

## PSU offers support for returning women

by Andrea Smith  
The Print Staff

Portland State University representative Mary Ann Barnham will be on campus today from noon to 1 p.m. in CC-127 to discuss the Women's Studies and Mentor Program for Returning Women Students avail-

able at PSU.

The mentor program was designed to help women returning to school after an extended interruption in their education. New, returning or transferring women students are encouraged to join this support network. Many of these students share the same anx-

ieties and concerns about their scholastic aptitude, getting along socially and their age difference as compared to the other students.

The mentors at PSU are women students who have received special training to help newcomers with a variety of services like locating places on the campus, finding child care, and connecting with others in similar circumstances.

Returning to school after an absence can be difficult for anyone. Several programs at PSU have been implemented to help women cope with their specific difficulties. Women's Studies 120 (The Workshop for Returning Women Students) assists with study habits, time management, communication and other skills vital to the success of all students.

Student Parent Services is a support group for all PSU students who must balance the responsibilities of raising children, having a job and attending school.

The Women's Union is an advocate group for all of PSU's female students. It provides advice and services to those in need.

All women planning to further their education at PSU are encouraged to meet with Barnham today.

## New scholarships available

by Zach Kreinheder  
The Print Staff

Throughout the course of the year certain organizations and special interest groups offer scholarships to CCC students to help defray the cost of education, in times of ever-rising tuition.

Starting with the Spring Term there will be a vast assortment of scholarship opportunities available for returning students, and new comers interested in, and qualified for financial aid.

Most students may be unaware of some of these opportunities available from the financial aid office. The opportunities are there, unfortunately most scholarships can accept only one recipient. Remember, most of the deadlines fall between April 1, and 8, 1994. More information on these deadlines can be obtained through the financial aid office. Below is a partial list of scholarships you may qualify for.

AL PFAHL Transfer/Foundation Scholarship: \$700/w/4 yr. Inst.

American Water Works Ass./Utilities End.: 3/ \$500

Caterpillar Scholars

Award Program: 5/\$2,000 grants one-time

Marilyn McCallister Medical Endowment: \$990/ three terms

Mary G. Baur Endowment: 2/\$1200 dependent on enrollment

Mike Montgomery/Foundation Endowment: \$875 for (2) terms

OAEYC Grant (Childhood Education): 2/\$500 & 2/ \$250 grants

OAPA Scholarship Foundation: \$500-1000 available/renewable

Robert D. Oliver ASNT: 3/ \$1000 Undergraduate degree

1994 SME Scholarship: Automotive After Market may apply

1994 WTS National and Portland Chapter: 3/ \$900 & 3/ \$1200

In addition WTS is awarding 1/ \$3000 & 1/ \$2000

If you are interested in applying for any of the scholarships, contact the financial aid office at ext. 2422 for more information, and application forms.

## News In Brief

compiled by Vicki Welch

Annual Writers Club Contest deadline has been extended to March 2. Entries may be fiction, poetry or creative non-fiction. For more information, call Allen Widerburg at ext. 2359.

There is a list of more than 400 different private sector scholarships that are available to the general public. For information such as scholarship names, addresses, deadlines and summaries, send a self-addressed stamped (1 stamp) legal sized envelope to: Scholarships, 16440 SW 113th Ave., Tigard, OR 97224.

Attention: The Learning Center Lab, the Library and Media Services will be open on Thursday although day classes have been canceled.

Cecelia Nunn and Wayne Haack will give their acclaimed multi-media presentation *Greenland...An Expedition* to CCC today at noon in the Gregory Forum. The presentation is free and open to the public. For more information, call Bill Symes at ext. 2440.

Illusion and reality will take center stage in the college's winter theater production, *Six Characters in Search of an Author*. Performances are scheduled for March 3, 4, 5, 11, and 12 at 8 p.m. and March 13 at 2:30 p.m. in the McLoughlin Hall Theater. Tickets are \$6 general, \$3 students and staff, and senior citizens free with reservations. For reservations or more information, call ext. 2356.

There will be an Aging Issues Forum on "Increasing Your Communication Effectiveness" on Monday from 10 a.m. to noon in CC-127. The forum is free to the public and is sponsored by the Clackamas Training Consortium. For more information, call Vivian Thole at ext. 2456.

Whether you're a beginner or an experienced dancer, come and enjoy an evening of music and fun. *Line Dancing for Women* will be in the Gregory Forum tonight from 6:30 p.m. to 9 p.m. Cost is \$2 at the door. For more information, call ext. 2310.

There will be a panel discussion on March 2 to discuss "Gender Issues in the 90s" in the Gregory Forum at noon. The panel will consist of Loren Ford, Bernie Nolan and Joe Uris. They will discuss healthy relationships, promoting them and maintaining them as well as education, salary, communication and health.

## Tai Chi offers exercise, tranquility

by Troy Blackledge  
The Print Staff

There's a new opportunity at Clackamas for those of you who are looking for a little inner tranquility, the Tai Chi club.

Meeting every Monday, Wednesday and Friday in Randall Hall, the club gathers to learn and practice the 24- and 88-step routines in the Yang form of Tai Chi. The slow, yet precise movements of the form make it easy for anyone to learn regardless of age or physical condition.

Novices start out working on the 24-step rendition of the Yang form, eventually graduating on to the more advanced 88-step set. Practicing the form al-

lows limbs to loosen up and joints to open, making it possible for the Qi, or most basically, the internal energy to flow freely throughout the body.

Proper circulation of one's Qi leads to increased vitality and consistent good health, that, as a result, prolongs life. It is an internal strength training, in that practitioners are out to recognize the Qi phenomenon and to gain control of this force.

Although awareness of the Qi is paramount in Tai Chi, club members are not expected to immediately recognize their inner strength. Instead they are encouraged to take time to concentrate on the movements of the

form while regulating breath. Inner recognition of Qi does come eventually as it has for the club's president, Kandi Starr. She has "found a calm medium in life," an inner peace from the Qi experience, she said.

Aside from the hard to describe metaphysical benefits of Tai Chi, Starr extols her "increased flexibility, improved breathing control and a longer attention span," a necessary virtue for a student. Together with the spiritual discipline Tai Chi provides, one is capable of getting perhaps the most rounded exercise available.

The group meets in R 011 from 2 p.m. to 4 p.m.

## Speech team fairs well at tourney

by Heidi Branstator  
The Print Co-Editor-in-Chief

The Clackamas Community College forensics team "received the trophy for doing best all year in the community college division," at last week's 1994 Whitman Tournament, said Avril Johnson, team member.

"A large part of the team was not able to attend, however, we did a great job despite that

fact," said Nicole Turley.

This was the biggest tournament the team had been to all year. Mike Hiransomboon and Johnson, senior division debate partners, received speaker awards in debate while Angela Bounds, who also debated, made the finals in junior persuasion. Johnson made the finals in senior division informative and persuasion. James Speiring had two finals in

junior division poetry and junior division dramatic interpretation.

"I just qualified for nationals," Speiring said. Competing in this tournament gave him the points he needed to qualify for the national event held near Orlando, Fla.

Johnson emphasized the high level of competition present.

"It was a killer tournament," she concluded.

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Clackamas Community College, 19600 S. Molalla Avenue, Oregon City, Oregon; 97045, Barlow 104. Telephone: (503) 657-6958, ext. 2309.

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For qualified volunteers, future studies may provide dental cleanings, oral health care products and from \$5.00 to \$20.00 compensation per visit. For more information call Sue or Greg at 494-2947.



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