

THE LOCAL SEATTLE SCENE

Whats Happening Seattle?

Things To Do
And Places To Go!

by Dove Mann

Those of you that missed the 24th Annual EBONY FASHION FAIR at the beautiful RED LION INN at Sea/Tac last week-end, really missed a glamorous affair. If you have ever wanted to see beautiful BLACK WOMEN and MEN doing their thing in the modeling field, then the Ebony Fair should have been on your menu--Now here's a must for everyone--PORGY and BESS the Stage Production is in its second week at the JANE ADAMS school in Lake City, located across the street from Nathan Hall Hi School. The Production is sponsored by the Pacific Light Opera and is about 3 hours long. The show opened on the 23rd of April, and will run 'til May 6th, 1982. The production consists of a cast of 53 performers--On May the 1st, at 8 p.m. the MARTIN LUTHER KING DAY HOME CENTER is giving a CABARET at the RANDOLPH CARTER CENTER on 23rd Avenue. There is a small donation of \$5.00, but the fun will be well worth it--Remember the club Shelly's Leg down on the Pier near the tracks? Well it's being renovated. The NUMBER ONE SON is having its present place of business to open down there.

MONDAY SPECIALS from CARROUSEL LABEAUTE 1406 1/2 34th

Shampoo and Condition your Designer Curls
with LAMUAR MAGNESIUM - Reg. \$12

SPECIAL \$9.95

Shampoo, Press and Curl - Reg. \$15
SPECIAL \$9.95

Shampoo, Blow Dry and Bump Curl -
Reg. \$15 SPECIAL \$9.95

Shampoo and Set - Reg. \$15 SPECIAL \$9.95

NEW SPECIALS - Spring Berry Color
Misty Plum, Misty Berry; Roux
Shampoo blow Dry - Whip Look \$15 Reg.
Special \$9.95

Ask for Sandra.....322-9544

The Clinic is at the Sea-Tac Holiday Inn
for Hair Stylist and Students only - 7:00 to
10:00 p.m.
7:00 p.m. to 10:00 p.m.

Unemployed? Need A Job?

Professional Hair Designers Are
Always In Demand!!!

After Only ONE Year Of Training
You May Never Be Unemployed Again!

SEVERAL FUNDING PROGRAMS
STILL AVAILABLE...

• Tuitions paid, and allowances for transpor-
tation, child care, etc....

Call for an Interview Appointment
to see if you Qualify....

ENROLL NOW in Seattle's
FINEST & MOST PROGRES-
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ACADEMY

Broadway
Beauty
School

430 Broadway East
Seattle, Washington 98102
(Capitol Hill)

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Dry Cleaners with the Personal
Touch



Sonia Nicholson



Zeno (Nick) Nicholson

LET US TAKE CARE OF
YOUR CLOTHING
INVESTMENTS

1 Day Service
Alterations & Repairs
1 Stop Service For all Your
Cleaning Needs!

Queen Anne Class of '72 Plans Reunion

Queen Anne High School class of '72 is planning its 10 year reunion to be held August 20th. Anyone wanting information please contact PO Box 2582 Lynwood, Wa. 98036 or call Molly Holcomb at 282-6928.

Alpha's and Kappa's Win

Alpha Phi Alpha and Kappa Alpha Psi both were winners in the first week of the 1982 Frat games. In game one, the Alpha's who was lead by Stevie Burks with 24 points, beat the Omega's 76-48. In game two, which was a re-match of last years championship game, found the Kappa's coming out on top with a 75-64 victory

over last years champs Sigma Phi Beta. Kappa Alpha Psi was lead by Bruce Richardson who had 22 points.

This weekend schedule has the Kappa's vs. the Omega's at 2 pm and Alpha's going against the Sigma's in game two at 3:30 pm. Come on out and see some good old roundball at Garfield Gym, Saturday, April 24th. Admission is FREE!

Reception Honoring Dr. Robert Gary



A reception honoring Dr. Robert Gary will be held on Saturday, May 8, 1982 at the Double Tree Inn at Southcenter, 205 Strander Blvd., Tukwila, Washington, from six o'clock to nine o'clock p.m. Dr. Gary is Principal of South Shore Middle School and Colonel in the U.S. Army Reserve. He is being recognized for outstanding contributions to education, youth, community, and country.

Dr. Gary is a native of Jackson, Mississippi, but moved to the state of Washington at an early age. He attended T.T. Minor Elementary, Meany Jr. High School, and Garfield High School. He received a Bachelor of Science degree in Health and Physical Education from Washington State University in 1956, a Master of Arts degree in Education and Administration from Seattle University in 1966, and a Doctorate in Educational Leadership also from Seattle University in 1979.

Dr. Gary has spent more than 24 years in the field of education with extensive experience and demonstrated ability in administration, program development, teaching, coaching, and teacher training. He has worked in both the Seattle and Renton school systems.

He has been very visible within the Seattle school system serving on many district committees concerned with desegregation, discipline, teacher evaluation, academic excellence and plisitive school climate.

Paralleling his achievements in education is an equally outstanding record with the United States Military. Colonel Gary has served in the following capacities: Platoon Leader, Company Commander, Battalion Commander, and Higher Headquarters Staff Officer. He is currently Commander of the States of Washington and Alaska U.S. Army Reserves.

Dr. Gary is very active in the community. He has served on various boards including the School of Engineering at the University of Washington, Seattle Chamber of Commerce, NAACP, Central Area Youth Association, Seattle Multi-Greek Council, Randolph Carter Industrial Workshop, East madison-East Union Commercial Club, and the Seafair Committee.

He is married to the former Gloria Woodard. They have three children Rhea, 18, Robert Junior 16, and John age 13. They reside in the Seward Park Area.

For reservations to the reception, mail a check for \$5.00 to the Education and Community Services Recognition Committee.

c/o O.L. Mitchell

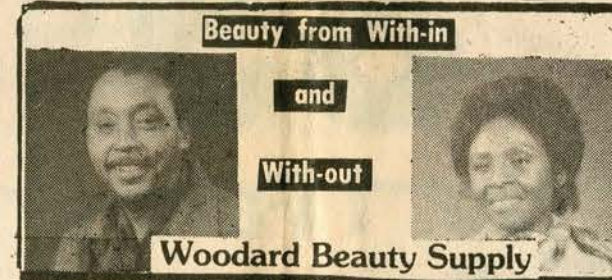
Franklin High School-3013 S. Mt. Baker Blvd. Seattle 98144. Elizabeth Jackson and Bill Turner are co-chairpersons of the committee. Other members of the committee are Dr. Connie Shaw, Foster Anderson, Ken Dorsett, Thurman Edmondson, Marilyn Gustofson, Beatrice Cox, Charles Mitchell, Dorothy Hollingsworth, John Thorp, and Joan Allen.

Martin Luther King, Jr. Day Home Center Sponsors A Cabaret

The Martin Luther King, Jr. Day Home Center will present a cabaret on Saturday, May 1, 1982 at the Randolph Carter Center located at 100-23rd Ave. South. The cabaret will include a fashion show and music, door prizes will be awarded also.

however, a small donation(of \$5) will be appreciated.

Fun on behalf of a worthy cause! Please attend!



Introducing the Starch Lover's Diet

Phaseolomin

What is IPhaseolomin?

Phaseolomin is a special legume protein concentrate derived from the red kidney bean.

How does it work?

To help you better understand how phaseolomin works, we will use a potatoe as an example. One small baked potatoe has about 80 calories. When you take your first bite of starch, you take one Phaseolomin tablet. All the nutrients, vitamins, and minerals are digested and absorbed normally, however, the starch which is essentially "empty" calories is not digested or absorbed.

How should I use Phaseolomin?

One phaseolomin tablet will nutritionally prevent the absorption of approximately 400 starch calories, an amount equal to 4 slices of bread or 4 baked potatoes, which is more starch than is eaten at any average meal.

Can Phaseolomin help me loose Weight?

By adding phaseolomin to your weight loss program, you may add those foods which before you had to give up. i.e. bread, corn, potatoes, and spaghetti. Such starch contained foods are relatively high in calories. Limiting their absorption reduces calorie intake significantly, and can aid in weight reduction.

Woodard's Health Foods & Beauty Supply
1136-24th Ave. 322-1870.

Black Community Festival Upcoming Events!

May 4th General Membership Meeting-7:00pm

8:00pm Langston Hughes Cultural Arts Center
17th S. & Yesler Way

May 8th Pageant Committee & Interested Con-
testants-2:00 pm--2854 S. Atlantic--329-5260

May 9th "Mothers Day Champagne Brunch" -
\$6.50 Langston Hughes Cultural Arts Center

(Catering provided by GARFIELD's Culinary
Arts Class) For tickets call-Ms. Hubbard-325-8908

May 15th Contestant Talent Competition-
Langston Hughes

June 4th Black Community Festival Pageant
Norselander Auditorium--300 3rd Ave. W

Schedule for evening:

Social Hour.....6:00pm-7:00pm

Dinner.....7:00pm-8:30pm

Pageant.....9:00pm-11:00pm

Coronation Ball.....11:00pm-2:00am

Dinner Reservations \$25.00--(Includes mem-
bership to the BLACK CONSCIOUSNESS EX-
CHANGE)

Pageant/Ball \$15.00

Organizations or large groups should make
reservations well in advance. Anyone wishing
tickets or information may call:329-5260

We are also seeking talent applications for the
3 day festival July 30, 31 & Aug. 1st. Call the
above information number.

This is sponsored by the BLACK CON-
SCIOUSNESS EXCHANGE- a non-profit organ-
ization.

Master Food Shopper

Reduces Grocery Bill Ten Percent

Josie Dunn, 303 29th
Ave., did it by be-
coming a volunteer
Master Food Shopper
in a program offered
by King County Co-
operative Extension.

Josie, who recently
retired from Boeing af-
ter thirty-five years,
heard about the pro-
gram through our Co-
operative Extension
Family Living news-
letter "Living and
Learning". She says:

she has learned how
to cut food bills and
still serve nutritious
meals for herself and
her husband. She has
done this by taking
advantage of unit pric-
ing, really reading
those labels, and by
better managing the
food she has on hand.

As a volunteer Josie
will share her
knowledge with people
at the Langston
Hughes and Central
Area Senior Centers.
In addition, she will
occasionally man the
Master Food Shopper
about food shopping
Hotline.

All of you can take
advantage of the Hot-
line by calling
344-7684 to talk to a
Master Food Shopper
Hotline.

Jan Grant, the home
economist who trains
the Master Food Shop-
pers is not sure when
this volunteer training
will be offered again.
However, she invites
you to become a
"Super Shopper" by
taking advantage of
the following pro-
grams offered at noon
at the Seattle Public
Downtown Library,
1000 4th, Monday,
April 19 "Supermar-
ket Smarts"-Food costs
Advertising, Packag-
ing, and more.

Wednesday, April 28
"Where to Shop"-In-
cludes Cooperative,
Food Buying Clubs.

Wednesday, May 5
"How to Read Labels
to Save Dollars"

Wednesday, May 12
"Tricks of the Trade
in Shopping"-Selec-
tion of food, especially
"convenience" vs.

homemade".

Jan and Master Food
Shopper volunteers
will be conducting
these "Super Shopper"
sessions.

You can also receive
the Super Shopping
bulletin "Food Choices
for Health" by calling
King County Extension
Information Deliv-
ery at 344-2686.

While you are at it,
ask to be put on the
mailing list for "Living
and Learning."

EDDIE COTTON'S RESTAURANT

1500 East Madison.....324-5077

FEATURE BREAKFAST

99¢ SPECIAL

Dynamic Saving -- Price Slicing
Toast, 2 Eggs, 2 Strips of Bacon
(or 2 Sausages) and Coffee...(Reg. \$1.85)
Special.....99¢

—OR—
2 Pancakes, 2 Strips of Bacon
(or 2 Sausages) and Coffee...(Reg. \$1.85)
Special.....99¢

You Can't Afford Not To Take Advantage.....



EDDIE COTTON'S
RESTAURANT
INTRODUCES
Florence Harrell's
WEEK-END
SPECIALS
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Surprise Specials
Every Sunday
Turkey & Dressing

HOUSE MATE WANTED

Responsible female, any age, Madrona
area on Bus line, plenty of privacy, 1 year
minimum, non-smoker please, we have pets.
Must be RESPONSIBLE. Terms! 328-1565.

George Gershwin's Immortal
**Porgy
and
Bess**
Presented in Seattle for the
first time in 40 years!
APRIL 23 - MAY 16
Tickets \$8, \$9 or \$10 Fri. & Sat. 8 p.m. Sun. Matinee 2:30
All performances at the Seattle Center
1100 1st Ave. N.E., Seattle
PHONE ORDERS 363-2809
Also, at The Ticket Place at The Box (downtown)
and usual suburban outlets.
Call 344-7271

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Mom
a Hand
May 9

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of legend. Tales are told of beautiful steeds with magical
powers: the Unicorn whose horn protects its possessor from
disease and poisons. Pegasus, the winged horse, whose soaring
flight became a symbol of the soul's immortality. Each
14K gold charm is beautifully detailed and approximately one
inch tall. 295.00. Outside our local dialing areas in Western
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on all mail and phone orders.

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