

# Opinion

## Domestic Issues

by Tammy Swartzendruber  
Staff Writer

It's dusk. It's that hour when time and eternity seem to blend together as one. The rush of the day is over. I feel a calm; a settling in my spirit. From my rocking chair I can look out on a field full of brown grass. The wind is gently shoving its way through the long blades. The last shades of the settling sun linger on the horizon.

My thoughts return to the events of the day. Why was I in such a bad mood? Why did I yell at my daughter? It wasn't her fault that I missed my bus this morning, or that I flunked my math test. Why can't I remember to keep things in their right perspective? This morning I had sent my daughter to her room for spilling her milk at the breakfast table. In looking back, I can see that the real source of irritation was that I couldn't find my purse. How does a person handle the stress of going to school, raising a kid, and working a job?

In trying to find the answer to this question, I asked mothers who were juggling their jobs and school. One just bluntly stated that it can't be done without losing your sanity. Another one said the secret lay in how you shuffled the cards.

I think there are two basic ways to accomplish this seemingly impossible feat. The one way is through organization. Have a schedule and stick to it. Sit down in the evening and make a list of all that needs done the following day. Be sure your goals are realistic. Another important factor to organization is to get up early in the morning. The worse thing you can do is to leave the breakfast dishes in the sink. And for goodness sake, don't leave the beds unmade. These little things will seem monumental after a hard day on the job or at school. They'll make you weary the minute you walk into your house.

Be sure you have a reliable babysitter. You need to have so-

meone you can trust. Worrying about baby all day is only going to drain you mentally. Have a substitute sitter in case of an emergency. Looking for a sitter at the last minute is a sure way to raise your blood pressure and send your body into stress.

Planning ahead will help to keep stress at a minimum. Pop some vegetables and meat into your crock pot before you leave in the morning. If you don't have a crock pot, put it in the oven on timed bake. When you walk in that evening your dinner will be waiting for you. If you think you're too tired to do this in the morning, just remember how tired you'll be that evening. Before you go to bed lay the children's clothes out so there's time to do extra little things in the morning.

The second important factor is to not lose sight of who you are. You're not just a mother, or a student, or an employee. You're an individual with your own needs. Try to step out of the rat race a little and pause for reflection. Play some soft music. Take a walk in the moonlight. Relax in a tub of hot water. You need this time with yourself. It's when you lose sight of who you are that you lose sight of your world. You've given to school and your kid all day. Now you need to refuel. Forget about the work that's waiting to be done, and just relax!

I find that I can do this best by sitting in my rocking chair and gazing out the window. There's something about the squeaking of a rocker that lends itself to thought. Speaking of my rocker reminds me that I am still sitting in it. The sky has now grown dark. A myriad of stars are winking at me. The far off hoot of an owl is borne on the vesper breeze. All is peace and quiet. I have made it through another day. Tomorrow holds a promise. Life is, indeed, worth living.

## Letter to the Editor

I spent four years at Clackamas Community, 1980-84, which wasn't so long ago, and I was astounded to read in "The Print" about the gay/lesbian rights organization on campus. All I can say is, Congratulations.

Suburban, community colleges have a reputation for conservative life styles and for rejecting that which is out of the ordinary or unusual. Clackamas is certainly no exception to this stereotype. That's why the founding of such an organization, based on the fundamental principal that people are created equal, is so exciting. Ten years ago, perhaps five years ago, such an organization wouldn't have been possible. Today, a number of students (and staff and faculty, I presume) can stand up and say,

"This is who I am."

Of course, I wasn't surprised to read that Vince Fitzgerald is advisor to the organization. I've known Mr. Fitzgerald as a man dedicated to the students of this college. This is just further evidence of his commitment to my old school and for that, I'm forever grateful.

Not everyone holds certain truths to be self evident. It took this nation a long time to understand that women are equal to men, that Irish and Poles and Hispanics and Blacks are equals as well. Homophobia may be the last socially-acceptable form of bigotry, but that, too, is changing.

Once again, Clackamas, Bravo J. Dana Haynes

## Make certain credits will transfer

by Stephani Veff  
Opinions Editor

What are your plans after you complete your studies here at Clackamas Community College? Maybe you will have earned a certificate and will be heading out to the work force; or will you be transferring to a four-year school to earn your degree?

For those students who will be transferring, you need to ask yourself if the credit classes you are taking will transfer to a four-year institution. You may not have to transfer some class credits because they will not be of help toward earning your degree, but you will want the majority of your class credits to transfer.

While there haven't been too many problems in the past with non-transferring credits, there have been some, and for those students whose credits won't transfer, many problems can occur.

One of these problems, and certainly not the least, is the expense involved. It costs the student both extra time and money to repeat a course, neither of which a student might have - especially when you consider that many students spend their first two years at a community college because they could not afford to go to a four-year school to begin with.

Recently an agreement was made between Portland Community College and the University of Oregon. The agreement stated that all credits earned during the first two years of an associate degree in academic fields will be honored when the student transfers.

The Educational Coordinating Commission is working on developing "...a simpler agree-

ment would encompass all of the affected schools." This could possibly be reached by developing a curriculum that is the same for the first two years at all of the schools.

Until an agreement has been put into affect, the best way to find out if your credits are transferrable is to see a counselor.



## Harrassment 'irritating as hell'

by Lyn Marie Thompson  
Photo Editor

"Ignorance breeds fear." That's a real interesting quote, and I'm finding out that it is also an accurate quote.

I recently wrote an article for the Print on the Gay/Lesbian Rap Group that has been formed here at Clackamas Community College. The story's purpose was purely informational. I hope that if there were other members of the gay and lesbian community looking for a support group, that my article may have helped.

Once in a while we all need to know that someone's on our side, to have some support to help us make it to the next day. That's why the rap group is there, to support other members of this particular minority on campus.

In the process of doing that story, and this next one, I met and became friends with a member of the rap group. Neither of us were prepared for the repercussions as a result of the publication of that article.

True, the campus community has become aware of the group's existence, but not all of the feedback has been positive. My friend has been harassed to the point of relinquishing their position in the group, and is contemplating not attending any further meetings.

In addition, I have been warned that because I am the author of the piece, I may be singled out as a main supporter of gays and lesbians, and could possibly be labeled a lesbian by association. I was also advised to be "careful", as there were a few students that had been vehemently opposed to

or offended by my article, so much so that they caroused campus, removing all remaining copies of that issue of the Print and throwing them away. These students, I was warned, had the potential to be physically violent and therefore dangerous.

Being in this position is irritating as hell, but I now have a better understanding of what it's like for the gay/lesbian community, to be on the inside looking out.

I don't understand how people can be so blind and ignorant to the fact that gays and lesbians are living, breathing human beings too. They have emotions and feelings that are fragile, just like you and me. They have families,

friends, are productive citizens of society, and have needs and desires just like everybody else. The only difference is in sexual preference. That's all. And if you don't approve of that, fine, they aren't trying to convert anyone to see life the way they do. (Which is more than I can say for a lot of other people.)

Anyhow, my point is this: Before you decide to prejudge someone and make their life hell, give them a chance. Find out who they really are. I'm not saying to run out and support all gays and lesbians. All I'm saying is, they're not forcing their beliefs on you, so what gives you the right to force your beliefs on them? "Ignorance breeds fear." Think about it.

## The Print

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