

Crosby tops list New chiefs elected

— Crosby Pres. —

Sam Crosby was elected last week to be the president of the 1981-82 Associated Student Government. In a three-day election, the student body picked Crosby to lead the student government, along with Susy Ryan, vice president, Ginger Olney, secretary, and Chris Clement, business manager.

Crosby, a business major, is the current senate liaison to the executive council. This has been his first year as a student in 25 years. Crosby ran a strong race to beat the other two candidates, Joe Schweizer and Walter McAllister, by carrying more than half the votes.

Asked if he had any major plans for his new position, Crosby said, "no more than what I said in my campaign. I've got some ideas in my mind, and after I've discussed them with the ASG, I'll be more open about them."

Crosby does not officially become president until the May 7 ASG meeting. At that time, he will be officially inducted into the executive council.

During his campaign for the presidency, Crosby spoke of "more activities for all ages and groups and a tighter monetary control over these activities." He also suggested more judicial distribution of funds.

"My biggest plan is to pick a good staff, which'll be chosen by this Thursday, I hope."

The appointed positions on the executive council include media director, art director, administrative assistant, activities director and assistant to the president.

Tom Simmons, one of the two current media directors, pointed out that anyone interested in working on the executive council should contact Crosby by this Thursday at the latest.

This weekend, Crosby, Vice President-elect Ryan, the suggested appointees and the ASG advisers will hold a workshop to formulate plans and provisions for the coming year.

"I'm very pleased with the election of Susy Ryan," said Crosby of his second-in-

command. "I know she's got a lot of energy, she is trustworthy, and she's very much for women's rights. We both want to see more women get involved in student government."

Running against Crosby were Joe Schweizer and Walt McAllister. "I wish the best of luck to Sam," said Schweizer.

McAllister is the suggested appointee to the job of assistant to the president. "Being part of Sam's administration, I'm quite pleased with the way the elections turned out," McAllister said.

"I'd like to thank all the people who supported me," said Crosby, "I'll try to do my best."

Crosby admitted to being disappointed by "the poor number of people voting." A total of 374 voters turned out to the polls last week. It was a record high.

Said Crosby, "If there are any problems, I've got an open door policy."

— Ryan V.P. —

Enthusiasm was the platform and the punch in Susy Ryan's successful campaign for ASG vice president.

"I have a lot of energy and enthusiasm and I'm willing to apply it," Ryan said. She plans to devote more time to the ASG office than past vice presidents. Her goals are to be available to talk with students and to assist in ASG matters.

Ryan had twice the number of votes as her closest competitor. Ryan had 218 votes, Kevin Kelton, 95, and Mike Clanton, 54. Hard work and innovative tactics were responsible for the victory, according to Ryan.

Ryan campaigned vigorously until the last minute. "Five minutes before the election was over, I went through the cafeteria and encouraged people to vote for me," Ryan said. "When I was worried that I was going to lose, I would run home and make 10 or 11 campaign posters."

Publicity, not profit, was the objective of Ryan's bake sales. Ryan is the first candidate at the College to have fundraising events. "The bake sale gave me a chance to talk with people," Ryan said.



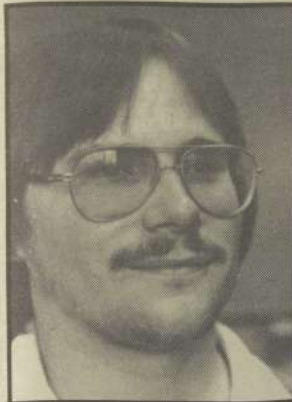
Sam Crosby



Susy Ryan



Susy Ryan



Chris Clement

Speaker suggests less stress

Dr. Kerry L. Johnson, a former professional tennis player, and at present a freelance "management and sales effectiveness consultant," gave two presentations on campus last Wednesday. The presentations, entitled "Hidden Communications in Sales" and "Stress Reduction," were well attended by CCC students.

In the "Stress Reduction" session, Johnson noted that stress *per se* is not necessarily a bad thing, and pointed out that everybody needs some, in the course of accomplishing any goal. (There are extreme examples of the beneficial effects of stress. Johnson mentioned the oft-heard tale of the lady who lifted up an automobile by herself to rescue her child pinned beneath it.)

But put on a scale of one to 10, stress in the four-to-six range is the most productive to be operating in, Johnson said.

From one to four, one will not be accomplishing as much as one wants to, and may fall prey to depression, according to Johnson. But conversely, from seven to 10 on Johnson's scale, one may suffer from physical as well as psychological problems, among them high blood pressure, ulcers and insomnia. "If it takes you more than half an hour to get to sleep, or you wake up more than half an hour before your alarm clock goes off, you're an insomniac," Johnson said.

Johnson handed out lists titled "Life Change Events and Corresponding Life Change Unit Values," for calculating an individual's stress factor for certain incidents. These included such situations as being fired (value 47), death of a spouse (value 100, the highest on the Wednesday, April 29, 1981

list), and "wife ending or starting work" (value 26). (There was no mention of husband starting or ending work.)

When the audience had completed its calculations, Johnson stated, "if you have a score of 299 to 500, you have an 80 percent chance of having an unusual or frequent illness." If one has a rating of more than 500, he or she has a chance of suffering from an "unusual and/or catastrophic illness," Johnson said.

Johnson proposed ways to reduce the effects of such stress factors, both physically and psychologically. He suggested that the world is divided into two types of people, Type A and Type B. Type A people, said Johnson, are "inter-

rupters, the kind of people who finish your sentences for you. They tend to be very argumentative." Type B people, on the other hand, tend to be "easy going," said Johnson. They relax more, and know how to

"make use of a quiet time," he said.

Johnson suggested a program to make A-Type people into B-Type people. First, he said, prepare for each day as it comes. Also, exercise regularly, 20 minutes a day, he advised.

Reaction to Johnson's presentation, sponsored by ASG, was mixed. Frank Harlow, speech instructor, brought his Small Communications class and Public Forum seminar to the sessions. "A little variety never hurt anybody," said Harlow. "I thought he was well worth the money."

Jerry Leadham, business instructor, was somewhat ambivalent. "I thought that what he had to share was useful," said Leadham, "but I thought he was a little on the superficial side. I wasn't disappointed for my classes' sake," continued Leadham, "but I don't think I would have him back again."

Motorcycle class accents safety

Due to the rapid increase in motorcycle use and no rise in cycle education courses, the College is now co-sponsoring (with Portland Honda and Barbur Suzuki) a motorcycle safety school, to be held on campus in May.

Classes will be offered on two weekends for beginners (those just starting to ride) and advanced riders (with 6,000 miles or more).

One of the instructors is Sandra Galloway, who also teaches cycle safety at the Four Seasons Motorcycle Riding School in Boring. She, as well as all other teachers certified by the Motorcycle Safety Founda-

tion, must pass a 50-hour program at OSU on how to teach someone how to ride a cycle correctly. This includes braking correctly, balancing the machine while driving into a corner, quick lane changing, highway placements and counter-steering. All of these are taught in the beginning course, which starts May 1 and travels through the 6th.

For the \$98 fee, the student will get the use of a cycle, new helmets, eye protection, and the textbook the class will use during the nine hours of classroom time. "We could only get 10 bikes for the 10 to 12 hours of bike training, so we

can only have 10 students," Galloway said. "But we try our best to have a variety of machines."

The second course for more experienced students begins on May 16 and ends May 17. The second course, for those with 6,000 miles or more experience, will investigate more safety exercises. Unlike the beginners' course, this one requires students to furnish their own cycles.

The class starts at 9 a.m. and ends at 4 p.m. on both days.

For additional information, call Sandra Galloway at 658-3485, or call campus extension 447.

Ryan and newly elected ASG President Sam Crosby know each other well and are neighbors. "I have confidence in Sam. We will make a good combination," Ryan said. "We will have the opportunity to talk things over often."

"It's important to remember that college is not just for people straight out of high school," Ryan said. "My whole family has attended Clackamas, so I have gotten a wide spectrum of opinions on the College from different age groups."

Voter turnout was the largest it has been in several years. Still, less than 10 percent of the student body voted. Ryan believes that apathy is common in all college populations. College students do not realize the power of student government, according to Ryan.

"Before I became involved in student government, I used to think that it was just a bunch of clowns," Ryan said. According to Ryan, ASG influence has changed administration policy. Ryan said that ASG pressure was responsible for the installation of a covered bus stop.

Ryan is now directly involved with a committee that is trying to get Tri-Met buses to make stops at Clairmont Hall and the Art center at night. "Anyone, especially a female, knows what a bummer it is to get off the bus and have to walk a half a mile in the rain and the dark. It's a pain in the butt."

"I think the free ice cream was a good idea," Ryan said about the award dished out by the ASG to encourage students to vote. "It was a great incentive."

Ryan said she is looking forward to being in charge of next year's senate election. "I'm going to make sure they don't get screwed up like this year's senate election," Ryan said. Ryan was subjected to problems caused by errors in this year's senate election.

