

STRESSED OUT?

Relaxation day to the rescue

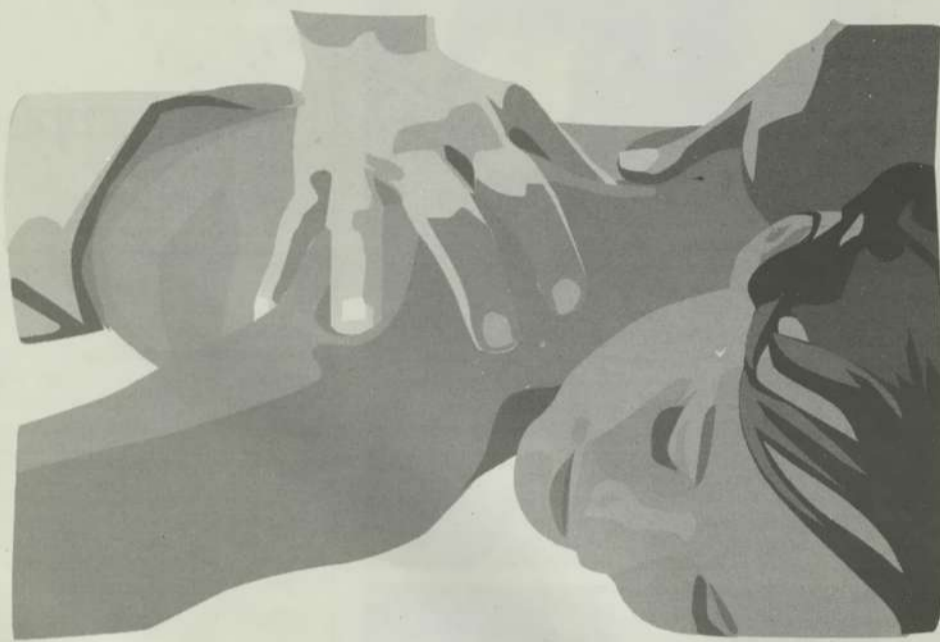


Illustration by Kayla Berge Clackamas Print

Andrea Simpson

The Clackamas Print

Breathe in ... and breathe out. Students don't get enough time to relax on campus, so ASG decided to help out by sponsoring Relaxation Day.

On May 21, acupuncture and massage will be provided for free in the Community Center. The tables will be set up from 11 a.m. to 2 p.m., and anyone is welcome to participate.

Also for Relaxation Day, the movie *Accepted* will be playing in Fireside Lounge from 9 a.m. to 5 p.m.

The movie is about a high school burnout who, after being rejected by every college he applies to, creates his own university to fool his parents.

"We have had massage thera-

pists come in before, and we have had screened movies before, but never at the same time," said Mitch Knudsen, ASG student activities coordinator. "If you don't want to get a massage or acupuncture, you can always watch the movie, and vice versa."

The objective of Relaxation Day is to help students relax and bring people on campus together.

"Hopefully it brings all different types of people together for a good time," said Knudsen.

"It's a nice service to provide for the students.

We all have tests, and we just got done with midterms, so it will be nice to relax - and it's free, which is a great price for poor college students," said ASG member Kiara Feldman.

"Relaxation Day is a good representation of the kind of activities that ASG coordinates for students. I can't wait to get a free massage!" said student Holly Nguyen.

For more information, contact the ASG Office in the Community Center or call

"Hopefully it brings all different types of people together for a good time."

Mitch Knudsen
ASG Student Activities
Coordinator

(503) 657-6958, ext. 2245

Sustainability Events Calendar

May 23 - Speaker: Secretary of State Bill Bradbury - a unique multimedia presentation based on *An Inconvenient Truth*, including the effects of global warming. McLoughlin Auditorium, noon to 1 p.m., Q&A 1 to 1:30 p.m.

May 29 - Speaker: Councilman Brian Newman, Metro - "Promoting Green Development Practices in Sensitive Habitat Areas." McLoughlin Auditorium, 11 a.m. to noon.

May 31 - Reading: Contributors to PSU's "Earth Poem" anthology, *Deer Drink the Moon* - Judith Barrington, Barbara Duke, Liz Nakayma, Diane Averil and others. 7 to 8:30 p.m., RR220.

June 2 - Water-Efficient Gardening - Second Annual! 9 a.m. to 1 p.m., Sat., June 2, Clairmont Hall East Parking Lot. Come see how the Water Efficiency Demonstration Garden has grown. Includes tours of the garden, information on water efficiency and landscaping and soil, plant experts and free give-aways. This workshop is free, with no pre-registration necessary.

June 5 - Speaker: David Elwood, OSU scientist/engineer - "The Promise of Wave Energy." 11 a.m. to noon, McLoughlin Auditorium.

June 6 - Speaker: Dr. Peter Ward, University of Washington, paleontologist and best-selling author of *Rare Earth* and *As We Do Not Know It*. Noon to 1 p.m., McLoughlin Auditorium.

CAMPUS NEWS & EVENTS

Tomorrow

Oregon State University writer laureate Kathleen Dean Moore will read from her work in the Literary Arts Center, Rook 220, from noon to 1 p.m. Moore is the author of *The Pine Island Paradox* and other creative nonfiction. The visit is just one of the many events this term connected with the Sustainability Project. For more information, contact the English Department at ext. 2284.

Tomorrow

The Community Fair will be going on outside the Community Center from 11 a.m. to 2 p.m. There will be a BBQ and many vendors. Contact ASG at ext. 2245 for more information.

May 16 through 19

The CCC Music Department presents Hollywood composer Ron Jones in his third annual Media and Music residency at the college. On the 16th at noon, Jones will conduct the 50-piece CCC studio orchestra in an authentic recreation of a *Family Guy* soundtrack recording session, in the LeRoy Anderson room in Niemeyer Hall. Additional sessions will focus on topics such as audio engineering, scoring for picture, musical styles, career opportunities, freelancing and strategies for breaking into the major markets. Clinics are free to the public. For more information, please call ext. 2434.

May 18


Nationally-recognized poet Dorianne Laux will speak on May 18 from noon to 1 p.m. in the Literary Arts Center, Rook 220. A professor in University of Oregon's Creative Writing program and the Master's program at Pacific University, Laux is a recipient of the Oregon Book Award and the author of four poetry collections. For more information, contact the English Department at ext. 2284.

May 19

Clackamas celebrates its 40-year birthday this year, and its service to students, businesses and the community throughout those years. An afternoon of events will begin at noon and continue until 5 p.m. It's completely free, and the public is invited to attend. For more information, call ext. 2307 or visit the college Web site.

May 23

The week of May 21 through 25 is Alcohol Awareness Week. On Wednesday, the ASG office will sponsor a day of free events in front of the Community Center. There will be lectures concerning the dangers of drinking and driving, alcohol and substance abuse, as well as a display of a crashed car from an alcohol-related crash. Freebies of the day shall include: BBQ, beverages, T-shirts, speakers, activities, beer goggles, sobriety test demonstrations and music. For more information, contact Britney Hoffman at ext. 2245.

 Chartwells

**Chartwells Congratulates
Clackamas Community College
On 40 Smart Years!**

**Stop by the Cougar Cafe
Friday, May 18
and ask for your
Cougar Paw Cookie
(while supplies last)**

The Cougar Cafe
Live. Eat. Learn.

Event Catering Available

Featuring

Daily

Chef's

Specials

M - Th: 7 AM to 7:30 PM
Friday: 7 AM to 2:30 PM