

Calendar Notes

November 19-26
WATERCOLOR SHOW AND SALE featuring Portland area watercolorists. Participating artists: Dee Frank, Sue Satsuko Hamilton, Elaine Hoffman, Willard Johnson, Frank Kemper, Bobbie Owen, Thelma Pearson, Kemper Rostad, Jean Schwalbe, Gen Stanley, John Waddingham, Gloria Webber. Reception will

be held in the Pauling Center Lobby. 7 p.m. Show will be open to the public for one week.
"STRESS: IDENTIFICATION, MANAGEMENT AND COPING" presented by Focus on Women. Recognize the physical and emotional effects of stress, accept the reality of stress, and explore ways to cope effectively with stress.

Pauling Center, room 101. 7-10 p.m. \$3. Blake Fischer-Davidson, instructor.

November 20
"PSYCHO." Noon-time film series. Community Center Fireside Lounge. Free.

November 21
5TH ANNUAL CLACKAMAS COUNTY TURKEY TROT. T-shirts to all participants. Turkeys to winners. 6.7 mile road race. The race is co-sponsored by West Linn Community School, West Linn City Recreation Department and Clackamas Community College. Registration forms at any of the above locations. Pre-

registration by November 18. Entry fee \$5. Late registrations will be taken up to race time. Late registration fee \$6. Stamford School West Linn. 9 a.m.

MEN'S SOCCER. Oregon Intercollegiate Soccer Finals. (Site to be announced) 2 p.m.

MEN'S BASKETBALL. Alumni game. Randall Hall Gymnasium. 8 p.m. Free.

November 23
ANDY BYRON, BLUEGRASS, COUNTRY WESTERN SINGER AND ENTERTAINER will perform in the Community Center. 11:30

a.m.-1 p.m. Free.

November 24
CCC MUSIC DEPARTMENT JAZZ ENSEMBLE. Noon. Community Center Mall. Free.

November 25
CCC JAZZ NIGHT. CCC Music Department vocal and instrumental jazz groups. Guest trumpet soloist Dave Crow, a leading Portland trumpet player. Community Center Mall. 8 p.m. \$2 fee. Students and senior citizens free.

November 26-27
THANKSGIVING HOLIDAY. College Closed.

Catch me on 22.

Oregon's new UHF Channel KECH 22 gets ready to horrify you.

Beginning Saturday, November 21st at 3 p.m., we're celebrating with 22 hours of non-stop movies. From chilling monsters to adventures in outer space, one horrible thing will lead to another. Plus we'll give away FREE Atari video games! How do you win? Catch 22 and see! Or, for even more Atari prizes, enter at participating Wendy's or fill out the entry form below.

KECH 22 Entry Form for extra Atari prizes.

Enter me in the KECH 22 contest for a chance to win FREE Atari video games plus cassettes!

Name _____ Age _____
 Address _____
 City _____ State _____ Zip _____
 Telephone _____

Rules: Take this form to any participating Wendy's or mail to KECH 22, 4923 Indian School Road N.E., Salem, OR 97305.

All entries must be received by noon Saturday, November 21. Then watch KECH 22 from 3 p.m. Saturday, November 21st to Sunday afternoon. I understand that if my name is drawn and televised on the screen, I must call KECH 22 at the number shown within five minutes to win! Not open to any participating sponsors or their families. Just watch to play!

One horrible thing leads to another.

KECH 22



About Life...

The 'therapeutic touch'

"Touch." The importance of this phenomenon in our lives is demonstrated in the success of modern music, which has utilized its effect on people, (John Klemmer's tenor sax instrumental, "Touch," or "I Want a Slow Hand,") and also in the American Heritage dictionary which devotes over four column inches to this

or her condition." She feels that the energy transfer process is done "psychologically by a kind of electronic transfer resonance."

There are physiological changes, such as changes in EEG, pulse rates, and hemoglobin, which have been documented during the therapeutic touch process, according to Jurgens. "Something is causing these changes, even if it is in their own mind."

By Laura Henkes

word alone. The implication of "touch" usually elicits positive thoughts and responses.

When I contacted Arlene Jurgens, chairperson of the College nursing department, with a proposed topic, she was excited about a new concept in alternative health care called "therapeutic touch." Her enthusiasm was catching.

The concept of "therapeutic touch" is based on the human body having an excess of energy. The person who gives therapeutic touch makes an effort to direct his excess energy to another person (who may not be at his optimal energy level because of illness, stress, or for psychological reasons) and thereby brings up that person's energy to a more appropriate level.

Arlene Jurgens has been working extensively since 1977 with Dolores Krieger, RN, Ph.D. who is nationally known for her work in this area and for her book, "The Therapeutic Touch—How to Use Your Hands to Help or to Heal." Krieger terms the process a "healing mediation" in which "the healer becomes quiet and passively "listens" with her hands as she scans the body of the patient and attunes to his

and mental well being.

Touch is a "sunshine" of life, a shared warmth which is part of the natural life process. A light, reassuring touch or intimate contact between couples, a firm hug between parent and child, and an arm placed on the shoulder of a friend are desirable and necessary for physical and mental well being.

Modern life, with its increasing machine orientation, all its changes and stimuli, influence and many times upset the equilibrium of our delicate systems. The quality of attention in relationships in everyday life could be "preventative medicine" for many physical and psychological imbalances.

Arlene Jurgens is the first to recognize the skeptical responses to "therapeutic touch" as a HEALING mechanism. However, she feels positively about its future.

"We are academic, and as people, we have tended not to pay attention to the intuitive side. It is a potential that ALL of us have; but most of us haven't taken the time to develop it or even have the awareness that we have the potential" she noted. "Medication and surgery are important—but this could be an alternative. People do have some choices and control over their own lives."

Campus not pet drop

Recently, a problem has cropped up on campus, a problem that need not exist. Over the past weeks, people have been abandoning animals on campus.

Last Wednesday, a puppy was left up here to fend for itself. The next day, a box of kittens was abandoned. Both days were cold and rainy, and the former day was a vacation.

The animals are ending up at the ASG office where the staff haven't the time, nor the means, of taking care of them.

Please, if you have a pet that you cannot take care of, contact the Human Society or the local pound. Leaving them on campus is cruel and, possibly, fatal.

This is what the Associated Collegiate Press thinks about THE PRINT

"Editorial artist is to be commended for an excellent, professional job!

"Does an excellent job of covering all areas of campus life.

"Takes seriously its need to be responsible journalists.

"Its a first class newspaper."

The reviews don't come easy, help us improve coverage by calling 657-8400, ext. 309 or dropping by Trailer B with either story ideas or to become a staff writer. Ask for either Rick Obritschkewitsch (editor) or Dana Spielmann (advisor).

