

Security course coming

Applications are now being accepted for enrollment in Clackamas Community College's Spring term Security Officer Academy. The 5-week intensive training course begins April 1.

The training is designed to prepare men and women for jobs as private investigators, in-house security, night wat-

chmen or bodyguards. The curriculum includes a 4-week basic training program in which students learn about alarm systems, electronic surveillance techniques, executive protection, shoplifters, employee theft and sabotage.

Legislation has recently been introduced at the state level to set minimum standards for private security

guards, according to Jim Brouillette, College public service department chairman. He added that recent graduates of the Academy have been offered jobs immediately upon completion of the training session.

For more information about the Private Security Academy, call the Public Service Dept. at 657-8400, ext. 234.

Strong man test set

Some of the strongest men and women in Clackamas County are expected to defend their titles Thursday, March 7, at Clackamas Community College's annual Bench Press Contest.

The open competition begins at 6:30 p.m. in Randall Hall Gymnasium. Registration

is at 6 p.m., and there is a \$2 entry fee.

Weightlifters will compete in a high school and an open division with seven weight classes in each of the two divisions. Winners of each weight class will receive plaques.

For more information, call the Community Recreation office at 657-8400, ext. 211.

Weighing service due

The service of hydrostatic weighing will be available at Clackamas Community College Mar. 11 and 12, although remaining openings are limited.

Carol Petersen, health and P.E. instructor at the college, is helping to coordinate the service. She said that people should contact her if they are interested in the program.

"Hydrostatic weighing is a method that is used to determine the percentage of fat that a person has in their body, and it is quickly becoming the benchmark for fitness, Petersen said.

"Ideally, men should have between 10 and 14 per cent body fat. Women should have between 14 and 22 percent, Petersen said.

"Body fat is used to cushion organs and help in nerve transmission, and one thing some people don't realize is that we (people in general)

have a lot of fat in our brains," Petersen continued.

Petersen said that people who want to decrease the level of fat in their bodies can do aerobic exercises and watch the amount of fat that they take into their systems.

This is the face of starvation in Africa.



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WATCH OUT, DUCK! Cub Scout Jeremiah Williams reaches out to meet an unsuspecting duck during a field trip. The boys from Pack 512, Den 2, are feeding bread scraps to ducks. In background is Mike Myers (left), Erik Met, Den Mom Brenda Adams, and Brandon Stockwell.

Photo by Joel Miller

Clackamas Community College

