

The Clackamas Print



Independent, student-run newspaper since 1966

Clackamas Community College, Oregon City, OR

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Art, art, art

What?
A new mural in Randall Hall.

Where?
If coming up from the direction of the locker room, it is located in the stairwell between the 1st floor and the basement.

Who?
Artist Anthony Bernert, and collaborator Nancy Mikleton, retired Clackamas health and PE instructor.

When?
It was painted over the summer and through Fall Term.

Why should you care?
It's pretty.

- Compiled by Megan Koler, The Clackamas Print

Photos by Megan Koler Clackamas Print

College, legislature ... money?

Katie Wilson

Co-Editor-in-Chief

Applying for scholarships isn't just for students.

The college is currently in its legislative session and is campaigning fiercely for funding.

The community colleges of Oregon, represented by their administrative heads and student governments, are trying for a \$529 million budget as opposed to the \$483 million budget recommended by Governor Ted Kulongoski, according to Tim Lussier, Clackamas' associated student government president.

"Last week and through the beginning of April, Clackamas will be represented two or three times per week in the capitol building," said Clackamas' Interim President Joanne Truesdell, who has been splitting her time recently between running the college and representing it down in Salem.

Truesdell gave a short presentation last week, highlighting Clackamas' goals, and how continued and increased funding will help the college reach its goals.

Lussier and other members of ASG traveled down to Salem last Thursday as part of the Oregon Community College Student Association.

They met with individual representatives, trying to garner more support for community colleges, Clackamas in particular.

Lussier believes that student involvement in the proceedings is important.

"We're telling our stories as students," he said. "[The] legislature will give us more money if they remember [you] and how great a person you are."

Each member of ASG who went to Salem wrote a letter to a representative.

"They heard from 15 people on ASG," said Lussier.

ASG plans to involve Clackamas students in much the same way.

They are organizing a postcard lobby effort. Students will write brief messages on postcards which will be mailed out to representatives. ASG hopes to keep four goals up front in the representatives' minds:

1. Support community colleges by supporting the full \$529 million.

2. Support "Shared Responsibility Model for Financial Aid" - a proposal which, if funded, would enable students to attend college who might not have had the chance.

3. Fund ASPIRE, a program for high school students earning college credit.

4. Support Capitol Construction - a.k.a get funds for the construction of a three-story, allied health building on the Harmony campus.

ASG hopes to have this effort started by the beginning of next term.

Meanwhile, Truesdell will be keeping busy.

"We're in a lot of things," she said.

Final Exam Schedule ...

Exam day & time

Class day & start	Mon. 3/19	Tues. 3/20	Wed. 3/21
M/W or M/W/F	7:45 or 8 a.m.	8 - 10 a.m.	
	9 a.m.		8 - 10 a.m.
	10 or 10:15 a.m.	10 a.m. - noon	
	11 or 11:30 a.m.		10 a.m. - noon
	12 or 12:45 p.m.	noon - 2 p.m.	
	1 p.m.		noon - 2 p.m.
	2 p.m.	2 - 4 p.m.	
	3 or 3:15 p.m.		2 - 4 p.m.
T/TH	4 or 5 p.m.	4 - 6 p.m.	
	7:30 or 8:30 a.m.		8 - 10 a.m.
	9 a.m.		10 a.m. - noon.
	10 or 10:30 a.m.		noon - 2 p.m.
	1 p.m.		2 - 4 p.m.
	2:30 or 3 p.m.	4 - 6 p.m.	
	4 or 5 p.m.		see instructor
CONFLICTS			4 - 6 p.m.



Illustration by Kayla Berge Clackamas Print

SPiRiT meetings guide students asking for help

Ma Dickerson

Clackamas Print

Weekly group-therapy meetings for those who suffer from a mental illness or just need someone to talk to are held on Monday nights here at college.

Ma Dickerson, Gina Hahn and Shannon Bierly lead the weekly meetings, which are from 3:30 to 5 p.m. in Room 104 in the Training Center in Clairmont Hall. The sessions will continue until April 9.

The goal of the meetings is to help people and expand the SPiRiT program.

The SPiRiT program is a support group meant to teach those how to become advocates for themselves. SPiRiT is an acronym which stands for Service for Individualized Recovery through Training.

Graduates of the SPiRiT pro-

gram have support groups. This is the sort of support group for people who have not graduated, or are not part of the SPiRiT program.

"This is for people who have challenges on campus," said Hahn.

"It's for people who say, 'We want to work on ourselves,'" said Shannon Bierly, who is on the board of directors at Empowerment Initiatives Inc.

Empowerment Initiatives Inc. is a non-profit organization dedicated to helping those who suffer from mental illnesses heal and cope, as well as overcome their obstacles and move on with their lives. There are two main branches under Empowerment Initiatives Inc., the SPiRiT and Brokerage programs.

Typically, SPiRiT meetings begin with introductions given by the people attending, followed by a two-minute meditation time for participants to center themselves and relax.

After the meditation is an educational time during which Snook, Hahn and Vesuvius speak to participants about self-healing and what they have personally overcome.

At the end of the meetings, there is another two-minute meditation.

According to Casey Sims, the disabled students and tutor coordinator for the counseling center, the support group is not an official service offered by Clackamas' advising and counseling center. However, the counseling center has worked with the SPiRiT program in the past, sometimes providing lectures.

Bierly and Hahn graduated through the Brokerage program, which is similar to the SPiRiT program. Because they have worked through the programs, they are qualified to help others, though they don't necessarily have an actual "certificate."

Hahn is taking "small steps

towards the big step" of getting certified officially. She is now employed full-time with the Brokerage program as an administrative specialist; she answers telephones and e-mails from people who suffer from mental illnesses.

"I know how to support because of my past. I've been there," she said.

"There is a sense of mutual support, which is a shift in mental health recovery," said Hahn. "It's a way for folks who have walked the walk to help others lift themselves up."

"We're giving hope and direction," said Bierly. "It's help for those who have been stuck in their mental health problems. It is healing."

All are welcome, whether or not they have been officially diagnosed with a mental illness. For more information about Empowerment Initiatives Inc., go to <http://www.chooseempowerment.com>.