

briefs

Yoga taught

Stress Reduction through the Practice of Yoga will be presented by Holiday Tilton, today from 7 to 10 p.m. Tilton will have some men who use yoga as a way of life to help her instruct this seminar.

Tilton has studied yoga for four years with a variety of teachers. Her yoga path was greatly influenced by the teachings of Gisele Fitch, BKS Iyengar, and Joel Kramer. She has now been teaching yoga for the last two years throughout the community, and currently teaches yoga at the College for transfer credit. For the last two years, Tilton has been working at the College as the Community Education Registrar.

All those who are planning to attend the seminar in Randall Hall, room 11, are encouraged to bring a blanket, wear flexible clothing and have an empty stomach.

Senior survey

Information being collected in a survey of Clackamas County Senior Citizens will be used to help others, says Gretchen Williamson of the College and a member of the group conducting the survey.

Surveyors will be calling and visiting senior citizens in West Linn, Oregon City, Gladstone,

Molalla and Colton during November to collect opinions and information about services and programs available to senior citizens.

A listing of discounts available for senior citizens will be part of a packet to be provided to each senior participating in the survey, Williamson said.

"We are looking for senior citizens in the know and those who are willing to give information that will help others," she said.

The survey is a combined effort of the college and other agencies who offer programs for senior citizens.

Approximately 50 to 60 persons have volunteered to assist in conducting the survey.

Persons wanting information about the survey can call the Community Education office at the College, the Oregon City Senior Center or any community school office.

Star talk

Dr. Julie Lutz, director of the planetarium at Washington State University, will speak at Clackamas Community College Thursday, Nov. 30, at 7:30 p.m. in the College's Randall Hall, room 102.

Her talk, "Wonders of the Milky Way," will be free to the public.

Help wanted

Persons interested in assisting handicapped students get acquainted with the College, may contact the Handicapped Resource Center in Trailer D or call 656-2631, ext. 317 for more information.

Short course

A mini-cooking system and computerized blenders will be discussed during a short course on "Appliances on Your Christmas List," to be offered by the College Tuesdays, beginning Nov. 28, at 7 p.m.

Food processors, microwave, minifood dryers and sprouters will also be discussed in the three-week session.

Information about the class is available from the college by calling 656-2631, extension 336.

Crafts fair

The Third Annual Christmas Crafts Fair will be held Wednesday, Dec. 6 at the College in the Community Center mall from 10 a.m. to 2 p.m.

Students and community members are encouraged to reserve tables early. It is especially important to reserve wall space as soon as possible since it is extremely limited. A \$5 registration fee will be charged for tables. The money

will be refunded to those who show up to claim their tables or who cancel their reservations by 3 p.m. Tuesday, Dec. 5.

Deadline for table reservations is Friday, Dec. 1. For more information contact the student activities office at 656-2631, ext. 247.

Turkey pause

In honor of the great bird, the turkey, the Print will not publish a newspaper on Nov. 22.

We will resume our publishing schedule on Nov. 29. Deadline for stories and letters to the editor is Nov. 27 for publication in that paper.

Help FAST

Sue Marshall, Nutrition outreach worker for Community Action Agency, will be at the College Thursday to talk to students about the nationwide FAST being held that day to help alleviate hunger.

Marshall will be in the Community Center from 11 a.m. to 2 p.m. passing out information and showing a film on nationwide hunger.

The FAST is being conducted locally by the Food Bank, in coordination with OXFAM America, the national sponsors.

Money saved by not eating will be donated by FAST par-

ticipants to help the hungry, said June Tanoue, Director of the Food Bank.

"We will purchase products in bulk such as butter, dry milk and beans for the needy in the community," noted Tanoue. "In the Portland metro area, it's estimated that 500 people go hungry some every month," Tanoue said.

The Food Bank is sponsored by the Tri-County Community Council, a United Way member. The Food Bank distributes surplus and cull foodstuffs of charge to a network of social service agencies that turn pass it on to the needy area.

More information may be obtained by calling the Food Bank at (503) 223-1030, or writing to 718 W. Burnside, Portland, Oregon 97209.

Sale starts

The college rummage sale set for Saturday and Sunday from 9 a.m. to 6 p.m. in the Community Center is a cooperative fund-raising effort of The Associated Students, Government and the College Foundation.

The sale is being billed "Ausverkaut," German for "sale," and is expected to generate from \$5,000 to \$15,000.

Among the items on sale will be a duck, rabbit and bird from the Environmental Learning Center and a big heifer. Tapestries, antique glass, silverware, clothing, skis, tennis rackets and a donation from JAFCO are among the array of products to be sold.

Persons may contribute saleable items at the Student Government Office in the Community Center.

More information about the sale may be obtained from Dave Riggs, ASG president, at 656-2631, ext. 247.

Doctor survey

The College Health Center is presently distributing a survey designed to determine how many days would be ideal for using free services of a physician on campus, according to Bonnie Hartley, student health nurse.

Persons interested in the survey may pick one up at the Student Activities Office in the Community Center. Details for completed surveys will be available Friday.

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classifieds

for sale

Super School Surplus Sale-- Desks, chairs, kitchen supplies, sewing equipment and lots more will be for sale Saturday during the Page 8

Tucker Maxon Oral School annual sale, 10 a.m. to 2 p.m., 2860 S.E. Holgate, Portland. Don't miss it.

personal

Remember Halloween in the parking lot? You know who you are, and you know who I am.

Do you want to see the current marijuana laws changed? Volunteers needed for OREGON NORML. For information call 254-7675.

Lis-- So, you thought I had gone... but I came back!

Clackamas Community College

