

Cell Talk

By Asmar Abdul Seifullah

"The philosophy of Black consciousness, therefore, expresses group pride and the determination by the Blacks to rise and attain the envisaged of self. At the heart of this kind of thinking is the realization by the Blacks that the most potent weapon in the hands of the oppressor is the mind of the oppressed." (Bantu Stephen Biko)

The naked truth of the above statement is substantiated by the history of the Black experience in America. Mind control of the oppressed masses has always been the focal point of oppression. When the mind is in a mental state of oppression, inferiority and subservience follow automatically and any attempts at liberation must therefore, begin with the mental processes of the oppressed. To act contrary to this basic rule can only lead us down another rocky road of disillusion and failure.

Visually it seems as though Black people have lost sight of their oppression because they are constantly placing themselves in repressive situations; situations that lead to further control of their consciousness, therefore, hampering their thrusts for liberation and total freedom. It's a fact that Black people have been historically, politically, socially and economically disinherited and dispossessed. The past enslavement of Black people has had a far reaching effect upon their present status as Americans.

The physical chains have long since been removed only to be replaced by mental chains that are very much apart of the Black personality. Subliminal suggestions have replaced the slaver's lash and Black people are moving in constant

circles of self imposed oppression because of the psychocological inducements of a repressive society.

Because I'm a prisoner and the obviousness of my oppression and the limitation of that oppression can be seen by the physical trappings of bars, walls, and orders of what not to do, I've become acutely aware of the need to protect my mind from the mental bondage of a prisoner - which is the ultimate goal of insituations. If I relinquish my mental self to this physical prison, I become in fact a prisoner who is controllable in terms of institutionalized behavior. An institution perpetuates itself. This can only be done through consciousness. In this particular case the proper perspective of consciousness is in Blackness, selfhood, pride and the casting aside of the "morality argument" which prevents most of us from going at it alone.

"But where is all of this theoretical philosophy leading us to and how can it be applied to you, what relevance does it have to the community?"

First, you must focus on the problem of placing Portland police officers in public schools, namely those schools where Blacks are in majority. The effect it will have on Black children and the reaction preceding the implementation of this proposal. At this point it's necessary for us to take a look at the history of the Portland Police Department and its dealings with the Black community. Statistics show that 60% of the people killed by Portland police during the 70s were Black people and Black people only comprise 5% of the city's population. Out of 700 policemen only 13 are Black. Oregon leads all States in its rate of incarcerating Black people and the State of Oregon's Black population is only 3% of the State's population.

These statistics clearly display racism and its effects on the Black community. However, what isn't represented in the statistics are the countless inhumanities and humiliations that the Portland Police Department has subjected Black people to daily. The unlawful

practices, railroad jobs, disregard for civil rights and the outright vandalism of Black people's human dignity doesn't appear in the statistics. The relationship between Black people and the police has always left swollen lumps of flesh and bleeding skulls.

Are the Black people of Portland going to be duped by this weak ploy of public relations. Our children are scared, they represent our future and immortality, they are the link between bondage and freedom and their minds must not be tampered with by an overt racist organization. Remember that Hitler did something similar with the children of Nazi Germany and the vileness of his philosophy lives on through those children and their children. If the children are destroyed through further indoctrination, the cause is lost. Aren't there enough negative forces to contend with without letting racist police officers pawn themselves off on our children as good guys?

Put it in this perspective...do you think that white people would entertain the idea of permitting any Black organization to teach their children that Black people are alright or even

that Black people aren't alright? The preservation of white norms, ideals, principals and consciousness is carried on by the white race. And that's why white children grow up believing that they can become president of the United States. There isn't a white man in the country that's going to let a Black man tamper with white children's minds. Likewise, we must protect our children's minds by ensuring that they receive a quality education free from the influences of white racism or fear inducing mechanisms. Black consciousness in Black children won't be put there by white policemen.

This assault on our children must be met with collective resistance. Commissioner Jordan has stated that he doesn't think that Black parents will bother to have their children excused from these police infiltrated classes and that should tell you where his head is at. But let's show the City of Portland that we do care about the children; that our children are precious and we won't tolerate anyone committing acts of mental, physical, or moral genocide upon them. "NOT OUR CHILDREN!!!"

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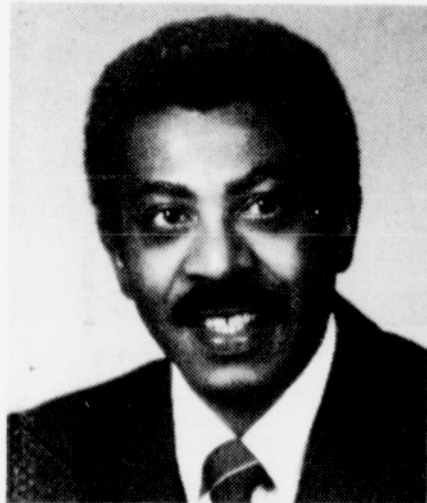
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Register!

Multnomah County's Elections Division will be open for extended hours until the November 4th general election to allow citizens to cast absentee ballots and to register to vote, Don Clark also announced.

Clark said that the Elections Division headquarters at 1040 S.E. Morrison Street will be open from 8:00 AM to 6:00 Monday through Friday, beginning October 13. On Saturdays, the offices will be open from 9:00 a.m. to 2:00 p.m.

Residents of the County may register to vote up to and including election day. Voters who will be absent on election day may mark absentee ballots through November 3rd.

Clark also reminded County residents that they may register to vote by mail. Registration forms can be found at more than 600 locations throughout the County, including school, libraries, post offices, banks and trade union business halls.

To qualify to vote, a citizen must have been a resident of the County for 20 days prior to the election date.

HOW TO INSULATE YOUR ATTIC

WARM AIR RISES AND, UNLESS YOU RETARD IT, IT JUST KEEPS GOING. IF YOUR ATTIC ISN'T INSULATED, YOU COULD BE LOSING UP TO 40% OF YOUR HEAT. PUT ANOTHER WAY, YOU COULD BE SAVING A LARGE PERCENTAGE OF YOUR MONTHLY HEATING BILL! \$\$\$

HERE'S HOW TO INSULATE YOUR ATTIC YOURSELF:

- BUY THE INSULATION**
 - 1. Select insulation, blankets or batts.
 - 2. Measure the area of the attic floor in square feet (length x width).
 - 3. Measure the distance between the joists to determine the width of insulation to buy.
 - 4. Measure the distance between the joists to determine the width of insulation to buy.
 - 5. Tell your insulation supplier the area to be covered in square feet, & the width you need. And tell him you need enough to achieve an insulation value of **R-38**. (That will take 2 layers of R-19 batts or blankets). The R-19 insulation will cost you about \$24 a square foot.
- GET YOUR TOOLS TOGETHER**
 - 1. A face mask, gloves, & long-sleeved shirt for protection.
 - 2. A sharp knife or scissors to cut the insulation.
 - 3. Wooden planks to put across joists so you can get around in the attic.
 - 4. Portable light & extension cord.
 - 5. Tape measure & pencil to measure & mark materials.
- INSTALL THE INSULATION**

IMPORTANT: DON'T COVER ANY VENTS! AND, DON'T GET INSULATION WITHIN 2" OF THE TOP OR 3" OF THE SIDES OF ANY LIGHTING FIXTURE OR TRANSFORMER. It's best to build a barrier around all 4 sides of any electrical fixture.

 - 1. Hang up your lamp & lay the planks across the ceiling joists so you have access to the whole area.
 - 2. Distribute the rolls or packages of batt around the area so they'll be handy.
 - 3. Begin laying the insulation between the joists with the vapor barrier DOWN toward the heated room. Don't tear the vapor barrier. Fill any gaps between large pieces of insulation with loose fill.
 - 4. If you have to use a second blanket or batt to achieve the **R-38** standard, it's best to use unfaced material for this second layer. But, if it's faced, slash it every 3" to 6" with your knife to prevent condensation between layers. If possible, install the second layer perpendicular to the first. TIPS: 1. Begin work away from the entrance & work toward it. 2. Get someone to help.
 - 5. Repeat until entire area is covered.

Call Pacific Power for advice. We have booklets that give more details. If you're a Pacific Power customer, we can schedule a HOME ENERGY ANALYSIS to tell you where your home loses heat & how to weatherize to correct that loss. And, in many states, we can even help with financing.

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