

Welfare Self-Help program planned

Self-Help is the first step in enabling clients of welfare to begin to believe in themselves as people and to gain the self-respect and knowledge necessary to become sufficient.

to establish a Self-Help program and Confidence clinics on campus under the direction of Marcia Tuma. Interested persons met on campus last Tuesday for preliminary discussions.

at Roseburg in 1968. The city has an outstanding Self-Help program because five mothers on welfare were angry enough to help themselves by seeing to it that a Confidence Clinic was established.

Today the group operates numerous self-help programs. About 100 women yearly attend 12-week programs in the Confidence Clinic at an old house that Douglas County lets the program use.

It is truly an unconventional program, according to Tuma. The American Institute of Research and Behavioral Science has written a book in order that the public may be informed of the situation the Roseburg mothers encountered -- and overcame.

The Self-Help program is designed by people on welfare, for people on welfare, and it provides an effective means of confidence and self-improvement for those persons who wish to get off welfare.

Clackamas Community College will offer a Self-Help facility on campus, provided that facility is able to be initiated. At that point the clinic would discuss and teach money management, nutrition, G.E.D., sewing and home maintenance.

The next meeting will be Tuesday, Dec. 7, at 2 p.m. in CC 101. If interested in this program, please contact Tuma at Student Activities, ext. 257.

New classes make schedule in humanities, social science

Five new classes, Elementary Ethics, Philosophy of Art, Popular Cultural History of the 20th Century, Introduction to Women Writers, and Search and Discovery for Women will be offered at Clackamas Community College during winter quarter beginning Jan. 3.

Elementary Ethics will be taught by Roy and will explore themes of friendship, "what makes a good man," and what is happiness.

Answers given by Plato, Aristotle, Sartre and Spinoza will be studied in the class which will be held in two sessions. One session will meet Monday, Wednesday and Friday at 8 a.m. and the other will meet Tuesday and Thursday at 8 a.m.

Philosophy of Art (Philosophy 204) will study how philosophers Dewey and Santyana judge art and will also be taught by Mayo.

Three local artists, Leland John, Norm Bursheim and Jack McLarty will participate in the course. John and Bursheim are Art Instructors at CCC.

Popular Cultural History of the 20th Century (Hist 199) will be explored in a course to be offered Tuesday nights.

The course will be taught by Joe Uris and will focus on the lives and culture of "ordinary people" through popular movies, comics, television, art and politics.

Introduction to Women Writers is a three-credit course offered by Annette Sax. The class will study women writers and women characters in various forms of literature and will meet at 9 a.m. Monday, Wednesday and Friday.

Search and Discovery for Women is a one-credit course being taught by Bernice Evans and Bernie Nolan. Dealing with psychology, the course will introduce the concept of assertive behavior and acquaint the student with positive decision-making in preparation for life planning. The class will meet on Wednesdays at 1 p.m.

Information about these and other classes is available at the counseling center. Registration for winter term begins Dec. 9.

Cougar Print finalizes plans for winter sports issue Dec. 9

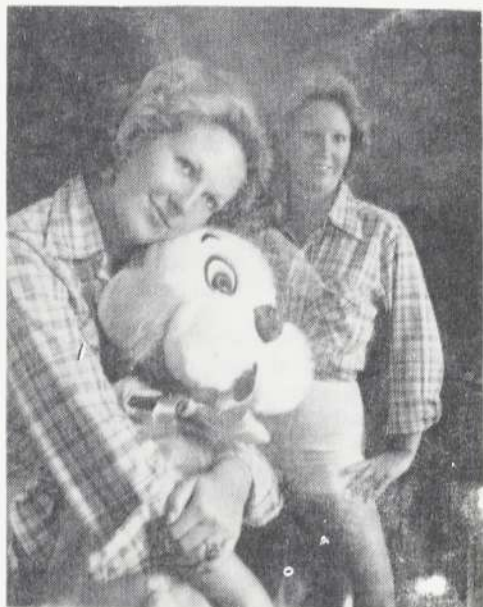
The next issue of the Cougar Print, published Dec. 9, will feature a special winter recreation supplement for Clackamas Community College readers.

The issue, a combined effort of the news and advertising staffs of the newspaper, will feature stories, photographs and advertising on various types of winter recreation. Information on cross country ski trails

in the Cascades, how to prepare your skis for downhill skiing, taverns and restaurants on the lower slopes of Mt. Hood, and lack of snow at local ski areas will just be a small amount of the total package offered to CCC winter sports enthusiasts.

Bob Northrup, freshman business major, is coordinating the advertising sales for the issue.

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