

Why wait ?

Although it took three years to get it started we are glad the jogging trail is finally becoming a reality.

The population of the United States is now more sedentary than any population in history due to the substitution of machines for man power to do most of its labor.

According to the proposal for the jogging trail that was submitted to the College's Board of Education, recent physiological evidence indicates that for the average American, middle age begins at 26.

However, continued the report, persons who have exercised habitually over the years are functionally equivalent to a much younger group.

Nearly all medical men now agree that a regular program of exercise continued throughout life, is an important factor in retarding the development of cardiovascular disease.

It is laudable that the College has seen fit to provide the community with a safe, interesting and versatile place in which to carry on much needed exercise programs.

Our one concern is that it took so long to do it. Even after everyone agreed, it was nearly two years before plans became a reality and even now construction hasn't begun.

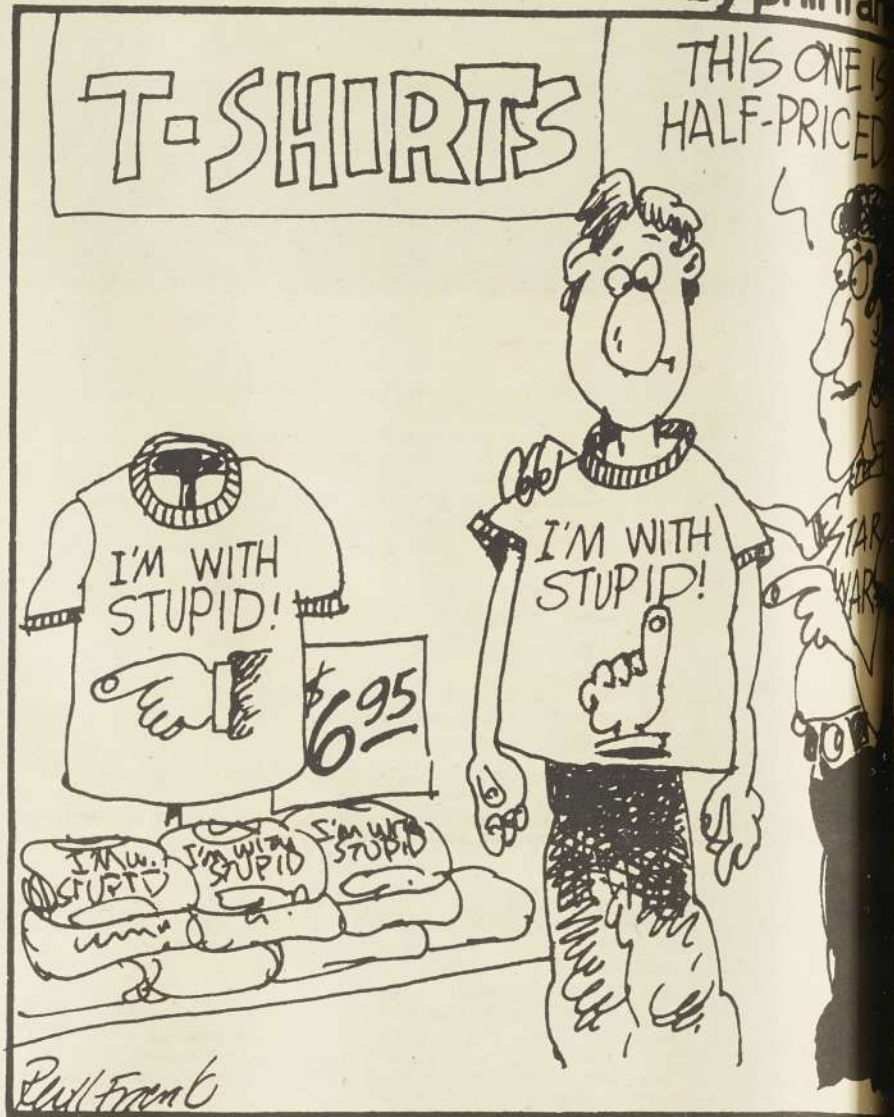
How long will it take for the trail to be completed? If it takes another three years for the exercise stations to be funded and more time for them to be built then many of those students who could have benefited will have left this institution.

If the college is going to provide leadership in promoting physical fitness then it should not be so slow to do it.

Although \$13,500 seems like a lot of money to those of us who don't make that in a year it isn't too great a price to pay for physical fitness.

FRANKLY SPEAKING

...by phil frank



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Other viewpoints

SICM to eliminate energy pigs

Editor's note: This article was an editorial in the Feb. 7 issue of the Daily Barometer, the student newspaper at Oregon State University in Corvallis.

You may know an energy pig. In fact, you may know several or several hundred energy pigs because they're everywhere, gobbling up the world's energy supplies.

Energy pigs are easy to spot. It may be your roommate who always "forgets" to turn off the lights, or maybe it's the next-door-neighbor who gets a charge out of driving up and down steep hills in his heavy-duty, souped-up four-wheel-drive pickup.

If you know this breed of human, then you might be relieved to find out there is a group of people interested in eliminating energy pigs. The group is formally entitled the Self-Initiated Conservation Movement, but members prefer to use the acronym SICM (pronounced "sick 'em").

Through a campaign of personal contact and mailings to producers, directors, writers, composers, performers and agents, SICM hopes to persuade opinion leaders in the entertainment industry that energy is a real problem. Members of the group also hope that awareness of energy conservation will be

incorporated into soap operas, movies, radio programs and popular songs.

Americans, in general, still find talk of an energy crisis hard to believe because gasoline still costs less than a buck and the appliances still work when they're plugged in.

This is why a campaign in the entertainment industry might work.

Television, radio and the cinema have tremendous ability for influencing the masses. If energy conservatism is portrayed as being fashionable, then we might see some real self-initiated American conservatism. R.S.

Clackamas Community College

the print

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