

Committee revamps approach

Stressing the importance of involvement, the Clackamas Community College Election Steering Committee has been hard at work to insure the passage of the college's operating levy for the 1977-78 school year.

This year, the steering committee, led by CCC Assistant to the President Dr. Howard Fryett, has taken a different course of action than that taken in previous years.

"Before, a committee of a dozen or so people was chosen that ended up doing most of the work," said Fryett. "This year the committee is broken up into seven units,

each made up of a dozen or so people."

The seven units represent the seven zones in Clackamas County. Each unit is headed by a member of the CCC administrative staff.

The rest of each unit is composed from a list telling which staff members are from each zone in the county. Unit chairpeople chose people to work with them that lived in the zones their individual units represented. Some community members have also worked with the units.

Each zone has been approached differ-

ently on the basis of the makeup of the population. The emphasis has been on getting literature on the upcoming election out to Clackamas County residents who would be more likely to vote.

"We're not trying to convert anyone," said Fryett.

According to Fryett, one of the crucial factors in the upcoming election is getting students at CCC registered and to the polls. "Getting the student vote is very important to us," said Fryett.

The main reason the Election Steering Committee is operating differently this year is one of practicality.

"Passing the budget is everybody's responsibility," said Fryett. "The job is a big one and can't be done well from one office."

Fryett is optimistic about the chances of the levy being approved and if the election is successful, a good deal of the credit will be given to the steering committee.

"If you can involve people, it makes the whole process a lot easier," said Fryett.

Diet fibers play important role in body maintenance

Do you get enough fiber in your diet? If you eat mainly "convenience foods", drink soda pop and have candy for snacks, the answer may be no.

Dietary fiber is needed to maintain a smoothly running body. If you aren't getting enough of it, you may have health problems later on in life.

Getting enough fiber doesn't mean you have to go around eating raw carrots and celery all day like a rabbit. Eat apples, strawberries, or grapefruit. Try jam instead of jelly, (jam has fruit pulp in it.) Use whole wheat and rye bread instead of white, refined bread.

MBO workshop

Clackamas Community College will hold a forum April 21 on Management by Objectives (MBO) and how it is being used by administrators in a number of different fields.

The forum, entitled "MBO Goes to College" will discuss how college and university business departments are teaching classes and holding workshops and seminars on a type of management system that has been described as "...one way of successfully responding to the growing pressure for more efficient administration."

The public is invited to the program which will be held from 10 a.m. to noon in room 117 of the Community Center.

A question and answer session will follow presentations by a panel consisting of Anne Nickel, Clackamas Community College board member; Jerry Jamieson, human services specialist; Carl Axelson, U.S. Bancorp; and Bob Burns, Clackamas County intermediate education district.

For more information call 656-2631, ext. 349.

It's easy to get all the fiber bulk needed for a healthy body and it's certainly more enjoyable to get fiber in food instead of having to take laxatives to get those bowels moving. Constipation is no fun.

Fiber is also helpful for more serious medical reasons. It will decrease your chances of getting cancer of the colon, a common cancer these days. It will also decrease the time cholesterol-laden foods stay in your body. The shorter the time food is in your large and small intestines, the less fats are absorbed. That lessens the chances of having heart attacks, strokes, or any other disease involving the clogging of the arteries or veins.

Do you remember the "basic four" food groups you learned in grade school? You know, meat and fish, milk products, fruits and vegetables, and cereal products. Remember how you were told that if you ate the right amount from each food group each day, you'd grow up to be big and healthy? Well, the same thing applies now that you're grown up.

Eating enough from each group means your diet will have sufficient fiber in it, eliminating the need for special powders and capsules.

Crime report

A car battery worth \$45 was stolen from a Clackamas Community College vehicle parked in the shop storage area, April 7.

Fifty-two parking tickets were issued this week. Twenty-five were for parking in the handicapped zone, 10 were for parking in unauthorized areas, 13 were for parking in various loading zones and four were for parking in the cycle zone.

Library display

This week and next week Clackamas Community College library will display an exhibit featuring poetry, essay writing, and drawings done by children.

The exhibit is from Milk Creek School, a private, non-profit school in Astoria for children ages five through 15.

The exhibit, located on the bulletin board at the entrance to the library, will be on display until the end of next week.

Another display at the library is a photography exhibit by Don Altermatt. The exhibit features photography of the Oregon Coast, the Columbia Gorge area and other scenic spots of Eastern Oregon. Altermatt is the husband of Ruth Trout, CCC commercial art teacher.

Altermatt has been involved in photography as a hobby for 10 to 15 years and has also been a commercial photographer.



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help wanted

RECEPTIONISTS/OFFICE WORKERS needed for work in Student Publications. Applicants must qualify for work/study. Contact the job placement office or apply in Trailer B with Joy Williams, office manager, or Randy Clark, adviser.

ANY HANDICAPPED STUDENTS who would like part-time work please call Jim or Joanne Wagner 655-2446 - evenings.

for sale

OLD BLUE finally for sale. 1955 Ford Pickup. Runs great. Well Shaped rounded body. Remember experience counts. Priced to sell. \$250. 654-0808 after 6 p.m.

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WANTED 35 MM CAMERA. Contact Joe at 659-1115 or 656-2631, ext. 259 or 278.

personal

A NEW DAWN will be coming soon. It will be a great entertainment. Watch for it!

STUDENTS TRANSFERRING TO OSU: If you use \$2,500 in financial assistance over the next two years? If so, the Army ROTC year program may be for you. Your active obligation upon graduation may be only \$500. Call Capt. Ron Clement at 754-3051 or Army ROTC, Oregon State University.

Thursday, April 14

