



Shanti Hill demonstrates proper use of Futon bed made by his mother, Diane Hill.

Hill teaches Futon bed - making

Diane Hill is a true believer in a new version of the old expression "if you make your bed, then lie in it" because that is exactly what Ms. Hill does -- she's a bedmaker who specializes in handcrafting Japanese Futon beds which fill her home and that of other northwest Portlanders. With three years experience and about 600 special order Futons behind her, Ms. Hill has decided to teach others how to make their Futon and lie down on it (plus fold it to create a sofa) in a six-week community services class at Portland Community College's Stadium Center starting Wednesday, April 1, from 7-9 pm. Cost is \$17.

Ms. Hill cites several features of

the Futon which has Portlanders leaving their waterbeds and sleep mattresses behind. The Futons are portable, foldable to take up much less space than a bed, comfortable, made of natural fibers, and less expensive than a western style bed -- materials for a single will cost \$25, for a double \$30, plus PCC tuition. "The first time I saw a Futon I thought it was really, really nice -- natural fibers, soft, and smelled so good," Ms. Hill said. Her first Futon was mail-ordered from an east coast firm for her son Shanti's crib. Soon she ordered one for herself, then for friends, and then one to take apart and re-sew so she could begin a Futon business in

Portland.

"I think they are popular because they are an alternative bed and natural," Ms. Hill said. "People are tired of foam, and box springs surrounded by foam, and tired of waterbeds and all that bulk. I'm into health and holistic life style and I think a Futon blends well with that."

Ms. Hill said she sees the place where she rests as more than just a place: "I've become more aware of the simpler things, aware of my surroundings, of the fibers I put on my body and the food I put into it. To sleep on a Futon means to surround your body with natural fibers for a third of your lifetime."

Chilean speaks on women's organizations

Many countries of Latin America, women are playing an increasingly important role in the liberation processes of those countries.

In Nicaragua, women made up a large number of the combatants in the Sandanista army, and today are a strong force in the revolutionary government. In Chile, the first organizations of resistance that appeared after the September, 1973, military coup were primarily composed of women. The Association of Families of the Disappeared Prisoners; women's committees in the unions, etc. One of those organizations is the Organization of Families of Political Prisoners.

Virginia Alarcon is a 22 year old former political prisoner of Chile's military dictatorship and wife of former political prisoner Ricardo Alarcon, who was held for 4 years in Chile prisons. Virginia has a 4 year old son. She and her family were expelled (they are all native born Chilean citizens) from Chile this last fall by the military government for a period of twenty years. They currently live in Canada.

Mrs. Alarcon will speak on March 7th at 7:30 p.m. at St. Andrews Church, 806 N.E. Alberta.

On the same program, a member of the Latin American Resource Center, La Pena, in Berkeley, California, will speak on the new Reagan Administration and its policy toward Latin America. The meeting is part of the "International Women's Day" celebration.

Interested in current books about African Liberation? Visit: **JOHN REED BOOKSTORE** In the Dekum Building 519 S.W. 3rd Avenue Sixth Floor

Or call: 227-2902



Sherrian Hagar-Warren is a potter/artist, poet, and Northeast activist who will show and discuss her work at the International Women's Day Festival, March 7th at the Downtown YWCA.

Presenting to Some and Introducing to Others

Featuring

The Exotic "Cattani Lingerie of California"

Date: Sunday - March 29, 1981

Time: 5:00 - 9:00 PM

Place: "On The Rocks" 15 N.W. 6th

Sponsored by The Oregonian Ladies"



Door Prizes Admission: \$2.50 Single \$5.00 Couple Door Prizes

Cell Talk

By Asmar Abdul Seifullah Aka Joe West #404040

The year of 1981 should be one of rededication for Black people. It should be one of total commitment to involvement in the workings of the system. The system is simply the economic, social and political mechanism that effects Black peoples lives. We can no longer afford to sit on the sidelines while politicians and evangelists decide the course of our lives. Protest is hollow as long as we continue to use it as a rhetorical sign for egoism. Our actions must speak louder than our words.

These lines are written with the hope that Black people in the greater Portland area will begin to reevaluate their position on the economic ladder. Economics should be one of our prime goals in our struggle for freedom. With that thought in mind I wish to inform you that there is a means for economic security within the criminal justice system in Oregon.

For quite sometime Black inmates have been greatly concerned about the absence of Black people working in the criminal justice system. But for the purposes of clarity I would like to concentrate on the Oregon Correctional System. There are jobs available in the existing three state institutions for minorities - namely Black people. The people who run these institutions are ready and willing to hire any Black man or Black woman that meets the qualification standards TODAY! If you need work and don't mind commuting back and forth from Portland you can get a good paying job at the Oregon State Penitentiary TODAY!

Working within the Corrections System would in essence accomplish two goals. First it would provide the minority employee with a means of support, it would also be a means of eradicating racism within the system. Because the more Black people that work in this particular institution the better conditions will become for Black inmates. A situation exists behind these walls where almost all of the correctional officers are white - you can imagine the effect that such a situation might have on minority inmates.

White correctional officers are more apt to be lenient with white inmates than they are with Black inmates. Then there are communication barriers that will always exist between Black and white

people no matter where they are. It is virtually important that more Black people seek employment at state penal institutions because Black people are being confined at a alarming rate in the state of Oregon. They are being confined and they are returning to the Black community without receiving the rehabilitation promised them. When they re-enter the community all they can do are the things that they did previously. But if Black people actively sought employment within the system they could then reverse the rehabilitation of their confined brothers and sisters. Racism wouldn't be as prevalent as it now is because there would be more Black people on the job to prevent it.

The opportunity exist for a Black man and Black woman to become an instrument of change within the Corrections System. The work isn't hard, as a matter of fact, it's the easiest work I've seen in a long time. True there will be barriers to overcome but then that's true of any job situation that Black people enter into. If you are interested in becoming a correctional officer or counselor or a teacher at Oregon State Penitentiary please contact Mr. Ron Martin at 378-2443 week-

Bell heads Civil Rights

Johnnie Bell, currently Deputy Administrator of the Wage and Hour Division of the Oregon Bureau of Labor and Industries will become acting director of the bureau's Civil Rights Division on February 16.

Bell replaces Gary Gomez who has resigned after almost two years in that position. A search for a permanent director will begin immediately.

As Deputy Administrator of the Wage and Hour Division since 1978, Bell has been responsible for developing and streamlining procedures, development of a comprehensive reporting system for division activities and day to day supervision of staff.

Her background includes four years as a project manager for the computer consulting firms, Systems Improvement Associates, and seven years in research for Kaiser Foundation Hospitals. She holds a bachelor's degree in business from Southern University in Baton Rouge.

days only.

I know that most Black people have a complex about working as policemen of any type but it's much better for us to police ourselves than it is for the man to police us. Sooner or later, we're going to have to take responsibility for policing. When and if we gain the independence and freedom we've been ranting and raving about for the past 246 years, there is going to be a need for policemen. No society can exist without a police force of some kind. The word policeman takes on negative connotations only when it is implemented in racist terms.

Once again I would like to stress the need for Black employees at Oregon State Penitentiary. Times are too hard to let good paying jobs slip through our hands simply because we have an aversion to the description of the job. The job can be anything you want it to be as long as you remember who you are. Contact Mr. Ron Martin (378-2443) "today," if you want meaningful work that pays good. "Plus the brothers here need you!"

May Allah bless and protect us from ignorance and selfish desires and may our struggle lead us to spaces pregnant with victory!!!



JOHNNIE BELL

From the Front Door

By Tom Boothe

Good Mental Health is when your head is together, and your KNOWLEDGE and WISDOM leads you to know exactly what to do NEXT...SPIRITUALLY...MENTALLY...PHYSICALLY.

Good Mental Health is when you keep a positive attitude to continually learn SKILLS, and to know HOW to do what you have to do NEXT.

Good Mental Health is when you do what you have to do well, giving it your best effort.

Good Mental Health is when you have a specific constructive productive purpose for your life. Cleansing yourself of Disruptive and Destructive attitudes.

FACT: Good Mental Health has everything to do with Good Physical Health.

FACT: Good Mental Health has everything to do with Good Personal, Family and Community Economics.

People who have good Mental Health DO NOT spend large sums of money on medicine, doctor bills, drugs, booze, street dope, and just plain stupidity.

Exodus is launching an all out Mental Health Offensive aimed primarily at our youth; your help is needed and will be appreciated by the children who are enrolled in the Exodus Youth Program.

You can't spend your time or money for a better purpose when you join the Exodus Mental Health Offensive, building our community into a better and safer place to live and raise our children...(503) 294-7997.