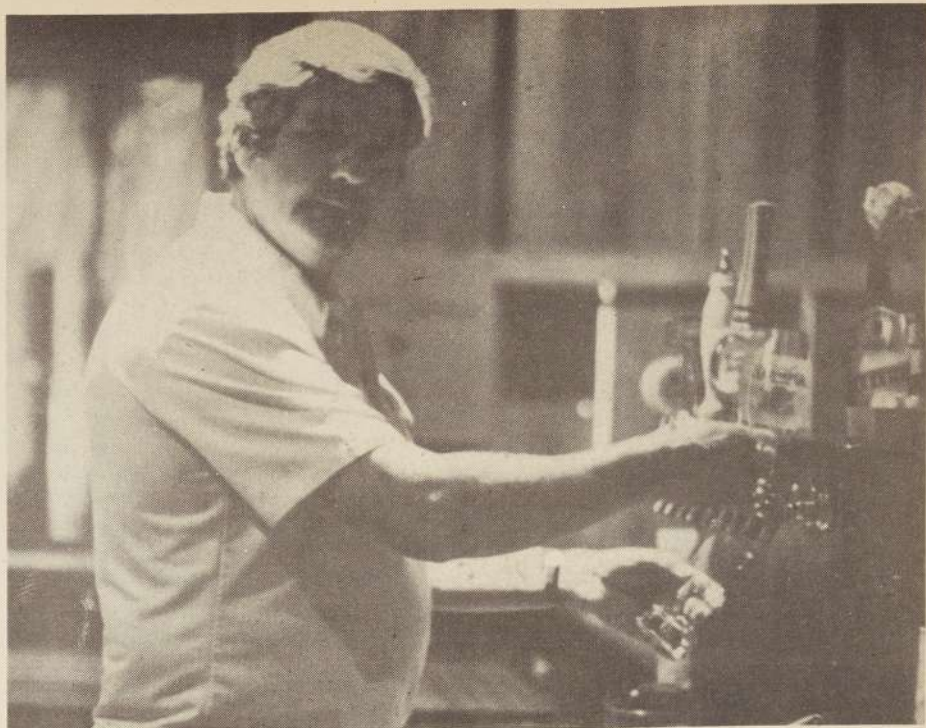


# Hudson's investment not gold or stock but brew



**WHAT'LL YA HAVE?**—Tavern owner Chuck Hudson tends bar. Photo by Ramona Isackson.

**By Tom Rhodes  
Of The Print**

There are many different objects in this world that people use for security. Many consider the dollar sign as a piece of security. Prudential Life Insurance offers peace of mind to others. But for Chuck Hudson, a combination restaurant/tavern four miles from the College will be his security blanket.

Just last week, Hudson became the new owner of the Beaver Creek Tavern on Beaver Creek Road.

After 27 years of teaching, what gave the College athletic director the incentive to go put down money for a tavern? "Inflation and the whole lot," he said. "When it comes time to retire in 15 years, I would like some extra money to help fulfill my retirement plans."

Coordinating time between the tavern and his teaching job at the College has not been easy for Hudson. "I haven't been to the tavern since Friday," Hudson said, "and I just bought it last week," he added.

This is Hudson's first venture into the business world. "I've just been teaching for the last 27 years," Hudson said, "although my wife's aunts and

uncles worked at a tavern." He added, "I hope it will rub off on me."

"We also have a restaurant," said the gregarious Hudson of his investment's other offerings. "We serve great dinners," he proudly added. "It is a family restaurant."

Hudson is hoping to lure patrons from the College community. "I'm hoping to see people from the College over

there," he said. "I'd like to see some business from the College."

His high hopes are reasonable. After all, Hudson has all his monetary possessions couped up in his Beaver Creek Tavern. "Everything I've got is into this tavern," Hudson said, "so I hope it makes some money."

## Ancient art relieves counselor's tensions

**By Mike Koller  
Of The Print**

While many Americans use such standard methods as drinking, jogging or even reading to relieve the stress and tensions that build up at school or work, College counselor Bernice Evans discovered that shiatsu works much better as a stress reliever than these ordinary remedies.

Shiat-what? Combine "shi," the Chinese word for finger, and "atsu," which means

pressure, and you have named the ancient art which has been used since the beginning of Asian culture as an effective method of relaxing the body.

Evans discovered shiatsu three years ago when a friend who had taken a course demonstrated its effectiveness to her.

"I was amazed at how immediately relaxed I became and at how long the relaxing effects last," Evans said.

Shiatsu basically works along

the same lines as acupuncture, but instead of using pins, finger or thumb pressure is applied.

"According to Chinese philosophy, the body is divided into Meridian lines with seven lines each on the front and back of the body," Evans explains. "Energy flows along these lines and can become clogged, causing tension. By applying finger pressure to certain points on the Meridian lines, called Tsubuou, this energy build-up is relieved and energy flows normally again."

"I've only taken a beginning course in shiatsu, so I'm far from being an expert," Evans explained, "but people found out about what I was doing and wanted me to share my knowledge of shiatsu with them."

Evans eventually gave demonstrations of shiatsu techniques to various classes on campus and put on a seminar for the Focus on Women/Men's Resource Program.

"After the three-hour seminar we had 72 very relaxed people," Evans laughed. "They say that shiatsu has been used as a disease curer, but I certainly don't want to be known as a healer."

"There has to be something to it," Evans said. "I've had pressure applied to my toes and then my sinuses cleared up very fast."

Despite sharing her shiatsu techniques with others, Evans regards the art as primarily for her own use.



"Just the other day a girl came into my office who was feeling stress and wanted me to use shiatsu to relieve the ten-

sion build up," Evans said, "but it's just something that I've found very helpful. I can use it for a long time to come."



**NO**—Bernice Evans is not attacking this student; she is demonstrating her "shiatsu." Photo by Duffy Coffman. Wednesday, May 21, 1980

### *Deke's Book Shop*

HOURS 9 A.M. TO 5 P.M. - CLOSED THURSDAY

USED BOOKS AND MAGAZINES  
BUY SELL TRADE

WE TRADE 1 FOR 2, 3 FOR 5, 5 FOR 8  
want lists filled

Parking in Lot Across 7th Street.

LESTER F. RUSSELL, JR.  
TELEPHONE 655-2060

615 SEVENTH STREET  
OREGON CITY, OREGON 97045

