

Fashion, Beauty, & Health Tips

By Linda Neal



PREVENTIVE MEDICINE

As the trend in medicine moves toward preventing sickness, rather than seeking a cure for existing sickness and diseases, many are developing preventive patterns of living, i.e., change of diet, change of lifestyle, etc. However, the vast number of physicians who are encouraging their patients to adapt different patterns of living, have not been able to convince the majority of the population to adhere to this philosophy.

Preventive medicine will be the medicine of the future.

Send Inquiries: The FACTS Newspaper, Attn: Fashion Editor.

**DUPLICATE BRIDGE AT THE
CENTRAL AREA SENIOR CENTER....
THURSDAY NIGHT AT 7:30
by Fleecie Jordan**

By: Herb Jackson

We enjoyed a "bump Mitchell" of seven and a half tables, Thursday, Feb. 16th, under direction of Connie Moorehead. Judging from the results presented, many of the regular leading contenders bit the dust. Results are as follows:

- North-South**
1. Octavia Jackson - Al Walker
2. Ina Toney - Laura Hyde
3. Charles Winston - Mel Orsborne
4. Ted Bryant - Johnny Walker
- East-West**
1. Lucy Haynes - Fred Haynes
2. Muriel Russell - Warren Littlejohn
3. Irene Woods - Tom Woods
4. Blanche Whitney - Juanita Johnson

And now for a five minute quiz:

Did you know that the name of the club is LE ETTA KING DUPLICATE?

Did you know that Muriel Russell is President, Al Walker is Secretary-Treasurer?

Did you know that "ALL" bridge players are welcome to play with us?

We told you about an instruction class to be conducted by Orville Johnson for beginners for the last weeks; well, the time is almost here. Thursday, Marcy 1st, is the beginning; classes will run for 30 minutes just prior to regular play and you should call Orville, at 747-9798 if you are interested.

We are looking forward to scheduled tournaments: March 16, 17, 18, Governor House Olympia-Northwest Section, ABA.

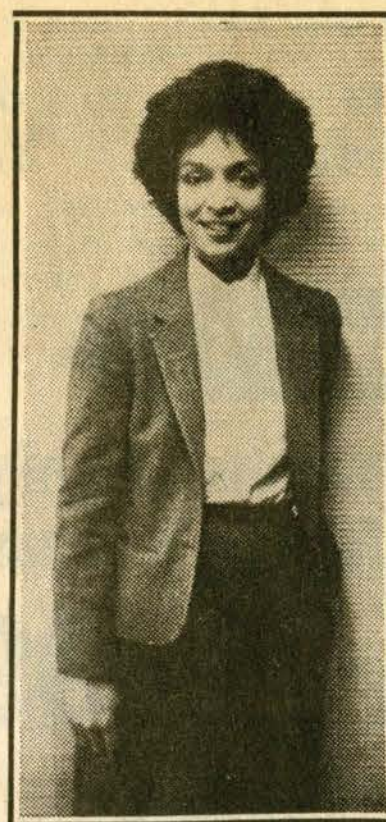
April 22-28, Constellation Hotel, Toronto, Canada, sponsored by National American Bridge Association.

If you need info or help of any kind, contact Section VP Toddy Price. We still want ten tables, so why not plan to play Thursday, Feb. 23rd, under direction of Herb Jackson? You'll be glad you did! So, come one, come all... SEE YOU THERE!

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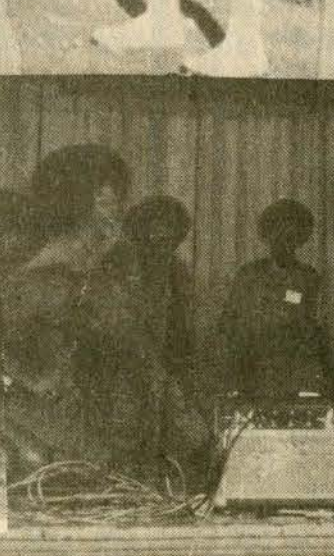
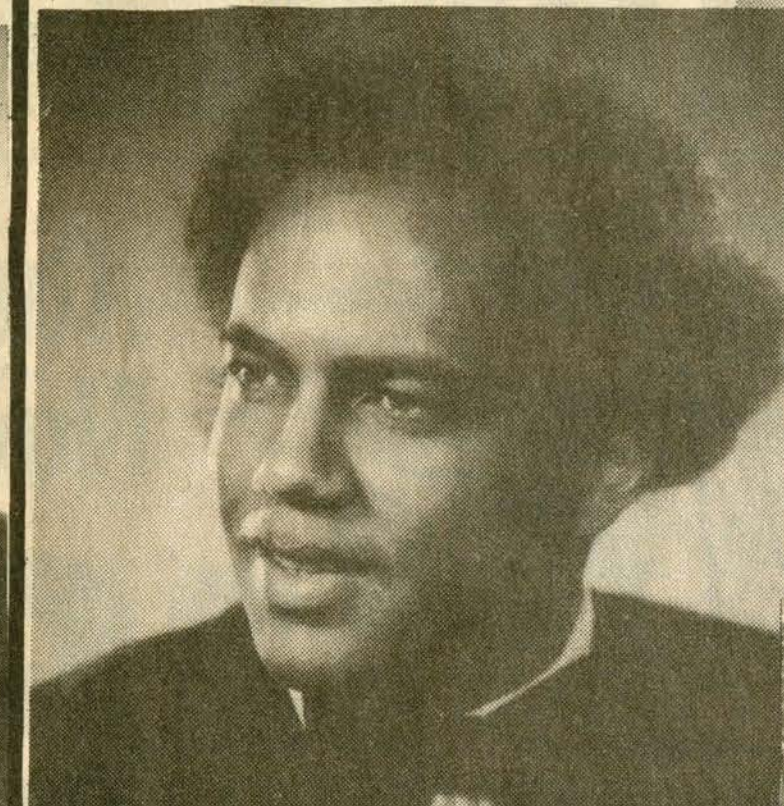
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YEAR END SURPRISE for many long-term Hollywood watchers was the December Beverly Hills Hollywood NAACP Chapter's 16th Annual Image Awards ceremony where 1400 loyal ticket buyers were told the Chapter will supplant its beefing and bullying about problems with new tactic of recommending that we do see or tune in what is liked and simply ignore what is not liked at the movies and on TV. It is a "sugar rather than vinegar approach to civil rights" is the way one trade publication reported it. But fiery National Executive Director BENJAMIN HOOKS unforgivingly point out: "Hollywood has made more agreements with the NAACP than our government made with our Indian brothers."

So, of course, "it ain't what is ought to be, and it ain't what it's gonna be, but it sure ain't what it usta be!"

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IT'S ALMOST HERE "SHOW BIZZ"



SHOWBIZZ, a SNECO Production will premiere at the Empire Plaza on March 2, 3, 9 and 10. Showbizz is an adventure in entertainment - a musical review filled with the excitement and energy of a Broadway Production. The premiere of a SNECO original is a unique and different experience offering you, the audience, a very special night in total entertainment the show os shows: Showbizz.

With two very special treats Katz, a band comprised of some of the hottest musicians in Seattle, and the after hour video party.

For information call 322-4396, or 324-3131. Don't be left out, get your tickets today.

In a recent survey the results showed THE FACTS Newspaper as the number one weekly with more community news than any other weekly in Seattle!

WORKING TOGETHER TO WORK THE SYSTEM

The Black Child Development Institute is sponsoring a series of seminars designed to give Black parents a forum for discussing what works, what doesn't work, and what you can do to develop the full potential of your child. Each seminar will provide skills and information needed to us "Work the System".

One of the main purposes for the Institute is to address some alarming facts about Black children in our school system. For example, most first, second, and third graders who live in the central area are bussed to the Northend. "Middle class" Black students in Seattle perform lower than "poor" white students. Although Black students make up 21% of school children, they comprise approximately 42% of students suspended or expelled, most are Black males. Did you know that 22% of Black students, 1/4th are achieving below the national average? It is because of these inadequacies BCDIS (Black Child Development Institute of Seattle) has invited the community to attend its seminar on Saturday, February 25th at CAMP (722 - 18th Ave.), Noon to 2:00 p.m.

Guest Speaker will be Junious Williams of the University of California (Berkeley), whose topic will be "Student Discipline Policies."

Childcare is available and refreshments will be served.

Blanchet High School House

Blanchet High School will hold an OPEN HOUSE for students interested in attending Blanchet for the 1984-85 school year will be given at the school on Sat., March 3rd at 9:00 a.m. There will be a \$5 testing fee. Students make application at the time of the test. For further information call the Registrar: 527-7711.

84 school year, and their families, on Sun., Feb. 26th from 2:00 to 4:00 p.m. The EN-TRACE TEST for students wishing to enter Blanchet High School for the 1984-84

BLACK HISTORY MONTH

Langston Hughes Cultural Arts Center will wrap up its month long observance of Black history with Paul Robeson Community Theater group giving a performance entitled "Musical Tracks". "Musical Tracks" traces the music history of Black people from Africa to the present. This performance will take place on Saturday, February 25th at 8:00 p.m.

On Sunday, February 26th at 3:00 p.m., will have Part II of a Tribute to Hymns, Spirituals and Gospel music featuring: The Solid Rock Singers, The Sunset Gospel Singers, The Exciting Sounds of Joy, The Singing Galations, The House of Refuge Choir and Pastor, Mr. Kent Stevenson and the St. Theresa Choir, Mr. Danny Davis and Ms. Alice Campbell-Hughes both soloists. The M.C.'s will be Ms. Mae Campbell and Ms. Dovie Allen. Come hear the Lord's praise through song.

Both events are free and open to the public. For further information please call 625-5357.

U.S.DISTRICT COURT OF SETTLEMENT HAS REACHED A SETTLEMENT WITH BURLINGTON NORTHERN RAILROAD By: Makel Spencer

All Black applicants for employment and all present and former Black employees of Burlington Northern Railroad between March 1, 1970 and November 21, 1983 are eligible to share in a \$10 million claim fund against the railroad company. During the aforementioned dates, the company practiced overt/covert discrimination against Black Americans.

The class action suit initiated by the United States Equal Employment Opportunity Commission has set a precedence for Blacks who have experienced racial discrimination in personnel policies of large American Corporations. To be eligible for your share of the \$10 million, please request or write to Paul C. Sprenger, Esquire, Sprenger, Olson & Shutes, P.A., 325 Ridgewood Avenue, Minneapolis, MN. 55403, or write Charles H. Barnhill, Esquire-Davis, Miner, Barnhill & Gilland, P.C., 14 West Erie Street, Chicago, Illinois 60610. They are lead counsel for the plaintiff class. Also, you can call toll free 1-800-223-9001 and request a claim form. All claim forms must be postmarked on or before May 15, 1984. Money left from the \$10 million fund will be used to support Black interests.

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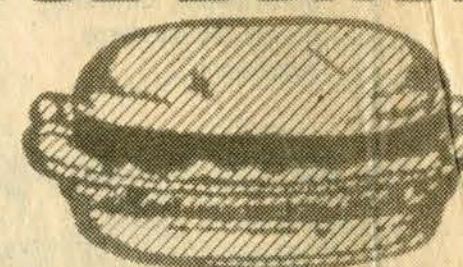
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ANNUAL BLACK HISTORY AWARDS BANQUET

On February 25, 1984 in Campion Ballroom at Seattle University, the Black Student Union and the Minority Student Affairs Office will give awards to Seattle Public and Private school teachers who have made Outstanding Contributions to the Education of Black Children in Seattle. These teachers have been nominated by their own schools. The teachers who will receive these awards are as follows:

Robert Haynes (Franklin High School); Dr. Jane La Fargue (Seattle University); Dr. Consuelo Shaw (Rainier Beach High School); Emmet Kinkade (Cleveland High School); Alice Coleman (Cleveland High School); Izora Hurd (Roosevelt High School); Herb Williams (Roosevelt High School); Sister Rose Monica Rabdau (Holy Names High School); A. Denny West (Holy Names High School); Tom Doyle (Seattle Preparatory High School); Byron Johnson (Franklin High School).

The program begins at 7:15 p.m. with the Ecumenical Service followed by the banquet at 8:00 p.m. Dr. Jane La Fargue, professor in the School of Nursing will speak on "Health in the Black Community, Where Are We, Where Do We Go From Here?"

Reservations are required. The cost is \$5.00 per person. The deadline is Monday, February 20, 1984. Make checks payable to the Minority Student Affairs Office Seattle University, Seattle, Washington 98122. For more information call Minnie at 625-6226.

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BLACK HISTORY IMAGES GARFIELD COMMUNITY CENTER

By: Harold Murphy

To commemorate Black History Month, Garfield Community Center will provide a presentation by Dave Hill. Mr. Hill will cover such topics as Black World History, The Origin of Black People, the Struggles and Goals of Black People, and What it means to be Black. Mr. Hill is a native Black man of this country, and a resident of Seattle, WA. His academic background is in the area of Psychology and Communications; but he is active in various community service programs in the Seattle area.

The theme of Black Images chosen by Mr. Hill is to provide an overall perspective of Black male and female roles that cross all ages, professions, and lineages. This collage approach to Black History should prove to be both informative and entertaining. Some of the Black Images that Mr. Hill will explore are Harriet Tursman, Jesse Jackson, Hank Aaron, Nut Turner, and many others.

Included in this program will be a discussion of the musical origins of Black music, with an emphasis placed on Jazz and Blues. Featured with Dave Hill will be Nolan Johnson. Mr. Johnson is an expert on Moe Juk Kwon Kung Fu. He will have a demonstration of the skills of this art of self-defense which will include fighting forms, six chair jump, board breaking, and sword fight.

Everyone is welcome to participate in our celebration of Black History Month. For additional information call 625-4178 and ask for Ola Woodard or Sam Cook.