

African-American Voice

Why both Johanna and Johnny

DON'T VOTE

BY VICTOR E. BUKSBAZEN

There is an apparent disconnect between the citizens of Spokane and their elected leaders. A quick glance at the lack of participation in recent elections bears this out.

Statisticians and political scientists have been trying for a long time to fathom the reasons for the marked decline we have seen over the past several decades in this and other states.

Some assume that all political candidates are corrupt -- so why vote for any of them? Others reply that they only vote in general elections. They fail to realize, though, that the outcome of the primaries and other elections determines what goes on the ballot in the general election. Still others tell us that recent scandals in Washington, DC have poisoned people's interest in government and voting altogether.

Then there is another group -- perhaps the largest portions of non-

voters in the country -- which simple does not seem to care what happens outside their small circle of interest. They, too, seem to be unaware that what takes places on Election Day determines, to a large extent, the size of that circle!

Disturbing trend

Whatever the reasons given, as a result of this mass indifference, political lobbyists and special interest groups wield a disproportionate influence both in choosing the issues and the candidates.

This is a disturbing trend in many respects. Representative democracy cannot survive for long if there is only minimal participation in the electoral process. It will also be undermined by general apathy and distrust of government in general.

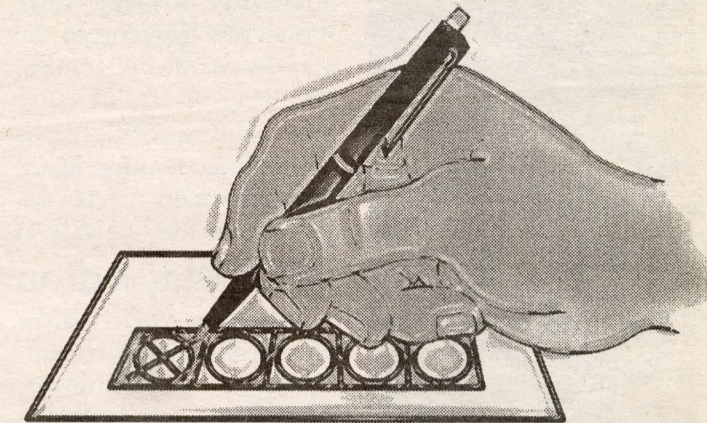
While the traditional reasons given all have some merit, they seem to ignore the personal alienation and disappointment which many Americans feel from their leaders.

Perhaps the most salient factor is that political campaigns have changed drastically since the late 60's and early 70's. Voter involvement was the big emphasis then. Voters had much more opportunity to meet and dialogue with the candidates than they do now.

In a host of nations throughout the world where suffrage is either denied to everyone or restricted to an elite, citizens would almost be willing to sacrifice a limb for the right to vote! And yet, in this country, so many who could vote do not.

I have been fortunate in my lifetime. My parents, both immigrants from Eastern Europe, encouraged me to take a personal interest in public affairs, and encouraged me to attend gatherings in which I could hear (and sometimes even meet) many local, state and national candidates.

This supplemented and enhanced my academic civics courses. It lit a



spark in my soul which later ignited the fire I now have for public affairs. (My wife calls it an obsession!)

Lack of concern

Not too many parents even care about those issues themselves anymore, let alone urge their children to become involved in them! What a pity!

The sense of intimacy which was fostered when candidates campaigned door-to-door and neighborhood-to-neighborhood in bygone years was what often bonded the voter and the campaigner, giving even an apathetic citizen a reason to make his vote count.

And from having somebody demonstrate his or her concern for the public's concerns -- even if it was ultimately self-serving -- potential voters were often made into active voters. Occasionally one of

them even became an election worker -- or a candidate himself somewhere down the line!

This type of grassroots electioneering is fast going the way of the dinosaurs. Some may still do a token amount of it -- but often, the results are just token, too. Electronic media, slick advertising and special interest funding have irretrievably altered the way that most campaigns are run.

Perhaps even more important than the potential benefits a candidate could derive from this low-tech but high impact method of politicking, is the effect it could have on the American system in general. It gives the average citizen a chance to meet a candidate, share his concerns with him or her, ask questions and receive spontaneous replies in return.

Continued on page 9

Sistahs Bearing Witness

BY KEVIN TAYLOR

Witness. It's a strong word. To witness something, you do more than just see it. You see it and then you testify about what you've seen. Testify. As in church. Testify. As in court. Testify as in tell your friends, or even yourself, about something powerful you have witnessed.

On Sept. 7, Washington State University is the last stop on a national tour of a powerful exhibit of the artworks of 24 Black women. It's testimony about being Black and female.

The exhibit is titled "Bearing Witness." It has been on display at various points around the country since opening at Spelman College in Atlanta in 1996 in time for the Olympic Games.

Maya Angelou had something to say about this exhibit. Reflecting on the sculpture, paintings and mixed-media constructions in which the artists express the joys and fears, the dreams and sorrows, the hurts and hopes of being Black and female, Angelou saw art and life as inseparable.

"We are reminded of the spiritual which states that 'We have had to make a way out of no way. We had to take nothing and make everything,'" Angelou writes in the catalog for Bearing Witness.

Taking nothing and making everything. Making a way out

of no way. Surviving the long passage through slavery. Being vulnerable to the worst that can happen and still celebrating life. That takes a strong heart. The heart, times 24, is what's visible in Bearing Witness.

As Angelou writes, "African American art and culture are not separate nor can they be separated. Each form enriches the next, so even as we sing, we dance; even as we sculpt, we draw; as we sing praises to Heaven, we sing the blues about life here below. And at our best we accept art in our lives, and we are indebted to the art of living for we have survived with pas-

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CONTEST

Leaders we have known and admired



Who is this man?

Ask your parents, ask your teachers, ask a librarian, ask your community leaders. At the end of a year's issues, will you know the name of each leader?

Youth who write a short article for the history page earn \$25 if accepted for publication.

How much is enough?

Balloons bobbed and floated under the lofty cathedral dome over the lobby of the new Riverpark Square complex as thousands of people crowded the balconies and stores snacking on free hors d'oeuvres, listening to the strains of Mokie Jombo, admiring the architecture and hunting for bargains as the long awaited opening arrived on August 20. But out on the sidewalk in

front of the main doors, one group of people asked shoppers to think about how all those lovely items in the stores get there and where the money comes from that makes Riverpark Squares possible.

The Peace and Justice Action League of Spokane (PJALS) held signs and handed out brochures reminding consumers that many corporations add to their profits by participat-

ing in sweatshop production. Both Nordstrom and the GAP, who have stores opening in Riverpark Square, are among those being sued for their human rights and labor abuses in Saipan, according to PJALS, who figures that at \$47 million in salary in 1998, the GAP CEO makes \$24,000 per hour, compared to those who make the clothing for as little as 11 cents an hour.

Pointing out that the ability to increase profits by moving operations to sweatshops offshore undermines American unions and good labor practices, Rusty Nelson of the PJALS staff asserts that "as long as we affirm the corporate exploitation of the world's poorest workers, we undermine the possibilities of a strong and just economy for ourselves and our children."

WSU Multicultural Student Services

Ch'n'na Allen, Native American student recruitment coordinator; Francisco Tamayo, Chicano/Latino student counselor; Damon Arnold, African American student counselor; and Kyle Funakoshi, Asian American Pacific Islander student recruitment coordinator have joined the Office of Multicultural Student Services at Washington State University.

The office includes programs and services to enhance the recruitment,

retention and graduation of African American, Asian American Pacific Islander, Native American and Chicano/Latino students at the university.

Ch'n'na Allen, a member of both the Nez Perce and Coeur d'Alene tribes and a graduate of the University of Idaho, served in the Spokane School District's Medicine Wheel Academy as a cultural instructor as well as positions in education for the Coeur d'Alene Tribe and Idaho's Plummer-Worley School District.

Food! Music! Dance! Drama!

The 92nd Air Refueling Wing and 141st Air Refueling Wing are pulling out all the stops for their 3rd Annual Joint Multicultural Fair on Thursday, September 16 from 10 am to 2 pm.

The fair will be held at Miller Park on Fairchild Air Force Base, or at the Deel Community Center in

case of bad weather.

Organized to bring people together from as many diverse backgrounds as possible, participation is welcome from Spokane area schools, church groups, businesses, and ethnic organizations.

If you are interested in attending contact TSgt. Rex Jones, 247-2555, email rex.jones@fairchild.af.mil

International Film Festival

Seven films from France, Japan, Korea, Germany, Ireland and China will be featured throughout the year in an International Film Festival sponsored by the Sister Cities Association of Spokane. The films, all of which will be shown at 7 pm include:

- Sept 10 & 11 -Truffaut's "The Last Metro"
- Oct 15 & 16 The Blue Kite
- Nov 12 & 13 The Nasty Girl
- Jan 14 & 15 Kurosawa's

- "Dreams" Feb 11 & 12
- "This is My Father" Mar 17 & 18
- "Sopyonje" Apr 14 & 15
- To be announced.

Films will be shown in the Phase One Auditorium at WSU Spokane's Riverpoint Higher Education Campus, just east of downtown Spokane on Trent Avenue. Tickets will cost \$3 per movie or a season pass can be purchased for \$18. The pass can be purchased by calling 625-6252.

Dr. Charles Taylor Appointed to Chamber Board

Two leaders from the area's education sector have been appointed to the board of trustees of the Spokane Area Chamber of Commerce.

Dr. Bill Mester, Superintendent of the Mead School District, and Dr. Charles Taylor, newly-named chancellor/chief executive officer of Community Colleges of Spokane, have received board appointments, com-

pleting the terms of two board members whose jobs required relocation to another city. Mester is chair of the board of the chamber's Leadership Spokane, and Taylor served on the Executive Board of the Greater San Antonio Chamber of Commerce. Until his move to Spokane in July, Taylor was president/chief executive officer of St. Philip's College in San Antonio.

The Spokane, Pullman African-American Voice

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Gonzaga University



GOT ROOM FOR ONE MORE?

Washington State Children's Administration's 1997 reports show that more than 17,000 children were cared for in out of home placements as a result of child abuse and neglect. New placements for that year totaled 8,969. There is a critical need for foster and adoptive parents who will rise to the occasion and are for children in out of home placements. Homes are especially needed for medically fragile children, adolescents, teens, children of different ethnic groups and those with other special needs.

You can apply to become a Washington State Licensed Foster Parent if you:

- Are married or single
- Are at least 21 years old
- Have a stable source of income
- Rent or own, and have adequate space and bedrooms
- Can successfully pass the criminal background clearance
- Care about children and want to help them feel safe and loved
- Are able to protect children in a safe and healthy home environment
- Can complete an 18-hour pre-service training and other requirements by the Division of Licensed Resources

1-800-558-3040

Be A Foster Parent

Many of our readers are aware that AAV contributor Lorenzo Herman is currently stationed in Adana, Turkey with the Air Force. They may not know that he was on a trip to Istanbul when the quake hit.

Earthquake

BY LORENZO HERMAN

Istanbul was quiet at three in the morning with a few people walking through the Sultanhamet district. Suddenly, everything began to move. I was in bed at my hotel with the window cracked open. The mirror rattled on the wall, the bottled water fell to the floor from the night stand, the entertainment center moved forward, and the books and magazines on the table were knocked over. I held the blankets tighter around me. If I had not been sick I probably would have sprinted out of the room and downstairs but I remained still. I closed my eyes as the room kept shaking me around the bed. Then the movement stopped and I felt relieved. My abdominal pains from food poisoning persisted and I rushed to the bathroom. Then the room began to shake again and I watched my toothpaste and the tin cup used for mouth wash fall to the linoleum floor. This time the lights went out. I was in complete darkness.

The stomach pains became worse and I did not care about the earthquake anymore. I figured I'd die in this place because I was not leaving this hotel with this kind of pain. I had been rushed to a German hospital several hours prior and missed my flight back to Adana. I could not feel my legs and arms and the fever was very high.

The trembling stopped again and the phone rang. It was the hotel manager asking if I was OK. I told him I was sick as hell and this earthquake was the last thing on my mind right now. I crawled back in bed and there were several smaller aftershocks. In between pain relief, I wondered how bad the damage was outside. I managed to go to breakfast on the terrace and the manager told me that a lot of people were killed. I said he

was kidding. But he said it was true, but the district was hardly damaged at all. I looked outside and it seemed pretty normal here. People carried on like a regular business day. I watched BBC World News and they reported at the time that several hundred people had been killed. I was shocked! So many people crying and yelling for help on television.

I was ready to leave Istanbul to get proper medical attention at my base in Adana. As my driver drove me to the airport several people were camped outside on the sidewalks and parks. I saw demolished apartments and homes everywhere. But there was no one around to help them out. People were crying out for food and water. I felt bad when I had nothing to offer. It seemed like the whole city had decided to camp out and cook outside. I asked the driver why they do this and he said the Turkish people are very afraid of earthquakes. People will not sleep anywhere that have four cement walls surrounding them.

The airport was in complete chaos. There was only one line to confirm reservations. I stood there for almost an hour feeling the need to pass out because of dehydration. I managed to get my boarding pass and check my bag. There were many tourists rushing to get out of Istanbul on Tuesday, August 17th. Because of the confusion many flights including mine were delayed. Everyone was in a hurry to escape another aftershock. We were all scared.

When our flight finally left the ground I could hear sighs of relief. For the first time I felt safer in the air than on the ground as I overlooked the demolished buildings that became several thousands of feet away.

Juneteenth at Twin Rivers prison

BY JOSE GUTIERREZ

Juneteenth is a day of celebration, commemorating the date that the last of the enslaved African-Americans were freed on June 19, 1865 in the state of Texas.

But what does freedom mean? To many, freedom from bondage was a physical emancipation, but more than 134 years later, many continue to struggle for freedom... Mental Freedom.

Inmates at the Twin Rivers Corrections Unit at the Monroe Correctional Complex in western Washington, are amongst those who demonstrated this effort to free their minds on Juneteenth.

The Annual Juneteenth holiday celebration held on June 22 included friends

and family, guest speakers, a live band and a keynote

"You can be the next Malcolm X or Harriet Tubman"

address from King County Councilman Larry Gossett. Councilman Gossett addressed the multicultural audience, which included inmates and citizens from all "racial" backgrounds, about the importance of freedom and using it as a tool for liberation.

"You can be the next Malcolm X or Harriet Tubman", he said. "When you are free, teach others and help others become free." He also added that inmates on the west coast organize more Juneteenth celebrations than civilians, yet the inmates are in a closer position to slavery than anyone.

Along with the words of inspiration from the councilman and other inmates, the audience was treated to delicious soul food and the sounds of the "Funk Coalition". The Funk Coalition is comprised of inmates who write and perform thought provoking songs reflecting aspirations of physical, mental and economic freedom.

The Juneteenth celebration recognized public service with awards presented to Councilman Gossett, Rev. Laverne Hall, Counselor Arkame Curry, Counselor Alfred Hill and also a special tribute to recently deceased staff organizer Ernie Brown, who was an integral part in helping inmates to organize such functions.

FYI Renters and rights

Often, social graces are the best oil to smooth over frictions of living with bad neighbors but apartment tenants also have help from the Federal Fair Housing Act.

Landlords can't just shrug off complaints of racial, religious or sexual harassment. Just as they must respond to complaints of too much noise or leaky pipes, a landlord must also step in to help when a tenant is intimidated or threatened by racial slurs.

Tenants should also be aware that landlords,

thanks to the war on drugs, have a quick method of eviction. A landlord can issue a three-day notice to move out in which the tenant has no option to stay and try to correct the problem.

This quick eviction is supposed to be used to control apartments used as drug houses, but the law includes a catchall clause as well, allowing eviction if a tenant "interferes with the quiet and peaceful enjoyment of neighboring properties."

Be aware

When you know that you don't know, you've got to read AAV.



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Arts and Culture

WOMAD Festival

BY BEA LACKAFF

The name WOMAD - USA, Seattle's Festival of the World, Music, Art and Dance says it all. WOMAD is an occasion where people from all over the planet come together and find unity in celebrating their rich diversity. The music, dance and art, all expressions of the spirit intrinsic in every culture, transcend language and political barriers, and spark recognition and understanding, building bridges between strangers.

If you haven't made it yet to this early August event, there are still three more opportunities for you to share community with your neighbors and performing artists from all around the world. The WOMAD festivals were started over ten years ago by British singer Peter Gabriel, with the intention of presenting the foremost musicians from every tradition, letting people discover for themselves the joy and harmony in diversity. WOMAD festivals occur in random major cities throughout the world so everyone can share in the experience. For five years, from 1998 through 2002, WOMAD - USA will be near Seattle. This is OUR chance!

It costs \$65 for a 3 day pass if you buy early, or \$35 a day; but take enough to buy a meal or two at the many ethnic food booths, or maybe pick up something special from the bazaar.

The setting is Marymoor Park in Redmond, Washington. In fifteen acres beneath groves of colorful flags, there are eight on-going stages with performances varying from large blow-out main stage concerts to small intimate performance venues, and even question and answer opportunities at workshops and at panels featuring mainstage performers.

This year's festival included traditional flute

players and a rock and roller from Red China, a family of Pakistanis from a thousands of years old spiritual tradition that nearly levitated their dancing audiences, Cubanismo! from Havana, pop-reggae from Haiti, Oliver Mtukudzi, and Thomas Mapfumo from Zimbabwe, the Joans (Armatrading and Baez), and Taj Mahal. Add the dancing Drummers of Burundi, a puppeteer, and Habib Koite's group from Mali. There was Irish Celtic, Canadian Celtic, and even the Afro-Celtic Sound System. Add Armenia, Australia, Japan, Chile, Canada and Uganda for more flavors. If you wanted to play music, there was an on-going drumming circle led by drum masters, where even beginners found the groove.

If you can stop dancing, or tear yourself from the music long enough, there is another opportunity to deepen your understanding of our common humanity: attend a question and answer session, or the yearly panel discussion. This year's panel topic was Music, Activism, and Society, with Joan Baez; Cui Jian, a Red Chinese Rock Superstar; Oliver Mtukudzi, beloved singer, musician, songwriter from Zimbabwe; and a Haitian performer with Boukman Eksperyans. There was much said to ponder and learn from. Consider, for example, the words of Oliver Mtukudzi: "In the Shona language, humanity, or to be human means to take responsibility. Self discipline. It is what is inside YOU, what is inside me."

Drown in beauty, be swept away in a sea of fun and celebration, expose your heart and mind to the music and wisdom of ancient traditions, participate in expression of harmony and appreciation of global racial and cultural diversity: next summer take yourself and some kids to WOMAD-USA!

(www.womadusa.com)

Stephanie Anne Johnson: Recent Work

September 13-30, 1999

in conjunction with

BEARING WITNESS: Contemporary Works by African American Women Artists at the WSU Museum of Art, WSU Spokane presents work by this San Francisco Bay area artist at the Interdisciplinary Design Institute (IDI) Gallery, Riverpoint campus. Stephanie Anne Johnson will present a lecture, "Art as Social Action: Dismissing Mythology, Dismantling Hierarchy," Friday, Sept. 17, at 7 p.m. in the IDI Auditorium. The gallery and auditorium are located in the Phase One Classroom Bldg, 668 N. Riverpoint Dr., Spokane. Gallery hours are 8 a.m. to 5 p.m. Mon-Fri. Call (509) 335-1910 for information.

Museum of Art, Washington State University
Fine Arts Center, Wilson Road & Stadium Way, Pullman

BEARING WITNESS: Contemporary Works by African American Women Artists
September 7 - October 10, 1999
Reception, September 14, 7 p.m.

Featuring work that draws from the African American experience as it chronicles the contributions these artists have made to American life.

Bearing Witness: Contemporary Works by African American Women Artists was organized by Spelman College, Atlanta, and toured by ExhibitsUSA, a national division of Mid-America Arts Alliance. Funding for museum exhibitions and programs is provided by Washington State University, the Friends of the Museum of Art, and private donors. The museum's general operating funds for this fiscal year include a grant from the Institute of Museum and Library Services, a federal agency providing general operating support to the nation's museums. Additional support for *Bearing Witness* has been provided by the *African-American Voice*, the Delta Air Lines Foundation, the Washington State Arts Commission, the National Endowment for the Arts, and others.

MON-FRI 10AM-4PM; TUES 10AM-9PM; SAT AND SUN 1PM-5PM

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EVENTS

Please VOTE! Tues Sept 14

Jumping the Broom



Michael and Brenda Kane and Nathaniel and Robert Greene will celebrate the union of their families as their children Candace Patrice Kane and Steven Lamont Greene follow the footsteps of their ancestors and exchange marriage vows and jump the broom on Saturday the second of October, 1999.

Birth announcement

Suddenly, there's a whole new story for Kevin Blocker, a Spokesman-Review reporter and occasional contributor the African-American Voice: the story of being a dad.

Kevin and his wife, Kyndra, welcomed a son into the world on Saturday, Aug. 21 at

Deaconess. Brendan Walter Blocker was born weighing 7 pounds, 5 ounces and measuring 18-1/2 inches long. He and his mother are doing fine, Kevin says.

Send your good thoughts to this family as they begin to unfold the story of their lives together.

Unity Conference Oct. 8

Rev. Robert Spitzer, S. J., President of Gonzaga University will be the guest speaker at the 4th Annual Unity In Our Community: Through Education Comes Understanding Conference held by Community Colleges of Spokane. The day of events and workshops will be held on October 8 at Spokane Community College Lair -

Student Center. Among the workshops offered are Spokane's Changing Demographics, Confronting Hate Crimes, Diversity and the Media, Initiative 200 Passed - What Now?, and Multicultural Families.

Registration for the day is \$20 and includes lunch. Call 509-533-3032 for more information.

Bearing Witness:

African American Women Artists
Sept 7 - Oct 10
Sept 14 Tues 7 - 9 pm Reception, Museum
Sept 16 Thurs 7:30 pm Lecture by artist Stephanie Anne Johnson, Auditorium Washington State University Museum of Art, Fine Arts Center Pullman. Call 509-335-1910 for hours and more information.

Stephanie Anne Johnson:
Sept 13-30 Interdisciplinary Design Institute Gallery (Hours 8 am - 5 pm, M - F)
Sept 17 Fri 7 pm Lecture by Johnson. IDI Auditorium. Phase One Classroom Bldg, Riverpoint Higher Education Park, 668 N Riverpoint Dr. Spokane.

Jundt Art Museum, Gonzaga Univ.

Hours 10 am - 4 pm T - F, Noon - 4 pm Sat.

Sculpture by Auguste Rodin

Sept 3 - Oct 8
Figure Studies from the e Gonzazaga collection

Sept 3 - Oct 15

Mary Farrell:
Figure & Figural
Sept 3 - Oct 15

Sept 9 Thurs 6 pm Reception, 7:30 pm lecture by Farrell.

Spokane Symphony Free Comstock Park Concert

Sept 6 Mon 6 pm. Broadway favorites, American classics, and Star Wars: The Phantom Menace Suite. Arts events and exhibits start at 3 pm.

Opening Night Gala
Spokane Symphony
Sept 17 Fri 8 pm Spokane Opera House. Berlioz' Roman Carnival Overture & The Pines of Rome by Respighi. Tickets 325-SEAT.

The Last Swing of the Century
Sept 25 Sat 8 pm Big Band Era concert with The Ink Spots and the Guy Lombardo Orchestra. Tickets 325-SEAT.

Rick Singer & Herman Joyner
Aug 26 - Nov 25
Photographs. Spotlight Gallery at eclectic Electric 9 N Washington. 744-0910.

Domestic Violence Consortium Provider Fair

Sept 9 Thurs 8 am - 1:30 pm
Thurs. Mukogawa Commons, 4000 W Randolph Rd, Spokane. Call 487-6783.

6th Annual Seniors Wellness Conference

Sept 9 Thurs 7:30 am - 4:30 pm. Spokane College Lair Student Center Regis. \$12. Call 467-9030.

Spokane Film Festival

Sept 25 Sat. Independent film and videos from Inland Northwest Producers. The MET. Call 509-484-0144.

LINKS Walk-A-Thon

Sept 25 Sat 10 - 12. Call 534-9071 for location.

Lakota Sioux Indian Dance Theater

Sept 28 Tues. The MET. Tickets \$20/\$25. 325-SEAT.

Annual Greek Dinner Festival

Sept 30 Thurs. Holy Trinity Greek Orthodox Church, 1703 N. Washington. Call 509-328-9310.

Visual Arts Tour

Oct 1 Fri 5 - 9 pm Huge tour including 30 exhibitions and Asian Cultural Fest activities. Call 625-6050.

Asian Cultural Fest

October 1999. City wide exhibits, events and activities. Most events free.

Oct 1 Fri 3:30 - 5 pm STA Plaza. Opening ceremonies. Opening of Gateway to Gold Mountain exhibit on history of Asian Immigration. Free.

Oct. 2 Korean Dancers 7-8pm Spokane Comm. Coll.

Oct. 5 11:30am-12:30pm Arun Gandhi SCC Aud., 6 - 9pm Gonzaga Law School

Oct. 6 Mahaal Philipino Music. The MET. Tickets \$8.

Otis Manning Ministries

9th Ministry Anniversary
Oct 2 Sat 6 pm Valley Doubletree Hotel 1100 N Sullivan Rd. Call 448-9499.

IMAGINE Four Authors One Weekend September 25 & 26



Peg Kehret
Shelter Dogs & YRC Nominee, Searching for Candlestick Park
10 AM, Saturday, Sept. 25

Bill Nye, The Science Guy's Big Blue Ocean
2 PM, Saturday, Sept. 25

James Gurney
Dinotopia: First Flight
3:30 PM, Saturday, Sept. 25

David Wisniewski, Tough Cookie
12 Noon, Sunday, Sept. 26

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EDITORIAL

The Juneteenth celebration at Twin Rivers was an event that struck an emotional chord with me. The fact that we celebrate more Juneteenths in confinement than in freedom, is a testament to our lack of initiative as a people. "Why is that?", many must ponder. Answering the question isn't as key as analyzing the problem.

When our freedom is taken for granted and not utilized, the results for people of color are

nil or less. We aren't at a point of citizenship in the United States where we can put our responsibilities to our communities on a back burner. As long as I have thought about our lack of activity in our communities, as a collective unit, I observed the number of people of color in the justice system multiply.

It has become a right of passage of sorts to make a visit to prison. The Bureau of Justice

reports that the lifetime chances for Blacks and Hispanics to be incarcerated are 16.2% and 9.4% respectively. The report adds that an estimated 28% of black males will enter prison in their lifetimes, 16% for Hispanic males.

As a guest speaker for the inmates at Twin Rivers I shared with them that we need their help in society to become a powerful force in this nation, of such great potential. I also quoted Hip Hop artist Jayo Felony, in application to our free-

dom. Felony says, "I could give it to you, but what you gonna do with it."

As beautiful as the Juneteenth celebration was in the Twin Rivers facility, it was regulated. A celebration of freedom, in a controlled environment says something about the spirit of our ancestors, because they did the same. And then they came together and died in exchange for us.

As we enter the millennium, we must enter through the doors of volunteerism, especially

with the youth. At the rate that prisons are beginning to outnumber institutions of higher learning, we can't afford our young people to be ignorant and make mistakes that politicians want them to pay for, for life. Call it a conspiracy or a plan, however, a lack of planning is what it appears to be. We must approach this millennium with a renewed attitude and a goal, in order for our young people to travel the path of success.

Jose S. Gutierrez Jr.
Pullman Editor

Opinion

Fighting DWB

BY KEVIN TAYLOR

The practice of police pulling over Black drivers "just because" is not much of a secret any more, not even to white people. The stories are getting out, even in the Spokane newspaper of all places, and a national push is under way to end racial profiling.

Here in Spokane, the story was told by 15-year-old Justin Eans. Earlier this summer, Justin wrote in The Spokesman-Review, he and his dad were driving in the Valley when they were pulled over by a sheriff's deputy. The deputy, who told them he was following up reports of a stolen car, demanded to see both their IDs even though they didn't match the description of the suspects and even though the car didn't look much like the one reported stolen.

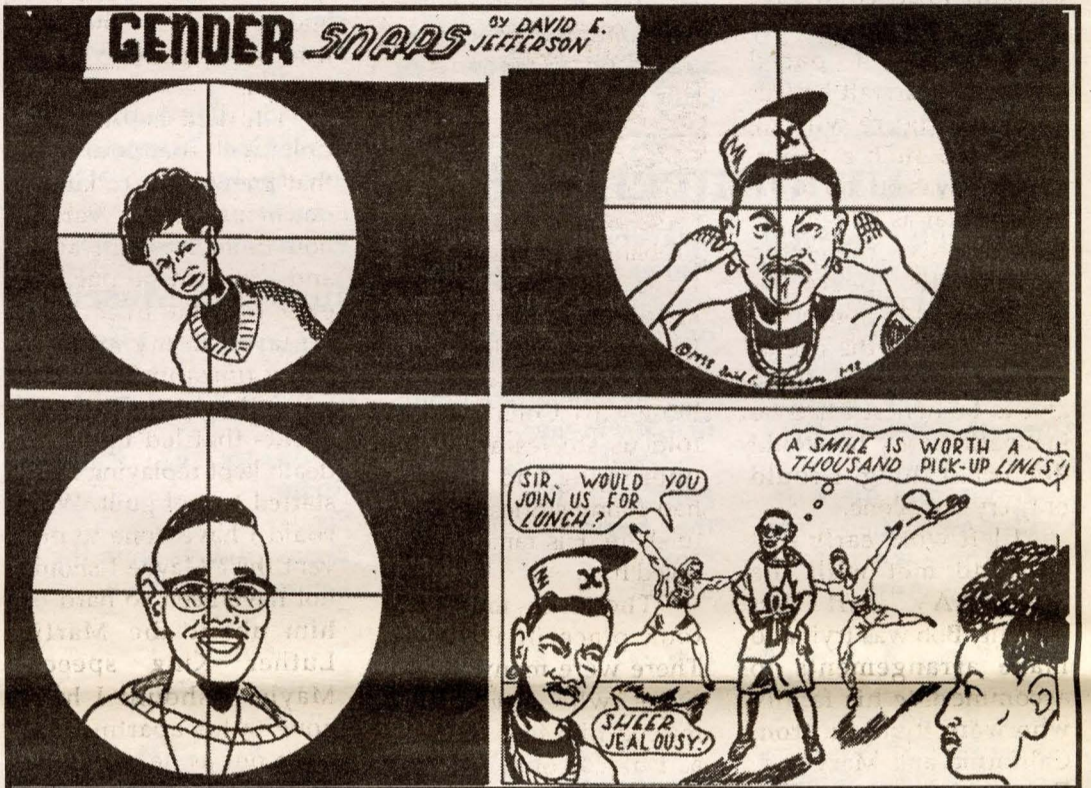
This was not a new experience, Justin wrote, just another lesson that as an African American man life here can be like life in a police state: stopped at a

whim and made to prove your identity and innocence before being allowed to move on.

On a national level, the American Civil Liberties Union has grown concerned that the war on drugs has only escalated the numbers of minority drivers being pulled over for DWB, driving while black.

A little-known highway drug interdiction program called Operation Pipeline, started in 1986, has trained 27,000 officers in 48 states to use "pretext stops" in order to search for drugs in vehicles.

What gets the ACLU concerned is that police have used this discretion to increasingly target dark-skinned drivers. A report by Professor David Harris of the University of Toledo Law School has found that Operation Pipeline training manuals contain implicit -- and occasionally explicit -- racial bias, recommending officers target Mexicans, Blacks and Jamaicans even though the government's



own statistics disprove the myth that minorities use drugs at greater rates than whites.

"The key factor in DWB is that the courts have moved the law in the direction of allowing police more and more discretion to stop drivers in order to fight the war on drugs," Harris said. "And police have used this discretion to stop more and more drivers in racially disproportionate ways."

The 43-page report makes five recommendations to end DWB:

Asking the Justice Department to end racial profiling in federally funded drug interdiction pro-

grams. Stop using "pretext stops" as a crime fighting tactic.

That Congress pass the Traffic Stops Statistics Study Act (S821 and HR1443).

Pass remedial legislation in every state.

Collect city-by-city traffic stop data.

This won't happen without a huge push from citizens and the ACLU has established a toll-free hotline and a Web site to gather complaints from victims of DWB.

The hotline is 1-877-6-PROFILE. The Web site, which includes a complaint

form and the complete text of the Harris report, can be found at

www.aclu.org/profiling/

Back here in Spokane, Alan Chertok seemed willing to address the issue of DWB, but now that he's out of office there's a chance it will fall through the cracks. Several states have bills pending to collect data on traffic stops, but so far North Carolina is the only state to make it a law.

Until it happens here in Washington, we can urge City Hall and the County Commissioners to begin documenting incidents of race-based profiling.

Resolution On Tribal Sovereignty and Treaty Rights

The Mission Statement of the Northwest Coalition Against Malicious Harassment holds us accountable as an organizations "to end malicious harassment and violence by countering individual and organized bigotry and anti-democratic movements." The Northwest Coalition Against Malicious Harassment is called to reaffirm its com-

mitment to the elimination of attacks against tribal sovereignty and treaty rights.

We affirm unequivocally the Northwest Coalition Against Malicious Harassment's responsibility to work towards the fundamental recognition of the sovereign status of Indian Nations in the United States and advocate and endorse the fulfillment of

Indian tribal treaty obligations and the trust responsibilities of the federal government.

The Northwest Coalition Against Malicious Harassment supports tribal government responsibilities to preserve human rights and prevent bias crimes on tribal territories.

The Northwest Coalition Against Malicious Harassment has expressed its opposition to

all forms of attacks on tribal sovereignty in the past. Nevertheless, attacks on tribal sovereignty will exist in the United States, crystallized within a mainstream configuration of organized bigotry. The present-day attacks on tribal sovereignty, as in the past, are rooted within the philosophy of white supremacy and must be opposed.

Therefore, be it

resolved that the Northwest Coalition Against Malicious Harassment, with respect to the memories of Lawrence Arripa and Henry Sijohn and in solidarity with domestic sovereign nations:

A. Calls upon organizations, associate members, and supporters of the Northwest Coalition Against Malicious

Memorial

BY LORENZO HERMAN

When Colin took his life in March it left many of us shocked and dismayed. When Bob Lloyd, the AAV publisher, called me at my job and told me the news I was in complete disbelief. Reality had left me for a moment and I wondered if it was a practical joke. Then there was silence between the two of us and that silence felt numb and empty and then I knew it had to be true. After I put the receiver down I stood up and told the office I needed to leave and to hold all of my phone calls. I paced around the aircraft hanger trying to figure why he would do such a thing. The man was on top of the world as far as I knew. He was highly respected among his peers at Pullman and in Spokane. I replayed all of the events that led up to his death and to be honest I had no inclination why he would do such a thing. I could only cry out alone.

I left work early that day and met with the other AAV staff that evening. Bob was trying to make arrangements to accommodate his family who were flying in from California and Maryland. Everything had to be carefully planned out but some of the staff were still in shock and some were angry that he did it. I could not understand the anger part of it because I had not gotten that far yet in the grieving process. I was missing him a lot at the moment and I could not imagine not seeing him again. But I held back the tears to be strong for everyone else.

I did not know how I would take part in the arrangements for Colin's memorial. I was not a relative, just a friend. We talked a lot about what we could do to make the pain easier. There were a lot of ideas such as running a special edition of Colin's work in the next issue and to create an award in his name. I could not concen-

trate on such matters. I wanted to talk more about why he did it. I wanted someone to share some insight on that. Bob told us some things that I was not aware of but I was not satisfied. I also wanted to know how he did it. Maybe that would have eased the pain. But no one knew at the time. There were so many unanswered questions.

Colin's family arrived the following day and I met his parents and his aunt. I could tell it was a long trip for them. They



probably had many questions too. They did not know much about Colin's life over here in the northwest. Our stories filled in those gaps. Colin's mother told us stories about his upbringing and his aunt had funny stories of Colin to share. His family really loved him.

Then the memorial took place in Pullman. There were many people there who loved and missed him just as much as I did. I could not hold the tears back this time. I was too mentally exhausted to be strong again. When his students and coworkers spoke of him I became very angry. How could he have left all of this behind him? He had a loving family, he had coworkers that respected and loved his passion for social justice. What really hit me were the students. These young people looked up to him. He was their leader, their confidante, their mentor, and their support. He just abandoned all of that. He also abandoned this newspaper too, leaving us with all of the work he did not finish. He was my friend and I felt like his decision to do this was selfish and uncalled for. He only thought about himself, I thought.

I could not bear to look at all of the photographs that were displayed from when he was a child to going to college. I hate going to funerals and memorial services. Colin's was the one of the very few that I decided to attend. Bob told us we (the AAV staff) were his family in Spokane and that we need to take care of each other. This is the reason why I decided to go, to mourn with my family. The AAV staff had lost someone very important to the paper. For the first time I realized that we were more than just colleagues who shared similar ideas and passion for the newspaper. We respect and love one another and it took a tragedy to recognize this.

I talked a lot about Colin with friends of mine that knew him. Talking it out helps. Then I learned how he took his life away and I wished no one had ever told me because it replayed in my mind so many times until I could not fall asleep. Then the events that led up to his death kept replaying and I started to feel guilt. What could I have done to prevent this? Maybe I should not have been so hard on him about the Martin Luther King speech. Maybe I should I have gone to his apartment to hang out as he asked. Or maybe if I had paid close attention to what he was doing during the past few months of his life. There are a lot of maybes.

Dealing with suicide is no fun. I still get lonely but when I remember his voice, that makes me feel good. But I have come to the understanding that I have to accept the suicide for what it is. Although there are speculations I will never know why he did it. The "why" becomes less important as time heals the wound. My memories keep me from feeling lonely without him. Most importantly I draw from my spiritual strength because only God knows what is in the heart of each person and my faith will help me live with the loss and grief.

LETTERS

The Editor welcomes letters. You can respond to articles or write about any topic of your concern. You can also call and dictate a letter. If we are not in, you can narrate your letter in our voice mail. The editor reserves the right to edit letters for language, content and space. Write to: The Editor, *The African-American Voice*, PMB 145, 2920 S. Grand Blvd., Spokane, WA 99203-2530. Please include your name and day time phone number for verification.

"Fear The Nerd"

Dear Editor,

In response to the August issue editorial by Stoakley Lloyd entitled "Fear The Nerd", I would like to offer the following response. People of color often complain (with quite a little justification) that they are stereotyped. While Mr. Lloyd presents a very interesting theory regarding why these incredible school shooting tragedies are occurring, he does his opinion a great disservice by prefacing it with a statement stereotyping Conservatives as "right wing, gun-toting, pick-up driving, John Deer-hat-wearing Republicans." I happen to be a Conservative and would like Mr. Lloyd to know I do not enjoy his stereotyping any more than Tiger Woods enjoyed having Fuzzy Zoeller joke that Augusta should serve watermelon and fried chicken at the traditional Masters Golf Tournament dinner after Woods won the tournament by an incredible 14 strokes. Just for your information, sir, I do not tote a gun around (except when hunting pheasant), do not drive a pick-up truck, and do not wear a John Deer hat.

Further, the comment that "Republicans are being forced to take a long hard look at where their beliefs are taking this nation" suggests that policies enacted since the Republicans took office in 1994 are responsible for these tragedies. This is patently ridiculous. If one wished to point fingers, it would be far easier to point at the failed liberal policies of the past 35 years beginning approximately with LBJ's Great Society.

Finally I question the purpose of Mr. Lloyd's opening paragraph. It is

juvenile and patronizing. The editorial, while seething with liberal bias, is neither heartless nor unsympathetic. And quite frankly, the truth seldom hurts me, but then the truth appears to vindicate conservative beliefs quite consistently.

I can honestly say that Mr. Lloyd's opinion regarding the cause of the increased violence in schools is something I had not thought of, and it really makes a great deal of sense. It's too bad he watered it down so much with his liberal attacks that really are not even pertinent to the point he is trying to make.

Hal R. Dixon

NAACP vs Hollywood

Editor,

Did you hear how the lawsuit the NAACP filed against Hollywood producers was announced on KXLY? First they marginalized and pigeon-holed the NAACP real dismissive like. Then said that Hollywood producers were lining up to apologize, never realized there was a problem.

IMPRESSION - There is no racism in America.

I think there are many misperceptions about what the NAACP suits are about and the problem they are designed to address, namely racism. Of course mainstream media is making like there is no problem and anyone who thinks so is, well, racist. People tell me I read too much into these things, but many people I talk with parrot the radio's perspective and harbor that mainstream media attitude. And we do have a problem that seems to be getting worse in many ways.

Peace,
Than

zine Salon points out that there are many Black shows available - for a price - on cable. Another example of "Black tax".

After pointing out such programs as Showtime's "Linc's", a sitcom about Black professionals in Washington DC, four children's shows on Nickelodeon and HBO's

"The Chris Rock Show" and the Dorothy Dandridge story with Halle Berry, she comes down hard on the networks:

"When you look at the relative abundance of African-American faces on cable, it becomes obvious that the broadcast net-

Continued on page 8

Another Black tax -TV

As you have probably heard, and as our resident media watchdog, Than, points out in his letter to the editor in this issue, there are no new shows on the major networks, including FOX, whose stars

are African American. And they are under fire from the NAACP.

But in the introduction to an extensive review of "Strange Justice", a made for TV movie about the Clarence Thomas & Anita



Hill story aired on Showtime August 29, Joyce Millman of the Web maga-

Religious discrimination also against the law

Title VII of the Civil Rights Act of 1964 prohibits employers from discriminating against individuals because of their religion in hiring, firing, and other terms and conditions of employment. The Act also requires employers to reasonably accommodate the religious practices of an employee unless to do so would create an undue hardship upon the employer.

Areas that might be affected by religious needs include scheduling, dress

codes, holiday observance, payment of union dues, and mandatory training programs.

For more information about your rights or to file a religious discrimination charge, call the local field office of the US Equal Employment Opportunity Commission.

For Spokane the number is 1- 800-669-4000. Information on all EEOC-enforced laws may be obtained by calling toll free on 800-669-EEOC

Stoakley's Rants

Disclaimer: All views expressed are my own OPINION! (Unless otherwise noted). I reserve the right to change my mind, play devils advocate, waffle, or (God Forbid) be wrong. If you disagree with anything I say GREAT. Feel free to respond with counter arguments, examples, or opinions of your own either through letters to the editor or to my email AAVrants@aol.com. I like nothing better than a good argument. I will make a reasonable attempt to back up any statistics, "facts", or quotes I use. Anything not supported may be taken as opinion, conjecture, or estimation

The committee on subcommittee development

By STOAKLEY LLOYD

Well its time for this month's tirade. So hold onto your hats, brace yourselves, and pad your egos. I'm not going to be gentle.

Over the last five years I have only been home for a short time every few months. But during each of my vacations I have attended a number of meeting, committees, subcommittees, roundtables, caucuses, banquets, and rallies. All of these have been hailed as supporting "proactive social action", "youth empowerment", or some other buzzword filled, sound bite producing, cause. Now I don't mean to put down all social action groups or to say that nothing has been accomplished. This very paper arose from such a meeting and many other groups have made positive contributions to the community. (Hold on, here comes the BUT) But for every good work I see done I see a dozen committees, clubs and subcommittees that produce nothing but empty resolutions and bragging rights for their leaders.

For example, the following resolution took hours of heated debate to draft yet it only states the obvious:

As a community committed to achieving racial equality and justice for all members, we:

Accept our responsibility to make Spokane a communi-

ty where all people, regardless of race, color or nationality are welcome, secure and valued;

Value respect, appreciation, collaboration, diversity and friendship in our relationships with each other;

Proclaim with words and deeds that ours must be a community where harassment, intimidation, discrimination and violence are totally unacceptable;

Communicate a strong, clear message that racism and other forms of prejudice and hatred will not be tolerated;

Challenge all who live in our community and region to act in ways that reflect a commitment to, and accountability for, racial and social justice - equality in our personal lives, families, neighborhoods, workplaces, schools, clubs, associations, institutions and places of worship.

Adopted September 24, 1996

All the ideas and sentiments listed here are admirable and good but does the signing of this document really help anyone? I'm afraid not. This document won't feed or house anyone, it won't get anyone a job or a lawyer. Now in the best of all worlds I would call for any group that only produced such documents or similarly inactive measures to disband so that we could pool our resources into larger more productive organizations. This may be too much to ask too soon so I have developed an alternative.

I would ask every

viewers who can afford them".

Millman then tells how "Strange Justice", the docudrama based on Mayer and Abramson's book, was rejected even by FOX and TNT before Showtime decided to air it. After pointing out the liberties taken especially with the more dramatic hearing testimony, she says "Yeah, 'Strange Justice' is surreal. But that's the point -- the actual events were surreal....But in its sometimes outlandish, in-your-face way, the movie forces us to stop and say, 'Wait a minute -- this is crazy!'...If 'Strange Justice' fails to

organization to collect an admission fee, be it cash, canned food, or used clothes at each and every meeting from each and every member. If you want to get together and talk that's great. But if you want to claim to be a community group **PUT UP OR SHUT UP.**

This way we are guaranteed some useful output from each group. The items and money could be pooled or donated individually to a charity chosen by the members. The donations by each group would be reported regularly in this paper with the name of the organization and how much they raised. This is a challenge. I would question the commitment and sincerity of any group unwilling to participate.

To do a little math: if only 20 groups met once a month with 20 members and each member gave \$2 we would generate \$800 a month or \$9,600 a year. That's a lot of cash and we all know that there are a lot more than 20 activist organizations and that most of the members can part with a lot more than \$2 a month easily.

I challenge every organization to place a coffee can for cash and boxes for clothes and food at the door to every meeting so your members can skip that burger or Starbucks coffee on the way to the meeting and drop the cash in the pot.

convey the depth of the rift the hearings opened up across the country between men and women and, particularly, between black women and white women, it still vividly reminds us how ugly politics can be, especially when civilians get caught in the cross-fire....If your blood boiled watching the hearings in 1991, it'll boil all over again watching 'Strange Justice'".

Hey - did anybody with Showtime tape it??? Until we can do something about the lack of offerings on broadcast TV we may have to resort to the underground.

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Continued from page 7

Black tax

works' race problem isn't really a race problem at all but, rather, a class problem: Let them eat cable. The networks can't believe that there are enough disposable-income -laden Black viewers out there to deliver big ratings for series about Black people; already, most Black sitcoms have been shunted off to downscale UPN and WB, where they exist in segregated programming blocks. High-quality shows with Black lead characters are in danger of becoming TV luxury items, available only to

Don't be a victim of misleading advertisers

BY LESLIE MCAULEY
Social Security
Field Representative

Don't be victimized by misleading advertisers who toss around the terms "Social Security" or "Medicare" to pique your interest. I warn people that often these companies offer a Social Security service for a fee. You should be aware that services from Social Security are generally provided free of charge.

Services that are often targeted in these ads include obtaining one of the following:

A Social Security card to replace a lost card;

A revised Social Security card to show a bride's married name;

A Personal Earnings and Benefit Estimate Statement; and

A Social Security number for a child or a newborn baby.

In addition, other marketers prey upon the public's fears by suggesting that Social Security or Medicare is in dire financial shape. They may request a contribution or membership fee to help "protect your benefits."

These marketing practices clearly are misleading and deceiving. They prey on people's ignorance of the Social Security program and the concern they have about its future. They cannot provide better information than you can get free, or more safeguards than now exist or are being developed in the Congress. Moreover, they violate the law when they give the impression they are part of the government or the Social Security Administration.

Social Security is now prosecuting more of these

companies and with your help, we can discourage such scams. If you believe that you have received misleading information in the mail, you should send all the material, including the envelope, to the Office of the Inspector General, Social Security Administration, 6401 Security Boulevard, Room 300 Altmeyer Building, Baltimore, Maryland 21235. You may also send it to the Chief Postal Inspector of the United States Postal Service, or notify your State's Attorney General, Consumers Affairs Office and the Better Business Bureau in your area.

For more information call Social Security's toll-free number, 1-800-772-1213, and ask for the fact-sheet Misleading Advertising (SSA Pub. No. 05-10005). You may also

call or visit your local Social Security office or visit our website, www.ssa.gov.

Injunction issued for misleading advertising

A federal judge from the United States District Court in the Southern District of New York has issued a preliminary injunction against the Federal Records Service Corporation for using Social Security program names in violation of misleading advertisement laws. The judge, in a stinging opinion, required the Federal Records Service Corporation to cease disseminating its misleading and fraudulent solicitations, froze the corporation's assets, and authorized the United States Postal Service to detain all incoming mail.

Continued from page 1

What a pity! Johns don't VOTE

Personal touch

This is rarely possible with TV ads that have been carefully crafted to project just the right image, then edited to fit a 30 or 60-second sound bite.

'Shoe Leather' campaigns can give the uncaring or undecided a real reason to vote for or against an issue or candidate. High tech advertising, on the other hand, is rarely able to do this, since it lacks the personal dimension.

During any election season there is the

inevitable perception of sameness among the candidates. We have become a nation of politics by polls, not by informed voting. The old-style campaigns provided citizens more of a chance to vote "for" a candidate, not simply "against" his party affiliation. Candidates of all parties have an obligation to go out and meet the voters on their own territory -- their doorsteps.

When all is said and done, we must not forget that politics is still about people and their well being and pursuit of happiness.

Running the country, in a very real sense, is everybody's business! Participation in it can be expressed by every citizen over the age of 18 who votes. By law, no citizen can be denied this right

because of their skin color, religion or sex.

We all have a stake in casting our ballots. I will be on duty in my precinct from 6:00 am till the polls close at 8 pm.



I'll be looking for you!

The writer is an Elections Inspector, a Human Rights Commissioner and a former member of the Advisory Board of Spokane Mental Health. He recently received a service award from Character First.

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FEATURE SCHOOL:

Western Washington University

BY ANGELA JONES

Western Washington University, located in Bellingham, Washington is home to over 11,000 students who pursue undergraduate and post-graduate degrees in a variety of studies. Bellingham's neighbors include Vancouver, Canada 60 miles north and Seattle, Washington, 90 miles south. The majestic peak of Mt. Baker and the calm waters of Bellingham Bay can be seen to the east and west of campus, respectively.

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Admissions Requirements:

Academic achievement is the most significant factor in the application review process. Curricular rigor, grade trends, leadership,

community involvement, special talent, multicultural experience, and personal hardship or circumstances are additionally considered. Applicants are required to submit an official high school transcript or GED and SAT or ACT scores. The minimum required high school course pattern includes: English (4 years), mathematics (3 years), science (2 years to include a lab), social studies (3 years), foreign language (2 years of the same language), fine/performing arts (1 semester).

To request an application, students can call or write to:

Western Washington University
Office of Admissions
Bellingham WA 98225
(360) 650-3440
www.wwu.edu.

Gonzaga anti-hate institute deplors L.A. crimes

The Gonzaga University Institute for Action Against Hate extends its sympathy to all people who feel victimized by the irrational and deplorable acts of violence recently perpetrated against Jewish children and others in Los Angeles.

"This incident underscores the continued importance of teaching tolerance and the obligation of all men and women of goodwill to condemn discrimination, racism, and hatred whenever and wherever they are encountered," said George Critchlow, interim director of the institute and associate professor of law at the Gonzaga University School of Law.

The Institute for Action Against Hate will continue its work of educating about hate and hate crimes by bringing to Spokane and the

Gonzaga campus a major international traveling exhibit entitled "Anne Frank: A History for Today," scheduled to be presented from April 27, 2000 to May 24, 2000 on the Gonzaga campus. Organizers are planning to use the exhibit as an educational tool for Inland Northwest schools.

The exhibit reminds us that the discrimination and racism which led to the Holocaust did not disappear when World War II ended. It challenges the viewer to think about the value of tolerance, mutual respect, and the significance of human rights today. Former Spokane Mayor Sheri Barnard has agreed to be the on-campus project coordinator, beginning in September.

For more information about the exhibit, contact Critchlow at 323-3791.

Dr. Maya Angelou



Dr. Maya Angelou will be the keynote speaker for the YWCA's Women of Achievement Benefit Luncheon on Monday, November 15, 12 noon, at the Spokane Convention Center.

The luncheon is a celebration of leadership, diversity and empowerment, honoring women leaders in the community, recognizing the commitment to diversity, and highlighting successful programs and services of the YWCA.

A minimum donation of \$100 is required, and may be paid by credit card or pledged to be paid over 12 months. Reservations are necessary and may be made by calling the information line at 326-1190 ext. 127.

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Spokane, WA 99207

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244-6636
Fairchild Air Force Base

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533-3752
The IEL Lodge
3305 W. Fort George Wright Dr.

Student and Administrative Services

- Career counseling and advising
- Financial aid
- Programs focusing on diversity issues
- Referral to college credit programs

533-3032
The IEL Lodge
3305 W. Fort George Wright Drive



Institute for Extended Learning
3305 W. Fort George Wright Drive
Spokane, WA 99224-5228

Cheree Davis receives EWU scholarship

Cheree Combs-Davis of Kennewick has been selected to receive a \$2,000 African American Education Presidential Scholarship for the 1999-2000 academic year at Eastern Washington University. The scholarship is awarded by the African American Education Program to students new to Eastern who have expressed interest in the advancement of the African American Community.

Combs-Davis is the daughter of Pam and Leo Combs of Kennewick. She is a 1999 graduate of Kamiakin High School, where she participated in Future Business Leaders of America, the Running Start Program, tennis and as an athletic student trainer.

Combs-Davis is currently a freshman at Eastern where she is interested in studying pre-law or sports medicine.

Classes help business start-up

Community Colleges of Spokane is offering two noncredit course aimed at those thinking about starting a business this September. "Determining The Feasibility of a Business Idea" uses the business plan process to help participants evaluate their ideas. For \$50 two people from the same business may attend the workshop which will be from 6 - 9 pm on Thursday September 16 at Spokane Intercollegiate Research Institute (SIRTI), 665 N Riverpoint Blvd.

A three hour "Prebusiness Workshop" covering basic start-up information will be offered on Wednesday, September 29 from 6 - 9 pm at SIRTI for \$25.

Call 358-7890 to register or for more information

SAT and ACT Testing Dates

Most colleges and universities require a college entrance exam such as the SAT or ACT to determine your admission eligibility. You can take the exams at local sites, but you must register in advance. To register for the SAT call the College Board at (609)771-7600 or for the ACT (319) 337-1827. Students are encouraged to visit their local libraries or school counselors for practice booklets and information.

Registration Date:

- September 14
- October 1
- October 29
- December 17
- March 3
- March 31
- April 28

Testing Date:

- October 9
- November 4
- December 4
- January 22
- April 8
- May 6
- June 3

Building Community

In a community such as Spokane where the African American population is dispersed throughout the city, it is important to build a sense of community. One of the first criterion for developing a community is to know its members. With the encouragement of President Bill Robinson of Whitworth College and

the assistance of Professor Virginia White and her feature writing class, the African American Voice will publish profiles of community members each month.

Stephanie Nobles-Beans, Ken Beason, Deborah Brown, Nathaniel Greene, Roberta Greene, La'Brenda Hill, Leslie McAuley, Rodney McAuley, V. Anne Smith, Peggie Troutt, Gail Vails, Jann Williams, Jim Williams, Wallace Williams.

Community Profiles

Roberta & Nathaniel Greene

**JULIE SUND,
WHITWORTH COLLEGE**

When Roberta Greene moved to Spokane in 1986, she didn't know where the city was, much less how to pronounce it. But her husband had a vision of owning his own Ford dealership, and when he said, "Trust me," she did.

Less than a decade later, a former Spokane politician approached Greene about running for city council. She has no campaign experience, but decided a position on the council would give her a voice for her concern about public safety and keeping taxes as a minimum. She won that race four years ago, and Greene says she hopes to continue her work for the city by getting elected again in 2000.

Her position as the only African American on

the council gives her the opportunity to provide insight on diversity issues through speeches and community activities.

She helps encourage "turning diversity into action" every year by organizing a summer "Celebration of Diversity" with her pastor at Bethel AME Church.

"It brings many different groups together," she said. "There is music, dance, food... all kinds of agencies participate."

This kind of participation by Spokane agencies and businesses encourages Greene. She has seen a growing number of employers "taking the diversity challenge seriously," by sending out encouraging messages to minorities. She thinks a welcoming attitude is an important step in a community's progression to understanding diversity.



"It's all about respect for different perspectives," she said. "I don't think awareness is the problem now. The challenge comes with making sure that awareness turns into action... we need to understand and accept that diversity is our reality."

Greene also pushes for action on issues she calls "vital" to Spokane. She has been serving on the Spokane Regional Health Board, promoting neighborhood involvement in government through community assemblies and she just finished working on

the downtown revitalization plan.

Before taking her seat on the city council, Greene was president of the Lilac Festival, serves on the Board of Trustees for the Spokane Community Colleges and also on the United Way Board. Along with these community activities, she held the position of Vice President of Sales and Marketing for Empire Ford, which she and her husband own.

Greene grew up in South Carolina and graduated from Alabama's Talladega College with an economics degree. Her husband served in the military, so they moved around, even living in Turkey for a few years, and in Texas where she earned her masters in urban studies.

She thought they had finally settled in North Carolina, where she was able to see her family

often. She also started teaching at a local community college. "I loved it," she said. "I thought I had finally died and gone to heaven."

Then her husband told her about the Ford dealership for sale. Before she knew it, they were on a plane to finalize moving plans. "We came in the spring, a few months before moving, and we had to go shopping for winter clothes as soon as we arrived," she said. "It was almost summer where we came from, but here it felt like it was still the middle of winter."

As if the weather wasn't enough, Greene suffered a severe case of culture shock coming from the south to Spokane, a city not noted for its racial diversity. "I kept looking around for people like me," she said.

But after 13 years, it is home, and she thinks Spokane has a bright future. "There are so many things that we have not yet accomplished."

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NEED HELP

The Legal Redress Committee of the Spokane Chapter of the NAACP has received five complaints between the July and August NAACP meetings. Two cases have been closed and three cases are pending.

If you have been a victim of harassment and would like to file a complaint, complaint forms can be picked up at the following locations

East Central
Community Center
500 South Stone St.

Northeast
Community Center
4001 N. Cook St.

West Central
Community Center
1603 W. Belt St.

Martin Luther King Jr.
Family Outreach Center
845 S. Sherman St.

Spokane
Community College
Assist. to the Vice President
of Student Services
Administration Building #15
1810 N. Greene St.

Spokane Falls
Community College
Rich Tucker, Student Funded
Services
Student Union Building #17
3410 Ft. George Wright Dr.

Nathaniel Greene
BY ANNI DUPIS
WHITWORTH COLLEGE

Economics. To Nathaniel Greene this has always been an exciting subject. Greene, owner of Empire Ford, grew up in a poor family in Charleston, South Carolina. Nathaniel Greene received a master's degree in economics from St. Mary's University in Texas. His vision for the African American community of Spokane includes building a stronger base for the minority population.

After high school, Greene attended

Continued on page 13



Aa Bb Cc...

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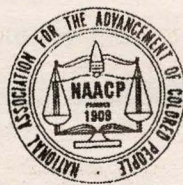
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Spokane WA

Phone 838 -5071



NAACP

Office : 709 E Desmet, Spokane WA
(509) 323-6368

Regular meetings are 7pm on the 3rd Monday of each month.

East Central Community Center

500 S. Stone Street Spokane WA

For Information Contact : President Eileen Thomas

Universal Declaration of Human Rights

The August issue of the African-American Voice detailed articles eleven through twenty of the United Nations Universal Declaration of Human Rights. The story introduced articles twenty-one through thirty. This month each article - twenty-one through thirty - is shared in detail.

Universal Declaration of Human Rights

Article 21

(1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

(2) Everyone has the right of equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22

Everyone, as a member of the society, has the right to social security and is entitled to realization, through national effort and international cooperation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his

personality.

Article 23

(1) Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment.

(2) Everyone, without discrimination, has the right to equal pay for equal work.

(3) Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

(4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25

(1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26

(1) Everyone has the right to education. Education shall be free, at least, in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessi-

ble to all on the basis of merit.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

(3) Parents have a prior right to choose the kind of education that shall be given to their children.

Article 27

(1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28

Everyone is entitled to a social and international

order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29

(1) Everyone has duties to the community in which alone the free and full development of his personality is possible.

(2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

(3) These rights and freedoms may in no case be exercised contrary to the purposes and the principles of the United Nations.

Article 30

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

Free community leader training offered

The Institute for Neighborhood Leadership provides "training dedicated to creating 'grass-roots' empowerment and neighborhood." In addition to one-evening workshops, the institute offers a free nine week leadership course specifically designed to provide training on topics which will

result in the successful leadership of neighborhood organizations. Fifteen participants are chosen from the applicants. **The deadline for applications is September 10th.** Call 326-9540 to ask for an application or stop by the West Central Community Center at 1603 N. Belt St.

Other workshops coming up include:

Sept. 23 "Leadership Traits and Characteristics" at Northeast Community Center

October 7 "Asset-based Neighborhood Development" at East Central Community Center

October 30 "Community Organizing" at West Central Community Center

November 3 "Board Basics" at Northeast Community Center

December 2 "Volunteer Management" at East Central Community Center

December 9 "Marketing Your Neighborhood /Organization" at Northeast Community Center.

Class size is limited and requires registration two weeks in advance to guarantee space. Call 326-9540 to register.

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Prayer Requests call 624-2700 • email: friends@unityspokane.com

LINKS Walk-a-thon September 25

Walk for your health - and support the Spokane Chapter of The LINKS, Inc. This year's walk-a-thon will be held on Saturday, September 25 from 10 - 12 noon. The location is yet to be confirmed. Call Fannie Bush at 534-9071.

Holiday Gala

Mark your calendars for the LINKS Holiday Gala to be held at the Shilo Inn on November 27th.

Continued from page 1

Bearing Witness

sion, compassion, humor and style."

Bearing Witness will be at the WSU Museum of Art until Oct. 10.

Some of the 60 pieces on display include Elizabeth Catlett's "Homage to My Young Black Sisters," a 5-foot-8 carving in red cedar of a woman, her fist thrown straight up to the sky, her head thrown back.

Carrie Mae Weems has combined photographs from the archives of slavery with words in an installation titled, From Here I Saw What Happened And I Cried.

There are vibrant paintings and photographs and quilts and masks and prints.

Docent tours of the exhibit for groups of four or more can be arranged by calling the museum office at (509) 335-1910. That number can also be called for information about parking.

The WSU Museum of Art is free and is open Monday through Friday from 10 a.m. until 4 p.m. It's open till 9 p.m. on Tuesdays. And weekend hours are 1-5 p.m. Saturdays and Sundays. There are extended hours on Cougar football week-

ends.

There will be a special event in Spokane on Friday Sept. 17. Stephanie Anne Johnson, one of the artists in Bearing Witness, will speak at 7 o'clock that evening at WSU's Riverpoint campus just east of downtown on Trent.

An exhibit of Johnson's recent works will be displayed at Riverpoint's IDI Gallery Sept. 13-30.

Johnson, a professor at California State University at Monterey Bay, is also a professional lighting designer who works in theater and film. One of her pieces in Bearing Witness is a bouquet of light bulbs and steel tubes. Another includes saws, horseshoes and sheet music.

"Many of my pieces are homages to the ancestors," she writes of her work. "As an African American woman I believe it is essential to create and recreate our own images. In my work, the combination of projected light and architectural elements symbolizes the balance between the spiritual and material worlds or between heaven and earth."

Coming back to Maya Angelou, "We had to take nothing and make everything."

Bearing witness.

Continued from page 11

Community Profile Nathaniel Greene

Talladega College located about 50 miles out of Birmingham, Ala. There, he participated in Civil Rights marches. With his economics bachelor's degree in hand, Greene was drafted into the Air Force where he served in Turkey for two years.

In 1972, he received his masters in economics from St. Mary's University in Texas. He entered into Ford's college graduate training program to learn how to operate a district office. After being in this program for seven years, it became apparent that he wanted to go into business for himself. He had hoped to become a great business executive but as Greene said, "Sometimes real life is a little different from aspirations."

Another former Ford employee and Greene began their own partnership in the automobile leasing industry in Charlotte, North Carolina. The company couldn't support two families so Greene entered into Ford's dealer training program. A dealership in Spokane was changing hands and he was awarded the franchise. Greene took over the company with 68 employees and changed the name to Empire Ford in 1986.

Because of his interest in economics, Greene is involved in many community organizations. A business and professional association, AHANA, has been

formed to help the minority economics base in Spokane. Greene is also involved in Eastern Washington University's Business Advisory Council which does fundraising, gives input on curriculum design, and helps with promoting diversity within the business department. In 1998 Greene received the EWU Distinguished Service Award. Greene

the business school it gives them a better opportunity to become acclimated to Spokane. Hopefully the students will be here for a while and have a reason to stay here, leading to a more diverse community in Spokane," said Greene.

Greene's vision for the African American community of Spokane involves economics. "I hope to see more numbers, more people of color come to and stay in Spokane. I hope to see us come together as a community economically and build a strong base in Spokane," Greene said.

By increasing the number of African American business leaders in Spokane and by enlarging the economic base, Spokane's African American community can gain in numbers and strength. "When you have economic strength you can deal with whatever problems come along. When you don't have any economic strength you are at the mercy of society," he said



headed up a program to establish minority scholarships within the business department. He asked local corporations to donate for the program. This program allows five or six full-time students to attend EWU on full tuition scholarships.

"I feel that if we have more students of color in



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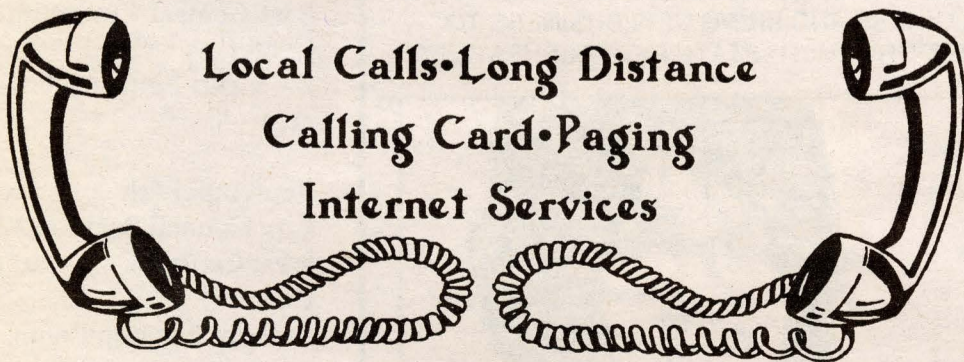
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Something You Can Do If You Will

TASK FORCE ON RACE RELATIONS MEETING

September 7, 1999
11:00 A.M. to 1:00 P.M.
Gonzaga University
Schoenberg
Conference Center

SELECTED AGENDA ITEMS:

- Welcome and Opening Invocation: Father Spitzer and Mayor Talbott
- Status review of TFRR 501c3 application and action requirements on the articles of incorporation and/or the By-laws.
- Mission Committee Recommendations on TFRR vision, mission, and strategies for social change
- Clarification on roles and expectations of the co-chairs (positional leadership) and the

executive committee

- Brief updates on any follow-up activities from Second Annual Community Congress such as: Reality Check Sessions and the CEO Diversity Group.
- Set TFRR goals and prioritize those goals for the next 12 months
- Third Annual Community Congress on Race Relations (Spring 2000). Set date and begin the process to establish the committees necessary to plan, organize, and implement the Congress.

If you have any questions about the meeting please call

Vince Lemus
Human Rights Specialist
City of Spokane
625-6263

NAACP takes on Gun Manufacturers

If you, a family member, a friend, neighbor, colleague or co-worker has ever been injured by a firearm of any kind, the NAACP National Office Legal Department needs to know about it by way of a form available at the Spokane NAACP office.

At the 90th Annual Convention of the NAACP in New York City, President Kweisi Mfume announced the NAACP's injunctive class action lawsuit against the gun manufacturing industry. The lawsuit seeks only to force the industry to enact more responsible distribution practices.

By this action, The NAACP does not condemn nor does it oppose the constitutional right to bear arms. The NAACP recognizes the historic struggle of African-Americans in this country to exercise their right to bear arms to protect their homes, their families and their property. However, that right has limitations as do all constitutional rights and the reasonable limitation imposed on the second amendment is that you must be lawfully eligible to possess a firearm. The lawsuit seeks only to make guns less accessible to those who are not lawfully allowed to

possess a firearm and your assistance is needed.

If you or someone you know has ever been injured by a firearm, it is crucial that you call the Spokane NAACP at 323-6368 for a questionnaire as soon as possible and return it to them by October 11.

If you are unsure whether any acquaintance or any member of your family has been affected, please practice due diligence and inquire to the best of your ability. ALL RESPONSES ARE FOR NAACP USE ONLY AND ARE PRIVILEGED AND CONFIDENTIAL.

Race Relations Task Force Meetings

Forwarding the meeting schedule, as received from Jacinta Connell with Gonzaga University. Her telephone number is 323-6102 should you have questions.

Held first Tuesday of the month at 11:00 am - 1:00 pm.

Tuesday Library 09/07/99	Tuesday Library 12/07/99	Tuesday Library 03/07/00	Tuesday Library 06/06/00
Tuesday Riverbend 10/05/99	Tuesday Library 01/04/00	Tuesday Library 04/04/00	
Tuesday Library 11/02/99	Tuesday Library 02/01/00	Tuesday Riverbend 05/02/00	Maureen Rieckers Human Rights Office 625-6266

Developing children and preserving health

Here is an opportunity to win some fantastic prizes and contribute to the mission of the Martin Luther King, Jr. Family Outreach Center, developing children and preserving healthy families. Here is what you could win!

- \$999 Gateway 2000 Computer
- BMX Bike
- (3) \$25 Rite Aid Gift Certificates
- \$30 Sears Certificate
- Gift Certificates for:
Longhorn BBQ,
Olive Garden,
Rock Rococo & The Onion

Your \$1 will go a long way. To purchase tickets, please stop by the Martin Luther King, Jr. Family Outreach Center at S. 845 Sherman. For more information, please call Cynthia Vigil at 226-1981.

This event is sponsored by the Fundraising Committee for the Board of Directors of the Martin Luther King, Jr. Family Outreach Center.

City Council candidates forums

The Community Centers of Spokane are sponsoring debates between this year's candidates for city council. Everyone is encouraged to attend as important public policy issues will be asked of the candidates solidifying

their positions on matters of importance in Spokane, according to a news release from the centers.

Forums will be held as follows:

September 7th
City Council Position #3
East Central Community Center
7 - 9 pm Senior Center area

September 8th
City Council Position #2
West Central Community Center
7 - 9 pm Newton Room

September 8th
City Council Position #1
Northeast Community Center
7 - 9 pm Main Conference Room

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JUDITH GILMORE



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Every month is Black History Month

Capitalism and the Slave Trade

Excerpted from "The Black Holocaust for Beginners" BY S. E. ANDERSON

But what is 'capitalism' and what is 'capital'?

Capitalism is an economic, political, and cultural system in which wealth -- and the means of producing wealth -- are owned and controlled by a small group of (very rich) people, whose ultimate aim is to get more wealth by any means at their disposal, even if it means stealing the fruit of another man's labor.

Capital is money used to generate more money. It has two forms: *Variable* -- to buy labor power; and *Constant* -- to buy the means of producing. The early European capitalists used African human

beings as capital.

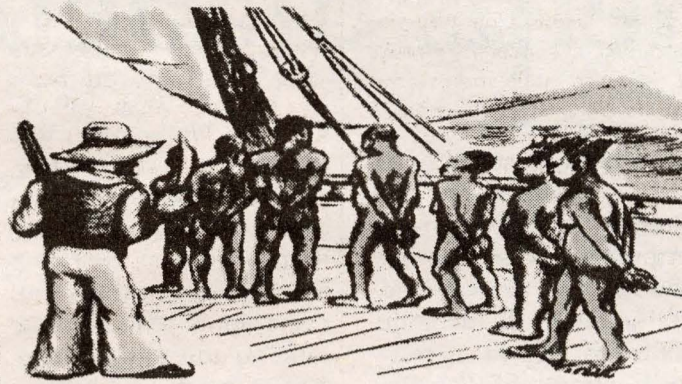
Enslaved Africans were not paid for their labor -- they were labor. And they were a form of capital investment to generate more money (wealth).

What does capitalism have to do with the Slave Trade?

There wouldn't have been any Slave Trade if it weren't for capitalism. The European slave trade became very profitable by the late 1600's. So much so, that in 1713 the Roman Catholic Church became a commercial go-between to stop European nations from fighting each other for access to the African coasts -- and to boost the Vatican's wealth to obscene levels -- including

Cultural Atlas of African Americans).

The slave trade was



lots of prime land in the Americas. For a very generous fee, the Vatican created a contract (the Asiento) that resolved territorial and/or business disputes between two nations and thereby became "and remained for hundreds of years -- the primary moral sanctioner for the brutal institution of slave trading." (Assante & Mattson: Historical &

the driving force in the development of capitalism throughout Europe and the colonized Americas. For example:

- Between 1500 and 1750 the Slave Trade was the largest employer in Holland and Portugal.
- Barclay's Bank has its financial foundation set deep in the heart of the slave trade: its founders -- David and Alexander

Barclay established the bank in 1756 with the profits made in their slaving business.

• Lloyds of London, originally a coffee house, could not have become one of the biggest finance capital forces in the world without its legacy of dabbling in and insuring British slaveships and their cargoes....

"The African trade is the first principle and foundation of all the rest, the mainspring of the machine which set every wheel in motion ... The African trade is so very beneficial to Great Britain, so essentially necessary to the very being of her colonies, what without it neither could we flourish nor they long subsist..."

-Malachi Postlethway, 18th century capitalist and mercantilist theoretician

Continued from page 6

Tribal rights

Harassment to:

1. Develop relationships with tribal governments;
2. Educate communities to the insidious nature of present-day attacks on tribal sovereignty through public forums, study groups, and workshops for youth and adults, religious institutions, labor,

public officials, and civic organizations;

3. Assist in developing programs to support tribal governments, particularly in rural areas where social institutions that mediate conflict are weak and anti-Indian activity is prevalent;
4. Support coalitions, individuals, and organizations that oppose attacks on tribal authority, treaties, and

agreements.

B. Calls upon federal, state, and local governmental agencies to:

1. Advocate and implement the full meaning of the principal of self-determination in its social as well as its economic and political dimensions (consistent with US commit-

ments under the Covenant on Civil and Political Rights and the Helsinki Final Act) for Indian Nations and increased federal, state, and local government respect for tribal sovereignty;

2. Collaborate with tribal governments in resolving intergovernment-

tal disputes.

The Northwest Coalition Against Malicious Harassment calls upon all of its member organizations, associate members, and supporters to engage in actions of peace and justice that will bring these aims into full reality.

Town Hall Meeting addresses emerging workforce in Spokane

Are Spokane's college and high school graduates prepared for the "real" world of work? How much education is enough? How can parent help students plan a school experience that will lead to a rewarding career? Where will the jobs be locally for kids who want to live and work in our community?

The Spokane Area Chamber of Commerce's Workforce Education Development Council (WEDC) and KSPS-TV take a look at these issues and more in a special Town Hall Meeting on Spokane's Emerging Workforce, Thursday, October 7, at 7 p.m. The interactive, hour-long session will feature guest panelists, a live audience and telephone call-ins. Parents, students, business own-

ers and managers, educators, taxpayers and economic development specialists will be interested in exploring ways the educational and regional workforce systems can work together to make entry-level workers prepared and productive.

This is the first in a series of Town Hall Meetings organized by WEDC, which will focus on the development of the regional workforce. Workforce development has been identified as a key element in the region's continuing efforts for economic growth and diversifications. Future programs will address issues affecting current and transitional workers.

For more information, contact Joanne Murcar 459-4119.

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For every \$1 you save, you can receive \$3, up to a maximum of \$5,000 toward the purchase price of your first home!

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- ◆ You make 80% or less of the median income (based on HUD's income guidelines adjusted by family size).
- ◆ You haven't owned a home for the three years prior to the purchase of a home under this program (exceptions will be made for displaced homemakers and/or single parents).

There are some additional program requirements. For complete details, call your Washington Trust Home Loan Center at 353-HOME.

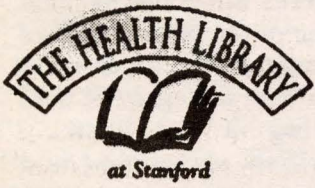


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HEALTH

Book helps diabetics cope



BY THE HEALTH LIBRARY

The US Department of Health and Human Services' report on "The Initiative to Eliminate Racial and Ethnic Disparities in Health" states that there is compelling evidence that race and ethnicity correlate with persistent, and often increasing health disparities among US populations. Among the six health areas that the Initiative addresses is the topic of diabetes. The prevalence of diabetes among African Americans is approximately 70 percent higher than whites and the prevalence among Hispanics is nearly double that of whites. People with diabetes face not only a shorter life span, but also the probability of multiple

chronic complications that are preventable. These include end stage renal disease, blindness, and the chance of leg or foot amputation. It is clear that educating the diabetic and the family of the diabetic is the first step in successfully living with the disease.

A diagnosis of diabetes comes with what seems like a mountain of information to understand about how to properly care for yourself. It can be an overwhelming experience for the diabetic and family members to learn everything they need to live successfully with diabetes. For those at the beginning of that journey, The American Diabetes Association Complete Guide to Diabetes is an excellent resource for learning about all aspects of the disease. It is written in a clear, easy to understand style that explains everything about incorporating diabetes management into your life.

The introduction to the book begins with the following reassuring words; "Living with diabetes is not much different than living a healthy lifestyle. Your eating and exercise plans are the same as those of anyone who wants to be healthy. Although you can't cure diabetes through healthy living, you can keep it under control." With that philosophy in place, the book proceeds to explain chapter by chapter how to go about achieving the goal of controlled diabetes.

The chapter "What Is Diabetes?" explains the differences in the types of diabetes - Type 1 (insulin dependent), Type 2 (non-insulin dependent) and gestational, or pregnancy diabetes. It is important to know the differences in the disease types because the risk factor for developing them are different, and in type 2 diabetes, possibly preventable altogether. "The most important environmental trigger for type 2 diabetes appears to be obesity. Obesity is defined

as weighing more than 20 percent of your desirable body weight. Central body obesity as well as overall obesity is more common in African Americans than in whites. This may be one reason why type 2 diabetes is also more common in African Americans than in whites."

After the sections that explain the causes and types of diabetes, the book is turned toward the management of the disease in daily living. Chapter Two, Diabetes Management, discusses in detail the importance of designing a diabetes plan, and then has sections on managing each type of diabetes. Subsequent chapters focus on discussions of the ins and outs of insulin, achieving glucose control, diabetes complications and prevention, healthy eating and keeping fit.

The longest chapter of the book is devoted to the subject of creating a health care team of which the diabetic is the team captain. This is a particularly important section of the book because it empha-

sizes that diabetes is a disease that requires more than one person working on it. For optimum health, the diabetic team involves a physician who is experienced with diabetes care, a dietitian, an eye doctor, a foot doctor, dentist, and knowledgeable and helpful pharmacist.

The American Diabetes Association Complete Guide to Diabetes is the kind of book that will serve as a guide as the diabetic learns to take control of his or her disease. For those who are unsure about trying to keep all of the information they need in one place, this is an essential resource that will help make living with a complicated disease a lot less complicated.

The Health Library resources are not intended as a substitute for medical care. For more information, point your Internet browser to

<http://healthlibrary.stanford.edu>

The Health Library is a community service of UCSF Stanford Health Care.

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Tylenol -vs- Bayer

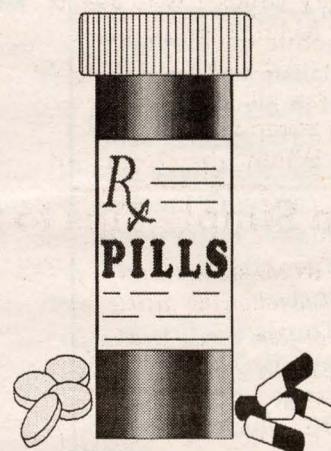
BY JAMES BOWENS

We human beings have all experienced fevers, muscle aches, headaches and maybe even some arthritic pain. We want some relief without having to journey to the doctor's office, paying extra money for he or she to tell you to go to your local store and buy an over the counter analgesic. Depending on what types of prescription drugs you are taking, your age, and health, you really should contact your doctor first before making any decisions on which analgesic is best for you. In this essay, I hope to clarify some of the similarities and differences between two of the most commonly used analgesics, Tylenol and Bayer.

As a Pharmacy Technician, I am not recommending the use of these medications for the treatment of any of these conditions, but we are often asked for our opinion. During my short

study of the two analgesics, I came up with the following.

Tylenol, whose generic name is acetaminophen,



comes in four different forms: liquid, capsule, tablet, and suppository. Tylenol also comes in three different strengths: 325mg, 500mg, and 650mg. Bayer, whose generic name is aspirin, comes in two different forms: tablet and suppository. Bayer also comes in three different strengths: 120mg, 320mg and 81mg.

Both Tylenol and Bayer work great for

fevers, headaches, muscle aches, and arthritic pain. The dosing for 325mg and 500mg of Tylenol and 325mg of Bayer are the same. They both are: Take one to two tablets or capsules every 4 to 6 hours, with a maximum of 4000mg per day. The old saying "if one is good, two is better, then three must be even better," should be avoided without first consulting a doctor.

In treating arthritis, there is one major difference between the two analgesics. Bayer can help relieve pain as well as inflammation of arthritis, where Tylenol only relieves the pain of arthritis. Tylenol doesn't have any anti-inflammatory agents. So don't buy into any of Tylenol's sales gimmicks of their Tylenol Arthritis 650mg tablets, because Tylenol does not manufacture any products with anti-inflammatory ingredients.

Continued on page 17

Why I Demonstrated: Two Views

Dwight Cummings

To go to protest the July 10th Aryan Nation parade or not to go, that was the question. I found it nobler to confront evil and my fears and go than not to go. Each year I have lived in Spokane it seems like they were parading and each year I would ignore them, not out of any great strategy but apathetic indifference and a little fear. Sadly, in past years I didn't go to any of the available rallies in support of human rights nor did I contribute to the lemons to lemonade campaign. I just settled into what I call the Spokane mentality for African Americans. On every civil rights or human rights issue we tend to be the invisible minority - even more than usual for Spokane. But this year I wanted to participate, do more than just give lip service.

As I drove down to Coeur d'Alene on July 10, many thoughts crossed my mind - mainly concern for my safety. I really didn't know what to expect. I wondered if there would be other African Americans there - safety in numbers is what I was thinking. Suddenly, I

Continued from page 16

Tylenol- vs - Bayer

Children and teenagers with flu-like symptoms or chicken pox, should use Tylenol or Children's Tylenol, and should avoid Bayer aspirin. The reason is the risk of Reye's syndrome, a rare but often fatal condition. Patients with a history of ulcers, gastrointestinal bleeding, renal dysfunction, anticoagulant therapy, and the elderly should avoid or use caution when it comes to taking Bayer aspirin, unless otherwise directed by a physician. Tylenol would be the better choice for these patients.

Despite the media advertising of these two popular analgesics Tylenol and Bayer, I hope that I have given you a clear overview on which analgesic will work best for your condition. In closing, if you are ever in a drug store and need more information about Tylenol or Bayer, always feel free to stop and ask the Pharmacist.

remembered that every weekend I had gone to Coeur d'Alene the basketball courts looked like the NBA - 80 percent African-American men showing their talent. That would be my first stop when I



arrived. But to my amazement on this day the courts looked like a repeat of the NBA lockout season - no brothers hooping it up. Maybe they knew something I didn't.

As I proceeded toward Sherman Street I was surrounded by white people walking toward the parade. Man, was I hoping these were white people that shared my ideals and beliefs - and they say we all look alike! As it turned out they were, a group of young people from Seattle with very strong beliefs about how to deal with Nazis and the Aryan nation.

As we arrived on Sherman, I counted probably about six African Americans, maybe seven sporadically aligned along the parade route.

Everyone spoke to me, and I want tell you how many times I was asked my feelings on the matter. However, it was done to assure me that they were just as repulsed as I was.

When the 16 or so

demonstrators blocked the Aryan march by staging a sit in on Sherman Avenue I thought things were going to get messy but the police did a great job redirecting the parade.

At the end of the



parade, the Aryans had a little Black doll that they were stepping on and hitting as well as putting under the tires of their car.

When it was all over I was glad I had gone. Some believe that if we ignore people like the Aryans they will just disappear. They won't go away. Besides, if everyone did just ignore them and no one showed up the media would have made that the super news event - no one showed up, film at 11.

Someone once told me the best defense is a good offense and that the best offense is a good defense. The most important thing

there is the team.

The African American community in Spokane should wake up: the writing's on the wall. WE must build a team. WE have great individuals, organizations, and churches but we are talking a team sport where synergy, shared resources, economic clout, and strength in numbers are how we advance the whole group. Now is the time to put aside petty differences, economic and religious doctrinal differences for the greater good.

As we approach the 21st century we need to focus on us and not them. The time is coming when

Bluesmobile, cause a humiliated band of Nazis to go jump in the lake.

What fun to see the surprised, perplexed faces of the Aryans in Coeur d'Alene on July 10, as bold young protesters marched up Sherman Avenue to confront and divert them.

Paige Kenney and I chose to bear witness on the street, as we did last year. After the previous week's report of six assaults by Nazis on protesters, it seemed even more necessary to show that intimidation can't stop protest.

We were delighted to be amongst people from throughout the Northwest who are alive with idealism, gaiety and diversity. While others were content to talk the talk, they literally walked the walk.

In the great tradition of passive resistance, they sat down in the intersection. We on the sidewalk urged the police to let them go. With respect and generosity, that is what the police wisely decided to do. Bravo!

At the soap box rally afterward, I spoke as the only Spokane Human Rights Commission member there. Telling of my arrest in a 1964 civil rights demonstration, I thanked them for bravely risking arrest to advance human rights. Back then, as now, such activists were condemned as malcontents, only to be appreciated a generation later.

One sign read, "Gay, straight, black white. Same struggle, same fight." As bigotry seems to spread, we are fortunate to witness vigorous new leadership for unity.

we will have to step out of our individual shadows and cast a collective shadow of Black solidarity with group consensus. Then and only then will we be able to contribute effectively to the community at large and we will truly be a force in Spokane.

A house divided cannot stand. We need unity in our community.

Morton Alexander

I was reminded of the scene from the "Blue Brothers" movie, in which the heroes, driving their

Ten Simple Tips to Smarter Finance

BY MARIE JOHNSON

The following article was selected from a new website for African American Women launched by David Pryor, M.D., an internist in Oakland California. The site covers health topics, nutrition, spiritual and mental health, and stress. The address is www.blackwomenshealth.com.

1. PAY YOURSELF FIRST

Contribute the maximum amount allowable to your company's 401k plan. Your earnings are tax-deferred and your contributions may be matched dollar for dollar by your employer.

2. TRANSFER CREDIT CARD BALANCES

Transfer to a low interest credit card. Search the web... there was a recent offering for a card with a 3.9% interest rate with no annual fee.

3. PAY WITH CASH

Debit cards may be more convenient, but paying by cash allows you to realize exactly how much money you are spending.

4. NEVER PAY FULL PRICE

Compare prices and shop for bargains. Shop during holiday sales and buy clothes off-season. I recently bought a \$300 designer suit for a mere \$80 - what a deal!

5. BROWN BAG IT!

Pack a lunch. Say you are spending \$5 a day on

lunch, that's \$100 per month. Instead, invest \$50 a month in a mutual fund and you will still have money to eat out twice a week!

6. BUY A "NEW" USED CAR

We all know that the value of most vehicles depreciates as soon as you drive them off the lot. Try carmax.com on the web, a no hassle way of purchasing "new" used vehicles at low prices with low mileage.

7. SAVE ON LONG DISTANCE PHONE BILLS

Communicate with friends and family via email. If you are on AOL, for example, use AOL Instant messenger (KEYWORD "INSTANT"). Sign up your Internet friends and chat "live" with anyone on the Internet.

8. GET A FREE CHECKING ACCOUNT

This may seem insignificant, but a small amount of savings in this area can add up. If your bank does not offer free checking, find one that does.

9. DETERMINE "NEEDS" VERSUS "WANTS"

Do I really need three pairs of new shoes or do I just want them? Instead of going on a shopping spree, send in a double payment towards your credit card debt.

10. GIVE SOMETHING BACK

Contribute to a local charity or to a religious organization. Not only is your contribution tax-deductible, but it is good for the soul.

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Review of applications will begin September 16, 1999. Submit a letter of interest stating the position you are applying for; resume; and three letters of recommendation to: Selection Committee, Division of Human Resources, MS 114, Eastern Washington University, 526 Fifth Street, Cheney, WA, 99004-2431, (509) 359-2381. Eastern Washington University is an equal opportunity/affirmative action employer, and applications from members of historically underrepresented groups are especially encouraged.

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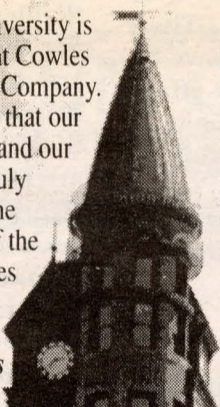
This person will be the University contact among the Practicum student, the agency, and the Alcohol/Drug Studies Program (ADST); will work in collaboration with the program director to contract new practicum sites and to market the ADST program in Spokane, Cheney and outlying areas.

Minimum Requirements: Master's Degree in related field and must be a CDC. Must be familiar with treatment and prevention agencies in the Spokane area. Formal review of applications will begin on August 25, 1999 and continue until the position is filled with an anticipated starting date on September 15, 1999.

Please send a letter of application addressing position qualifications, a resume and two (2) letters of reference to: Irene Bittrick, Director, Alcohol/Drug Studies, Eastern Washington University, MS-18, 526 5th Street, Cheney, WA 99004. The successful candidate will be required to show proof of eligibility to work in the U.S. pursuant to U.S. immigration laws.

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There is now a new African American employment web site called <http://www.employus.com>. This site came online July 26, 1999. Currently we are looking for professional African Americans to build a resume pool. Top notch employers specifically looking for African Americans will be added the first week of August. So get your resume online now!

This site is fully automated and has some nice features. For example, you can have an email sent to you whenever a employer views your resume. This site will only get better in time with the support of the online African American community.

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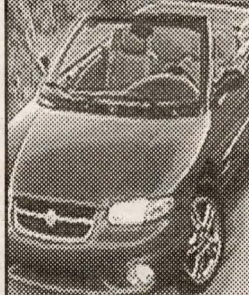
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Execute Abdullah Ocalan

BY LORENZO HERMAN

A Turkish court voted to execute Abdullah Ocalan by hanging after a short deliberation on June 29. Ocalan was found guilty of treason and separatism. He was responsible for killing over 37,000 people during his fifteen year reign as leader of the PKK (Kurdish Worker's Party). Most of the victims were Kurdish guerrillas or civilians.

The Kurds are a minority group who claims to be discriminated against by the Turkish government. Most of the Turkish population including Kurds agree with the verdict and would like to see an end to Ocalan's reign of terror. But Ocalan said that if he were executed there would be widespread violence in Turkey and in Europe. There have been some random acts of violence in Europe and in Turkey which included some casualties since the verdict.

But there is a strong opposition to the death penalty from other European countries, especially from the United Nations Human Rights Commission. Turkey has been trying to join the European Union (EU) but the death sentence of Ocalan may hinder future membership. Also, the UN Human Rights Commission alleges that Turkey is guilty of other human rights violations such as police brutality.

But what is the position of the U.S.? There probably will not be much of an American influence dealing with this controversial death penalty issue since the U.S. is guilty of the same practice. The U.S. also shares some of the same problems that the European community alleges about Turkey --

abuse of power by the authorities. Racial profiling and cases such as Louima's have generated a lot of publicity in European media. It seems that all eyes are on America now, especially when Turkey is targeted for human rights violations similar to those in the U.S.

The U.S. is being very careful as to how they play their role in the Ocalan case. The U.S. is committed to ending terrorism everywhere, but they will face bitter opposition from several of their allies about sentencing Ocalan to death. So how will the U.S. work with the UN and not chastise Turkey without appearing to be hypocritical?

Although Ocalan will appeal his case, it is more than likely that he will be sentenced to death according to recent polls in Turkey. Despite what their European neighbors say it seems that Turkey is indifferent to world opinion. This nonchalant attitude is not taken lightly by western culture, and the European media portrays Turkey as the antagonist -- forgetting that the rebel terrorist is responsible for killing thousands of people.

This would be a great time for the U.S. to stay out of European affairs but as the world's superpower the U.S. cannot afford to be quiet and we already have established ourselves as the world police. But before the U.S. takes a stand on either side of the issue, our representatives on Capitol Hill will candy coat some of our domestic issues. They will make life a little bit easier for black and brown people by making a lot of promises for the upcoming election year to save face with our European allies.

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