

Speech Coach Frank Harlow turns writer

By T. Jeffries
Of The Print

Giving Speeches for Fear, Fun, and Profit may be the title of the next textbook for the Clackamas Community College public speaking 111 class. The book, still in its final stages, is being written by Communications Instructor Frank Harlow.

If it succeeds at the College Harlow hopes to have it

accepted by other institutions and even published on the public market.

"I needed a book that my students could afford," Harlow explained. "Publishers publish books dealing with the entire series of speech classes, not just the first term. So, even if a student just wants to take 111 (fundamentals of speech) they still have to buy the book for the whole series."

The book, approximately 200 pages in length, will deal with how to give public speeches. Written for college students and people in the business world, Harlow expects to complete the book by spring term.

"I've been working on it for about a year," Harlow explained. "It's been a hit-and-miss affair. I've been trying it out in my classes and revising it as I go. I've tried to write it with a little humor on every page. College students are not ardent students. Homework ranks just below visiting Aunt Matilda on their excitement scale. If it's given to them with a light approach, they'll be more apt to read and remember it," he said.

"There could be some acceptance by other colleges," Harlow said. "I think it could even end up on the open

market for people whose work requires public speaking. It's not something that you can just read in one night and then go out and do. It would take a few days to go through. It's pretty much a 'how-to' book."

There could, he feels, be some difficulties with its acceptance.

"The problem is that other instructors might not want to use the exercises that I've included in a workbook that goes with it," Harlow said. "Everyone has their own way of teaching."

Harlow, a graduate of Southern Oregon State College, has taught at the College for seven years.

"I'm a home-grown product. Except for some time teaching at the University of Northern Colorado my experience has been mostly in Oregon. I taught for a year at

Eagle Point Senior High, and taught part time at Portland Community, Mt. Hood, and Clark Community," Harlow said.

"This is my first adventure in textbook writing, though," Harlow continued. "After this one is done I'll probably enter into another one, probably on small group communication.

The administration has been really receptive to what I've been doing. Of course, they're always receptive when someone does something that makes the College look good."

Harlow readily admits he enjoys teaching speech and forensics.

"I have a blast teaching it. This is a fun job," he said. "It beats digging ditches anyway."

Hypnotist to hold lectures at College

By Dianna Hardy
Of The Print

Few things are really the same as they appear, and this can also be said of hypnosis, Hal Leonard, director of Accredited Hypnotists of the Pacific Northwest will conduct a seminar on Monday, March 7, designed to debunk a few myths about hypnosis.

A lot of myths come from misrepresentation of the facts by what Leonard's colleagues refer to as "game show hypnotists." These are people who put "clients" on stage and make them look stupid. Or they read a two dollar book and think they have learned everything.

As the only accredited hypnotherapy service in Oregon, Accredited Hypnotists has its own business in Milwaukie and refers people to

twenty-six other offices in the Portland/Vancouver area. The company seeks to rise above the bizarre and often obscure state-of-the-art, by practicing the service in clear and understandable terms.

"Our association was formed so the profession would reach a higher level of sophistication," Leonard said.

If this first seminar is successful, Leonard may be on campus for further workshops.

Leonard is currently working with the economy of "Androcles and the Lion," this term's drama production. Through hypnosis, he is relaxing them and helping them to remember their lines with more ease.

For more information on the hypnosis seminar contact Barbara Bragg in the Theater Department, ext. 356.

Restaurant Review

Dessert highlight of Mexican meal

By Troy Maben
Of The Print

Does Mexican style food fit your taste? If it does, then you ought to check out The Rio Grande Cafe and Bar just north of the College on Molalla Avenue. The Rio Grande was purchased last year from the original owners who called it Amigos. The new owners have made many changes; the result is a pleasant place to enjoy a Mexican meal.

The most interesting aspect of this restaurant is the decorum. It's done up in the style of an old Mexican cantina.

If the atmosphere doesn't get you into a Mexican mood, the food will. As soon as you sit down the waitress serves a basket of homemade frijoles with a bowl of mildly spiced taco sauce for dip. There are over 27 different appetizers

and dinner selections to choose from. Appetizers include nachos, taquitos, and guacamole dip. The dinner selections include taco salad, enchilada suiza, and taco grande. I had the chorizo enchiladas. They were pretty good, the enchiladas were full of spiced beef and served with Spanish rice and a type of refried beans and sour cream topped with fresh green onions. The servings are quite large and quite filling. The cost for the chorizo enchiladas is only \$4.75, which isn't too bad for a nice meal in this day and age.

If you decide to have dinner at the Rio Grande, don't leave until you've tried the fuego congelado (frozen fire) for dessert. It's vanilla ice cream rolled in cinnamon and sugar with corn flakes all around it. It is then deep fried to give it a caramelized shell, then frozen and put into a bowl that is made of a flour tortilla which is also rolled in cinnamon and sugar. It is served to you on a plate with whipped cream,

chocolate sprinkles, and a cherry on top. It's rich, but it sure is good.

As mentioned before, the prices are pretty reasonable for full Mexican meals. Prices range from \$3.50 for a beef and bean burrito dinner that includes Spanish rice, frijoles, and covered with melted cheese, tomatoes, and sour cream; to \$6.25 for an enchilada suiza which is also served with Spanish rice and frijoles, but also a Chile verde burrito covered with sauce and topped with sour cream. Even more appealing is the 10 percent discount on meals and 5 percent discount on bar drinks for all Clackamas Community College students who show their student body cards to the management before they're served.

On our scale of one-to-ten, Rio Grande Cafe and Bar rates a 7½ for their service, affordable prices, authentic atmosphere, and good Mexican food.

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(For more information stop by Trailer B, or call ext. 309, 310)

arts briefs

An exhibit of pottery and watercolors by two county artists will be featured in a two week show scheduled at Clackamas Community College.

Potter Wally Schwabb creates "functional ware" pottery and watercolorist Rita Owen will show her paintings.

The show will run March 1-14 in the Pauling Center Lobby. There will be a 7 p.m. reception March 1. For more information contact the art department, ext. 386.

