

# Gardens await green thumbs

## Heatherann Price

The Clackamas Print

The Community Gardens here at Clackamas have been around since the mid '70s.

Previously it was run by students, but due to a lack of interest, it is now run by community members. Community member Kathy Von Striver and others work as a club to make sure that the gardens are still around.

This club does most of the labor needed to keep the gardens running by themselves. They till most of the plots every year and lay irrigation pipes, as well as clean up the field.

The plots are 20 feet by 20 feet, selling at \$20 per year. The \$20 covers watering the plot twice a week in normal weather, and three times in 90 degree weather.

Planting can start any time of the year if one chooses to till his or her plots. For others, tilling happens every May, depending on the weather.

Regardless, the growing season is year-round if one wants it to be. There

are cold-weather vegetables that will brave out the winter.

Most people tend to grow vegetables in their plots. However, there are some berries as well.

People from the community make up the bulk of the crowd at the gardens. Few students rent plots.

Many people share a plot to help cut down on the already-low amount of maintenance needed. With the watering already being done, little to no work is necessary to keep things going after the first few weeks of planting. There is

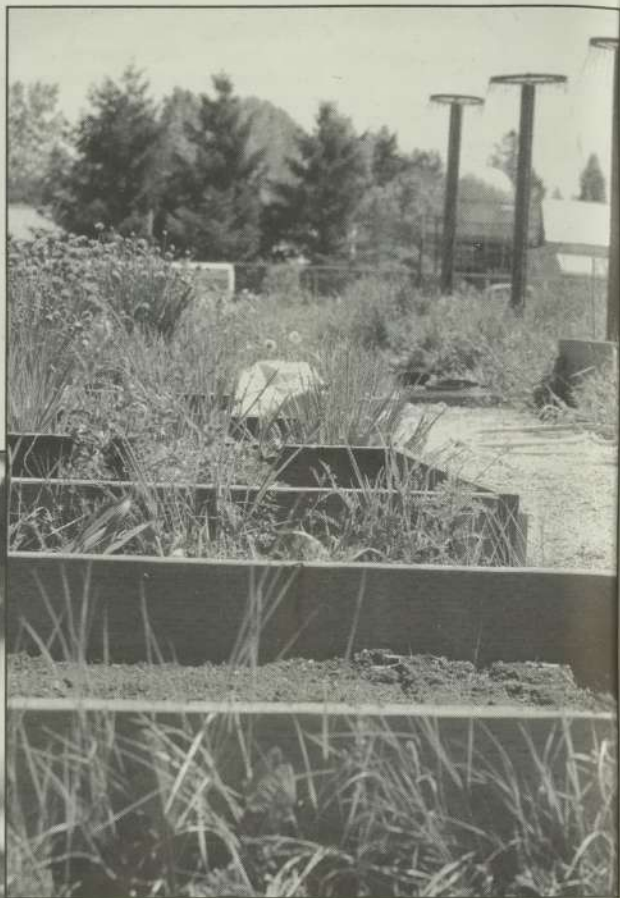
some minimal weeding and extra watering at first, then just harvesting the fruits of your labor.

For those living in apartments, these gardens are a great alternative to not having a garden space at all. A nice alternative to buying organic foods is to just grow them.

Take a walk down next to the Home Orchard Club; take a look at the Community Gardens. It is a college service for the community and students. For more information, contact Kathy Von Striver at (503) 655-0637.



Sam Krause Clackamas Print



Katie Wilson Clackamas Print

The Community Gardens, located behind the Lewelling building near the Environmental Learning Center, are available to students, staff and the public.

## Meditation class offers precious relaxation to students, staff

### Jess Sheppard

The Clackamas Print

Walking into a meditation classroom is like walking from a room with a noisy TV into a quiet meadow.

It is peaceful and relaxed.

The stress of classes, tests, midterms and grades appear less important than before. Worries seem to melt into water and evaporate. Even if only for a short while – relief.

The average college student has to deal with a heavy workload. Between hours spent in

class and studying for tests, many also cope with the stress of a job and the drama of family life. It's hard to willingly give up just an hour of precious time, but Clackamas' meditation class is worth every minute.

Registration is not required

to join this hour of relaxation every Wednesday at noon, and neither is weekly attendance. Instead, Room 257, in McLoughlin, is open to all students, staff and faculty members who wish to spend an hour in peace and quiet.

Quite possibly the best part about the class is that it's completely free, which is already a relief for the many students whose financial aid is stretched as it is.

The sessions are co-facilitated by Margaret Mallet and Joel Lampert, who are both part of the Counseling Department at Clackamas.

Mallet has been doing meditation for three years now and started the course to offer help to struggling students.

Lampert is a graduate student, now working at Clackamas as an intern-counselor.

In meditation, the emphasis is primarily on breathing; being in the moment and thus in control of the mind. Another technique used is Progressive Muscle Relaxation, where the individual tenses his or her body as tight as possible and then relaxes. Extra attention is paid to the feeling of relax-

ation that replaces the tension. This is a great exercise for anyone involved in physical activity. It also makes a terrific addition for people involved in activities like Yoga, Tai Chi and martial arts.

Other meditation techniques, such as walking meditation, visualization, mantras and observation of thoughts, are also taught. The last 10 to 15 minutes of the class are spent listening to relaxing music and reviewing the lessons covered that day.

There is always the question: Does meditating actually make a difference?

The answer is yes. People who meditate on a regular basis are more aware, have lower heart rates and breathe much more efficiently. Some theories go so far as to suggest that

deep meditation over long periods of time will actually alter a person's brain chemistry, changing how they think, as well as how they view the world and themselves.

Classes will continue until the tenth week of the term. Those who are genuinely interested have only their stress and worries to lose.



MALLET

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