

# Body building brings confidence

"Mr. America." "Mr. USA." Both of these 1973 Amateur Athletic Union titles are held by a soft-spoken colossus from Los Angeles named Jim Morris. And if "Black is Beautiful" can be realized in one man, the male Black beauty stateside has to be 6' 1", 215-pound Jim. But Jim represents all America, not just the Black community.

These titles represent the top of the bodybuilding pyramid in this country. Thousands of men compete yearly in AAU contests and, until this year, no one had taken both titles in the same year. Further, at age 37, Jim is the oldest to hold either title or both. He also took the "Mr. America" title by the largest victory margin ever.

To appreciate the significance of Jim's accomplishments, consider that the United States, according to the 1970 Census, has 98,912, 192 men. AAU officials have guessed that over 50 million of them have sets of "iron" (weights) laying about in garages or attics, in closets or under beds. Why? Simply, because we male chauvinists want to look better, to better show off our masculine plumage.

Jim acknowledges that he is the second Black to win these AAU championships, which date back to 1946. "Chris Dickerson, from New York City, won 'Mr. USA' in 1969; next year he took the 'Mr. America' title. This year Willie Johnson of Ohio and Nathan Le Blanc, San Francisco, both Black, were finalists."

No one can doubt Jim looks good... but how strong is he? Well, his lifting records, set at a body weight of 181 pounds, are: clean & jerk, 370 pounds; snatch, 285 pounds; press, 325 pounds; for a total of 980 pounds. He set them when he was New York State Champion.

How do bodybuilders differ from weight men? "Bodybuilding is more creative than weight lifting," states Jim. "In weight lifting, you concentrate on getting a weight overhead; that's the ultimate whether you're using a snatch, press, or jerk. On the other hand, bodybuilding is aesthetic - almost creative. Whereas an artist works with oils or sculpture to realize himself, the body-



JIM MORRIS

builder realizes himself through his own body. The bodybuilder concentrates on weight training and on nutrition.

"You have to be really in to it, you have to learn how your particular body functions and responds." Bodybuilding has been big with Jim for the 18 years he's been into it. "Although I wasn't exactly a 97-pound weakling, I wasn't too imposing as a youngster. I even had asthma attacks regularly."

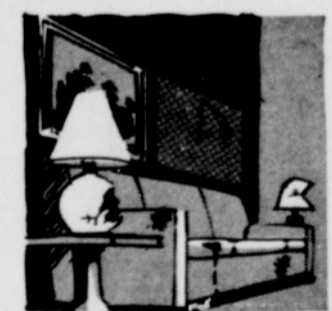
"But I did have success the first time I hoisted some weights. This success fired me up, bolstered my feelings

about myself. I stayed with it and this attitude of success, this positive momentum has carried over into all of my life."



"Reasonable Wear and Tear"

Because the rent for his apartment was high, Henderson figured he could do pretty much as he pleased with the elegant furnishings. During his occupancy he broke two valuable lamps, lost a costly pitcher and a painting, and spattered the antique furniture with unremovable stains. When the landlord demanded reimbursement for the damage, Henderson said he could not be held liable for "reasonable wear and tear." But a court saw things the landlord's way and ordered Henderson to make good.



If you are renting a house or an apartment, chances are that somewhere in your lease there is a clause about reasonable wear and tear. This puts common-sense limits on the use you can make of the premises. In other cases, courts have held it wrongful when:

- 1) a man chopped wood indoors, ripping the wallpaper, splintering the woodwork, and punching holes in the plaster;
- 2) a woman let her bathtub overflow, causing extensive water damage;
- 3) a man, trying to chisel open a stuck window, gouged great holes in the sill;
- 4) a couple permitted their pet poodle to soil the living room rug at will.

On the other hand, the law recognizes that a certain amount of deterioration—scuffed floors, worn carpets, nicked chairs—can come from normal, everyday use. Nor is the tenant usually liable for harm done by the elements. Accordingly, in another case, the weathering and weakening of porch railings and outside shutters were held not the tenant's responsibility.

As one judge put it: "Reasonable wear and tear contemplates that deterioration will occur by reason of time and use despite ordinary care. A tenant is not required to renovate the premises at the expiration of his lease."

A public service feature of the American Bar Association and the Oregon State Bar. Written by Will Bernard.

# ILWU

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when all Class B workers except one were taken into Class A. There are 187 Class A workers - 6 are Black. A seniority system perpetuates previous discrimination. Since work is assigned according to seniority and there were no Black members until July, 1973, Blacks do not have seniority.

A new system has recently been established, which nearly eliminates the casual worker. In 1970, there were 100 casual workers, one of which was Black. In 1973, there are only 35. The union keeps its membership at approximately 75 percent of need, with extra men called from the casual list and from Local 8. This eliminates the need to hire new men and Blacks. Local #8, which is used for supplementary help, also has a long history of discrimination and its current membership is less than

2 1/2 percent Black. Another factor brought out by the suit is that 25 percent of the casual workers are related to Class A workers, and many more are friends. These relatives and friends are not Black.

Until the 6 Blacks were hired in 1967, Portland was an all-white port; the only one on the West Coast where Blacks did not work on the docks. The local union was an embarrassment to the ILWU, which has a good minority record in most ports and has Black officials and board members.

Harry Bridges, President of the international union, stated that he could not interfere in local problems, but asked Local #8 to open casual employment to Blacks with the understanding that they would eventually be taken into the union.

# \$120 or 15 days

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support the couple and pay school expenses. When he completes his two-year course he will be qualified in TV photography.

Judge Deiz advised him to chop photography and find a "funded desk job". In his search, he has found federally funded desk jobs hard to find, especially for a middle aged Black man with limited education.

Not only was Bradwell unable to state his case, but he has previously had an altercation with the prosecutor which he feels may have prejudiced the case. Following racist incidents at Lincoln High School in 1971, in which his son was involved, a meeting of selected parents was held. Bradwell, along with some other Black parents, attended the meeting and refused to leave. During the meeting Hal Hart, Deputy District Attorney, who also had a child at the school, said that if the Black students were going to remain at the schools, then patrols would be needed in the halls to protect white children. Bradwell replied that if the children did not hear about "niggers" and

"gooks" at home they would be able to get along with each other at school.

Baldwell reports that during his June 11th hearing assistant D.A. Hart called him "a racist of the worst kind" saying he was using race as an excuse.

Bradwell asks if the 15 day sentence will make him better able to pay support - or will it make him more bitter, more dehumanized, and perhaps more disabled.

In the course of his several hearings, Bradwell has noted that Blacks seem to get harsher treatment than whites with long records of non-support admonished but not sentenced. He has also seen Blacks living on Welfare General Assistance of small disability pensions ordered to pay.

He questions the system where the Black man is hit hardest with unemployment and usually has a lower income if employed, but also seems to receive less justice at the hands of the court. He repeats that he is not refusing to pay support, that he wants to support his sons, and that he will do so when he is able to acquire a job.

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