

Running down a dream



Andrew Millbrooke
 Sports Editor

Badane Sultessa, right, leads Colton Snook in a workout on CCC's track last Friday. The runners were doing repeat 400 meter sprints with minimal rest in between.

Brad Heinke The Clackamas Print

It's 6 a.m. as you hear the alarm clock blast you from your slumber, but you wake quickly and dress and are out the door within minutes on your morning run. That may not seem like an ideal morning for most, but for Badane Sultessa, Clackamas' top distance runner, this kind of morning routine is just a stepping stone to his dream.

Just a few days before Christmas, Sultessa posted this to his Facebook page, "No matter if it's raining or snowing, cold or I feel sick I get up and run every day. I fight for my dream nothing can stop me from what I love to do. I believe nothing comes to you without working hard."

Sultessa must get that early run in to get his mileage up to 50 miles per week as he prepares for the outdoor track season. Sultessa, who will bump his mileage up to 70 miles per week this summer, will red-shirt this spring at Clackamas Community College so that he will have his sophomore year of eligibility to compete in cross country and track next season.

Next year he will be a third-year sophomore giving him a distinct competitive advantage. Sultessa will not compete in a Cougar uniform this spring, but he will try to get in some fast races as an unattached entrant to lower his personal best times.

"This year I want to get some really good times, get in some good races," said Sultessa. "That way, I'll get noticed by some big programs." Sultessa has impressed his current coach at Clackamas with his "anything for the team" attitude.

"Badane's been awesome," said Jerret Mantalas, Clackamas' distance coach. "He's obviously going to be a huge piece to lose this spring when we're trying to take down Spokane CC for a conference title. I think he scored 23 points for us last spring on the track and did anything we wanted him to. He was fourth in steeplechase, won the 800-meters, got second place in the 1,500-meters and he would have run a leg on the relay for us. He's that kind of guy."

Losing Sultessa to his red-shirt year will certainly hurt the Cougars this spring, but it is a fact of life for college athletic programs. Athletes often red-shirt, which saves a year of eligibility while they continue to train and go to school, because they need more time to develop physically or catch up scholastically.

"Talent-wise he's absolutely ready to compete Division I," said Mantalas. "But, he's busting his tail academically, making sure he's getting those things done."

"Until I was 13 I grew up in

Ethiopia," said Sultessa. "Me and my dad and family moved to Kenya, then three years later we moved to Portland."

Sultessa, 20, moved from Kenya to Portland with his father and four brothers and five sisters when he was 15 years old, leaving his mother behind. "I never saw my mom for three years," said Sultessa.

"It was an area with fighting and war and they wanted my dad," said Sultessa. "At that time, we moved out to Kenya. We go there and got processed to get all of our family here."

Mantalas acknowledged that the language barrier is there, but Sultessa and his family have certainly adapted well.

Two of Sultessa's younger brothers run for Cleveland High School and are showing early promise. Roba, a sophomore, finished 12th overall in the 5A race in 16:34. Jalato, a freshman, was 36th overall in an impressive 17:17 for 5,000-meters. They helped the Warriors to a second place team trophy.

"English is a foreign language for him," said Mantalas. "So some things are little more of a challenge, but he's taken all that in stride and never backed away from anything."

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Vocalizing mental health concerns proves important

Brittany Bell
 News Editor



Our community has recently been subjected to an increased amount of violence, crime and mental health problems — including suicide. No matter who it affects, everyone should know where to go when they feel like they need help. How to recognize when someone reaches out for help or is sending signals that they are in need of help is very important as well.

Clackamas Community College has a team of counselors available at no cost to its students. One of these counselors is Stephanie Schaefer. Her office is located in McLoughlin 247. She previously worked for Clackamas County Mental Health, has a Masters in Counseling Psychology and a Doctorate in Clinical Psychology.

Schaefer believes people should take these mental health issues seriously. Someone shouldn't laugh about it because they don't know who they're hurting when they do that. Especially when there is a crisis situation, be careful about what is said and how it will affect other people around, including instructors and peers.

"Not talking about suicide is one of the worst things you that can do for suicide," Schaefer said. "You've increased the stigma and you make people feel like it's too taboo of a topic. However, the way you talk about suicide is important."

According to the 2006 National College Health Survey, 44 percent of four-year college students were so depressed they found it difficult to function. More than 50 percent of these students felt that things were hopeless and about 10 percent considered attempting suicide. According to this same survey, one percent of these college stu-

dents actually attempted suicide and there's an alarming 1,000 or more on-campus suicides per year.

"I think in some ways you might find that community college students experience more stressors than your typical four-year university students," Schaefer said. "A lot of you are balancing family, jobs, returning to work or school — and you have a lot more stressors potentially."

Karen Carlin, Senior Case Manager for Clackamas County's Behavioral Health Division, talks about some signs that may signal mental illness.

"Sometimes people suffer from lack of attendance, they might not have the energy to get up and come to school. Their hygiene might suffer. They might eat too much or not enough," she said. "They might report sleeping too little or too much, certainly giving things away is a huge sign — and sometimes an abrupt change in mood."

"Some things are kind of individual and kind of what you would expect. Maybe they act depressed, talk about hopelessness, helplessness, and comparing those things, hopelessness is a lot more serious," Carlin said. "People might write a blog, talk about death, themes of dying or suicide, become obsessed with maybe a writer who's known for that."

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Patty Salazar The Clackamas Print

Stephanie Schaefer, a counselor here at Clackamas Community College, stresses the importance of talking about mental health issues, including suicide. Schaefer works in McLoughlin 247.