

Coping With Holiday Stress And Illness

For many people the Christmas season is far less a time of peace and goodwill and far more a time when the hassles of hectic Christmas shopping, over-crowded stores, storms and grey skies, and sometimes a heightened sense of loneliness all can greatly increase stress and the chance of illness.

Winter, for instance, is traditionally associated with colds. Yet, contrary to what our mothers may have told us, doctors now know that exposure to wind and low temperatures will not bring on a common cold. Nor will improper eating habits or poor health practices. In fact, in strict medical terms, there are no known predisposing factors to a common cold.

The latest medical research continues to support the original discoveries made by internationally acclaimed author L. Ron Hubbard. As detailed in his perennial 15 million copy best-seller *Dianetics*, "the common cold has been found to be psychosomatic."

While there is a comprehensive examination of the links between mental condition and health contained in *Dianetics* (and it is therefore an excel-

lent book to put on Christmas shopping lists for people of all ages), setting out to simply reduce holiday stress can pay off in a happier and healthier Christmas.

L. Ron Hubbard found that the simplest way to temporarily improve a person's mental tone was often a simple change of environment. "Taking factors out of the environment... or taking (him) out of an environment in which he is unhappy or ineffective can bring about some astonishingly swift recoveries," he wrote. While a hit and miss mental "pick-me-up" -- for reasons *Dianetics* readers well understand -- this can still sometimes work magic.

If you find yourself under increased pressure or suffering from bouts of the holiday blues, get out some place you don't usually go. Spend some time doing something new. Or perhaps meet some new people.

Christmas is supposed to be a happy time. Armed with a little of that positive attitude toward life to which *Dianetics* is directed, there is no reason the holidays can't be a special time you enjoy with family and friends.

A Remedy for Holiday Blues

Got the holiday blues? Here's a quick remedy from the writing of L. Ron Hubbard:

"Force yourself to smile and you'll soon stop frowning.

"Force yourself to laugh and you'll soon find something to laugh about. "Was enthusiastic and you will soon feel so.

"A being causes his own feelings. "The greatest joy there is in life is creating.

"Splurge on it!"

May this be a most joyous season for you and yours.

PCC Offers Statewide Pesticides Course For Private Applicators

"Pesticides," an 11-week, two-credit course offered by Portland Community College, begins Tuesday, Jan. 5, from 6 to 8 p.m., via the Oregon Ed-NET network to sites throughout the state.

The class is designed to develop basic knowledge and skills in the use of pesticides. It will cover state and federal laws, safety, application, equipment and alternatives to pesticide use. Upon completion, students will be prepared to take the private pesticide applicators exam.

Ed-NET is a statewide telecommunications network which extends educational programs by delivering a mix of satellite, microwave and telephone technologies. Students at various receive sites will interact with the instructor, Jim Meyer, via a live, two-way audio and video system.

For more information and fees, please contact Sue Quast in PCC Television Production Services, 244-6111, ext. 4405 or Jim Meyer in the Landscape Technology department at ext. 7255.

Kirby Distributor Awards \$750 College Scholarship

Stan Colflesh, an independent Kirby Distributor, has awarded Frank Hafford a \$750 scholarship for Franciscan University, Steubenville, OH. Frank of Gresham, OR is an independent Kirby Dealer participating in "Makin' the Grade," an annual college scholarship program jointly funded by independent distributors, divisional supervisors and the Kirby Company.

The program emphasizes time management, communication skills, and self-confidence in an actual business environment. According to Greg Koenig, director of sales administration, participants not only earn money for tuition, but also overcome the dilemma of finding a meaningful opportunity without experience. Last year, \$78,000 in scholarship money was awarded.

Scholarships are awarded based on top monthly sales within the student's division. Frank earned a scholarship with a total of 17 sales for the month of July.

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Flu Arrives Early For Second Consecutive Year!

The Oregon Health Division announced today that nine influenza isolates already have been identified this year by the Division's Public Health Laboratory. Two of the affected persons lived in Multnomah County, one in Lincoln, Marion and Benton counties, and four in Lane County.

Historically, influenza usually begins its yearly visit in Oregon in late December or early January. This year marks the second year in a row that the disease has arrived more than a month early. The nine isolates identified to date are type B. Influenza type B has been detected four other states: Louisiana, New York, Texas, and Wisconsin, since type B did not circulate in Oregon last year, its arrival now may mean a larger than usual epidemic this year.

Fortunately studies conducted at the Division and CDC indicate that this year's flu vaccine should protect those immunized against this current virus. Vaccination represents the only effective way of preventing illness due to influenza type B viruses.

Oregonians are encouraged to be immunized against influenza as soon as possible, especially if they fall into any of the following high-risk groups:

- Healthy persons 65 years of age

- and older.
 - Adults and children with long-term heart, lung or kidney disease, which during the past year caused them to see a doctor regularly or to be admitted to a hospital for care.
 - Residents of nursing homes, and other institutions housing persons of any age who have serious long-term health problems.
 - Persons with impaired resistance to infections due to metabolic disease, such as diabetes, anemia, cancer, and infections, including the AIDS virus.
 - Children and teenagers (6 months through 18 years of age) on long-term aspirin treatment.
- The Health Division also recommends influenza immunization for those who have extensive contact with high-risk individuals, including household members, home health care providers and personnel of health care facilities.
- Typical influenza illness consists of abrupt onset of fever, muscle pain, sore throat, headache, and a dry cough. Illness is also associated with a striking loss of appetite and extreme fatigue. Convalescence is often protracted. Influenza immunizations may be obtained from most private physicians, hospitals and local health departments.

January & February, 1993 Hands-On Activities At The Children's Museum

January 20 Martin Luther King, Jr. Birthday

The Museum will be open! Make rainbow hats and paper peace doves in honor of his birthday!

Shadow Play Mondays in January, 9:30am-Noon.

Lay with shadows and light with shadow puppets during this dark time of year. Make your own shadow puppet.

Clay Workshops

Every Monday & Wednesday from 2:30-4:30pm visit the Museum's Clayshops for Clay Workshop. For \$2 (plus Museum admission) the museum will fire your pieces. In January make clay creatures and dragons; in February try Valentines and snow creatures.

Material Magic

Try new art experiences. Children 18 months and older investigate new materials Wednesdays (both January and February) and Saturdays (in January only) from 9:30-10:30am OR 11am-Noon for a \$5 fee. We have all the materials, the facility, and aprons for a messier experiment with art materials than you may try in your home!

The JIMMY "BRANG BRANG" WALKER YOUTH FOUNDATION
J. Zell Walker, President

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