

Bare feet make an appearance

Nick Kornafel

Feature Editor

As the weather gets warmer, students shed more clothing in an attempt to stay cool. Jeans become shorts, sleeves shrink and shoes, in some cases, disappear altogether.

At first glance one might think, "Has the economy and the unemployment rate gotten so bad, that everyone was forced to pawn their shoes for gas, food or World of Warcraft money?" No, it's a lifestyle choice.

They are called "barefooters." It is a term used for any individual who willingly chooses to not wear foot wear when conditions permit (because nobody does this in the winter, except for Hobbits). There is even a website called, Society for Barefoot Living, at www.barefooters.com.

There are many reasons why someone would choose to go barefoot, besides the fact that fresh grass and cool cement feels amazing on the soles of one's feet. According to Wikipedia, Neopagan reconstructionists consider it an ideal way to stay in touch with the elements. Hindu, Buddhist and Jain Monks chose not to wear footwear as a way to avoid killing insects and small animals and even some Christian churches practice going barefoot as a form of pilgrimage.

But, for the non-spiritual types there are still many health benefits for going barefoot. According to an article published in Women's Sports & Fitness,

"The skin on the soles of your feet resists abrasions and blistering and that going barefoot is beneficial to the musculoskeletal structure of your feet and ankles ... Kicking off your shoes can help prevent a host of foot injuries: bunions, heel spurs, and bone deformities." The article also states that shoes prevent the foot from moving fluidly and that over time the foot can become passive and unable to support itself.

But, those who do decide to go barefoot should be warned of the dangers. The obvious ones being sharp objects, poisonous plants or insects and anything a person could stub a toe on. And, WebMD states that anyone with diabetes should never go barefoot, lest they harm the circulation in their feet leading to possible amputation.

So in short, there are many pros and cons to not wearing shoes. For those who wish to air out their feet and still protect their soles, sandals are a good middle ground. Not to m e n -

tion, they can be periodically removed when the ground looks presenting. Just make sure to tread carefully barefooters.



Larissa Hammond takes a moment to enjoy the sunshine and warm weather by kicking off her shoes and getting some Native Mythology homework done. Lisa Sellars Clackamas

Midnight welding class puts spark in latenight education

In order to meet student needs, CCC is offering midnight welding classes

Abigail Neet

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In the current economy, many people are losing their jobs and going back to school. So much so, that students are willing to risk accidentally setting their pants on fire.

Don't worry, these incidences are rare and students like John Leuesque are around to pat out the flames.

The welding department at Clackamas is seeing growth in enrollment and has been accommodating the increase in demand. The welding classes were full and even had waiting lists as the department searched for a way to meet demand.

The department decided to experiment with a unique time for a class. The class runs from 10 p.m. to 1:50 a.m. on Mondays and Wednesdays. The class, WLD-110-05, is taught by part-time faculty member John Phelps, and runs March 30 through June 13.

Full-time welding instructor Dave Williams believes the graveyard welding class could be a four-night class in the fall.

"If enrollment stays up, it's a possibility," Williams stat-

ed, even going as far as to say he would be willing to teach two nights a week.

Williams believes students are interested in the late night class because it allows them to go straight from their afternoon/evening class into another class and a full eight hours.

The welding department chair, Paul Warner said, "At this time, because of the unemployment rate, students are coming back for college certification to make themselves more marketable to

employers. They will have skills that someone who just has a welding certification wouldn't have."

The programs success is largely due to close relationships that the college has with nearby industry partners and

donations from steel mills.

Warner said that at the moment students are unable to find jobs, but when jobs release they will be ready to go to work.

"Large companies such as Zidell Marine, Ironworks and US Barge have upcoming projects that use predominately welders," Warner said.

The college offers certification programs, in addition to the federally recognized industry certificates. The college has certification programs which can be completed in one or two years, or a certificate can be received through the industry in as

"It's different. You don't think it would be super fun and it is. It's addicting."

Dave Williams
Welding Instructor



Welder Vince Priest operates a gas metal arc-welder as he works toward certification to earn more in his chosen profession. Brad Heineke Clackamas

little as six months.

Leuesque is a graduating student, who has returned to finish the program and work as an assistant to Williams. Leuesque will have his degree next term, but said that if the economy doesn't get better, he will still be going to school. Leuesque believes getting college certification is important because it enables you to sell yourself better to employers.

"People should come out and try it. You never know

you might like it," Leuesque said. "The more people the better. It would be nice to see more people, more ladies."

Williams even went as far as to say, "Sometimes women pick up on it faster."

"It's different. You don't think it would be super fun, and it is. It's addicting," Williams added.

According to Williams and Leuesque, they do not see many women in the program. There is, however, a women's welding class.

The class is funded by Oregon Tradeswomen and is on Friday afternoons. The class has 25 students and runs from March 21 until June 20.

The college is also offering a welding certification class for Immigrant and Refugee Communities Organization that allows students to recertify up to 20 weeks according to Warner. It is a program in support of immigrants and refugees getting recertified.