



## McMurdo's plans making many aware

By James Rhoades  
Of The Print

"I see the College as a college which is beginning to weave itself into the fabric of the community, and it is the texture of that fabric I am concerned with," said Kevin McMurdo, new College public information officer.

McMurdo has been on the job for three weeks now, and has some plans for the Public Information Office.

"There will be an increase in emphasis on understanding the media's needs and responding to them," said McMurdo. "I'm trying to personalize the news. That means a greater number of feature stories, which present the information that the College is a place where people can learn for a lifetime."

A personalized news service

is not the only thing McMurdo has planned for the PIO.

"We are responsible for the community at large. We are trying to make them aware of what the College does. That's fine and good. In addition, the College is nationally recognized for its community services," said McMurdo. "If the community has a problem, we should be able to help. We are looking to inform the public about this."

"News service is the only one small facet of what I do. I am also concerned with perception, so people come out with the same impression of the College."

McMurdo feels that, with the College having a stable faculty and administration, and a healthy enrollment, "what is required is preventive medicine to keep the College healthy."

DOCK-A-BYE BABY—Student really gets into studying for finals week by "sleeping on it." Photo by Duffy Coffman.

## Doctor speaks on health

Sandy Carter

Of The Print

Medical science doesn't have the answers yet, but people can change their own health for the better, according to Cameron Bangs, M.D., an Oregon City internist.

Bangs, speaking informally about 20 people at a Nov. 14 Men's Resource Program seminar, applied generous portions of wit to the topic, "Take Charge of Your Own Health."

His own interest in health precedes his medical training. At 16, Bangs developed rheumatoid arthritis, which, he said, taught him his vulnerability to ill health. "A good majority of people don't accept the fact that it can happen to them," he said.

Eyes twinkling, Bangs said that his second strongest interest is the "pursuit of pleasure," inherited from his grandfather, which makes him determined to be sure that something is harmful "before I eat it up!"

Stressing that attitude, he went over a list of subjects which included goals and attitudes in exercise and nutrition and the changing role of health-care providers.

On exercise, Bangs said, "How much do you need? I haven't the slightest idea. Historically, men and animals have always been lazy." Stray dogs and male lions sleep over 16 hours a day, he said, indicating that man has no innate compulsion to exercise.

Ideal exercise, he said, is vigorous and involves the

whole body, at least three times a week, in a pleasant activity that increases aerobic fitness. He said rowing is best and golf is "equivalent to checkers."

Running may be ideal, he said, "so it's comfortable and feels good and you can just barely carry on a conversation." Tongue in cheek, he added that anyone who runs more than six miles a day—as he used to—us "neurotic."

A standard physical exam prior to starting an exercise program is of no value, he said, startling his audience, but a stress test, such as he gives the Portland Trailblazers each year, is.

"The way you live influences the way you feel," Bangs said, questioning whether people feel good after they exercise, or whether people who feel good are the ones who exercise.

"Physical health and mental enthusiasm go hand in hand."

In terms of health interest, Bangs said people fall into three categories:

—"The ones thirsting for knowledge—you can't keep them from it—who'll do anything they can."

—"The ones who don't give a damn—you can talk to them until you're blue in the face—who are unaware or don't care that they can influence their health."

—"The vast majority, who are 'inspirable'—depending upon how convenient it is—and want good health but don't want to put out too much effort."

Claiming, "I'm willing to talk

about anything; my limited knowledge of a subject has never stood in my way," Bangs moved on to the subject of nutrition, a topic on which he said science knows even less than it does about exercise.

Describing Americans as "rats in the pantry," he attributed the national obesity epidemic to simply "too many calories," cautioning that "humans have no good mechanism to tell us when to stop eating." He supported a moderate and alert dietary lifestyle which could flirt with junk foods and refined sugars, but enjoy variety and avoid excesses.

"Eighty percent of the people I see in my office," he said, "would get well without me, but they don't know it. If they think they need me, they need me."

Asked about the increased use of physician's assistants and nurse practitioners, Bangs acknowledged the trend as "giving up some of our territory," and saw it making up for the traditional tendency of doctors to treat "entities." The new health-care professionals, he said, can put more stress on communication and interaction with the patient.

"I have no dogmatic statements to make," Bangs said in closing. "I believe you can influence your health and longevity, through weight control, exercise, not smoking, and regular blood pressure checks, and increase the quality as well as the quantity of your life."

## New director introduced

Carol Layden was introduced as the new director of the Focus on Women program by former director, Bernie Nolan, at the Nov. 12 steering committee meeting at the College.

Layden was formerly secretary to Marvin Weiss, dean of community education and community services, who left the College in September. Layden said she is planning next year's Focus on Women program, and asked for suggestions.

Vince Fitzgerald, director of the Men's Resource Center, said his program "is attracting men at a new level of awareness," and feels that both

Focus on Women and the Men's Resource Center "should now operate under one umbrella."

The possibilities and problems of combining the two programs were discussed. Ken Ciazza from Clackamas County Mental Health, and a volunteer at the College, proposed that a joint effort would be most effective, countering Carol Peterson's objection that "some women fold in leadership capacities when men are present."

Nolan adjourned the meeting, asking that more discussion on the proposed merger of the programs take place at the next meeting.

## What's inside

Look to The Print for interesting and newsworthy items on and around campus. This issue, read about the events in Iran and compare your feelings with those of the reporters. Get a glimpse into the personal life of our illustrious ASG president Don Porter. Catch up on all the sports news. Read about the new artist and the sculpture students large scale sand sculpture. Read a stunning record review and get the information about the "Real Inspector Hound." All of these and more are located in these pages of The Print and best yet . . . it's free.

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