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OPINION
HIS


The "Hers" side of the His/Hers Opinion Page has been temporarily suspended while the Observer seeks a new writer. The Portland Observer is seeking a female to write the "Hers" viewpoint in the popular column "His/Hers Opinion" published weekly in this paper. Individual should be creative, intelligent, committed, black, and an excellent writer. This person should also be able to meet publication deadlines. Please drop off samples at 4747 N.E. Martin Luther King, Jr. Blvd. No telephone calls, please. A freelance fee will be discussed should you be the one selected.

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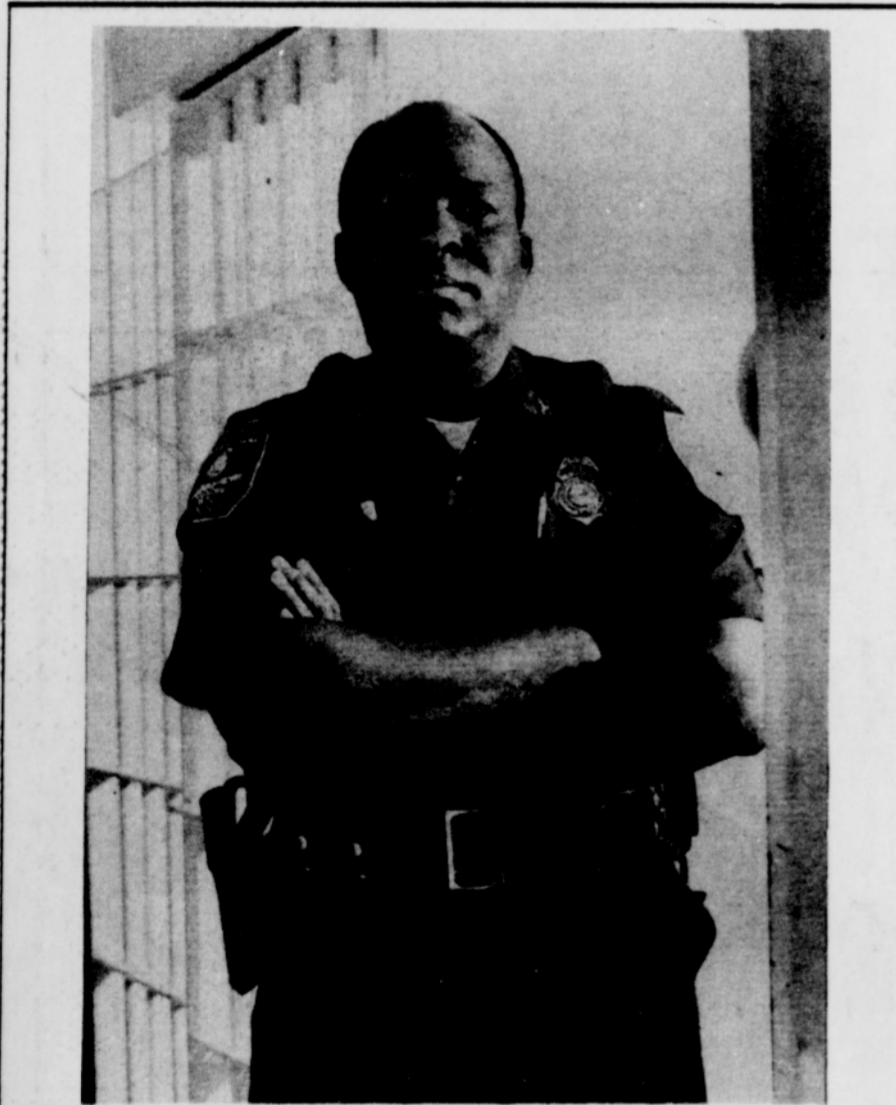
I just can't understand some words.

- I have difficulty hearing in noisy situations
- I hear people speak but have difficulty understanding the words.
- I have difficulty understanding on the phone.
- I have to turn up the radio or television to where it's uncomfortably loud for others.
- I haven't had my hearing tested in more a year.

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New Recognition has Rekindled Spirit

Former Congressman whose Fight for Desegregation Cost Him His Career

1964, had been living in poverty, unable to walk and nearly blind, when he won the award, which included a \$25,000 cash prize.

"Since winning the award," Julian Butler told PARADE Magazine, which announced the award competition in February, "Mr. Elliot has heard from friends all around the country. Students who did not know that they owed their education to him have been inspired to write and thank him."

The Profile in Courage Award, sponsored by the John F. Kennedy Library Foundation in memory of the late President, recognizes individuals who demonstrate the value of leadership and political courage President Kennedy admired.

New York, August 23 -- The courageous spirit of former Alabama Congressman Carl Elliot Sr. has been "re-kindled" by the recognition he has received since winning the first Profile in Courage Award, according to a former aide who nominated him.

Congressman Elliot, whose support of the National Defense Education Act of 1958, which opened new educational opportunities for minorities, cost him his seat in Congress in

Poetry Committee Honors Askari's Poem

The World of Poet's executive committee has chosen Nyewusi Askari's poem "Meeting With A Stranger" as eligible for presentation at its sixth annual poetry convention in Las Vegas, August 26-28. At the presentation Askari will be honored as a Silver poet and will receive a beautiful commemorative trophy.

Nyewusi will be honored as a Golden Poet for 1990

Formal presentations are scheduled to take place at the Las Vegas Hilton. Last year over 3,700 poets attended from around the world.

In its sixth year, World Of Poetry is the largest poetry organization in the world, boasting 1.4 million poets. Fewer than twenty percent of its worldwide constituency have submitted poems eligible for a presentation as a Silver poet at the conference.

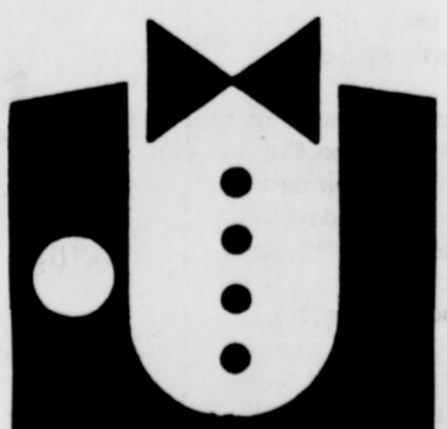
During the presentation Askari will have two minutes or so to read his poem and to offer personal remarks. (The Academy Awards usually limit recipients to one minute) after Askari has shared his poem, he will be presented with the commemorative trophy, acknowledging him as a Golden poet for 1990.

Heading the three day affair are, John Campbell, Joan Rivers, Bob Hope, William Shatner, Eddie Lou Cole and Red Buttons. Actress-singer Pearl C. Bailey has been scheduled to appear.

Fair Share Picks Priestley

The Portland Chapter of Fair Share at their monthly membership meeting last night, August 15, recommended that the voters elect a former state representative and Portland school board member, Wally Priestley, to the office of Multnomah County Commissioner.

Priestley has been active with Oregon Fair Share in their efforts to reduce property taxes and provide health care to those not insured. Other local candidates on the general election ballot will be sent questionnaires by the Portland Fair Share endorsement chairman, former state representative George Starr.



You are Looking Fine... when you pick up the The Portland Observer

Sleeping to Think: Planning Your Life

by Ulysses Tucker, Jr.

By the time a human being is 72 years of age, a normal person that is, twenty-four years of their life has been spent sleeping roughly six years is spent dreaming. At no point during the sleeping process does consciousness cease and it's been suggested by some experts that wakefulness/sleep are an interwoven whole. What do we know or understand about sleep, our other existence, that claims about a third of our lives?

People often look at me in disbelief when I suggest that I sleep to think, not to rest or relax. I use the sleeping process to plan, plot my next day, or visualize goals that I want to accomplish in my life. Sounds crazy? It is now well documented that sleep is not synonymous with oblivion or temporary shutdown of one's body. Neither is it a unitary whole dominated by flashes of thoughts and dreams. The sleeping process, in fact, is a complex mental and physical state. Some psychologists label the word "sleep" as a marginal way to interpret the many elements and delicate phases or mental/physical activities we all experience each night.

In the process of falling asleep, it's been stated that there is no concrete boundary between being awake and falling asleep, only stages. Shortly before people fall asleep, the brain cortex decreases its attentiveness to the various elements of the outside world. Moments later, relaxation follows and mental activity or intensity starts to decrease. For a short period of time, the individual can still hear the radio, the television, voices, or other noises in the general area. During this state, which is called the "hypnagogic stage (neither sleeping nor waking)", the person usually forgets what they were thinking about when disturbed abruptly. They claim that they were not sleeping, but they can not remember what they were thinking or what someone in the room said to them. As the sleep process continues, the muscles relax and the heart slows down. The brain, according to some experts, is

at its highest state of activity during the period we know as sleep.

Now, let me address the topic of sleeping to think and provide you with some insight into this phenomenon. Back in college, I met a student from India, who practiced "transcendental meditation" with the objective of bringing relief from tension and increasing awareness. He was a brilliant math student. One day, in an effort to gain some insight into his studying techniques, I asked him about his math aptitude. His response really surprised me. He stated that he studied and took tests in his sleep. For example, if he had a test in math tomorrow, Raj would study the test the night before during the sleep process. He would get up (in his mind) at the designated time, brush his teeth, eat his breakfast, dress, ride his bike to campus, lock it up, go to the library to study before class, leave the library, and head to class just like he was supposed to do the next day. He would then take the test and continue on with his regular day. So, when the test day did actually come around, he was not surprised by the content or the grade because he had already "aced" it. He was not intimidated or tensed by what was to come and he later described it as "creative visualization". Eventually, I started taking test and planning my life during the sleeping process.

Throughout the years since college, I have actively used sleeping as a means to get ahead careerwise and personally. I was once told that if you can not dream it, you can not do it. I've dreamed my way into promotions, a graduate school fellowship at the U of Portland, and into new jobs. There is nothing like a dream to keep a song in your heart and to keep you motivated. People are so caught up in the everyday drama of raising children, paying bills, dealing with covert/overt racism, emotional problems, job-related stress, and peer/professional pressures that they lose sight of their dreams or aspirations. The sleeping process, conscious sleep that

is, can be used as a period to regroup and plot a new course in life. Some people can get adequate sleep and still wake up tired or emotionally drained. Last week, I had some business to take care of in Washington, D.C. and long before I arrived there, I went over in my mind exactly how things would go when I arrived there. Needless to say, my business dealings went very well and I was most confident during my presentation. If you can't dream it, you can not achieve it. Contrary to people's perception, the average person usually remains in a sound sleep for about 90 minutes. They then begin another cycle and fluctuate between the two states, "hypnagogic stage" where they are conscious of the sounds around them and the actual sleeping process. Our society does not place a great deal of emphasis on the content of our dream life. For example, no one in my family can explain how every time my grandmother dreams about "fish", someone in the family comes up pregnant or is already pregnant.

To the Senoi tribe of the Malay peninsula, dreams are an important part of their life and culture. The Indians regularly recount and analyze their dreams in family and communal situations. When a tribe or family member is harmed by one or does harm to another person in a dream, he seeks out the individual and gives or receives restitution. When the Senoi discuss their dreams, they practice a form of dream modification in which they consistently reinforce the pleasurable aspects of dreaming. They have no war or violent crimes and enjoy good health. The Senoi have shown the benefits resulting from an active awareness and acknowledgement of the importance of dreams.

In short, it would seem that sleep consciousness and controlled dreaming is a need fulfilling process, the mind's way of viewing things from a different perspective or in an altered state. Sleep conscious can be viewed as a second opinion in the search for resolution of needs and problems. Try sleeping to think, not to rest.

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(It'll take just a few minutes to see if you can afford a HUD home!)

- 1.** If you've worked for two years for the same employer (or in the same occupation) and you have a good credit record, move ahead 1 space.
- 2.** Stop here and compute your Adjusted Income. That's your total gross monthly income, less federal withholding taxes. Write your answer here and move on.
- 3.** Multiply your Adjusted Income (from space 2) by 0.38, then subtract \$150 and write the answer here. Then move on to the next space.
- 4.** Add up all your monthly debts (car, loan, credit purchase, credit card, child support and alimony payments you owe every month) and then add \$150. Fill in the total here and go to space 5.
- 5.** You're almost home. Multiply your Adjusted Income (from space 2) by 0.53, subtract the amount on space 4, and write the result here. Now move along.



START

6. Write the smaller amount of either space 3 or space 5 here. As a general rule, that's the maximum amount you can afford for a monthly house payment (including property taxes).

YOU DID IT! If the number in space 6 is more than \$550, then chances are good that HUD has an affordable home for you. Your next move is to call your real estate agent.

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PLEASE NOTE: Individual circumstances vary as do lenders requirements for qualifying a prospective buyer for a home mortgage. The formula here is intended only to provide you with a general idea of how a lender may view your financial condition as it applies to a home purchase. For further information on loan requirements, talk to your real estate agent or local lender.