

Beauty Section

Beauty is in the
Eye of the
beholder

Ladys You Wants Braids

New Stylist in Town

Specializing in African Braids
with a senegal Twist

- * Box Braids * Senegalese twist * Flat Twist * Weave
- * Cork screen * Invisible Braids
- * Micro Braids * Kasmas
- * Goddess Braids * Fishstyle
- * Kine Samb

African Hair Stylist

2018 East Union
720-6274

PERFECTIONS

Hair Weaving \$10- \$60
Thin & Bolding \$75

- * Lazer Weave * Single Braids
- * Braided Bobs * French Lacing
- * Hook Weaving * Micro Braids
- * Interlock Weave * Casamas

Braid & Weave Lessons

Free Consultations
322-7417

Never had a pedicure?

Well come on in and take
advantage of our end of the
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Get a relaxing pedicure
and receive a manicure
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Don't delay, stop in today
Shabitti's Nails &
Pedicures

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BEND CURVED \$25.00 FULL SET \$22.00

AIRBRUSH AVAILABLE

FILL \$13.00

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Change of a face,
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All Clients Old or
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\$5. off
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Relaxers

Limited styles only!

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Coupon

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\$5.00 off \$5.00 off

Coupon Coupon
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FREE HOMEBUYER EDUCATION SEMINAR TO BE CONDUCTED IN BALLARD, 11/7/95 and 11/9/95

The Washington State Housing Finance
Commission will sponsor a free homebuyer
education seminar 11/7/95 and 11/9/
95.

The seminar, which totals a minimum five
hours in length, is conducted 6:30 pm -
9:00 pm on Tuesday and Thursday, and
provides training to interested persons
about the process of purchasing a home.
This seminar will be held at Washington
Mutual, 5511 22nd Ave NW, in Ballard.

Where There Is Unity,
There Is Strength.....

On Behalf Of

Earl Lancaster, Barber

— Earl's Cuts & Styles —

Where there is Unity,
there is Strength...



Recently, Earl Lancaster, was involved in
a vehicular accident which left him unable
to function at his full capacity. Earl has
served the community for a number of
years as a barber, at his shop on 23rd Ave-
nue. He is a very popular member of
the African American community. Earl is
now in need of our community sup-
port.

This is an opportunity for the com-
munity to join forces, in a show of sup-
port, for a good brother who is in need.
Please join me in a love donation. All
proceeds will help defer Earl's hospital ex-
penses and any other financial needs that
may arise during this time.

Let's show our "Unity, in the Commu-
ity!"

For Information, contact Sylvia Jarrett,
Owner of Shear Images (206) 323-3074.
Or send to Earl's Cut-N-Style 1102 23rd
Ave, Sea. 98122 Care of Earl L.

Feminist Karate Union

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Beauty Talk

— Verna Beaver —

— Trick Or Treat —

Happy Halloween. This is the launch of
the holiday season. Much to our regret;
especially if you're trying to keep that fig-
ure. Each one of us eat an average of
about a pound of sugar every week plus a
pound and a half of high fructose corn
sweeteners.

You just dressed up your little goblin in
his or her favorite costume, and away they
go. Stay close to them as they go
from house to house asking for more
sweets and goodies than any mortal
should eat in a year. When they come to
my house I can't help but look into those
shopping bags to see what they have col-
lected. Of course, I'm pretty cool about it.
I always wait until they say, "Trick or
Treat", and they have enough goodies to
last quite awhile we thought. But it gone
in a couple of days, maybe, for some it
might last a week.

Do you wonder what health problems
we are creating on the innocent children
to perpetuate a holiday? Halloween is
only the beginning of the fattening sea-
son. Some scientists predict: After the
"sugar rush" and hyper activity in small
children; to "sugar blues" in teenagers and
later in adults who continue to eat large
amounts of sugar could become diabetic.
And, of course the dentist have been
hammering all along, at sugar being the
source of tooth decay. The odd thing is
that not one of these health concerns has
panned out. The centers for disease con-
trol have found no evidence that sugar or
artificial sweeteners could cause any ad-
verse health consequence.

So we suggest you use self control and
enjoy the coming holiday season.

ATLANTA WINS WORLD SERIES

Five years of frustration ended Saturday
night when Tom Glavine pitched one-hit
ball for eight innings and David Justice
homered, as the Braves brought the city
of Atlanta its first major sports title with a
1-0 victory over the Cleveland Indians in
Games 6 of the World Series.

Glavine and Mark Wohlers combined on
the fifth one-hitter in Series history and
first since Jim Lonborg for Boston in
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