNBCFA presented the award, along with Board Member Gene Rollin, thanking the company for both the association and the community at large for the major role it plays in supporting the festival, the biggest annual social and cultural event in the Black community. Accepting on behalf of the Boeing Company were Dave Osmer, Community Relations Manager and Lee Lathrop, Corporate Manager, Internal Commmunity. Both Osmer and Lathrop spoke of the pride the Boeing Company holds for volunteer spirit among its employees, and mentioned several programs that the company sponsors, which allows employees to help their community in a direct way.

Photos by James Alonzo

EveryBody Health and Fitness



Beeker Scott *Howard Zeiger*

The staff of **EveryBody Health and Fitness,** 2609 South Jackson, would like to extend a special invitation to you. During the month of October, we are offering a 2-for-1 special. Two people can join our club for an annual fee of $225 ($112.50/year per person).

Please stop in and take a look around at your new neighborhood, two story exercise facility. We have weight lifting and cardia-vascular equipment and exercise classes for **EVERYBODY.** We hope you will allow our trained staff to help you plan an exercise regimen that will fit your lifestyle. A good conditioning program can take as little as 30-45 minutes two to three times weekly depending on your specific goals. Maybe you need to lower your blood pressure or get ready for one of Seattle's local marathons or maybe you want to get in shape for ski season (we hear it's going to be early and super snow!).

A complete list of services/classes is available from the center. Please come in and pick one up, then call us, **324-6062,** to reserve your one week free pass and then your two-for-one memberships. Our personal training staff is waiting to schedule your initiation session.

See you soon, EVERYBODY ***Photos by James Alonzo***



Mrs. Beaver, Facts Publisher

La Maison Bleu
Art Gallery
SPONSORS OF THE
1st Annual "Art-Tober"
A Fall Tribute to African - American Artist
Presents
FROM SAN DIEGO
ALBERT FENNELL
A SHOW OF ORIGINALS AND INTRODUCING
THREE NEW LIMITED EDITION PRINTS
"GLOBAL LOVE", "PRAISE", AND "SISTERS IN SONG"
Artist Reception:
Saturday "Art-Tober" 17th
6:00 PM - 8:00 PM
Reception to follow
2301 S. Jackson, Suite 208 For information call 322-8803
Seattle, WA 98144

OCTOBER IS HEALTH AWARENESS MONTH

CLASSIFIED ADVERTISEMENTS

Opportunities with SEATTLE MENTAL HEALTH INSTITUTE

We are a progressive community mental health center dedicated to providing quality services to meet the needs of our clients and our community. We offer competitive salaries and excellent benefits, and presently we are looking for a few good employees;

OUTPATIENT THERAPISTS

Two 15 hrs/wk positions, 2+days, 1 eve/wk in expanding outpatient program providing individual, group and family therapy. MA + 2 yrs exp. required and CCDC for one position.

SCHOOL-BASED COUNSELING & PROGRAM SUPERVISION

Part-time 32 hrs/wk. Provide individual counseling and outreach to families. Supervision. consultation to schoolbased day tx teams. M.A., supervisory, knowledge of interdisciplinary teams and exp. with SED/delinquent youth 6-17 yrs. required.

SCHOOL-BASED DAY TX/GROUP WORK

Part-time 32 hrs/wk. Provide classroom milieu, social skills groups. M.A., exp. with SED, school-based children 6-12, knowledge of working with interdisciplinary team required.

DEAF CHILDREN'S COMMUNITY SUPPORT PROGRAM

Provide intensive clinical case management services to SED deaf and hard of hearing children. MA/BA and fluent along the sign language continuum required.

SECRETARY I

19 hrs/wk. Provide support to child & family program, ability to work independently, answer phones, wp 5.1, filing, special projects. 2 yrs current secretarial exp. required.

please send resume and cover letter to: Seattle Mental Health Institute (TF), 1600 E. Olive Street, Seattle, WA 98122 or fax (206) 324-9433. AA/EOE.

GIRLS WANTED

From Washington, between 7-19, to compete in this year's 4th annual 1992 Seattle Pageants. Over $20,000 in prizes and scholarships. Call today:

1-800-724-3268 Ext. 5718

FOSTER CARE PROGRAM

Seattle Mental Health Institute is seeing foster parents to provide care for emotionally disturbed children ages 5 - 17. We will provide foster care support and training. Please contact Victor Garcia, (206) 324-9142, SMHI, 1600 E. Olive Street, Seattle, WA 98122

This Space Is waiting for you!!! Call 324-0552

Chicken Soup Brigade, a community based agency providing practical support (household chores, meals and transprotation) to persons disabled by HIV/AIDS in King County, seeks qualified candidates for the following positions. Complete job descriptions 1002 E. Seneca Mon - Fri 9-5 pm. No phone calls.

To apply send resume, cover letter. Closes 5:00 pm Oct 22nd. 1002 E. Seneca Seattle, WA 98122

HOMETEAM VOLUNTEER COORDINATOR:

Train, assign, supervise, retain and appreciate volunteers providing in home prctical support. Three years professional volunteer management experience is required. Salary $22,000 per year

VOLUNTEER COORDINATOR

Recruit, train and assign new volunteers throughout all agency programs. Research and develop long range plans for inszuring a reliable and diverse pool of unpaid/volunter staff. Promote programs via outside sources such as conferences, community fairs and festivals and special events.

CHEF:

Responsible for menu planning, prep and cooking of high quality meals using donated food, volunteer help and inguenity. Must love food and people. $11/hr

THRIFT STORE LEAD:

Two positions for experienced cashiers with personnel/volunteer management experience. $7.50 hr 40 hours/week.

Chicken Soup Brigade is an equal opportunity employer committed to workforce diversity.

SUBSTANCE ABUSE COUNSELOR

Sexual minority treatment center. WAC-qualified, Master's level. Immediate opening. Half to Fulltime. Dual Diagnosis experience helpful. Excellent benefits; salary DOE. We are committed EOE agency. Send resume: Director Stonewall Recovery Services 430 Broadway E. Seattle, WA 98102

COMMUNICATIONS GRAPHIC SPECIALIST

Totem Girls Scout Council - Responsible for design, copy writing, photography & production of publications/displays. Must have good computer & writing skills BA; 2 yrs experience in communications & graphic design prefered. Proficient with MAC/Pagemaker/Freehand/ WP5.1. Hiring range $20,123 - $22,932. Closing date 10/19/92. Send resume to: TGSC. POB 300304, Seattle WA 98103-9704.. Call 633-5600, ext 273 for info. EEO Employer. A United Way Agency.

PUBLIC RELATIONS SPECIALIST

PR Specialist works with schools, administrators and media; plans, researches, writes and designs public information materials. Desktop publishing skills a plus. College degree, three years of experience or equivalents required. Applications available at 815 - 4th Avenue North, Seattle, WA 98109 Salary: $2,478 - $3,376/month. AA-EOE. Position Closes: October 23, 1992.

YOUTH SERVICES

Seattle Public Schools is accepting applications for Student Specialist. Conducts outreach to encourage youth to stay in/return to school. Requires Associate's degree in education/social services and two years of related work experience. Salary: $22,200 - $30,199/yr. Applications can be obtained from 815 - 4th Avenue North, Seattle, WA 98109. Position closes October 26, 1992. AA-EOE.

SEATTLE UNIVERSITY

ADMINISTRATIVE SECRETARY

Student Development

Quals:Two years exp. Type 60 w.p.m. Wordprocessing Experience $1605-$1676/month

Medical, dental and educational Benefits. Apply by Oct. 16 Seattle University 12th & E. Marion - Human Resources M-Th 8am - 3pm

ARTERIAL, an electric Seattle arts/literary/community magazine, seeks young, articulate, committed advertising salesrep. Commision basis. Call 285-7182.

STANLEY HOME PRODUCTS, needs 25 people to help with Christmas orders. Full or Part time. For interview call between 7 & 9p.m. Florence B Anderson 322-1464

UNIGARD INSURANCE GROUP
An Equal Opportunity employer

M TRUCKING

DRIVERS NEEDED
TRAINING AVAILABLE
EOE Employer
WOMEN & MINORITIES ENCOURAGED TO APPLY
(206) 860-2837
Fax: (206) 328-5160

BANKING JOB INFORMATION CALL OUR LINE
684-6189
Key Bank of Puget Sound
an equal opportunity employer
for hearing imparied TDD customer may phone
684-6169
8:30 - 4:30 M-F.

$200 - $500 WEEKLY

Assemble products at home. Easy! No selling. You're paid direct. Fully Guaranteed. FREE Information - 24 hour hotline. 801-379-2900 Copyright # WA160DH.

CASE MANAGER

To work with homeless children and their families. BS/BA degree, 2 yrs exp. Resume/cover letter by 10/23 to Mary Flowers, Atlantic Street Center, 2103 S. Atlantic St., Seattle, WA 98144. 329-2050.

SOCIAL WORK CASE AIDE P/T

The YMCA independent living prgm is seeking applicants to work 20 hrs/wk with pregnant and parenting teens. Case Aide will help develop effective parenting and idependent living skills. Service will include one on one training resource/networking, crisis intervention, general case work, transportation assistant and role modeling. This position requires a high school degree or GED demonstrated experience working with teenagers & knowledge of teen parent support services and resources. Some college or early childhood education would be desireable. Salary $8.00/hr. to apply send resume and letter to YMCA 909 4th Ave, Seattle WA 98104. Att: Chuck Bartlett by 11/9/92. EOE Minorities and single parents encouraged to apply.

social services

STAFF ASSISTANT

Fundraising, PR, coordinate communication, special events, meetings, & other gatherings on behalf of the Div. of Programs for the Aging & Disabled, CCS King Co., CCS-Western Washington, & related coalitions/groups. MIN: BA Human Services or related field, 2 yrs exp working for or with human service related organization; excellent written/oral communication skills; exp w/developing proposals. Cover letter/reume by 10/22 to Catholic Community Services CW, 100-23rd Ave. S., Seattle, WA 98144. AA/EOE

CUSTODIAN

$8.78 - 10.70/hr. + benefits Tacoma Public Library is establishing an eligibility list for part - time and full-time positions. Routine manual custodial work including cleaning duties and related tasks. Requires 9 mos. exp. in custodial or related manual work or equivalent training/exp. Ability to lift/move/carry items weighing 75 lbs safely. Valid Washington State driver's license and good driving record. Applications must be completed by 5:00 p.m. 10/30/92. Please pick up applications from the Tacoma Public Library Personnel Office, 1102 Tacoma Ave. S. Tacoma, WA 98402. Telephone: 591-5602) EOE.

TACOMA COMMUNITY COLLEGE is recruiting for several full-time exempt positions at the Washington Corrections Center for Women at Purdy/Gig Harbor, Washington. PARENTING INSTR/COORD Reg. MA in Ed, Voc Ed or Social Work with major work in family studies/parenting educ.

MICROCOMPUTER SPECIALIST INSTR/COORD Req. BS with 2 yrs industry exp or BS & 3 yrs exp creating training programs & servicing computers.

INDUSTRIAL TECHNOLOGY INSTR/COORD Req. 2 yrs teching exp in custodial/industrial tech programs or grad. of recogn. indust. tech program and 2 yrs exp as a custodian.

Annual salary $29,000. Info and appl packages may be obtained from : Human Resources, Tacoma Community College, 5900 S 12th St, Tacoma, WA 98465. (206) 566-5014. Guaranteed consideration date: November 6, 1992. Minority candidates encouraged to apply. AA/EOE.

LOBBYIST

p/t, advocate for mental health w/ Legislature. Exp. w/ Legislature, mental health/health and social services, and associations. Time to devote to organization's needs. Consider staff position or contract lobbyist. Send resume with a letter of interest and current client list by 10-23 to: WCMHC 600 Stewart St, Ste 520 Seattle, WA 98101. AA/EOE

ACCOUNTANT

For communication company, Factoria area. College-level accounting or equivalent work experience. Proficiency in use of PC preferred. Please send resume and salary requirements to: Assistant Controller, P.O. Box 1086, Bellevue, WA 98009. EOE.

RESIDENT MANAGER

Need dependable female Resident Manager for YWCA Women's Shelter and Residence - Will respond to emergencies 11:30 pm - 7:30 am, 5 days on/5 days off. $300/mo + full rent, utilities, phone. Please apply 9am - 3pm 461-3859. Minority Women encouraged to apply. EOE

SOCIAL SERVICE

Youth counselors needed for 3 day, 24 hr. coverage Fri-Mon in shelter home for runaway youth. BA, res. exp. pref. Resume: Colleen, Friends of Youth 16225 NE 87th St. SteA6 Redmond Wa 98057 EOE.

FOOD BANK COORDINATOR

Responsible for supervising and monitoring the distribution of food to clients of CAMP Valid Washington St Driver license, able to work with diverse individuals, and prepare accurate daily, monthly, reports.

3/4 TIME NUTRITION EXTENSION AIDE

Teach nutrition to low - income faimiles and youth. Contact WSU Cooperative Extension, 612 Smith Tower, 296-3900. WSU is an EO/AA employer. Protected group members encouraged to apply. Applications acceted 10/16/92 through 10/29/92.

EXECUTIVE DIRECTOR

Non-Profit
HOUSING DEVELOPMENT

Lead an award-winning, nationally recognized, non-profit organization providing project assistance and housing development training to Washington State non-profits. Provide vision and leadership to a staff of 14 and the volunteer Board of Kerectors. Must be proficient in communication skills with a proven record in management, and have the ability to work with diverse communities and agencies in addressing low-cost and special needs housing.

Bachelor's Degree required. Competitibe salary DOQ with competitive benefit package. Must have a minimum of five years experience in housing development and organizational management. Additional information and application package may be obtained by contacting the Common Ground Executive Search Committee; 107 Cherry St., Suite 410; Seattle, WA 98104. Application closing November 15, 19923. EOE. Please no phone calls.

OPERATIONS MANAGER

Chicken Soup Brigade

The Chicken Soup Brigade, a community-based agency providing practical support (household chores, meals, & transportation) to persons disabled by HIV/AIDS in King County, has an immediate opportunity for an experienced, hands-on manager to coordinate activities of agency personnel in the areas of accounting, data/donor management, personnel and business relations.

The successful candidate will possess strong verbal & written communication skills and a high level of organization. Two to four years related experience with proven accounting, personnel, & project management skills required. Business or accounting degree prefered. Must be able to use Word Processing/spreadsheet software. Non-profit experience helpful. Strating salary $29-32K DOE.

Chicken Soup Brigade offers its employees a competitve benefits package. For consideration, please send your resume & cover letter to:

Selection Committee
PO Box 45371
Seattle, WA 98145-0371

Chicken Soup Brigade is an equal opportunity employer committed to workforce diversity.

ACCOUNTING

Seattle office of state wide not for Profit seeks temporary Accounting Specialist. Candidates must have an AA Degree in Accounting or equivalent, data entry & 10 key skills. Lotus 1-2-3 a plus Salary DOE EOE/AA/V/H

Send resumes to:

Accounting Supervisor
P.O.Box 15190
Seattle WA 98115

PROGRAM ASSISTANT

In Financial Aid Office. Call Green River Community. 833-9111, x86. Closes 10/22/92. EOE.

TEACHER, CREATOR & ENERGETIC after school program part time, 3pm - 6pm daily Leschi Area 323-9465 for more information call 323-9465.

MENTAL HEALTH POSITIONS
Bachelor & Masters level openings **Eastside Mental Health**
AA/EOE

VOLUNTEERS

Northwest AIDS Foundation is seeking volunteers in all areas of client services, special events/fundraising, and administration. Opportunities are available for daytime or evenig hours and for a variety of skills. An urgent need for volunteers exists for preparation of latex for the Community Outreach Team's monthly distribution. The next volunteer orientation is Saturday, Oct. 24th from 9am to 3pm. For more information, call 329-6923.

INVITATION TO BID

The Port of Seattle will accept written sealed bids until 2:00 pm October 23, 1992, on the following:
Bid No. 92-46 Bar Coded Parking Tickets
Information and bid forms can be obtained from the Purchasing Department, Bell St. Terminal, Pier 66, or by calling 728-3432.
Minority and woman-owned firms are encouraged to particpate.
Dated at Seattle, Washington this 9th day of October, 1992.

THE PORT OF SEATTLE
PORT COMMISSION

INVITATION TO BID

The Port of Seattle will accept written sealed bids until 2:00 pm October 22, 1992, on the following:
BID NO. 92-48 Purchase and Installation of Furniture for Pier 69 Headquarters
Information and bid forms can be obtained from the Purchasing Department, Bell St. Terminal, Pier 66, or by calling 728-3432.
Minority and woman-owned firms are encouraged to participate. Dated at Seattle, Washington this 8th day of October, 1992.

THE PORT OF SEATTLE
PORT COMMISSION

CONTRACTS/PURCHASING ANALYST

$27,458 to $41,100 (DOQ)

P.U.D. #1 of Snohomish County is searching for a Contracts/Purchasing Analyst. The successful candidate will procure materials, supplies, equipment, and services efficiently and at the lowest overall cost to the District; contribute to District profitaritlty by maintaining close supplier/contractor/consultant relationships, participating in cross funcitional teams for the improvement of procurement processes; and providing customer service to internal and external customers.

Minimum qualifications: Demonstrated abilty to work in a flexible team environment, prioritize and organize work, manage time effectively, negotiate, problem solve and lead projects. C.P.M, and/or C.P.I.M.

BENEFITS Excellent compensation & benefits plan and WA State Retirement program

WE ARE AN EQUAL OPPORTUNITY EMPLOYER.. COMMITTED TO DIVERSITY IN OUR WORK FORCE!

TO APPLY: Send resume by October 26, 1992 to: SNOHOMISH COUNTY P.U.D.
ATTN: Empolyee Resources P.O. Box 1107
Everett, WA 98208
Or call (206) 258-8655 or (800) 562-9142 (within WA) for application. For additional information call Josephine Howe, Supvr. Contract/Purchasing (206) 347-5542

REQUEST FOR PROPOSALS

Technical Documentation of the Puget Sound Regional Council's Modeling Process

DUE: 5:00 PM Friday, October 30, 1992

The Puget Sound Regional Council request proposals from firms to complete the technical documentation of its land use and travel demand modeling techniques. The Regional Council used the traditional four-step transportation planning process and will begin to refine and redevelop it modeling process in the near future. The Regional Council needs to documents its current land use and travel demand modeling methodologies and capabilities before addressing modeling redevelopment and refinement. Also, the technical documentation is necessary to meet the requirements of the federal Intermodal Surface Transportation Efficiency Act and of air quality legislation, and to support regionally significant technical analyses.

The available budget for this project is $27,500. The Regional Council adheres to disadvantaged business participation requirements.

Please request instruction by calling the Regional Council receptionist at 464-7090. Proposals must be received by 5:00 P.M. October 30, 1992. The project will begin by November 9, 1992.

KING COUNTY, WASHINGTON NOTICE TO BIDDERS

Sealed bids will be received by the King County Purchasing Agency, Room 620 K.C Administration Bldg., 500 4th Avenue, Seattle, WA 98104, until 2:00 pm of bid opening date for the following listed bids. Bid documents are available at the above office. Phone (206) 296-4210 for information. King County encourages minority business enterprise participation. King County does not discriminate on the basis of disability in its programs, services, and employment opportunities for persons with disabilities.

BID NO. 618-92APK OPENS: 10/29/92 PICKUPS AND VANS
BID NO. 620-92AEA OPENS; 10/20/92 MEAT
BID NO. 621-92AEA OPENS: 10/20/92 FRESH FRUITS AND VEGETABLES
BID NO. 622-92AEA OPENS: 10/20/92 FOOD PROGRAM SUPPORT SERVICES
BID NO. 623-92AVL OPENS 10/22/92 OFFICE SUPPLIES
BID NO. 624-92AVL OPENS 10/22/92 ANIMAL LICENSE TAGS, ALUMINUM ALLOY
BID NO. 625-92ATE OPENS: 10/22/92 TIRE RECAPPING SERVICES
BID NO. 626-92ATE OPENS 10/22/92 ELECTRICAL SUPPLIES
BID NO. 627-92ATE OPENS: 10/22/92 DISTANCE MEASURING COMPUTER
BID NO. 628-92ATE OPENS: 10/22/92 CHELESEA 2300 SERIES POWER TAKE - UNITS
BID NO. 629-92ATE OPENS: 10/27/92 CONCRETE PIPES, MANHOLES, CATCH BASINS
BID NO 630-92ATE OPENS: 10/27/92 POLYETHYLENE (PE) SANDBAGS
RFP NO. 631-92ANL OPENS:10/27/92 MEDICAL EQUIPMENT PLANNING REVIEW - HARBORVIEW OFFICE

INVITATION TO BID

To supply Super Unleaded Gasoline to King County Housing Authority for period of one (1) year. Bid opening 2:00 p.m., Friday, October 23, 1992. For bid information contact Barbara Mjelde, King County Housing Authority, 15455 - 65th Ave. S., Seattle, WA 98188 or call 244-7750.

WANTED
Toddler Daycare Teaching

Pos. Start Nov. 1st. $6.50 Hr + Medical, Bus Pass. ECE or Exp. Preferred. Magnolia, call Don 284-2253

CLASSIFIED ADVERTISEMENT CONT.

SEATTLE HOUSING AUTHORITY
DEVELOPMENT AND IMPLEMENTATION OF SUBSTANCE ABUSE CASE MANAGEMENT PROGRAM FOR RESIDENTS OF PUBLIC HOUSING WHO ARE TEEN-AGED PARENTS
Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the development and implementation of a Substance Abuse Case Management Program for residents of public housing residents who are teen-aged parents.

The goal of this program is to initiate and provide case management coordination services for residents of Seattle's Teen Parent Housing Program who are experiencing problems associated with and/or are caused by substance abuse. It is the goal of this program to assure teen parent residents have complete access to all available drug abuse services offered through the Housing Authority and/or the local community and that those services are coordinated to assure no duplication of effort.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Tuesday, October 20, 1992 at 10:00 a.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

SEATTLE HOUSING AUTHORITY
IMPLEMENTATION OF SUBSTANCE ABUSE OUTREACH PROGRAM
AT HIGH POINT, HOLLY PARK, RAINIER VISTA AND YESLER TERRACE GARDEN COMMUNITIES;
AT CEDARVALE VILLAGE, JACKSON PARK VILLAGE, LAKE CITY VILLAGE AND ROXBURY VILLAGE FAMILY COMMUNITIES;
AND AT 28 HIGH-RISES FOR ELDERLY, HANDICAPPED AND DISABLED PERSONS
Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the implementation of a Substance Abuse Outreach Program which would provide substance abuse education, prevention, intervention and after-care services for residents of the following communities: High Point; Holly Park; Rainier Vista; Yesler Terrace; Cederavale Village; Jackson Park Village; Lake City Village; Roxbury Village; Ballard House; Barton Place; Beacon Tower; Bell Tower; Cal-Mor Circle; Capitol Park; Cedervale House; Center Park; Center West; Denny Terrace; Green Lake Plaza; Harvard Court; Holly Court; International Terrace; Jackson Park House; Jefferson Terrace; Lake City House; Lictonwood; Olive Ridge; Olympic West; Queen Anne Heights; Ross Manor; Roxbury House; Stewart Manor; Tri-Court; University House; University West; and West Town View.

The goal of the program is to decrease drug abuse on-site at SHA communities and the number of evictions for drug abuse by providing drug abuse education; community efforts to increase drug abuse awareness; coordinate community drug abuse prevention activities; interventions; support for residents as they try to obtain treatment; support for resident families during treatment; provision of after-treatment support; creation of community support systems for residents in recovery and creation or coordination of special support systems for SHA youth who are drug abusers and/or involved in gangs.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Tuesday, October 20, 1992 at 12:00 noon in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

SEATTLE HOUSING AUTHORITY
IMPLEMENTATION OF A YOUTH TUTORING PROGRAM
AT HIGH POINT, HOLLY PARK, RAINIER VISTA AND YESLER TERRACE GARDEN COMMUNITIES;
AT CEDARVALE VILLAGE, JACKSON PARK VILLAGE, LAKE CITY VILLAGE AND ROXBURY VILLAGE FAMILY COMMUNITIES;

Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the implementation of on-site youth tutoring programs, targeted for elementary and middle school students at High Point, Holly Park, Rainier Vista and Yesler Terrace garden communities and at Cedervale, Jackson Park, Lake City and Roxbury townhouse village communities.

The goal of the program is to implement youth tutoring programs targeted for elementary and middle school students residing at the four garden communities and four family communities that will result in improved school attendance and grades and will decrease young people's interest in taking drugs or joining gangs. It is the goal of this project to reach as many children as possible at each given the limitations of physical space that exist at each site.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Wednesday, October 21, 1992 at 1:00 p.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

SEATTLE HOUSING AUTHORITY
DEVELOPMENT AND IMPLEMENTATION OF A PRE-EMPLOYMENT/EMPLOYMENT PROGRAM
FOR RESIDENTS OF HOLLY PARK AND RAINIER VISTA GARDEN COMMUNITIES
Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the development and implementation of a Pre-Employment/Employment Program which would provide for one Employment Program Specialist to work with residents at Holly Park an Rainier Vista seeking employment.

The goal of the program is to develop and implement a Pre-Employment/Employment Program targeted for adolescents and young adult residents at the Holly Park and Rainier Vista garden communities that will result in increased employment, improved access to pre-employment services for residents seeking pre-employment services and increased employment opportunities for residents of Holly Park and Rainier Vista. It is the goal of this program to assist as many residents as possible at each site to either obtain employment or obtain the assistance they need to prepare for employment.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Tuesday, October 20, 1992 at 2:00 p.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

COUNSELOR - Drug/Alcohol Q.C.D.C. requred. H.I.V. training, state couseling registration preferred. To work with youth and family agency. Send resume & cover letter to Central youth & Family Services 1730 Bradner Pl. S., Seattle WA 98144.

AIRPORT GROUND NOISE STUDY

The Port of Seattle invites the submittal of written Statements of Proposal and detailed bids from professional acoustical consultant firms interested in performing a Airport Ground Noise Study for Seattle-Tacoma International Airport. The statements are due no later than 4:30 pm on October 21, 1992 at the Port offices located at Seattle-Tacoma International Airport, Room MT 6401M, P.O. Box 68727, Seattle, Wa. 98168-0727.
The Request For Proposal For Outside Professional Services may be obtained by contacting the Port of Seattle, Noise Abatement Office in Room MT6401M at the main terminal building at Sea-Tac International Airport, or telephone 431-4095.
The Port of Seattle is an affirmative action, equal opportunity employer. The successful Consultant must abide by the affirmative action and equal opportunity policies of the Port of Seattle. Minority and women-owned companies are encouraged to bid on this project.

SEATTLE HOUSING AUTHORITY
Request for Qualifications
Training Consultants

Bid Closing Data November 12, 1992 12:00 Noon The Seattle Housing Authority. Personnel Division, is soliciting the services of qualified consultants to develop, conduct, and facilitate training programs for employees. The Division intends to establish a list of experienced, qualified consultant from which to select and contract services. Proposal packets may be requested by calling (206) 443-4444. Completed packet must be received no later than November 12, 1992, 12:00 noon. All RFQ's must be clearly labeled in the lower left hand corner with the words "Request for Qualifications Training Consultants," date and time of opening. The consultant is responsible for placing the firm name, address and telephone number on the outside of said RFQ envelope.
The Seattle Housing is an equal opportunity employer. Women and /or Minority Owned Businesses are encouraged to present proposals.
Seattle Housing Authority
HARRY THOMAS
Executive Director

SEATTLE HOUSING AUTHORITY
IMPLEMENTATION OF RESIDENT CRIME PREVENTION PROGRAM
AT HIGH POINT, HOLLY PARK, RAINIER VISTA AND YESLER TERRACE GARDEN COMMUNITIES;
AT CEDARVALE VILLAGE, JACKSON PARK VILLAGE, LAKE CITY VILLAGE AND ROXBURY VILLAGE FAMILY COMMUNITIES;
AND AT 10 HIGH-RISES FOR ELDERLY, HANDICAPPED AND DISABLED PERSONS
Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the implementation of a Resident Crime Prevention Program which would provide for eight Crime Prevention Organizers to work with residents at the following communities: High Point, Holly Park, Rainier Vista, Yesler Terrace, Cedarvale Village, Jackson Park Village, Lake City Village, Roxbury Village, Cedarvale House, Holly Court, Jackson Park House, Lake City House, Roxbury House, Capitol Park, Bell Tower, Denny Terrace, Jefferson Terrace, Ross Manor and Stewart Manor.

The goal or the program is to work closely with public housing residents at designated family communities and high-rise buildings to reduce crime and make their communities and buildings safer places to live by rebuilding confidence in the Resident Crime Prevention concept; preserving existing effective Block Watch teams; building new Block Watch and/or Resident Crime Prevention teams where needed; developing modified Resident Crime Prevention Program models in those communities that require specialized approaches to the problem; providing resource assistance to areas with heavy concentrations of ethnic minority populations and limited-English speaking people; and improving the self-sufficiency and self-esteem of residents by making them effective and contributing members of their communities.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Tuesday, October 20, 1992 at 4:00 p.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

SEATTLE HOUSING AUTHORITY
IMPLEMENTATION OF A SUMMER ARTS PROGRAM
AT HIGH POINT, HOLLY PARK AND RAINIER VISTA GARDEN COMMUNITIES;

Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

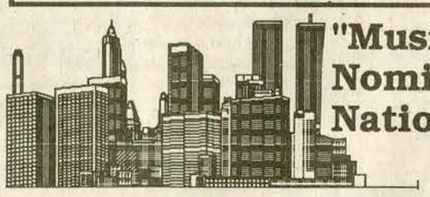
Seattle Housing Authority is requesting proposals from agencies and organizations for THE development and implementation of comprehensive summer arts programs for young people, ages 5-18, at the High Point, Holly Park and Rainier Vista garden communities.

The goal of this program is to develop and implement comprehensive and meaningful arts programs for young residents living at High Point, Holly Park and Rainier Vista which will involve professional artists interacting with young people, ages 5-18, to use visual performing and literary arts as alternatives to substance abuse and gang involvement.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Wednesday, October 21, 1992 at 3:00 p.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.



"Music Inner City" Nominated for National Award

Seattle's own **"Music Inner City"** has been nominated by Billboard Magazine as one of the top 5 Rap & R&B music video shows in the United States!

Billboard Magazine is the number #1 magazine in the music business. **"Music Inner City"** host and producer is Gordon Curvey. This is a great honor for the show to receive this nomination.

"Music Inner City" can be seen at 1:30 a.m. late night Fridays on KTZZ-The Big ZZ. This Fridays show is hosted by Rapper M.C. Serch (former member of the group 3rd Bass). He was recently in town on a promotional visit. This will be a great show. I hope you stay up and watch.

"Music Inner City" can also be seen at 9:30 p.m. on Ch. 29. Thanks for all your support!

KITCHELL CONTRACTORS, INC.
WASHINGTON CORRECTION CENTER FOR WOMEN PHASE II
Bids due Oct. 23
REQUEST FOR BIDS

Signed and sealed Subcontractor bids will be received by Kitchell Contractors, Inc. of Arizona at 9615 Bujacich Road N.W., Gig Harbor, WA 98332, October 23, 1992 for the following category of work. Refer to Kitchell's bid package for bid times.

BID PACKAGE 3 PHASE 2 HEALTH CARE UNIT.

There will be MBE/WBE rquirements that must be met.

Bids will be opened and publicly read.

Bids received after the specified time shall be returned unopened. Faxed bids and fax bid modifications will not be accepted.

Plans, Specifications and Bid Instructions will be available October 8, 1992 from Kitchell Contractors, Inc., 9615 Bujacich Road N.W., Gig Harbor, WA 98332, (206) 858-8111. There will be a $50.00 refundable drawing deposit payable to Kitchell Contractors, Inc. of Arizona. Plans and spectifications must be returned within 7 days after bid opening in order for the deposit to be refundable.

Plans may be reviewed at the following locations: A.G.C. - Tacoma, WA; A.G.C. - Seattle, WA; A.S.C. - Tacoma, WA; Dodge Scan - Seattle, WA; Olympia Plan Svcs. - Olympia, WA; Daily Journal - Portland, OR; Construction Data News - Tacoma, WA; Consntruction Data News - Seattle, WA; Construction Data News - Bellevue, WA; The Plan Room - Kirkland, WA.

Bidders must complete the bid form included in the bid documents, furnish a 5% Bid Bond and include MBE and WBE goals on the bid form. The Owner/Construction Manager reserves the right to reject or accept any proposal and to waive informalities.

Questions concerning the project scope should be directed to Kitchell Contractors at (206) 858-8111.
Published Oct. 7, 8, 9, 12, 13, 14, 15 & 16, 1992.

5585CB-8t

Sponsorship of the Child and Adult Care Food Program

Today, DAMACUS PRE-SCHOOL & CHILD CARE CENTER, 5237 Rainier Ave. So., Seattle, Wa. 98118, Phone 725-9300 announced each center's sponsorship of the USDA Child and Adult Care Food Program administered by the Office of Superintendent of Public Instruction (OSPI). Meals will be made available to enrolled children at no separate charge without regard for race, color, handicap, age, sex, or national origin. Parent's income determines the amount of money OSPI will reimburse sponsors to provide meals to enroll children. The income eligibility guidelines listed below are used to determine the reimbursement from OSPI.

Family Size	Free	Reduced Price
1	738	1,050
2	996	1,417
3	1,254	1,784
4	1,512	2,151
5	1,770	2,518
6	2,027	2,885
7	2,285	3,252
8	2,543	3,619
For each additional family member add:	+258	+367

Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20230.

Devastating Fire Losses Underscore The Significance Of The State's Traditional Fire Prevention Week Recognition

Olympia----Traditionally, the governor's yearly proclamation for Fire Prevention Week symbolizes a time for people to focus on fire safety measures in the home. But due to devastating fire losses that have plagued many Washington communities over the past several months, this year's Fire Prevention Week is particularly significant and meaningful.

In King and Snohomish counties, officials are struggling to apprehend one or more arsonists that have damaged or destroyed over 40 structures in Seattle, Lynnwood, and surrounding areas. In Eastern Washington an accidental fire that swept through a Wenatchee neighborhood burned several homes to the ground, displaced 40 families and caused an estimated $5 million damage.

"The distressing number of fires this year, along with the tragic wildfires that occurred in Spokane during October of 1991, have focused public attention on how quickly fire can spread and how randomly destructive it can be," said Mike Sturgeon, chief deputy state fire marshal for the Department of Community Development.

"There's a growing understanding that reducing the risk of fire is a shared responsibility. Fire Prevention Week further underscores the need for concerned citizens to join forces and educate others about the active role we must all play in helping to protect our homes and businesses."

The national theme for Fire Prevention Week this year is the importance of installing smoke detectors in the home and systematically testing and replacing their batteries for reliability. But with the menacing threat of arson and continued drought conditions, firefighters urge Washington citizens to take even greater precautions. Combustible debris and undergrowth should be removed from property; adequate outdoor lighting should be provided for improved visibility and security; commercial trash bins should be padlocked, if possible; and home fire should be planned and routinely practiced.

URBAN LEAGUE
WHERE SUCCESS IS WORKING
JOB HOTLINE 1-800-585-5285

SEATTLE HOUSING AUTHORITY
DEVELOPMENT AND IMPLEMENTATION OF SUBSTANCE ABUSE CASE MANAGEMENT PROGRAM FOR RESIDENTS OF SCATTERED SITE HOUSING
Issue Date: October 7, 1992
Due Date: November 6, 1992

REQUEST FOR PROPOSALS

Seattle Housing Authority is requesting proposals from agencies and organizations for the development and implementation of a Substance Abuse Case Management Program for residents of Scattered Site Housing.

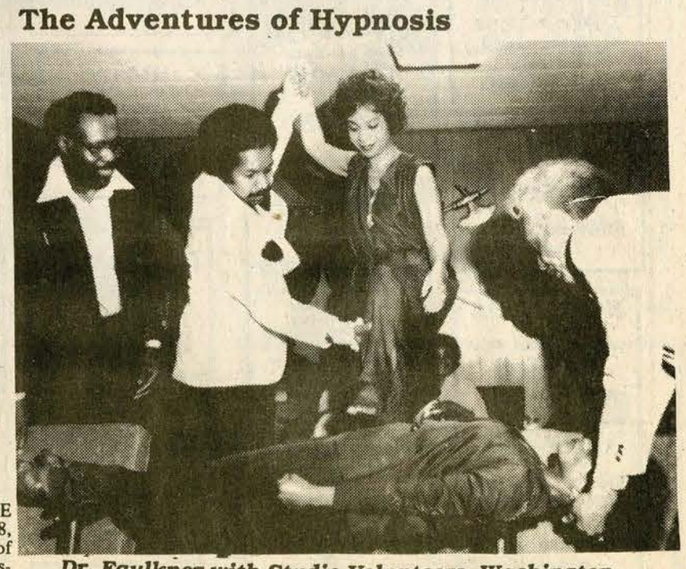
The goal of this program is to initiate and provide case management coordination services for residents of Seattle's Scattered Site Housing who are experiencing problems associated with and/or are caused by substance abuse. It is the goal of this program is to assure scattered site residents has complete access to all available drug abuse services offered through the Housing Authority and/or the local community and that those services are coordinated to assure no duplication of effort.

Copies of the Request for Proposals may be obtained at the Seattle Housing Authority Purchasing Department, Second Floor, 120 Sixth Avenue North, Seattle, Washington 98109. Proposals are due by November 6, 1992 at 4:00 p.m. to the Seattle Housing Authority Purchasing Department.

A proposal conference will be held on Tuesday, October 20, 1992 at 8:00 a.m. in the basement Board Room of the Housing Authority's Central Office, 120 Sixth Avenue North.

Questions regarding this advertisement should be directed to Susan Eisele, Drug Elimination Grant Administrator, Seattle Housing Authority, 443-5983.

The Adventures of Hypnosis



Dr. Faulkner with Studio Volunteers, Washington, D.C.

The magical, entertainment experience of the decade will premier Saturday, October 24th at the Carco Theatre, Renton, Wa. Showtime is 7:00 p.m. This is a must-see event for the adventurous, the exotic and garrulous **Dr. Charles Faulkner,** America's foremost Master Stage Hypnotist has thrilled audiences from coast to coast for over 10 years; you can participate and be the star performer in the show also.

Dr. Faulkner will fascinate you with the most exciting and entertaining act in show business. "I have no special powers; I can't levitate people. But you'll feel like you're floating on a cloud," says Faulkner. You will sit on the edge of your seat in amazement as the fantastic Dr. Faulkner unveils the intriguing science of hypnosis before your very eyes. This fabulous show will have you laughing, motivated and spellbound for weeks!

Proceeds from "An Exciting Evening of Hypnosis Entertainment" with Dr. Charles Faulkner are to benefit the educational and tutorial programs of the Emerald City Tennis Association and the Emerald Tennis & Tutorial Organization. For ticket information, (206) 721-3807.

Oscar Productions and Alpha Omicron Boule' Presents Seattle's First African American Film Festival

Schedule of Events

Thursday, October 15, 1992
Scholarship Night Hosted by Alpha Omicron Boule'
6:30 p.m. Mayor Norm Rice - Proclamation
6:45 p.m. Reception for Film Personalities Ivan Dixon, Vonetta McGee and Bernie Casey
7:15 p.m. "Hairpiece...A Film for Nappy Headed People"
8:00 p.m. "Stormy Weather"
9:15 p.m. "Cabin In The Sky"

Friday, October 16, 1992
12 Noon Official Opening Comments by Dignitaries and Stars
1:00 p.m. "Warm December"
3:00 p.m "Juke Joint"
5:00 p.m. "Miracke In Harlem"
7:00 p.m. "Ragtime"
9:00 p.m. "WattsTax"
11:00 p.m. "Claudine"

Saturday, October 17, 1992
10:00 a.m. "Souls of Sin
11:15 a.m. "Midnight Shadow"
1:00 p.m. Workshop - Plight of the African American Actor in TV and Film
2:15 p.m. Workshop - The Role of the African American Director
3:30 p.m. Workshop - Revisiting African American Images in TV and Film
5:00 p.m. "Nothing But A Man"
8:00 p.m. Film - To Be Announced
9:30 p.m. Film - To Be Announced

Sunday, October 18, 1992
2:00 p.m. "Cornbread Earl and Me"
4:00 p.m. "Hallejuliah"
6:00 p.m. "Five On The Black Hand Side"
7:45 p.m. "Illusions"
8:00 p.m. "Spook Who Sat By The Door"

Ticket Price Structure

	Public	Students/Seniors
Scholarship Night	$35	$35
Single ticket/Pre-festival sale	$ 4	$ 3
Single ticket at door	$ 5	$ 4
Series Pass (13 films	$48.00	$35
Workshops	No Charge	

For Ticket Information call 323-2623. For Scholarship Night Information & Tickets call 325-9430.

THE FACTS SERVICE GUIDE

Ads In This Directory Are Of Businesses That Are Helping Build A Better Community!

Auto Svc.

Auto Fitness Detail
Professional Hand Washing, Waxing & Interior Cleaning
7216 Rainier Ave. So.
723-5748

BUD'S
Muffler City
1801 Rainier Ave. So.
Bud & Jim
329-0666

SIMPSON TEXACO
General Auto Repair
GUARANTEED!
6230 Rainier Ave. So.
723-1262

EMPIRE BP
Quality Car Service
2801 M.L.K. Way So.
722-4995
Seattle, WA 98144

JIM'S
Auto Rebuild
4434 Rainier Ave. S.
723-4660

Honest Jacks

Discount Auto Parts Machine Shop & Groceries!
7269 Rainier Ave. S.
725-4474

DARRELL'S
Auto Parts Emporium
- Import - Domestic -
- High Performance -
502 Rainier Ave. So. 323-2552
"If we can't get it, it can't be gotten"
DARRELL WINSTON, owner

CHUCK RHODES'
Auto Repair Specializing in Auto body Work with over 20 yrs. exp!
Insurance Estimates
Full Paint Jobs
Glass Replacement
725-9744
3611 So. Genesee
(under Genesee Shell)

SKEETER'S Auto Rebuild, Inc.
Complete Body & Paint Repairs
Foreign & Domestic
Insurance Work welcome!
SatisfactionGuaranteed!
2104 So. Plum St.
324-8111

MORSETH AUTO PARTS
Giants of the Industry
Services Includes
Bearnings pressed drums and rotors turned visa/mc accepted
hours: Mon-Fri 8-6pm
Sat 10- 3pm
Now on our 35th Year
1222 E Pine
323-7668

HAVLICK'S AUTO REBUILD
Fine Craftmanship. ..Since 1921
Auto Body Repair Foreign & Domestic
2113 East Olive
Seattle, WA 98122
329-3200
FAX 329-0796

MYCON'S AUTO BODY
3711 Rainier Av. S.
Seattle, WA 98144
MARK SPRINKLE
Sr. Damage Appraiser
722-2900 FAX 723-6138

AUTO GLASS

SAFELITE AUTO GLASS
4480 Fauntleroy Way S.W.
935-2622

Appliances

APPLIANCE REPAIRS
* EVENINGS, WEEKENDS
* Inexpensive
* SENIOR DISCOUNT
328-1918

ASIAN APPLIANCES
and TV's Sales new TV, VCR, Sales, service new used appliances. Parts sales for all makes!
Mon-Sat 9-7pm
Sun 11-5pm
5718 MLK Wy.So.
722-1450

ATTORNEY

Courtesy of Doug Fluca'
David R. Hallowell
Attorney At Law
Personal Injury
David R. Hallowell & Associates
1418 Norton Bldg., 801 2nd Ave.
Seattle, WA. 98104-1509
(206) 587-0344
FAX (206) 622-0909
Free Initial Consultation

LAW OFFICES of
J. G. BROWN & ASSOC., P.S.
Experienced Trial Lawyers
- Criminal Defense
- Bankruptcy
- Debt Collection
- Foreclosure Defense
- Personal Injury/ Death
- Insurance Claims
- Family Law
- Employee Labor Disputes

Serving greater Seattle
FREE CONSULTATION
223-1888
606 Post Ave., Suite 101


Anthony Butler
Attorney at Law
Experienced Trial Attorney
Car Accident Injuries
Insurance Claims
Civil Rights/Police
Non Profit Corporation
Personal Injury
Unemployment Claims
First consultation free
467-9191

FARMERS INSURANCE

FOR YOUR INSURANCE NEEDS CALL KIRBY WARREN
772-2529

This Ad Costs only $2 per week!

Bakery

GINGER BELL BAKERY
325-1550
2307 Rainier Ave. S.

Barbers

Wilson's Barber Shop
For men & Women
324 25th Ave. S.
322-9622
9:00 - 6:30

ALICE'S Barber Parlor
7146 M.L. King Wy S.
722-7290

Ken's Mane Event
Ken Smith - Barber
6048 California Ave S.W.
937-5471

GENE'S
1123-34TH AVENUE
WED-FRI. 9AM-6PM
SAT. 8AM-7PM
Gene & Calvin
322-0273
"WE CAN'T CUT YOUR TAXES BUT WE CAN CUT YOUR HAIR"

This Space Is waiting for you!!! Call 324-0552

ZACK'S BARBER SHOP
2301 S. Jackson
Suite 203
Promenade Mall
324-5727

Berry's Barber Shop
723-5979
9 am-6 pm — Tues-Fri
8 am-5 pm — Saturdays
Other hours by appointment!!
8407-B Rainier Ave. S.

PAPPY PORTER'S
2513 S. Jackson
Hours: 10 am - 6 pm
No appointment necessary
322-9926

HODGES HAIR QUARTERS
BARBER SHOP
WILLIE C.HODGE
7227481
4403 RAINIER AVE.So

BIG JOHN'S
Barber Shop
Open 9 am - 7:30 pm
4910 Rainier Ave. S.
722-9902

Beauty Salons

SASSY HAIR
4820 Rainier So
Specializing in Interlocking weaving
722-0587
Complete hair care

CARROUSEL LA BEAUTE
1136 34TH AVE.
Seattle, Wa. 98122
322-4660
A WOMAN'S HAIR IS HER GLORY

THY'S NAILS
We treat your nails to the best!
Specializing in beautiful curved nails!
Walkins are welcome
*Full set $25
*Fill $13
Open
Mon-Sat 9 am - 7pm
4906 Rainier Ave So
723-3237

ADVERTISE HERE AND GET SUPER RESULTS

TOP NAILS
We treat your nails to the best!
Specializing in beautiful curved nails!
- Walkins are welcome
- Parking available
Open
Mon-Sat 9am-7pm
5404 Rainier Ave. S.
Seattle, WA 98118
723-2903

Beauty Svc.

VERNA BEAVER
Designer Coiffures
710 Madison St.
622-8310

L.A. NAIL
3214 Rainier Ave. So.
723-1343
Mon -Sat 9-8
Secruity Parking
Full $25
Fill $13

SKYLINE Beauty Salon
1826 Yesler Way
322-4520
Res. 723-5951

GENISIS-ONE
Hairweaving Specialists
1717 E. Yesler Wy.
323-7376

HAIR-TEC 'Total Beauty Experience"
1918 E. Yesler Wy
329-8361

DeCharlene's
Beauty & Boutique
Specializing in
'Hairweaving - Perms etc.'
2108 East Madison
322-8296

Creative Styles
Emphasis on Service and Hair Care
5304 Wilson Ave. S.
725-4355
Elizabeth Barquet

DUCHESS & DUKES
(formerly Hairworks)
Curls ★ Relaxers
Cellophanes ★ Blow Dry
2002 East Union
322-2319
DELL

EN VOGUE
Annie Haper
2506 So Jackson
#205
325-3892

ELEASE STEPHENS
Elease Stephens
Geraldyne Evans
Mary Franklin
3600 So. Genesee St.
725-8115

BEAUTY DOCTOR
Hair & Beauty Clinic
2800 East Cherry
324-9544
Plus
Beauty Supplies!

MAUDE'S
Hair Design
5042 Wilson Ave. S.
725-6071
Maude Whitlock
Owner

EXODUS
A Family Hair Care Salon
Specializing in **Curls & Relaxers**
3603 South Alaska
725-3820
Jeanette Golidy

THE NEW EDITION
BARBER AND BEAUTY SHOP
1411 E. 34rh
720-0379

ANNIE'S Beauty Nook
329-2227
105 - 19th Ave. E.
Annie Vinson

Ebony Designs
Ebony Designs for professional hair care by appointment only.
Grace Williams, Operator
1402 East Union
323-8776

Afro American
Beauty Salon
Minnie Bartley, owner
7105 M.L.K. Wy S.
721-5050

"Mo Better Beauty Supply& Salon
open 10:30 - 6
(You've Tried The Rest Now Try The Best)
9440 16th Ave S.W.
763-2296

Beauty Svc.

FLAVORS
Hair Design
2501 East Union
Curls - Relaxers
323-4766

SALON DY'ALS
in PS Business Park across from the Renton Airport
879 Rainier Ave. No.
Suite A 105 - Renton, Wa.
Diana J. Davis, Proprietor
772-0110

DOT'S
Expert Hairweaving!
8131 Rainier Avenue South
722-5542

SWEET INSPIRATION
Hair Styling Salon
2310 E. Madison #B
323-9395 Miriam Oakes, Owner

NEW ONYX
The Nail Salon
4702 Rainier Ave. S.
722-8037
Seattle, WA 98118

RUBY'S HAIR DOME
Hair Design & Care
5103 S. Rose St.
722-9987
Ruby Silas, Proprietor

GET THERE
4527 Rainier Ave. S.
725-1299
Alleaner & Rhodean

VIRGIE'S
Beauty Salon
8131 Rainier Ave. S.
722-5542

Styles of Success
7629 Rainier
Seattle, WA.
98118
722-7429

COME SEE
GAIL M. WILLIAMS
NOW AT
CONCEPTS BY DESIGN
Specializing in all
Cuts, Curls & Relaxers for the whole family at reasonable rates
450 12th Ave
323-9095
Call for appt.

Mr. B's
Beauty
Salon & Boutique
329-9958
Hair Designs
women * men * children
Perms * Cuts * Curls * Color
Beauty Products
Hair, Skin & Nail Care
Aesthetic Services
Facials, Manicures, Pedicures, Skin & Color Analysis
Cosmetic Makeovers
Boutique
Ear Piercing & Fashion Accesories
Hours: 8am - 6pm
Tuesday-Saturday
2207 E. Union Street
Seattle, WA 98122
Lenny & Mary Bellard
(Owners)


CREATIVE CONCEPT
Beauty & Nail salon
Professional Service!
Men, Women & Children
Walk-Ins welcome!
2724 East Cherry
Katherine Frank
324-6369

Visions of Beauty

6753 M.L.K. Wy. S.
722-1757
Jessie Mayshack
Owner/Stylist
Open: Sun.-Fri. 10am-9pm
earlier by Appointment)

Beauty Svc.

LaFlair
Beauty Salon
723-4244
Helen Bryant owner/ operator

SALON VEONIA
Specializing in all type of beauty & Hair Care
Lula Hubbard - stylist **328-7495**

STELECO
Hair Design
1410 18th Avenue
323-6195
Evelina Rogers
Manager

K.C Beauty Salon
Skin Care * Nails
Tues-Sat 1
0:00 - 6:00
4200 So. Othello St.
722-6828

MID-K BEAUTY SUPPLY
*Low Low Prices
*Wide Selection
*All styles and Color of Hosiery
6032 M.L.King Wy So.
723-6714

This Space Is waiting for you!!! Call 324-0552

SIR GREGORY
Excalibur Omnibus
Hair & Scalp Clinic

Specializing in Designer Cuts & Curls
Conditioners - Perms
Blow Dry & Curl sets
1004 Madison682-0750
"Your hair care is my business!"

BOB'S Barber Shop & Salon

Specializing in Curls- All types of Haircuts & Shags!
9-7 weekdays/9-6 Sat.
322-0383
19th & Yesler

SKYWAY
772-7060
BEAUTY SUPPLY
(Across from Skyway market) .12615 Renton Ave. So. Seattle, WA. 98178. 20% for lic. Hair Stylist. Soft Sheen Care. Wave Nouveau Optimum Relaxers, Leisure Curl. All of the latest products.

MR. T's Hair Salon
new location
3847 Rainier ave So.
723-8286

FASHION NAILS HAIR SALON
Offering Hair Care Services At Reasonable Prices.
Specializing In Hair Conditioning Treatments & Designer Curls.
Call Donnie Gammon
725-3406
Thur - Fri - Sat - For Apporintments

CLEMMIES
Nail Boutique
* Image Makeover
* Nails,
Manicures, Facials
2701 East Madison #C
325-5845

THE COOKIE CUTTER
4818 Delridge Wy SW
938-0383
The Sweetest cut in town

Accents With A Personal Touch Salon
5102 Rainier S
722-8000
Eddie Edwards

Beauty Svc.

The New Edition Beauty and Barber Shop
720-0379
Specializing in Fingerwave Styles
ONLY $15-$25
Also: Pineapple Waves, Wrapps, Beehives, Press/Curl & Blow Dry Styles are ONLY $20.00
Chemical Services Also Available
Take $5.00 off Prices for Children
Call Trina for Appointment
Sunday, Monday, Friday 4:30-9:30 p.m.
Saturday 7:00 a.m.- 9:30 p.m.
Let Our Reputation Go To Your Head

ADVERTISE HERE FOR RESULTS CALL TODAY 324-0552

Lily Nails
We treat your nails to the best!
Specializing in beautiful curved nails!
Walk-ins are welcome.
Parking available
*Full Set $25
*Fill $13
Open Mon-Sat
9 a.m. - 8 p.m.
4561 MLK Wy So #D
723-9168

BJ BEAUTY SUPPLY
2504 So. Jackson
325-7131

Glenda's Beauty Supply Salon Etc
19th & Spruce
322-9333

UNIQUENESS IN ONE
BEAUTY SUPPLY & SPECIALITY ITEMS
1402 34th Ave
Seattle, WA
Call Niel Lewis or Kita Wilson
328-9168
Come Visit Us. We will meet or beat our competitours

Fresh Concepts
Now Hiring
For Nov. 1st
Hair Stylists/Nail Artists
For appointment contact
Fresh Concepts
271-4680
ASAP
(leave name and phone #)

LEE'S WIGS
JEWELRY
STYLES GALORE
7129 M.L. KING WY. S.
723-0128

AGAPE' BEAUTY SALON
4501 S. Lucille
formerly known as:
Glory B Salon
723-7273
Specializing in Wave Noveau, Shampoo, Blow, Curl, Hair Relaxers, Hair Cuts, Weving

Family Affair Style Center
Alice, Vassie, Monique, Dee Dee
3604 S. Genesee St.
723-2902

Child Care

BEA'S Daycare
1107 27th Avenue
- Reasonable Prices -
0-8 yr. olds - Licensed!
322-0756

M.L. King Jr.Day Home Ctr.
1855 S. Lane
328-5670

IN-HOME DAYCARE
AGES - 0-11
1511-34th Ave.
324-0368
6 a.m. - 6 p.m

CHRISTIAN HOME DAY CARE
has opening 0-11
Infants, Toddlers
325-4359

DAMASCUS
Pre-School & Child Care Center
5237 Rainier Ave. S.
725-9300

COMMUNITY DAY CENTER FOR CHILDREN
165 22ND AVE.
SEATTLE, WA 98122
323-8288

Johnson Educational Center
for young children
0-12 yr Enrollment now avaliable Preschool or Day-care 3 meals a day
722-7624

Clothings

B C & H
Fashion And Accessories
Specializing In
Large Size Fashions
Mens Suits From $149.
*Sequence Dresses $99. And Up
Children Clothing And Sports wear,
Sports coats $89. and up
In Stock!!
8821 Renton Ave.So
725-1425

This Space Is waiting for you!!! Call 324-0552

JEAN'S BOUTIQUE
moved from
Rainier Ave to
2610 E. Madison
322-4925

Sheer & Luxury Lingerie
senuous lingerie and lovers' products tastefully presented in your home unique styles in all sizes
We Love Giving Custom Parties!!
328-6320


FOR GREAT RESULTS ADVERTISE HERE

COMMUNICATIONS

TC TRAN COMMUNICATIONS
3855 Rainier Ave. So.
Seattle, WA 98118
(206) 723-1041
-Sales & Rental-
*Beeper & Cellular phone with extra low cost
*Computer hardware & Software
*Fax Machines
*2Way Radio

Computers

MR. SOFTWARE COMPUTER
Shareware and public domain software
At very low cost
940-6130
100% Virus free

Contractor

COOP-HAUSEN
GENERAL CONTRACTORS
722-6402
All Things Considered

ALL PHASE CONSTRUCTION CO.
Free Estimates:
Senior Citizens
18% off
431-0991

Counseling

INNER VISION ASSOCIATES
COUNSELING SERVICES GENE HARRIS M.S. HUMAN SERVICES SPECIALIST
OVER TWENTY YEARS OF PROFESSIONAL SERVICES BY Appt.
(206) 298-8787

ADVERTISE WITH THE FACTS FOR MORE INFO. CALL 324-0552

Drug Store

MADISON PLAZA PHARMACY
DISCOUNT PERSCRIPTION
We Will Meet Or Beat Any Perscription Price In Seattle!
Call for price
324-4362

JORDAN'S
Drug & Grocery
7am - 2am
2518 East Cherry
322-3050 or
322-3835

MADRONA DRUGS
325-9696

Advertise with the Facts for more info call 324-0552

Dry Clean

DICK'S Central Cleaners
115 - 12th Avenue
624-0318
Same Day Service
Monday thru Saturday

JOE SPATES The Cleaner
325-0377

Madison Maytag
Home Style Laundry & Bulk Cleaners
Custom hand troning Drop Service for laundry
2737 E. Madison
328-8652

MT. BAKER CLEANERS
2854 McClellan St.
722-5311

KWIK CLEANERS
Save Cash & Carry. we operate our own plant!
15th & So. Lander

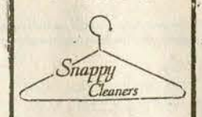
JACKSON CLEANERS
in by 10 out by 5
2301 S. Jackson
860-1345

TRIM Cleaners
Mon-Fri. 7am-6pm
Sat. 9am-5:30pm
722-TRIM
6320 MLK Wy. So

Dry Clean

1 HOUR Martinizing
Rainier Beach Plaza
The Most in Dry Cleaning!
8:30 - 6 weekdays
Sat. 9:00 - 4:00 pm

ESQUIRE CLEANERS
3219 MLK Wy S.
722-4777
Alterations
1-Day Service

Snappy Cleaner
2204 S. Jackson

329-4050

CHERRY Custom Cleaners
2510 E. Cherry
323-8844

BONNIE'S CLEANERS
3317 E. Union
corner of 34th & Union
328-1120

This Space Is waiting for you!!! Call 324-0552

ADVERTISE HERE AND GET SUPER RESULTS

International Records

INTERNATIONAL A.F.R. Records
Wild Man prodctions 30 years experience professional entertainment management musicians, entertainers, bands, lounge club & Etc.
P.O. Box 12336
Seattle, WA 98111
325-3014

Fish Marts

MUTUAL FISH
2335 Rainier Ave. S.
322-4368

PETE'S SEAFOODS
"A Quality Seafood Connection"
2701 East Madison
324-2041

Florists

Phone 937-2070
West Seattle Flower Shop
4508 California Ave. S.W.
Seattle, WA. 98116
Barbara & Pete Vincent

FLORALS By Jan
9178 RainierAve.S.
723-6100

Advertise with the Facts for more info call 324-0552

THE FLOWER NOOK
620 E. Pine St.
329-3823

SO EZ FOR YOU
FLORALS & GIFTS 1635 1/2 E. OLIVE WAY
323-2244

Groceries

RIP'S MINI MART
Emmit M. Rivers
1404 34th Ave.
325-6606

CHUCK'S MARKET
5803 Rainier Ave. S.
722-0022

DEANO'S MARKET
12th & Yesler
22nd & Madison
OPEN 24 HOURS

AWASH GROCEERY
201 29th E.
720-2903

BUSY BEE GROCERY
5015 Rainier Ave. S
723-5259
open 7 days

BOB'S SUPER MARKET
10359 51st So.
Low Prices.
Great Service.
Everyday

PCC
your supernatural market
5041 Wilson Ave. S.
723-2720
9 a.m. - 10 p.m.

GROCERIES

JOE'S Food Center
3309 East Union
Open Everyday for your convenience!

EMERALD CITY
Food Store
3330 Rainier Ave. S.
721-5492

SAM'S Quickie Store
Grocery & Deli
1926 East Yesler
328-3146

GRAHAM ST Grocery & Video
2801 So. Graham
725-7505

ADVERTISE HERE FOR GREAT RESULTS

CLEM'S Mini Mart
600 - 24th Ave. So.
322-7585
Mon.-Fri. 8 am - 9 pm
Sat. 9 am - 9 pm
Closed Sundays!

LOWE'S Grocery
2800 E. Cherry
323-0332

OTHELLO ST. Mini-Mart
Gallon Milk $1.79
7301 Rainier Ave. S.
721-5490

Parnell's Mini-Mart
A sub of Parnco Inc.
722 23rd Ave. So.
324-0304
Hours: Mon-Thurs & Sun: 7am-11pm Fri & Sat. Open 24hrs.

TEXACO Express Lane
1701 East Madison
Seattle, WA
324-9916

GROCERIES

GENESEE SHELL
Henry & Kim Hughes
3611 So. Genesee
722-5475

This Space Is waiting for you!!! Call 324-0552

RANY FOOD MART
8600 Rainier Ave. S.
6am-12pm
KEYS MADE
Chicken & JoJo's

JACKSON Mini-Mart
1917 S. Jackson St.
Open: 9 am - 12:30 am

MINUTE MART
3111 Rainier Ave. S.
723-5515
Open 24 Hours!

7-11
The Neighborhood Store
6815 Rainier Ave. S.

AM/PM MINI MART
OPEN 24 HOURS!
5630 MLK WY SO.
WERE SHOPPING IS A BREEZE!

JUDKINS STREET Grocery
2608 So. Judkins

JEFF'S MART
Variety Center
17th & Jefferson

Groceries

Ben Hur Mini Mart
1800E. Yesler
860-6045

Paul Desimone FRUIT N' PRODUCE
2119 Rainier Ave. S.
325-2038

JACKSON ST General Store
9 am - 10 pm Mon-Sat
Sun. 9 am - 8 pm
2723 So. Jackson

WILSON'S GROCERY
2601 E. Yesler
329-8930

AMY'S MERKATO
2922 E. Cherry
324-2527
open 8am-7p.m.

VALLEY MARKET
Fresh Produce Daily!
2338 Rainier Ave. S.

This Space Is waiting for you!!! Call 324-0552

RHODES GROCERY
1123 MLK Wy
323-8360

ADVERTISE WITH THE FACTS!!!!!!!
324-0552

THE FACTS SERVICE GUIDE

Ads In This Directory Are Of Businesses That Are Helping Build A Better Community!

REAL ESTATE

HANDYMAN

Raye + Bills Home Repairs" plumbing, carpentry, electrical, mason and painting. 24 hour service phone: 270-1082 or 285-2120

Hardware

WELCH FUEL & HARDWARE
2207 S. Jackson St.
322-1306

EAST UNION HARDWARE
2203 E. UNION
324-0660

MADISON PARK HARDWARE
1837 42nd Ave. E.
Seattle, WA 98112
322-5331

MADISON TOOL RENTAL
328-1415
2023A E. MADISON
SEATTLE, WA 98122

HARDWOOD FLOOR

Boston Hardwood Floor installation, refinishing
Lic. # BOSTOFO99JT
762-8650 979-5927

INTERVIEW SERVICE

Women become successful at job interviewing. I teach, rehearse, and practice effective interviewing skills with clients. *For fast results call the interviewing service Carol 325-2186.*

RESUMES
CAREER ASSISTANTS
D R S RESUME SERVICE
726-9248

INSURANCE

FARMERS
INSURANCE GROUP
SUPERIOR SERVICE



SANDRA SMITH-JACKSON
Auto * Fire * Commercial
Insurance Agency
3601 Alaska
(206) 722-0313

Allstate®
Insurance For Your Family



Matthew Gardner
Life-Auto-Renter
Homeowner-Business
Insurance You Can Trust
4714 Rainier Ave. So.
723-1330

BILLSTONE
Auto Insurance
& Real Estate
1140 - 24th Avenue
324-0280

FARMERS INSURANCE



If You Were To Die Today, Would Your Family Have The Money Needed For:
(1)Final Expenses (2) Creditors (3) Future Security, Etc...?
I Can Help!
Call Today For An Appointment
Farmers Insurance Has Life Insurance Plans Available To Meet Both Your Personal And Business Needs.
772-2529

MetLife
John C. Barfield
Life & Disability
Tukwila Wa
575-0792

JANITORIAL

ADVERTISE WITH THE FACTS!!!!!!!
324-0552

TRIUMPH JANITORIAL
*Floor Waxing
*Carpet Cleaning
*Window Cleaning
Lic. Insur./Free Estimates
528-0628 leave message

ELITE Janitorial Services
Complete Janitorial Servic Residential and Commercial Carpet cleaning
206-721-0202

LANDSCAPE

Landscaping

(First Choice)
Olympic Landscape.
We do complete landscaping & gardening. Low rates. Free est. Lic'd & Bonded.
241-9200/935-1925

F-R-L Yard Work
1. Lawn Trimming
2. Edging
3. Flower bed cleaning
4. And will cut blackberry vines.
Call Bob 723-2209

LUMBER

STEWARDTS LUMBER & HARDWARE CO.
1761 RAINIER AVE. S.
ELMER YOUNG

Northwest Lumber & Hardware
2021 E. Madison
Seattle, Wa 98122
328-2964

MEAT

Bob's Quality Meats
Louisiana Style
Boudin (Boo-dan),
•
Hot or Mild Beef Sausage
•
Lean Pork Ribs
•
Hog Head Cheese
•
Lean Ox Tails
•
Best Choice In Town
•
Meat Bundles -All Kinds
We accept Food Stamps - Check - Visa - Mastercard - Amex - Cash
4861 Rainier Ave. S.
725-1221

MEDICAL

COLUMBIA PHYSICAL THERAPY
4504 South Orcas
722-2205
Bruce Clayton L.P.T.
Wrenna Clayton L.P.T.
We serve industrial injuries, sports injuries, strokes, amputees, auto accidents and personal injuries. For an appt. and more info., call 722-2205.
Our Hours: 7 am - 6 pm & Sundays 8 am - 12:30 pm

Have you been **injured?** On the **job?** In an **auto accident?** In a "slip and fall" injury? Or are you just tired of those **aches and pains** that have been dogging you for months, now? Come on in and get taken care of right! We are in the neigborhood.

EMERALD CITY HEALTH CARE
423 Rainier S.
323-2426
Edwin W. Kiniry
D.C., Chiropractor

Miscellaneous

DeLANCY'S
Afrikan/American Art Gallery Custom Framing, Gift Shop
2739 E. Madison
322-2863

ELLA'S HATS
EVERYDAY WHOLE SALE PRICES
2914 McClellam
(In Cosmetique bldg.
722-6159 or
722-3317

C & C Variety Store
1220 E. Jefferson St.
323-6278

MASSI'S AQUARIUM
Show place of the Northwest for fish!
3207 Rainier Ave. S.
722-9183

THE STORE CONNECTION
Farrakhan Tapes
2718 So. Jackson
329-0323
Dorthy X, Clarence X

New World Unlimited
Farrakhan Audio & Video Tapes N.O.I. & Islamic Books Incense & Perfume Oils, Herbs & Vitamins Jewelry, Prayer Rugs, T-Shirts & Cultural Fashions
(206) 324-5226
1408 22nd Ave
Mon - Sat 10am - 7pm

ANN'S ORIGINALS
Dress making, Mending some altherations Pick ups and Delivery Services availibe
For Service call Ann
725-9347

ROOF LEAKING?
Don't Re-roof, Fix That Leak!
723-5331
Lic# 601212905

MLK GLASS COMPANY
Leroy Brown
Mirrors * Table Tops * Screens * Storm Sash
Shower and tub enclosure
All glass works
Residential & Commercial
5263 Rainier Ave So.
725-3592 or 722-4771

Jackson St. Craft & Hobby World
2506 S. Jackson Suite 201
324-6243 M-S
Games, Auto Kit, Science Kits and More.

DEBO'S RENT-IT-CLOWN
"HAVE CLOWN WILL TRAVEL"
*Face & Hand Painting *Games *Ballons *One Free Picture *
And Lots More *Birthday Party.
Rental Rates Sat & Sun $45.00 per hour\
721-0199

***SPIRITUAL HELP ***
Psychic Readings
324-3515

MODELING

CHARKO'S SCHOOL OF FASHION
2214 South Jackson St.
Seattle, WA 98144
(206) 726-7902
Modeling classes available in Fashion, Commercial Photography Runway and Television modeling.
*Portfolios, *Self-Improvement classes, *Extras for movies and T.V.
Adults Teens Pre-Teens Toddlers
Licensed by Washington State for 11 years REMEMBER KIDS SANTA IS COMING DECEMBER 15 DONT MISS IT.

Offices Services

POST IT HERE
UPS * Stamps * Mail Box Rental * Pager * Bulk Mail * Typing Service * D-Base
7627 Rainier Ave. S.
721-5166
Fax 721-5073

Printing

PONY EXPRESS
Printing & Copy Center
4227 Rainier Ave. S.
723-3350

ADVERTISE HERE $2. A WEEK

Plumbing

DISCOUNT PLUMBER



24 Hours service call
Repairs: Plumbing & Heating Repair Specialist
Residential & Commercial
Remodeling
Free Estimate
call Daryl
721-2289 or
940-9774

ADVERTISE HERE FOR BIG RESULTS

Real Estate

ADVERTISE WITH THE FACTS!!!!!!!
324-0552

GREEN STONE PROPERTIES, INC.
NOTARY PUBLIC
SEATTLE
3450 M.L.King wy So.
722-6770
FAX 722-1702
TACOMA
1610 S. K St.
627-4310

ALPHA MORTGAGE SERVICES
Refinancing
purchasing
Consulting
722-4410

GEM REALTY
722-7800
9000 Renton Ave. So.
Jim Morton
Broker

RECORDS

***NEW* MID - TOWN MACKS CD'S & TAPE**
*GOSPEL
*SOUL *RAP
1104 23rd. Ave
3 doors from Union Post Office
322-9112

OLLIE'S Gospel Corner
Records, Tapes & Choir Robes
1400 31st Ave. So.
329-8742
Ollie Taylor, Proprietor

BEVERLY'S RECORDS
Rainier Shopping Center
725-7005
9196 Rainier Ave S.
10-10 Mon-Sat: 12-7 Sun.

Beverly's
Records & Tapes
Promenade 23
Shopping Center
329-4888
Mon-Sat 10-10,
Sun 12-7

LITTLE RECORD MART
2811 E Madison
323-3819 or 4200
So. Othello (King Center) 722-5611

CATERING

Deanna's Fresh Baked Pies, Inc.
* Peach Cobbler
*Sweet Patato Pies
227-0528

Restaurant

R&L Bar-B-Q
Home of Good Bar-B-Q
1816 E Yesler
322-0271

ADVERTISE WITH THE FACTS NEWSPAPER FOR MORE INFORMATION CALL
324-0552

RESTURANT

Catfish Corner
Martin Luther King Way & East Cherry Street
Louisiana Catfish
323-4330
* NEW HOURS *
Mon.-Fri. 11 am to 10 pm
Saturday - noon to 10 pm
Sunday - 12 noon to 7 pm
Our Motto:
"If you like our catfish, tell others! If not, tell us!"

TOSHIO'S TERIYAKI
Orders To Go
Mon - Sat 10:30 - 9:00 pm
1706 Rainier Ave S.
323-6303

SAM'S SUPER BURGER
26th & East Union
329-4870

ADVERTISE WITH THE FACTS NEWSPAPER FOR MORE INFORMATION CALL
324-0552

Ms. Helens Restaurant



1133 23rd Ave.
Mon-Sat 7am-8pm
Fri 7am-11pm
Sat 9am-11pm
Sun 12-noon-9pm
322-6310

KOINONIA SMOKEHOUSE
"A small place with a great taste"
8733 Greenwood Ave. N.
Seattle, WA 98103
(206) 781-8678
Hours 11am-10pm
Dine in or carry outs

Ralph's Bar.B.Que & Seafood
6408 M.L.King Jr. Way So
Catering & Delivery
723-2952 or
723-2956

Bryant's Restaurant & Catering
4868 Rainier Ave S.
725-2964
open 7 days a week

La Mediterranean
Creole-Cajun
Gumbo-Jambelaya
Catering
528 Broadway
329-8818

JONES BAR B QUE
3216 S. Hudson & MLK Wy
For catering & delivery
7252728

ADVERTISE WITH THE FACTS NEWSPAPER FOR MORE INFORMATION CALL
324-0552

Franglor's Cajun & Creole Cafe
547 1st Avenue South
Tues.-Sat. Noon-10 pm
682-1578
ORDERS TO GO!

Hill Bros Bar-B-Que
328-8215
Closed Sun & Mon.
608 21st Avenue
As advertised in the P.I.
"Rose's famous Sweet Potatoe Pie!"

ADVERTISE HERE FOR RESULTS

Partman's Sandwich Shop
2926 1/2 E. Cherry
Fresh Sandwiches Made
328-1398

RESTURANT

MAMA'S KITCHEN
Open 7 days a week
Home Cook Meals Served Every Day! Call in for pick-up!
BREAKFAST SERVED
7-10a.m. Mon-Fri
2200 So. Jackson
324-1139

Larry R. McLynne, Owner — Galen Davis, Chef
The Genuine Bar-B-Que Pit
(A Place For Ribs)
4512 California Ave. S.W.
Seattle, WA. 98136
932-4682

DAVE'S Down Home Bar-B-Que
2715 East Cherry
325-6315

PHILADELPHIA FEVRE
Steak & Hoagie Shop
2332 E. Madison St
323-1000

SILVER FORK RESTURANT
3800 Rainier Ave S.
Hours: Tues -Fri
6:30 am - 4:00 pm Sat - Sun
7:00 am 5 pm
721-5171

EZELL'S Fried Chicken
501 23rd Avenue
324-4141
Mon.-Thurs. 10 am - 11 pm
Fri. & Sat. 10 am - Midnight
Sun. 11 am - 10 pm

GENERAL'S BAR-B-QUE
2023 East Madison
328-2414

HUSKY SPORT DEN
3947 University Wy
*70 Video Games
*Great Food
*Open Daily

Restaurant/ Lounge

Uncle Johns Tavern
(Formely J&M Tavern)
Food, Darts, Pool, Dominoes
Disco Fri- Sat nites
3758 Rainier Ave So
723-6612

OSCARS RESTAURANT
Dining & Dancing
7 am til 2 am
2051 East Madison
322-2029

Rose Petal RESTAURANT
6900 M.L.K. Way S.
"Try our food.. it's gooood!"

Deano's 2030
E. Madison

SMOKEY POINT B.B.Q
820 Lakewash Blvd.
Located at Madronna Beach
Hours from 11-8pm
329-2898

TRAVEL

SPECIAL AIRFARE TICKETS
Oriental tour package
Bangkok, Hong Kong, Singapore,
6 nights 7 days *$1650.*
Los Angelas *$257.*
San Francisco *$257.*
anytime.
Any where in U.S.A.
$399.
Falcon International Travel
3222 Rainier Ave So.
722-5877
fax 722-5933

ADVERTISE HERE $2. A WEEK

Upholstery

NEWTON UPHOLSTERY SHOP
1801 EAST JEFFERSON
325-9220

VIDEO

Island Video
Outstanding selection of Foreign Films
3109 E. Madison
323-1725

Video Productions
Sopher Family Ministries
We can Video Tape
*Weddings
*Concerts*Special Services*Programs
*Duplicate Tapes
Save Your Dreams & Memories
Call 722-8532
Rev. Sopher

Channel 3 Video
4437 California Ave. S.W.
Seattle, WA. 98116
206-938-4490

WEIGHT LOSS

Overweight? Tired? or Both!!
* Lose 30 lbs. in 30 days for $30 dollars
* New Herbal Products from China & Amazon Rain Forest.
1 Reduces Excess Body Fat
2Increases Energy Level
3 All Natrual call
Herbal Diet Center
725-7421/
994-4387
Distributor needed: Earn Big $$$

YARN

THE YARN GALLERY
5633 California Ave. S.W.
935-2010

Capitol Hill Housing Improvement Program (CHHIP) and *South East Effective Development (SEED)* are pleased to announce the construction of a new twelve unit

Opening January '93
Call 329-7303 for an application



MUTUAL HOUSING COOPERATIVE
on Wetmore Avenue South at Byron Street
Rents: $350 to $435 1 & 2 Bedroom Units; Underground Parking; 2 Wheelchair Accessible
INCOME ELIGIBLE APPLICANTS MUST COMMIT TO WORK 8 HOURS A MONTH FOR THE CO-OP!

Springfield Asoc.
South Seattle
Saint Edward School
4204 South Orcas St.
Now Available for $99,900



3 Bedroom, 1 bath, 1 car garage, detached, 1/4 basement
traditional style remodeled home. This is a older traditional home, an excellent buy!
Available FHA-VA Conventioanl
Another Ray Anderson special
by appt 329-5919

FOR RENT
$375. Available immed nice unfurnished 1bd apt New carpet 2915 So Main 285-0243.

HOUSE FOR RENT
1 1/2 Bdrm, living , dining $500 per mo 722-1906 leave message.

FOR RENT
Lg studio apt. furn all until pd $380 2 bdrm town house $550. Call appt 721-2262

FOR RENT
Lg 1 bd apt 26th Cherry clean well maintained $320 + deposit 633-4000 or 986-0396.

EMERALD CITY COMMUNICATIONS



Telephone Rapair Services
Prewire
Residential and Commercial Services

(206) 822-7906

H. Lew Brigham
President

ADVERTISE YOUR CLASSIFIEDS WITH THE FACTS NEWSPAPER CALL 324-0552 FOR FURTHER INFORMATION

You'll be ravin' about Cravens When the job is done!
Specializing In The Repair Of:
Home, Auto & Personal Stereos
VCR's, Answering Machines
& Most Household
Electronic Equipment
Free Estimates
All Work Guaranteed
Please Call For An Appointment
Cravens Electronics
Robert Cravens, Owner
2915 East Pike
Seattle, WA
324-5062 or 969-0845 (Pager)

FURNITURE UPHOLSTERY
D.C. CARPETS
Steam (or) Dry Cleaning
■ Windows ■ Stripping
■ Carpets ■ Care
■ Floors ■ Maintenance
24 Hour Water Damage Specialists Emergency Number
Carpet Shampoo's Apt's Special Only
1 Bdrm $35.00
2 Bdrm $40.00
3 Bdrm $47.50
Call For Free Estimates
South End
(206) 246-6221

* * *

He doubly benefits the needy who gives quickly.
—Publilius Syrus



Americans give about $120 billion to charity a year.

Support An African American Owned Restaurant

This is an effort to assist African American owned restaurants in their effort t strengthen their businesses. It also offers us the opportunity to experience a variety c delicious foods.

Please join us for our Friday community luncheons from 12:00 pm to 2:00 pm
Schedule of Luncheons

Sept. 25	Catfish Corner	2726 East Cherry	323-433(
Oct. 2	Thompson's Point of View	2308 East Union	329-251
Oct. 9	Mo'She	* 100 - 23rd South	328-566
Oct. 16	General's Bar-B-Que	2023 East Madison	328-241
Oct. 23	Ms. Helen's	1133 - 23rd Avenue	322-631(
Oct. 30	Momma's Kitchen	* 2200 South Jackson	324-113
Nov. 6	ML's Cafe	* 1325 East Jefferson	322-461
Nov. 13	Jones Bar-B-Que	* 3216 South Hudson St.	725-272
Nov. 20	Madrona Cafe	* 1411 1/2 - 34 Avenue S.	322-951
Dec. 4	Hill's Bro's BBQ	* 608 - 21st Avenue	328-821
Dec. 11	Pansy's Restaurant	* 1715 East Yesler	325-029
Dec. 18	Thompson's Point of View	2308 East Union	329-251

* *To be catered at New Hope Church 124 - 21st Avenue 323-5965*

Sponsored by the Black Dollar Days Task Force
For more information please call 323-4212

Discover the possibility of home ownership.

NEIGHBORHOOD HOME BUYERS *Fair*

Sat., Oct. 17 from 10 a.m. to 3 p.m.
Asa Mercer Middle School
1600 S. Columbian Way, Seattle
Drop-in anytime

Learn how you can own your own home at these short, mini-seminars:
- Are you ready to buy a home?
- How do you choose a home?
- How much is a house worth?
- What kind of loan can you get?
- Is this a "good" house?
- After you buy, then what?
- What is good credit?



Child care will be provided during the Saturday seminars
Free admission.
A tour of affordable homes will be held on Sun., Oct. 18 from 2 p.m. to 5 p.m.

For more information, call:
Heyward Watson, 464-7139
Kathy Williams, 625-7505

Sponsored by the **Washington State Housing Finance Commission** and the **Seattle Mortgage Bankers Association**, with participation by Seattle real estate professionals.

FOR RENT
Spacious, Clean Well - managed 1 & 2 bdrm some new carpet & drapes Security bldg. on busline, near shopping From $400. Call 722-5044

FOR RENT
204 1/2 23 East Bachelor apt. $250. Parking Cert. Refe deposit show 4. p.m. daily.

FOR RENT
Clean 1 bdrm apt. Kitchen w/eating space convient to downtown Sec 8 ok Good references required $400 per mo call 322-0383, 324-7828 owner is Lis: RE Agent.

FOR RENT
Columbia City Lg 1 Bdrm newly remodeled limited access bldg. Close to bus, shopping, liabray $435-$450 285-5693 or 930-5548.

FOR RENT
$575. 2 BDRM APT 5000 Renton Ave So 722-8847

RENOVATED STORE
Front office convient location. Good references req. $350mo call 322-0383, 324-7828. owner is Lis. RE Agent.

CENTRAL DISTRICT SILKSCREENING
T-SHIRTS • CAPS • SWEATS • FINE ART
1408 22nd SEATTLE, WA.

JORDAN'S DRUGS



Quality You Can Always Rely On!
The Sure Way To A Beautiful You!



Your one-stop shopping center for all your needs:

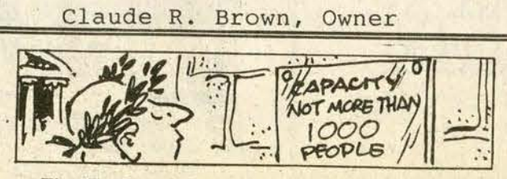
Prescriptions featuring:
- Dr. Tichenors Antiseptic
- Asafoetida
- T-Tone Rub

Fast Film Service

- Canned Goods
- Dairy Products
- Beer & Wine
- Prescriptions
- Toiletries
- Newspapers
- Magazines
- Cameras
- Film
- Sundries
- Cosmetics

"ONE-STEP" SALES AND SERVICE!!
also, conveniently open to serve you until 2 a.m.
2518 East Cherry
322-3050 322-3835

Are You Cold? Think HEAT...
Think COMPLETE...
HEATING SYSTEMS COMPLETE
Furnaces, Water Heaters, Gas Piping
Plumbing, Duct Work, & More.
Call for free estimates.
Financing Available.
206-723-6768
MBE Certified, WNG Contractor
Licensed,Bonded,Insured
Claude R. Brown, Owner



The Baths of Caracalla in Rome, built in the early A.D. 200s, could hold as many as 1,000 bathers at a time.

The legitimate object of war is a more perfect peace
—William Tecumseh Sherman



One in five U.S., residents owns stock or invests in stock mutual funds.