

THE CLACKAMAS PRINT

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Change your mind, change your life

*Be Human*Jesse Gurzynski
Staff Writer

Wisdom is obvious, but it will never be seen unless it is sought. Seeking wisdom does not mean running away to a far-away land and asking some guy on a mountain what the meaning of life is; it is simply paying attention to your daily life.

I suggest that you start by paying attention to your state of consciousness. This you may begin doing right now: take a pause to analyze your present state of consciousness, then see how what you are reading changes or affects your state of consciousness. If you have trouble with the term "state of consciousness," just go with "state of mind."

I am sitting by a computer, playing with a Slinky. The person next to me is reading the lyrics to Tool songs. All in all, it reminds me of what it is that I am living for.

That moment gone, I begin writing. I contemplate going to a woody grove, a place where I can more easily manifest a peaceful state of consciousness. That is what I shall do, but first I will finish writing.

The woods have a natural, chaotic (not chaos in the sense of disorder; I mean chaos in

the sense of perfect order) atmosphere of sensory stimuli that is at harmony with my preferred thinking patterns. The linearized environment of buildings and the city in general is at disharmony with what I perceive to be natural, healthy thinking patterns, and therefore such an environment manifests in me a negative state of consciousness.

State of consciousness is affected by virtually everything in your body and/or environment. Drugs, type of lighting, ambient noise, colors, other people and even what you believe all affect your state of consciousness.

Amazing observations can be made in your daily life by paying attention to your state of consciousness. Though this area is very much neglected, I believe that it will prove a very important area of study in the very near future, and is a

useful guide for improving your daily life and mental health.

Suppose that you are indoors under fluorescent lights. Your state of consciousness closely resembles narcosis as you head for the door. As soon as you step outside, your head clears up and you feel slightly alive. Normally this would have gone unnoticed. What lesson can be learned?

I believe that if a significant number of people began paying attention to their state of consciousness, a change would occur in the way that people relate to each other. In addition, the physical structures and environments in our lives would soon change in a way that would be more conducive to a peaceful state of consciousness.

To reach Jesse Gurzynski e-mail hateapparatus@hotmail.com or drop by B-104.

Ditch the cubicle, run away from reality

*In this life there are nothing but possibilities*Erinn Lerten
Opinion Editor

I couldn't ever work in a cubicle. It would be like being an animal, having someone breathing down my neck all the time. Trapped. I couldn't handle having a boss either. Someone who tells me what I'm doing wrong, and decides whether I get a

Christmas bonus. That is, can I buy that huge impractical gift for my child. Many of my friends are getting married, having babies, moving on to "real life," as they say. Well, I'm fairly content with my pretend life for now.

So, I'm taking off, I think, into the desert, away from these cities that twist us with anxiety and obligation. I will cover myself with paint and act only on my impulses, not what I think my impulses should be. I'm off to a place where I can wander aimlessly for hours without a care in the world for anything but the present moment. I'm going to a place where I will never be forced to say a commonplace thing just to fill in the blank space in a boring conversation. This place exists, you know.

It's probably a state of

mind more than anything else, this place. But people have a hard time getting there without leaving the country or taking drugs. And when they come back from either trip, they slowly forget how to live all over again.

There's a way to cope though, in this place, with random acts of senselessness and beauty. Beauty that people may not recognize as beautiful. Like getting naked and running down the street in the middle of the night in the rain, singing Christmas carols in June, breaking glass bottles, or jumping off a bridge into deep powerful water and feeling it take control, knowing that there's something Big out there...

Human nature doesn't extend much past acting like a freak, but for some reason

the Puritan notion that we must act like sensible, fearful, law-abiding individuals has taken control. Granted, society wouldn't work if just any old person jumped off a bridge or ran naked down the street breaking things. We could all still handle loosening up a bit.

So let us go then, you and I, to a place where the sun is shining and we don't need to abide by the rules assigned to us. Where we can sit in the shade, eat ripe grapefruit, play in the waves and send a message back to the "real world," showing to those stuck in cubicles, where the rain comes down daily, what great things there are.

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What are your plans for summer vacation?

Amanda Redick
general studies

"I'm going to work. That's pretty much it. I'm not much of a planner."

Marlies Berney
foreign language

"I'm working at a cousins farm and helping with student government."

Amy Rose
pre-nursing

"School. To get my prerequisites out of the way for nursing."

Deimian Anzaldúa
psychology

"Working for a masonry, and for fun I'm going to Texas for two weeks."