

briefs

VICA winners

Owen-Sabin Skills Center took three first place honors as they competed against more than 200 high school students from throughout Oregon in the state Skill Olympics of the Vocational Industrial Clubs of America.

The contest was held at Clackamas Community College, Friday and Saturday, April 15 and 16.

The winners of the state competition in the various skill and leadership areas qualify for the national championships to be held in Cincinnati, Ohio.

Local first place winners were:

Russ Swan, Owen-Sabin Skills Center, sheet metal; Scott Herigstad, Canby H.S., carpentry; Greg Muth, Owen-Sabin Skills Center, industrial electronics; Tim Schroeder, Gladstone H.S., job interview; Owen-Sabin Skills Center chapter display.

Athletic nutrition

A free workshop to discuss the effects of athletic activity on the body's need for salt, water, protein and other nutrients will be held Wednesday, May 4, from 4 to 6 p.m. at Clackamas Community College in the Community Center room 101.

The course will be instructed by Pat Conroy, a registered dietician, who will discuss inexpensive ways to supply nutrition needs. The workshop is open to all athletes whether they are joggers, tennis players, Saturday athletes or interested in a professional career.

Fire, police jobs

Recruiters for the Portland Police and Fire Bureaus are actively seeking interested, career oriented minorities and women to prepare for upcoming examinations for job openings.

They are offering preparation classes and a workshop to help interested individuals prepare themselves for the exams to be held during July and August.

Interested individuals should contact Po-

lice Recruiters Marilyn Snowden or Robert Scotten at 248-5653, or Larry M. Harper, Recruiter for the Portland Bureau of Fire at 232-2256.

Speech tournament

The Clackamas Community College Forensics Team will be competing in the Clark College Regional Forensics Tournament May 13 and 14.

The team, which is made up of members of the CCC speech classes and other students from the college, will compete against students from two and four year schools in Washington, Oregon and California. The CCC team will be in the novice division since they have not placed first in any other competition.

"This keeps the competition even and should give our team a good chance of winning," said Frank Harlow, CCC speech instructor.

The team will compete in impromptu,

informative, persuasive and speaking. Prizes will be awarded second and third place winners.

"It's a chance for a student to help himself and become a more effective communicator," said Harlow.

The forensics team is open to students on campus and anyone who would like to join should contact Frank Harlow, ext. 244 before May 2.

Women alone

The special needs of women living alone will be discussed at the Focus on Women seminar and discussion session at Clackamas Community College, April 28 from 7 to 10 p.m. in the Community Center room 117.

The discussion will focus on how women cope with situations like living alone, raising children without a partner, caring for themselves or any other usual or unusual situations that are voiced.

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