

Handling stress

Emily Walters

The Clackamas Print

No college student is a stranger to stress.

The constant bombardment of school assignments, extra-curricular activities and, for many, work is enough to drive anyone semi-crazy. Most find it difficult to juggle all of these responsibilities heaped on their plates.

A large percentage of students here at Clackamas are putting themselves through college, so a part or even full-time job is usually necessary. In addition, everyone has his or her personal life, which often contributes to the stress.

The college offers various resources to students, most of which are conveniently located in the Community Center. These include academic advisors, who help get students on track, and counselors. Students can also sign up for tutors at the Disability Center.

While it is hard to shake the habit of waiting until the last minute to complete assignments, procrastination is a powerful enemy with the ability to destroy students – or at least temporarily, their sanity. Starting homework ahead of

time enables working at a slower pace, instead of rushing to meet a deadline and not finishing until the wee hours of the morning.

Learn the art of time-management. It is not always easy to work in time to study and do homework, but it

really does make a difference. For new students, HD-120 is an excellent class that teaches students time management, among other techniques for college success. Plus, it is a free, one-credit class.

Get a planner, or even just a small binder in which to organize notes and keep a copy of each class' syllabus so that everything is in one place. Come out of each class having key information from the lecture right in your hands; taking notes allows students to retain more of what they are hearing and seeing.

If you have difficulty in a specific class, talk to the professor. Instructors are there to help you learn. Getting that "A" at the end of the term is worth it.

When signing up for classes, schedule time to have fun or relax. Try taking a fun class, rather than just required courses. Many degrees require a certain number of elective credits.

Exercising especially releases tension. Clackamas offers many excellent PE classes.

Everyone needs to find the thing that works best for him or her in reducing stress. These are just a few of the methods that may be effective.



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Farewell, retirees

As the school year comes to a close, it is time to bid a final adieu to those who will leave the college for good

Pirate hats, gold hoop earrings and treasure maps: the college's retiree celebration on May 16 was one swinging party.

Gregory Forum was full of families and college employees, all gathered together to celebrate the years of service put in by the retiring faculty members.

College President Joanne Truesdell opened the ceremony and presented awards to the retirees. Nearly all the retirees had a few words to say when they went up to the podium. It was a time of remembering, sharing and socializing. The following is a complete list of all the retirees:

Brian Ackerman Campus Services 5 years	David Campbell Counselor 25 years	Susan Eggleston Assessment Services 7 years	John Olds Business Instructor 20 years
Bill Allen Computer Science Instructor 10 years	Peggy Falkenstein Customized Training 12 years	Mel Hostetler Campus Services 23 years	Judy Singer Duplication 17 years
Kerry Benjamin Campus Services 23 years	Frank Harlow Communications and Theatre 30 years	Carol Middendorff Business Instructor 23 years	Karen Stubblefield Human Resources 30 years
Barry Bergman Math Instructor 17 years		Bob Misley Life Science Instructor 21 years	Linda Vogt Journalism Instructor/Student Newspaper Adviser 21 years



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Some, but not all, of the retirees pose for a group photo. From left to right: David Campbell, Carol Middendorff, Bob Misley, Frank Harlow, Karen Stubblefield, Peggy Falkenstein, Bill Allen, Barry Bergman and Linda Vogt.

MARYLHURST UNIVERSITY



Lydia Bashaw

The Clackamas Print

The Landscaping Club is one of the most active clubs on campus.

Hosting plant sales one weekend and cleaning up campus the next, Landscaping Club offers students an opportunity to explore careers inside the horticulture world.

"The club gears students towards the student career days," said Dan Johnson, a second-year club member. "[It] gets students into the landscaping industry, and they get to meet different industry members."

The Landscaping Club recently traveled to Lansing, Mich. for the PLANET Student Career Days. PLANET, which stands for Professional Landscape Network, hosts the career days to show students the opportunities that are out there in their field of study.

The career days bring in companies from landscaping industries that share job opportunities with the students. The four-day event has

demonstrations, skills contests, career fairs and meetings. This year's was a nationwide competition, with 53 other colleges besides Clackamas participating.

Along with competitions for the students, there are many career possibilities available.

"If you go with a resumé or with intentions of meeting people, you get networking, contacts, and it also opens a lot of doors," said Johnson. "I got half a dozen job offers from landscape companies."

Though Johnson did not take any of those offers, he is hoping to start his own landscaping business very soon.

This year at the career days, Clackamas showed their talents in all the competitions. Overall, they placed second in the nation for Student Career Days Tech, a challenge where all team members must attend meetings to develop expertise in different areas, such as landscape design and safety.

Out of the 15 events entered, Clackamas had 10 top-20 placements, including ninth place in Irrigation Design, seventh in Arboriculture Techniques, fourth in Irrigation Assembly, third in Safety Management

and second in Wood Construction.

"I think it was great. This was my second year going," said Johnson. "It was a great one. The team did very well."

Adviser Bob Nelson was very proud of how well the students placed. He also looks forward to more horticulture students joining the club.

"One of the primary reasons the team did so well is due to the quality of the students who enroll in the landscape and horticulture programs," said Nelson. "I would like to take a little credit, but the students' success is really due to the students. I hope we can encourage more of our students in the future. I know they would all do well."

For students who are interested in the Landscaping Club, contact Bob Nelson at ext. 2236. The club is open to all students, not just horticulture majors, though there are definite benefits for students looking toward a career in horticulture.

"It gets students into the industry, helps them network," said Johnson. "It also helps them get their name out, which every student needs to do at some point."

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Landscaping Club rakes in awards



Contributed Photos

LEFT: Dan Johnson ascends a tree to remove diseased branches. ABOVE: (left to right) Club members Juna Morjig, Peter Kennedy, Kirk Williams, Dan Johnson, Katie North and George Abramson at the PLANET Student Career Days.