

Parker named new Women's Center director



Women's Center

Photo by Joel Miller

By DeAnn Dietrich
Of The Print

A new director has been appointed at the Women's Center as part of a growth period that the center has experienced in the last year.

Sandra Parker, the new director, has a wide range of experience in the managerial field. Her resume includes a bachelor of arts in journalism and an MBA in marketing, both attained at Wayne State University in Detroit, Mich. Her previous jobs have included a variety of media and sales consultant positions for individuals, organizations, school districts and businesses. Some of her clients have included Motown Records, where she worked with executives and performers to develop more marketable personalities, a public broadcasting station in Detroit where she directed and co-hosted a weekly television show and the city of Portland, where she was an administrative procedures coor-

dinator and management analyst.

The Women's Center was founded in 1977 through a community effort but felt comparatively little growth until the opening of the Evergreen Women's Shelter Home.

The original director had to leave for personal reasons, creating a sudden vacancy just prior to the opening of the shelter home. The board of directors felt the need to hire a director at such a crucial time in the center's development but felt uncomfortable with making a sudden choice. An interim director was then hired until a permanent candidate could be found.

Parker heard of the opening through a friend who is a director at the downtown Portland YWCA. Parker had the experience and qualifications the board was looking for, thus the position was granted.

As Parker puts it, the organization is in a "state of (continued on page six)

College to experience hydrostatic weighing Staff members measure body fat under water

Clackamas Community College's Randall Hall will be the scene of dunking and splashing on Feb. 15, as 20 staff members find out what it will be like to weigh themselves underwater.

The underwater weighing procedure is called hydrostatic weighing, and it is considered to be the most accurate way of determining ideal body

weight. "Hydrostatic weighing, when it is done well by trained people, is probably the most accurate way to figuring a person's percentage of body fat," Health and PE Instructor Gladys Michael said.

Carpenter's Hydrostatic Laboratories will perform the weighings in Randall Hall's training room from 5-10 p.m.

The weighings cost \$7.50 per person and are being sponsored by the College's Wellness Committee, a volunteer group on campus dedicated to improving the physical well-being of the College's staff.

Michael explained the weighing technique is based on the fact that the entire body is made up of either fat tissue or

lean tissue. Lean tissue includes muscles, body water, organ tissues and bone. Fat tissue is whatever is left on the body. Because fat is less dense than water, hydrostatic weighing is able to differentiate between the percentage of the heavier lean tissue and the percentage of fat.

The staff members to be weighed will be asked to enter the weighing tank and expel all of the air in their lungs (air in

the lungs would otherwise be registered as fat), then the members will be completely submerged for about 10 seconds.

Apparently hydrostatic weighing is not a new technique, as Michael said, "Hydrostatic weighing has been the most common (weighing procedure) in the past 10 years. Some local exercise clubs have provided the service for their members."

Quality time, relationships themes of campus workshops

A workshop designed for those who worry that there are too few friends in that year has been scheduled at Clackamas Community College. "Take Control of Your Time" is a Focus on women/men workshop offered Thursday, Feb. 9, from 7-10 p.m. in the Community Center Mall's small dining room. Topics to be explored include planning and organization, with a goal toward effective time management. There is a \$3 fee for the workshop. For more information, contact the Focus program at 657-8400, ext. 307.

Clackamas Community College will be offering another workshop: "Creating Quality Relationships." This

workshop is designed to help participants accept themselves and others. The program will take place Saturday, Feb. 11, from 9 a.m.-5 p.m. in Pauling

Center 104. There is an \$8 fee. For more information, contact the Community Education department at 657-8400, ext. 230.

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