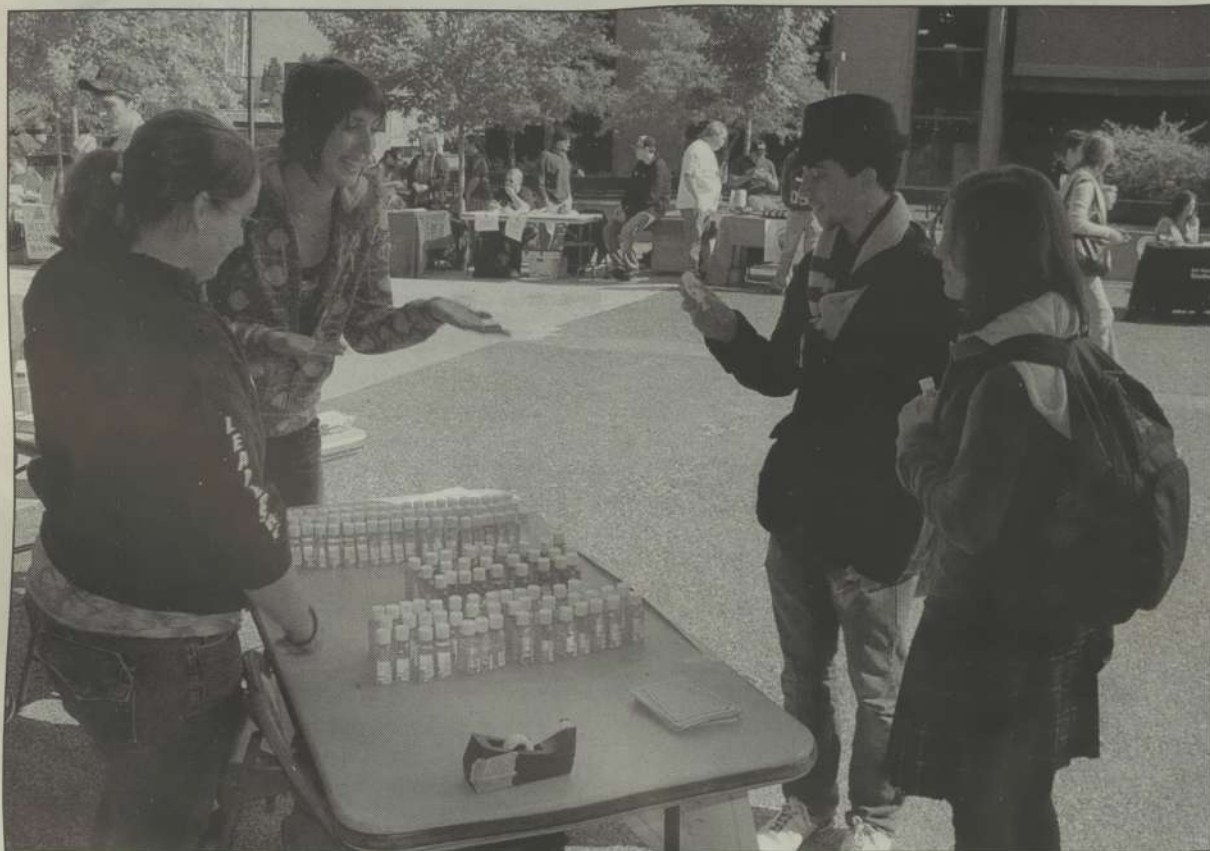


H1N1 not as deadly as it seems



Brad Heinicke Clackamas Print

ASG members Jennifer Borowczak and Lydia Burris pass out hand sanitizer to Daniel Birch and Jennifer Rodriguez during the community fair Oct. 7.

By John Hurlburt
Co-Editor In Chief

Summer this year was birthed with portends of doom.

As months of warm and dry days were approaching, thoughts of what would happen in the cold, wet months following turned into a full fledged panic. Swine flu had come and media coverage of the new influenza strain made it seem like the world was going to be shattered by a modern day equivalent of bubonic plague.

Over the summer microbiologists discovered that the H1N1 virus was not going to kill off a third of the world's population. In fact, the symptoms of swine flu are no worse than that of the ordinary flu, according to Microbiology Instructor Chris Strickland.

Regardless Clackamas officials have decided to take preventative steps to ward off widespread illness.

"The planning on (swine flu) was going on over the summer," said Bill Leach, dean of campus services and

incident commander.

"We deal with swine flu like we do with any other emergency. We have a plan for it," Leach explained.

Leach says right now we are in stage one of a three stage "Pandemic Influenza Plan."

Stage one, Standard Surveillance, means no flu activity has been found in the community and the college is studying daily attendance, watching for trends that might suggest an unusual amount of students absent due to influenza.

Although preventative measures are a smart decision, Strickland believes this will not be a flu season that people will have to fear breathing in.

"It is no more severe than any influenza . . . in terms of symptoms, in terms of death rate," Strickland said regarding the H1N1 strain.

According to her, the reason that H1N1 is getting so much attention is mostly because it is different.

"It's a new virus and for the most part humans have no resistance to it.

People need to know that swine flu has immunity to this strand, widespread," Strickland said.

Strickland suggests being vaccinated when the H1N1 vaccine is available, however, she points out that it might not be possible for everyone.

"They're not getting as much out of each egg as initially thought," Strickland explains referring to the way vaccinations are produced.

A common misconception about flu shots is that they will infect the user with the illness they're trying to prevent; this is not true, according to Strickland. Vaccines do not carry a "live" strain of the virus, but an inactive version that the body identifies and builds antibodies against.

Aside from being vaccinated, Strickland and the college offer a few ways to stay healthy this season.

Avoid close contact with people who are infected and when sick stay home.

Cover your mouth when coughing or sneezing with a cloth or your upper sleeve.

Avoid touching your eyes, nose, and mouth.

Wash your hands frequently. Practice a healthy lifestyle including eating right, getting enough sleep, and exercising.

In order to help prevent the spread of H1N1 on campus, Clackamas' Student Government (ASG) distributed five hundred bottles of hand sanitizer to students at the Community Fair, Wednesday, Oct. 7.

"We want to make sure students don't miss classes and catch the flu," ASG President Fava said.

Swine flu was previously a disease spread when someone was in close proximity to pig. It passed from a pig to a human could not spread from one human to another.

However, the strand we are facing was a combination of mixed with seasonal influenza. It will pass between humans. The influenza strands mixed together that person's cells and H1N1 born.

ENROLL:

Continued from ENROLL, Page 1

Chris Morgan explained as he waited in line Sept. 29, "Right now it's going pretty quick cause they have five workers. Usually it's pretty slow."

Jenkerson believes the enrollment increase is caused by a mixture of things; graduating high school, losing a job, being retrained or getting skills and because a community college is a cheaper alternative to a four year college.

Bello explained that a lot of students who were waitlisted have to have teachers sign off on registration and bring it in physically in order to officially join the class.

Other community colleges are having similar problems, some even more extreme.

Central Oregon Community College, located in Bend, had completely stopped accepting applications for fall term Sept. 3, more than two weeks before the term would start.

With 6,000 plus students on COCC's waiting list, closing registration seemed the best way to service those already enrolled.

NAMI: First one of its kind opens up to Clackamas



Robert Crawford Clackamas Print

Dale Chambers, Kristie Johnson and Kathy Fredrickson talk to students during mental health awareness week Oct. 5.

Continued from NAMI, Page 1

However, only those with mental illness; spouses, boyfriends, and friends are not allowed. As Vice President Dale Chambers stated, "It has to be only the person with mental illness so that we can focus on them alone."

Chambers is also the President of NAMI for Clackamas County. After hearing about Fredrickson starting

NAMI On Campus at Clackamas, he decided to join for support and says their first week with students being back has been going well.

Chambers also added, "NAMI Connection is a recovery support for adults with mental illness. Led by trained individuals who understand the challenges we face."

Students are encouraged to attend these group sessions, because there is "no one who is not welcome." This

includes students with minor illnesses such as ADHD, ADD, and anxiety.

During Mental Health Awareness Week (October 4-10), NAMI sponsored several speakers and even had a music/craft fair which featured crafts made by people with mental illness. All donations went to NAMI on Campus.

However, since the event took place in the Community Center and a majority of the students continued to talk during the presentation, a scheduled speaker left the event because he was upset about students ignoring speakers and not listening. Fredrickson remained upbeat, one of the qualities that has taken her this far and allowed her to create this club on campus.

During her presentation, Fredrickson said that her coping skills were her grandchildren and NAMI. She also went on to say that she felt her main successes were keeping her children and husband through hard times, going to college and getting good grades.

When asked if it was hard to see people in low points Fredrickson answered "The lows don't bring me down, and it is so rewarding to see people recover."

NAMI is currently trying to reach out any way they can to the press, students, and the psychology department

to get more involved with Clackamas Community College.

NAMI offers the following things: Classes about mental health & Treatment, "From Distress to Recovery" on Thursday night Oct. 1 through Oct. 29, 6:30-8:00 p.m. The meetings will take place at Lutheran Church in Happy Valley. Call 503-723-4989 to register. There are also NAMI Connection Meetings (part of NAMI on Campus) beginning Oct. 12, ran by Kathy Fredrickson and Vice President Dale Chambers. The meetings will be 4-5:30 p.m. every Monday at the community center, room 140.

NAMI also offers NAMI On Campus meetings which are held on Friday of every month from 10-11 a.m. in the Fireside Lounge in Community Center.

If you're looking to contact NAMI one by phone there is the Warm Line; where a person can talk to another person about their experience with mental health issues. Call 1-800-698-2762. In addition there is the NAMI Helpline 1-800-950-6264. For further information on any of the above contact Kathy at Clackamascollege@yahoo.com or Dale at chambersdale@yahoo.com or online at nami.org.