

THE BLACK HOLLYWOOD GOLDEN ERA LIVES AGAIN!



The location shot of the cast and crew of Rosebud Film Corporation, 'Absent', taken in 1928, is one of the 12 sepia toned photos used in the 1983 Black Hollywood: Yesterday wall calendar, which celebrates the roots of Black Cinema achievement.

Stepin' Fetchit wasn't the only Black movie star in Hollywood during the twenties. Black movie stars have been in Hollywood ever since movies began. But their past accomplishments in the American cinema go largely unrecognized. Since 1920, hundreds of black-cast films have been produced - most of them obscured by history. Yesterday's Hollywood featured celebrities like Noble Johnson, who appeared in over 200 movies, and Nina Mae McKinney, the silver screen's first black love goddess. Between 1920 and 1950, over 150 pioneer companies produced films with all black casts.

Sylvia Keys and Valerie Shaw, co-founders of the L.A.-D.C. Connection, Inc. feel the time has come to recognize these accomplishments. Keys working out of Washington, and Shaw, in Los Angeles, have produced the first wall calendar, depicting scenes from black movies during Hollywood's early years, to commemorate black contributions to the American cinema.

The "BLACK HOLLYWOOD: YESTERDAY" 1983 calendar reproduces 12 original photographs that celebrate black cinema. Keys and Shaw expect the calendar to "serve as a tremendous educational tool - inspiring film festivals, serving as a catalyst for classes and lecture series, and providing a fund-raising tool for black organizations."

The "BLACK HOLLYWOOD: YESTERDAY" calendar is on sale now for \$6.98 (plus tax) from the L.A.-D.C. Connection, Inc., P.O. Box 38815, Los Angeles, CA. 90038, or L.A.-D.C. Connection, Inc., P.O. Box 60681, Washington, D.C. 20039.

The Essence of Being African-- American

by Makel Spencer

Many centuries ago in a land surrounded by crystal clear azure waters, and blessed with an abundant supply of natural resources; a people ruled and controlled their own destiny. They lived in a land where man's destiny was married to nature. Ancient kingdoms and empires flourished such as the Sudan, Mali, and Dahomey. Loving wisdom, the people of this land believed the elder's opinions were primary and utmost under any circumstances. Being close knitted, all the children were a part of an extended family structure. The woman's place was to rear her family and tend the land. The man was responsible for hunting and protecting his family and the families of his tribal brothers and sisters. This land is called Africa.

As time progressed and Africans encountered Europeans, the rape of a large segment of the African population was borned. This treacherous act of barbarism was called slavery. Slavery in the Americas was the most cruel and inhuman system ever instituted. Africans of differing cultures and languages were taken from their land; children were kidnapped and sold into slavery, husbands and wives were separated from all family structural ties and literally whipped into submission to be slaves in the Americas.

While crossing the Atlantic Ocean on slave ships and packed like sardines, many of Africa's daughters and sons succumbed and died under such brutal and heinous force. Only the strong survived and made it to the ocean shores of America. It was on the East Coast and in the state of Virginia whereby the first Africans arrived in America.

African women were physically raped by their European slave masters, consequently producing offsprings who were neither black or white, but Mulatto. Mulattos were not accepted as being white rather they were considered light complexioned Blacks. In essence, all Black people were subjugated to the same treatment regardless of skin complexion.

Today in America, the Afro-American has been borned. The Afro-American is one segment of the millions of people who compose the African diaspora. The roots of the Afro-American have been sown. Those roots go all the way back to ancient Africa, but can only be traced to slavery for a few and after slavery for the vast majority of Afro-Americans. It is this stigma which makes Afro-Americans different from all other nationalities in the United States. Being a descendent of a huge continent is one thing, but lacking the tools and knowledge of your family heritage is another thing. Many Afro-Americans still suffer from a slave mentality which was non-existent while in Africa. The vast majority of Afro-Americans still carry the last names of their former European slave masters. It is a lack of knowledge of self which restricts many Afro-Americans from realizing their total human worth.

Until the Afro-American realizes he is African regardless of skin complexion--there will be no peace in the minds of the African Diaspora in America. You cannot appreciate another's culture if you know nothing about your own culture. Knowing another's culture and not your own is sheer hypocrisy and ignorance.

"Salt Addiction" Can Be Cured-- Taste For Salt Can Be "Unlearned"

A number of groups concerned with keeping Americans healthy are stressing the importance of cutting down on salt, and a famous high blood pressure specialist, Dr. Edward D. Freis of Washington, D.C. suggests that in order to reduce sodium consumption people should avoid processed foods as much as possible. "Even some frozen vegetables have sodium added," Dr. Freis and his co-author, Gina Bari Kolata write in their *The High Blood Pressure Book*. "It is safest to buy fresh vegetables and fruits, as well as fresh, rather than canned meats and fish, they suggest. "You should also avoid lunch meats and processed cheeses or cheese spreads, because these foods are high in sodium." Reducing sodium consumption may require a change in eating habits, but the authors state that it need not be a painful change. In general they suggest people stop adding salt to food and restrict intake of very salty foods.

Although most of us suspect pretzels or potato chips, foods such as pastries, cat-sup, packaged breakfast cereals, cheese, and ice cream may also contain a great deal of sodium.

Consumer groups, government agencies and industry are currently cooperating in efforts to encourage companies to list sodium content on packages of food and medications, and many are already co-operating. Some companies such as Ayerst Laboratories were already formulating products to contain very little salt. The antacid Riopan and Riopan Plus contains no more than 0.3 mg per teaspoon or tablet which is a fraction of what other popular antacids contain.

The taste of salt is an acquired one and can be unlearned, according to the authors. Other spices can be used and a little lemon juice may help keep food from tasting flat.

Looking Fallward, 1982!



Robin Hood of story-book fame was the inspiration for this sprightly short bootie on a flat heel. In soft split suede, it's worn with a rolldown cuff or straight up with no cuff. A perfect partner with skirts or pants, it's one of the boot bounty at BURT'S Shoe Stores.

Support THE FACTS ADVERTISERS SO THE FACTS can support the Community

Read Your Black Community Newspaper



Seventeen Members Of The Black Clergy Support Candidacy Of Symone B. Scales - Rep. 43 District!



Symone B. Scales

The following members of the Black Clergy are supporting Symone Scales for Representative from the 43 District: Rev. Robert Houston, Rev. Wilbert Reed, Rev. Edgar Gray, Rev. A.L. Hardy, Rev. Lee May, Rev. E.J. Edwards, Rev. Edgar W. Bratton, Rev. Clarence Henderson, Brother Isaac Williams, Father John Cornelius, Rev. Samuel B. McKinney, Rev. Victor Langford, Dr. Charles E. Smith, Jr., Rev. Claudell Warren, Rev. Curtis Barnes, Rev. W.E. Davenport.

Symone Scales is a practicing attorney, and the chairperson of the Washington State Human Rights Commission. She has been a social worker, a teacher, and is the daughter of a Baptist minister. She is very much aware of the concerns, strengths and needs of the 43rd District. The Black Clergy feel that with Symone is Olympia, we will have a strong capable voice to speak for us during the next few critical years.

TREAT YOURSELF TO QUALITY SHOP AT TRADEWELL TODAY!!!

FARM FRESH PRODUCE

FRESH TENDER BROCCOLI
SERVE WITH CHEESE SAUCE FOR ADDED FLAVOR
49¢
lb.

FRESH CORN ON THE COB
5 for \$1

ALL VARIETIES LARGE PLUMS
Grown in Calif.
69¢
lb.

Large Northwest Cherries
98¢
lb.

Wash. Red Potatoes
4 for \$1

LARGE GREEN BELL PEPPERS
5 for \$1

FRESH WASHINGTON APRICOTS
69¢
lb.

VINE RIPENED CANTALOUPE
SWEET AND JUICY
29¢
lb.

*** FROZEN FOODS ***
Green Beans SNOBOY Reg. 9 oz. **45¢**
Tater Tots Oldale 2 lb. **\$1.39**
Five Alive Snow Crop Fruit Bev. Concentrate: Original or Fruit Punch Varieties 32 oz. **99¢**
Fish Fillets Van de Kamp's Light & Crispy 14 oz. **\$2.09**
Carrot Cake Oregon Farms 17.5 oz. **\$2.19**

SALISBURY STEAK
SWANSON DINNER 11.5 oz. **85¢**

LEMONADE
SNOBOY Concentrate: Reg. or Pink 12 oz. **2/\$1**

*** HEALTH & BEAUTY AIDS ***
Alka Seltzer Plus 36 ct. **\$1.88**
Anacin Tablets 100 ct. **\$2.79**
Tylenol Tablets 100 ct. **\$3.29**

*** BAKERY DEPT. ***
White Bread Family Favorite 30-oz. loaf **79¢**
Cinnamon Rolls Family Favorite Cascade Mills 12 Pack 40 oz. **\$2.73**
Bread Honey Wheat 24-oz. loaf **85¢**
Hollywood Bread Light or Dark 15-oz. loaf **89¢**

SUNNY JIM SOFT DRINKS
REGULAR OR DIET
Ass'd. Flavors 12-oz. Cans
98¢
6 Pack

PERSONAL SIZE BARS
IVORY SOAP
4 Pack 9" Off Label 14 oz. **79¢**
Dill Pickles Hotalley Banquet 22 oz. **98¢**
Salad Dressing Hotalley Liquid Ass'd. Varieties 16 oz. **\$1.49**
Paper Napkins Silk Assorted Colors 60 ct. **39¢**
Facial Tissue Vera 150 ct. **69¢**
Chunk Chicken Swanson's White 5 oz. **88¢**
Lynden's Dinner Noodle Chicken 14.75 oz. **88¢**
Ivory Liquid Dishwashing Detergent 20" Off Label 22 oz. **\$1.33**

STANDBY CHUNK TUNA
IN OIL or WATER PACK
68¢
6 1/2 oz.

Mayonnaise Kraft Light & Lively 32 oz. **\$1.99**
Barbecue Sauce Kraft Reg. or Hickory 28 oz. **\$1.69**
Sweet & Sour Sauce Kraft Barbecue 18 oz. **\$1.18**
Salad Dressing Kraft Liquid Golden Caesar 8 oz. **89¢**
Oil Free Italian Salad Dressing Kraft Liquid 8 oz. **89¢**
Parmesan Cheese Kraft Grated 3 oz. **98¢**
Romano Cheese Kraft Grated 3 oz. **98¢**
Cream Cheese Kraft Plain Philadelphia 8 oz. **89¢**
Neufchatel Cheese Kraft 8 oz. **98¢**
Velveeta Cheese Kraft Processed Spread 1 lb. **\$2.09**

LAYER CAKE MIXES
PILLSBURY PLUS
78¢
18.5 oz. to 18.75 oz.

C & H SUGAR
GRANULATED 1st One; All Add'l. at Reg. Price
\$2.98
10-lb. Bag

PILLSBURY'S BEST BLEACHED WHITE FLOUR
25" Off Label 10-lb. Bag **\$1.88**
Zest Bar Soap 2-Pack Bath Size 11 oz. **89¢**
Paper Plates 31 Regis Lifestyle White 9 inch 100 ct. **\$1.18**
Peanut Butter Adams Old Fashioned Creamy or Crunchy 48 oz. **\$4.98**
Freshie Pasta Long Spaghetti or Bow Macaroni 22 oz. **88¢**
Pineapple Juice Standby 46 oz. **88¢**
Graham Crackers Fireside Honey 16 oz. **88¢**
Fig Bars Fireside 2 lb. **\$1.75**

CRISCO SHORTENING
ALL VEGETABLE
\$2.09
3 lb.

Joy for Dishes Liquid Dishwashing Detergent 32 oz. **\$1.89**
Paper Napkins Zee Earthtone 140 ct. **89¢**
Bathroom Tissue Marine White 4 Pack 10-lb. **\$1.19**
Dry Dog Food Alto Boy 10-lb. **\$3.99**
Mother's Cookies Cookie Parade Choc. Chip, Toffee, or Fudge 18-oz. Bag **\$1.69**
Frosting Pillsbury Ready-to-Spread Assorted 16.5 oz. **\$1.39**
Frosting Pillsbury Ready-to-Spread Coconut Almond 15 oz. **\$1.99**
Beef Stew Hotalley 15 oz. **\$1.18**
Margarine Kraft Parkway Cubes 1 lb. **69¢**
Miracle Whip Kraft Salad Dressing 16 oz. **98¢**

QUALITY FRESH MEATS

BONELESS BEEF SIRLOIN TIP ROASTS
U.S.D.A. CHOICE
\$1.99
lb.

Lamb Steaks U.S.D.A. CHOICE SHOULDER BLADE CUT 1 lb. **\$2.39**

Lamb Shanks U.S.D.A. CHOICE PREVIOUSLY FROZEN 1 lb. **\$1.59**

FRESH GROUND BEEF
SO USEFUL
\$1.19
lb.

Meat Patties ARMOUR BREADED - PRECOOKED PREV. FROZEN: CHUCKWAGON, CHICKEN FRIED, PORK 1 lb. **\$1.69**

Chum Salmon Roasts FRESH HALF OR WHOLE 4-lb. to 6-lb. AVG. HEAD OFF 1 lb. **\$2.99**

3 lb. to 5 lb. AVG. PORK SPARE RIBS
Previously Frozen
\$1.69
lb.

Ball Park Franks HYGRADE: BEEF OR MEAT 1-lb. **\$1.79**
Sausage SWIFT'S FROZEN: BROWN & SERVE 8-oz. **\$1.39**
LINKS, 7 VARIETIES Pkg.

BONELESS CORNED BEEF BRISKET
GENERIC BRAND
\$1.59
lb.

Chicken Entrees SWIFT'S FROZEN: LUCERNE, CORDON ROUGE, ROYAL OR ALA KIEV 12-oz. Pkg. **\$2.39**

Sliced Bacon JOHN MORRELL 1-lb. Pkg. **\$1.89**

FOSTER FARMS BAKING HENS
4 lb. to 7 lb. AVERAGE Frozen
59¢
lb.

Fresh Fillets of Snapper 1 lb. **\$1.69**

Kipperd Halibut Snacks 1 lb. **\$1.49**

BONELESS BEEF SIRLOIN TIP STEAKS
U.S.D.A. CHOICE
\$2.49
lb.

TRADEWELL

PRICES EFFECTIVE JULY 21ST THRU 24TH, 1982.
LIMIT RIGHTS RESERVED. An Equal Opportunity Employer.

SALE PRICE GUARANTEE "RAINCHECK" - Each of these advertised items is required to be readily available for sale at or below the advertised price in each Tradewell store except as specifically noted in this ad. We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock a SALE PRICE GUARANTEE (Raincheck) will be issued enabling you to buy the item at the advertised price as soon as it becomes available.