

Seminar discusses weight control

By Sherry Succo
Of The Print

"There's a starving or stuffed little kid in all of us," said smiling instructor, Kathleen Lawrence, adding a touch of humor to Thursday evening's Focus on Women Seminar, "Psychology of Weight Control."

The seminar, designed by former weight control speaker, Catherine Sills, in coordination with Lawrence, concentrated on such compelling weight issues as self-harrassment about being overweight, negative self-talk, problem feelings about overeating and the "failing diet."

"Before an overweight per-

son begins working on losing weight, he needs to better his feelings about himself," said Lawrence. She stressed the importance of self-acceptance and striving to overcome guilt feelings, which only bring negative inner-emotions to the surface.

During the seminar, small groups assembled and briefly discussed instances where negative self-talk occurs and examined methods of developing positive thinking, which were beneficial in reinforcing compassionate feelings.

"Losing weight is not really a problem. It's maintaining that weight loss that's difficult," said

Lawrence, who believes that stabilizing weight requires a behavioral adjustment, a change in eating habits and a considerable amount of motivation."

On the subject of "dieting," a word of many definitions to many different people, Lawrence offered two contrasting opinions of well-known authorities on weight reduction and control, and the hazards of being overweight.

"The role of fatness in physical illness has been ruthlessly exaggerated," says Theodore Rubin, phychiatrist and author. On the other end of the spectrum, a man who

shares Rubin's last name, but nothing more, David Rubin, believes, "For every pound of excess weight, the risk of dying prematurely rises about one percent." David Rubin supports his statement, in his fact-filled book, by listing common physical illnesses that arise due to being overweight. The risk of heart attack, diabetes, cirrhosis of the liver, and many others increases with added pounds, he maintains.

In an interview after the seminar, Lawrence suggested three important rules to consider when following a weight reduction plan: (1) psychological acceptance of

oneself, and a positive attitude; (2) good nutrition and meal planning; (3) a moderate exercise program. These will help achieve "total self-improvement," she said.

Energy topic of forum

"Energy: Where Do We Go From Here?", the first in a series of three forums on "Energy and the Way We Live," will be held at the College on Feb. 19 in the McLoughlin Hall Theater at 7:30 p.m.

The forums will feature guest speakers, expert panelists and audience participants who are involved with the energy questions and problems currently entangling the United

States.

The first forum, "Energy: Where Do We Go From Here?," will discuss the subject of energy technology, exploring what is feasible today and in the future.

Among the panelists will be Joel Schatz, energy advisor for former Governor Tom McCall and currently an energy systems consultant, and Robert Keesee, Georgia-Pacific Corp.,

economist specializing in energy.

The forums are designed to encourage audience participation and to create in-depth discussion of current energy topics. The public is invited and there is no admission charge.

For more information contact the College Community Services Office, 656-2631, ext. 208.

Men's program faces transition

Vince Fitzgerald, College counselor whose "Men in Transition" series gave the Men's Resource Program a place to begin, says the program is in a "very definite transition period." He hopes that a Steering Committee meeting at his home tonight will "formulate a clear-sighted future" for the program, built on the principles of "consciousness raising" so dear to his heart.

The steering committee, which totals 33 organizers and presenters but has a working core of less than 10 people, meets three times a year, normally during the first week of each term. Its purpose is to determine the program's profile and supply its directional impetus, based on committee members' gauging of the "male needs of the community."

Although Fitzgerald's personal orientation is "to work towards androgyny" union of the characteristics of both sexes—varying viewpoints are represented on the committee. He said they generate a strong interest in discovering and identifying an open and sharable male consciousness.

Technically, both the Focus on Women and Men's Resource programs fall under the supervision and coordination of Carol Layden of Community Services. Recent discussion within both programs has touched on the possibility of combining the two into a "People's" or "Adults in Transition" type of umbrella program. Tonight's steering committee meeting will deal with this issue, beginning at 7:30 p.m.

Motorcycle class scheduled

The Four Seasons Motorcycle Riding School will hold a motorcycle riding safety class at the College on Feb. 2-3 and 9-10.

The class is held from 9 a.m. to 4 p.m. each day with both classroom and on-the-motorcycle instruction

provided.

The class is open to anyone 15 years and older. Motorcycles, helmets, eye protection and other necessities will be provided to those persons not owning them.

The class fee is \$55 and includes insurance coverage and

classroom materials.

For registration information contact Sandra Galloway, president of the Four Seasons school, at 658-3485 or the College Community Education Office, 656-2631, ext. 230.

Decision shop

Can that tree or shrub be saved from the destruction of the recent storm? Find out at a workshop on "Repairing Storm-Damaged Trees and Shrubs" on Saturday at the College.

The workshop will be held from 10 a.m. to 1 p.m. in Barlow Hall, Board Room, by horticulture instructor Dick Hollenbeck.

The workshop will focus on whether pruning, removing or some other method is needed to salvage the trees and shrubs injured by the recent storm.

There is no admission charge.

BEAVERCREEK TAVERN & CAFE

Daily Luncheon Specials

<p>LARGE SCREEN T.V.</p> <p>DOWNTOWN BEAVERCREEK</p>	<p>Room for Studying</p> <p>Happy Hour 4-6 Every Day</p>
---	--

JOHN'S

Complete Exhaust Service

- * Lifetime guarantee on mufflers
- * Duals & headers
- * Trucks & motor homes
- * All custom work
- * Complete foreign car service
- * Call for estimate



812 Molalla Ave. Oregon City 656-3633

classifieds

for rent

apartments, \$350; 1-bedroom plus storage, \$250. Call 636-6526 or 656-2359.

Deluxe new duplex, 6th st., 2 bedroom plus garage, plus ap-

For sale

Murray boy's 10-speed bicycle, \$60. 12" and 14" steel tire chains, \$12 each. Call 657-0763 after 6 p.m. weekdays.

1978 Dodge pick-up, black w/gold pin striping, PB, PS, air, tilt wheel, coke bottle mags, bucket seats. Must sell. Call 659-3186.

personal

Dr. Jimmy, mission well accomplished. Your raise is being processed. Keep up the good work now. Sincerely "Boss"

Clackamas Community College

