

FOOD: Farmers say buy local



All photos by Michael Bonn Clackamas Print



ABOVE: Attendees eat lunch provided by farmers and cooked by chefs at the Farmer-Chef Connection
LEFT: Key note speaker, Nicolle Hahn Niman, pictured with her baby, Miles, spoke of corruption in the industrialized meat industry. Niman believes in organic, sustainable, local foods.

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Niman did not always have such a strong background in farming. In fact she started out as a vegan lawyer who was sent to Unionville, Mo., to investigate what happened with Premium Standard Farms, a very large swine producer.

After the very sad story of Unionville, Niman showed pictures in farm books from the beginning of the 20th century, which were very different from the pictures showing the current industrialized system, which showed pigs with no standing room and chickens with their beaks chopped because they will peck each other to death when they literally go insane.

The atmosphere in the forum was very sad when hearing about the animals' lives that we eat on a daily basis. Some of them live their entire lives in metal buildings, never experiencing fresh air. This is not only sad for them but worse for us as range fed animals are better in taste and quality.

"So many things are wrong with our system," Niman said.

"The modern form of animal production is conducive to diseases."

She explained how keeping animals in such small quarters makes disease much more prevalent and leads to a much less comfortable life for the animals themselves.

"Billions of animals live from birth to death in misery," she said.

Niman has a different philosophy and believes animals should have friends and build relationships with their peers. The audience clearly agreed with her theory.

After her presentation there was more time for networking as well as workshops with options from the art of buying and selling to growing and selling local grains and beans.

Eventually I caught up with Niman and asked her a couple questions about how we as college students can eat healthier and locally.

She suggested buying at farmers markets and farm stands and also suggested building relationships with farmers and commu-

nity supported agriculture and shares. Niman said that it doesn't have to be more expensive and the key to doing it cheaply is eating seasonally. When you eat what is in season, it is much more inexpensive and plentiful. She also said it is better to go one step at a time rather than attempt to do everything at once.

"Baby steps are okay," she said.

Buying organic is also better if you can't buy from a local farmer, or buying meat without hormones or antibiotics.

Niman herself eats almost primarily home grown products. Almost 100 percent of her family's dairy, eggs and meat are locally produced and 75 percent of their fruits and vegetables.

There were more than 100 people at the Farmer-Chef Connection. Farmers (sellers) wore green name tags that told what they offered. Chefs (buyers) wore yellow name tags that said what they needed.

Representatives from New Seasons, Whole Foods, McMenamins and many other places attended the event.

The five sustainability myths as told by Niman

1. The vegan diet is the most environmentally friendly diet. Niman explained that there is no ecosystem without animals. Animals are eco-friendly if done the right way.

2. Beef is the worst for the environment. She explained that pasture-based agriculture is actually good for the environment.

3. The current system is here to stay. Niman recalled reading an opinion piece in *The New York Times* about how we are entrenched in this current system that we should start to

genetically modify animals to not feel pain. She very much disagreed with this theory and explained that the current system is here because we built it.

"We as individuals have a choice to build different systems," she said.

4. Economics dictate the current system, which she said would be proven wrong if we leveled the playing field for the big and little guys.

5. We need the industrialized food system to feed the world. Niman said that we are in fact over-producing food.

Consortium provides cheaper study abroad opportunities

By Joshua Baird
The Clackamas Print

Monday I'm going to see the world."

Many people talk about going and seeing the world, yet how many actually follow through on it? The answer is a much smaller number. Why don't people travel and experience the rich cultures abroad?

Clackamas Community College joined a consortium with six other colleges in Oregon — including Central Oregon, Chemeketa, Benton, Mt. Hood, Portland andogue community colleges — to provide students an opportunity to travel abroad, study and experience cultures and receive credit for the journey.

Possible destinations included in this program are Spain, Italy, Costa Rica and Mexico. Each destination has a unique curriculum available to the traveling student, ranging from language and culture to history and even biology. Trips to London and Florence

are scheduled during the school year and last for the entire semester. Twelve weeks in a foreign country may be just what the doctor ordered for many students who have wanderlust.

"I would go to Florence if I could go," said Jennifer English, a CCC student.

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CCC Student

A summer course in Barcelona is only \$1,700 plus airfare. Three weeks in Spain with food, room and board, as well as class fees independently would cost you normally up to \$10,000. You are in class from 9 a.m. to 2 p.m., so

at the end of the trip you have 60 hours of Spanish language and culture class.

"In the past we have discussed the story of the flamenco a very typical and well known Spanish dance, subjects like the Spanish Civil War. The student at this school every afternoon, they have the opportunity of going on an excursion through Barcelona, so we visit the wonderful architecture, we visit many parks, we enjoy the city," said Irma Bjerre, a Spanish instructor at Clackamas.

The next thing that many people use as an excuse is finances. Those who desire to see the world have a few options for financing their adventures.

The first of which may be obvious: save your money till you can afford it. Unfortunately for many college students, this is easier said than done. Some ideas for this would be to save your nickels in a giant jar until you have enough money.

The second is to sell plasma. The downside to this is that the human body only contains five to six liters of blood and 2.7 to 3 liters of plasma in the average

human body.

The third and most viable option is to use financial aid or scholarships to pay for your trip abroad. One possible scholarship is the Benjamin A. Gilman International Scholarship which is available to students enrolled at a two or four year United States institution. Students can receive up to \$5,000 for program costs and room and board, airfare, etc.

One student, Jennifer Long, raised the question of quality of education while overseas, believing that it is, "nearly impossible to transfer classes, licenses or degrees back to the United States."

This is not the case with the study abroad courses available through the consortium. Instead of relying purely on educators and schools overseas for the course work, all classes are registered through the school you attend. For many, this is Clackamas. This allows all classes to be listed immediately upon completion to the transcript. In addition to that, all courses studied overseas are taught by teachers specially selected from the

consortium's schools.

If you are interested in studying a critical-need language such as Arabic, Swahili, Chinese, Russian or a Persian language, you may be eligible for an additional \$3,000. To apply for the aforementioned scholarship apply online at www.iie.org/Gilman.

One thing to remember is that you are still a student and will be enrolled in a number of courses dependent upon the country that you visit. For example in Florence, you will study courses like intro to sociology and psychology and history of the Renaissance and baroque, part of the course work is Italian life and culture as well as Italian language.

What better time than college is there to visit a fantastic new culture and not only expand your understanding of that language but also your own life?

"For most language teachers, I believe, it is quite important to learn the language and also for students to have the experience with practicing that language in context in the place that it is commonly spoken," said Bjerre.