

New prize for poets

A trip to Hawaii for two is the new Grand Prize prize in the American Poetry Association's latest poetry contest. There is also a \$1,000 First Prize.

In all, 152 poets will win \$11,000 worth of prizes. Contest entry is free.

"Students have been winners in all our contests," said Robert Nelson, the publisher for the Association.

"So I urge students to enter now. Later they may be too busy with exams."

Poets may send up to five poems, no more than 20 lines each, with name and address on each page to American Poetry Association, Dept. CN-74, 250 A Potrero Street, P.O. Box 1803, Santa Cruz, CA 95061. Poems are judged on originality and sincerity. Every poem is also considered for publication.

Poems postmarked by December 31 are eligible to win. Prizes will be awarded by February 28, 1989.

Helpful hints for college students

Learning to eat healthfully while at college doesn't have to take a full semester. Thanks to the nutritionists at Sweet 'N Low, a "crash course" is now available.

A new booklet, "10 Healthy Eating Tips for the Harried College Student," provides advice for selecting and preparing quick and nourishing meals and for dieting safely.

For those who hold late-night study sessions, there are suggestions for low-calorie snacks.

For students who can cook in their

residence halls winning recipes from the Sweet 'N Low "Grade 'A' Cooking Contest" are included.

This contest challenged college students and college food service employees to develop healthful, easy recipes that can be prepared in a residence-hall room using only small appliances.

To order your copy of this booklet, send a check or money order for 50 cents to cover postage and handling to:

Cumberland Packing Corp.
60 Flushing Avenue, Dept. CS
Brooklyn, NY 11205

True strength

By Rich Johnson

The death of a man by a court room's rule
Reflect upon the power that a man once used
I never knew that we passed this step
That gives us the right to use this concept
I guess we're all God's by our own right
To Twist the hands of fate to fit our type
Is it easier to kill or forgive? I can't really see
Because I was brought up in this cruel society
Manipulation helps me see
That a commandment isn't what it used to be
True strength is love for oneself and your fellow man
Even if he kills a loved one or your closest friend
That is the strength of a person who is able to forgive
Which could start our new life, that we all could live.

We differ in numbers

By Carlene Whitmire

Nigger
that's what they call us
Negroe
that's what we are
here and now, thus far
Minority
that's what we are
the group that only differs in
number from the controlling group
Majority
that's all they are
the controlling group that only
differs in number
Nigger
that's what we all are
if the numbers don't make
us equal to one another



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