

Practicum student comes to work at CCC...

## Kirshaw proves asset to Student Activities



Photo by Beth Corley

Richard Kirshaw brings enthusiasm and energy to Clackamas Community College.

by Pat Eamon  
Staff Writer

This spring term, the Student Activities Office has an enthusiastic new addition named Richard Kirshaw.

Kirshaw, a senior at Western Oregon State College, is working

as a practicum student for 12 hours a week. In the practicum program, a student participates in a work experience related to his or her studies and career goals.

Although Kirshaw is relatively new, he has jumped in with both feet and is currently involved in several projects. He is assisting in

the writing of a federal grant for alcohol and drug programming and is working on a miniseries to address the issue of substance abuse. In the work on the grant, Kirshaw's focus is on research and statistics, which are inserted into key areas of the grant.

The production of the miniseries is just starting to roll, and Kirshaw is at work coordinating the project with the faculty, so that it can be used in some classes. Debbie Baker, Kirshaw's supervisor in the Student Activities Office, states that the office hopes to "use his expertise in that."

Kirshaw's interest in substance abuse (he has also participated in the State Planning Commission on Alcohol and Drug Abuse) has a personal facet. He has had firsthand experience with people who were substance abusers and was greatly affected by it. Kirshaw expresses that it is "a real shame to see so many brilliant people with endless opportunities and abilities just dying." He sees a real need for campaigning against alcohol and drug abuse in the face of what he considers society's promotion of it. Kirshaw states that he would like to see us brought to "responsible use of alcohol and no use of drugs."

As strong as his emphasis on

alcohol and drug programming is, Kirshaw feels that the highlight, the acme of his work here at CCC will be the training of the new ASG officers. He expresses, "Not only will they gain from my leadership, knowledge and experience, but I will gain from theirs."

The diversity of his work here greatly appeals to Kirshaw. "It's quite hectic," he confesses with a grin. A typical day, according to Kirshaw, includes lots of phone calls, meetings (at least two a day), working on setting up programs, and meeting many people. Kirshaw says that he gets "the best of two worlds" here with a chance to be involved in drug and alcohol programming and also "do new, innovative stuff on campuses."

The energy that helps make Kirshaw successful in his practicum work carries through into his leisure time, too. He enjoys spending time with his fiancée, dancing, playing baseball and softball, taking nature walks, and singing. Kirshaw is a real "movie buff," and confesses to a love of the classics. "Bogey is the best!" he proclaims.

This is not Kirshaw's first practicum experience, or his first employment in a student activities office; he has worked in

the WOSC Student Activities Office, too. However, he does not see the two situations as very similar. Both plan informational/recreational events, and work to "meet the students' needs" but there, Kirshaw says, the similarities basically end. WOSC is a four-year college, with tradition and yearly events, while CCC is a more changeable, diverse campus. Kirshaw states that this gives him "more freedom to create." He expresses that he "couldn't have picked a better advisor to work under" than Debbie Baker, citing their common high energy levels as the reason that they work so well together.

Kirshaw's concern for others is also not confined to his work. He has a particular interest in helping the mentally retarded, stating that "they don't get their rights." Kirshaw works at a group home for 15 mentally retarded, disabled adults aged 25 to 44. He also lobbies for them whenever possible. In addition, Kirshaw has done volunteer work for Alcoholics Anonymous.

With his enthusiasm and talent, Richard Kirshaw is sure to leave a permanent mark at CCC, and be an asset long after he's gone.

## Self-defeating behaviors altered by realistic goals

by Pat Eamon  
Staff Writer

"Not everything that is faced can be easily changed, but nothing can be changed until it is faced," said James Baldwin, and Leslie Black, M.Ed., took up the thread in a lecture on changing self-defeating behaviors on April 26.

The lecture focused on identifying and changing self-defeating behaviors, which are defined by Black as "behaviors that hinder us in achieving goals." She used herself as an example, citing her former weight problem and extreme perfectionism as self-defeating behaviors. Said Black, "I consider myself an expert at self-defeating behavior."

Other self-defeating behaviors that Black listed were lack of motivation, poor time management, feelings of inferiority, depression, and lying. These behaviors, she stated, affect a person's entire personality and life.

While these behaviors hinder us in our lives, they often offer immediate gratification, says Black. Some of these "payoffs" include avoiding responsibility, avoiding risk, getting attention, feeling pleasure, and controlling situations.

While caught up in this vicious cycle of self-defeating behavior, Black states, we lose sight of the prices we are paying. These prices can include self-loathing, constant worry, embarrassment, physical discomfort, fatigue and

isolation.

In changing these behavior patterns, Black suggests a number of steps to follow. Number one, identify the behavior, which Black says is the "most difficult." Number two, assume responsibility. Number three, figure out why you engage in it. Number four, find the price that you're paying for it. Number five, plan to alter the behavior.

*"Not everything that is faced can be easily changed, but nothing can be changed until it is faced."*

A major obstacle to eradicating these behaviors, Black feels, is the tendency of people to set unrealistic goals and expect perfection overnight. She says that these are behaviors that we have worked hard at to keep going, and that we "don't just undo them overnight." She advises people to set achievable, measurable goals that are well-thought through.

Black closed by saying, "Feel the commitment, make the change; I know you can do it!"

The lecture was part of a series of lectures presented by the CCC Wellness Team on Balancing Work and Family. On May 3, a lecture titled "Letting go of Fear" was held, and on May 10, "Developing the courage to be imperfect" will be offered from 12:30 to 1:30 and 3 to 4 p.m. in Barlow 237.

## Barnes receives grant...

## Instructor brings satire to life

by Michelle Walsh  
Staff Writer

Tim Barnes, part-time English instructor at CCC, just received a grant from the Metropolitan Arts Commission to help him produce C.E.S. Wood's "Heavenly Discourse."

Wood, according to Barnes, was a "lawyer, soldier, poet, and radical, who came from Baltimore to Portland in 1875." He fought in the Nez Peirce Indian campaign, and recorded the surrender speech of Chief Joseph. Wood arranged for the building of the Skidmore Fountain in Portland. On it reads his quote: 'Good Citizens Are The Riches Of The City.' The Rose Festival was his idea. He was the cornerstone of Portland life.

Wood began to write a series of satires for 'The Masses' magazine, which was edited by Max Eastman. John Reed (10 Days That Shook The World) was also a main contributor. Wood's satires were set in heaven. His themes were anti-war, pro-freedom, religion-mocking, and critical of capitalism. In 1927, Wood published 'Heavenly Discourse,' a collection of his satires.

"I found a failed epic Wood called 'Poet in the Desert,' and began to investigate him. The satires in 'Heavenly Discourse' could be dramatized. Some friends and I formed a group, the Heavenly Discourers. In 1984-85, we would do dramatic readings at taverns, on KBOO

(90.7 fm) and various other places. In 1986, I got a grant from the Metropolitan Arts Commission to do a production called 'Wood Works' at the Columbia Theatre. This time it was totally dramatic. I applied for another grant so we could do a full production. We received \$1000, but that's not nearly enough." 'Wood Works' is

slated for October performances.

Barnes has a B.A. in Literature from San Jose State and a Masters in English Literature from P.S.U. Barnes is a published poet, and a member of Artists in Education. He also teaches part-time at PCC. "I like teaching here," Barnes says. "The college has been very good to me."

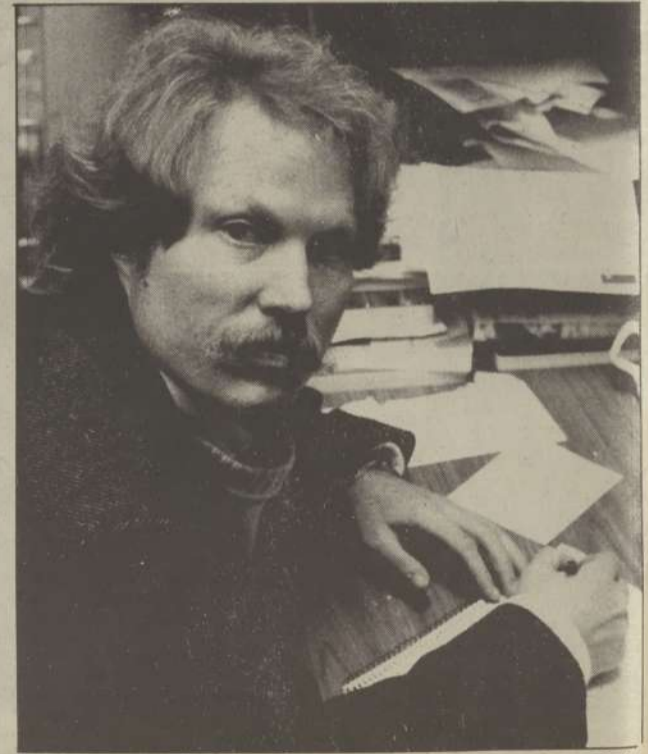


Photo by Beth Corley

Part-time English instructor Tim Barnes will produce the play 'Heavenly Discourse' this fall.

