



President Carter greets National Urban League Director Vernon Jordan in his room at New York Memorial Hospital. The President went to see Jordan following his address to the National Urban League recently. Looking on in the background is Congressman Charles Rangel (D-N.Y.)

Take full college schedule in two days

A new schedule making it possible to take a full load of college credit courses by attending classes for only two days a week will begin this September at the Portland Community College Cascade Center, 705 N. Killingsworth.

The Time and Energy Saver Schedule, offering a full component of general studies classes on Tuesdays and Thursdays, is designed to meet the needs of commuting students who need to cut gasoline expenses as well as working students who need to keep class hours at a minimum, according to Dean James Van Dyke, Cascade Center manager.

Van Dyke, who commutes from Hillsboro to the North Portland Center each day, estimates that students using the Time and Energy Saver two-day schedule could cut gasoline costs as much as \$30 a month.

Eighteen credit hours of classes will be offered in the Tuesday -

Thursday time slots which will include morning classes from 8:30 - 11:30 a.m., early afternoon classes from noon - 3 p.m., a late afternoon class from 4:30 - 6 p.m., and a variety of classes from the evening credit schedule.

During the 4:30 - 6 p.m. time, a physical education course in adult fitness will be offered, rather than a lecture course.

Classes offered on Tuesdays for Time and Energy Savers will be English composition or general psychology from 8:30 - 11:30 a.m., and history of the United States or first aid from noon - 3 p.m.

Thursday Time and Energy Savers will be able to choose from introduction to literature or general sociology from 8:30 - 11:30 a.m., and personal health or biology from noon - 3 p.m., with a one hour lab for biology until 4 p.m.

Registration appointments for fall term are available now by calling the PCC Cascade Center

Business Office. Registration, for students with appointments, begin September 15 for returning PCC students, and on September 18, for new students. Open registration begins September 25, and classes begin September 29.

"The two greatest stimulants in the world are youth and debt." Benjamin Disraeli

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Cell Talk

By Asmar Abdul Seifullah
Ink Joe West # 40404

Prison is rough, turbulent and dangerous in most instances and a spontaneous eruption of violence can occur at the drop of a hat or the accidental stepping on the wrong foot. Violence is colored in shades of pain and hate, it's clearly evident, easily distinguished and appalling apart of the lives of the men and women who inhabit the concrete bastille called prison. Violence is the shadow that lingers in the corners of the prison yard long after the inmates have yelled in for the day. It permeates the atmosphere like an

invisible cloud of destruction. It distorts clear reasoning and more often than not - violence is synonymous to survival in prison. Passive prisoners are preyed upon by the wolf packs and clicks that infest most prisons. Only the strong survive. Unfortunately, such is the way of the world of concrete and steel.

However, these lines have a purpose other than describing the volatility of prison life. The description was given only to illustrate what prisoners are faced with and how they react to it in most

cases. When you realize and understand the conditions that prisoners live under then you'll understand how difficult it is to find an alternative life style in prison. All praise to God, the Beneficent, the Merciful, an alternative exist in Oregon State Penitentiary. With that thought in mind, I contradict the rumor that God is dead. Believe me when I say that God is alive and well and he is working overtime in Oregon State Penitentiary. This statement can easily be verified in the example of a small group of African American inmates who are members of the American Muslim Mission, formally known as the World Community of Al-Islam in the West and the Nation of Islam.

All praise is due to God, the Most Gracious, the Most Merciful, I'm proud to say that I'm a muslim and a member of the American Muslim Mission. If it wasn't for Almighty God and the religion of Al-Islam, I'm afraid that I too would be counted among the lost and disillusioned. That I would be wrestling with the violence that governs this atmosphere and the immorality that festers like an open sore in O.S.P.

Before coming to prison, I had few if any thoughts about God. I was of the mind that religion was a trick bag that left men defenseless and at the mercy of the slavemaster. But then you must realize that I had a very distorted view of God because my eyes were shaded by the need to survive. I felt that there wasn't anyway for me to pray and survive at the same time. I refer to the history of religion in this country and how it was used to enslave people. When one comes into a proper understanding of God and the religion of God, he then becomes free to control and decide the course of his destiny. Without such a proper understanding of the true nature of religion, one becomes a slave to the doctrine of men - instead of slaves of the doctrine of Almighty God. Islam is without a doubt the most misunderstood religion on the face of the earth. I think that most African Americans will agree that ISLAM has been good for us as a people. It is the only religion that has addressed itself to the social ills that we have suffered from. It has cured junkies, and reformed prostitutes. Also Islam leaves you with a sense of pride - it doesn't castrate or destroy the spirit of a people.

I say these things because many of the problems that black people suffer from are directly related to their concept of God. Prison in itself isn't a destroyer of men - it's the mind of men that run prisons that destroy men. Islam teaches mankind to deal

with the forces that seek to destroy the human spirit. I felt that my spirit was being threaten through my confinement and therefore I sought to defend myself against the destructive forces.

I write these articles because I have to fight the evil that exist here behind these walls. I pray Allah (God) that what I write is truthful and enlightening to the public. Please realize that if men don't fight against evil, then evil takes possession of them. Islam isn't passive nor is it hateful or destructive. Islam is a builder of men in the way of God. Nothing on this earth will ever cause me to turn around on my Islam and there are other brothers here in O.S.P. white and Black that feel the same way.

All Praises is due to God, that Islam has found its way into O.S.P. and into the ghettos of Amerika. I pray Allah (God) that everyone finds their way to the struggle that men and women must wage to become morally, mentally, spiritually and religiously free. (Allah u Akbar). God is Greatest and his greatness is for every man and woman.

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FROM THE FRONT DOOR

BY TOM BOOTHE

From the front door, I have covered the four basic zones of Human Interaction. Each zone requires a stabilizer. There are three stabilizing elements which must be recognized and balanced on an equal basis within each zone. I call these elements, Dimensions of Perception. They are: (1) The dimension or perception of all material and physical matter. (2) The dimension or perception of all knowledge, intellectual and mental awareness of form and order in the abstract and non-material. (3) The dimension or perception of all inspirational feelings and recognition of the powers, beauty and order of the forces beyond our ability to produce or control in nature and the universe.

In order for one to have a well balanced and the most productive life possible there should be about 8 hours spent in the creation and production of material values. The next 8 hours should be spent on reflections of things of a spiritual nature. After each 16 hours it becomes important to reflect on the spiritual dimension. One should get away and retune and realign himself to the awareness of natural phenomenon; this practiced schedule will strengthen and expand ones capabilities immeasurably.

In order to maintain a constructive family life, this practice applies.

In order to have a peaceful social life, the same schedule applies.

When you are developing your Policy Belief Principles, and pursuing your Economic powers, a well balanced schedule regarding these three dimensions of perception will be the wisest way to account for your time.

Let's not forget that all Human Perception is limited to the physical dimension, the mental dimension, and the spiritual dimension. How you schedule and balance your time between these dimensions makes all the difference in the world. The closer you come to equally balancing your time spent consciously reflecting within each dimension, the more inner peace you will discover and the greater your attitude will be toward constructive production. Your creative capacity will increase many fold. You will find that you will be prepared, for whatever happens.

From the front door, over the past six weeks, I have covered the basic essential zones of human interactions by which you can formulate a life of CONSTRUCTIVE PRODUCTIVENESS. If these zones are RESPECTED and looked after according to their natural order in nature, as I have explained, then, the fruit of your life will be rich and plentiful.

Choirs sing

The Swinging Gospel Lights will present four monthly gospel concerts to benefit the Gospel Train, the Black United Front, the Urban League and the NAACP.

Concerts, with out of town guests, will be August 21, September 21, October 19, and November 15 at 7:30 p.m. at the Salvation Army Moore Street Center, 5430 N. Monroe.