

Yoga club stretches boundaries

By Brian Baldwin
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"Yoga is a way of living. The word 'yoga' means 'to join' and to join your mind, body and spirit," said Erin Hancock. Hancock is the instructor of the yoga class and of the upcoming yoga club The Circle.

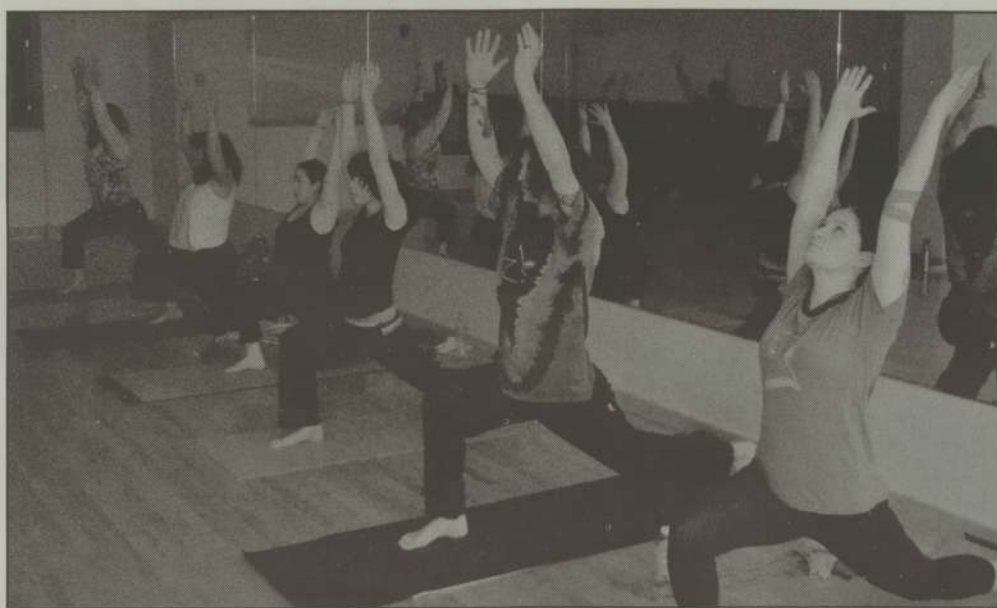
For the past year, several yoga students have wished to further their discussions of the philosophies of yoga and have been meeting outside of class. As the group grew, the idea of starting an official club on campus was brought forth and a constitution was drafted. Currently at least 15 people are involved in the after-class club.

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Adviser of The Circle

"Our purpose is to embrace diversity and acceptance of one's self and others and life as we know it," said Hancock, adding, "Anyone is allowed to join the club and everyone is eligible. The one thing that is really important



Warren Hostkoetter and his wife Sarah are shown practicing Warrior I during the club meeting of The Circle. The club meets Tuesdays from 7 to 8 p.m.

is that you come with an open mind and without judgment; it's very important to be able to come in and leave your judgments at the door."

Because of how popular yoga is and the desire of students to practice Asana, Sanskrit for "posture," during class time, the class and The Circle are two separate entities, according to Hancock.

The class practices their Asana and meditates, and The Circle after class discusses topics such as the deeper meaning of people's lives.

Hancock also clarified that you do not have to be a member of the yoga class to be involved with the discussions after class.

"It's a nice chance for a person who never really gets heard to be

heard. Someone who might have a belief that's not mainstream or not normal will be able to come say their part and actually be truly heard. That means a lot to some people, and to me, and to be able to have that community because some people don't have a community in what they believe and they deserve one," said Sarah Hostkoetter, a yoga student and advocate of The Circle.

When one wishes to create a club through the Associated Student Government, they must draft a

constitution, locate an adviser for their club, fill out the Procedure for Starting a Club form and submit the application, which includes the constitution and the Starting a Club form, to the Clubs Department for review and approval by the Club Constitution Approval Committee.

In a club's constitution, it requires the club name, purpose, membership, meeting times and required sections regarding the



process of club amendment and abandonments. However, Articles IV and V of the Procedure for Starting a Club form regarding amendments and voting processes are the club.

The Circle believes the member is an equal and there should be no struggle for power. Hancock hopes that they will be able to be leaderless and function on a majority vote system.

When queried in an interview, Vice President Bailee Sanders stated that, "While the leadership model is up to the organizers, appointing student leaders will help the club function and again ensure longevity."

"The Club Constitution Approval Committee is in charge of reviewing the constitution. It is up to the committee to interpret the requirements. It is not the goal of the committee to control or reject any suggestions, but instead is to be the foundation of the club," Sanders said.

When asked what she does to promote The Circle on campus, Hostkoetter replied, "I have a big mouth, but I am on using it gently and when engaged in conversation about the things we might talk about. So far that's the thing I think would be right in this sense. The whole is not to force an issue, judge, not to convince someone that something is right or wrong, but just to get it out there and what happens. Give everyone a chance to at least to hear and make the choice themselves."

"Everybody is different, that's the point; we're all flakes," said Hostkoetter.

The Circle meets Tuesdays and Thursdays from 7 to 8 p.m. in Randall room 209.

GORDON: Wrestling coach earns scholarship

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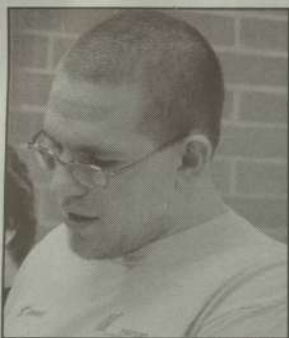
When asked what he does to "de-stress" Gordon says he reads and goes to the gym a lot. Coaching his team is also a stress reliever for him. However, coaching mat side is extremely stressful he says. In his free time (if he has any), Gordon likes to go to movies and play Xbox online with his brother and nephews. During baseball season, he likes to go out to baseball games and is a big Beavers and Mariners fan.

When asked what his secret to success is, Gordon said "Wow, I don't want to sound arrogant but ... I want to say it kind of comes naturally. I work hard but that's the thing. I'm paying for this; I have to work hard."

The CCC student wanted to stress the importance of taking WR-222, "Writing a research paper." There was no one in that class, he said, and it was almost canceled, but Dave Mount thought it was so important that he fought to keep it around.

"That really is such a great class, especially for people who are going on to four-year universities," he said.

Gordon added, "I think



GORDON

it's an incredibly valuable class, and people aren't taking it, and I think it's hurting them. I would encourage people to take that class. It's a huge key to success, writing ability."

This is Gordon's final term at CCC, and he will attend PSU in the fall, where he plans to major in English. The wrestling coach considered Oregon State University since his brother goes there, but OSU was a "little bit out of the realm" of reality because he could no longer coach his wrestling team. Gordon also looked at private schools but they were all too expensive, so he applied at PSU and nowhere else. After that he filled out the scholarship form and the rest, as they say, is history.

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