

~ COMMUNITY CALENDAR ~

FRIENDS OF THE SEATTLE PUBLIC LIBRARY BOOK SALE SET FOR SEPT. 29-21

Thinking about starting your own library? If you love to rummage, there's a treasure trove just waiting for you.

More than 100,000 books, CDs, records, and videos, sheet music, art prints and posters are among the items up for sale at bargain prices at the 2003 Friends of Seattle Public Library Book Sale, scheduled Sept. 19-21.

The popular event is open from 9 a.m. to 5 p.m., Saturday, Sept. 20 and from 11 a.m. to 4 p.m. Sunday, Sept. 21, at Sand Point/Magnuson Park, 7400 NE Sand Point Way, Building no. 30. For more information, call Friends of the Seattle Public Library at 206.386.4098, or e-mail book.sale@spl.org.

A preview for Friends of the Library members will take place from 6:30 p.m. to 9:30 p.m. Friday, Sept. 19.

This widely anticipated event is attended by families, the young and old, book-lovers, students, teachers, book store owners and bargain hunters, according to Joan Amatucci, chairwoman of the sale.

THE ROYAL ESQUIRE CLUB SETS UP MUSIC SCHOLARSHIP FUND IN HONOR OF WOODY WOODHOUSE

The Royal Esquire Club announced the establishment of the Woody Woodhouse Scholarship Fund for Musical Education. This scholarship, established by the Royal Esquire Club, in honor of Woody Woodhouse, a regional vocal jazz artist, will be awarded to deserving students as an incentive to begin or continue the post-secondary study of music. Special consideration will be given to students who demonstrate an interest in the study of jazz.

The scholarship will be formally established during a community tribute to Woody on Sunday, Sept. 14 at the Royal Esquire Club in Seattle. This event will feature more than 50 of the best local and national singers and instrumentalists.

SEAHAWKS, PUGET SOUND BLOOD CENTER TEAM UP TO MAKE A MORE ETHNICALLY DIVERSE BLOOD AND MARROW SUPPLY

For the third year, the Seattle Seahawks and Puget Sound Blood Center will join forces to score a win for the community blood supply during the annual Seahawks rare donor blood and bone marrow drive.

Taking place on Tuesday, Sept. 9 from 10 a.m. to 8 p.m. at the West Plaza Club Level in Seahawks Stadium, the drive commemorates the 6,000 local blood donors who came forward after the Sept. 11 tragedy. Since the drive was created, it has helped raise awareness for the need to have more ethnic diversity in the blood and marrow supply and has encouraged more minorities to donate blood or join the national marrow registry. Several Seahawks players and the Sea Gals, the Seahawks cheerleaders, will be in attendance. Free parking is provided at the North lot of the stadium.

For information about the Rare Donor Program, the National Marrow Donor Program, or to make an appointment for the Seahawks drive, call 1-800.266.4033. To schedule an appointment online, visit www.psbcc.org.

CAYA CORNER

Sign up now for CAYA's after school Homework and Education Center. The sign up dates are September 2 and 8 through the 12th from 3-6 p.m. The Center opens September 15 at 2:15 p.m. and hours are from 2:15 p.m. to 6 p.m. Starting in October, CAYA will begin the WSAL prep courses. Sign up now, space is limited. CAYA is located at 119 23rd Ave., Seattle. Please call 206.322.6640 for more information. Parents/Guardians must accompany students when registering.

MATH HELP FOR HIGH SCHOOL STUDENTS

Would you like some extra help with your high school math in a new atmosphere with a fresh point of view? South Seattle Community College is now providing a study alternative for area high school students - math tutoring.

For the cost of one college credit (\$65.80), high school students can find inexpensive help for their math studies every quarter at SSCC.

Quarters on average last for 11 weeks at SSCC, providing a great study bargain for students.

Interested students or parents can learn more about SSCC's math tutoring for high school students by calling Sherry Reichert, Director of Student Outreach, Admissions and Recruitment, at (206) 768-6691.

STUDENTS FIND HELP FOR COLLEGE ENTRANCE EXAMS

Spaces are still available at South Seattle Community College (SSCC) for students who want or need help preparing for the SAT college entrance exam.

SSCC is offering verbal and math SAT prep courses this fall quarter. Taught by exceptional faculty, each class offers a thorough review of core topics and provides test-taking strategies. Students also have the exciting opportunity to be exposed to a college environment, as well as earn college credit.

Students who participate in Washington state's high school college credit program, Running Start, can take the courses at no cost. To learn more about this tuition-free program, students can ask their high school counselor or visit their Web site at <http://dept.seattlecolleges.com/running>

Interested students or parents can learn more about the SAT prep courses by calling the Academic

Center at SSCC at (206) 768-6600 or can sign up for courses by calling Registration at (206) 764-7938.

COMMUNITY TO "WALK FOR SENIORS"

The John C. Cannon Retirement and Assisted Living Residence is requesting your support for "Walk For Seniors" event. The purpose of the event is to promote the health and wellness of seniors in our community. It also aims to educate and increase the community's awareness of their needs.

Seattle Seahawk's running back Shaun Alexander will be Honorary Co-Chair of the campaign. Join them on Sunday, Sept. 14 between noon and 4 p.m. at Seward Park for a picnic and the "Walk For Seniors."

Your charitable contribution will support the non-profit mission of The Cannon House, which is to promote affordable assisted living for seniors. Make your tax-deductible donation to The Cannon House.

Volunteers are also needed to make this event a huge success. An invitation is extended to visit and tour The John C. Cannon Retirement and Assisted Living Residence, 113 - 23rd Avenue So. in Central Seattle.

For additional information, contact Eudora Carter at (206) 219-5952

NEW PROGRAMS FOR

SINGERS AT LEON SULLIVAN HEALTH CARE CENTER

Learn how to prepare shows for nursing home residents. Free workshop at Leon Sullivan Health Care Center begins Tuesday, Sept. 2, includes a CD with 15 songs of piano accompaniment in your key and a list of facilities with instructions on how to get gigs. Call (360) 961-6485 or www.heart-soul-music.com for more information.

NEW SKILLS FOR NEW JOBS

If you're age 50 or older and looking for work, don't miss the free job fair New Skills for New Jobs Sept. 24 from 9 a.m. to 2 p.m. at the Seattle Center House. The fair includes workshops and information booths to help older workers improve job-hunting skills. Sponsored by the Mature Workers Alliance and the Seattle Center. For more information call (206) 624-1221.

FREE PRE-SCHOOL

The Refugee and Immigrant Family Center - Early Childhood Education and Assistance Program (RIFC-ECEAP) now enrolling 3-5 year olds for 2003 - 2004 school year. Free pre-school. Classes start Sept. 22.

ALZHEIMER'S ASSOCIATION OFFERS FREE SEMINAR

Alzheimer's Association offers free seminar in Renton area. Classes

Target those who suffer from Memory Loss. A free nine-class seminar for those suffering mild memory loss problems will be held in Renton beginning September 4, at Elderhealth NW, Connections Branch near Valley Medical Center, from 6:00 to 7:30 p.m. The seminar, sponsored by the Alzheimer's Association Western and Central Washington State Chapter in cooperation with Elderhealth NW, will offer individuals the chance to meet others who are experiencing the same, learn about ways to cope with memory loss, and learn about legal and financial planning.

Space is limited, so pre-registration is required by calling 800-848-7097, extension 227. A concurrent group for family members, companions, and care partners is offered at the same location.

Participants will meet once a week with trained leaders. Free educational materials will be provided.

ADDICTION HELP

Help Someone Overcome Addiction. Call Narconon at 1-800-468-6933 or go to www.solveaddiction.com for your free information packet or a free assessment or referral to rehabilitation centers nationwide.

BE A MENTOR

ALL YOU NEED IS A LITTLE TIME AND A DESIRE TO

MAKE A DIFFERENCE

Community for Youth Steps Ahead and Steps Beyond Programs seek adult volunteers to work one-on-one with Seattle public high school students who are having difficulty in their academic and/or personal lives. Many young people benefit from the guidance of a supportive adult. Having an adult mentor during high school can mean the difference between staying in school or dropping out, between making good choices or not. We ask volunteer mentors to make a commitment to one school year of regular weekly contacts with a student. Mentors receive prior training and on-going support and guidance. Please contact us at: 206-325-8480 or info@communityforyouth.org.

For more information: www.communityforyouth.org.

MEALS ON WHEELS

Meals on Wheels will bring the food and offers a selection of 36 complete breakfast, lunch and dinner entrees to homebound persons age 60 and over.

The cost of each meal is a suggested donation of \$3.00. Participants decide for themselves, what if anything, they wish to contribute.

If you know a senior that could benefit from meals being delivered to their home, call the Meals on Wheels program at 448-5767.

Walgreens

Sale Thursday, Sept. 4 thru Saturday, Sept. 6, 2003



Beauty buys in store for you!



2.99

Sale priced!
Milani Liquid Foundation
or Pressed Powder
Choice of shades.



3.49 Sale priced!
Luster's Pink Smooth
Touch New Growth Relaxer Kit

Warning: Follow directions carefully to avoid skin and scalp irritation, hair breakage and eye injury.

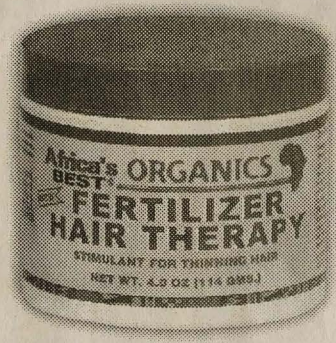


3.49 Sale priced!
Africa's Best Organics No-Lye
Relaxer System or Olive Oil, 7.5 oz.

Warning: Follow directions carefully to avoid skin and scalp irritation, hair breakage and eye injury.



2.99 Sale priced!
Luster's Short Looks Gel, 6 oz.
or Styling Spray, 8 oz.



3.99 Sale priced!
Africa's Best Organics
Fertilizer Hair Therapy, 4 oz.
Stimulant for thinning hair.

Walgreens Coupon

Sale Thurs. 9/4 thru Sat. 9/6/03



4.99
Fantasia
Frizz Buster
Serum, 6 oz.
Includes 50% more FREE!
Alcohol free. Limit 2



Walgreens Coupon

Sale Thurs. 9/4 thru Sat. 9/6/03



3.99
At One
Sensitive Scalp
No-Lye Relaxer Kit
Regular formula with
herbs and moisturizers.
Limit 2

Warning: Follow directions carefully to avoid skin and scalp irritation, hair breakage and eye injury.



Walgreens Coupon

Sale Thurs. 9/4 thru Sat. 9/6/03



1.99
Lotta Body or
Right On Curl
Activator, 8 oz. ea.
Limit 2



Walgreens Coupon

Sale Thurs. 9/4 thru Sat. 9/6/03



1.99
BB Castor Oil,
Hair Food, 6 oz.
or Moisturizer, 12 oz.
Limit 2



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