

INCREASE POSTPONED
The U.S. Postal Service will postpone rate increases scheduled for Jan. 5 until March 2 in compliance with a Cost of Living Council directive.



CALMER DISTRIBUTION—SAN FRANCISCO, The Hearst food giveaway program began its second day of free food distribution in a calm manner that contrasted sharply with the chaotic opening last week. Here, a recipient of the free food leaves Sacred Heart Roman Catholic Church with a bag of groceries. Called "People In Need" the free food program was demanded by the Symbionese Liberation Army as a gesture of food faith toward the release of Patricia Hearst, 20, who was kidnaped by the SLA 24 days ago.

Expert Sees Energy Problem Becoming Manageable

The energy shortage is not going to disappear when Arab nations lift their embargo on oil, but the long-range problem of energy supply is manageable, according to J. K. Jamieson, Chairman of Exxon Corporation.

"The energy problem is real and was becoming serious even before the Middle East war and the Arab action, Mr. Jamieson told the Economic Club of Detroit. "It will continue for many years to come, not with the intensity of recent weeks, but as a persisting, serious constraint on our freedom of action," Mr. Jamieson said.

"There is no doubt in my mind that we must develop new habits of energy conservation, and I suspect that in some ways life styles may be permanently changed. But, and I wish to emphasize this, the problem is manageable. The solution lies in the large-scale development of new sources of energy, both conventional and non-conventional. I am convinced that this can be done, but it will take time and it will take a huge amount of money," Mr. Jamieson said.

"Clearly, some people believe that the energy shortage is just a gigantic hoax by the oil companies aimed at higher prices and a more compliant government policy," he said. "Others are willing to accept that the shortage is real, but believe that it exists only because of ineptitude and bungling on the part of either the energy industry or the government, or both."

The Exxon chief executive referred to the confusion generated by published reports on heating oil, gasoline and crude oil stocks and explained in each case the "why" of inventory levels. He said that, because of mild weather and conservation efforts, heating oil stocks might end the season well above expectations.

"To us, that would seem the result of good luck, combined with commendable public efforts at conservation," he commented, "but someone else might say it was further evidence there was no shortage to begin with. The latter view would not be true, but we must be prepared for it."

Reiterating that the current shortage is destined to continue, Mr. Jamieson said: "This situation that now confronts us is both paradoxical and challenging. The paradox is that the world is probably entering a sustained period of energy scarcity, even though there remains an abundance of resources in the earth's crust. There's no question that it will be extracted, but it cannot be done quickly or inexpensively."

There is no hope of supplanting conventional oil and gas for many years. But at least the long-run economic feasibility of developing coal, shale and tar sands is no longer in question. What was uneconomical to do when the marginal source of oil was priced at \$2 to \$3 per barrel looks very different at oil prices ranging up to \$20 per barrel.

"The challenge which confronts us is how to make out in the interim of the next 10 to 15 years. It is clear that, in contrast to the past, we'll have to husband our supplies. Almost certainly we're going to have to change long-established habits. But it will be a manageable problem if we economize on the use of energy and if we get to work developing the alternatives which must come," Mr. Jamieson said.



TROPHY RETIRED—ATLANTA, GEORGIA, Tennessee State University's football team retired the W. A. Scott Memorial Trophy after being honored as the 100% Wrong Club's Most Outstanding Performers of the Year at the Club's Annual Sports Jamboree held recently in Atlanta. This year's presentation marks the third time that the team has received replicas of the award, which was the criterion for retiring the prestigious trophy. Coach John A. Merritt (left), who was honored as the Club's Coach of the Year, and Ed "Too Tall" Jones (second from left), team member, receive the W. A. Scott Memorial Trophy from William R. Saltmer, vice president, Coca-Cola USA, which sponsored the award. At right is W. A. Scott III, circulation manager, THE ATLANTA DAILY WORLD. The award was initiated in honor of Mr. Scott's father, the late W. A. Scott II, a football All-American and pioneer newspaperman, by Coca-Cola USA.

Stroke Victim Writes Booklet For Handicapped

CHICAGO—Handy, Helpful Hints for the Handicapped, a new booklet written by a stroke victim to help the physically handicapped manage the everyday task of living, has been published by the National Easter Seal Society for Crippled Children and Adults.

The publication deals with such basic elements of life as eating, dressing, making beds, brushing teeth and threading needles. It is based upon the personal experiences of its author, Julius D. Lombardi of Schenectady, New York, who suffered a stroke in 1965 which partially paralyzed his right side. "All my life I was right handed," Lombardi says. "I had to start from scratch to use my left hand for everything." Lombardi, a retired pharmacist, is active in organizing post stroke patients' associations in and around Schenectady. "It has taken me eight years to do all the things" described in the publication, he says.

"Try as soon as possible to do little things for yourself," he advises his readers. "The important thing is to feel easy doing things you like to do when you are able." His booklet includes detailed instructions for tying a necktie with one hand, bathing, household chores, and driving. It also offers practical suggestions for workshop and garden hobbyists.

The tips are no nonsense, down to earth techniques to manage tasks independently. Lombardi advises those with limited hand and arm function to learn to use chopsticks to pick up food without pushing it off the plate. The author ate all of his meals in this fashion for more than two and one-half months following hospitalization. For dressing, he reminds his readers that the easiest way is to put the clothing on the disabled limb first.

While the author is one of the approximately 2 million living Americans who have suffered stroke, his booklet has application to those with a wide range of physically handicapping conditions.

"I went from 100 miles an hour to dead nothing overnight," Lombardi recalls in discussing his stroke. "But I couldn't just sit in a wheelchair and wait for an undertaker." His energy and determination in organizing post stroke clubs arose out of his conversation with a deeply depressed stroke sufferer who felt helpless and alone as a consequence of his condition.

Copies of Handy, Helpful Hints for the Handicapped are available at \$1.00 each from the National Easter Seal Society with a stamped, self-addressed business envelope. The address: 2023 W. Ogden Ave., Chicago, Ill. 60612.



WELL WISHERS—MIAMI BEACH, FLA. Entertainer Sammy Davis, Jr., is surrounded by well wishes and newsmen after being released from Mount Sinai Hospital, where he began treatment for a "mild gastro-intestinal disorder." Davis said "I'm feeling fine," but was told to "take it easy a couple of days."

Stickers?

Senator Lawton Childs (D-Fla) has suggested the use of stickers on cars to reduce gasoline consumption. Motorists would have stickers attached to their cars proclaiming a day of the week the car would not be driven.

Childs says this would probably be preferable to rationing, which could lead to a black market. The sticker system would force motorists to plan their weeks so that they refrained from driving one day a week. This, theoretically at least, would reduce the number of cars on the road by a seventh.

If further reduced consumption becomes necessary, Childs would increase the number of days cars were not to be driven to two. He feels most families could plan their shopping and even transportation to and from work so that no great inconvenience would be caused.

Rather than allowing gasoline prices or taxes to skyrocket, the proposal deserves a trial—if rationing is not to be ordered. (Childs says this system is in use in Israel and has worked well.)

Cookware Tip

Cookware lined with nonstick surfaces should be washed with hot, sudsy water soon after use. This helps to preserve the benefits of the finish and prevents a buildup of grease and food.

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