# THE MEDIUM

a message from the people...to the people

VOLUME XIII NUMBER 3 | Wednesday, January 19, 1983 | 14 Pages 15 Cents


## COMMUNITY BRIEFS

**BLACK STUDENT PARENT MEETING**

The next meeting of the Black Student Parent Meeting is scheduled for Thursday, January 20 at 7 p.m. in the library at Mercer Middle School, 1600 South Columbian Way. There will be a review of the activities that have taken place since the last meeting plus other vital topics of discussion. "Each One Bring One." Please bring children to this meeting.

**STADIUM CONSIDERED AS CONVENTION CENTER SITE**

The Seattle School Board has been notified by the Washington State Convention and Trade Center Corporation that the Seattle High School Memorial Stadium is being considered as one possible site for a new convention center.

**GET ACQUAINTED WITH RED CROSS**

Persons interested in exploring volunteer opportnities with Red Cross are invited to a "Get Acquainted with Red Cross" coffee hour Thursday, January 27, at 10 a.m. at Red Cross headquarters, 2515 S. Holgate St. A brief audio-visual presentation will be shown. Information about a variety of volunteer assignments will be available. Red Cross' Office of Volunteers, 323-2345, has more information.

**DISCUSSION ON CHILDREN'S NUTRITION**

Lendon Smith, the well-known and controversial physician, will speak on the subject "A Nutritionally Oriented Pediatrician Straightens out the Word." This public appearance is sponsored by the American Holistic Medical Association and will take place Saturday, Feb. 12 at 8 p.m. at the Seattle Center, Olympic Room. Dr. Smith is a Portland pediatrician with over 30 years experience and author of **Feed Your Kids Right** and **Improving Your Child's Behavior Chemistry.** This event promises to be an informative and entertaining discussion of children's nutrition and how it relates to their behavior, self-image and potential problems of adulthood. Call 326-5581.

**WINTER WEATHERBEATERS**

Attend Winter Weatherbeaters, programs for school-age children, on Saturday, January 29 at 2 p.m. at the Downtown Library auditorium, Fifth and Spring, and see a Norwegian Festival. Storyteller Henning Sehmsdorf and dancers from the Sons of Norway will perform at the free program. For more information, call 625-2665.

**FOR PARENTS OF DIABETIC CHILDREN**

The American Diabetes Association is offering a support group for all parents of diabetic children. There will be six sessions, meeting on a weekly basis, beginning on Tuesday January 18, 1983 from 7:30 p.m. to 9 p.m. The sessions will be led by Arlene Robinovitch from University Hospital and Ellen Ruben from the University of Washington's Department of Social Work. There's a limit of 12 participants. Call 632-4576.

**INSULIN UPDATE**

Take this opportunity to learn about the new insulins. Find out what is available on the market and what your choices are in insulins. Attend "Insulin Update" a meeting held at North Seattle Community College on Tuesday, January 25, at 7:30 pm in Lecture Room RC 1131. This meeting is free and open to the general public. Call Carl Knirk at 632-4576.

**OPEN HOUSE AT HOLY NAMES**

Holy Names Academy announces its annual Open House for prospective students on Sunday, January 30, from 1 to 4 p.m. at 728 21st Avenue East. Guests and their families are invited to meet the faculty, staff and students, take tours of the historic building, and enjoy refreshments and music. Holy Names is a 4-year Catholic high school for women now in its 103rd year in Seattle. It accepts all races and creeds, and is served by public transportation. Call the registrar, 323-4272.

**SILENT FILM FESTIVAL**

POPS (Professionals Organized for Public Service) will present an Old Fashion Silent Film Festival on Jan. 27, at 7:30 p.m. at the Seattle Concert Theater at Fairview and John Street. Proceeds will go to the Youth Eastside Services, Seattle Country Day School and Special Olympics. Call 283-8600.

**ASSERTIVENESS TRAINING WORKSHOP**

The YWCA Employment Services will be presenting a one-day workshop on "Assertiveness Training" on Saturday, January 29, from 10 am - 2 pm. This workshop will enlarge your repertoire of effective behavior on the job and off. Sandra Coffman, Ph. D., will be presenting the workshop. Call 447-4855 for more information and registration.

**NOON-TIME FITNESS SEMINARS**

The YWCA Downtown Health and Fitness Center is conducting a series of noon-time fitness seminars. These seminars will feature: "New Year's Resolutions in Fitness" on January 19, "Cost Conscious Cookin' " on February 2, "Yoga For the Runner" on March 1, and "Message Therapy" on March 15. All seminars will be from noon-1 pm. The cost is $1 per siminar. Pre-registration is required. Call 447-4868.

**FREE HOME SECURITY INSPECTIONS**

Free home security inspections and security recommendations are offered as a public service by Safety Assistance From the Elderly (SAFE). Services are provided to residents of Capitol Hill, First Hill, Central Area, and Ballard. For information call 285-3110.

**NATIONAL CHOLESTEROL STUDY**

A national cholesterol study is seeking volunteers to participate. The study is supported by the National Institutes of Health and is being conducted at four major medical centers. The core clinic is at the University of Minnesota in Minneapolis. The researchers are conducting the program to try and determine the effects of lowering cholesterol on heart disease. The study is seeking participants who have had their first and only heart attack within the past five years, are ages 29 through 64, and free of diabetes, stroke and heart surgery. Call (612) 376-4494 collect.

**JAN. 22 COALITION DEFENDS ABORTION RIGHTS**

A group of feminists, abortion rights activists and pro-choice organizations have formed the January 22 Coalition to commemorate the tenth anniversary of the Supreme Court decision legalizing abortions for women in the United States. To do so, the coalition is scheduling two activities: a day of lobbying legislators in Olympia on Friday, Jan. 21 and a march and rally in support of safe, legal and accessible abortion on Saturday, Jan. 22. Call 682-6147.


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# Thousands Of Seattleites March For King

**By CONNIE BENNETT CAMERON**

A melting pot of well-wishers from all walks of life jammed a six-mile stretch along Martin Luther King Jr. Way for more than three hours last Saturday, on what would have been the 54th birthday of the slain civil rights leader. For once, people seemed to put aside their arrogance and selfishness, realizing, perhaps, that an attack on one of us is an attack on all of us.

Anxious Seattleites seemed to have waited a long time for Dr. King's birthday this year. It couldn't get here fast enough. Times are hard, and people wanted a way to express a sincere commitment to and an appreciation for Dr. King's dream. And the spirit of what he stood for prevailed throughout the march.

As far as you could see, the image of Dr. King was highly displayed by posters bearing his picture and a clear message to the wise: "I Have A Dream" and "We Shall Overcome The Bigotry And Racism."

The Medium donated the pictures of Dr. King for the posters used in last Saturday's **March For Martin.** But there was not enough to go around because marchers had come surprisingly by the thousands. No one knows for sure exactly how many eventually joined the march. But those directly involved --- the marchers themselves --- estimated that a crowd of about 1,000 at the beginning of the march had swelled to over 6,000 near the end.

A lot of people from the community seemed somewhat disturbed, however, when some members of the press estimated "such ridiculous figures" as 300 and 1,000. Even 2,500 seemed outrageously low, they said. "Why," asked one concerned citizen, "is it that when Black people do something positive and show support for a worthy cause, do the numbers of how many participated drop so low? If they had been counting us for the welfare rolls, the numbers would probably have numbered way in the thousands for the same group. But that's to be expected, and we won't let it get us down."

People from all walks of life took part in the peaceful, well-organized celebration. And the warm, friendly faces along the way encouraged even the leeriest of people to join in. They were drawn like magnets to the chanting of many of Dr. King's favorite songs and slogans. Soon, as the saying goes, everybody and his brother was there. It was like a reunion of Seattle's Black community. If you hadn't seen an old friend in ages, chances are you would have seen him Saturday.

People were there in wheel chairs, on crutches, and parents thought nothing of pushing their little ones in strollers or carrying them in their arms. Other children marched with their parents, as far as their little bodies and energy could take them. Some marched the entire six miles.

And while many young and old admitted to being out of shape and would probably be sore for days, they didn't stop. This was a serious march, the message was loud and clear, and demonstrators let nothing ruffle their feathers. They were peaceful, and they meant business.

Many demonstrators complained that the Reagan administration is turning back the clock of progress for the poor and minority too fast, and the situation should be nipped in the bud immediately. Another grievance is that record-high unemployment in the Black community is dangerous and frightening. And cutbacks in social programs have made matters even worse.

But maybe the main purpose of the march was to show support for the renaming of Empire Way to Martin Luther King Jr. Way. They want an end to the delays in getting the street and freeway signs changed to reflect the name.

The march, which started on Madison Street and Martin Luther King Jr. Way, and ended on Othello Street, was one of the longest and largest ever held in the Black community. Even the mayor and police chief were there, along with City Councilmen Norm Rice and Sam Smith, Sen. George Fleming, and Bob Lamb who heads the Community Relations Service division of the Justice Department.

Many businesses along the way were scolded by the marchers because they oppose the name-change, and have a law signed by the mayor, authorizing the change, tied up in court. "Boycott, boycott, boycott, you, you, you," yelled the marchers as they pointed to the two Exxon stations on Graham and Orcas, and the Holly Park Second Hand Store owned by a Black man. These owners emphatically oppose the change.

As the group neared the Exxon station on Orcas, an unidentified and courageous Black woman dressed in Exxon coveralls, apparently hired to pump gas at the station, realized what was going on, pulled off her uniform and headed for the march. The marchers showered her with applause. To many, she was the hero of the day.



**Thousands of Seattleites participated in a birthday celebration march honoring Dr. Martin Luther King Jr. last Saturday. Pictured above are some of the many who were there. See additional photos on Page 9. Photos by CONNIE CAMERON, CHRIS BENNETT & TONY HOPKINS.**

The weather was nice and warm when the march began. But by day's end, the temperature had dropped, and the chilly weather sent many dashing for warmth. Yet, the enthusiasm, momentum and excitement were still there as a brief rally got under way with Rev. Dr. Samuel McKinney of Mt. Zion as host.

Music was provided by the FAME Young Adult Choir and the Total Experience Gospel Choir. Politicians and community leaders delivered brief messages of thanks and praise to the huge crowd for a job well done. Rev. Dr. Fred Stephens of First A.M.E. Church, said the prayer.

Another hero of the march was Eddie Rye Jr. Rev. McKinney acknowledged Rye for having played a major role in getting Empire Way changed to Martin Luther King Jr. Way, an idea he developed at the suggestion of Georgia State Senator Julian Bond on a local radio talk show he hosted a few years ago.

The thousands of marchers who had gathered at the Imperials' parking lot, roared with applause as they finally got a chance to officially thank Rye for his tremendous effort and courage.

Rye thanked the audience, but cautioned that the battle is not over. He said merchants opposed to the name change have appealed a Superior Court judgment that the change is legal. The appeal was filed by the Empire Way Merchants Association, which has opposed the change since the City Council unanimously voted last July to rename the street. He said a Jan. 20 court date has been set in the Washington State Court of Appeals.

The Empire Way Merchants Association said the change would cost them too much money, but there are many indications quite to the contrary. Because it's rather difficult to find out all the businesses along Martin Luther King Jr. Way that oppose the change, Rye cautioned: "If you don't see any of us working there, that should tell you something. Don't spend your money there. Don't shop where you can't get R-E-S-P-E-C-T!"

Leaflets were passed out at the end of the march, urging people not to shop at a list of businesses that oppose the name change.

## SOCIAL SECURITY INFORMATION

By Ruth B. Saunders
South Seattle Social Security Office

### SOCIAL SECURITY QUESTIONS AND ANSWERS

**I am 65 years old and I am continuing to work at over the maximum earnings for Social Security tax purposes. I do not plan to retire in the near future. Can I get some kind of credit for the fact that I am continuing to work, will not draw any Social Security benefits and will continue to pay the maximum Social Security (FICA) taxes.**

Yes. People, like yourself, who reached age 65 and delay their retirement will have their Social Security benefits increased by 1% or 3% for each year past age 65 depending on whether they reached age 65 before or after 1981. Those reaching age 65 before 1981 will have a 1% increase. Congress increased this credit to 3% for those reaching age 65 after 1981 (1982 and later) in order to encourage people to continue working and thereby decrease the cost to the Social Security trust funds.

Since you don't say when you reached age 65, let's assume it was in 1982. If you continue working and retire at age 68, you would be entitled to a benefit 9% higher than you would receive at age 65.

Remember, although you are not retiring, you should have applied for Medicare. If you have not done so already, contact your nearest Social Security office as soon as possible. You don't want to lose this valuable protection.

**I will be 65 in June and I plan to retire [illegible] me. What will I need to get my Social Security [illegible]?**

The first thing you will need is proof of your age. So you will need a birth certificate or church record made before you were age five. If for some reason there is no birth or church record made before you were five, we can use other records to establish your age such as: census records, insurance policies, marriage licenses, school records or other documents recorded early in life which reflect your age and/or date of birth. However, we must know that there is no birth certificate or pre-age five church record before we can consider other documents. So it is important to first check with the Bureau of Vital Statistics in the State where you were born to see if there is a record of your birth. Most states have good records of birth for people born when you were, around 1918.

Next, you will need proof of your earnings for 1981 and 1982. Your W-2 forms for these years are all we need in most cases. You probably wonder why we need this since we have a record of all your earnings. Our records usually do not contain earnings in the last two (2) years before you retire because most employers report on a yearly basis and there is usually a two (2) year lag between when earnings are reported and when they get on our records. Since these earnings generally mean an increase in your Social Security benefits, we include them when you file if you have your W-2 forms.

If you were in the military service and this service increases your Social Security benefit, we need your DD214 showing the date of entry into active service as well as the date of discharge. If your wife and/or children are filing for benefits, we need their birth certificates.

Since cases will vary depending on the circumstances, call your Social Security officef and get all the details which may be unique to you. Also, ask for an estimate of your benefit amount. This will be very helpful in your retirement planning.

Lastly, it is a good idea to apply at least three months before you actually retire. So don't wait until June to apply, contact us as early as March if you'd like. Applying this early gives us a chance to work out any problems so your record is set up and your first check will be there when you need it.

# Fleming, Lamb Keynote King Memorial

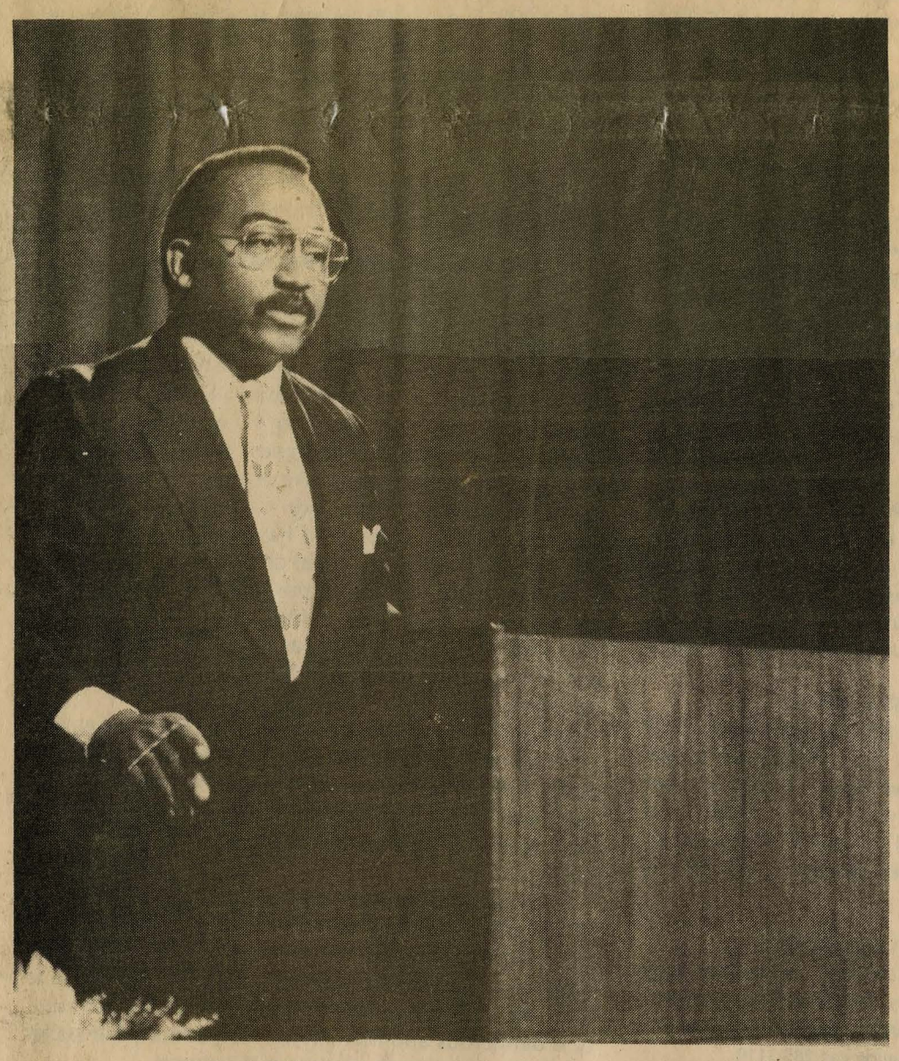


**Dr. Martin Luther King brought into existence a new consciousness that there are alternatives to the use of force; his vision of the American dream used the principles of love and non-violence, said Robert Lamb, regional director of the Community Relations Service for the U.S. Department of Justice. Lamb was a speaker at the fifth annual Dr. King birthday memorial sponsored by PNB.**

The Rev. Dr. Martin Luther King Jr. was a man who could reach out and touch someone --- person to person --- according to George Fleming, Washington State Senator and Pacific Northwest Bell economic development manager.

Fleming spoke Jan. 14 at the fifth annual birthday memorial observance for Dr. King. The yearly event is sponsored by PNB's Central City Community Relations team for PNB employees and invited guests.

Fleming said Dr. King reached out and touched through his dream, a dream that in 1963 "towered above the reality of the time --- a dream of unity, amity and dignity. Dr. King brought greatness to his dream because he didn't rely on the dream to escape reality. He used his dream to confront reality, to change it, to challenge it."



**"Though Dr. Martin Luther King's life was short it was long in inspiration and no amount of time can take his message away," said Washington State Senator George Fleming and PNB's economic development manager. Fleming was addressing the fifth annual Dr. King birthday memorial observance sponsored by PNB.**

Robert Lamb, regional director of the Community Relations Service for the U. S. Justice Department, also spoke at the observance. He told the audience they could honor Dr. King by picking up the torch and carrying on the struggle.

Lamb also urged the audience to take from Dr. King's own words the concept by which a human should be measured: "The true neighbor will risk his position, prestige and even his life for the welfare of others."

During the observance, Ammon McWashington, principal of Garfield High School, received a special presentation from PNB vice president Donald G. Hobbs. The award will, in turn, be presented to a yet-to-be-named Garfield senior who exemplifies Dr. King beliefs.

Pacific Northwest Bell's employee choir, the "Bell Chorale," sang several selections including "We Shall Overcome." PNB employee and soloist Katie Hunter sang "Precious Lord."

PNB's Community Relations teams are comprised of employees who volunteer their time in a given community to work on projects that will benefit the community. There are 47 such teams throughout PNB's service area.

### HOWARD OFFERS NEW DEGREE PROGRAM

A graduate degree program in international development education has begun in the Howard University School of Education, focusing on education in Third World countries.

For more information contact the Department of Foundations of Education, School of Education, Howard University, Washington, D.C. 20059, or call (202) 636-7342.

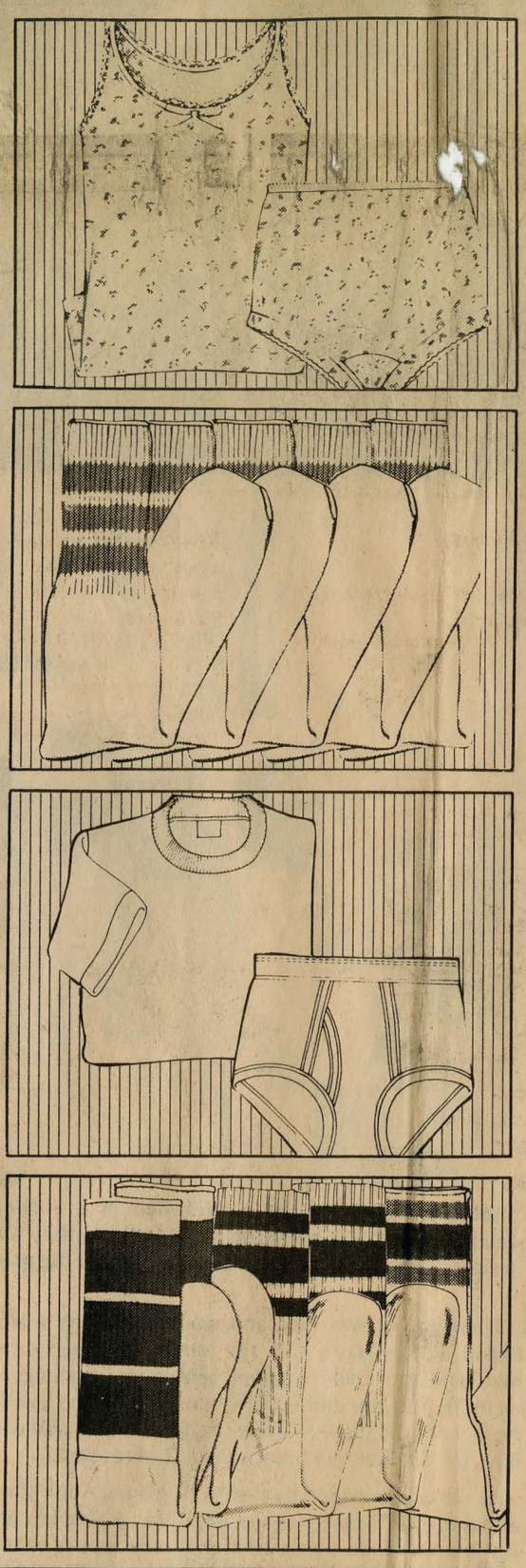
SUPER JANUARY SALE

Girls' cotton knit underwear 20% off.
Sale 3.67 pkg. of 3
**Reg. 4.59.** Your choice of pretty rosebud print vest or matching panty. Polyester/cotton. Sizes 4-14.

20% off 6-pr. pack girls' tube socks.
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**Reg. 5.87.** Soft socks of Orlon acrylic/nylon/polyester. Solid white or striped top. S, M, L.
3-pr. pkg. cuffed anklet, Reg. 2.19 **Sale 1.75**

20% off underwear for boys.
Sale 4.39 pkg of 4
**Reg. 5.49.** Choice of white T-shirts or briefs in cotton/polyester. 8-20

20% off boys' socks.
Sale 2.55 pkg. of 4
**Reg. 3.19.** Calf-length athletic socks with soft cushioned foot. Cotton/nylon/acrylic in white with stripe top.
Over-the-calf, Reg. 1.25 pr. **Sale $1**



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# Film On Racism, Poverty To Be Shown At CAMP

The Central Area Motivation Program (CAMP) announces the showing of **American Pictures,** an extraordinary political documentary on racism and poverty in America. Many critics have described it as a "masterpiece...a show which will have its viewers thinking about its message for weeks to come."

**American Pictures** was produced by Jacob Holdt of Denmark. It chronicles his five-year experience traveling throughout the United States. With his camera and tape recorder Holdt takes us to the Southern shacks and Northern tenements of poor Blacks, to desperation-ridden Indian reservations, to a Ku Klux Klan rally, to the habitats of poor whites as well as the estates of the Kennedy's and Duponts, two of America's wealthiest families.

This show has received critical acclaim everywhere it has been shown throughout Europe and the United States. CAMP will be bringing it to Seattle for two evenings only, Friday and Saturday, January 28 and 29 at 7 p.m. at the Langston Hughes Cultural Arts Center, 104-17th Avenue South.

Tickets are $5 per person and can be purchased at CAMP, 722-18th Avenue. All proceeds go to CAMP's foodbank and and crisis relief services.

Larry Gossett, executive director of CAMP, says his agency is very fortunate to have been given the opportunity to bring **American Pictures** to Seattle, because, as he sees it, "The show not only captures the imagination of its viewers, it challenges them to act; to do something about the horrors and injustices of poverty in America."

Gossett goes on to also call the sponsoring of **American Pictures** a timely event...thousands of Seattlites are living at or below poverty line and there is a great need to generate more compassion and concern over their plight, particularly now, when Reaganomics and the current economic recession is forcing more and more people into the ranks of the new poor."

Tickets are very limited and will be sold or reserved on a first come, first served basis. To guarantee a seat at one of the two evening shows, call CAMP at 329-4111.

## Sweet Honey To Perform

SWEET HONEY IN THE ROCK, nationally acclaimed vocal quintet from Washington, D.C., returns to Seattle by popular demand on March 4 at 8 pm in the Westin Hotel Grand Ballroom.

Rooted in the gospel, folk, jazz and blues traditions of the Black experience, the five women interweave superb acapella harmonies and pulsating rhythms which have earned them sell-out crowds and outstanding reviews throughout North America.

SWEET HONEY's lyrics address a broad spectrum of contemporary issues including freedom struggles in South Africa and Chile, workplace hazards, child raising and nuclear disarmament. Through their moving presentation, utilizing only voices and occassionally a traditional African gourd, SWEET HONEY unites and challenges their audience to work for social change while continuing to nourish and heal us with the power of their belief that together such changes can be achieved.

SWEET HONEY IN THE ROCK is sponsored by the Association of Women in Psychology as part of their national conference and is locally produced by Dream's Eye Productions.

Child care will be provided and the concert will be signed for the hearing-impaired. The facility is wheelchair-accessible. For ticket and other information, call 632-6038 or 324-5178.

## Cerebral Palsy Telethon

KOMO-TV will air the 1983 "Weekend With the Stars Telethon for Cerebral Palsy" for 22 continuous hours on January 22-23, from 8 pm Saturday to 6 pm Sunday.

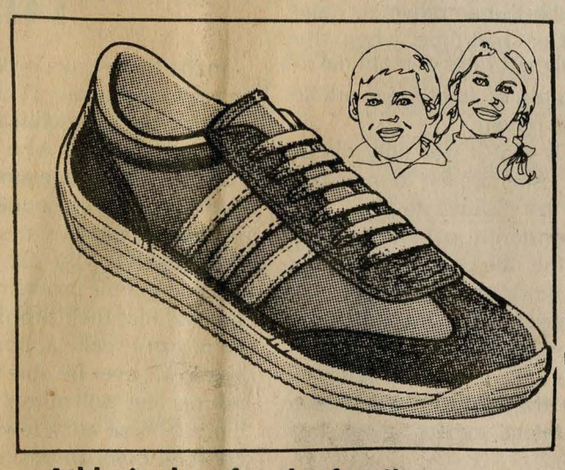
This year's extravaganza will again feature local and national television stars, sports celebrities and many top entertainers. The telethon will alternate 20 minutes of network programming with 10 minutes from the Seattle studios.


sears

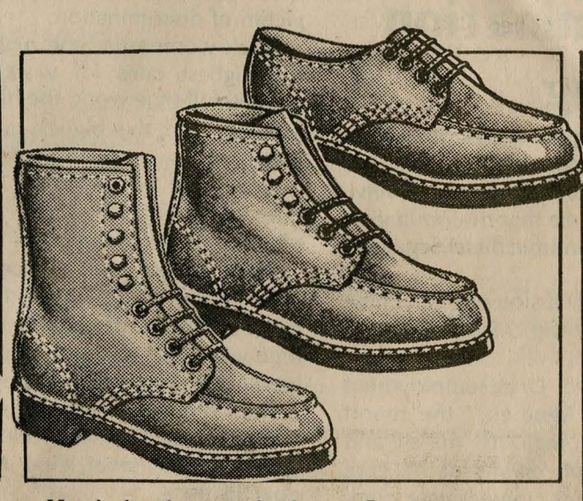
BIG DOLLAR DAYS ENDS JAN. 22



**Men's leather work shoe**
Save $4.99 Comfortable leather upper. Moc toe styling. Oil resistant rubber sole, heel. Steel shank, Goodyear welt construction. In black.
Reg. $22.99 **$18** pr.



**Athletic shoe for the family**
Save $2 Machine washable nylon and sueded vinyl upper. Slip-resistant treaded PVC sole. In sizes for men, women, big boys and children. Blue.
Reg. $9.99 **7.88** pr.



**Men's leather work shoes.** Durable leather uppers, oil resistant rubber soles, heels. Arch supporting steel shanks. Cushioned insole. Direct vulcanized construction. $22.99 Oxford, **18.39** pr. $27.99 5-in. shoe, **22.39** pr. $32.99 8-inch boot, **26.39** pr.

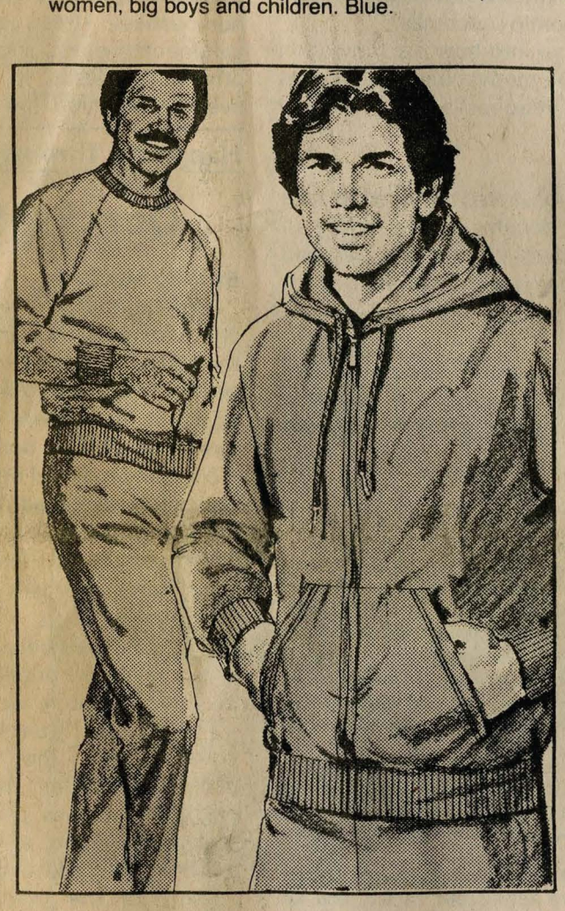


**Save 25% Sears Best underwear and socks for kids**

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| $4.99 Little boys' briefs or T-shirts, 2 to 6x, pkg. of 3 | 3.74 |
| $4.99 Little girls' panties or vests, 2-6x, pkg. of 3 | 3.74 |
| $5.99 Big boys' briefs or T-shirts, 8-20 pkg. of 3 | 4.49 |
| $5.49 Big girls' briefs, bikinis or vests, sizes 7-14, pkg. of 3 | 4.11 |

Save 25% on Sears Best socks, too.

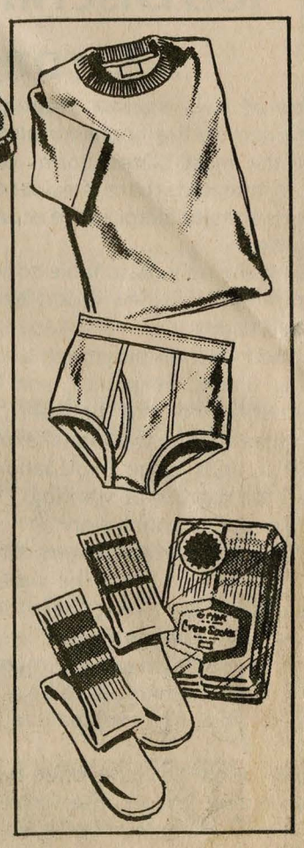
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Crewneck top, pants Reg. $8.99 each **2 for $10**
Hooded zip jacket Reg. $14.99 **$9**



**Special Purchase! Men's sport shirt assortment**
Handsome solids and yarn-dyed plaids shirts of woven polyester and cotton. Two button through pockets. Sizes S-XL. Quantities limited.
Short sleeve sport shirts . . **2 for $12**
Long sleeve **2 for $13**
A special purchase, though not reduced, is an exceptional value.



**20% off men's cotton underwear**
Comfortable underwear of 100% cotton in packages of three. Choose white T-shirt or brief. Reg. $4.99 **3.99** pkg.
$5.99 Assorted print boxers . . . **4.79** pkg.

**20% off men's tube socks**
Soft Orlon® acrylic and polyester socks. Solid white or white with color stripes. 6 pr. per package.
$5.99 Crew-length tube socks, **4.79** pkg.
$6.99 Over-the-calf tube socks, **5.19** pkg.




***Tampax® Tampons**
40 per pkg. **2.59**



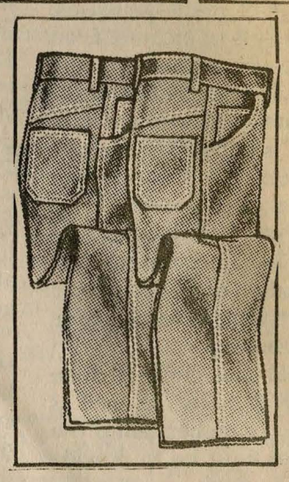

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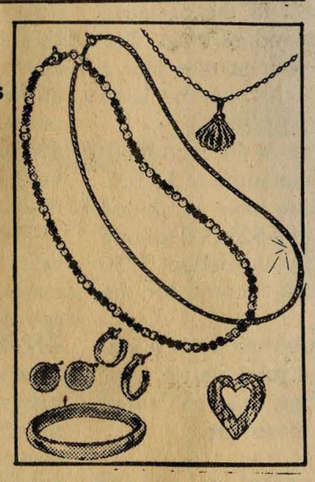

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**Misses' cotton jeans**
Rugged all cotton denims with 5 pockets, zipper front. Hustle in, see them today!
In our Budget Shop

**5 for $2**
**Costume jewelry**
Special purchase. Colorful earrings, necklaces, bracelets. See the selection while quantities last.
In our Budget Shop





**Save $5**
**Comfortable, pull-on jeans for misses**
Reg. $14 **8.99**
Move easy in our stretch pull-on jeans of cotton and DuPont Dacron® polyester denim or twill with all-around elasticized waistband. In navy denim.
Denim jeans in women's sizes, reg. $16 . . . . . **10.99**
In our Sportswear Department

DUPONT Dacron®

You can count on Sears
SEARS, ROEBUCK AND CO.
Satisfaction guaranteed or your money back

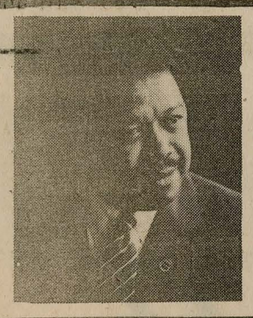
All Items Available At These Stores

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# EDITORIALS • COMMENTS • OPINIONS



## TO BE EQUAL

by John E. Jacob
Nat'l. Urban League President

## Job Discrimination Strong

Federal laws against employment discrimination have been on the books for almost twenty years, but while the most blatent forms of discrimination have been eliminated, there is evidence that discrimination remains a major factor in the economic disadvantage of minorities.

That is the only reasonable conclusion one can come to from reading a new report by the U.S. Commission on Civil Rights.

Entitled "Unemployment and Underemployment Among Blacks, Hispanics, and Women," the report documents the gap between majority males and minorities and the traditional explanations for that gap.

And it finds those explanations, increasingly common these days, to be wanting. The Commission Chairman's cautious conclusion:

"When comparing workers with the same amount of education or who live in the same area or who have the same amount of training or are the same age, minorities and women have far higher levels of unemployment and underemployment. We must strongly suspect that discrimination continues to be a factor. We have been able to find no explanation for these persistent disparities."

Those disparities have often been dismissed with rationalizations. Some conservative economists have said that Black unemployment is so high because Blacks have less education, less training, live in places where business is bad, and more.

But the statistical analysis made by the Commission disproves those attempts to avert the admission that discrimination still lives.

For example, it found that great disparity in employment between White males and Black males with the highest educational levels. And it found that Blacks were more often overeducated for the jobs they held than other groups.

That hardly says education isn't important. Nor should it be interpreted to justify anything that discourages Blacks from increasing educational achievement levels. It just indicates that advanced degrees are not enough to immunize Black workers from the effects of discrimination.

While the report indicates that White females also suffer from discriminatory practices, it clearly indicates that it is the Black female who is the nation's leading victim of discrimination.

Black women had the highest unemployment rates, the highest rates for working part-time when they wanted full-time work, the highest rates of marginal job holding, and the highest rates of full-time work for wages so low they remain in poverty.

One value of the report is that it not only discuss unemployment, which is an issue familiar to most people, but also other forms of job disadvantage.

Black jobless rates are constantly over double the White rates, but so too are the rates for underemployment through intermittent work or involuntary part-time work. So too are the rates for marginal jobs or for working at below-poverty level wages.

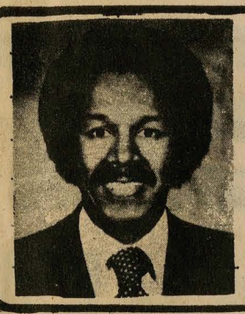
The Commission estimates a third of Black males are overeducated for the work they do and a fifth earn wages below what they might expect given their qualifications.

All of this adds up to economic disadvantage that sweeps across all the possible explanations but one -- discrimination. Whenever the Commission compared Blacks and Whites with similar characteristics, it found wide discrepancies in economic outcomes.

The Commission did not go into how discrimination works its illegal ways, nor the motivations and patterns behind the statistics. That requires a massive study itself.

But what it has done demonstrates the need to take discrimination seriously. It documents the failure of traditional explanations of Black-White disparities, and the overriding need to remove discrimination from our lives.

For without strong anti-discriminatory measures, minorities will once again be left out of any economic recovery that occurs, and Blacks will remain disadvantaged.



## Coping

By Dr. Charles W. Faulkner

## Thanks

In the three years in which this column has appeared in your local paper, I have received thousands of letters from readers like yourself.

You and others who read the paper in which these columns appear are among the most intelligent and informed citizens in our society. Your letters prove it.

Most people are in search of a friendly, understanding people who can provide them with guidance regarding their problems and who can grasp the deep sadness that their problems cause. Where can I go for help? Am I really abnormal? Why is this happening to me? Will I ever be able to solve my problems and live a normal life? Will others laugh at me because of my problems? These are a few of the many questions that are constant companions to most people in our society.

But most people do not have what could be referred to as acute psychiatric problems. Instead, there are usually personal feelings of inadequacy that cause stress which leads to compulsive overeating, irritability, nervousness, stress, sleepless nights, forgetfulness, argumentativeness, short temper and intolerance with others. This leads, in turn, to overweight, unattractiveness, rejection, loneliness, and sadness.

"If I could just find out how to overcome this little problem that constantly troubles me." "If I could only develop confidence and feel comfortable around people, I could be a big success." These are but two of the questions asked by most of us. There seems to be a little barrier between ourselves and the success that we desire. It is just a small barrier - a small roadblock that stands in our way. It has been present all of our lives and gets more and more troublesome each day. "If I could just push it out of the way, I would have a direct and easy road to happiness."

In the coming weeks my columns will present solutions, guides, and helpful hints that you can use to surmount the barrier. I will tell you: About the wonderful success of positive thinking, how to overcome barriers that seem insurmountable, how to get rid of stress and relax, how to overcome shyness and a lack of confidence, how to meet new friends, how to cope with the loss of your job, how to improve your memory and concentration, and how to find success in spite of the current problems in our society.

I will write a series of columns on the most recent development in hypnotherapy. Everyone has problems but these problems can be overcome with your persistent effort. The more difficult a problem becomes, the harder you must fight it. There is **always** a solution to every problem that you have probably not thought of. You are the best person to insure your own happiness.

This is your column. Your ideas are always invited. Your comments and critiques are welcomed. Let's work togther for a happier life.

**Your suggestions are welcomed. Suggestions for future articles will be appreciated. Cassette tapes of this and other articles are available for individual use, discussion groups and classroom use. All letters and inquiries should be sent to Dr. Charles W. Faulkner, Post Office Box 50016, Washington, D.C. 20004.**

**Happiness Through Health**

## Quacks Still Peddle Worthless - And Dangerous - "Cures"

By Otto McClarrin

Medical quackery is as alive and well in the United States today as it was in the old patent medicine days of the 1800s, according to medical authorities. And it is a profitable business. Although accurate figures are hard to come by, experts estimate that Americans spend more than a billion dollars a year on worthless "cures."

State and national health officials say quackery is fantastically widespread throughout the country. And unfortunately, according to them, the cases are often difficult to prosecute. And when they get a conviction, the practitioner often gets out on probation and is back at the same old tricks.

Health officials believe their best tool against quacks is to educate the public about what to watch out for so they don't become victims.

The word "quack" comes from the earlier "quacksalver" - the "quack" part from the cry of a duck and "salver" meaning to save or heal. The original term was used to describe someone who pretended to be a healer, and who made noisy pretenses to medical skill not based on knowledge.

Many of the practices of "quacks" would be humorous if they weren't so tragic: "feet ticklers" who claim to cure all disease by manipulating the feet; "healers" who supposedly send their cures out by radio waves; practitioners who say they can tell by the spots in your eyes, the afflictions your body suffers.

Often the work of quacks is simply useless and unnecessary, curing people of nothing more than a fat pocketbook. But just as often, the worthless treatments deter people from seeking real and medical help - sometimes with fatal results.

As one investigator stated: "One woman went to one of these practitioners, complaining of a bad throat. She was afraid she had cancer, but the 'doctor' assured her she didn't. He treated her with herbs and other things, all the while telling her she didn't have cancer. But her throat kept getting worse. She finally went to her medical doctor. He rushed her in for cancer surgery - just in time to save her life."

The Food and Drug Administration has regulation powers over drugs and therapuetic devices which are sold to the public. A few years ago a law was passed which substantially strenghtened the FDA's authority to require premarket approval of certain medical devices and to remove fraudulent devices from the market.

Through its experience with quackery, the FDA has found three common types: False claims for foods, drugs and cosmetics and unnecessary food supplements; cancer treatments and drugs; and medical devices which are supposed to perform all sorts of miracles.

Included here are such things as chemical face peels which promise new youth, but may bring disfigurement; drugs that "melt away" fat without dieting; laxatives which promise "prompt relief" from colitis, but may worsen the condition; hair restorers which are said to cure baldness.

The FDA warns the public to be wary of claims from self-styled nutritionists who say all diseases are due to a faulty diet; that soil depletion and chemicals nutrution poison crops; that persons with a "tired feeling" or an ache or pain have a "subclinical deficiency" and need food supplements or megadoses of vitamins.

The truth is, say experts at the FDA, Americans are the best fed people in the world; diseases caused by dietary deficiencies which once killed thousands are rarely encountered; the need for vitamin, mineral or other food supplements can only be established by a physician.

# VIEWPOINT



## JULIAN BOND

## Making Dr. King Proud

Let's give Martin Luther King his day.

In the 15 years since James Earl Ray shot King in Memphis, Tenn., a sizable movement has called for making his birthday, Jan. 15, a national holiday. But today, the movement seems stalled, and the recent congressional approval for a statue of King on Capitol Hill is likely to delay the official celebration of National King Day even further.

But suppose those who believe in keeping King's dream alive decided to celebrate King Day without official sanction? And suppose they celebrated in a way that might make King proud — and that the method of celebration was as important as the result?

Not only would King's dream survive, but the remembrance would rekindle the spirit he brought to Albany, Ga.; Montgomery, Selma and Birmingham, Ala.; and Memphis, Tenn.

That the spirit needs reviving today — in the face of the Reagan reversals in civil and human rights and social programs — is beyond question.

Simply put, what Martin Luther King proposed — and millions of black and some white Americans accepted — was the notion that every woman and man could be an agent of his or her own improvement.

Before the Montgomery Bus Boycott in 1957, civil rights activism was limited largely to scholars, lawyers and professional advocates. But when Rosa Parks was arrested for refusing to give up her seat on a Montgomery bus to a white man, and when Martin Luther King articulated a philosophy for resisting segregation, the entire black population of Alabama's capital city was given a role in ending their own dehumanization. They boycotted the bus line.

Similarly, when King led marchers from Selma to Montgomery and through the streets of Birmingham, he empowered everyone to strike a blow against the system that had declared them to be less than human.

Martin Luther King transformed black Americans from spectators to participants in the fight for civil rights.

Scholars, lawyers and professional advocates are still needed. Voting is also important — and there was a slight increase in black turnout on Nov. 2 — but voting alone has never been responsible for any group's advancement.

Agitation has always been vital to black progress, and agitation, along with evidence that black men and women care enough about their condition to do something about it, is in short supply today.

**"Men will not care much for a people who do not care for themselves," Frederick Douglass said over 100 years ago.**

**King's adaptation of Ghandian non-violence to the American South demonstrated that black Americans did care about themselves and their condition. Further it showed they were so much more humane than their oppressors that they cared for them as well.**

**The period of King's leadership saw the most remarkable transition in the relationship between black and white Americans and their institutions and governments since the Civil War.**

**The remainder of the 1980s can witness another forward shift in race relations, but only if the victims demonstrate — to themselves, as well as to the majority of other Americans that they will not be willing participants in their own degradation.**

**A beginning might be made by observing Martin Luther King's birthday with a positive act against racism and its effects. Instead of taking a day off each Jan. 15, why not take a day to work for the causes Martin Luther King lived and died for? Help the local NAACP register voters. Or help the neighbors clean up that park the city hasn't cleaned since last year's budget cuts and layoffs.**

**In 1984, when Jan. 15 falls on Sunday, ask your minister to set aside a portion of the collection for the organization King founded, the Southern Christian Leadership Conference, or the organization his widow leads, the MLK Center for Nonviolent Social Change.**

**And in 1985, when Jan. 15 will be on a Monday, go to work, but donate that day's wages to a cause or group that seems to you represent what Martin Luther King would have been doing — on your behalf.**

**He believed in working for human freedom.**

**Remember him by giving him his day.**

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## Be Aware Of Tax Law Changes That Save You Money

When you sit down to prepare your 1982 income tax return remember several changes in the law which can reduce your tax bite for the year. According to the Washington Society of CPAs, new or increased tax breaks are available to two-income married couples, working parents, investors in IRA or Keogh plans, and those who contribute to charity.

Under the old law, if you and your spouse both worked, you were probably subject to the so-called "marriage penalty" on your combined earnings. The two incomes often put you and your spouse into a higher tax bracket. But that changes this year thanks to a new "marital deduction."

You may now deduct five percent of the income of the lower-earning spouse, up to a maximum of $1,500. For example, if you and your spouse have combined incomes of $40,000, broken down into $25,000 for one spouse and $15,000 for the other, youu deduct $750 (five percent of $15,000) from your income for the year.

This special deduction may be claimed even if you don't itemize, but you must file a joint return. This write-off will double for 1983 earnings, to 10 percent of the lower income, up to a $3,000 maximum.

The tax break for child-care expenses you incur in order to hold a job has also been modified, CPAs report. (By the way, this is called the dependent care credit and applies not only to children.) Depending upon income, the tax credit for qualified child-care costs has risen from 20 percent to 30 percent of expenditures.

The maximum 30 percent applies to taxpayers with an adjusted gross income (AGI) of $10,000 or less. The credit falls one percent for every $2,000 of AGI over $10,000. So, if your income is $16,000, you will qualify for a 27 percent credit, while someone with an AGI of $22,000 receives a 24 percent credit. Thus, the maximum credit is now $720 for one dependent and $1,440 for more than one.

As income rises the percentage of credit decreases, but not below 20 percent, regardless of income. Even at this end of the scale, a taxpayer with an income above $28,000 who pays the maximum $4,800 in expenses for two dependents is entitled to a tax credit of $960. Remember, a tax credit is subtracted directly from your tax bill, so dollar for dollar, it's worth more than a deduction, which reduces your income.

To qualify for the tax credit you and your spouse must work full or part-time. Child-care expenses cannot be greater than the compensation of the lower-paid spouse. An exception to this rule is made for a spouse who is disabled or is a full-time student.

Expenses eligible for the child-care credit include babysitting or maid service in your home, as well as nursery school, day care centers or summer camp. The primary purpose of the expenses must be to provide care of your dependent when you work.

Another expenditure which qualifies for credit is out-of-home noninstitutionalized care of a disabled spouse or dependent. In general, dependents include children under the age of 15, a spouse or other resident of your home who is mentally or physically incapable of self-care.

You get another tax break if you contribute to a personal retirement plan, both Individual Retirement Accounts and Keogh plans. The annual limit on contributions to an IRA has been raised from $1,500 to $2,000 and you can have an IRA even if you are covered by other retirement plans. Your entire contribution goes to reduce your income.

You can now contribute up to 100 percent of your wages to an IRA, but no more than $2,000. If your spouse doesn't work, you can contribute an additional $250. A working spouse is allowed to contribute another $2,000 to an IRA, so together you can reduced your income by $4,000. You can open an IRA right up until your tax filing date, and take it as a deduction for 1982.

If you are single and in the 30 percent tax bracket, your direct tax savings for the maximum $2,000 contribution to an IRA comes to $600. CPAs point out that all earnings accumulate taxfree, which accelerates the growth of the IRA.

Yet another change in the law allows self-employed taxpayers who maintain Keogh plans also to maintain IRAs. Self-employed individuals using a Keogh plan to create a retirement nest egg may contribute 15 percent of their earnings, up to $15,000 a year. This is double the 1981 level of $7,500.

A new deduction for charitable contributions is now effective if you do not itemize deductions. You may deduct up to $25 (25 percent of the first $100) for contributions on a single or joint return. This amount will increase until 1986 and then be eliminated.

**-Washington Society of CPAs**

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# Astrology For The Mind

By Gwen Simpson Davis

**December 22 to January 20 - Capricorn:** This week marks the birthday of the most famous heavyweight boxer of all times. The one with the beautiful face, Muhammad Ali. True to his nature Ali climbed to the greatest heights as a Capricorn. Capricorns will find themselves slowly changing goals for the new year, additionally change of residence for many is indicated.

**January 21 to February 17 - Aquarius:** Family matters continue to dominate your scenario. You are concerned about family members and the lack thereof. Work plays an active role. You must be especially careful with your money and investments this year. Readjustment of lifestyle indicated.

**February 18 to March 18 - Pisces:** This is a good time to take charge. You can achieve goals in a methodical, slow fashion until spring. Some goals are finalized. A good time to communicate through the mail on business matters. For many a positive upswing is due. However, the trick is to remain positive even when you see both sides. You must learn to handle stress in another way besides panic.

**March 18 to April 18 - Aries:** You are relieved when some situations are settled. Deep down inside you may feel that one family member is at fault and voice your opinion. Change is indicated which gives you some relief. You move on to other areas of interest. Become active.

**April 19 to May 19 - Taurus:** Domestic situations take a turn for the better. A person who had previously been cantankerous becomes amenable. Give person full play. Do not cut them off and let them prove their value in other ways.

**May 20 to June 19 - Gemini:** Situations change quickly. Loss of work partner may occur. You must consolidate operations and survey assets. Expansion may still be possible in areas previously not thought of.

**June 20 to July 20 - Cancer:** You are and will be changing your tune on several issues. Know that there is nothing wrong with compromise when it is in the best interest of all who are concerned. Watch associates as they may become angry and catch you off guard.

**July 21 to August 22 - Leo:** What has been previously speculated may not materialize at all. Know which word is given and which word is contrived. Means read between the lines where personal matters are concerned.

**August 23 to September 21 - Virgo:** Promotion due or promotional opportunity on the horizon. Make the best of opportunity now. Do not hesitate, act now. Share concepts with others for confidence factor if needed.

**September 22 to October 20 - Libra:** Family matters are streghtened and lines of communications are open. This is still an excellent period for Libras to make extra income. Try your new ideas out on others.

**October 21 to November 21 - Scorpio:** You rebound and get back into the swing of things. You open up to old friends and new. The job which may have been a burden in the past lightens up and tension is removed from some relationships.

**November 22 to December 21 - Sagitarius:** You inquire about new concepts and you are able to piece together new information. The key is to act and not just talk. Health is a concern and should be watched.

## Registered Nurses To Meet

Registered nurses from throughout the state will gather at the state capitol in Olympia on Monday, January 24, when the state Senate and House recognize the top official of the American Nurses' Association. Eunice Cole of Bellingham is the first nurse from the state of Washington to serve as president of the national professional association.

In addition to hearing Cole address the state legislators, the nurses will attend a workshop on legislative issues of concern to nursing and will meet with their individual legislators.

A reception for the lawmakers, sponsored by the Washington State Nurses Association and its political arm, PUNCH, will conclude the "Nurse Lobby Day" activities.


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## Suzanne Vikstrom's Hollywood Tidbits



Dionne Warwick

The plush Hollywood premiere performance of **Lena Horne: The Lady and Her Music** was strictly high society. There were the usual klieg lights, blocks of limos bumper to bumper and the red carpet was out as the tuxedos and designer gowns swept elegantly into the theatre ever, ever so slowly as photographers and fans flashed away.

As always, the professional premiere workers were out. You see, these functions are perfect for making new contacts and renewing old ones, but mostly to be seen. It is truly beautiful to watch, when you're observing and not participating.

The after party at **Jimmy's in Beverly Hills** was a repeat of the theatre scenario for those who were on the guest list. Of course those who anted up $175 per for the show, after parter tickets included. Over 700 "pretty people" filed into the huge tent pitched in the parking lot.

Some of those we spotted behind champagne glasses were: **Billie Dee Williams, Ron "The New Odd Couple" Glass, Cicely Tyson and hubby Miles Davis, "Love Boat's" Ted Lange,** dancer **Paula Kelly, Mayor Tom Bradley, Barry and Glodean White, Yvonne Fair Strain, Leslie Uggams** co-host of NBC's "Fantasy", and **Sugar Ray Leonard.** The premiere was hosted by **Dionne Warwick** and the ladies of BRAVO, a chapter of The City of Hope. AND, Miss Horne's two-hour performance was as we expected, sensational.

**Darnell Williams** aka Jesse Hubbard of "All My Children" called to tell me he will soon be in your local record shops--on record that is--crooning pretty melodies for all of many "AMC" fans.

**We are happy to report that Don Cornelius, producer and host of "Soul Train" is recuperting nicely at home after undergoing over 20 hours of brain surgery.**

The much talked about romance between **Rick James** and "The Exorcist" star **Linda Blair** seems to have fizzled as quicly as it began. Those in the know, claim they were surprised it lasted as long as it did, considering the odd couple's life styles.

**Sexy Fred Williamson's** latest flick "One Down and Two To Go" starring Fred, **Jim Brown, Richard Roundtree** and **Jim Kelly** was screened recently and from the audience's comments and reactions, the scenes that made it to the screen should have been left on the cutting room floor also. Oh, it will make big bucks simply because of the list of characters. We hear Fred filmed this classic in ten days, and I for one believe it.

**The Beverly Theatre,** in Beverly Hills has quickly become the place to enjoy your favorite recording stars in concert. The theatre booked its first concert last summer and became an instant success. **B.B. King** kicked off '83 with a sold out performance, with the outrageous **Millie Jackson** and **The Manhattan's** set for January 28; **Dionne Warwick** (February 3-6); and **Peabo Bryson** (February 18 and 19).

With jobs for Blacks in show biz at a virtual standstill, many actors packed their bags and headed for higher grounds. **John Amos** of "Good Times" and "Roots" headed east, **Anazette Chase** to London, and **beautiful actress Azizi Johari to Seattle.** Anazette was imported to co-star with **Richard Pryor** in "The Toy," and John is back working on a possible new series. We hear there have been several offers (two that we know of) for Azizi to return to Tinseltown for co-starring roles. Ms. Z. I hear there are a couple of Hollywood heavies anxious to hear from you. Hope we hear from you soon.

If you're wondering what happened to **The Two Tons O' Fun,** they're still around, only now they call themselves **The Weather Girls.** "It's Raining Men" is the current hit for the heavyweight ladies.

# Ebony Drive At First AME



**Pictured above are Elnora Black, Troubleshooter; Gloria Thompson, Chair; and Mae Scott, Co-Chair.**

First A.M.E. Church is in the midst of its Annual Ebony Subscription drive. Subscriptions are sold to *Ebony, Ebony Jr,* and *Jet Magazine.* Proceeds support Black institutions, developed through the AME system.

Chairwoman Gloria Thompson commented, "The proceeds will aide our scholarship funds to send Black children to our colleges, they support our Senior Citizen's Centers, of which we have several in the Seattle area, and the funds also support our Nursing Care Centers.

"With all the problems funding necessary institutions, and cutbacks in enrollment of Black college students, all of us have to do a little bit more to make sure these important institutions survive," Thompson continued.

The cost of the subscriptions range from $8 a year for *Ebony Jr,* for the children, $12 a year for *Ebony* and $28 a year for the weekly publication of *Jet.*

Call the church office at 324-3664 or 324-3665 for Barbara Mitchell or Eloise McCoy, during the week from 9:30-3 pm, or come down and take out your subscription in person after any 8 am or 10:45 am service on Sunday. This is your opportunity to support Black Institutions.

But a special gift for a loved one and read some of the most outstanding Black magazines in America.

## Tennis Court Lights Off For Winter

Floodlights at 75 outdoor tennis courts at 23 locations have been turned off for the winter, according to the Parks Department. Tennis court lighting systems will be turned on again on April 1.

Funding for wintertime lighting at tennis courts was deleted from the 1983 City of Seattle budget as part of a $460,000 reduction in the overall Parks Department budget proposal.

Seattle's tennis lights operate on push bottons controlled by astronomical timers that automatically adjust for longer or shorter periods of daylight. Normally, the timers are set to provide electricity only between dusk and approximately 11 p.m.

The Seattle Tennis Center, a Parks Department-owned facility at 2000 Empire Way S., has 10 indoor courts available by reservation. Advance reservations may be made either in person or by use of a telephone reservation card available from the Tennis Center.

Call Lou Anne Kirby, community relations coordinator, at 625-2683.

## College Reps To Answer Student Questions

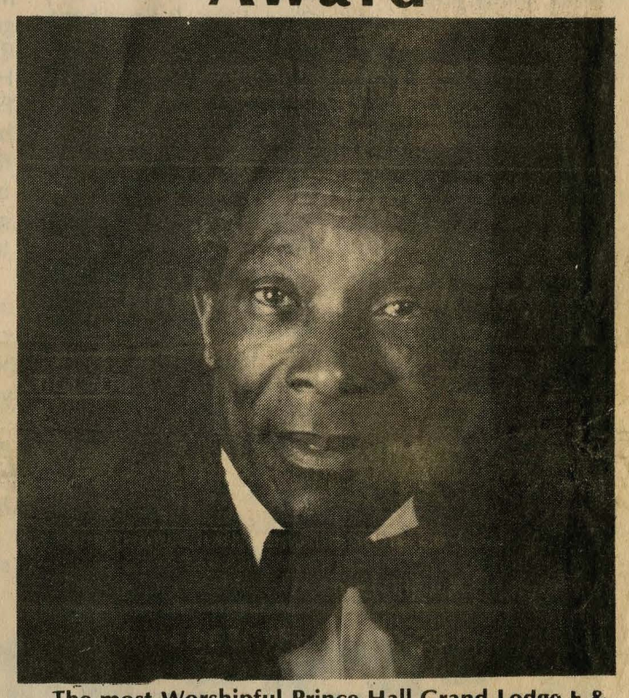
Admissions representatives from 17 four-year colleges and universities in Washington state will be on the North Seattle Community College campus, Tuesday, Jan. 25, to answer questions from students and Seattle area residents about transferring to their respective schools.

The reps will be in the Student Lounge from 8:45 a.m. to 1:30 p.m., to explain admissions and transfer procedures and course equivalency policies.

Representatives from the following institutions will participate: Central Washington University, City University, Cogswell College North, Cornish Institute of Allied Arts, Eastern Washington University, Gonzaga University, and Pacific Lutheran University.

Others are: R.O.T.C., St. Martin's College, Seattle Pacific University, Seattle University, The Evergreen State College, University of Puget Sound, University of Washington, Walla Walla College, Washington State University, and Western Washington University.

## Isiah Simon Gets Life Membership Award



**The most Worshipful Prince Hall Grand Lodge F & A.M. Washington and Jurisdiction, will present a Life Membership Certificate to R.W. Brother Isiah Simon, Saturday, January 22, at 6:30 p.m. in a public banquet at 306-24th. Ave. South. R.W. Bro. Simon has served the Grand lodge for over 25 years. Along with his fraternal participation, he is an active member of the First A.M.E. Chruch.**

## Selective Service Registration For Men In Washington State

The 7,500 Washington State men who have not registered for the draft will receive Selective Service letters, mailed by the Internal Revenue Service, reminding them to register. The maximum penalty for failing to do so is $10,000 fine and/or five years in jail.

Selective Service is able to identify these men by cross-referencing their computer files with those of the Social Security Administration and the Internal Revenue Service. Washington State Driver's License Lists are also being used to locate non-registrants.

To register, complete a card form at any Post Office within 30 days of your 18th birthday.

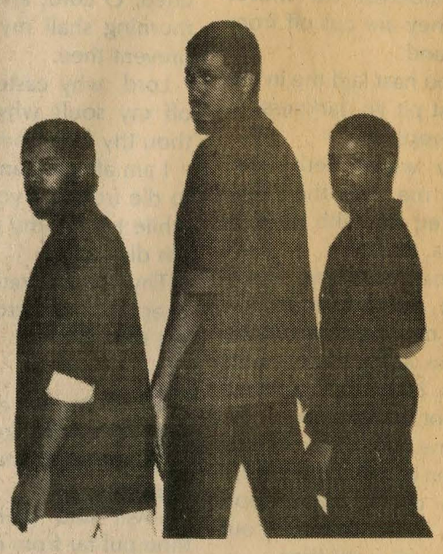
## 'Live From My Living Room'

Kabby Mitchell, III will be presenting a concert of his newest choreography on Jan. 21, 22 and 23. Mitchell recently performed as a soloist dancer with Pacific Northwest Ballet and is presently performing as a featured dancer at Jack McGovern's Music Hall.

After the resounding success of "Urban Renewal," Mitchell will present his original concert entitled "Live From My Living Room." It will be in two segments: "Caught In A Time Warp" and "Nocturnal Moods" with new works by Mitchell and New York choreographer, Velia Renee, who is also appearing at Jack McGovern's Music Hall.

Velia Renee will be introducing her new visions, "Sugar Frosted Prince" and "Criss-Cross and Human Da - Men - Nos."

Showtime is at 8 pm, at Langston Hughes Cultural Arts Center, 17th and Yesler Way. For ticket information and reservations call 322-6401.



**Pictured are several of the cast members of 'Live From My Living Room.'**

## ASK WENDY

**What are my credit responsibilities as a divorced woman? People keep trying to collect payment from me for my ex-huband's bills.** (T.H., White Center)

Your bank probably has up-to-date information on credit rights. Feel free to consult banker for advice. Be sure that any credit cards held jointly when you were married are now cancelled or changed to your name only. You need to explicitly let your creditors know that you are responsible for your own debts.

The Washington State Human Rights Commission has published a booklet entitled, **Women and Credit.** Your local library may have a copy, or you can get one by mailing 25¢ and a self-addressed envelope to the Commission requesting a copy.

If interested in legal information about your credit rights, you migh want to call the Northwest Women's Law Center, 632-8468.




**Josephine Baker, the famous singer, was known for walking her pet leopards down the Champs Elysees in Paris.**


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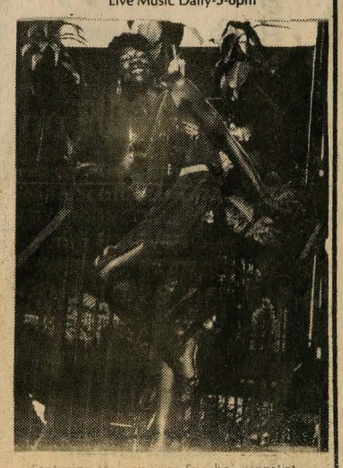
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# Religious News & Events

## Gospel Extravaganza At PLU Features Seven Choral Groups



Mt. Zion Mass Choir



The Chanticleers



Martin Luther King Singers

Seven of the Northwest's finest gospel music singing ensembles will perform during a Gospel Extravaganza at Pacific Luthern University Sunday, January 23.

The 3:30 p.m. concert in Olson Auditorium is a benefit for the BERG minority scholarship program at PLU.

Sponsored by BANTU, the PLU Black Student Union, the gospel concert features Tacoma's Martin Luther King Singers, St. John's Baptist Church Chapel Choir and Voices of Victory.

Seattle-based ensembles include The Chanticleers, Rondel and Carmel Harvey, Mt. Zion Mass Choir and The Total Experience.

The latter five groups presented the first Northwest Gospel Extravaganza at the Moore Theatre in Seattle on Valentine's Day last year.

Not quite a decade old, the Martin Luther King Singers from Fort Lewis Chapel No. 9 have been widely praised at performances throughout the Northwest. The St. John's Chapel Choir is one of several at St. John's Baptist, one of the oldest and largest Black congregations in Tacoma.

Voices of Victory, a five-member ensemble from Tacoma's Bethlehem Baptist, has recorded their work and has been acclaimed during tours of the entire West Coast.

Like Tacoma's St. John's, Seattle's Mt. Zion Baptist is a large congregation with a long history. The Extravaganza will feature Mt. Zion's combined Inspirational, Santuary and Chapel Choirs.

The 16-member Chanticleers are one of the most sought after gospel groups in the Northwest. Rondel and Carmel Harvey from Beacon Hill First Baptist Church have been singing together for five years and hope to become a professional gospel husband and wife team.

Sixty-five young people from age five to 19 are members of The Total Experience. During its nine-year history the choir has performed in 22 states, British Columbia and Nassau, Bahamas, and has recorded two albums.

The Extravaganza is scheduled the week following the birthday of the late civil rights leader Dr. Martin Luther King, Jr. and precedes an African heritage lecture-film program at PLU Jan. 26. It is also a fitting prelude to PLU's observance of Black Awareness Month in February.

Tickets for the concert are $5 for adults and $3 for students. They may be obtained at the PLU Information Desk, Ted Brown Music Company, and from participating choirs.

Call PLU at 535-7457.

## CHURCH BRIEFS

**SECOND ANNUAL REVIVAL AT BETHEL CHRISTIAN**

The Brotherhood auxilary of Bethel Christian Church presents its second annual revival, Tuesday, Feb. 1 through Feb. 6, 7 p.m. nightly and 11 a.m. Sunday. The theme is "The Power of Love." Guest speaker is Dist. Elder Gary Hunt, pastor of the Greater Apostolic Faith Church, Memphis, Tennessee, and District Elder of the 10th Episcopal Southern Tri-State Council. Hear testimonies, special singing, and special ministry of healing. Don't miss this opportunity to hear this man of God, and you will find that "Love" Does Work.

Dist. Eld. Nathaniel Davis, is pastor of Bethel Christian. Call 324-2141 for more information. The church is located at 208 - 24th. Avenue.

**FORMERLY MARRIED CATHOLICS HOLD 5TH ANNUAL DINNER**

The Seattle Archdiocesan Formerly Married Catholics is holding their 5th annual mass and dinner celebration at St. Vincent De Paul Parish, 30525 - 8th Avenue South in Federal Way, Sunday, Feb. 5 at 3 p.m. Archbishop Raymond Hunthausen is the principle celebrant. The theme is "In His Name." The Seattle Archdiocesan Formerly Catholics consist of 20 groups from Vancouver, Wa. to Bellingham. It is a support group for divorced, widowed, and seperated persons. Call Beverly Sines at 522-7138 or Bea Newlun at 365-4230 for reservations and more information.

**NONDENOMINATIONAL HEBREW CLASSES**

Ulpan Shalom, the nondenominational, non-profit Hebrew learning center, is offering two new 10-week series of classes, beginning February 2. The beginners' series is designed for those with no prior study of Hebrew; the advanced beginners' classes are for those with some reading knowledge of Hebrew and minimal vocabulary. Both classes will meet for a term of 10 weekly two-hour sessions, 7:30-9:30 p.m., at the Seattle Hebrew Academy, 1617 Interlaken Drive East. Registration is at 7 p.m. February 2. Call Alice McLerran at 323-5750.

**YOUNG ADULT CONFERENCE**

"Exploring Relationship & Intimacy" is the theme of the 5th Annual Young Adult Conference, sponsored by Archdiocese of Seattle's Office of Campus & Young Adult Ministry, Feb. 4-6 at Warm Beach Camp-Stanwood, $40 pre-registered - $45 after Jan. 21. Scholarships available. Call 382-4882.

**EXCITING SOUNDS OF JOY IN CONCERT**

The Exciting Sounds Of Joy, a group of young men will sing God's praise in concert at Ebenezer A.M.E. Zion Church, located on 23rd and Olive. Rev. Dr. William R. Griffin, pastor. The concert is Sunday, January 23 at 3 p.m.

**GOSPEL MUSIC EXTRAVAGANZA**

A Gospel Music Extravaganza will be held at Pacific Lutheran University, Sunday, January 23, at 8 p.m. in Olson Auditorium. Scheduled guests include the Chanticleers, Total Experience Choir, Mt. Zion Baptist Church Mass Choir, St. John's Baptist Choir, Rondel and Carmel Harvey, Emmanuel McAuley, Martin Luther King, Jr. Singers and others.


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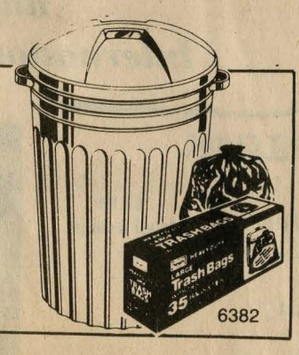

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## Biblical Words Of Wisdom

**PSALM 87**

His foundation is in the holy mountains.

The Lord loveth the gates of Zion more than all the dwellings of Jacob.

Glorious things are spoken of thee, O city of God. Se-lah.

I will make mention of Rahab and Babylon to them that know me: behold Philistia, and Tyre, with E-thi-o-pia-a; this man was born there.

And of Zion, it shall be said, This, and that man was born in her: and the highest himself shall establish her.

The Lord shall count, when he writeth up the people, that this man was born there. Se-lah.

As well the singers as the players on instruments shall be there: all my springs are in thee.

**PSALM 88**

O Lord God of my salvation, I have cried day and night before thee:

Let my prayer come before thee: incline thine ear unto my cry;

For my soul is full of troubles: and my life draweth nigh unto the GRAVE.

I am counted with them that go down into the pit: I am as a man that hath no strength:

Free among the dead, like the slain that lie in the grave, whom thou rememberest no more: and they are cut off from thy hand.

Thou hast laid me in the lowest pit, in darkness, in the deeps.

Thy wrath lieth hard upon me, and thou hast afflicted me with all they waves. Se-lah.

Thou hast put away mine acquaintance far from me; thou hast made me an abomination unto htem: I am shut up, and I cannot come forth.

Mine eyes mourneth by reason of affliction: Lord, I have called daily upon thee, I have stretched out my hands unto thee.

Wilt thou shew wonders to the dead? shall the dead arise and praise thee? Se-lah.

Shall thy loving-kindness be declared in the grave? or thy faithfulness in destruction?

Shall thy wonders be known in the dark? and thy righteousness in the land of forgetfulness?

But unto thee have I cried, O Lord; and in the morning shall my prayer prevent thee.

Lord, why castest thou off my soul? why hidest thou thy face from me?

I am afflicted and ready to die from my youth up: while I suffer thy terrors I am distracted.

Thy fierce wrath goeth over me; thy terrors have cut me off.

They came around about me daily like water; they compassed me about together.

Lover and friend hast thou put far from me, and mine acquaintance into darkness.

**PSALM 89**

I will sing of the mercies of the Lord for ever: with my mouth will I make known thy faithfulness to all generations.

For I have said, Mercy shall be built up for ever: thy faithfulness shalt thou establish in the very heavens.

I have made a covenant with my chosen, I have sworn unto David my servant.

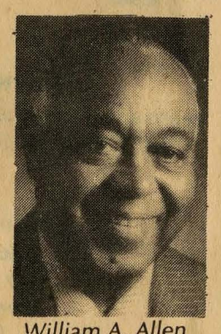
Thy seed will I establish for ever, and build up thy throne to all generations. Se-lah.

And the heavens shall praise thy wonders, O Lord: thy faithfulness also in the congregation of the saints.

For who in the heaven can be compared unto the Lord? who among the sons of the mighty can be likened unto the Lord?

God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him.


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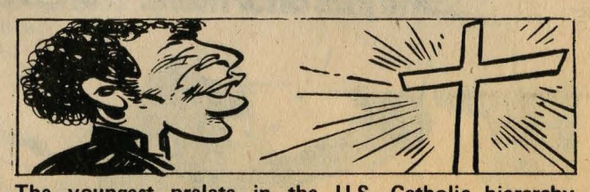
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**NOTICE TO CENTRAL AREA PARENTS**

A meeting will be held on Saturday, January 29, at 1:30 p.m. at the East Madison YMCA - 23rd and East Olive, for any Central Area parents who have lost children to "SIDS" (Sudden Infant Death Syndrome). This is the first meeting of this newly formed Chapter and it is vital and important that you attend. Your support is needed. For further information call John or Phyllis Yasutake, 322-1650.



**The youngest prelate in the U.S. Catholic hierarchy is Bishop James P. Lyke of Cleveland. A Franciscan and the fifth Black member in ordination rites, Bishop Lyke was elevated on his 40th birthday.**

# Entertainment Happenings

## Al Roberts To Leave Huskies

Matt Simon was hired as offensive running back coach at the University of Washington replacing Al Roberts.

Simon was part-time assistant on the 1982 Husky staff and worked with Washington's defensive secondary.

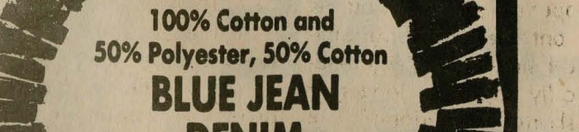
Roberts, who coached Husky running backs for six seasons, accepted a similar position with the Los Angeles Express of the United States Football League (USFL).


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Edwin Moses, world record holder for the 400 meter hurdles achieved his 67th straight victory in that event in 1980.


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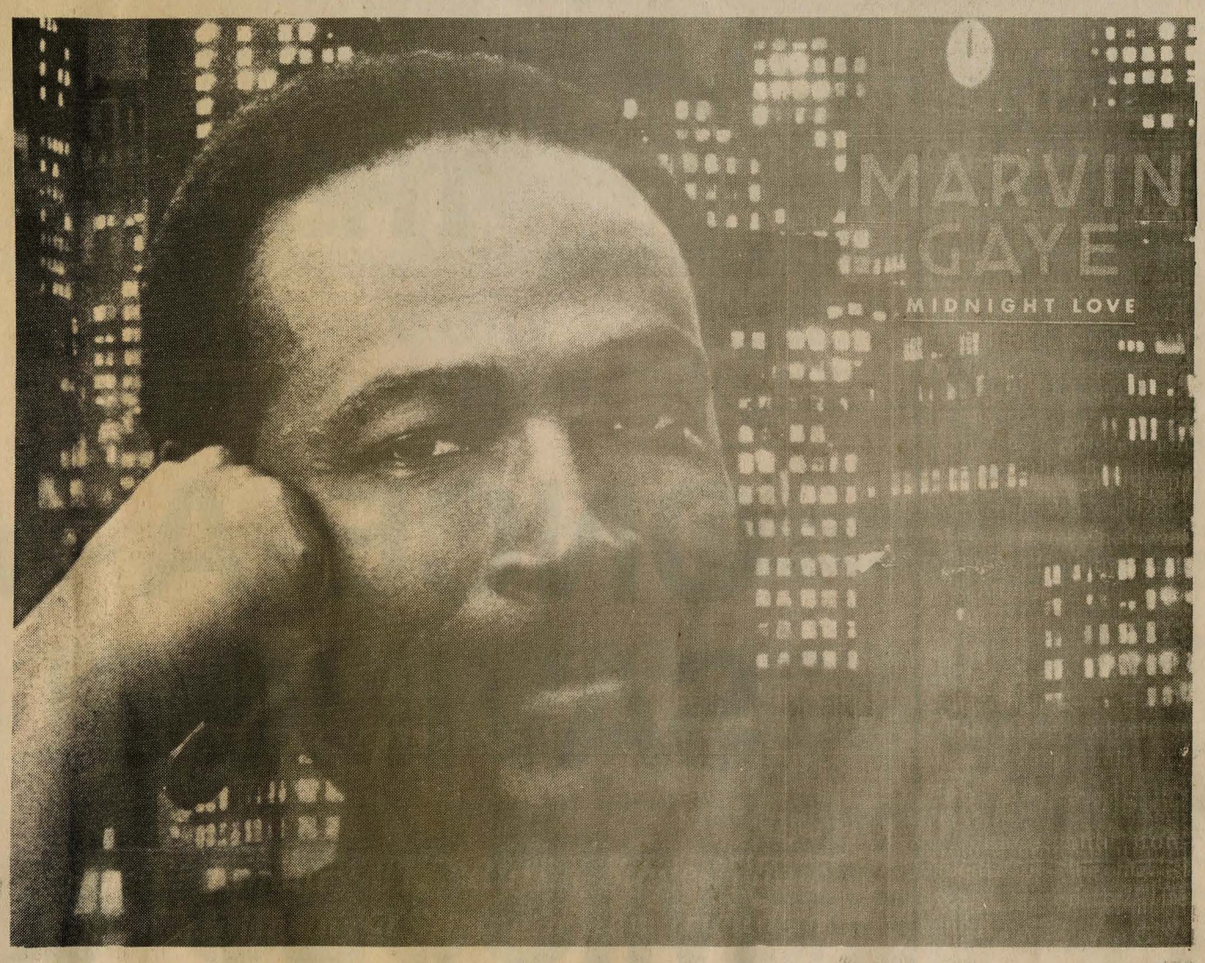
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## "Sexual Healing" Cures Marvin's Ills




Marvin Gaye

**By Joe White**

Dubbed as the sexiest song of the year by USA Today and currently riding the charts as the top soul single in 20 years, "Sexual Healing," Marvin Gaye's million seller continues to set records as the most consistent Number 1 soul single since Ray Charles' 1962 hit, "I Can't Stop Loving You" which stood atop the billboards Black singles chart for 10 weeks. Not only is "Sexual Healing" bringing raves and praises from Black-oriented record buyers, it has crossed over to the White-dominated pop charts where it is rated Number 5. And to add glow to glory, it is one of the 1983 Grammy Award nominees as the Favorite Single of the Year.

Marvin Gaye if not anything else, can easily be acclaimed come-back artist of the year. Gaye was at the top of his career in the 1960's and 70's with Motown Goldies. Among them: "Hitch Hike," "Stubborn Kind of Fellow," "I Heard It Through the Grapevine," "Let's Get It On," "Give It Up" and countless other hits that dominated the top 10 during that era.

In 1978 Marvin, beset with martial problems, lack of enthusiasm for touring and live performances, coupled with lawsuits and IRS claims totaling more than $8 million, fled the United States for Europe where he remained until he recently returned to Los Angeles.

A new man, a new song, a new album. Midnight Love on CBS Records which has already gone platinum (which means it has already sold over a million copies) gives Marvin Gaye that sexual and financial healing that so many Black or White artists are still striving for "and they didn't even give it up for three years!"

Welcome back Marvin Gaye!

## Peace Prize Goes To Daddy King, Filmmaker

Sir Richard Attenborough, producer-director of the award winning film GANDHI, and Dr. Martin Luther King, Sr., father of the slain civil rights leader, was named the 1983 recipients of the Martin Luther King, Jr. Nonviolent Peace Prize.

The announcement was made in Atlanta by Coretta Scott King, widow of Dr. King and president of the Martin Luther King Jr. Center for Nonviolent Social Change.

The prize, which is presented annually for "outstanding work and commitment to the ideals of peace and nonviolence" is the highest award given by the center.

## Carnival Of The Animals

Seattle Central Community College continues its Saturday morning children's entertainment programs with a new dance production of "Carnival of the Animals." It will be presented at 10:30 a.m. Saturdays now through March 12 in the Broadway Performance Hall.

"Carnival of the Animals" by Camille Saint Saens will be performed by members of the Cornish Institute's dance troupe. After the program, members of the troupe will discuss the performance with the audience.

Tickets are $2.50 for adults; $1.50 for children; and $1.25 for groups of 10 or more.

For more inforamtion, contact the Broadway Peformance Hall, 587-4166, or Bass Ticket Outlets, 282-1880.


JOIN US AT

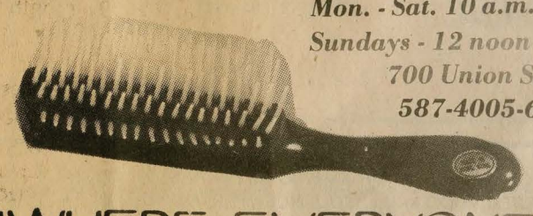
RUFFIN STAGES

"FIRST" Anniversary

*Until January 31, "Ruffin Stages" hair salon is offering a "Bring a new friend to the family" special!*

*Any services or hair products you purchase at the full price, your friend will receive the same services or hair products for only ½ price.*

*To help celebrate our "First" Anniversary, the "First" 100 NEW customers to come into Ruffin Stages before January 31, will receive a "Free" pocket-sized denim hair brush, compliments of Ruffin Stages.*

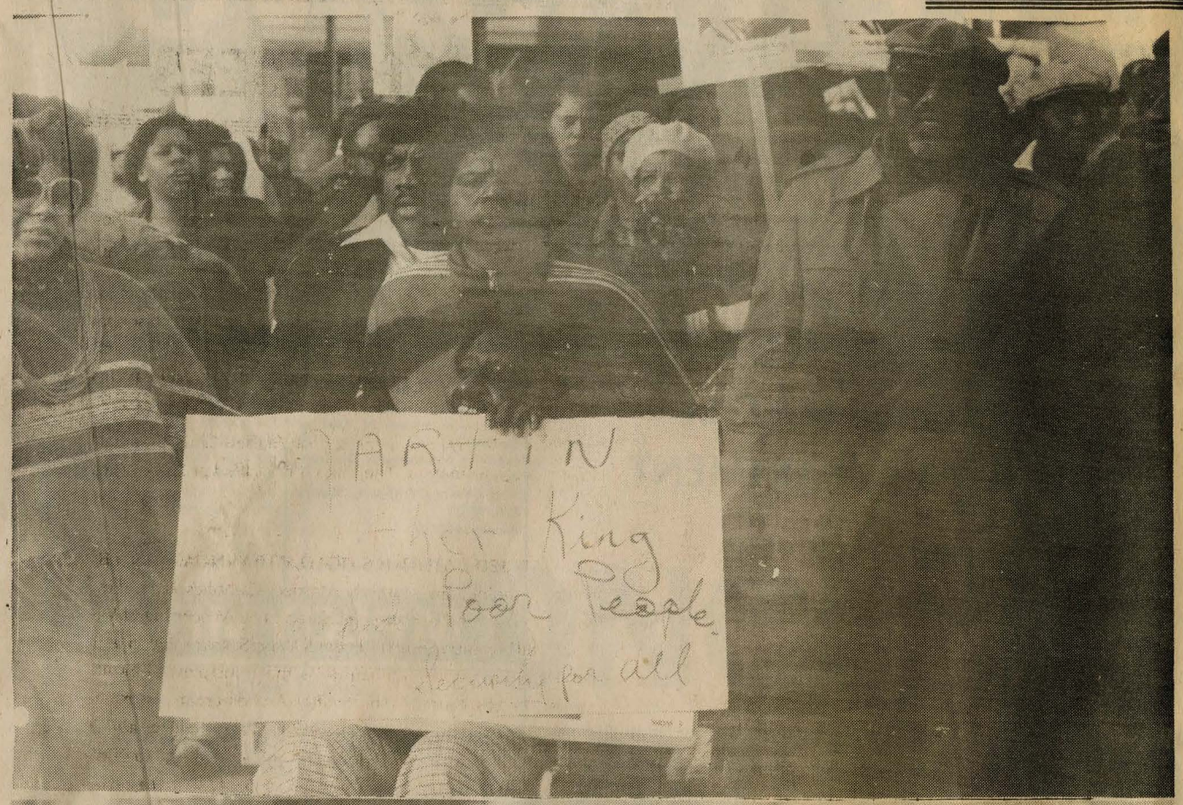


Ruffin Stages
Mon. - Sat. 10 a.m. - 9 p.m.
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# Pictorial Highlights Of Seattle's March For Martin

Photography by CHRIS BENNET, CONNIE CAMERON & TONY HOPKINS















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