

New dean has fresh ideas, class

Alexandria Vallelunga
The Clackamas Print

Shelly Parini-Ringe is the new dean of college advancement and executive director at Clackamas Community College.

Parini-Ringe has been working here for about two months. Her job consists of raising money for the campus through scholarships and endowments. This year, she's working hard on a 10-year foundation campaign. The five major goals of the campaign include raising money and support for the Harmony campus and its new nursing program, as well as for scholarships. In addition, she hopes to acquire funds for the Environmental Learning Center, and professional trades and manufacturing.

Parini-Ringe is married and lives in Clackamas County. She enjoys hiking, walking and fishing. She has a 20-year-old step-daughter, who currently attends the University of Alabama, and an 11-year-old son, Alexander, who participates in Tae Kwon Do. She also has a dog named Misty that is partially a Jack Russell Terrier.

Born in Lewiston, Idaho, Parini-Ringe earned off in community college, later transferring to Arizona State University pursuing a B.A. in Theatre and Communications, and a minor in Business.

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She has always been a grandma's girl. In fact, after college, Parini-Ringe decided to move to Oregon to be closer to her grandmother. She loves living in Oregon and enjoys the rain.

In the past, Parini-Ringe has worked for Clackamas County, as well as Mt. Hood Community College. She was an active member of the Portland Chambers of Commerce, and the economic and community development manager in the city of Gresham. She dealt with business and industry affairs, social concerns and local industries - in fact, she helped develop Pioneer Place.

"I never thought I would work for a local government," she said.

Parini-Ringe encourages students to take advantage of all the

opportunities community colleges have to offer; to take their time and enjoy their academic experience, as she really appreciated hers.

She encourages students who don't know what they want to do career-wise to find something that brings them joy and happiness. "Choose a program that suits your personal passion and interest," she said.

This is Parini-Ringe's third career, and she treasures all of her academic experiences.

"There's the creative side, and the side that needs to pay the rent," she said. "Money will follow if you do what you love" is her motto.

She also believes that students should back up what they love with experience and a solid education.

Specifically, she would like to know how she could work with her team to better market to 18 to 26 year olds. A few questions to which she'd love to hear student reactions are "Are we getting the right message out?" and "How can we do a better job promoting the community resources?"

In addition, she is also looking for spokespersons for fundraisers.

Parini-Ringe has an open-door policy, and her office is located in the Barlow building. "I wish more students would come in and visit," she said.



Photo collage by Jeff Sorensen, Elizabeth Hitz and Adam J. Manley Clackamas Print

Other uses for leftover pumpkins

Alexandria Vallelunga
The Clackamas Print

It would be so much easier if the recycling people picked up the pumpkins on the street corners after Halloween, but they don't. Aside from throwing pumpkins at cars, blowing them up, or setting them on fire, one of the things people may consider doing with their pumpkins is eating them. According to pumppatches.org, "pumpkins provide 53% of our vitamin A, 20% of our vitamin C and 564 mg of potassium."

If a pumpkin ends up lying around after Halloween, people should think about simply cooking the squash since pumpkins are low in calories, fat and sodium. Pumpkins are high in fiber, and a good source of Vitamin B, protein and iron. Pumpkin patches states that pumpkins are healthy, full of antioxidants, and high in fiber and protein." In addition, people can roast pumpkin seeds and eat them as a healthy snack. Pumpkins are also used to make soups, pies and breads.

Ever think about pumpkins in relation to? Pumpkins are used to feed animals as

well. For example, many farm animals, such as sheep, cows and horses, eat pumpkin flowers because they are edible.

Don't throw pumpkins away after they have been carved. Instead, consider putting them in the compost heap because they may make a good fertilizer. Other options include burying them in a garden so that they will decay rapidly and enhance the soil.

There are many things people can do with their pumpkins, but there's some things people just shouldn't do with them. Do not store the pumpkin in the attic for next Halloween.

Keep this advice in mind: Aftonapple.com reports, "We don't recommend cooking a Halloween pumpkin that had a candle burning in it because the flesh will have a smoky taste."

Avoid using pumpkins as door stops, or keeping them indoors, as they will rot and stain the floor.

Lastly, do not use pumpkins in cold fusion experiments - as pumpkin fusion has been disproved.

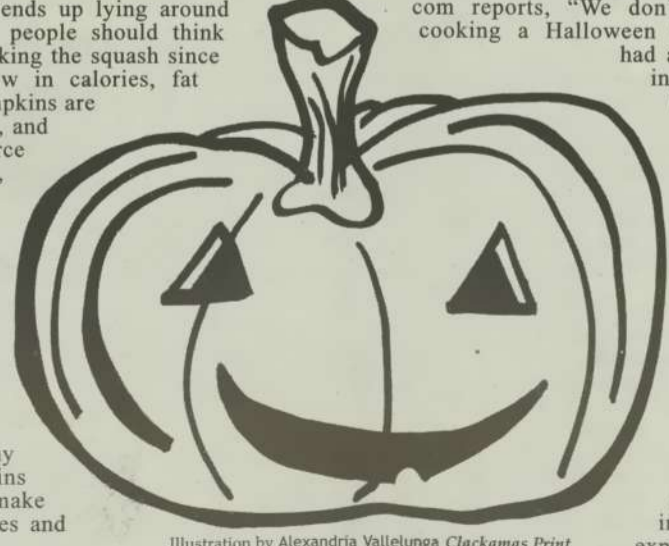


Illustration by Alexandria Vallelunga Clackamas Print

Halloween 101: Celts, cakes and turnips

Andrea Simpson
The Clackamas Print

of a soul's journey to heaven.

Halloween - the day children dress up in cheap costumes and go house to house demanding candy from complete strangers. How did this odd, yet beloved, tradition come about?

About 2,000 years ago, in the area now known as Ireland, the Celts celebrated a holiday on the eve of the New Year (Oct. 31) called Samhain (pronounced sow-in). On Samhain, it was believed that the souls who died the previous year came back to find bodies to inhabit during the New Year (Nov. 1).

During the 800's, the influence of Christianity spread through the area. Pope Boniface IV designated Nov. 1 as All Saints Day or All Hallows Day, and Samhain became known as All Hallows Eve, and eventually as Halloween.

The holiday spread to America in the 1840s when Irish immigrants fled Ireland because of the potato famine.

Trick or Treating was believed to have originated in the 9th century with a practice called "souling." On All Saints Day, children walked from village to village, begging for "soul cakes," square pieces of bread with currant. The more soul cakes they received, the more prayers they promised to say on behalf of the cake givers' dead relatives. At the time, it was believed souls lingered in limbo for a time after death, and that prayer could quicken the process

Costumes were worn on Samhain because it was believed that spirits came back to possess the living. In hopes of not becoming the victim of a possession, villagers dressed up in ghoulish costumes and paraded around the town, wreaking havoc and creating noise to deter spirits from looking for bodies to possess.

Jack O' Lanterns came from a folklore involving the devil and a man named Jack. The story goes that Jack, who was known as a drunkard and trickster, tricked the devil into climbing a tree. He then carved a cross into the tree, trapping the devil in it. He made the devil promise that, if he let him down from the tree, the devil would never tempt him again. When Jack died, he wasn't allowed into heaven, and the devil turned him out of hell. He sent Jack to wander the cold, dark Earth with a single ember to light his way. Jack then carved out a turnip and placed the ember inside it to make it last longer. The Irish used turnips as their "Jack lanterns." But when immigrants came to America, they found that pumpkins were in abundance and worked far better for holding a flame.

This holiday has come a long way from its Celtic origins of lighting bonfires and wreaking havoc dressed in wolf skins. Do not take for granted the gift of half-melted Hershey bars and the dreaded healthy apple on this night of tradition and terror.



"It's great to participate in courses where the material you learn is applied, then discussed by the whole group. There are many times people share perspectives that I've never considered."

Garrett Beck
Management and Organizational Leadership, 2006 graduate

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