

Calling Big Brothers

by Tina McFarland
Staff Writer

The Eastwind Big Brother/Big Sister program needs adult volunteers. According to Wendy Hunt, program coordinator for Eastwind, there is always a lack of Big Brothers.

"Some kids have been on a waiting list for two years for a Big Brother. That's a long time to wait for a kid," she said. "It's hard to explain to them why no one is there to volunteer; why no one is taking interest."

Volunteers could have the opportunity to participate in this wonderful program that provides friendship, guidance, recreational activities and cultural as well as educational opportunities for youth ages 7 to 14.

Hunt said students who are involved in this program need a friend who is responsible and who can provide a helping hand at tackling some of the tough problems they face while growing up. Commonly, the children involved in the program have to deal with a lack of adult role models, poor self-esteem and difficulties in making friends. It's the volunteers' responsibilities to meet some of those needs.

"The basic need of the children is they need an adult to give them time, to show them they are special. Often they come from single parent families and they have specific needs that need to be met. Some have emotional problems or learning disabilities," Hunt said.

According to Hunt, most people know about the program in general, but the children get involved through their parents.

"The mom, usually it's the mom, looks into the program. Often we get calls from school counselors, or from church or from CSD

(Children's Services Division), referring kids to the program," she said.

So how and why do volunteers get involved? "Adults get involved to give back to the community."

"Usually someone had an impact on them and they want to give a little of that back. Also just the idea of belonging to someone, making a connection. They have an impact on that child in the one-on-one relationship. They are wanted and needed by someone. They know they are sharing of themselves," Hunt said.

The application process is an extensive one, but Hunt said that is to ensure a good match with adult and child, as well as making sure the volunteer will follow through on his commitment. A volunteer must be at least 18 years old and be willing to spend 10 to 12 hours a month for one year with his child.

Hunt schedules an in-office interview as well as an in-home interview along with several other screenings.

Hunt said her role as the coordinator of the program is to "foster the relationships, to get them to take off."

"Some relationships last only the year that is required, but I know of some that after four or five years, they still see each other. That is our hope," she said.

"(Big Brothers/Big Sisters) help the children, it gives them someone they can call their own. It is a positive influence, it shows them they are special and unique."

"It's good; I not only get to use my range of skills, whether it's making the match or individual counseling, but I also get to be a kid again," Hunt continued.

Anyone interested in volunteering in the Big Brother/Big Sister program can call Wendy Hunt at 492-3291.

Media's influence on women discussed at YPOP seminar

by Jennifer Gunst
Staff Writer

Guest speaker Dr. Jean Rubel presented a "Women, weight, and worry" seminar and slide show focusing on the media's influence on eating disorders among women Nov. 10 in the Gregory Forum.

Rubel is a psychologist from Eugene and president of ANRED (Anorexia Nervosa and Related Eating Disorders, an organization aimed at eating disorder education and prevention) as well as a veteran "Today Show" guest.

Rubel was discovered by the college's Young Parent Opportunity Program organizer Gloria Feves and was asked to give a presentation at the college. This term's goal for YPOP is improving self-esteem and organizers Feves and Linda Durham felt the seminar would project a positive reinforcement of a young woman's self-image.

Rubel began the seminar asking the questions "What do we (women) use as standards? Where do we get those standards?" She demonstrated in a slide show that women have had to meet standards since the beginning of time.

Early paleolithic art depicted desirable women as fat, flabby and fertile. During the 1300s, the Queen of Medici possessed a very unusual 13-inch waist, which set a virtually-unachievable standard for Italian women of the age. The Renaissance period emphasized a fuller, softer woman—a symbol of wealth and excess.

Rubel explained that it wasn't until recently in the 20th century that fashion models have set such an ultra-thin standard. This, Rubel believes, can be attributed to 5-foot, 7-inch, 112-pound British model "Twiggy" from the 1960s. Models before the "Twiggy" example were only about eight percent thinner than the average woman, she explained. After "Twiggy," they ranged between 17 and 23 percent thinner.

"We're coming back to that starving orphan look now," she said. Current waif models such as Kate Moss and Beri Smither seem to fit this child-like profile. "These are standards which are unachievable for fully developed, mature women," she said.

She went on to explain the impact of the media through the fashion industry and advertising. "Cosmetic companies manipulate our insecurities. We want to chase the fantasy, follow the model example," she explained.

A study done in University of Oregon health classes revealed 80 percent of the women surveyed perceived themselves as overweight. In truth, only 14 percent of them were. Distortion such as this can be blamed on what women see in magazines and on television. She pinpointed talk-show host Cathy Lee Gifford and scorned her for doing "a terrible disservice to women."

Often Gifford is complaining about her weight, describing herself as "fat," and needing to shed a few pounds. Rubel finds Gifford to

be much thinner than the average woman. Gifford seems to represent, and even inflate, the American attitude that one can never be too thin, going so far as to endorse the Ultra-Slim Fast weight loss diet.

Rubel stated that dieting is a \$33-billion-a-year industry. "What has happened in our society that we're taught to hate a soft, round, feminine child-bearing body?" she asked. "Women now covet the lean, hard, masculine body."

Fashion's ideal physique, according to Rubel, portrays a weak and vulnerable image. The media displays the rare, underweight beauty and labels her "desirable," frequently aiming to make American women feel inadequate and unacceptable.

Rubel warns women to be skeptical of such emotionally-directed advertising ploys. "If a man wants you because you can cram yourself into a pair of size-four jeans, is he really worth your time?" she asked.

Rubel orders women to "take charge. Follow the men. Eat healthy amounts of healthy food. Don't be the limp, helpless, weakling."

She also pleads with women not to diet. "I think what you're doing to yourself in the name of fashion is cruel."

She concluded by telling women they need to realize that they are "a flawed human being in a flawed world and accept it."

Daycare center work fulfilling for children

by Anjanette Booth
Staff Writer

Many employees and students at Clackamas look to Camp Fire Day Care, housed in the Family Resource Center, for child care while working or attending classes.

CFDC has been at Clackamas for the past six years, residing the last three in the FRC. The day care works on agreement with the college to provide management and operations with child care. They also provide day care for the student parents in the Young Parent Opportunities Program while they are attending class. Students, as well as parents in the community, are also able to seek child care from this program.

CFDC is licensed by state mandate to care for a maximum of 88 children within the space provided by the FRC.

One hundred five children are now enrolled in the program because of the part-time care needed by some parents.

"We can have two people

in some slots," according to Judy Kling, CFDC director. "Some students go to school on different days allowing us to provide child care for more children."

Although many students see this program as a great service to the school, 125 children on a waiting list wish they could do more. Most of the applicants waiting are babies because of the limited number of infant slots and higher costs. There are openings for older children to the age of 5.

"The state mandates how many children we can care for by how much square feet or space we need for each child. We would need to expand to have more children," Kling explained.

CFDC works in collaboration with more than one agency. The day care is run in a number of different ways, such as parent fees, United Way, YPOP and other grants given to the students. Some children are placed into the program by Adult and Family Services, Oregon City Schools, and the ESD district.

"Everyone has some type of co-payment program. No child care is free, but we will help a student look at their options depending on their specific needs," Kling said. All funding is on a first-come, first-serve basis.

CFDC is split up into five different sections during the school year: mobiles (infants), toddlers, 3-year-olds, 4-year-olds and 5-year-olds. The day care is open year round and is open to school-age children during the summer.

Kling has been involved with day care for 23 years and has been with CFDC for the past three.

Kling said she enjoys working with the children. "I like what I do. I do it because it allows me to do what I really like to do."

Many people say they would not be able to do the job Kling does; it takes a lot of patience and tolerance.

"I get hugs. I also get the joy of seeing the children grow and develop," Kling said of the benefits of working with children.

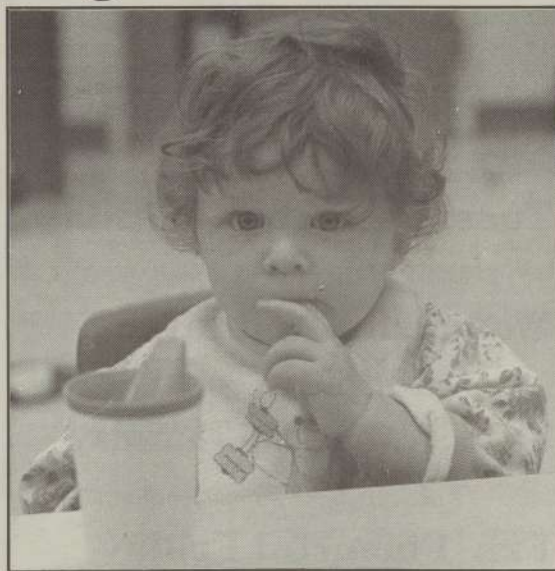


photo by Anjanette Booth

Campfire Daycare Center provides childcare for students at Clackamas, as well as community members.

CCC Student ID.

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