

Business Economic outlook

The ninth annual Business and Economic Outlook Conference scheduled Monday, November 29, at the Portland Hilton Hotel will take up a triple question: "Inflation? Controls? In a Trillion Dollar Economy?"

Hudson Drake, deputy assistant secretary and director of the Bureau of Domestic Commerce, will be the keynote speaker at the one-day conference co-sponsored by the Portland State University

School of Business Administration and the Portland Chamber of Commerce in cooperation with the Harvard and Stanford Business School Associations of Oregon.

The session will get under way at 7:30 a.m. with a continental breakfast and late registration.

Drake, a race car driver as well as an economist, will be the first speaker at 8:45 a.m. He will discuss "The National Business Outlook for 1972".

Other speakers and their topics:

James W. MacMeekin, first vice president and director of research for Eastman Dillon, Union Securities Co. Inc., New York, "The Stock Market Outlook".

Dr. William M. Burke, senior economist, director of publications and assistant vice president of the Federal Reserve Bank of San Francisco, "The Capital and Credit Outlook".

Paul Egger, economic consultant and adviser to the Oregon governor's office, "The Regional Business Outlook".

Registration fee for the one-day conference is \$20, and reservations may be made by writing Business Outlook Conference, School of Business Administration, Portland State University, P.O. Box 751, Portland, Oregon 97207, or phoning 229-3712. The registration fee includes the continental breakfast, luncheon and a copy of the proceedings.

Man and the revolution

Action

by Jeraldine Bright

For a life time we have heard about Revolution, we have heard about Crisis, but what about Man? Remember the saying, "who is man that thou art mindful of him". The noblest study of Man is Man.



Jeraldine Bright

Since our first view of consciousness and until the horizons beyond tomorrow, man has and will be fascinated and very much aware of himself. Our comments are often filled with margin to margin platitudes, sometimes with down to earth humor. Our comments

run from the heights of self-worship to the valleys of disgust and span plateaus of unusual acceptance.

Remember Hamlet - "What a piece of work is man... how noble is reason... how infinite in faculty, in form and moving how express and admirable... in action how like an angel in apprehension... how like a god, the beauty of the world... the paragon of ANIMALS."

We have been nurtured to the point where in this great wide beautiful world of ours, anything is possible. We only need to take the yoke up on us and make up our minds to accomplish anything we want. Our prowess and mastery, is so evident in our conquest of physical nature, that we should extend our thoughts to Human Nature. (more on that later).

Maybe Homer's ancient complaint that "there is none so wretched, nothing more feeble (and don't we agree) than man, causes our dark view of our nature and condition. Could this be just so much rhetoric?

Anyway, ever since the

modern era opened (and my history tells me it was 1500) man has faced one positive fact. Revolution, change, turmoil, you name it or call it anything you wish. We don't recognize it or know much about

it, how it originates, its progress or how it retrogresses. What are its processes, its results. But, what is it doing to INNER MAN, his spirit and his mind. To what extent should it be left to chance, planned or controlled.

One thing for certain MAN needs unity in New Ways (diversity is all ways possible in new ways also whether or not depends on the circumstances). Right? Our choices are not whether to accept Revolution or not, but they involve how much, how fast, in what directions it is leading us, for what purposes and my, my the price MAN has to pay. So pull the sheet off of your face.

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Verna Henderson finds out that she must be an all around person when it comes to publishing a weekly paper.

Photo by Al Williams



Rosemary Simington joins Observer's staff as part-time dark room apprentice.

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The governor made these decisions after the black librarian of the Thurston County community of Lacey was refused permission to enter the Lacey Moose Lodge to receive a gift for the library. Evans said the incident was "all too typical" and had shocked and saddened him.

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ing in the project area to visit them and see first-hand their new home. They feel many in the area had been misled by rumors and misinformation. Eaton's new home is 2-1/2 times the value of their home in the Emanuel area. "I got exactly what I wanted," says Mrs. Eaton. "The PDC treated us just fine."

"I don't see how anyone could be unhappy," states Mrs. Jake Robison, 6025 NE 19th. "Everyone I've talked to who has moved has been delighted." Mr. and Mrs. Robison's new home is twice the value of their previous home. "The relocation staff works very closely with you. If anything had been wrong I sure would have let them know. We chose our new home and love it." As for the stereotyped image of unfeeling officials forcing people out of their homes, "You couldn't be more wrong," says Mrs. Robison.

Living to be a hundred

by James L. Mack, M.D., President, Oregon Thoracic Society

By the end of this century, man's life span may reach 100 years.

"We aren't just talking about longer existence, either," Dr. Alex Comfort of London said at a recent conference on aging, "but about a longer period of active, vigorous life." Some scientists such as Dr. Comfort are ready to administer certain drugs, including antioxidants sometimes used as a preservative in bread, to try to extend the human life span. Antioxidants have already been used to increase the life span of mice.

One of the scientists at the conference, which was sponsored by the Oak Ridge National Laboratory, said preliminary evidence suggested that long-lived persons had lower body temperatures than those who are short-lived. If more extensive studies bear this out, said Dr. Bernard L. Strubler of the University of Southern California, it should be possible to devise methods to adjust the body to optimal temperatures.

"We know that most people die of infection rather than senility or old age," reported Dr. Takashi Makinodan, who has conducted experiments at Oak Ridge that have lengthened the lives of older mice by injecting them with spleen cells taken from younger mice. Another researcher, Dr. D. Carleton Gajdusek, reported his research among primitive people showed many viruses lay dormant in the bodies of most people. "So long as they are latent they are of no demonstrable significance to disease," he said. "But they can be activated by numerous stresses."

The tuberculosis germ is one invader that can enter the body and lay low for years. In times of stress or weakened condition the germ may become activated and attack the lungs or other parts of the body.

To find out more about living longer by conquering the TB germ, check with your local tuberculosis and respiratory disease association. It's a matter of life and death.

Relax to renew

Part II

by Kay L. Haraguchi, R.N.

In order to ease nervous tension, physical relaxation is as important as mental relaxation, which was discussed last week. There is a technique for relaxing which can be used anywhere. Once learned, it can be used to achieve total body relaxation or to spot relax a group of tense muscles.

Start with one arm. Beginning with the fingers, direct your attention to each group of muscles. Mentally instruct them to "let go". There is a good psychological reason for using the term "let go", instead of "relax". "Relax" to many people means a positive thing they must do. To "let go", on the other hand, implies to do nothing. A tense muscle is already doing too much and needs to release its excessive pull on the body structures.

Proceed in turn to each part of the body. Include face, neck, scalp, shoulders, abdomen, chest, legs and feet. Over and over, repeat to each part: "Let go, let go, let go." If you feel a part becoming tense again, redirect your attention to it for a few seconds. As you develop skill in "letting go" you may notice that relaxed parts of your body feel heavy as your muscles allow the bed or chair to support you. There may also be a slight tingling sensation from increased circulation.

Do not be discouraged if you find it difficult to achieve complete relaxation at first. The art of "letting go" is a physical skill and must be learned by the body through practice.

as any other such skill. Keep at it. The knowledge of this technique will stand you in good stead all the rest of your life, for when you need it, it will always be there.

There is a way of breathing that is also helpful in attaining physical relaxation. Because it is hard for the body to be tense when you are exhaling, it consists primarily of controlled exhalation. Inhale slowly and deeply to a count of five. Exhale even more slowly to a count of ten. Continue breathing in this manner for about three minutes. Don't keep it up too long, though, as it is possible for your body to absorb more oxygen when you breathe this way. While a little additional oxygen will clear your brain and help you relax, too much will make you lightheaded.

This discussion of relaxation would be incomplete without mention of the delightful relaxation women are now experiencing at Figure Shaping Studio, where it is a bonus, which accompanies the reducing procedure. Here, in our serene, oriental salon they find a welcome break from daily activities and find our many reducing machines as relaxing to their bodies as they are beneficial. They leave not only reduced, but relaxed, refreshed, and more ready to resume life's business.



Shaping up at Figurine



Kay Jernigen, Director of PSU S.S.W. Learning Center, celebrates birthday at Geneva's along with Cora Williams, Laurence Kressel, and Lynn Reid.

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