



Photo by Steve Lee

**John Succo shows perfect body control in demonstrating the proper technique for rappelling. Notice the simplicity of the equipment needed to begin rappelling.**

## Drawn to rappel

By Steve Lee  
Of The Print

Have you ever seen people running around in the summer wearing t-shirts that say, "Go Climb A Rock"? This week I tried it and had the time of my life. We went up to Rocky Butte in north Portland, overlooking the airport, and with a minimum of equipment spent the afternoon practicing free-climbing, rappelling, and belay techniques.

All over the country the popularity of rock climbing has grown. There are numerous books on the subject, schools that teach mountaineering and rock climbing (if you saw Clint Eastwood in the movie "Eiger Sanction," you'll remember the climbing school that George Kennedy owned), and shops and stores devoted entirely to the sport.

One book that is good for the beginner is, "Basic Rockcraft" by Royal Robbins. It is simple, to the point, authoritative, packed full of information, and only costs \$2.50 at R.E.I. (the mountain climbing store at Jantzen-Beach). Robbins is one of the best rock climbers in the country, and in his book he discusses the basic techniques of climbing, the use and buying of equipment, and safety.

A friend of mine who has been climbing for the past few years has given me some instruction in rappelling, belaying, and free climbing, and I'm hooked for three reasons: 1) the absolute fun, 2) the relatively small cost, 3) and the comparative ease with which the basics can be learned.

Rappelling is a means of sliding down a rope, safely and in control. Johnny Gage and Roy Desoto always did it on "Emergency." You can go as fast or as slow as you care, or dare.

Belaying is a safety measure used to keep a climber from falling and getting hurt. One method is to tie a rope to the climber, using simple climbing

knots, of course, run it through a couple of carabiners at the top of a cliff and back down to the safety man on the ground. The safety man need only apply a little friction to the rope and the climber is suspended in mid-air until he hollers, "SLACK," or the safety man gets tired and goes home. The whole principle of belay and rappell is friction. The more friction, the slower the descent. Not being an expert on the sport, no attempt will be made here to explain the exact knots to use, or the type of equipment, or any other technicalities. Seek qualified instruction. There is plenty of it around.

Free-climbing is the ascending of a rock face unaided by equipment. With as simple a piece of equipment as a pair of tennis shoes you can begin freeclimbing. Even hiking boots will work. There are special climbing shoes available, but the cost is inhibiting and unnecessary for the beginner.

With as little cash outlay as \$75 you can do all three of the above. It is a very short list of only the most basic items: 100 feet of rope, two or three carabiners (locking snap rings), one figure-of-eight descending ring, and either a sit-harness or some nylon webbing to make one out of. You might also want to include both Walt Wheelock's "Ropes, Knots & Slings for Climbers," and "A Climbing Guide to Oregon" by Nicholas A. Dodge.

Whether you choose to climb inexpensively or go for broke, rock climbing can be fun. It's cheaper than water or snow skiing, scuba-diving, sky-diving, and can be more strenuous and exhausting than any of them. It can be done any time of year, anywhere in the world, for the most part. If you're scared of heights, though, try something else.

**'The students can argue with me if they have the knowledge to do it logically'--Donald Epstein**

By Amy DeVour  
Of The Print

When he was a child, Dr. Donald Epstein had visions of being a fireman or a doctor. But when he entered New York University, his childhood dreams of rubber boots, fire police, stethoscopes and tongue depressors disappeared. His new love became history.

Dr. Epstein began his teaching career 11 years ago here at C.C.C. After about two years he decided he would return to the books and get his Ph.D. at U of O. Katherine, his wife of 15 years, substituted during his absence. She, too, is a history instructor.

Any student who has ever had Dr. Epstein is aware of his overt and steadfast opinions on religion and women.

Regarding his beliefs on religion, he stated, "The

students can argue with me if they have the knowledge to do it logically." Dr. Epstein was reared in a Jewish home and his feelings often surface in his classes.

But, Dr. Epstein believes his grading is fair and subjective, according to the output of the student. "You have to earn the grade," he explains. Dr. Epstein thinks of his teaching as "effective" and repeats emphatically, "My standards are high. I expect good grammar and detail. You just can't make it if you don't do the reading." A majority of the knowledge is absorbed through lectures and, of course, reading.

Dr. Epstein has written and published several articles in history. He plans to begin research for an article on the Jewish community in Portland during spring break. He keeps

well informed about his teaching area by participating in the American Historical Convention annually and by attending various workshops throughout the year.

The Lake Oswego resident would rather teach in a community college setting than a university because he feels there is too much pressure in the latter. "Many university instructors are required to write articles as well as teach."

He crosses his legs and sits quietly, each of his elbows nestled between a rack of books. Dr. Epstein is mildly concerned with his office space, or rather the lack of it. The office is split jaggedly in half by a file cabinet and two desks. This he shares with another instructor, John Rau. "It's a very enjoyable way to earn a living."



Staff photo by Duffy Coffman  
**Dr. Donald Epstein expresses a thought.**

Clackamas Community College

