

METROPOLITAN



The Harriet Tubman Essay Awards are presented annually to students completing a composition on a human relations topic. This year's awards were presented to (front row, left to right) Jonathan Kelley, 8th grade, Sellwood Middle School; Lisa Lee, 6th grade, Sellwood Middle School; Damon Turner, 6th grade, Tubman Middle School; (back row, left to right) Shreeyash

Paishkar, 7th grade, Sellwood Middle School; Sam Miller, 8th grade, Tubman Middle School; Rukiyah Adams, 7th grade, Tubman Middle School; (not pictured) Debbie Neal and Shawnee Grimfted, Dexter McCarty Middle School. The awards were presented during the Metropolitan Human Relations Commission luncheon. (Photo: Richard J. Brown)

Man of Conscience—Bishop Desmond Tutu on public TV

Nobel Laureate Bishop Desmond Tutu offers his views on the political, philosophical and moral issues of South African apartheid in a public television special Sunday, Jan. 19, at 3 p.m.

The program will be seen on the stations of Oregon Public Broadcasting, KOAP-TV 10 in Portland.

"Man of Conscience—A Conversation with Bishop Desmond Tutu" will be taped before a live audience in Detroit on the birthday of another Nobel Peace Prize winner, Dr. Martin Luther King, Jr.

The studio audience of all political

persuasions and viewers calling in from around the country will discuss with Bishop Tutu topics such as the Bishop's method of fighting separation of races in South Africa, divestiture of U.S. financial interests in South Africa, and schisms within the American Black population on these issues.

"Man of Conscience" will air the day before the first celebration of Dr. King's birthday as a national holiday. The program will note the similarities between Bishop Tutu and Dr. King in the non-violent struggle for racial equality.

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OLYMPIAN FITNESS CENTER

Mind Over Matter Newsletter
published by
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For
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For years the United Negro College Fund has been saying "A mind is a terrible thing to waste." I further believe that a body is also a terrible thing to waste. Here at the Olympian Fitness Center we are doing something about the waste of mind and body.

A little free wisdom about the mind and body.

First, let's understand that all of us have four separate parts to our being or existence; they are: our human spirit, our human mind, our human body and our property or belongings such as clothing, home, car, money, tools and other material items.

Most people take their spirit, mind and body for granted and spend 80% to 90% of their time worrying and dealing with their property and material things. While their spirit, mind and body waste away due mostly to neglect.

Let's further understand that while we inherit how we look, and much of how we think from our mother and father, and of course their ancestors, when we reach the age of five or six years old, we start to actively add to or subtract from these inherited tendencies almost always in the direction of accumulating material things, while our spirit and mind go unfulfilled.

Next month more information on the development of the human spirit, and the human mind.

Keep this publication for future reference.

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