

European Day spreads international awareness

STEFANIE SMITH
Staff Writer

European Day was held Tuesday, May 4 in Gregory Forum. This is the first of the three days of International Week.

The day started with a basic opening ceremony and the food court opening. There were sauerkraut, bratwurst, chips and soda from the German club. The French club competed with quiche, crepes, green salad and soda. Even though the two clubs were competing against each other, each club was having a good time. They poked fun at each other and even bought the opposing club's food.

At 10:30 a.m. the Clackamas Chamber Choir, directed by Lonnie Cline, sang songs from Estonia. People really enjoyed their performance be-

cause the audience was clapping. "I like that wedding song, it's really gorgeous," said Daisy Hart referring to a traditional song usually sung at weddings.

After the chamber choir performance, the French performances began. Heather Edgett began the section with two solos. She sang *Plaisir d'Amour* and *Chanson de Florian*. Both are love songs, the first a tragedy and the second joyous.

Second year students Jon LaFollet and Elizabeth Vanderbuhl mimed two poems. They played the part of a 1950s couple. After them, Kindra Hazen read *Demain*, a poem by Robert Desnos.

Debbie Cropp and Francis Anton acted out French nursery rhymes. They were dressed up like a farmer and a clown. More poetry was read and then students from The Portland French School Chorus sang *Le*

Rhinoceros, *Les Zebus* and *Le Penguin*. French student Debbie Cropp said, "They [the kids] are so adorable." Everyone was mesmerized by these children singers.

It didn't seem possible for anyone to follow them, but somehow the French students got up again and sang *La Marseillaise* and *Il faudra leur Dire*.

At approximately noon the German classes came on. They started with a medley of five songs: *Alle vogel sind schon da*, *Du, du liegst mir im Herzen*, *Lustig ist das Zigeuner-leben*, *Edelweiss* and *Muss i denn*. The German choir sang through all the noise that people were making. German instructor Dick Stones said, "We're just here to have fun. The more kids laughing in the background, the better."

German students then recited poetry, enjoying themselves even

though children were making noise in the background. Sabina Pasic read the play *Schneewittchen* (Snow White) while Tim Mellin acted it out.

Piano music by local artist John Nilsen wrapped up the day. Nilsen said, "A great international day; we are here."



SARAH WELCH / Clackamas Print

The Portland French School Chorus sings "Le Rhinoceros" at International Week's European Day, May 4.

It doesn't have to be that bad...Get help at anxiety screening!

SUSAN ABE
Staff Writer

Tonight in CC126, some people will watch a video, a professional presentation, questionnaires, and counselors. Others may not make it even so far as the door. Anxiety disorders can be like that.

Linda Conley knows. She started classes in the fall, but started driving the seven miles to college months before.

"I displayed a driving anxiety. That was massive. I couldn't drive a mile down the road. I would start getting dizzy, and feel like I was going to run off the edge of the road. I would have to pull over..."

"I started to try to get two or three miles down the road. And so I would drive short periods of time and pull over and then drive again, monitoring my tension and my breathing...I eventually got back and forth three miles and then to the college."

Today is the seventh annual National Anxiety Disorders Screening

Day, and free, confidential screenings will be offered at Clackamas at 6 p.m. Representatives of the college, the Oregon Health Plan and Clackamas County Mental Health will be there to help attendees locate resources.

"This is an educational, informational meeting. It is not intended as any kind of diagnostic," said Carol Strazer of Willamette Falls Hospital Community Education. "They'll have an opportunity to talk to the professionals who are helping with this, and get some information on resources, and they'll be encouraged to talk to their family physician about it."

Friends are welcome to come along for support. If you have a friend who seems extremely anxious, urge him or her to try the screening. "That would be a great friend," said Strazer. "You need to be gentle about making the suggestion, though, so you don't overwhelm the person."

Conley, 46 and the mother of two, is a nursing student. It helped her to talk about her anxiety.

"I would tell people, thinking, 'I'm so crazy; I'm so weird; I'm so awful,' and people would say, 'You know, I had an aunt that used to be like that...' and so I didn't feel so bad."

Anxiety disorders are a group of illnesses including phobias, post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder and generalized anxiety disorder. They are known to have a biochemical component as well as a behavioral component, so medications are helpful for some patients. All sufferers, however, need help and support in learning how to cope with their disorder. This might include therapists, discussion groups and books. The key is to learn strategies for life.

Conley developed simple strategies: "I would say to myself, 'What would normal people do?' And so, if I was on the bed, and didn't want to move, and I was frozen in anxiety, I would say, 'Just get up and sweep a floor....' I would do something that would appear to be normal. Normal people sweep the floor? I'll go sweep the floor."

People who know they're unreasonably anxious might not see the importance in having a professional tell them they're unreasonably anxious. One possible benefit may be the protection afforded by the Americans with Disabilities Act, helping explain your needs to employers and teachers.

Conley said, "Teachers at Clackamas are always very helpful. Always, in any situation. But I have had people say to me, 'So you can't do the work...' And I say, 'No, it's not that I'm too busy here, or I have too much work there, or whatever, it's that I literally can't sit down and think sometimes. And so I have to wait until that passes.' And it's hard for me to explain the difference to them. I usually just wind up saying, 'I have a verified learning disability. Come and talk to my counselor.' And then they'll usually make accommodation."

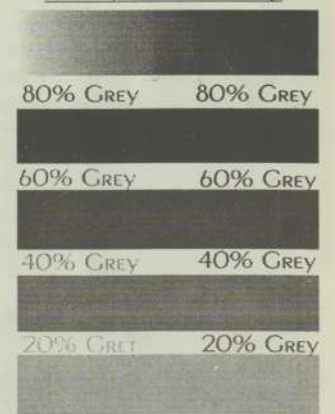
Strazer said, "What do they call this, the age of anxiety? I don't know how far away finals are, but I can just imagine..."

But Conley suggests that finals might not trouble all sufferers:

"I have a tendency to be OK with my kids. I don't have a panic kind of reaction to what my kids are

doing...you'll find that people think, 'Well, somebody who has an anxiety disorder is anxious about everything.' No, they usually have areas. I've met people with the strangest things—people who can't go into stores...I did a group with this woman, and in the bathroom was this large elephant thing...she couldn't go in the bathroom. It sounds funny, but if it gets really bad, if you let it go until it gets really bad, you are at home, with your curtain closed, hiding in the house, and you don't go out. I pushed through that. I had to push through that."

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