

Breakfast focuses on self-defense tactics for women

by Anjanette Booth
Staff Writer

The main topic of discussion at the Oct. 27 Focus on Women's breakfast, "Embrace Your Power," was how women and children can protect themselves from the violence around them.

"Breaking the cycle of violence against women and children is in prevention," said guest speaker Carol Tenenbaum. "As women, we need to learn that there are options and that we are not helpless."

Tenenbaum, a community advocate, has chosen to spend her time speaking with women to help educate them as to what role they can play in breaking this cycle of violence.

According to Tenenbaum, women live with the fear of assault daily, taking that fear with them wherever they go. This assumption was backed up by a number of women who claimed to feel unsafe trav-

eling alone, walking on the street by themselves, or even walking at night from their car in a parking lot to the store.

Sexual stereotypes seem to be one of the main reasons why women are more likely to be assaulted than men. When a number of women were asked by Tenenbaum how they were raised, they gave back such answers as sweet, naive, emotional, friendly, attractive and submissive. When the same question was asked about men, the responses were anger, aggressiveness and dominance.

"Who is more likely to be the victim and who is more likely to be the offender?" Tenenbaum then asked. Her point was that women need to redefine what it is to be a woman.

Many assault prevention measures were also addressed during the breakfast. Tenenbaum said that criminals prey upon the type of women described above and use certain situations, such as isolation, surprise, and intimidation to

take control.

Tenenbaum suggested many ideas for prevention of assault, such as taking up space when you walk, having an assertive attitude and learning a type of self defense.

"Self defense is about increasing your options. It's whatever works for you. The foundation of self defense is really self esteem, it is committing yourself to your right to be safe," Tenenbaum said.

Yelling no is also another type of self defense. "You have a right to be safe. Use your voice," she said.

In all, 75 percent of all assaults are by non-strangers. Date rape is one form of this type of assault. According to Tenenbaum, most cases of date rape are a form of intimidation. A man may use phrases such as: "I know no means yes," or "I know you want to," and "If you really loved me you would."

Tenenbaum said that you should "trust your gut feeling. Decide how you want to be treated and make a commitment to that. "If I took a frying pan and hit

you over the head with it, I wouldn't call it cooking," she said noting that rape is a crime of violence, not sex.



Carol Tenenbaum encouraged women to be more assertive when she spoke Oct. 27 at the Focus On Women breakfast.

Instructors implement new team-teaching program

by Nicole Turley
Staff Writer

Clackamas instructors Loren Ford and David Mount are teaming up this year by combining two seemingly different classes, Human Relations and Writing 121, to show how they relate to each other.

Ford teaches a human relations class from noon to 1 p.m., and his students are also in Mount's Writing 121 class, from 1 to 2 p.m., where they are asked to apply what they learned in human relations to their writing.

The purpose, Ford said, is to "make the classes interrelate more." He said that a great number of students often think "what do all my classes have to do with each other." He hopes that through this team teaching, as it is called, students will be given an example of how they can use what they gather from one discipline and apply it to another.

Ford got the idea for team teaching at the Community College General Education Association conference he attended last year. Mount said Ford presented him with the idea, and they got it approved through the English and Social Science Departments.

Then it was just a matter of organizing it in the schedule, Mount said.

Both Mount and Ford said the combination of writing and human relations is a good choice for several reasons. First, human relations help students brainstorm for essay ideas they can use in Writing 121. Second, the combination helps students look deeper into the essays they read for Mount's writing class and from a psychological perspective look at the motives and reasons of the authors they study.

Another important connection has to do with improved

communication. "Part of Human Relations is communication and part of communication is writing," Ford said.

Mount added that to "communicate you must make sense of yourself." The combination of psychology and writing allows students to see themselves from the outside and examine how others would view their writing, he said.

In Writing 121, Mount has the students do a great deal of group work. He asks them to read and critique each other's writing and use what they have learned in human relations to do this group work.

"The students all know each other because of Loren's class," Mount said. He added that because of it, "they have respect for each other."

This team teaching is being done on an experimental level this term, according to Ford. There have been some problems with students registering for one class and not the other, but both instructors are enjoying it so far.

"We have a lot in common and work well together," Mount said.

Ford hopes to continue the idea of team teaching in the future and maybe even see it expand to other classes on campus.



Loren Ford combined psychology with David Mount's writing to come up with a team-teaching program.

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