

# Sustainability brings new coordinator

By Matthew Ostergren  
Arts & Culture Editor

The Print recently sat down with Martha Mitchell, Clackamas' news sustainability coordinator, to talk about her work here at Clackamas

**How long have you been in this position?**

I came on in late August. I also have a co-coordinator whose name is Tim Maher. We work together, but we have separate scopes, things we need to do here.

**What is it that your position entails?**

I am doing a sustainability assessment of the campus: its programs, activities, accomplishments and its buildings. One of the major things I am doing is supporting the campus's renewable energy efforts. My colleague, Tim Maher, is doing a greenhouse gas emission study.

When we finish these projects, we hope to contribute to campus-wide climate action plan and

sustainability plan. We are working with the entire campus community and supporting the efforts of the sustainability community.

**What are some accomplishments that have been made in the campus' efforts towards sustainability?**

We now have solar collectors on top of three buildings. They are used to heat the water in the buildings.

**What brought you to CCC?**

I am a professional placement from Americorps. I am an environmental consultant; I have spent most of my career in water resource protection. I enjoy working with large organizations to help solve their environmental challenges.

I signed up for a professional development course in sustainable buildings. A colleague mentioned to me that community colleges were looking for sustainability coordinators, so I am growing my knowledge in an extension of my field while I provide my skills in project management, research, preparing papers,

studies, presentations and things like that.

**What do you like best about Clackamas?**

It is a beautiful campus and the people seem healthy and positive. I really like the campus culture.

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*One of the major things I am doing is supporting the campus's renewable energy efforts.*

Martha Mitchell  
Sustainability Coordinator



# Fabulous top 10 ways to procrastinate: Shop 'til you drop

By Annemarie Schulte  
Associate News Editor

This goes out to every college kid in the nation and also the Facebook group I belong to, "Shit, it's due tomorrow?"

Disclaimer: Annemarie Schulte is not responsible for any late or missing homework in any course at CCC.

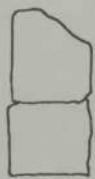
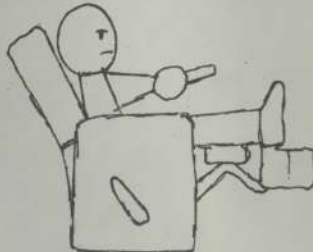


**1. Sit on Facebook!** We covered this in an earlier issue, but it's especially crucial now. Facebook was made for procrastination. Why else would two college students have invented it? Play FarmVille, have a 45 minute conversation with a friend over status comments or look at pictures in your own albums. It's all in the name of good



is our ability...to accessorize."

**3. Stare at yourself in the mirror.** This is for you vain ones. Or the ladies who just love shopping. Although if you only have a full-length mirror, standing for that long may be tiresome so sit down and stare at yourself in the mirror. Make faces, admire your ravishing beauty whatever...just waste as much time as possible. And if you can entertain yourself by just looking at yourself in the mirror for this long, I appreciate



**4. Watch TV or a movie if you don't have cable.** C'mon, we all know that when we have a paper due, even a show on the History Channel or something titled "Chalk: The Other Paper" can be absolutely riveting. I procrastinate on movies as they completely distract me and tend to last for longer periods of time. "Roots" may be the all-time champion when it comes to procrastination movies.



**2. Go on a shopping spree.** A girl can never have too many a) shoes b) clothes and c) accessories. Shopping solves every problem under the sun and retail therapy comes second only to a therapist in my opinion. Thaw out that credit card that's in the freezer and do some damage, ladies. It's what we were put on this earth for. Just like a wise woman once said, "What separates us from the animals



**5. Take up a new hobby.** Learn to play the tuba or go to a local ceramics store and paint a coffee mug for your dad. Make friendship bracelets or take up underwater basket weaving. Whatever it is, make sure it's interesting and really, really weird; we're going for nitty-gritty procrastination here, people - it can be something that's actually relevant then it wouldn't be true procrastination.