

# Computer Chatter for Women

## A.K.A.meets

by Emma E. Chiles  
Members of Zeta Sigma Omega Chapter, Alpha Kappa Sorority gathered at the home of Mrs. Emma Chiles, 4834 N. Borthwick Ave., on March 13, 1971 for luncheon and workshop session with the sorority's National Visitation Committee. Spending the day in Portland with the local chapter were Mrs. Bobbie Jean Saulet from Kansas City, Kansas, Mrs. Mildred Robinson from Pasadena, California, and Miss Beverly Levy from Oakland, California.

The National Visitation Committee works with local chapters through lending encouragement, assistance, and counsel as the chapters plan meaningful local programs developed around the Sorority's national theme "Community Involvement --- NOW!"

Doing your  
own thing  
We salute you



Mrs. Gertrude Crowe, the director of Life Center is a beautiful woman who is doing her own thing for people. If lifting people and trying to help others to become better is "the masterpiece of God," hers is incomparable. If talent is a measure of public opinion, she is thrice blessed. But above all, Mrs. Crowe is a woman and compassionate human being whose concern for people is reflected in her life at Life Center. She has made her presence felt during the 1971 NAACP membership drive, on the YWCA Board and other organizations in the city.

We salute you for doing your own thing while helping others to become apart of the main stream.

## State college

The Long Beach State College Symphonic Band and select Wind Ensemble will present a concert in Smith Center Ballroom at Portland State University.

Under the direction of Larry G. Martin, the 75 member Symphonic Band and 45 piece Wind Ensemble will present selections by such composers as Schoenberg, Sousa, Mendelssohn, Smetana and Debussy. The concert also will feature the premier performance of works by William H. Hill and Grant Fletcher.

Long Beach, the largest state supported college in the country with an enrollment of 28,000 students, has earned national respect and recognition for its outstanding performance of wind music. The Symphonic Band has performed for both the College Band Director's National Association and the American Bandmaster's Association.

The Band's 1971 tour includes nine concerts in California, Oregon, Washington, and Canada from March 29 to April 7.

In addition to the PSU concert, Oregon concerts include Klamath Falls High School, March 30, Springfield High School, March 31 and Oregon State University, Corvallis, April 5.

Tickets are \$1 for both students and the general public and will be available at the door. Proceeds will go to the PSU Music Scholarship Fund.



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## Ho-Hum Remedy Assurance

by Robert S. Miller, M.D.

During major surgery, a patient's breathing patterns are disrupted. Complications in the chest can result later. But big, relaxing yawns can help.

Under the influence of anaesthetics, breathing patterns are altered and slowed down. After surgery, decreased lung volumes in patients are common. Such changes are usually self-correcting in time. But not always.

Yawning is an effective way of increasing expansion of the lungs and the flow of used blood to the heart. Sighing is like a small yawn.

A group of doctors at Boston's Peter Bent Brigham Hospital have devised ways to encourage patients' yawns. They used a spirometer, an instrument to measure breathing, with a light on it. The light goes on when the user reaches one half of his measured breathing capacity. It stays on as long as a good yawn lasts.

Patients are told to try to keep the light on as long as possible. To do this, they must try to force a prolonged yawn.

Dr. Robert H. Bartlett, one of the spokesmen for the Boston group, says that changes in breathing patterns during surgery can lead to closing of some of the tiny air sacs in the lungs. Postoperative breathing exercises can alleviate some of the difficulty, but they are often painful to patients who have had abdominal surgery. Five sustained yawns repeated on an hourly basis, Dr. Bartlett says, help normalize the balance of blood and air flowing through the lungs.

To find out more about your lungs and how they work under normal and abnormal conditions contact your local tuberculosis and respiratory disease association. It's a matter of life and breath.

## Little league

Sign up for Northeast Little League will be held March 31 at Irvington School 7-9:30 p.m. And April 1 at Sabin School, 7-9:30 p.m. Boys must be accompanied by a parent. Registration fee is \$2. First try out will be April 3 at Irvington Park.

For more information call Walt Bridges 284-8244 or Mary Stilwell 282-6761.

## Bert's cookery



Alberta Polk  
THE CALORIES IN  
FOODS

by Alberta Polk

We talk a lot about the number of calories in a serving of food. For example, 1 cup of whole milk contains about 160 calories, 1 tablespoon of butter about 100 calories, and 1 tablespoon of jam or jelly about 50 calories. Just what does this mean?

In nutrition, energy or heat is measured in terms of calories (one calorie is equal to the amount of heat required to raise the temperature of one pound of water through four degrees Fahrenheit or one kilogram of water through one degree centigrade.) Once our food is eaten and digested, it's absorbed from the digestive tract into the body and metabolized. Energy or heat is given off.

Thus when we drink one cup of whole milk and it is burned (metabolized) in our bodies, it generates enough heat (calories) to raise the temperature of one pound of water through 640 degrees. (or one kilogram of water through 160 degrees C.).

This heat (or calories) given off is used by the body for breathing, beating of the heart, circulation of the blood, all cell activities, and other involuntary movements. Calories in foods are also used for voluntary muscular activities as walking, running, ironing, and talking.

## Green fingers drive

In the North Portland area, green fingers of 1971 will again be on land donated by Emanuel Hospital.

Because of the success of the program, the Committee agreed to launch a drive to expand Green Fingers Statewide if possible.

THE Green Fingers Committee met at Geneva's in N. Portland and listened to the report by the chairman of the the expansion of the Green Fingers program 1970 to other areas of the city and surrounding towns.

Aid is sought from all civic minded groups.

A three year information sheet on how it was done in Portland is now ready for distribution and will be sent by request to Viviane L. Barnett 27 N. Killingsworth - Portland, Oregon 97217 289-7354

## Health for all

Dr. William E. Creighton has been named to direct the dental health activities of the Multnomah County Division of Public Health, said Dr. Walter A. Goss Multnomah County Health Officer today.

Dr. Creighton, a graduate of Creighton University School of Dentistry and the school of public health of the University of North Carolina, was dental director of the Neighborhood Health Services program of the Kaiser Foundations Hospitals.



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