

# Learn How to Study—The Most Important Lesson Of All

For all those students who wish they could retain what they learned in class until final exams...they can. Not by working harder, but by working smarter.

It's a matter of using the learning process and the laws of forgetting to our advantage. Just knowing what happens and why, can help students do things to retain the information received in class for an indefinite time, certainly long enough to pass their exams.

For instance, we know that, for the student, the average span of concentration on a single subject is 50 minutes (that's why most classes are scheduled for 50 minutes).

The continuous influx of new material speeds up forgetting, so we can't expect that, after several

hours of concentration on new material, we'll forget most of what we learned during the first hour. Study habits should be scheduled with that in mind.

We know that most forgetting occurs immediately after learning. On the other hand, if steps are taken to remember something the day after it's been learned, chances are it will stick with us.

We know that cramming is re-learning. Realizing this, the student can prepare a more productive cram session.

Reviews, timing the reviews to offset the curve of forgetting, consolidation of material—these are some of the other keys in the process used to impress the mind with the material learned and needed to retain.

If done properly, the mind will retain the material...in some cases indefinitely. Knowledge of this process can serve well in school and will be a lifelong asset in other areas.

A report published by a college studies unit details these and other

factors we know about learning and forgetting.

It is a step-by-step plan designed to help students retain classwork and pass their exams. (A comforting thought that all students returning to school would like to take with them.)

A copy of the complete report in a handy student format may be obtained by writing Empire Associates, P.O. Box 2627, Fairlawn, N.J., 07410. Enclose \$2.00 and a self-addressed stamped (long) envelope.

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# SEARS

NOVEMBER			
WED	THURS	FRI	SAT
19	20	21	22

Sale prices in effect  
Wed., Nov. 19 thru  
Sat., Nov. 22

## 1986 St. Vincent de Paul Christmas Food Drive

St. Vincent de Paul is once again gearing up for its annual Christmas Food Drive, the largest Door-to-door food drive in the U.S. Last year, 5,100 volunteers delivered 401,450 pounds of food to 8,195 families. This year's calendar of events includes:

Friday, November 28, 10:30 a.m., Pioneer Square, to announce the start of the 1986 food drive.

Volunteers will canvas door-to-door on Saturdays, December 6 and 13, to pick up food contributions.

Volunteers will deliver food to the needy Saturday, December 20.

A benefit jazz concert featuring pianist Jeanne Hoffman and bassist David Friesen, Sunday, December 21, 4 and 8 p.m., Parchman Farm, 1204 S.E. Clay.

## Toy & Joymakers Move to New Location

The Portland Fire Bureau Toy and Joymakers will be operating from a new location this year located at the old Sears Surplus Store on N.E. Irving Street between Union and Grand Aves. This building has been donated by the Sears Roebuck Company.

People wishing to donate can drop off their toys at any Portland fire station and mail all cash donations to the Toy & Joymakers, c/o The Portland Fire Bureau, 55 S.W. Ash, Portland, OR 97204.

## Dinner is Served at St. Andrews

Thanksgiving dinner will be served at no cost at St. Andrew's Community Center, 4940 N.E. 8th (off Alberta), Thursday, November 27th (Thanksgiving Day), 1:00 pm to 3:00 pm.

This dinner is for people of the parish and the neighborhood to share in a family-style setting. Turkey and all the trimmings will be provided.

## Walking Easy

"Walking Easy: How To Care for Your Feet" is the title of a senior community health education program to be offered Tuesday, December 16, 12:30 p.m. at Sherwood Senior Center.

Presented by John Hahn, D.P.M., a podiatrist on staff at Meridian Park Hospital, Tualatin, the presentation is part of the hospital's "Healthwise for Seniors" education program series. There is no charge.

The program is coordinated by E. Ricky Appleman, R.N., MPH Community Development and Consulting Services, who also oversees the hospital's ongoing senior health screenings at Washington County Senior centers in Tigard, Sherwood, Durham/Tualatin.

For additional information about the program or the health screenings, contact the senior centers, or community education department at the Tualatin hospital.

## SAVE 19% to 33%



- Heavy-duty gas shock**  
Gas pressurized for exceptional handling. Reg. \$14.99 ea. **9.99** Installation Available
- SteadyRider RT shock**  
Radial tuned for a smooth ride. Installation included. Reg. \$25.99. **19.99** each
- SteadyRider gas shock**  
Gas pressurized for stability and brake control. Installation included. Reg. \$30.99. **24.99** each Installed
- Installed gas MacPherson**  
\$119.99 Cartridges for most imports ..... **89.99** pr  
\$149.99 Struts for most domestics ..... **119.99** pr

## SAVE \$10 to \$15



- 48-month battery**  
410 amps cold cranking power in groups 24, 24F and 74. Warranted 48 months. Reg. \$49.99. **39.99** with trade-in
- 60-month battery**  
470 amps cold cranking power in groups 24, 24F and 74 for reliable starts. Reg. \$54.99. **49.99** with trade-in
- DieHard battery**  
550 amps cold cranking power in groups 24, 24F and 74 for reliable starts on the coldest days. Reg. \$69.99. **59.99** with trade-in

Limited warranty. For specified months, Sears will replace battery if it fails to hold a charge. Free replacement for first 90 days. Pro rata charge for rest of period.

## SAVE 10% to 50%



### OFF '86 Fall Gen. Catalog Landed prices

## SAVE 50% SuperGuard Plus 29.99

- 2 steel belts for strength and durability.
- Deep tread for traction.
- All-season capability.

SuperGuard Plus	1986 Fall Gen. Cat. prices	Sale price each
P155 80R12	\$62.49	\$29.99
P155 80R13	72.49	36.24
P165 80R13	78.49	39.24
P175 80R13	88.49	44.24
P185 80R13	92.49	46.24
P185 75R14	102.49	51.24
P195 75R14	106.49	53.24
P205 75R14	110.49	55.24
P215 75R14	114.49	57.24
P205 75R15	116.49	58.24
P215 75R15	118.49	59.24
P225 75R15	120.49	60.24
P235 75R15	122.49	61.24

### OFF '86 Fall Gen. Catalog Landed Prices

## SAVE 30% RoadHandler Snow 39.99

- Great ice and snow traction.
- Two rugged steel belts.
- Our finest snow tire.

RoadHandler Snow	1986 Fall Gen. Prices	Sale price each
Blackwall		
P155 80R12	\$62.49	\$39.99
Whitewall		
P155 80R13	\$72.49	\$49.99
P165 80R13	77.49	52.99
P175 80R13	82.49	56.99
P185 80R13	87.49	59.99
P185 75R14	92.49	64.99
P195 75R14	96.49	67.99
P205 75R14	97.49	66.99
P215 75R14	100.49	69.99
P225 75R14	105.49	72.99
P165 80R15	82.49	56.99

## SAVE 10% to 30% RoadHandler Rib 71.99

- Our best light truck radial.
- Smooth, quiet riding.
- All-season radial traction.
- For vans, pickups, RV's.
- 40,000 mile wearout warranty

## SAVE \$99



**AM/FM cassette stereo 199.99**  
\$299.98 in 1986 Fall Catalog  
Tailor the sound with the 5-band graphic equalizer. Auto reverse cassette and 10-station pre-sets. Metal tape capability and locking fast-forward/rewind. LED clock frequency display. 17-watts per channel.

## GREAT VALUES

**GE Halogen headlights**  
Round 4-light system  
Sears reg. price ..... 9.99  
Sears sale price ..... 9.49  
Less mail-in rebate ..... -2.00  
Your cost after rebate ..... **7.49**  
Rebates also available on other lights.  
\$24.99 Fog light kit ..... 19.99  
\$24.99 Clear drive light kit ..... 19.99

**1/2 OFF Spectrum motor oil 10W40 motor oil 59¢** Reg. \$1.19 Limit 12  
**Spectrum oil filter**  
Sears reg. price ..... 2.99  
Sears sale price ..... 1.99  
Less \$1 mail-in rebate ..... -1.00  
Your cost after rebate ..... **.99¢**

## SAVE \$10 to \$100



**SAVE \$50 Profile™ cycle 149.99**  
Measures speed, time, distance and pulse. Reg. \$199.99 in '86 Fall Gen. Cat. While quantities last.

**SAVE \$100 Lifestyler™ 2000 rower 99.99**  
Butterfly arm, bench, and abdominal back attachments. Reg. \$199.99 in '86 Fall Gen. Cat. While quantities last.

**SAVE \$20 to \$30 Weight bench 69.99**  
600-lb. capacity. 5-position back. 177-lb. barbell/dumbbell weight set. Reg. \$89.99. 69.99 While quantities last.

**SAVE \$80 Gympac™ 2500 DL 299.99**  
Provides 60 exercises using up to 176-lbs. weight resistance. Leg lifts, presses, squats, curls, more. Reg. \$379.99. While quantities last.



**SAVE \$11 Exercise bike \$88**  
Reg. \$99.99  
Lifestyler™ 300 exercise bike helps you pedal your way to fitness. Speedometer/odometer 20-in. frame.

**SAVE \$10 Mini tramp 19.99**  
Steel frame, high-carbon springs 38-in. diameter. Reg. \$29.99 in 1985 Fall Gen. Catalog. While quantities last.  
Fitness equipment requires some assembly.

## GREAT BUYS! on toys for kids



- 20% OFF Lego construction sets.
- \$12.99 Rocker Barbie
- Sale 11.99, with \$1 rebate ... 10.99
- \$17.99 Magic Moves Barbie
- Sale 15.99 with \$1.50 rebate ... 14.49
- \$34.99 My Child doll
- Sale 32.99 with \$5 rebate ... 27.99
- \$23.99 Pound Puppies ..... 19.99
- \$29.99 A.G. Baby Bear ..... 25.99
- Lobo remote control off-road buggy with turbo charge
- Sears Price ..... 49.99
- Gobots. Reg. \$4.99 to \$21.99
- ..... 3.99 to 18.99
- Teddy Ruxpin ..... 69.99

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652-2280

Vancouver Mall  
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256-8333

Washington Square  
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