SPECIAL CAREER SUPPLEMENT TO THE MEDIUM

50¢

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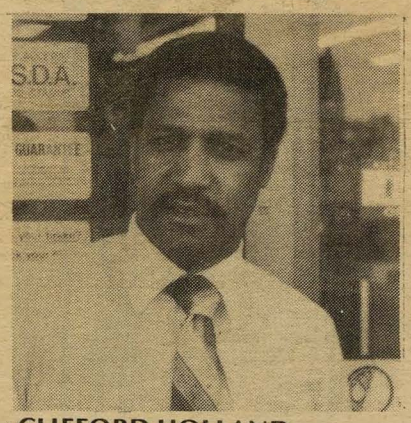
CAREERS & YOU

Your 'Guide' to Career opportunities...



If you're planning a career in the food industry, remember your friendly neighbors at SAFEWAY

Meet four people who have made a career at Safeway Stores Inc.



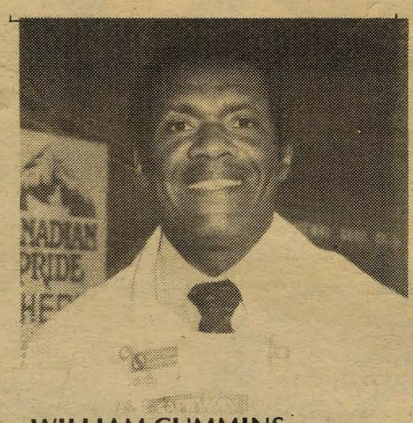
CLIFFORD HOLLAND
Store Manager
Broadway East, Seattle

Cliff began his career with Safeway as a Courtesy Clerk in 1965. He later became a Food Clerk, and was promoted to Assistant Manager in 1975. In 1978, Cliff was promoted to Store Manager. He completed the Store Managers Training School, graduated from Garfield High School and attended Shoreline Community College on a track scholarship. He also graduated from the Sales Training Institute in 1973.



LINDA CHEW
Assistant Store Manager
4208 Rainier Ave. So., Seattle

Linda began her Safeway career as a Food Clerk at the Safeway Store on Broadway East, Seattle. She has completed the Company Store Management Training School Program, and was promoted to Assistant Store Manager in January 1981. Linda graduated from Franklin High School and is continuing her studies at the University of Washington in Business Administration.



WILLIAM CUMMINS
Meat Department Manager
Broadway East, Seattle

Bili started with the Company as an apprentice meat cutter in Seattle in February 1967. He became a meat cutter in 1971, and was promoted to Meat Department Manager in July of 1973. Bill attended Shorter College in Arkansas for two years, and then attended the University of Washington for two years.



TAMARA JACKSON
Produce Warehouse Supervisor
Safeway Distribution Center

Tamara started her career with Safeway in 1976 as a warehouse order selector in the Variety Warehouse. In April 1978, she was promoted to Warehouse Supervisor and currently is assigned to the Produce Warehouse. Tamara attended Olympic Junior College, Bellevue Community College and has completed several Cornell University Home Study Courses. She is currently completing her degree from St. Joseph's in Virginia.

SAFEWAY STORES, INC. is "An Equal Opportunity Employer"

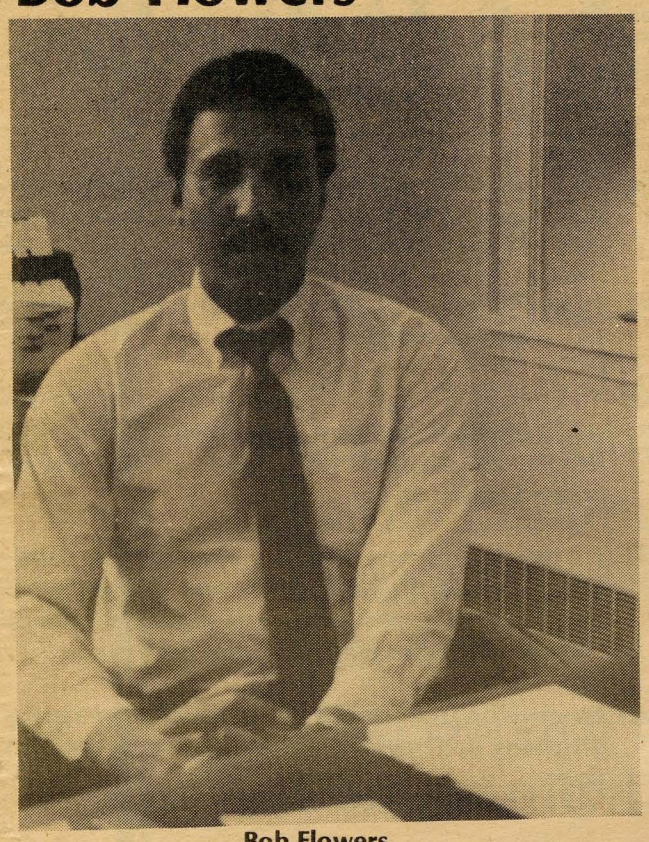
AMERICA'S FAVORITE FOOD STORE

SAFEWAY

THE YEAR OF THE RABBIT. THAT'S NOT UNTIL 1987. BUT WHERE YOU'LL BE THEN AND WHAT YOU'LL BE DOING, MIGHT WELL DEPEND ON SOME DECISIONS YOU MAKE TODAY. YOU MIGHT BE TENDING CAMELS IN CAIRO OR BAR IN BUTTE. OR PERHAPS YOU'LL BE ENTERING LAW SCHOOL OR TAKING A WALK IN SPACE. REGARDLESS OF YOUR DIRECTION, WE CAN HELP YOU CHART THE COURSE. OR IF YOUR IMMEDIATE NEED IS A JOB, OUR JOB SERVICE CENTERS HAVE HUNDREDS OF CURRENT JOB OPENINGS WHICH ARE UPDATED DAILY; AND WE HAVE SPECIAL, FREE WORKSHOPS WHERE YOU CAN LEARN ALL OF THE TECHNIQUES OF SUCCESSFUL JOB HUNTING. WHATEVER YOU'RE DOING IN THE YEAR OF THE RABBIT, WE WANT TO MAKE SURE THAT IT IS A HOPPING GOOD YEAR FOR YOU.

WASHINGTON STATE EMPLOYMENT SECURITY DEPARTMENT
JOHN SPELLMAN, GOVERNOR NORWARD BROOKS, COMMISSIONER

Prepare Yourself, Says Local Banker Bob Flowers



Bob Flowers

By HOWARD PACE

"You establish goals, and continue to try to achieve." Those are the words of Seattle banker Robert J. Flowers. His words exemplify the needs of young professionals who yearn to reach their full potential and be happy with their own success and progress. It applies not only to work, but to life as well.

Flowers is a lifetime native of the Emerald City. Currently vice president and director of the Income Property Investments for Washington Mutual Savings Bank, his civic activities and memberships are impressive. They range from being a member of the Pacific Northwest Bankers Association to the Lakeside School Board of Directors.

Married, and a father of two sons, he realizes the importance of being a good role model, and that as you reach your realistic objectives, you set about a pattern of accomplishments. "One of the things we try to teach is organization. If you have some cohesion to some of the things you try to do, it makes it easier to complete the things you try to get involved in."

An ex-athlete in basketball and track, and a graduate of the University of Washington with a master's in public administration, Flowers pointed out the quixotic obstacles that sometimes tint our perspectives when younger, and makes an analogy to being an ex-jock. He said, "You hope, as an athlete, to make a transition from sports to the working world. You're not going to come in day one and become a chairman. It's like the first day you pick up a basketball, you're not going to beat Kareem Abdul-Jabbar. Over a period of time perhaps, but not day one.

"The key is that you are able to place things in perspective."

Flowers added that "Lots of times, a lot of young professionals look for the top job and the top dollar, without working through the steps.

"Young people can improve themselves by becoming extremely proficient in a skill, whether it's a vocation or academic skill. Once that happens you'll be able to market those skills."

When asked if he had a quote, or a philosophy for young professionals, Flowers said, "Prepare yourself the best you can can for your challenges and endeavors. Then give your best effort to accomplish your desired goal."

Jennifer Graham Graduates From Central State University

Jennifer Graham, daughter of Mrs. Ollie Littles of Seattle's Central Area and Kelley Littles of Chickasha, Oklahoma, received a bachelor's degree in computer science-management from Central State University in Edmond, Oklahoma, on Saturday, May 7, at the school's 92nd Annual Convocation.

Her mother, a child care specialist, flew to Oklahoma to attend her daughter's graduation as a special Mother's Day gift to them both.

Jennifer, 32, worked with the F.B.I. in Washington, D.C., and the Oklahoma City Police Department, before deciding to complete her education. She attended Oklahoma Tech for two years, then transferred to Central. She plans to pursue her master's in the near future.

Jennifer is married to James Graham, a successful pharmacist who owns United Drugs in Oklahoma City, Oklahoma. They have two children, Chanda, 13, and Christopher, 12.

Congratulations Jennifer Graham!



Jennifer Graham

Seattle originals:



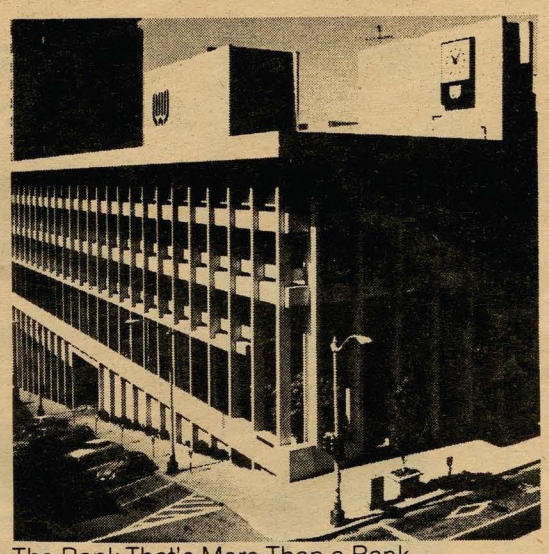
The Space Needle.



The Pike Place Market.



The Floating Bridge.



The Bank That's More Than a Bank.

Washington Mutual and its affiliate Murphey Favre provide complete banking services PLUS complete investment services. Stocks, bonds, mutual funds... and the advice and counsel that goes with them. All under one roof. It's a novel idea, and a very good one. We're the oldest and largest savings institution in the entire state. And the youngest in ideas.

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Washington Mutual Savings Bank and its affiliates: Murphey Favre, Inc./Composite Research and Management Co./Washington Mutual Service Corp.

SEATTLE PUBLIC SCHOOLS

Equal Opportunities—Affirmative Action

Policy Statement

The Seattle School District hereby reaffirms its policy to implement equal employment opportunity for all persons without regard to race, creed, color, national origin, sex, age or handicap, except as may be necessary to meet a bonafide occupational qualification. The District shall comply with the requirements and objectives of state and national laws that are the basis for this policy. Further, this policy shall also be extended to apply to all contractors and vendors serving the Seattle School District.

Affirmative Action shall be taken to insure adherence to the policy of equal employment opportunity. The scope of this affirmative action will include all personnel policies and practices such as recruitment, employment, placement, compensation, advertisement, promotion, selection for training and transfer.

The following are the major goals of the District's Affirmative Action Program wherein is outlined specific objectives toward their attainment:

COMMITMENT To reaffirm and translate into action the Seattle School District's commitment to equal employment opportunity.

NONDISCRIMINATION Nondiscrimination regardless of race, color, creed, sex, age, national origin or handicap in all phases and in all levels of employment in the Seattle School District.

ETHNIC BALANCE To balance the staff's ethnic group representation by employing, assigning, promoting and retaining minority employees so that every level of operation in the Seattle School District will have an ethnic configuration, both male and female, that reflects the multiracial characteristics of the labor force.

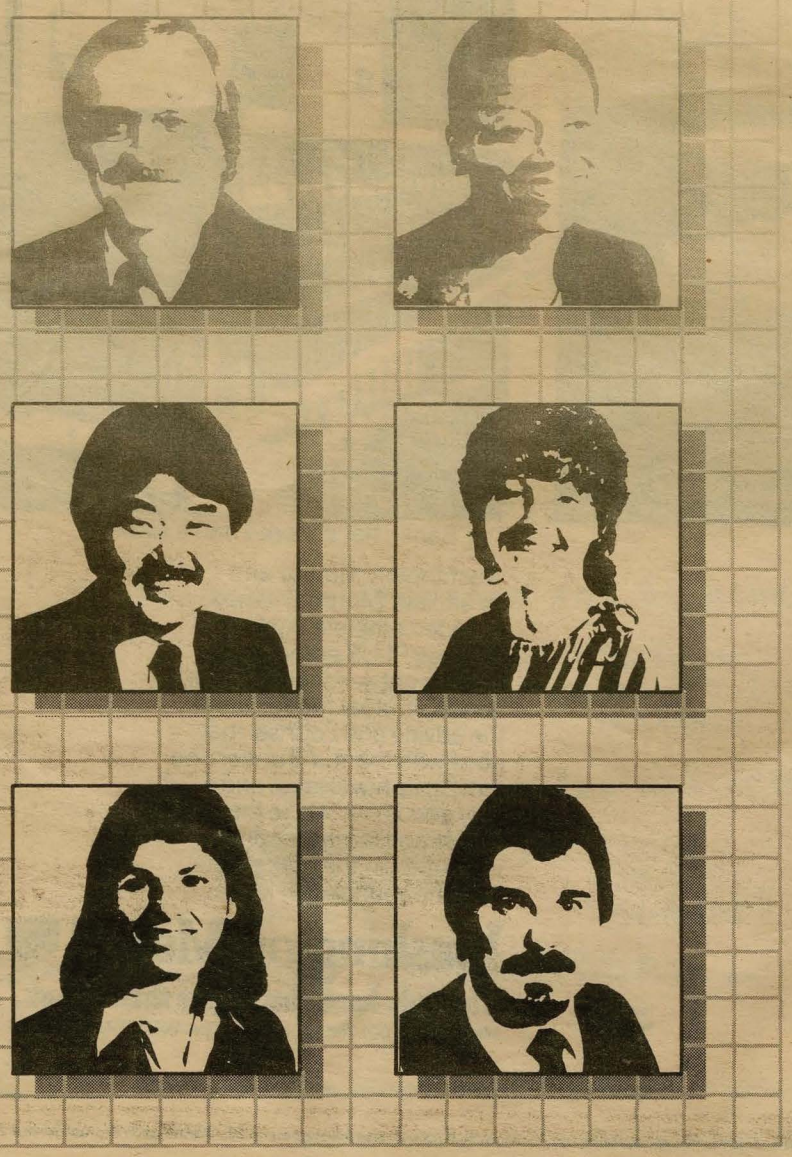
MALE/FEMALE BALANCE To balance the staff male/female representation by employing, assigning, promoting and retaining employees so that every level of operation in the Seattle School District will have a male/female ratio, in all ethnic groups, which reflects the sex ratios of the student population.

STAFF DEVELOPMENT To provide management development training and skill building programs to assure that minorities and women are prepared for positions of new and increased responsibility.

CLIMATE To foster a climate at every level of the Seattle School system in which men and women of all races, creeds, experience levels, ages and physical capabilities appreciate and accept each other.

COMPLIANCE To develop a system for compliance, monitoring, reviewing and revising the Affirmative Action Program.

The overall responsibility for monitoring, auditing and insuring compliance with this policy has been assigned to the Seattle School District's Affirmative Action Officer. While the primary responsibilities for implementation of the policy will rest with managers and supervisors, to insure attainment of the Affirmative Action Program goals and adherence to equal employment opportunity regulations, every employee will be held accountable for its support and success.



THE FLUKE QUALITY CHALLENGE

John Fluke Mfg. Co., Inc. designs, builds and markets a variety of electronic instruments for testing, measuring and controlling electrical phenomena and processes. Our employees share one common goal — to build the best product possible, test it, study it and make it better.

At Fluke, we're proud of the fact that we hire our people one at a time, carefully matching ambitions and goals to invigorating work where an individual's contribution is valued and rewarded.

If such an environment appeals to you, consider Fluke in your career deliberations. Take on Fluke's Quality Challenge, and we'll help you turn your science into an art.

For more information about us and specific job openings, please contact Sharon Chew, Employment Administrator at (206) 356-5207.

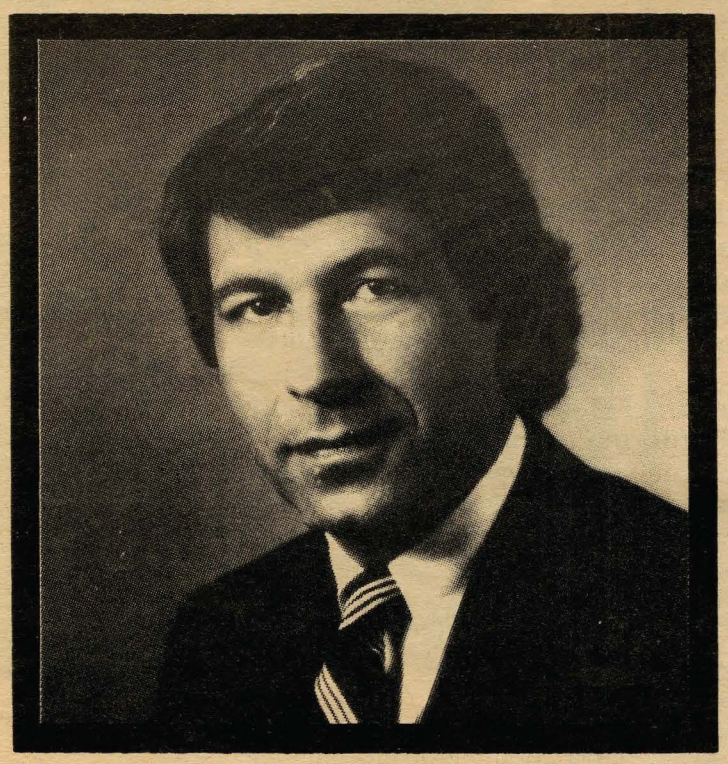
John Fluke Mfg. Co., Inc. / EOE / M/F/H
PO Box C9090, Everett, WA 98206

FLUKE®

CITY OF SEATTLE

Charles Royer, Mayor

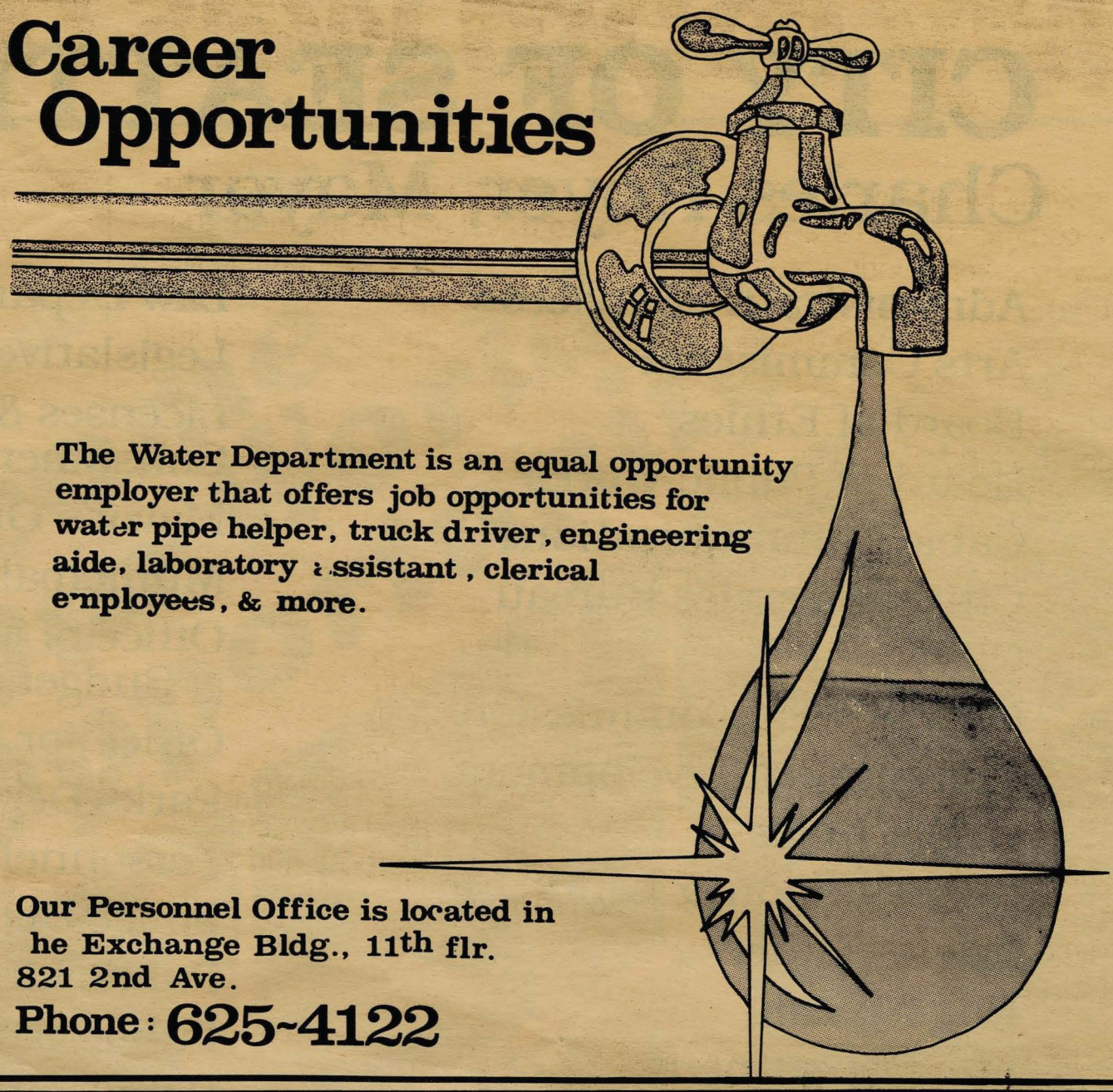
Administrative Services
Arts Commission
Board of Ethics
Board of Public Works
Cable Communications
Citizens Service Bureau
City Light
Civil Service Commission
Community Development
Comptroller
Construction & Land Use
Energy Office
Engineering
Fire Department
Health Department
Hearing Examiner
Human Resources
Human Rights
Intergovernmental Affairs
Law Department
Legislative
Licenses & Consumer Affairs
Mayor's Office
Municipal Courts
Office of Management & Budget
Office for Women's Rights
Parks Department
Personnel Department
Police Department
Public Library
Public Safety/Civil Service
Purchasing
Retirement
Seattle Center
Treasurer
Water Department



Seattle is a good employer, strongly committed to affirmative action. We know that our total workforce must truly represent the public we serve.

SEATTLE WATER DEPARTMENT

Career Opportunities



The Water Department is an equal opportunity employer that offers job opportunities for water pipe helper, truck driver, engineering aide, laboratory assistant, clerical employees, & more.

Our Personnel Office is located in
he Exchange Bldg., 11th flr.
821 2nd Ave.
Phone: 625-4122

Personnel — Serving You in Today's Changing Environment

Under the direction of Susan Pavlou, Director, the City's Personnel Department is building and maintaining a work force which meets the changing needs of the people of the City of Seattle. This includes a strong commitment to assure that affirmative action concerns are a integral part of the City's overall employment and personnel programs.

The City has already made great strides in improving the representation of minorities and women in top level management as well as entry-level jobs. Our biggest effort in the next few years will be to attract more women and minorities into technical, skilled craft and trade positions in order to make sure that the City's total workforce truly represents and reflects the City we serve.

The Personnel Department performs the central personnel functions for the City government. The Department recruits, tests and certifies eligible applicants to hiring departments. The City has a wide range of jobs and offers interesting and challenging career opportunities. The Job Information Center of the Personnel Department, located in Room 446, Dexter-Horton Building, 710 Second Avenue, is where you will find a bulletin board where notices for City jobs are posted. The Center also provides a complete set of job descriptions which describe the basic duties and minimum requirements for different City jobs.

Personnel staff members are available at the Job Information Center to give information, guidance and provide applications for positions which are open.

You can visit the Job Information Center Monday through Friday daily or call our 24-hour Jobline number at 625-2213 for a listing of all positions which are currently open.

If you have other questions about employment with the City of Seattle, Call the Personnel Department at 625-2214.

"My mom was right!"

"My Mom saw the Alex Haley commercial on TV and from then on she kept hinting at me that maybe the Coast Guard could be my big chance, too. She was right. I mean, where else but in the Coast Guard could a young woman like me get this kind of training and 'hands on' experience in such a short time?

"I'm doing my thing. I'm an electrician's mate and I love it. I'm learning from people who know the ropes—and the wires!—and are willing to help me learn. If I make a little mistake, I get patient help from either my Chief or someone with a higher rank than mine. They don't call me down for making a little mistake. The competition here is to learn more about the job, not to beat out the other guy.

"And I've had the opportunity to travel and to see more than if I'd taken a job back home in Buffalo, with my friends. I love Buffalo still, but this ship is 378-feet of floating opportunities!

"Like, to me, when the Coast Guard talks about being "an armed service and more," the "more" means that I'm getting more here on my job as an electrician than any 22-year-old is likely to get out there.

"I'd suggest that any woman around my age who's undecided on what she wants to do—give the Coast Guard a call. I've got more than a career now. I've got a real purpose and a direction in my life."

For more information call your local recruiter



Darryl Omari

U.S. Coast Guard Recruiting Office
11000 Lk. City Way N.E.
(206) 442-1406

or

800-424-8883

except in Alaska, Hawaii or Washington, D.C.

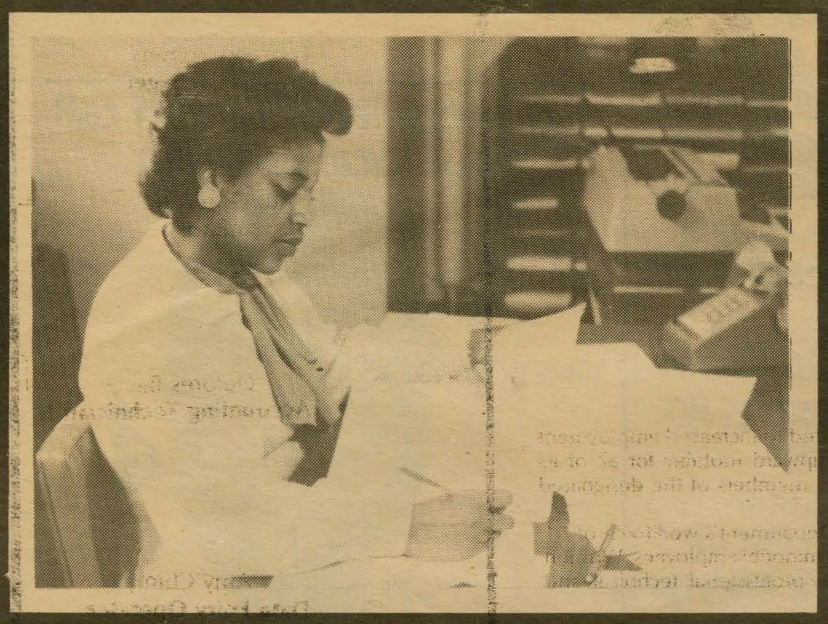




Pamela Autry,
Electrician's Mate, USCG

THE COAST GUARD.
AN ARMED SERVICE AND MORE.

Is Your Job
Just a Paycheck?





Or, Do You Have a
CAREER?

CAREER OPPORTUNITIES

Now Available with the SEATTLE FIRE DEPARTMENT

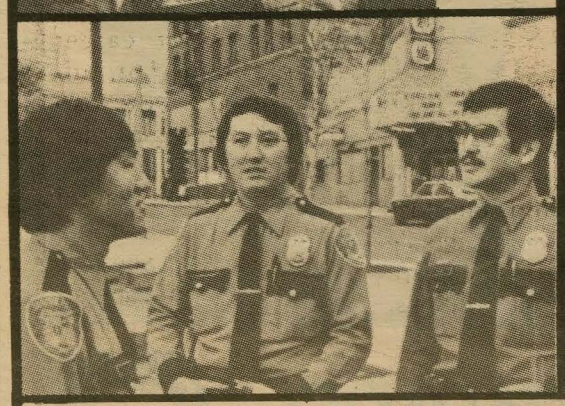
MINIMUM QUALIFICATIONS

Excellent Physical Condition
High School Diploma or G.E.D.
Normal / Correctable Vision
Valid Driver's License

For More Information
Call the Seattle Fire Department
625•4073
The S.F.D. is an Equal Opportunity Employer.

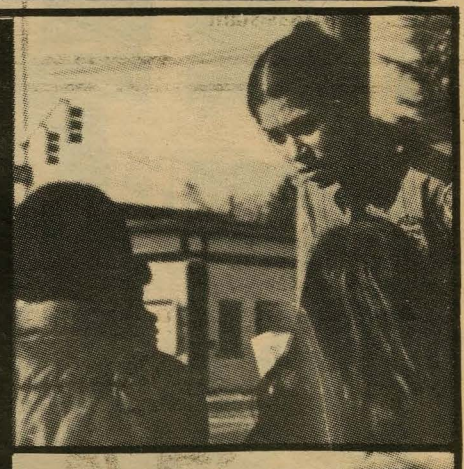


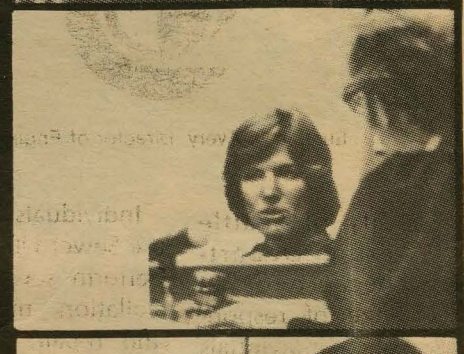


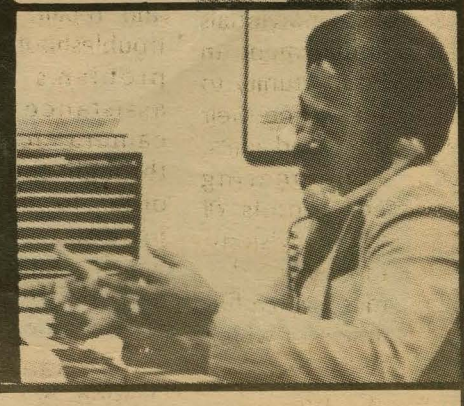


TAKE A STAND

If the satisfaction of serving your community in a challenging profession while receiving excellent pay appeals to you, then consider a career with the Seattle Police Department. Join the other men and women from your community who are already working together to help Seattle remain the most liveable city in the United States.







If you meet the following requirements for application:
1. U.S. citizen;
2. Minimum age 21 years;
3. High school diploma or G.E.D.;
4. Have or can obtain a valid Washington State Driver's License; call Seattle Police Recruiting at 625-4401;
5. Possess normal color vision;
6. Have at least 20/100 uncorrected vision, correctable to 20/20 in stronger eye, 20/30 in weaker eye;
7. No felony convictions.

An equal employment opportunity - affirmative action employer.

City of Seattle — Police Department, 610 Third Avenue, Seattle, Washington 98104

Licenses Division

Walter Tank
Assistant Director Licenses

Patricia Dixon
Administrative Specialist II

Rick Ballesteros
License Inspector

JimMcNeal
License Inspector

Romi Villalon
Accounting Technician I

Ronn Griffen
License Inspector

Anselmo Pelayre
Administrative Support Assistant

Seattle Department of Licenses and Consumer Affairs

CHARLES ROYER, MAYOR

The Department of Licenses and Consumer Affairs is committed to increased employment opportunities, career enrichment, job enhancement, and upward mobility for all of its employees, with special concern for minorities, women and members of the designated protected groups.
As evidence of our commitment to affirmative action, the Department's workforce of 81 permanent employees is comprised 51% of women and 27% minority employees. Women and minorities represent, respectively 26% and 16% of the key professional, technical, and managerial career positions.

Regina L. Glenn
Director of the Department of Licenses and Consumer Affairs

Animal Control Division

Reine Komotios
Administrative

Wally Lee
Animal Control Officer II

Wanda Akers
Animal Control Officer II

Mary Felix-Klenk
Accounting Technician I

Audit and Financial Services Division

Leonard Roberts
Division Manager

Adrienne Chu
Auditor

Delores Bailey
Accounting Technician I

Amy Chin
Data Entry Operator

Lillian Matsudaira
Administrative Support Assistant

Ernesto Martin
Budget Analyst I

Priscilla Poulos
Senior Data Entry Operator

Seattle Engineering Department

Eugene V. Avery, Director of Engineering

The City of Seattle Engineering Department, because of its wide range of responsibility, offers individuals seeking employment an excellent opportunity to explore and define their career ladders and goals.

The Engineering Department consists of seven major divisions: Operations Maintenance, which has sections--many of which have "field" locations throughout the City--responsible for concrete paving, asphalt paving, bridge operations, landscape maintenance, street maintenance, warehousing, and sewer utility.

Individuals assigned to the Sewer Utility Section perform sewer pipe installation, maintenance and repair; as well as troubleshoot sewer line problems with the assistance of a TV camera actually fed through the pipes in order to identify any potential problems which could result in major sewer line blockage or breakage.

The Transportation Division not only provides services for street design and planning, but also installs, maintains and repairs signs, signals, street markings and parking meters. Additionally this Division is instrumental in the design, planning and operation of the City's new Waterfront Streetcar Project.

Individuals seeking positions related to drafting and inspection would be interested in our Engineering Design and Construction Divisions where the actual design of the City's sewer, drainage, street and signal systems is performed.

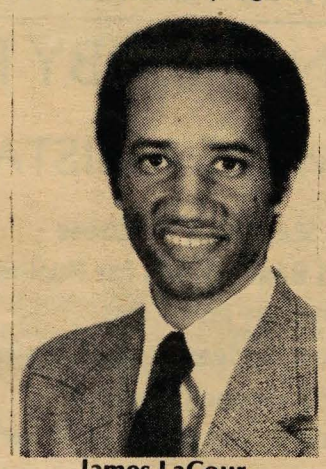
In addition, our Constructional Division provides contractors and citizens inspections services for compliance with City ordinances. These two divisions are currently active in the West Seattle Bridge Replacement project. Solid Waste Utility makes up the Engineering Department's Utility Division.

The Solid Waste Utility Division answers customer complaints and questions regarding their garbage pickup service, which is performed by several private firms, and also hauls refuse from the transfer sites to landfills in Kent and Midway. Individuals interested in Truck Driver or Heavy Equipment Operation should consider employment with the Engineering Department's Solid Waste Utili-

The Engineering Department also offers positions in the clerical and accounting areas in our Management Services Division which has responsibility for the accounting, financial management, word processing, records management, personnel, safety and fiscal control within the Department. Citizen participation and public relations is the responsibility of our Office for Citizen Participation division.

The Short and Long Range Transportation Planning Division within the Department provides planning and goals for the transportation needs within the City of Seattle.

The Engineering Department has developed a strong affirmative action program



James LaCour

which encourages interviewing and employment of minority, female and handicapped applicants in all positions. Along with this affirmative action hiring commitment, we have also initiated training programs to assist employees in achieving their career goals.

Employees in positions of Laborer can take advantage of various community college training programs directed toward promotion to truck driver and equipment operator positions in Engineering; Clerical employees can enroll in community college drafting classes which prepare them for positions of Engineering Aide and Engineering Specialist.

Employees interested in pursuing courses at the various community colleges and universities in Seattle for career development or advancement do so through the Engineering Department's educational reimbursement program.

If you are seeking employment that offers a variety of career opportunities and training, you are encouraged to contact the Engineering Department's Director of Administrative Services, Mr. James D. LaCour, Room 903, Seattle Municipal Building, 98104, or call him at 625-2353.

Your SEATTLE HUMAN RIGHTS DEPARTMENT SERVES Everyone

-- IF YOU HAVE EXPERIENCED DISCRIMINATION IN EMPLOYMENT OR HOUSING IN SEATTLE

-- IF YOUR BUSINESS IS MINORITY OR WOMAN OWNED AND YOU WANT TO SHARE IN SEATTLE'S CITY CONTRACTING AND/OR SERVICE DELIVERY PROCESS

THEN CALL 625-4384 BECAUSE...

THE BUCK STOPS HERE FOR ENFORCEMENT AND AFFIRMATIVE ACTION!!

SEATTLE HUMAN RIGHTS DEPARTMENT
105 14th AVENUE, 2ND FLOOR
SEATTLE, WASHINGTON 98122

45,000 NEW MANAGEMENT POSITIONS WILL OPEN UP RIGHT HERE IN WASHINGTON DURING 1983!

HOW CAN YOU GET ONE?

- BY CREATING YOUR OWN JOB
- BY STARTING YOUR OWN SMALL BUSINESS

WE CAN HELP BY PROVIDING THESE SERVICES:

MANAGEMENT ASSISTANCE

* Information on Starting a Business
* Licensing and Regulations for Business
* Incorporation Pros and Cons
* Information on Budgeting and Business Planning
* Information on Record Keeping
* Information on Advertising and Marketing
* General Business Information about Washington State

FINANCIAL COUNSELING

* Sources of Financial and Technical Assistance
* How to Prepare a Financing Proposal
* General Information on State Economy

TECHNICAL ASSISTANCE

* Information on Locating your Business
* Environmental Requirements
* Information on Crime Prevention in Business

PROCUREMENT ASSISTANCE

* How to obtain Business from the State of Washington
* How to obtain Business from the Federal Government in Washington State

ALSO: **PUBLICATIONS**

ADVOCACY SEMINARS

Office of Small Business
Dept. of Commerce & Economic Development
101 General Administration Bldg. AX13
Olympia, WA 98504
(206) 753-5614

CAREER EMPLOYMENT OPPORTUNITIES at Seattle City Light

EXAMS SCHEDULED FOR MAY/JUNE 1983



- Line Worker Apprentices
- Electrical Constructor Apprenctice
- Videotape Coordinator
- Policy & Procedures Coordinator
- Senior Civil Engineer
- Electrical Service Rep. Supervisor
- Painter
- Assistant Electrical Engineering Specialist
- Associate Electrical Engineer
- Electrical Meter Chief
- Relay Electrican
- Warehouse Supervisor
- Assistant Central Answering Service Supervisor
- Steam Engineer
- Senior Civil Engineer

If you are interested in employment opportunities at the City Light Department, please contact:
Allen Stowers, City Light Recruiter
(206) 625-3658

Your Seattle City Light

WE'RE COMMITTED IN WASHINGTON

The State's Obligation to Lead

Your state government has a moral obligation to serve as an example for the private sector in promoting affirmative-action employment and in ensuring a sufficient minority-firm share of state contracts for goods and services. I'm proud of my administration's progress on both counts.

We've Opened the Doors to Real Opportunity

For the first time in history, Washington has an enforceable Minority Business Enterprise law that requires a significant share of the state's business to be placed with minority firms. The Legislature, at my request, recently passed this MWBE law, which was drafted during months of negotiations in my office. It creates the state's first Office of Minority and Women's Business Enterprises. This law ends the era of lip service to equal opportunity and begins an era of real opportunity for minority businesses.

Careers in Government Service

More than a third of all my personal appointments to top leadership positions — judges, agency directors, commissioners, and state board members — have been women and minorities. Affirmative-action hiring for entry-level jobs and promotions within state government have been a top priority since the first day of my administration. Even in this period of large layoffs, the state has made good progress in affirmative action.

Making Life Better for All Our People

It's a goal we all share. Your state government is committed. And we now have a track record to be proud of.

John Spellman

Governor John Spellman

JOHN SPELLMAN
GOVERNOR

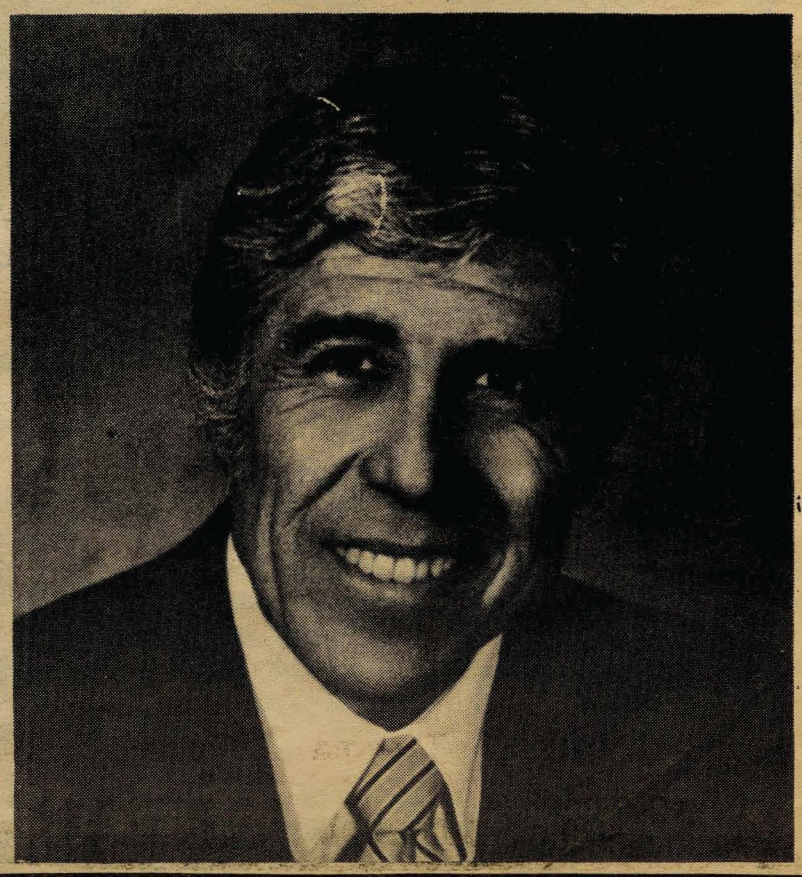
WASHINGTON STATE DEPARTMENT OF LICENSING

JOHN GONSALEZ
DIRECTOR

AN EQUAL OPPORTUNITY EMPLOYER

THE DEPARTMENT OF LICENSING HIRES AFFIRMATIVELY WHEN OPENINGS OCCUR IN ACCOUNTING, ADMINISTRATION, CLERICAL, COMPUTER PROGRAMMING, DRIVER LICENSE EXAMINING, RESEARCH, REAL ESTATE, AND SECURITIES.

INTERESTED APPLICANTS SHOULD CONTACT THE STATE DEPARTMENT OF PERSONNEL FOR JOB OPPORTUNITIES. RECRUITING BULLETINS ARE REGULARLY PUBLISHED AND DISTRIBUTED TO COMMUNITIES THROUGHOUT THE STATE.



Who Ever Heard Of Making A Career Out Of A Part-Time Job?

Who ever heard of making a career out of a part-time job? There are over 200,000 in Army National Guard doing just that! More than 6000 in the state of Washington and you know alot of them.

They have all types of other jobs and vocations, but one weekend a month they work for the Army National Guard, obtaining excellent job skill training, leadership and managerial training and experience, and other outstanding benefits. But, even if you're not thinking of a career at this point in your life, the Army National Guard is a good beginning to the rest of your life.

The Guard can provide that important advantage in the job market; having proven that you have what it takes to make it through the demanding tasks of basic training, learned the skills of a trade, and have the proven leadership capability to tackle any job successfully.

Here's 50 good reasons for joining your hometown

Army National Guard--

- Business connections
- Free innoculations
- Space available flights/ confirmed
- Order and discipline
- Fulltime employment in technical programs
- Receive copies of Guard magazines
- Legal assistance
- Counselling assistance
- Unit family activities
- FHA and VA home loan assistance
- Survivor Benefit Plan
- Credit Unions
- Membership in the National Guard Association and NCOA
- Public Safety Officers Benefit Act
- Income Tax benefits
- In case of a national emergency , you are called up as a member of a unit rather than drafted or as a member of a control group.
- Physical training
- Opportunity for management background through Leadership training
- Means to increase of participate in Social Security
- Memberships available for members and/or wives in Guard associations
- Opportunities to improve the system through the Guard suggestion system
- New federal enlistment incentives for selected Guard units
- Eligibility for AER
- Use of USO facilities nationwide
- Receive college credit for military training and experience
- Opportunities to attend leadership academies (NCO, WMA, Leadership)
- Post exchange benefits (Day to day)
- Promotions (personal & professional recognition)
- Monthly pay checks
- Work clothes provided for duty usage
- Community contacts
- Free aptitude testing
- Free physical exams
- $35,000.00 Insurance
- Take a break from school
- Launch a career
- Expanded horizons
- Military education that enhances civilian positions through service schools and extension courses.
- Educational assistance for members
- Two weeks double pay for civil service employees
- On the Job health benefits
- Free meals while at drill
- On the Job disability insurance coverage
- Commissary usage during annual training
- Friendships to last a lifetime
- Skills training (on going)
- A break from the Norm (adventure and excitement)
- Full retirement, pay and privileges
- Advances in your field through on-the-job training
- Use of Recreational facilities at Camp Murray (American Lake Camps) and Fort Lewis
- Bonuses

Pay the Number One benefit!!

Though there are many benefits to the Guard, the one most people think of first is Pay. It is one of the biggest reasons given for staying in; and while pay for the weekend's work can run from about $75.00 for a private E-1 to over $300.00 for a Major, most Guardmembers will earn close to $125.00 for each drill weekend by the end of their enlistment.

There are other benefits that just can't be included in the dollar figure. Medical and dental health care plus meals, uniforms and other benefits all add up to an impressive part-time job.

Guardmembers are paid well for their skills, but they earn every penny in jobs that are far more demanding than most others. The pay is such that Guardmembers receive one day's pay for each four-hour drill period, based on their grade and years of service.

For men and women who take up a part-time job for the money, the challenge or both, working in the Washington Guard adds up to a good deal.

Whoever heard of a pension from a part time job!

Chances are retirement is about the last thing on your mind right now.

But one of these days, it'll probably be the foremost thing on your mind.

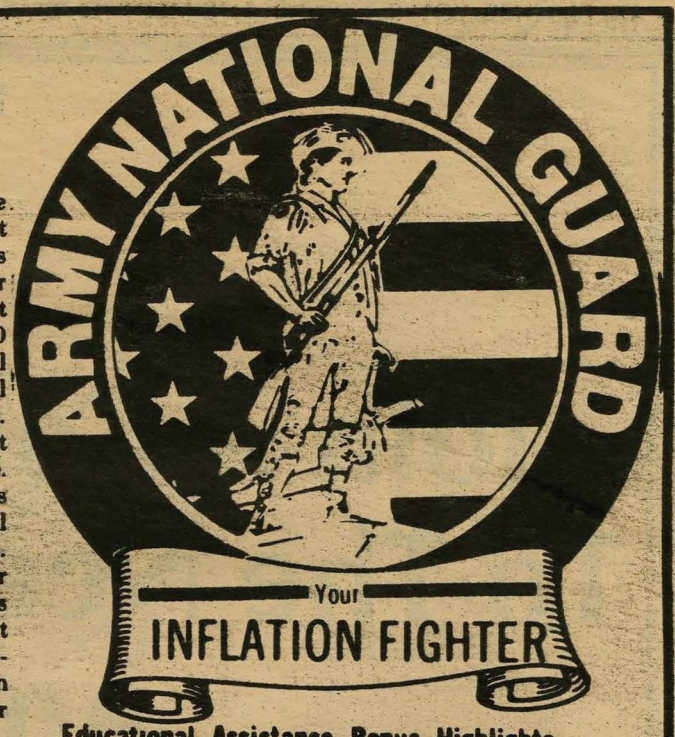
So now's the time to realize that you will be entitled to a government pension and retirement plan if you've completed 20 years of creditable service in the Washington National Guard.

Also, your retirement benefits are completely "portable." Regardless of how often you move or switch units, you can still earn retirement credits. . . just try switching jobs and see if your new employer allows you retirement credits earned with your last employer.

This retirement program is flexible, secured and has a value of around $30,000 in cash alone. The cost or premium of this retirement program is zero.

That is right, the cost is zero. But that is only the beginning. There is a long list of Benefits. Why not ask your 1st Sergeant or a recruiter. KEEP THE MOST IMPORTANT PART TIME JOB IN AMERICA.

Seattle **464-6100** **Tacoma** **593-2000** **Everett** **259-8677** **Kent** **839-6900**



Educational Assistance Bonus Highlights

ELIGIBILITY
- Non-prior service six year enlistee
- High school graduate or within 2 yrs. of graduation
- Mental category I, II, and III
- Not enlisting to be a permanent technician
- Not enlisting for active duty or ADT over 90 days
- Bonus unit vacancy or bonus MOS (11, 12, 13, 16, 19, 31, 91, or 95B)
- Not applying for enlistment cash bonus

PAYMENT
- Upon completion of IADT, payable from date of enlistment
- 100% of undergraduate educational expenses: Tuition, fee, books, lab and shop fees
- Maximum $1000 in any 12-month period and $4000 total

TERMINATION
- Completes six years of service
- Fails to participate satisfactorily
- Becomes a permanent technician
- Separates from the selected reserve as EM for any reason
- Participates in the simultaneous membership program or accepts a commission
- Receives money from senior ROTC
- Ceases attending accredited school or receives degree
- Voluntarily transfers to non-bonus unit or MOS within 50 miles or 1-1/2 hours of original unit, except to participate in AFTM*CFTM program

RECOUPMENT

Recoupment of the unearned portion of the bonus money paid shall be made for
- Unsatisfactory participation due to own misconduct
- Transfer to non-bonus MOS or unit within 50 miles or 1-1/2 hours of original unit

Student Loan Repayment Program Highlights

ELIGIBILITY
- Enlist, extend or reenlist for an authorized position vacancy
- All military occupational specialties except 02B, 02M, 02P, 02T, 71Q, 84F, 95C, and CMF's 33, 79, 92 and 98
- High school graduate
- Upper 50% of AFQT
- Not enlisting to be permanent technician
- Not enlisting for active duty or ADT over 90 days

REPAYMENT PROCEDURE
- For each year of satisfactory service, Federal student loans will be repaid at the rate of 15% of total loans or $500, whichever is greater.
- Loan repayments are made at the end of each satisfactory year based on date of loan or date of graduation, whichever is later.

LOAN REQUIREMENTS
- Only guaranteed student loans (GSL), Federally Insured student loans (FISL) or national direct student loans (NDSL) made after 1 October 1975 are eligible.
- Eligible loans may be made before and/or after the qualified enlistment period.

TERMINATION
- Fails to participate satisfactorily
- Accepts permanent technician position
- Voluntarily accepts non-bonus MOS
- Separates from selected reserve as EM for any reason
- Joins SMP or accepts a commission

NOTE: Loan repayment program may be combined with one of the other bonus programs. When combining programs, both program requirements must be met.

Enlistment Cash Bonus Highlights

ELIGIBILITY
- Non-prior service six year enlistee
- High school graduate or within 2 years of graduation
- Mental category I, II, III
- Not enlisting to be a permanent technician
- Not enlisting for active duty or ADT over 90 days
- Bonus unit vacancy or bonus MOS (11, 12, 13, 16, 19, 31, 91 or 95B)
- Not applying for educational assistance bonus

PAYMENT
- $2000 for bonus mos
- $1500 for bonus unit
- 50% paid upon completion IADT & HS grad.
- 25% paid at end of 2nd and 4th yr. of service

TERMINATION
- Completes 6 yrs. of service
- Fails to participate satisfactorily
- Becomes a permanent technician
- Separated from the selected reserve as EM for any reason
- Participates in simultaneous member program or accepts a commission
- Voluntarily transfers to non-bonus unit or MOS within 50 miles or 1-1/2 hours of original unit, except to participate in AFTM*CFTM

RECOUPMENT

Recoupment of the unearned proportion of the bonus money paid shall be made for every termination reason, except if:
- More than 1/2 of contract term is served and member becomes a permanent technician
- 1 year of contract term is served and member accepts a commission
- Member participates in simultaneous membership program
- Unsatisfactory participation is not due to own misconduct

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Field Service • Office Support
Finance And Administration

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Digital Equipment Corporation was founded in 1957 by three engineers who virtually pioneered the concept of minicomputers and interactive computer families.

Today, we are the world leader in our segment of the computer industry. A company with annual sales of more than $3.9 billion. A company that's proven it can respond to the ever changing needs of its customers.

In fact, the only thing that hasn't changed at Digital over the past 25 years has been our commitment to developing the professional skills of our employees.

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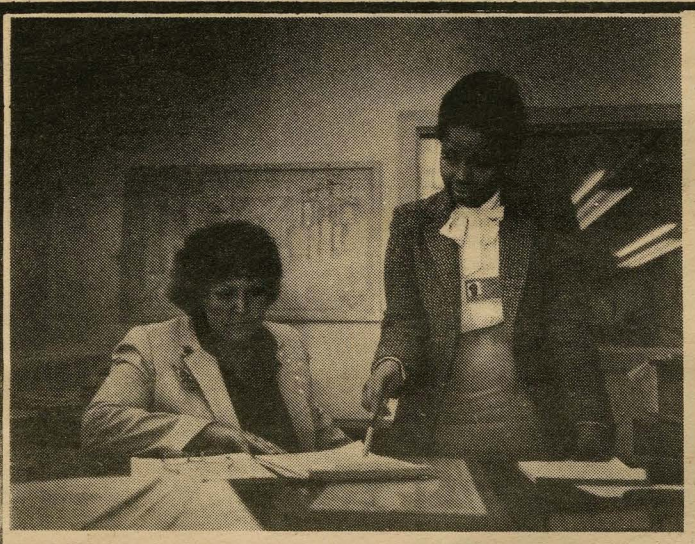
So if you feel you have the talent and the energy to build a career with us, apply now.

Send your resume to:

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ATTN: Aaron D. Hazard

We are an affirmative action employer.

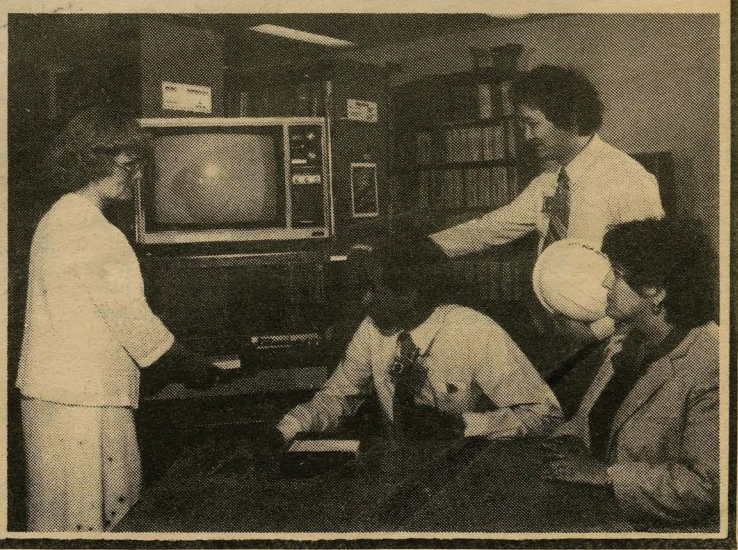
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- cares for the mentally ill . . .
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Connie Bennett Cameron's Mini-Novel Series

Hard Work And Tremendous Drive K

By CONNIE BENNETT CAMERON

Chris Bennett has been tabbed the Father of the Black Press in the Pacific Northwest, and his colleagues call him a publisher's publisher.

He's ambitious, strong and many refer to him as the Frederick Douglass of the 80's. He has the courage and brains that perhaps none can surpass.

Chris Bennett has dynamic leadership ability and when appropriate, he's a follower. He's a dedicated man who continues to grapple with the thorniest issues of our time.

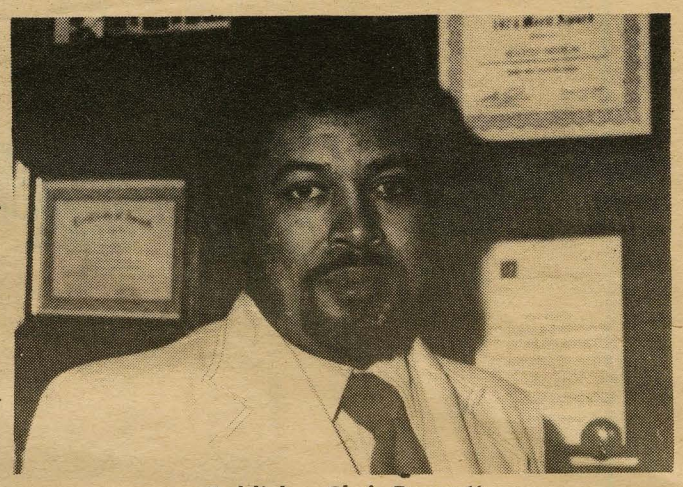
No mountain is too high for this man who has had big dreams from the very start. From the time he was a boy on the rural farms in Georgia, Bennett had dreams of becoming a doctor. And though he never knew it, his mother shared those same dreams.

When he was born, his grandfather, whose wise intuition was cherished by the family, said Bennett was destined to be a president, though he never mentioned what kind.

And 40 years later, Bennett is president of Tiloben Publishing Company, one of the most successful Black businesses in the country.

But getting there hasn't always been easy, Bennett admits. And it still isn't. "There's always a struggle. You can't give up. A lot of people think it's easy putting out a newspaper, but it isn't. It's really hard and mind-boggling.

"The everyday occurrence of racism," he continued, "that threatens to dismantle a strong community base is a constant struggle of major significance that must be guarded against by all concerned. And it's our duty as communicators to see that the people are properly informed of these activities."



Publisher Chris Bennett

In the early stages of his life, Bennett's greatest obstacle, he thought, was leaving the tiny rural Georgia town, and preparing himself for the big dreams he had. He recalled having to get up at 4:30 in the morning to do the chores around his mother's farm, who incidentally was a single parent at the time, until he reached 11.

"We had to walk 5 miles to school in the bitter cold one way every morning and 5 miles back." The school was a one-room church with about 100 students, two teachers, and went from first to seventh grades. "When we got there, the building was real cold, sometimes the water would be frozen. We used wood heat so we had to gather wood for the stove. We had outdoor toilets."

Bennett remembers walking alongside the road to school, and buses carrying White children to nice warm schools would pass them by. Sometimes they would poke fun at them.

"Christopher was always a good student," said one of his former teachers. "He was outstanding, determined to learn and a very hard worker. We used to call him our little genius."

Bennett cites his mother for preparing him for the bitter cold winters that would later prepare him for the bitter cold world. "It was her love, prayers and a commitment to education and the basics in life that I credit my success. She was and still is always there when I need her."

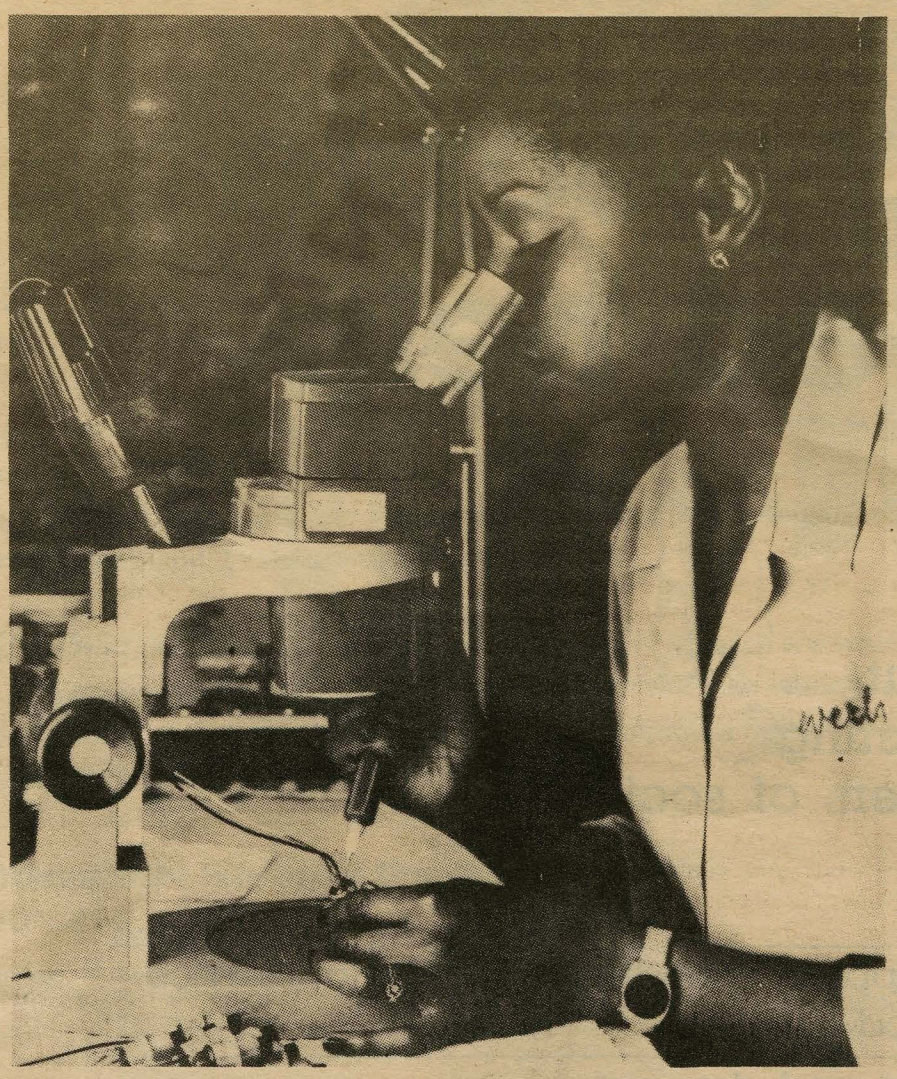
Bennett's mother manages one of his newspapers, The True Citizen, in Tacoma.

Bennett's first break away from the one-room school came after the 1954 Brown vs. Board of Education decision when some of Georgia's lawmakers interpreted the law to mean separate but equal school facilities. "At that time we were bused to brand new buildings in brand new buses, but with the same old books. We had indoor bathrooms and hot lunches everyday."

At an early age, Bennett was able to transfer from junior high to high school because of his high academic standing. He was an honor student and was very active in extracurricular activities. He became active in sports in his later high school years because he was younger and therefore smaller than the others.

Bennett dropped out of high school in the 11th grade because he thought he could finish school at night while he worked during the day — a popular thing to do back then. This venture would later take him to the resort areas of Florida, where he would discover that working 10 hours a day and trying to complete school at night was very difficult. He briefly withdrew from school, but returned to complete his education.

Farming in Georgia became very political while Bennett was in Florida. Those who owned farms were paid not to plant their crops. Many plantation politicians who owned farms that Blacks rented or sharecropped, found it economically feasible to kick the Black folks off the farms and get paid for not farming. Consequently, the Bennett family gave up farming and moved to the city.





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Keep The Medium Going, Says Publisher

"We wish to plead our own cause. Too long have others spoken for us."



The home of The Medium at 2600 South Jackson St.

"My mother was one of few women — Black or White — that I considered actually involved in the business of farming. I got a lot of my business drive watching her handle many business situations. In those days, running a farm the way they had to do it was really a business, and a very challenging one."

Bennett's mother was a typical Black parent who pursued her education as far as she could, instilled in her kids the value of getting an education, and believed the plight of Blacks would come with education, which is the way it is today.

Although she insisted that Bennett finish high school first, his keen sense of economic responsibility to help the family by going to school and working prevailed.

Bennett got a job at a neighborhood grocery store delivering groceries on his bike after school. And it was this experience that would later shape and influence his entire life. It was his first bout with racism — ugly, dirty racism.

One day as Bennett loaded his bike cart for delivery, a Black man who worked on a garbage truck tried to cash his paycheck at the store as he had done many times before. But this time young Bennett noticed a strange and fearful look on the Black man's face as he counted his money three straight times. Knowing he had been cheated out of his money, the man kindly asked the White store owner if there may have been a mistake.

The man became very angry, snatched all the money, pulled a shotgun on him, and said, "Anything I can't stand is a smart nigger. Get out of this store before I blow your head off."

The frightened man ran from the store, leaving all of his money behind.

Startled, confused, afraid and upset, Bennett knew he would never work there again — under no circumstances. "When he paid me my $4.20 for the week, I borrowed $10 more from an aunt and took the next bus to Florida. I didn't know if I was a smart nigger or not, but I knew I would run into him again — it would be just a matter of time."

After only a few months in Florida, Bennett realized he couldn't work, go to school and stay alert at night, so he left school for awhile. Repeated pleas from his mother to return home and finish school sent Bennett scurrying back to Georgia.

High school would set yet another experience Bennett would never forget.

Bennett had taken an early college entrance exam before he fled Georgia, and had unknowingly passed it, but was not notified because he was in Florida at the time. His mother was never told either. So early college was out.

He was an honor student and an outstanding athlete. While he was on a winning football team, he received inquiries from several Black colleges about a possible athletic scholarship, including one to attend his dream school — Florida A&M.

However, a lousy football team, military recuriters, counselors acting like military recuriters and the fact he couldn't go to his dream school, landed Bennett a five-year stint in the air force.

"After all that discouragement, I decided to go to the air force," Bennett explains. "Many of our counselors for some reason pushed the military for Black men in the 60's. They knocked college, so very few of us went right out of high school."

One of Bennett's most painful memories in the military was having to sit on the back of the bus in military uniform, while traveling home. "Here I was dressed to serve my country and still had to sit on the back of the bus. Blacks were looked down on but we were still being trained to protect a country where we were not wanted."

Not only that, Bennett bitterly recalls being refused service at a restaurant in Jackson, Mississippi because he was Black.

White airmen with him obviously were offered service. However, feeling the situation was downright disgusting, the White GI's retaliated by ordering the food, refusing to pay and walking out.

Bennett's air force days, despite frequent encounters with racism, netted him an athletic scholarship to Everett Community College, after being named to the All-Service Flag Football Team.

During the first week of practice, Bennett busted his knee and was doomed from his dream of becoming a great athlete.

"That's when I reached the decision that mental preparedness can take the place of physical preparedness, but you cannot substitute mental strength for physical strength. I realized it was time to look further into the horizons of life than sports."

Able to keep the scholarship at Everett, however, Bennett put his mental strength to work and pursued a degree in psychology. He was on the Dean's List and was an all-around good student.

Bennett's early childhood dream of becoming a doctor shattered during the so-called riot years with the assassination of Dr. King and the constant harassment of Black political prisoners.

"I realized then that my dream was just a dream. And for a Black man, that dream could easily become a nightmare.

Bennett worked for the state as a juvenile counselor for awhile, before leaving after a discrimination suit he won against a White supervisor snowballed into a sticky, and nonetheless, shaky situation. Though nothing happened, Bennett eventually left.

"I enjoyed the rewarding experience of working with young people," he said. "But the state, being like any other business, has its problems."

By pure instinct, Bennett got a job at a local Black newspaper. He knew absolutely nothing about the business, but felt compelled to check it out. Fourteen months later, Bennett still knew very little about the newspaper business, so he decided to start his own newspaper — The Medium. He read many books and toured many major newspaper facilities asking all kinds of questions — he wanted to know everything about the business.

Bennett had no money when he started and times were hard. But he was smart, dedicated, determined, and had community support and prayers that shook Heaven.

"Different people have different views and philosophies about life. In the newspaper business, if you work for a particular paper, you almost have to share that paper's ideas, and you almost have to agree with the editorial policy of that paper," Bennett points out. "There's just no harmony without it. My outlook on life was different. So I started The Medium."

And now $30 and a prayer have turned into one of the most successful Black businesses in the country. The Medium has expanded to the Tacoma area since it was founded just 13 years ago, is winner of hundreds of local and national awards for journalism excellence, and is the largest Black-owned newspaper in the Pacific Northwest.

The paper has its own printing press, a fully equipped print and photography shop, and a highly computerized newsroom. "Journalism is a highly competive field," says Bennett. "And we have to keep up with the times."

Bennett quickly points out, however, that the key success to The Medium is to surround himself with the "best available talent with the proper chemical balance to be committed to the industry. That's how I would characterize my loyal and dedicated staff."

Bennett agrees The Medium is a successful training ground for a lot of journalists in different areas. "But if we don't train them — whether they know it or not — who will? Where else can Black folks get the training and skills in this industry other than here?"

He also attributes part of the success of The Medium to the community for its loyal support and strong roots and ties, and to those in the advertising industry, who may disagree with the paper's editorial policy, though many times controversial, but respect it and its readership.

Chris Bennett has his own publishing company, is a vice president of the National Newspaper Publishers Association, and a candidate for that organization's president this June. He holds impressive memberships in the NAACP, Sigma Delta Chi Society of Professional Journalists and the Rotary Club — among others.

So what else is left for Chris Bennett to do?

"To communicate with this community on a daily basis either through the newspaper or to restore a broadcasting facility very much missed and needed in this community."

And if Bennett's prior success is any indication, those dreams, too, will come true.

Meanwhile, Bennett offers this advice to aspiring journalists who wish to remain in the Black community:

"John Russwurm wrote in *Freedom's Journal* in 1827: 'We wish to plead our own cause. Too long have others spoken for us.' That philosophy still prevails today. And if you're not committed to that philosophy, you have no future with the Black Press, or the Black community for that matter."

Bennett has four children, Bernard, 12, Jawann, 6, Khalid, 4, and Malika, 8 months. He resides in South Seattle with his wife, Gloria.

(Editor's note: The Connie Bennett Cameron Mini-Novel Series, a new feature in The Medium, is a biographical sketch of various Seattleites who have contributed to the development of Black folk. Adapted for newspaper, the series is written by nationally award winning writer, Connie Bennett Cameron, vice president and managing editor of Tilou... Company.)

Fisheries Career Opportunities Seeking Women And Minorities

WASHINGTON DEPARTMENT OF FISHERIES was established in 1890, and has two goals in its program: (1) conservation and perpetuation of the fish and shellfish resources under its protection; and (2) optimum commerical and sport harvests of these species.

Headquartered at the Washington State capital campus in Olympia, the department currently employs more than 500 people full time. Facilities extend throughout Western Washington. These include 33 major salmon hatcheries, 20 rearing pond, spawning and rearing channel sites, 7 specialized laboratories, 3 construction shops, 3 field enforcement officers, and 2 habitat improvement shops.

CAREER OPPORTUNITIES with the Department of Fisheries are wide ranging and virtually unlimited as to types of work: laboratory research, field work, law enforcement, fish rearing, clerical work, office management, accounting, data processing and statistical reporting, heavy equipment operation, and engineering - all are essential to the daily operation of the Department of Fisheries.

Sample job positions with the Washington Department of Fisheries:

Title	Sample Duties	Requirements
Fisheries Patrol Officer	Patrols waterways on foot, by boat, car, or plane, to enforce fisheries regulations; issues citations, makes arrests; gives rescue assistance, advice, information.	High School graduation or GED; 3 years experience in fish and wildlife management and/or law enforcement; college degree in fish or wildlife management or police science preferred.
Fish Culturist (1 & 2)	Semi-skilled and technical manual duties in normal operation of fish hatchery, including spawning of fish, feeding, incubating eggs, disease treatment, maintenance of hatchery facilities and equipment.	High School graduation; experience in small engine repair, construction trades improves chances.
Fish Hatchery Manager (1 - 4)	Manages hatcheries of increasing sizes and simple to complex fish cultural equipment and facilities.	Bachelor of Science degree in fisheries and hatchery experience; or 2 to 5 years' experience as a fish culturist.
Scientific Technician (1 - 4)	Unskilled and semi-skilled, skilled to complex laboratory and field duties, under supervision of a biologist.	High School graduation with two semesters of high school biology or chemistry.
Fish Biologist (1 - 4)	Assumes increasing levels of responsibility in carrying out, planning, and overseeing research leading to management of a fisheries.	Bachelor of Science degree in Fisheries and 2 to 5 years experience in fisheries biology. Master's or Doctor's degree improves chances and qualifications.
Fisheries Research Scientist	Complex research programs involving study and management of fish resources and fisheries on a national and international scale.	Ph.D. in Fisheries Science, three year's experience in fisheries analysis and evaluation, and two publications contributing significantly to the field of fisheries science.

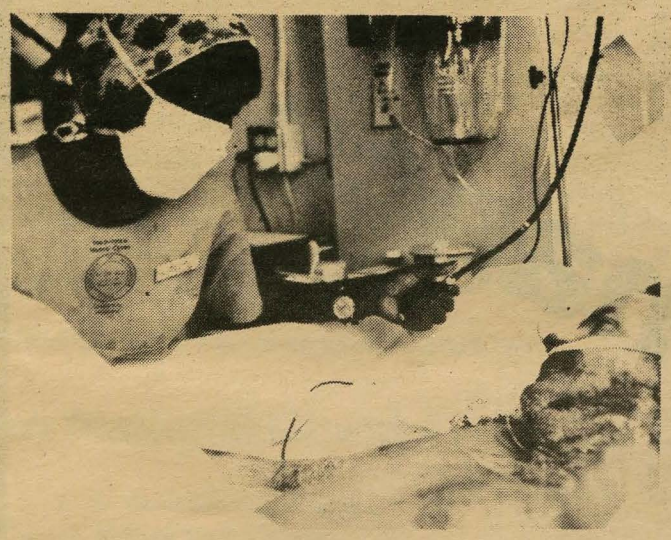
As a Washington State Civil Service employer, the Department of Fisheries, of course, offers jobs to applicants without regard to race, handicap, creed, age, sex, ethnic origin or political or religious affiliation.

Job openings are announced publicly on a regular basis and may be obtained at Employment Security's Job Service Centers and other public job finding services.

or

Department of Fisheries Personnel Office, Michael R. McGregor, Personnel Manager, 115 General Administration Building, Olympia, WA 98504.

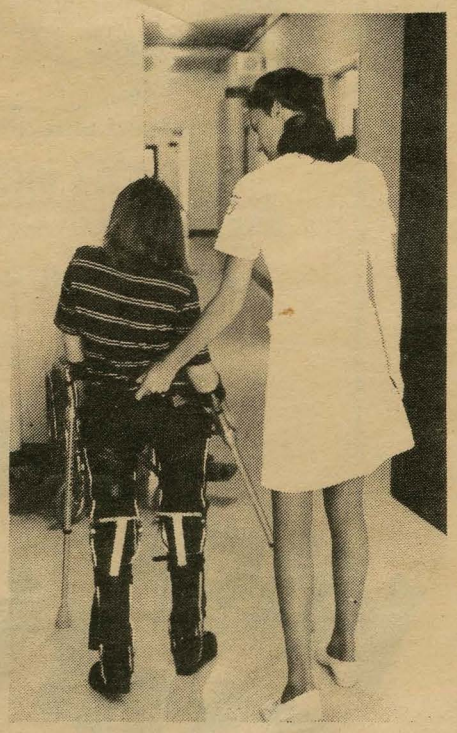
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Andrea Beatty,
Bellevue City Manager

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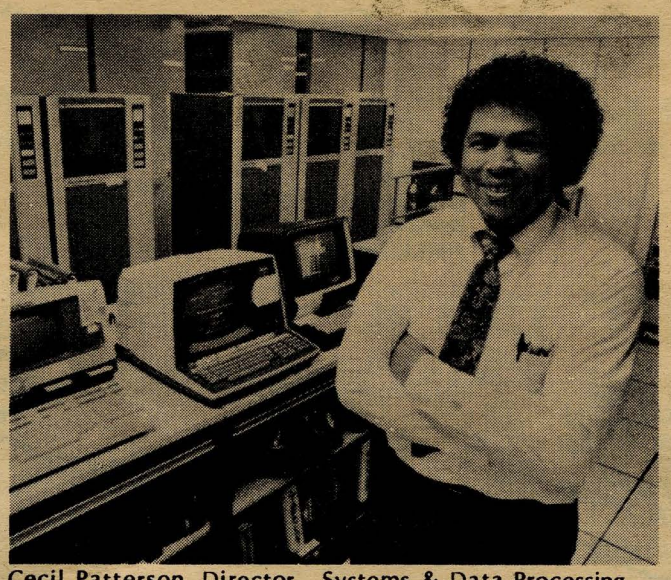
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Metro is a good employer committed to affirmative action, promotions from within and professional growth. If you're considering a progressive career, consider a progressive agency.

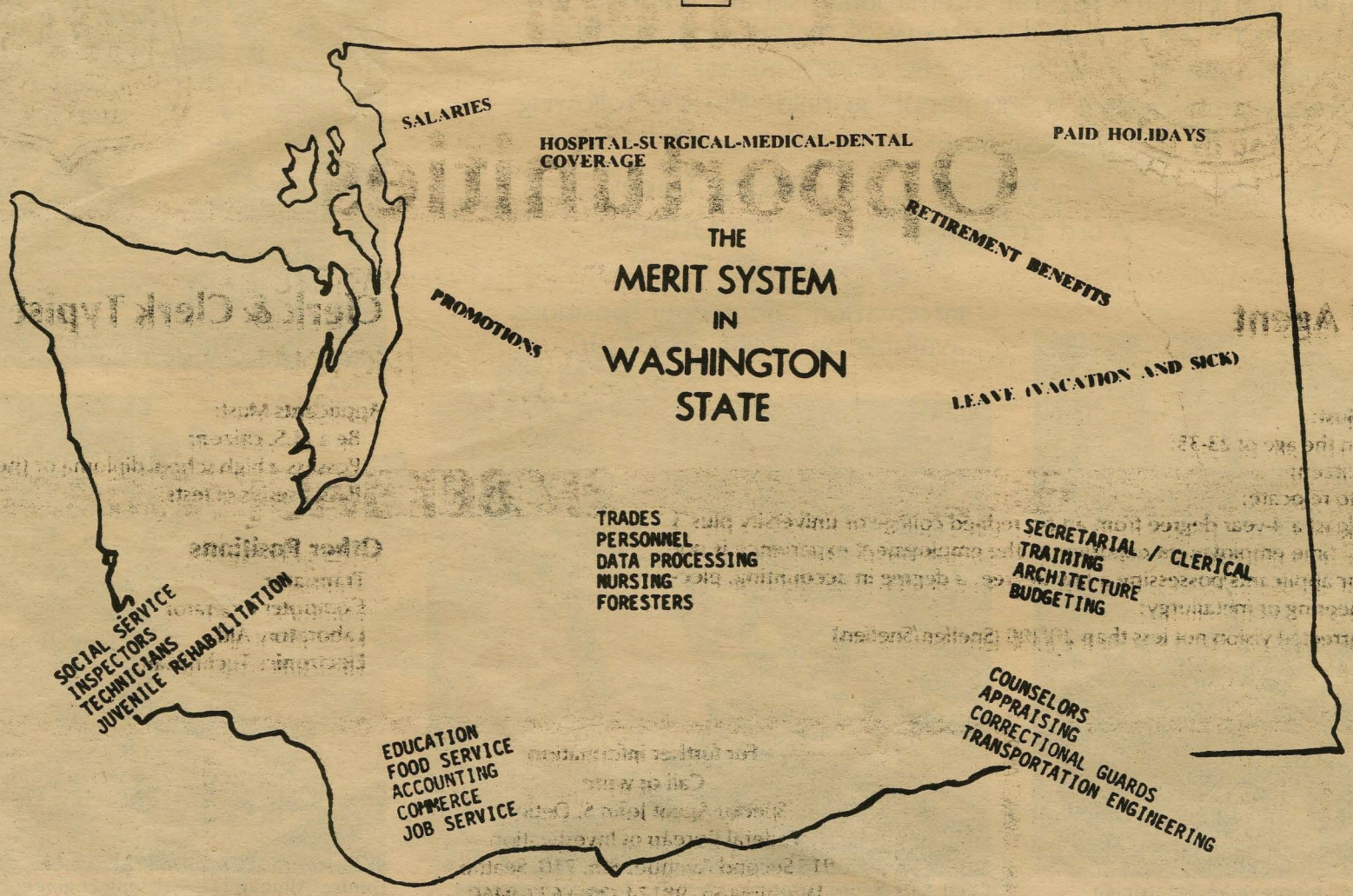
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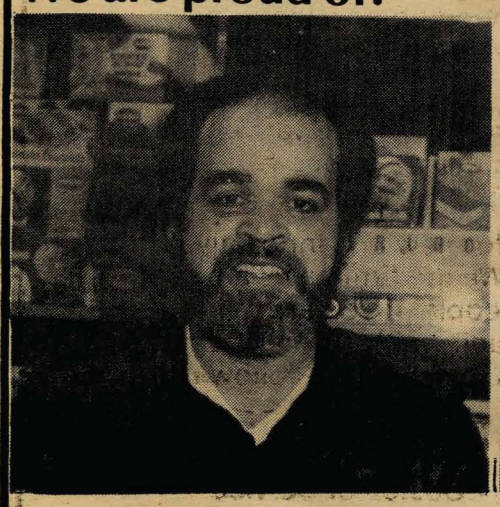
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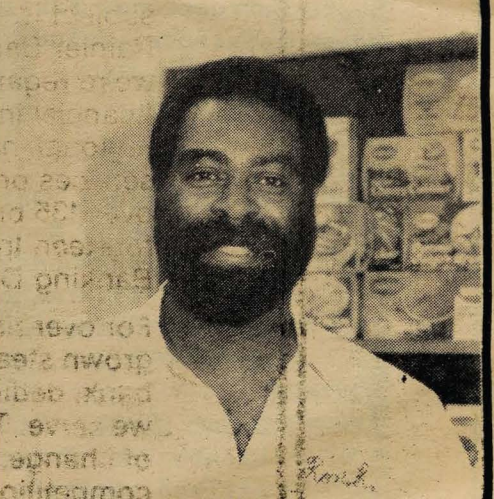
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Watch for recruiting advertisements in The Medium, at your local community centers, and employment security offices.

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Connie Bennett Cameron's Mini-Novel Series

Nate Long: What More Could The Real World Ask For?

By CONNIE BENNETT CAMERON

Strong, courageous and ambitious only mildly describe one of Seattle's best — Nate Long.

Nate Long has been in and out of the Seattle area for well over 20 years. He made his milestone here, and has come back to claim it.

"I have had a lot of choices which have improved my chances for success," says Long. "Seattle has been good for me and so have a lot of people."

Imagine being a person of so many distinguishing characteristics that not only Seattle, but the entire country appreciates.

Part of that success, Long says, came from his involvement with the local ABC TV-affiliate, KOMO, where he trained several communications hopefuls to become some of the city's best journalists. Steve Poole, Karen Denard, Ann Branch, Lee Carter, Eddie Rye Jr., Audrey Wright and many others have prospered from his training.

Long is also known locally for putting the Northwest on the map through his award-winning TV mini-series, "South By Northwest," which explains the history of Blacks in this area, and "The Second Time Around," which is Part II of that series.

Not only that, Nate Long was responsible for and helped direct and produce several children's educational TV programs, including "Infinity Factory," and "TvAC."

An innate knack for dealing with people explains another part of Long's success — an ability to handle the entertainment capitol of the world — Hollywood. He holds many prestigious and inspiring positions as a result of that talent, and has dealt with many of the best actors and actresses around. Denise Nicholas, Rosalind Cash, Jackie Gleason, Jim Brown, John Amos, and Bernie Casey have witnessed Long's talents.

STATE OF WASHINGTON

DEPARTMENT OF CORRECTIONS

Olympia, Washington 98504

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* INSTITUTIONS: Correctional Officer
Correctional Counselor
Classification Counselor

* COMMUNITY CORRECTIONS: Parole and Probation Officer

* SUPPORT SERVICES: Food Service Occupations
Nursing
Trades/Maintenance
Clerical

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McNeil Island, Steilacoom

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Clearwater, Forks
Firland, Seattle
Indian Ridge, Arlington
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Region 4, Seattle
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*Includes 17 Work/Training Release facilities

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AN EQUAL OPPORTUNITY-AFFIRMATIVE ACTION EMPLOYER

Nate Long was born in the 1930s on April 6 in Philadelphia, Pennsylvania. At the age of 3, his mother died, leaving him to the care of relatives. "For some reason or other the courts would not let my father have custody of me," said Long. Eventually, his relatives could no longer keep him, and at 6, he was put up for adoption.

But being an orphan hasn't made Long, who has two black belts in karate and judo, bitter or vengeful, though he probably had good reason to be. In fact, the entire situation has instilled in him a desire to help people and has reinforced his determination to succeed.

Recalling some of his bitter moments during the adoption process, however, Long remembers being rejected by adoption families at least six times a day for about six straight months when he was 7 years old. "Nobody wanted me . . . That's a terrible way to feel. It left an empty feeling inside me that I will never forget."

Each child up for adoption, Long said, would come out individually so the families could look them over. "If they didn't want us they would tell why while we stood and listened. Some told me I was too skinny or too young. Some of those families were very cruel."

The mere thought of being told you're not wanted that many times should give you an idea of the emptiness and loneliness Nate Long must have felt.

"I was very hurt, but I tried not to let it show. Some of the nurses and others in charge would rub me on the head and say, 'That's OK, we like you.' "

Perhaps it was at that tender age and moment, though, that Long became determined not to let anything or anybody cluster his road to success. He was bright, obedient and kept to himself, mainly because there was no one to trust.

He experienced several foster families, and he "always felt unaccepted, like a house boy." There was only one foster parent he felt comfortable with. She became ill and Long was up for adoption again.

Through it all, Long somehow managed not to let the situation get the best of him. "It was a situation I knew would some day come to an end. I had to swallow my pride in many many cases, but I knew it would end some day. It had to."

And an end it did. Today, Nate Long is one of the most powerful people in the television and motion picture industry. He has written, produced, directed, and acted in several well-known movies and TV shows. "Truck Turner," "Mr. Billion," "Over The Edge," "Slams" and "White Line Fever" are among his screen credits.

Long came to the Seattle area in 1963 by way of the air force, and has had a long and distinguished involvement here ever since.

In 1967, he established the Rainier Heights Dojo, teaching judo, karate and self-defense to children and residents of the area. He also taught at several recreation centers. "I've always had a special love for kids," says Long, "probably because of my background. I want to see them get ahead and succeed. There wasn't anybody to help me or answer the questions I had as a kid, and I had many. I was very curious. But I didn't get many answers."

Kids today have more questions, but fewer real answers, Long says. "Many get answers, but they're not good answers. They're just not in tune with the times."

Long was affiliated with a program called Soul Academy, which stressed drop-out prevention, and responsible for the city's Red Barn Ranch for disadvantaged youth.

He taught police training in Seattle, Everett and Edmonds, was an administrative assistant at Model Cities, and was a member of the design committee for Langston Hughes Cultural Arts Center.

Continued on Page 25

Nate Long — Continued From Page 24



Nate Long

But Seattle probably remembers Long most for his involvement in the Black Community Festival during 1971-1974, which brought many popular entertainers to Seattle to serve as grand marshalls.

Some 12 years later, after a stint here and there in Hollywood, Nate Long has returned to Seattle, this time to stay. While here, he will oversee cable TV for Central Seattle as vice president of SEA-COM, which was awarded the cable TV franchise for this area.

"I am especially pleased that a Black group has been given the chance to compete and win," says Long. "That is very important to me and a lot of other Black folk both here and elsewhere."

The process to acquire the franchise was long and drawn out, and competition was stiff. But Nate Long was persistent, professional and patient enough to hang in there and get what this community wants and needs — Black-owned cable TV. And pretty soon, Seattleites will reap the results of this adventure as soon as a few snags are pulled together.

Meanwhile, Seattle and Tacoma will continue to benefit from the talents and connections of this unusually gifted man, because Nate Long is back.

And he offers this advice to those seeking media-related careers: "You really have to keep up with new technology and read everything you get your hands on. If I didn't read for a week or so, I would really be behind. Things are moving just that fast."

Long said it doesn't matter about the area you start in, be it radio or TV, they are all going to become inter-related. The important thing he emphasized, is "to read everything, and practical application is a must."

As far as having college degrees for the highly competitive media industry, Long says, "It's a question of how you perceive yourself — whether you want to be trained or indoctrinated. The important thing is practical application. Many people with degrees are not very smart anyway. They don't know how to apply their education to the real world."

But you can't force people into any area, he says, recalling how his daughter, Patricia, who is the only family he has, told him that communications took too long and that she would rather pursue a career in medicine. "So she studied nursing at the University of Washington. She's very pleased with my success, but she said communications was just not for her, and at 23, I think she is doing very good for herself."

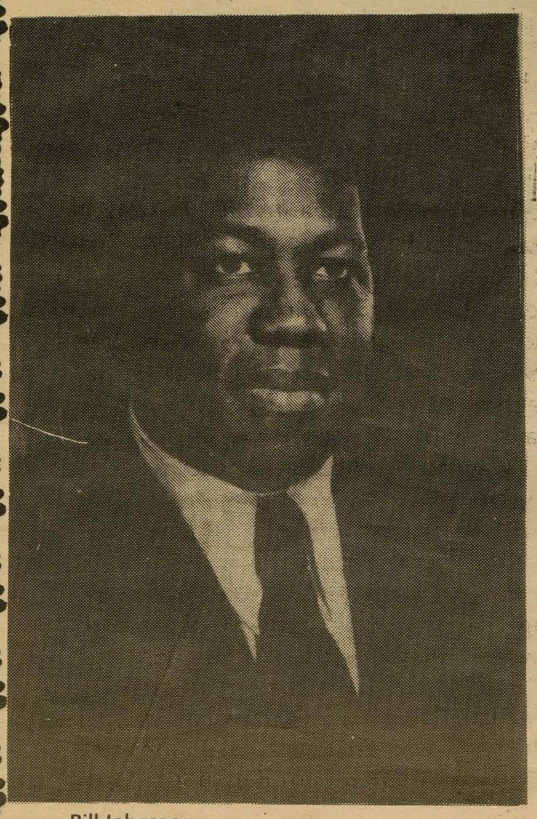
At any rate, Long says, there's a tremendous amount of opportunities here in the Emerald City. It's just a matter of knowing how and when to apply yourself.

Long studied mass communications in the air force and went to college for about two years in California and Washington, but "I knew more about what was going on for real, so I decided to let school go and apply what I had learned to the real world."

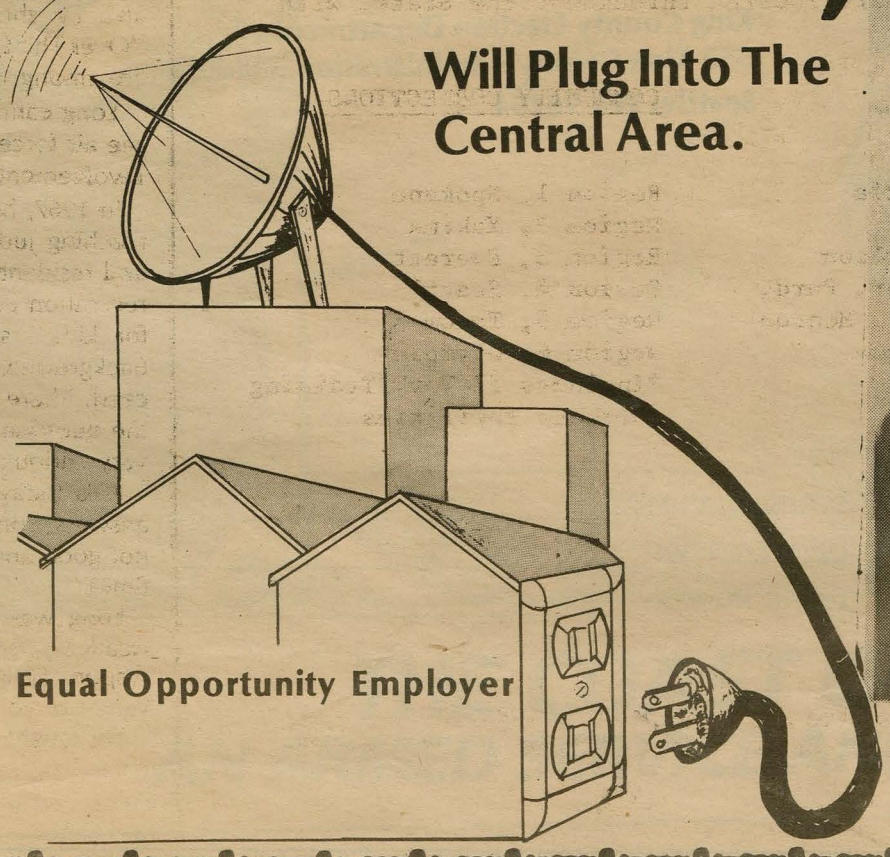
And what more could the real world ask for than Nate Long?

(Editor's note: The Connie Bennett Cameron Mini-Novel Series, a new feature in The Medium, is a biographical sketch of various Seattleites who have contributed to the development of Black folk. Adapted for newspaper, the series is written by national award winning writer, Connie Bennett Cameron, vice president and managing editor of Tiloben Publishing Company.)

SEATTLE COMMUNITY CABLEVISION (SEACOM)

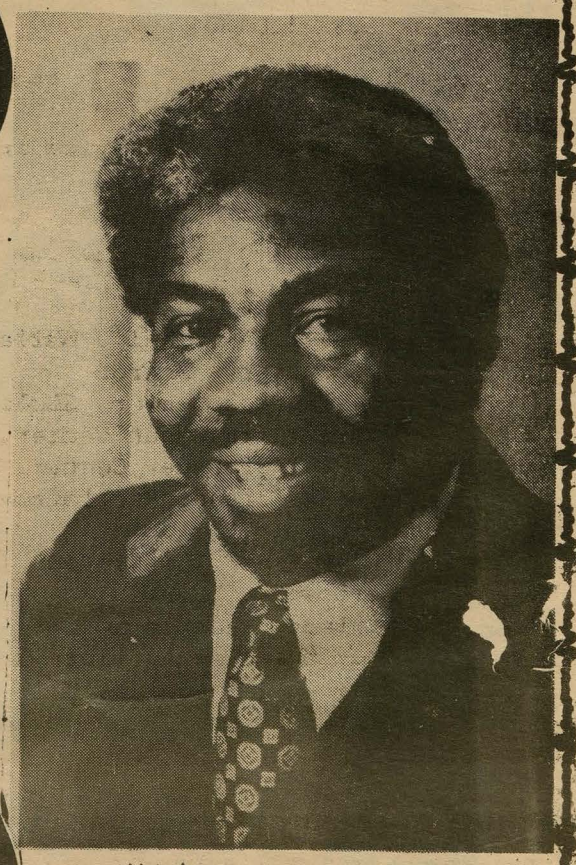


Bill Johnson
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Nate Long
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King County Elections Department is pleased to announced that there will be limited temporary employment opportunities available from approximately August 1st throught November 15th.

These positions will be for varied general office work which is done according to rules and methods that can be learned on the job.

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If you are interested in receiving an application, fill in request below and mail to:

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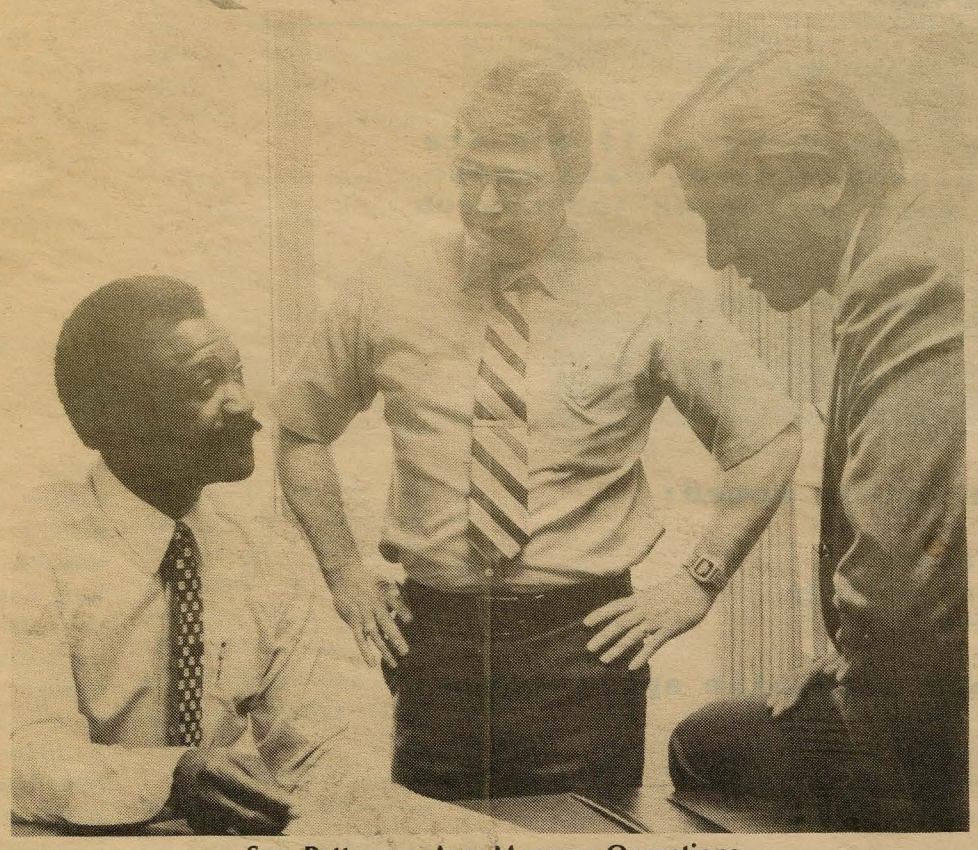
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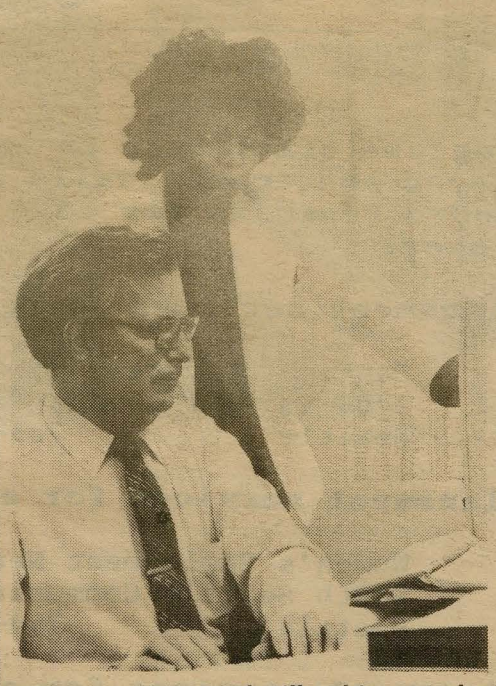
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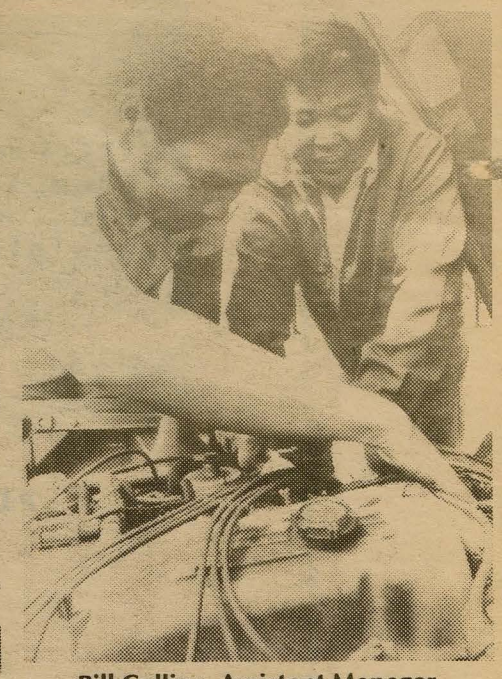
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101 Business Tips For Women Entrepreneurs is a reference book today's businesswoman should not be without!

These valuable tips are for women in business, women just starting their own businesses, and women planning to enter the work force. For the female entrepreneur, *101 Business Tips* offers guidance on how to manage every aspect of your business.

These tips can also be helpful to men business owners, as well as corporate career women and men, in better understanding the business world and how to deal with it. It is important in today's business environment to be aware of the ways, means and stategies necessary for success, and this book helps you do just that.



Author Don Alexander

101 Business Tips For Women Entrepreneurs is a book which a businesswoman can refer to in operating her business successfully.

Local banker, entrepreneur and author, Don Alexander says, "It is a reference book that had to be written. It exposes women for the first time to the real business world with its 'Men's Code of Silence,'' its unique customs, traditions, discriminations and philosophies. *101 Tips* divulges the business practices within the 'Good Ole'Boy' system as practiced by men, for the benefit of men."

Over 60 businesswomen across the country were interviewed and speak candidly about their success, along with the frustrations, challenges and obstacles they confront.

The 153-page book sells for $9.95 and can be purchased through DHA & Associates Publishing Company, P.O. Box 1861, Seattle, WA 98111.

It is an excellent reference book and a must to read.

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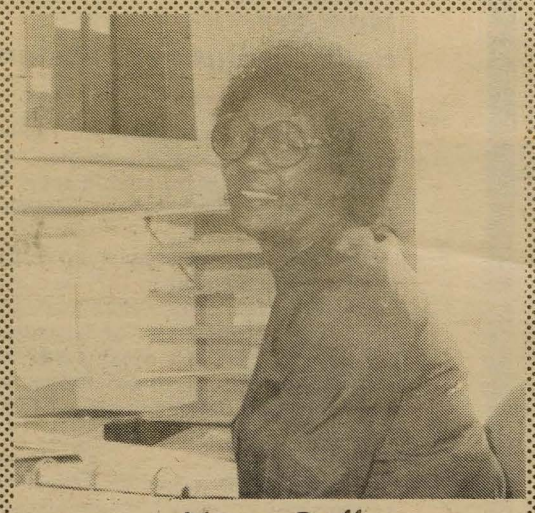
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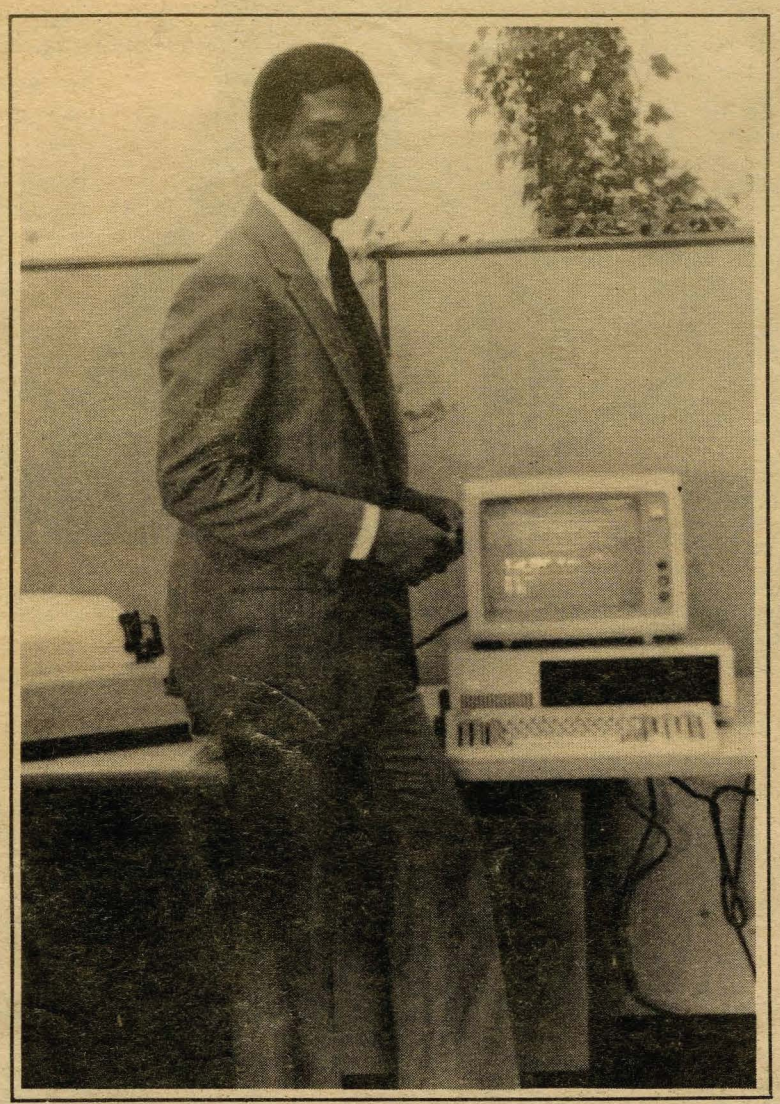
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Ron Shaw
Manager,
Bellevue Business Systems Center

Ron Shaw's career with Sears, Roebuck and Co. began twelve years ago in Tacoma, Washington. A 1971 graduate of Idaho State University, Shaw started out in Sears management training program at the downtown Tacoma store.

After several mid-management assignments, he transferred to the Everett Sears store in 1979 as customer service manager. In 1982, Shaw was named store manager of Sears Business Systems Center in Bellevue. The Business Systems Center is a new concept of Sears. It is designed to provide computer systems, software, copiers, word processors and other electronic communications equipment to small businesses and business professionals.

Shaw sees computers as a rapidly growing industry with an ample number of career opportunities available. Sears presently operates 45 Business Systems Centers nationally.

Originally from East St. Louis, Illinois, Shaw currently resides in Edmonds, Washington. Among his hobbies is a 5:30 am run.

Turelane Jackson
Assistant Manager,
First Ave. Hardware Dept.

A native of Seattle, Washington, Turelane Jackson has been with Sears, Roebuck and Co. for over four years. She joined the company's management training program which usually requires four years to complete. Sears management training program requires a college degree and the successful completion of an aptitude test. According to Jackson, it is not necessary to have prior retail experience, although that background does prove advantageous. Sears presently is recruiting blacks and minorities for management training in the company's credit department.

Starting as an assistant manager in the First Ave. retail store's catalog department, Jackson then became the store's assistant personnel manager. She was then assigned to the children's department prior to her present assignment as assistant manager of the hardware department. Her duties are to assist in the total operation of running the hardware department.

A graduate of Seattle University, Jackson is married and enjoys swimming, biking and attending church.

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