

Campus Poll: What do you think about pinching on St. Patrick's?



"It's an excuse for violence."

Forrest Schottt

It depends where you get pinched."



Megan Drenosko



"It's a venerable Irish tradition."

Tomas Beralta

"I encourage it."



Bret Bernhoft

"It's completely acceptable."



Marisa Fonseca

don't have a problem with pinching; it's just receiving the pinch."



Logan Vasquez

Campus Poll compiled by Jenessa Palmer and Benjamin Caldwell

How to survive finals

Andrea Simpson

The Clackamas Print

It's almost upon us - no, not the apocalypse, but it is almost comparable.

Finals week is looming on the horizon, and students are starting to go into hiding in preparation for the storm.

No need to fear finals week, though, if you are well-prepared.

Quality study habits can be hard to develop, especially if you try to develop them the week of finals.

You shouldn't consider it finals week; you should consider it finals weeks. Start out with study time in small increments, and gradually set aside more time for studying the closer it gets to finals.

The more you see something, the more likely you are to remember it. The memory-retention rate increases if you not only read over your notes, but copy them again and again. Have someone quiz you on relevant and important information, or make flashcards to memorize facts and formulas.

When you study, make sure you seclude yourself. If you place yourself somewhere where you are bound to encounter people, you will constantly be distracted.

Some claim they cannot study in complete silence

because it is more distracting than noise. It's okay to put on some music, but don't put it on a station that will tempt you to stop studying and sing along. Classical music is great for studying because it stimulates the brain and isn't distracting.

Good nutrition helps your body stay productive. Psychological and physical stress can weaken your immune system, so it's important to eat foods that strengthen your body's defenses.

Recently out on the market is the new drink DanActive by Dannon. It helps your intestines fight off harmful bacteria, as well as deposits good nutrients at the same time.

This may sound sacrilegious to some finals fanatics, but cut back on sugar and caffeine in the coming weeks. Instead of pumping your body full of stimulants, go for a jog or dance to some music to get your blood pumping and circu-

lating to your brain. Natural adrenaline is the best way to keep your mind alert and active.

And finally, get plenty of sleep. Research shows that you need at least four hours of sleep to function and eight hours to be completely rested and function at optimum capacity.

To get a better quality of sleep, don't watch television for two hours prior to sleeping. The flashing images and noise stimulate your brain and make it harder to obtain a dreamless and peaceful sleep.

The next few weeks will be hectic and long for those of us who face finals. Just buckle down and concentrate, and it will be over before you know it.



Illustration by Andrea Simpson Clackamas Print

Campus sculpture overexposed



You know what really boils my blood? The fact that every day I come to school, I must gaze upon a giant scrotum.

This refers to the nightmarishly Freudian statue in the grassy area of the courtyard between Barlow, Pauling and the Community Center on the college's main campus.

"Tendonitis" is the statue's name, created by Clackamas' own Rick True of the Art Department, and it needs to be moved.

Of the dozens of students asked about their opinion of "Tendonitis," only two liked the sculpture in the courtyard.

The images, thoughts and conversations most commonly inspired by "Tendonitis" are not pleasant ones.

Make no mistake - sex is a rightfully popular topic, and colleges are where daring discussions are meant to take place. However, people should be allowed to decide for themselves when they contemplate genitalia.

This is not to call the statue or its creator perverted.

"Tendonitis" is an abstract representation of the suffering of one artist's wrist as he labors to create.

To me (an artist and huge geek), the piece is also a brilliant representation of the classic and powerful concept of the lever-and-fulcrum.

In all honesty, "Tendonitis" is an inspired creation that deserves exposure (no pun intended) on campus; just expose it somewhere else on campus.

The courtyard in question is very rectangular and flat; it screams for a work of art to disrupt its uniformity.

The positioning and shape of "Tendonitis," combined with its contrast to the surrounding area, causes it to stick out like a sore phallus.

"Sore phallus" is the tamest name given to the man-bag monolith by its resident observers. Some other names given by students, faculty and regular visitors to CCC include "The Testes," "Elephantitus," "Cougarsax," "Cock-crete," "The Compensator," "Giant Cock-and-balls" (from a faculty member), "Stonehenge Gone Wild" (from a Trimet bus driver) and "That's just gross." My nickname

for "Tendonitis" is "The Ballrock of Clacka-düm."

Located by the Streeter Annex building and the bus stop, there is another statue, a metal sculpture named "Shared Destinies." It was created by Devin Laurence Field in 1998 and purchased by CCC at the same art exhibition as "Tendonitis."

"Shared Destinies" is an often-noticed depiction of two unfinished horses pulling against each other in opposite directions. The horses are sheltered by a square canopy attached to the large, boxlike base.

"Shared Destinies" is not a more inspired or beautiful work of art than "Tendonitis," but it is a more suitable sculpture to place in the courtyard. "Shared Destinies" is the perfect statue for this location because it is a pair of organic shapes escaping from a geometric frame; when compared to the backdrop of the courtyard, it just fits.

"Tendonitis" receives all of the unfair criticism, not because of the sculpture itself, but because it clashes so horribly with its environment.

Between Randall, McLoughlin and the Art Center, there is a small grove of trees. If placed before this grove, "Tendonitis" would feel less overbearing. Against a backdrop of natural shapes and tall trees, the sculpture would compliment its surroundings instead of flash them.

Ask



Dear Dr. Kim,
How can I get my ex-boyfriend to leave me alone? When he cheated on me, I broke up with him, and everything was fine - for a while. Recently, he and his other girlfriend broke up, and he decided he wanted to get back together with me. He calls my house all the time, and I try to avoid his phone calls. It doesn't work. He calls my house from three different numbers to try and confuse me into answering the phone! How do I get rid of this guy?

- Esmerelda Zelda

Dear Esmerelda Zelda,
Well, the first thing you need to do is make sure this guy knows his calls are unwanted. Don't beat around the bush or try to be nice - make it clear that there's no chance for him to persuade you to change your mind.

If he ignores your request for privacy and continues to call or harass you, the next step is to call your phone company. You can give them any number he has called you from, and they will block it directly.

Unfortunately, it is extremely hard to get a stalking order. This guy could drive by your house 50 times a night and call you a hundred times a day, and the police wouldn't do much but document it. It's scary that you can't get help until it's too late and you've been physically injured.

Still, if your ex continues this nonsense, you should report it to the police every time it happens. If he ever threatens your life or physically harms you in any way, you can file a restraining order (and you should) to protect yourself. Make sure the people around you know that this creep can't seem to take a hint, and document all his strange stalking behavior.

Chances are that a little slap of rejection will fix this loser's wagon. It sounds like you're smart enough to leave this cheater eating dust.

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