

Community Forums Every Tuesday Night at Knights Lounge

The Black Community is invited to come and speak your minds on issues pertinent to you, in the Greater Puget Sound Area, at community Forums that will be held every Tuesday from 7-9 p.m. The Forums will be held at the Knights Lounge, formally Empire Conference Center at 820 Martin Luther King Way So, starting Tuesday, January 3rd.

The Forums are entitled, "COMMUNITY FEEDBACK" and will be moderated by Writer/Community Activist Charlie James. The first topic of discussion will be the recent controversy between the Black Community and School Superintendent Donald Steel. Members of the Black Coalition for Education, as well as the Superintendent, will be invited to come and share their views on the issue.

There will be a brief panel discussion which will be followed by questions and answers or comments from the audience. Garcia Massingale of the Knights Lounge commented on why the forums are being held, "I have always believed that it was important for the Community to have the opportunity to express their views on Key issues. We hear from the various leaders of the community but we don't have a way for the average citizen to make some direct input, or give some feedback. This is a chance for them, the silent majority, to speak out and we are looking forward to some very lively and informative sessions."

Everyone in the Greater Seattle Area are invited to come and express their views or share your concerns during "Community Feedback". For further information call Charlie James at 329-3771.

Low-Cost Arthritis Programs

The Arthritis Resource Center at Providence Medical Center offers low cost educational programs to persons who have, or think they may have, arthritis, and their family and friends.

The classes are held weekly at Providence Medical Center. This week's subject is Quackery: A Tempting Gamble. The class meets Tues., Jan. 3rd, at 1:00 to 2:00. Cost is \$2 per class or three for \$5.

Call 326-5667 for a free schedule of class offerings and information about transportation.

FOR YOUR NEW YEAR'S FEAST... FROM TRADEWELL

BONELESS HAMS FULLY COOKED WATER ADDED WHOLE, SMOKED 4 TO 8-LB. AVG. DUBUQUE OR GOLDEN PRAIRIE \$1.39 lb.	WHOLE FRYERS Fresh Washington Grown (Cut-up Fryer, 89° lb.) 79¢ lb.	T-BONE STEAKS U.S.D.A. Choice Beef \$2.89 lb.	TURKEY ROAST Jennie-O Brand Frozen, Boneless 3-lb. to 5-lb. Avg. \$1.39 lb.
SMOKED HAM Lennon's Old Fashioned, Fully Cooked, Dry Cured, Bone-In Whole, 12 to 18-lb. Avg... lb. \$1.29 U.S.D.A. Choice Oven Ready 5 Inch Cut Large End, 1st 3 Ribs (Small End or Whole, \$2.79 lb.)... lb. \$2.39 BEEF RIB ROAST Farmland Pure Pork Rolls... 1-lb. Pkg. 79¢	SLICED BACON Hygrade Regular or Thick... 1-lb. Pkg. \$1.39 BOLOGNA & SALAMI Hygrade 5 Varieties Sliced... 1-lb. Pkg. \$1.39 FISH FILLETS Highliner Brand Battered... 12-oz. Pkg. \$2.29	* SEAFRESH SEAFOOD * FRESH OYSTERS Medium Size... 10-oz. Jar \$1.89 ORANGE ROUGHY Fillet... lb. \$2.99	
SUNKIST LEMONS TANGY, TART 10/\$1	KIWI FRUIT California 98¢ 1-lb. Pkg.	MARIE'S DRESSINGS Great for Dips Ranch, Creamy Italian or Creamy Cucumber \$1.59 12.75 oz.	FRESH LIMES LARGE FLORIDA 8/\$1.00 AN EXCELLENT GARNISH FOR FOODS & BEVERAGES
FRESH JACIMA 69¢ lb. FRESH DOLE MUSHROOMS \$1.98 lb.	CLIP TOP CARROTS 39¢ lb. CALIF. FUERTE AVOCADOS 3/99¢		
VALENCIA OLIVES Medium Ripe, Pitted 69¢ 6-oz.	MANDARIN ORANGES Standby Formosan 2/\$1 11-oz.	TOMATO JUICE Hunt's 69¢ 46-oz.	7-UP DIET 7-UP Plastic No Return Bottles 98¢ 2-Liter
SOFT DRINKS & MIXERS Santa Regular & Diet Assorted Flavors \$1.09 2 Liter	SOUP MIX Mrs. Grass French Onion or Onion Mushroom 39¢ 1.4-oz. to 1 1/2-oz.	POWDERED SUGAR C & H; also, Light Brown or Dark Brown First 3 Pkgs. 44¢ 1-lb.	
PINEAPPLE Standby Juice Pack Crushed, Chunk or Sliced 69¢ 20-oz.	LAYER CAKE MIX Pillsbury Plus Assorted Flavors 88¢ 18 1/2-oz.	TOMATO KETCHUP Hunt's 88¢ 24-oz.	
DESSERT TOPPING Birds Eye Frozen Cool Whip; Non-Dairy or Ex. Creamy Dairy Recipe 79¢ 8-oz.	PIZZA-FOR-ONE Celeste Frozen Deluxe \$1.49 8-oz.	RICE CHEX Ralston Cereal (Corn Chex 16-oz., \$1.49) \$1.29 12-oz.	
BROWN & SERVE ROLLS Family Favorite 12 Count Pkg. 59¢ 12-oz.	JENO'S PIZZA Frozen Combination, Pepperoni, Sausage, or Can. Bacon \$1.29 10.3-oz. to 10.8-oz.	WHEAT, RICE CHEX Ralston Cereal 16-oz. Rice or 22-oz. Wheat \$1.69 ea.	
FLAKEY ROLLS Family Favorite 12 Count Pkg. 59¢ 13-oz.	SOFT DRINKS & MIXERS Sunny Jim Reg. & Diet Assorted Flavors No Return Bottles \$1.09 2 Liter	Coupon MARGARINE Imperial Cubes Add'l. at Reg. Price 44¢ 1 lb. With Coupon Cash Value 1/20th of 1¢. One Coupon per Customer. Expires 1/3/84.	
PROCESSED CHEESE SPREAD Kraft; Asstd. Flavors, In Jars... 5-oz. 79¢ MINIATURE MARSHMALLOWS Kraft... 10 1/2-oz. 59¢ PREPARED MUSTARD French's... 24-oz. 98¢ PLASTIC WRAP Springfresh... 100-ft. 78¢ SNACK CRACKERS Sunshine Cheez-It... 16-oz. \$1.49 SNACK CRACKERS Sunshine Hi-Ho... 16-oz. \$1.39	Coupon POTATO CHIPS Nalley Baked; Reg., Dipper or Barbecue Add'l. at 89¢ each 68¢ 8-oz. With Coupon Cash Value 1/20th of 1¢. One Coupon per Customer. Expires 1/3/84.	Coupon JELL-O GELATIN Dessert Mix Assorted Flavors 2/\$1 6-oz. With Coupon Cash Value 1/20th of 1¢. One Coupon per Customer. Expires 1/3/84.	
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