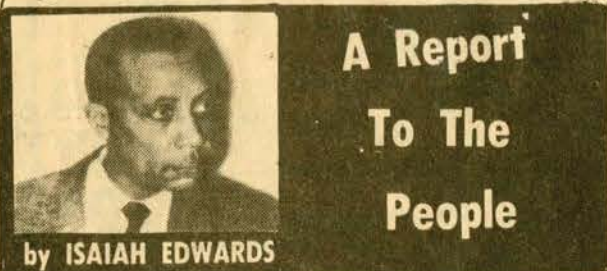


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THE FACTS takes no responsibility for errors and mis-spelled words in copy, especially hand written copy!



by ISAIAH EDWARDS

A Report To The People

This is True:

The Republican Money Machine has almost, at this juncture, succeeded in lulling the People of this nation, into a sense of false economic security, based primarily upon military, prime pumping, amounting in deficit expenditures of billions of dollars, while the poor and the unemployed, goes neglected and un-cared-for. And after having milked the tax payers of millions of dollars, by free riding the announcement of their candidate's bid for a second term. They now stand ready to proclaim his declaration for re-election, and hope to win by dividing the nation with the appeasement of bigotry, and a nuclear military build-up. Bigotry and militarism compliment each other, but what's worse about such bigotry strategy is: it creates jars and discards within the hither-land, and render our country vulnerable to conspiracy. While on the other hand, a nuclear military build-up strategy will soon or later force our hand to re-act in a negative manner. For an army of over two million men with sophisticated weapons wants action, and their generals must find an engagement, he feels he can win. And so it was, with our invasion of poor, puny Grenada.

Recent world event, clearly indicate that we want no entanglements with our counterpart. But what is worse about a nuclear military build-up is, that it's a dangerous and reckless course to follow. It's like playing Russian roulette. That's exactly what we are doing in Lebanon since our recent military-economic pact with Israel. We have escalating our reconnaissance flight's over enemy territory and demand that they not be fired upon. What international law guarantee us the right to spy over foreign territory, and not be shot at? Syria has already downed our planes, and our recent military-economic pact with Israel has angered the Arab world. The bigotry-nuclear military build-up strategy, being used on the American public by the egoistical manipulators of the corporate world, must be barred from the White House at all cost for they are an abomination to our nation and the world.

Until Then, This is True.

Will see you next week.

Racial Slurs Used By Firefighters Subject To Penalty!

The use of racial slurs by on-duty firefighters will be treated as disorderly conduct and subject to disciplinary penalties, under the terms of an agreement between the Seattle Fire Department and the State, according to Attorney General Ken Eikenberry.

Eikenberry said the agreement ends an action his office brought for the State Human Rights Commission on behalf of Thomas E. Bell, a former firefighter.

Under the agreement, any racial slur will be considered disorderly conduct-minor, and if it is directed at an individual, it will be treated as disorderly conduct-major.

The settlement is not an adjudication of any of the charges, nor is it an admission of wrongdoing. The commission had charged the department with creating a discriminatory work environment for Bell and other Black firefighters by permitting the use of racial epithets.

The commission also had charged the department with discrimination in the application of disciplinary rules when Bell lost his temper during arguments with co-workers.

The department, represented by Assistant City Attorney Rod P. Kaseguma, denied the charges. Assistant Attorney General Winslow Whitman represented the commission. Bell was represented by Paul A. Wallstrom.

CALVIN HIGHTOWER

For questions/answers concerning prescription drug abuse and treatment, call Therapeutic Health Services at 387-6545.

(METHAQUALONE-cont'd. from Last Week). Long term use of Methaqualone may result in physical and/or psychological dependence. Physical dependence begins with the development of tolerance. Tolerance is simply the development of increasing immunity, so that the body requires more and more of the drug to produce the desired effects. Tolerance is followed by withdrawal symptoms. When a physically addicted user suddenly stops taking the drug, he will experience a "withdrawal syndrome", which includes insomnia, cramps, headaches, tremors, seizures, vomiting and depression. Withdrawal from Methaqualone is dangerous and should be supervised by a physician. Methaqualone can produce physical dependence in two weeks at a daily dosage of 600-300 mg.

The user may also develop psychological dependence upon Methaqualone. Psychological dependence is the result of using the drug in order to cope with personal problems. Generally, the user must develop alternative coping mechanisms in order to overcome psychological dependence.

Methaqualone crosses into the bloodstream of an unborn infant. If the mother is physically dependent upon Methaqualone, her child will also be born with this dependence.

Facking With McCrackin

by Jody McCrackin

UNITED NEGRO COLLEGE FUND DESERVES OUR SUPPORT

The younger generations of whatever races may not have warmed up as rapidly to the concept of a "Negro College Fund" as we might like to see them. They may have expected us to talk instead about a "United Black College Fund", because there might still be some residue of uncomfortableness with the word "Negro", just as there was about the word "Black" a couple of decades back.

However, we might remind our younger minds that whichever one of those words we use, we are still talking about contributions to assist that deprived group of Americans that have not gotten a fair and equal break in life because of their color. As Americans of all colors, we can no longer permit blackness to be a barrier to opportunities and success. Many of us are ashamed by the policies of our leaders when they come to opportunities for black Americans. It hurts and surprises some of us to see even our government devote so much effort and money to trying to prevent blacks from getting certain jobs, belonging to certain unions and obtaining the best education that good minds can offer.

There was a big headline in the daily paper on Saturday about the Justice Department gearing up to fight "Race Quotas". We should not have to live with this kind of Racial issue hanging over our heads the rest of our lives. It is not fair to Black Children nor White Children to have to live under the kind of cloud we are creating for them. The nation is faced with so many more important issues than Race. Will one's Race be that important in a Nuclear War, for example? The few people that might survive a Nuclear War aren't likely to be overly concerned about what color they might be. It would hardly surprise anyone if everyone turned black following a Nuclear conflict. Racial Quotas might be the only sensible way of addressing the problem of unequal opportunities for Blacks in America. We talk numbers in every other aspect of our lives, so why not look at numbers from a racial standpoint? We don't hesitate to use numbers in talking about employment or unemployment, we use them in politics, we talk about both wealth and poverty in terms of numbers, and quite frankly, we use numbers to describe everybody and everything we do. There is no escape from the use of numbers. Yet, the government wants to throw them all out when it comes to blacks competing with Whites for education and jobs.

Numbers are what we also talk about in discussing the United Negro College Fund - large numbers. Because of the nation's views of Race, some forty five thousand Black minds are currently in jeopardy, of being wasted, which collectively, we cannot permit to happen. Therefore, remember United Negro College Fund Sunday when you go to Church on December 11th, and devote a portion of your gift to that Noble cause.

Stay with Us.

Cooperative Extension

of Washington State University

344-3470

ATTENTION GARDENERS

By: Sharon J. Collman
Cooperative Extension Agent

Would you like to get training and experience in horticulture free of charge? Right now King County Cooperative Extension has a few openings for volunteers in central Seattle who are interested in gardening and have a desire to help others with gardening advice. Working as a volunteer is an excellent way to explore a possible new career or just to make you a better, more successful hobby gardener.

If accepted you will attend the eleven training sessions held in Seattle on Wednesdays (9:00 a.m.-4:00 p.m.) this winter. The classes cover all phases of gardening and plant problem solving. In return for the free training graduates will give a minimum of sixty hours of public service in their community from April through September. Helping Run Plant Problem Clinics will give you varied, practical experience.

Why not add to your horticultural knowledge, learn to diagnose plant problems and then make a valuable contribution to your community as a volunteer Master Gardener? To apply call our office at 344-4162 or drop by 312 Smith Tower for a Master Gardener application. Hurry, classes will be starting soon!

THE NEW LAW IS TOUGH. DON'T DRINK AND DRIVE.

Washington Traffic Safety Commission

be a sweetheart give to goodwill

In the latest survey taken, THE FACTS was proven to have more readers than the combination of any other two weekly newspapers in Seattle.

'Black Affairs Consultant'

Charlie James

GOING ALL THE WAY IN EDUCATING OUR CHILDREN

I have faith that our Black School Board members will rise to the occasion and not become defensive because of the proposed boycott of the School levy by the Black Educational Coalition. I have faith that they will instead, come forward and become the mediators, take the necessary steps to solve the present crisis without being caught up in a them-against-us philosophy.

It's time like these that a potential leader grows into a real leader. It's time like these that present an opportunity for people to see what they are really made of and they should never let a chance like this get away. It's an evolutionary process as a new generation of leaders, on the school Board and from the community, must update the solutions. Find new ways of solving old problems and yet keep in mind that both are working toward the same objective, which is to give our children the best educational opportunity possible.

On the other hand-when we have gotten all we can from the educational system, and the schools are put on a different course (which hopefully leads toward the end we desire), what then? What is the next step in assuring that our children are properly educated? I hope it's not a rhetorical question. It's based on a personal belief that what we do within our family structures are just as important, if not more so, then what the teacher does in the classroom.

If we really want to solve the problems of educating our children, we must be willing to go all the way. We must be willing to put just as much effort in our children development as we demand from the educational system. One without the other doesn't do it. We must discipline our children to take full advantage of the educational opportunities we have fought for, and that's tougher than forcing the school system to make structural changes.

What are we going to do with these youngsters running around talking like drunken sailors? - without parental discipline they won't learn anything, even in the best educational environment possible. We got to deal with that if we are serious about educating our children.

I agree that the school system must be updated; I agree that the current environment is not the best possible, but it doesn't stop there-it doesn't even start there. It starts in the living room, around the dinner table, before and after they go to school. No matter how significant the structural changes are-what we send to the schools is what we will get back out of them.

THIS IS CHARLIE JAMES WITH THE BOTTOM LINE.(By the way-have you ever been to a PTA meeting?)

BETTER HEALTH TODAY

by Dr. Andrew H. Isaacs

Dr. Isaacs welcomes questions. Address comments to THE FACTS Newspaper or call 725-2130.

SUBACUTE BACTERIAL ENDOCARDITIS

This is an infection of the endocardium, the tissue that lines the inside of the valves and chambers of the heart. Heart valves with a congenital deformity or those impaired by disease, especially by rheumatic fever, are especially vulnerable to this infection.

The special bacterium or germ that causes this disease is known as streptococcus viridans. These bacteria are frequently released into the blood stream following the extraction of an infected tooth or as a result of a tonsillectomy.

Among the first symptoms are fever that comes and goes but sometimes peaks to 103°F, a general feeling of discomfort combined with pains in the joints and occasional chills. If not properly diagnosed and treated at this point, the disease then causes loss of appetite and progressive anemia. Hemorrhages may occur under the nails and blood clots containing the bacteria may break away from their original site, carrying the infection to other parts of the body and blocking circulation. In untreated cases, the usual cause of death is heart or kidney failure.

Prompt diagnosis is crucial and may depend on the person's own knowledge of his medical history. Anyone with any kind of heart murmur or heart disability is a candidate for bacterial endocarditis and should be alert to early signs of it.

We'll see you next week!

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Senior Citizens Holiday Dance

The Annual Holiday Dance and Senior Christmas Ball, co-sponsored by the Mayor's Office for Senior Citizens, Seattle Parks and Recreation and Seattle Center is scheduled for Wed., Dec. 14, from 1:00 - 4:00 p.m. in the Seattle Center House.

Music is provided again this year by Pep Peery and His Men of Note. Special guest, Mayor Charles Royer, will present awards to Washington Mutual Savings Bank and the Musicians Performance Trust Fund, Local 76, for their support of the "Hey Days" weekly dances at the Seattle Center.

All senior citizens are invited to celebrate the Season. Admission is free.

Cherry Street Talk

by Barja's Phuntique

OPPORTUNITIES-JOB ACCESS ON CHERRY STREET

If you know someone between age 17-20 needing a job and supplemental education, have them call the Youth Employment Program at 587-7617.

Believe it or not, Santa says that there are still a few entry level jobs for our youth in the work-a-day world.

An increasing number of students who are serious about taking advantage of available opportunities have doubled their efforts to prepare for the job market.

Now that Federal Guidelines have changed, students see supplemental job training and education as a priority in gaining access to the work market.

Comprehensive preparation at YEP covers GED skills, career and social service education. Coupled with education, employment counseling by the City of Seattle Employment Specialists represents a successful service component.

YEP will be asking the community to assist in the educational and job career perspectives. Members of the community can assist as role models and as guest speakers for progressive youth who will soon join the club as taxpayers.

Note: Remember the Phuntique Thrift Shoppe has items for your infant needs. A The Beauty Doctor Hair Clinic offers holiday discounts on haircuts to the handicapped.

See us at 703 23rd Ave. 324-9544. Happy Holidays!

Group Health Cooperative Offers Health Career Scholarships!

A total of \$8,000 in health career scholarships will be awarded by the Auxiliary of Group Health Cooperative of Puget Sound (GHC) for the 1984-85 school year.

Students applying for the ten \$800 scholarships must be enrolled or plan to enroll in studies related to health careers such as nursing, medical technology, physical therapy, x-ray, and pharmacy.

To qualify, applicants must be Washington state residents, in satisfactory scholastic standing, in need of financial assistance and enrolled in an accredited school in Washington state. Group Health Cooperative membership is not required.

Winners will be notified in April, 1984 and awarded their scholarships at the Auxiliary's annual meeting in May, 1984.

Applications are available by sending a self-addressed, stamped envelope to Lloyd Winther, Auxiliary Scholarship Chairman, 2105 95th Place S.E., Everett, Washington, 98204; and must be returned by February 16, 1984.

SNO-LINE Pass Report

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NEIGHBORS HELPING NEIGHBORS

Well, we have come through a very successful series of workshops and classes! I hope you were not one of those that missed it. This series was particularly successful because we got the chance to combine the services of the home repair and labor exchange programs. A good example was: Olga is planning to do some electrical work in her house which she will need help with. Mr. Sayid was in need of some electrical repair in the house he was moving into. Mr. Sayid had replaced several electrical outlets in his house but they were not functioning. Olga had just attended our electrical workshop and expressed a desire to gain further hands on experience. We made an appointment with Mr. Sayid, met at his home and analyzed the electrical outlets. We discovered the problem - a short in one of the lighting fixtures. In the process we also discovered two other broken lighting fixtures. Mr. Sayid purchased the parts and Olga and I installed them. Now, Mr. Sayid has working outlets and lighting in his basement and Olga has some hours in the labor exchange bank as well as gained some valuable experience in electrical work. If Mr. Sayid had called one of the local electrical repair shops, he would have paid over \$130.00 just for the labor.

Don't you have a project you would like to bring to us? Do you want to learn some new skills. We can help you help yourself or help you to become better prepared to help yourself and your neighbor. Contact Central Area Motivation Program - Self Help Program and let us know what you need. 722 18th Avenue, 324-0500. Ask for Raqib Mu'ied or Robert Wade, our Labor Exchange Coordinator.

CAMP Self Help Program is having one Weatherization Workshop in December. Please call 324-0500 right away for time and place.

Higher Electrical Bills For City Light Customers!

Seattle City Light customers received higher electric bills when winter rates went into effect December 1st.

All meters read from December through March are billed at the higher winter rate. Compared to the average "summer" bill, winter bills for electrically heated households may triple, and non-electrically heated households may more than double.

Higher winter bills are due both to increased consumption and the higher winter rate. The higher winter rates offset the added cost of purchased power.

City Light Superintendent Joe Recchi said "There has been some confusion regarding winter rates. This winter's rates were established as part of the 1982 rate review process and do not reflect current City Council deliberations on the 1984 rate review."

Conservation programs and rate assistance are available. Customers having difficulty paying higher winter bills should call 625-3000.

READ-A-THON!

The Sylvan Learning Centers are participating in the Multiple Sclerosis READaTHON by making a contribution for each new enrollment which occurs through January 1984.

If you feel that your child needs additional, individualized assistance in building Reading or Math skills, contact one of the SYLVAN LEARNING CENTERS listed below:

Directors and their staffs are caring, experienced teachers who cooperate with the schools in building skills and self-confidence. Call for a free introductory conference. There are five centers conveniently located in the Greater Seattle area. They are: Bellevue (Factoria) - 641-7609; Edmonds - 774-3922; Kirkland (Totem Lake) - 823-6727; Seattle (University District) - 525-8080.