

Cell Talk

By Asmar Abdul Seifullah
(aka Joe West # 40404)

For the past few months "Cell Talk" has been running a series of articles based on prison conditions in conjunction with the particular kinds of problems Black prisoners face while they're incarcerated. As a outgrowth of the efforts of Uhuru Organization (Black prisoners culture group) a community forum was held and a coalition was formed to address the needs of Black prisoners. Heading up the coalition are Ms. Freddye Petett, Executive Director of the Portland Urban League and Mr. Ron Herndon, Co-chairman of the Black United Front. Ron and Freddyt met with Superintendent H.C. Cupp to ascertain whether or not Black prisoners had valid grievances and as a further outgrowth of a united effort on the part of the Urban League, Black United Front, Uhuru and the willingness of the institution to discuss Black related problems. Meetings are being held between Black prisoners, prison officials and the community.

This is by far the most progressive move that has been made in behalf of Black prisoners. In essence, the grievances range around the fact that there is an absence of Black faces in key positions in state corrections, which has an adverse effect on the treatment and services that are being furnished to Black prisoners. I might add that had it not been for Ron Herndon and Freddyt Petett the efforts of Uhuru probably would have been in vain. "May Allah guide and bless them both."

I would further like to add that these are not hollow negotiations, I believe that everyone is going into these meetings in good faith. Which is further illustrated by the fact that Superintendent Cupp formed a special committee from his staff to deal with the grievances. Those present at the first meeting are as follows: Freddye Petett, Executive Director of the Urban League; Ron Herndon, Co-chairman, Black

United Front; Steve Gasner, Social Support Services, O.S.P.; Don Spangrud, Personnel Manager, O.S.P.; J.C. Keeney, Assistant Superintendent, O.S.P.; Bob Hughes, Mediator, U.S. Department of Justice, Community Service Division; John Mattis, U.S. Department of Justice, Community Services Division; Ron Martin, Case Manager, O.S.P.; Steve Hoggans, Uhuru Executive Advisor; Khalid Shamsud-Din, aka Steve Allen; Suliman Shakhayree, aka Robert White, Uhuru Business Manager; and yours truly, Asmar Abdul Seifullah, aka Joe West, Uhuru Coordinator.

It has long been the position of this reporter that when the community became involved in the processes that govern the lives of Black prisoners that changes can and will be made. It is also necessary for me to report that the prison administration has shown a willingness to address the problems but that

bureaucracies seldom change themselves unless people seek change. As was stated previously the main concern of Black prisoners and concerned community supporters is the absence of Black faces in state corrections. It is vitally important that Black people begin to take a close look at not only the corrections divisions but also state government in Oregon.

One doesn't have to look long to realize that the Black people in Oregon aren't represented well if at all in these two areas. As equally important is the fact that until Black people in the state decide that they want equal representation, equal opportunity and equal treatment on all fronts that racism and discrimination will be our bed fellows. It gladdens me to see the response that the real community leaders have given the brothers in prisons, we can't allow ourselves as a people not to be supportive of each other. A condition of oppression exist in most of our lives and it's mandatory that we attack our oppression with collective resistance and action.

I don't want to mislead anyone; at this point nothing has changed but the wheels are turning and people are trying to change the shameful lot of Black prisoners. In time we may see an abundance of changes but it's going to take dedication on the part of Black prisoners, it is going to take a consistent assault by the community upon these walls and it's going to be a long climb to the top of the mountain. I have every confidence in the ability of all parties concerned to effect meaningful change behind these walls. Our cause is a just cause and our commitment is reinforced with a chant that began as a whisper but has now reached a crescendo pitch -- "UHURU SA SA!!!"

PCC students learn self-defense

When petite 18-year old Portland Community College student Lani Storms was followed from a party this spring by a man who ignored her requests to stop, she used her PCC self-defense for women class for the first time.

"I threw up an arm block and it stopped him," Ms. Storm said.

In a demonstration of self-defense, aikido and judo this week at Galleria's Sport Fair '80 week, Ms. Storm, her instructor Dwight Onchi and fellow students Michael Montgomery, Brennan Gardner and Tac Amano, gave demonstrations of how a woman can stop a purse snatcher, protect herself from choke-holds, assaults and blows.

Gardner and Amano also demonstrated self-defense throws for men.

Onchi offered these self-defense pointers for women and men while Ms. Storms and Montgomery demonstrated:

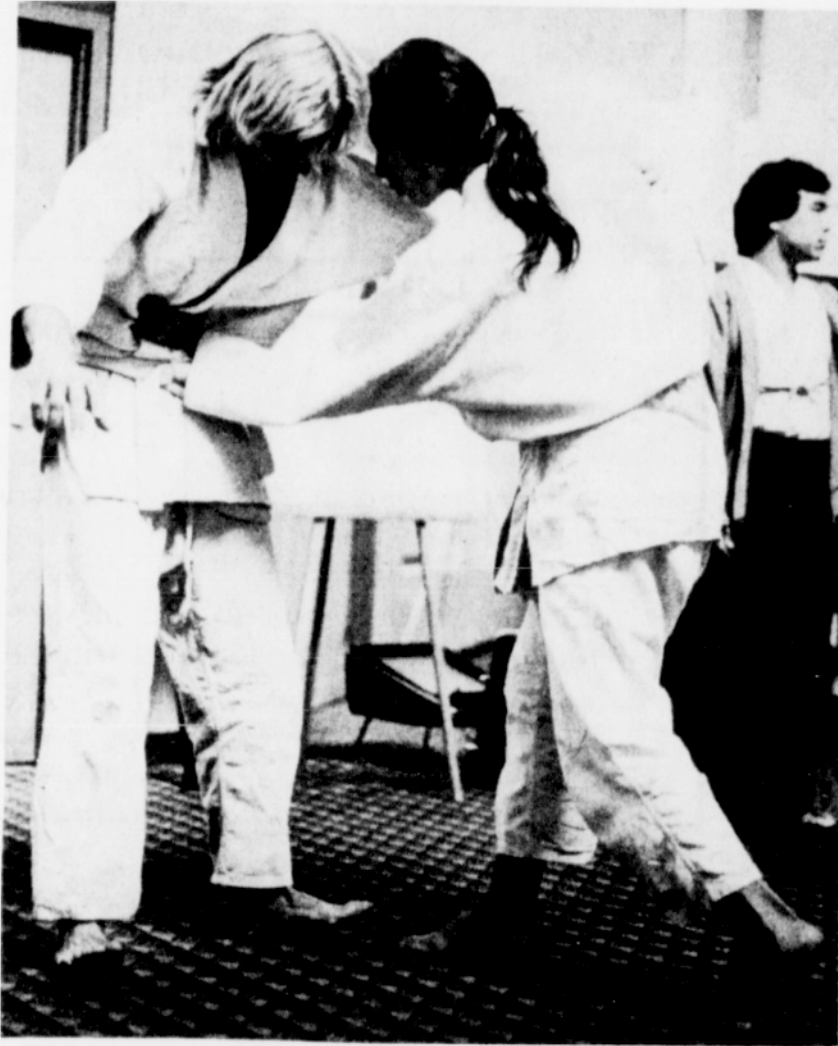
- The best defense is still to run away, but sometimes it is necessary to break a hold in order to get away.
- A firm voice and command will sometimes stop an assault from starting because some assailants are attracted to fear and startled to see a woman who is not fearful.
- Learn the key contact points to strike if assaulted such as the ears, chin, mid-chest, groin and legs.
- Do not try to use self-defense methods without taking a class where the techniques can be practiced until they become automatic.
- Learn to use foot techniques to step forward and literally sweep the feet out from under an assailant.

Onchi emphasizes meditation, stretching and deep breathing exercises to help his PCC students find a better coordination of mind and body.

"We use these techniques to go through life with a better awareness of peace and harmony with the universe we live in," Onchi explained.

Onchi said self-defense is learned to order to live more peacefully, not in order to go out and pick a fight.

Onchi's students, Montgomery and Gardner both said they do not



PCC student Lani Storms demonstrates self defense for women with fellow PCC student Michael Montgomery and instructor Dwight Onchi during Sports Fair '80. Instructor Onchi offers tips on how to strike crucial contact points so women can escape from assailants and purse snatchers.

fight, but enjoy the exercise, confidence and meditation offered. Neither said they have used the self-defense methods.

But Onchi said he has had to use the self-defense techniques twice - once to stop a prowler outside his parents' home in north Portland and once in the Army to throw a much larger man who assaulted him from behind, over his shoulder and onto his back, knocking the wind out of the assailant.

Onchi, who teaches at Reed College as well as PCC, is founder of the Portland Sei-Shin Society

which emphasizes love for all creatures as well as fitness. He has met the aikido master, Koichi Tohei, and earned his degree in aikido and ki in one year.

Both evening and day classes in self defense, judo and aikido will be taught by Onchi through PCC at locations throughout Portland beginning fall term. An evening class will meet at Wilson High School, Wednesdays, from 7:30 - 9:30 p.m. also beginning fall term. For information and class schedules call the PCC Sylvania Center. For information call 244-6111.

Money replaces food stamps for some seniors

Elderly Oregonians and those who receive Supplemental Security Income (SSI) will receive cash instead of food stamps when a pilot project starts August 1.

The test will be done in Multnomah, Clackamas, Columbia and Washington counties and will continue for at least one year. The Adult and Family Services Division of the Department of Human Resources will manage the "Cash-Out" project.

The project was authorized by Congress through the Food Stamp Act of 1977 and will be tested in Oregon and six other states -- Vermont, New York, South Carolina, Ohio, Minnesota and Utah. It is designed to address the low rate of food stamp participation by the elderly and disabled. Traditionally, these people are reluctant to take part in identified "welfare" programs and have shunned the visibility of food stamp usage. Also, the elderly and disabled have a harder time getting monthly transportation to food stamp or insurance offices.

Because this target group always goes to Social Security offices, food stamp applications will be taken right there. One food stamp worker per Social Security office will be stationed to help the elderly and disabled with their applications...at least for the first few months of the project. Processing and eligibility determination will continue to be done in branch offices of Adult and Family Services Division but applicants need not go to these offices.

There are about 5,437 eligible food stamp clients within the four-county project area who now will receive a check instead of food coupons.

The "Cash-Out" project will be evaluated by an independent company under contract to the Food and Nutrition Service of the Department of Agriculture. Program participation and food expenditures and consumption will be analyzed. Should the test prove successful, it is

hoped that Oregon could continue the program statewide.

A change in the Food Stamp Program will go into effect on August 1 for residents of Baker, Benton, Crook, Deschutes, Grant, Jackson, Jefferson, Josephine, Harney, Klamath, Lake, Lincoln, Linn, Malheur, Marion, Morrow, Polk, Umatilla, Union, Wallowa, Wheeler (portion) and Yamhill counties. Households in these counties where people who live and eat together and also receive SSI payments or have applied for SSI payment will be able to apply for food stamps at either a Social Security Office or Food Stamp Office. While Social Security offices will not issue coupons, they will accept food stamp applications and forward the applications to the local food stamp office for final action. "Cash-Out" is not available in these counties. This change applies to persons who are not in the Food Stamp Program or have not applied. For information call 378-3193.

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FROM THE FRONT DOOR

By Tom Boothe

From the front door, I am continuing with the second zone of human interaction, which is the social acceptance zone. As you will recall the first zone, the Family zone, has the greatest amount of familiarity and informalities within its boundaries. The Social acceptance zone has less familiarity and more formalities and procedures. The Social zone is where members of different and separate families meet and accept or reject each other on the basis of Personality, Temperament, Performance and Position. The Social zone is equivalent to your neighborhood, your community, your State, your country. There are degrees of loyalty and tolerance in terms of acceptance of certain neighbors as people, which is different and separate from their individual Family zones, and also different and separate from their policy and belief zone. Social zones are always developed on the basis of Acceptance of the individual and the reflection of the individual's family position as it relates to his policy and belief zone and his economic zone at the time.

The Social zone in nature is much more flexible than the family zone. In the family zone you had no choice as to who your mother and father were. But, in the Social zone you have a choice as to who your friends are. You can change them, by physically moving to a different location, or by moving or changing your policy belief values, or by changing or increasing your economic status. Your Social zone is controlled by your choice of association and acceptance of people outside of your family zone.

In terms of measurement the Family zone would score 100% familiarity, the Social Acceptance zone would score 75% familiarity, the Policy and Belief zone would score 50% familiarity and the Economic zone would score 25% familiarity, which means the further you go from the Family zone the harder it is to know the intimate details regarding people and their beliefs and positions. This is why it is so important to NOT mix or confuse these zones when measuring one's productivity. In order to get an accurate measurement you must measure from within the zone itself. Thus, you are either measuring your family's purposes and goals, or you are measuring your Policy Belief's strength and compatibility, or you are measuring your Economic power. Understanding these separate zones is key to progress in the development of a strong, clean, productive community, whereby your Family zone can contribute to your social acceptance zone in the development of a more stable and constructive Social environment to raise your children.

Remember as in the family zone, the Social zone of your Community simply reflects the collective attitudes of its citizens, which will be no better, or worse than those who live within the Social-Acceptance zone; regardless of the situations and circumstances, blame factors and excuses, the Social-Acceptance zone will always speak the TRUE REALITY of your social zone. Where you live, and how you live reflects about 75% of your value to your family, and especially, your children. Respect, Cleanliness, Courtesy, Humility and Accountability are positive qualities to look for in the Social zone, but you must first have these qualities within yourself before you can receive them from others.

Next Week: The Policy Belief Zone