

# Porter makes move for school board position

By Susy Ryan  
Of The Print

ASG President Don Porter is one of three candidates running for the Zone 7 seat on the College Board of Directors. The only student running, he is up against incumbent Larry Wright, vice-principal of Canby Union High School, and Al Harmon, also of Canby.

"After getting into the school government here at CCC I have found that there is a lot of red tape and because of it it's really hard to get anything done in the one year you have as president. In the four year term position of a school board member, there's enough time to start and finish things. I'd really like to see the results of my accomplishments," Porter stated in a recent interview.

A business major, Porter has one more year at Clackamas



before transferring to Portland State University. He plans to remain in the district.

Besides student government, Porter is very involved in other activities both here and in the community. He donates

four nights a month to the Clackamas County Volunteer Crisis Line at Marylhurst. He is a County Sheriff Explorer and a state political intern. In Molalla he belongs to the Kiwanis Club and here on

campus he is active in both the Jaycees and Phi Beta Lambda. He is also an ad hoc member of the College board, and squeezes in 20 hours a week as part of the campus security.

As ASG president, his major goals have been "seeking improvement on our current food services and beginning an alcohol fuel program," of which he is chairman.

Porter wishes to clear up any misunderstandings anyone may have concerning his so-called "campaign promises." "What I said last spring, was that I'd do everything in my power to start an alcohol fuel program on campus, but by being president, I am not in the position to make promises for the simple fact that I am only in office one year and a lot of

proposals that are made are researched for over a year before any action can be taken."

In reference to a Mike Koller article in the Feb. 20 issue of The Print, Porter says, "I am very sorry that the gentleman who wrote 'The President Falls Short on Early Promises' did not take more time in researching his material before printing."

His main priorities if he is elected will be more communication between the community and the College and more emphasis on the College services available to the county.

Porter has also made numerous speaking engagements at organizations throughout the county.

## Depression and how to cope topic of seminar

By Sherry Succo  
Of The Print

What is depression? How can it be solved? Where does it lead? The answers to these compelling questions, accompanied by tips on how to recognize, understand, accept and survive depression, were offered by clinical social worker, Jerry Juve, at the seventh winter-term Focus on Women seminar Thursday evening.

Juve, who is employed as a therapist at Clackamas County Mental Health Clinic, defined depression not only as an emotional disorder characterized by either sadness, inactivity, difficulty in thinking and concentration or dejection, but also as a "composite of these behaviors, attitudes and feelings."

"I perceive depression as a process for getting into control, opposed to being out of control," said the straight-forward therapist, "however, I believe that the most common, serious forms of what I term unnecessary depression, can be avoided."

Juve shared with an alert audience the four methods he utilizes in treating depressed individuals, and which he believes, will help to minimize the "unnecessary" process. They are: 1) accept the depressive state; 2) neutralize it; 3) maintain self-awareness; 4) know how to identify your own needs as well as others.

Where can depression lead? According to Juve, it can definitely lead to suicide, which he defined as "the end of a continuum of depression," yet

which he constantly stressed, "does not have to stem from depression."

Suicide ranks as the tenth leading cause of death in the United States, and the third among college students alone, with 2,000 people attempting suicide each year. These alarming statistics were only a few of the many revealed by Juve in a lengthy discussion of the aspects, myths and pre-symptoms of suicide.

"Don't try to come up with solutions for a person who is planning to commit suicide,"

said Juve, relaying the importance of communication, "just listen to them and be a friend."

Juve isolated several danger signs which can be recognized in potential suicides, such as, various areas of stress, resour-

ces (i.e. isolation), medical status, low communication level, suicide plan, and the reaction of "significant others."

"There are no cure-alls for

depression," concluded Juve, "the problems have to be solved individually, with the careful application of patience, communication and logical reasoning."

## Orators place high in speech tourney

By Matt Johnson  
Of The Print

One CCC student placed in the finals and another in semi-finals at the 1980 Western States Forensics Association speech tournament at the Portland Hilton Thursday through Saturday.

The College squad, coached by Frank Harlow, faced students from 42 colleges for the three-day tourney. Participants traveled from two- and four-year colleges from California, Colorado, Idaho, Montana, Oregon, Washington and Wyoming for the event.

College orator Darren McFarlane placed in the finals in oratory with a speech on the world food shortage, and Bernice Lee placed in semi-finals in oratory with a unicorn speech. Other CCC com-

petitors included Reed Campbell, Matt Johnson, Steve Scovill, Tammy Rains, Phil Boitnott and Mike Cookingham.

Student speech squads traveled by car, bus and plane for the event, which drew over 300 competitors. The Hilton was a beehive of activity, with the hotel ballrooms, executive suites and guest rooms in use on several floors for the meet.

Junior sweepstakes winner, first in overall points, was the University of Oregon with Oregon College of Education, second; Western Washington, third; Northern Idaho, fourth. In senior sweepstakes category, Humboldt State University came in first; UCLA, second; University of Wyoming, third; Lewis and Clark College, fourth.

## HRC recruits volunteers

By Leanne Lally  
Of The Print

The Handicapped Resource Center is looking for students with energy, time and a need for a little extra cash to work in various situations with elderly and handicapped persons.

"We've gotten calls from many agencies and private

homes for both volunteer and salaried jobs," said Deborah Williams, HRC resource specialist.

"Most of these jobs are perfect for students," said Williams. "The hours are very flexible, so most of the time the students will find time on the job to study."

Many of the jobs are on a one-to-one basis. One nursing home needs volunteers to come sit with patients for an hour or so and read to them, or provide some type of entertainment. In one case, someone is needed to "bring the outside world in," by speaking on a particular subject that he or she has a good knowledge of.

Many people are needed to provide "respite" care for families with handicapped or elderly members. Training is available in the spring and is a good opportunity for someone who is involved with the nursing program here at the College to get on-the-job training. "It's a different learning experience when they're at home in their own environment than when they are in an institution," said Williams.

Williams says if anyone is interested in working to call her at ext. 317. In most of the situations, no previous experience is necessary.

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