

Simple tips can prevent rape

Isaiah Creel
Staff Writer

"Fear is the mind killer" - Dune

This past year has been fraught with wake-up calls to the slumbering giant that is America. On a national level, the destruction of the Twin Towers caused increased paranoia among the masses. Locally, the disappearance, and subsequent murders of Ashley Pond and Miranda Gaddis have sparked the internal apprehension of the majority of citizens in the area, and in particular that of the female population.

According to the FBI, one assault occurs every 29 seconds and one rape occurs every five minutes.

That doesn't mean you should stay locked inside your house forever; in most cases, the rapist is someone close to you, like a boyfriend, a neighbor or a co-worker.

Although 86 rapes were reported in the Oregon City area in the year 2000, not one of them was reported on or around Clackamas Community College, according to U.S. Department of Education sources. That is a good sign that our campus security is doing their job, but they can't be everywhere at once.

The majority of sexual assaults are committed on the way from a home, business, or other such building to a car a few hours before dawn. The attacker recognizes the obvious hiding spots behind cars or in dark corners, and given the added camouflage of dark clothes and the cover of night, he becomes a virtually invisible villain.

Before you leave the house, office, etc., make sure you have your keys in hand, and everything else stowed away. Rummaging through a purse or backpack draws your attention away

from your surroundings and leaves you in a vulnerable position.

If you suspect you are being followed, a good prevention method is confrontation. Turn around and ask for the time, or make some comment on the weather. This shows that you are aware of the fact that you have been followed, and you will be able to recognize the potential attacker's face from a police lineup.

It is also important not to let your mind wander while walking alone at night. Thinking of how late you are for that date, or what you are going to feed the kids throws your senses away from the footsteps creeping up behind you.

Talking on a cellular phone draws your attention from the evil lurking behind a parked car.

"As you approach your destination, be aware of what is immediately around you," said Clackamas instructor Robin Robinson, also a self-defense teacher. "Avoid becoming isolated or secluded."

If you find yourself grabbed from behind, try pinching as hard as humanly possible the arm of the attacker anywhere from the armpit to the forearm or the inner thigh.

A struggling victim is a less desirable victim. Smash down hard on his foot with your high heels. Bite. Scratch. There are no rules, and nothing is sacred, even if this is, or was, someone you are close to, they are at the moment the enemy, and don't care about your feelings (otherwise they wouldn't have put you in this situation).

The buddy system is a very good rape deterrent (plus it's nice to have a friend).

Taking a self-defense class (like the one taught by Robinson) will greatly increase your self-confidence, self-esteem, and self-awareness.

German students tour Pacific NW



SUZY ALEXANDER Contributed

These exchange students and teachers from Berufsbildungsschule in Stadthagen, Germany, visited with College President Joe Johnson during their tour of the campus. The exchange students have attended classes with host students, toured the campus and surrounding areas, and visited downtown Portland and Salem. They plan to visit the Columbia Gorge, Bonneville Dam, Cannon Beach and Silver Creek Falls before leaving for home on Wednesday, Oct. 23. Students interested in visiting Stadthagen and touring Germany in June can contact Shumaker or German instructor Dick Stones.

Front row: Drafting instructor and program sponsor Terence Shumaker, Jana Laue, teacher Wilhelm Schaer. Middle row: Magdalena Klaefker, Martina Meyer, Sarah Heine, teacher Gabi Walter-Braun, Jana Wilhelm. Back row: College President Joe Johnson, Daniel Lucht, Manja Horst, Joerg Hessefing, Simon Reime, Christian Thiele, Maik Ronnensberger, Martin Edwards, and Doreen Morawietz.

Ever notice how when you say "anytime," no one ever takes you up on the offer ever again?

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Portland Center (12753 S.W. 65th Ave.): Wednesday, November 6; Monday, November 18

Salem: Call for location and dates



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