

LCOP class provides transition skills

Kim Myers

Contributing Writer

Students at CCC have access to a great resource that is commonly unknown by many, and is often overlooked. It is a class called L.C.O.P. (Life and Career Options). In a world of acronyms, this program is a hidden treasure of vital information that gets passed over time and time again.

"We help our students assess their interests, educations, value systems (as applied to the workplace), personalities and transferable skills from their past employment, and how that may cross-over into a new career," said Carol Christoforo, an instructor of LCOP.

LCOP is a six to 10-week class (depending on the time

of year), offering six credits and no tuition, only a minimal materials fee.

"It's a program originally designed to help displaced homemakers, after raising their children, who have limited or outdated skills (also victims of domestic violence), get a fresh start, retrained and back into the workplace," said Jackie Hubka, one of the program's instructors.

The course's facilitators are comprised of professional counselors, specifically trained in general mental health and career development. Many staff instructors have also worked as rehabilitation and vocational counselors.

"We also provide transitional support for anyone making a life-changing career choice or suddenly becoming a single parent, male or female, with

childcare and transportation.

"We offer people of all ages and backgrounds support in managing career or life transitions," said Hubka.

Deciding on, or changing a career, is an overwhelming task; it is one of the most important in a person's life. It affects happiness on a daily basis for many years. Training for the wrong choice of career can make people's lives miserable, therefore negatively affecting their quality of life.

The portion of time we spend at work is sometimes larger than any other area of our lives, even larger than the time we spend with our spouses and children. We should be just as selective when training for our future job as we are when choosing a spouse or a life-partner.

Many people just fall into their jobs by being at the right

place at the right time. Others have a precise career plan, but may not realize exactly what they would be doing on a daily basis. A large number of students even finish college with many years of student loans to pay off, so they feel trapped if they are unhappy with the actual work they do each day. Taking the time to research our career choices in depth is a wise step. LCOP provides the resources in which to do this, and also how to prepare for interviews and write resumés in this new era of computers.

In today's workforce, it can be very difficult for middle-aged men and women to stay gainfully employed, as they can no longer perform the physically-demanding jobs of their youth, due to injury or aging. This group consists of our construction workers,

food and beverage service industries and many more. It (or any other age brackets) is often facing major life-changing hurdles, such as a divorce or an unexpected career change, by choice or not. LCOP helps make it bearable to reinvent one's life.

Almost anyone who is considering enrolling in college-level courses, seeking a new direction in his or her career or just searching for personal growth, will benefit from LCOP.

Our current instructors are Jackie Hubka, M.A., LPC, and Carol Christoforo, M.S., who do a wonderful job, and next year, the program will celebrate its 25th anniversary here at CCC. Jackie and Carol welcome any inquiries through the Family Resource Center and Department of Education, Human Services.

Estonian riots stem from Soviet WWII memorial, Russian meddling

Ott Tammik

Contributing Writer

Okay - one dead, 150 wounded, hundreds arrested, millions of dollars in damage, and all over 1.6 tons of bronze. Huh?

When the Estonian government removed a Soviet era WWII memorial last month, it had apparently underestimated the reaction and common sense of both the local Russian population and the Kremlin. For Estonians, the bronze statue of a red army soldier embodied the fear of Soviet oppression, but for Russians, it is a tribute to the men who defeated Nazi Germany and "liberated" Estonia.

For several days, extremists rioted and looted, breaking store windows, pushing over cars and starting fires; but the conflict was far from

over. In the weeks following, what have already been called the Estonian Kristallnacht, Russia threatened to impose economic sanctions as protestors blockaded the Estonian embassy in Moscow. Cyberattacks were traced back to Russian government organs, and President Vladimir Putin attacked the statue's removal. The fragility and sense of insecurity could even be felt from this side of the world as many wondered: Is it possible for our fate to be signed off once again, like it had been with the Warsaw Pact?

But the most amazing, mouth-opening, irrational contradiction is to see protestors on the streets of Moscow with swastikas superimposed onto Estonian flags!

So what is going on, and what does this mean for Russian/Estonian relations? The Estonian government has

found that the rioters were being paid by pro-Kremlin organizations from Moscow, which in turn are fueled by media and government propaganda.

Personally, my initial opinion was to leave it - what a waste of some \$2 million. More seriously, though, I just didn't see reason to delete history. But now, after the whole ordeal, I feel a bit like Estonian nationalist Juri Liim, who threatened to blow the damn thing up. The Russian reaction was outrageously disproportionate to the actual "crime," but more importantly, my forefathers deserve justice.

As many Estonians, I grew up listening to the stories of the lost friends and torn families who were part of the tens of thousands sent to Siberia, never to return. My grandparents felt the iron fist of

the Soviet oppressor, and my parents guarded the "eternal flame" set before the statue. To them, this bronze soldier was not just an ancient symbol, but a reality of their everyday lives. Hell, I wouldn't be living in the states if it wasn't for the occupation.

These words come not from blind nationalism, and through sober judgment, one will see that the facts could not be clearer. Like MLK and Gandhi, Estonia set an example during its Singing Revolution, winning independence without shedding a drop of blood.

Russian extremists make accusations that Estonia discriminates against its minorities, but all Estonia asks from immigrants seeking citizenship is that they preserve the Estonian language, which is spoken by so few. Often rated as having one of the freest media in the world, Estonia is

a sovereign, democratic nation that can protect the rights of all of its citizens, and Russian intervention is completely inappropriate.

"Why is Putin's Russia so hostile to a democratic Estonia? After all, the Bronze Soldier has to do with the Soviet Union, not with the Russian Federation.

"The answer is simple: The present Russian regime sees itself as an heir to the Soviet Union," said Finnish journalist Risto Penttila.

Whether this is true or not we have yet to see, but for now, I can only say that Putin's actions and rhetoric sadden me. I am disappointed to see an unnatural disruption in the otherwise smooth and peaceful integration process, which has in weeks retreated into another unnecessary and fragile conflict in the handful we face today.

Photo illustration by Andrea Simpson Clackamas Print

LETTERS TO THE EDITOR

Alumna reminisces about adviser, says fond farewell

To some she was a journalism adviser, to others a teacher, but to me Linda Vogt was so much more. She is someone I can always call a friend.

I met her in the winter of 1999, when my life seemed to have no direction. I knew I wanted to come back to school, but I didn't know what I wanted to major in. I had done journalism classes in high school and liked it well enough, but did I really want a career out of it?

I knocked on her office door and was welcomed with a smile and a mass of fur, *The Print's* former mascot, Rudy. Somehow she managed to show me a world that I could be part of. I met many faces that day and came to call many of them friends, and they still are today. For two and a half years, I stayed on *The Print*, in positions ranging from staff writer, to co-sports editor, to design editor, to opinion editor.

I had found my calling that

day, and I found that something that was just a hobby and extra-curricular activity could mean so much more to me. I also found a woman that I would later refer to as "The Fabulous One." Vogt gave me a chance to show people what I could do, but most importantly she helped me show myself.

I'll never forget the experiences that I gained from working on *The Print*, under the tutelage of such a wonderful woman. I can only hope that she has gained just as much knowing me and others like me. I still find myself looking at things I've written and say, "Oh, there's a Salenaism."

Thanks for teaching me to be more disciplined in my work. Thank you for teaching me that stepping up was part of being a leader. And even several years later, after life's little bumps, thanks to your encouragement, I'm still on my road to writing.

I have other experiences where we all got to know each other so

well. I'll never forget "The Retreat from Hell." How could you forget, Linda? I believe we woke you up with the ruckus. I remember the ONPA where we rocked the house with so many first-place awards. Do you remember the journalism convention in Seattle, where we learned about putting FS%@ above the fold, and we had to go put it in a story as soon as we learned that from Sex Columnist Dan Savage?

I can't probably thank you enough for all you have taught me and let me walk away with, but to "The Fabulous One": May each day be filled with the fabulous joy you have brought so many. May your life be just as fabulous as you. May your dreams come true in the most fabulous of ways. But most importantly, do it in the best way, do it your way - Fabulous!

- Salena De La Cruz, Alumna of *The Clackamas Print*, 1999-2002

Board thanks students for opinions

I want to personally thank each of the Clackamas Community College community members who participated in the recent Presidential Search process. Twenty individuals volunteered to read and assess the eight applications, and another 81 participated and completed evaluations during the candidate campus visit.

The Clackamas Community College Board of Education is convinced that our search process worked effectively and that we selected the best possible new president for Clackamas CC in Joanne Truesdell.

We are now ready to put the distractions of the past several months behind us and get back to being the best possible community college we can be for our students, our communities and our staff. There is important work to be done, and we are moving forward under what will prove to be excellent new leadership.

Again, thanks for your help.

- Ron Adams, CCC Board Chair

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