

'Focus' seminar to deal with self esteem, proper outlook

By Tina Riggs
Of The Print

Changing your language can change your life. Such is the philosophy of College Humanities Instructor Phyllis Thompson. Thompson will be directing a Focus on Women seminar entitled, "Change Your Language. Change Your Life," on May 21, at 7 p.m., in

CC 117. The seminar will follow the usual three-hour format and a fee of two dollars is required.

The main topic of the lecture is convincing people that what they say about themselves and what others say about them has a definite effect on their lives.

"The power of language is very pervasive in life," stated Thompson, "It affects every culture, age group and sex."

Although, at this time only women are enrolled for the seminar, Thompson feels that

the topic involves not only women but any person wishing

to improve their personal outlook and the way others perceive them. Thompson feels that thinking before speaking is very important.

Saying something regrettable and then in hopes of erasing the comment, saying "I take

that back," or "I was just kidding" is unacceptable to the

recipient of the comment,

because the damage is already done.

Explained Thompson, "If people can be convinced that it matters what they say, they'll think twice before they speak."

Also discussed will be sexism in language and fulfilling self goals. While focusing primarily

on women, Thompson feels both of these topics concern men and women alike. A good

self image is important in dealing with other people, no matter who you are. Summarized

Thompson, "Anyone that uses these methods will find them helpful. They will be much

more successful, not necessarily in terms of money, but in every day life."

In the arts

The '50s hit musical "Bye Bye, Birdie," is running every Thursday through Saturday until June 13, on the Civic Theater Mainstage. Curtain rises at 8:30 p.m. Stephen Sondheim's "Company" opened May 7, at the Lake Oswego Community Theater and will run each week through June 13. For tickets and additional information, call 635-3901.

The 11th season of Chamber Music Northwest begins June 22 at Reed College as a roster of acclaimed musicians will open the season with chamber works from Beethoven, Brahms and Elliot Carter. Music Director David Shifrin will also present works from such composers as Mozart, Shubert, Rossini, Chopin, Tchaikovsky, Ravel, Bartok, Liszt and Richard Strauss. For subscription tickets, phone 229-4079.

"Don Pasquale," the final production of this season's Portland Opera Association schedule, goes into production May 23, 27, 30 at the Civic Auditorium. It is the story of an elderly bachelor in the early 19th century Rome and his trials when he decides to marry. The best seating is available the first two nights, as much of the third performance is sold to season ticket holders. Tickets are available at the Opera Association box office (248-5322), the Civic Auditorium, and Stevens and Sons Jewelers in the Lloyd Center.

College arts

The College art faculty will exhibit their latest artworks in a special showing May 27 through June 3 in the Pauling Center lobby. A reception for the artists will be held May 27 at 7 p.m. in the Pauling Center.

Norm Bursheim, department chairperson, will display a series of black and white prints including depictions of mandalas (wheels of life).

Leland John and Erik Sandgren will display paintings of varied subject matter in both watercolor and oil.

Nancy Travers and Les Tipton will exhibit ceramic work, watercolors and sculpture.

Commented Norman Bursheim, art department chairman, "I think it's going to be pretty good. Everybody in the Art Department is really up for it."

Jazz night

The cool contemporary jazz sounds of LeRoy Anderson's award-winning Stage Band will be featured in the Spring Jazz Night Concert tonight at 7:30 p.m. in the Community Center Mall.

The CCC Swing Choir, under the direction of Jean Elliot, will also perform at this popular musical evening.

Sound recording students Don Megrath of Gladstone and Grant Cunningham of Molalla will be honored with "Downbeat Magazine's" award for producing the "Best Engineered Studio Recording." The students entered the national high school and college competition with their album recording, "Award Winners," featuring the College 1980 Jazz Ensemble.

Phil Fmezrud of Apple Music of Portland, "Downbeat Magazine's" local representative, will present the award at 8 p.m.

Admission is \$1. For additional information, contact the music department at ext. 434.

Wednesday, May 20, 1981

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