



Brittany Hamon The Clackamas Print

Automotive students get hands-on experience

Automotive students Jeremy Coolbaugh and Butch Osborn work on a car brought in for repairs. Students and community members can bring their cars in for repair at a reduced cost.

Sage Niles The Clackamas Print

In the depths of Barlow, down the stairs, past the mural on the wall and into room 161, there is a large open aired room filled with perhaps half a dozen cars and a dozen or more students studying and repairing motor vehicles.

Barlow is home to the Automotive Department at CCC and besides providing invaluable knowledge on the very useful skill of maintaining and fixing up cars, the building offers another almost equally valuable service, not only to students and faculty, but to the community as well.

The Automotive Department repairs cars for anyone, be it students or members of the community, to fix them up. The profit they receive for the repairs, minus supply fees, goes

toward student scholarships.

Due the large number of applications, the department does have a few requirements. Repairs must meet the program's training needs and the automobile must be less than 10 years old among other requirements.

The fact that the automotive department only takes vehicles that are less than 10 years old is not a frivolous requirement; in fact, it's quite practical. According to David Bradley, automotive department chair, there is a reason for this stipulation.

"The students in our program have to have new vehicles to work on or else they'd be working on our same training fleet over and over again," said Bradley, "and this gives us a variety of things to work on. We never know what we're going to get."

Permitting cars that are fairly new allows for students to gain real world experience that they

can transfer to a post graduate job.

"If we trained someone to work on an old car they'd go out in the field and never see one, so they've just wasted their time," said Bradley.

The students of the department find that this philosophy is quite helpful as well.

"Cars that the school owns have been gone over and picked through, newer cars have newer problems," said automotive student Sam Hudnall.

So what are the benefits of working on newer cars for students? Labarron Perry, an automotive student, enjoys that it is hands-on learning for the real world.

"Newer vehicles provide technical knowledge of newer systems and you know what you're getting into when you leave school and head out into the industry," Perry said.

In spite of these requirements, there are benefits as well, for collision repair and

refinishing jobs their fee is only eight percent. For instance, the estimate for a \$1,000 repair would only cost the individual \$80.

With automotive repair, if your car is accepted, there will be a cost estimate which is an approximate cost of parts and materials, plus a 20 percent markup.

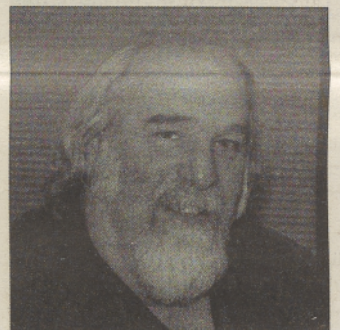
Other than the benefits of working on newer cars, the automotive department offers a sense of accomplishment and pride to the students.

"Every car you work on, that car you remember the first thing you did, the first thing you learn on each car is memorable because it's the first time," said automotive student Greg Dyer.

The automotive department is always accepting applications. For more information, you can stop by Barlow Hall room 162 and speak with the automotive department secretaries. They will be able to provide the applications for both

auto repair and collision and auto body repair.

It's hard to find a system that benefits all parties equally and this program is the rare one that does. From the students and the knowledge that they gain from working on newer cars, to the community who receives a reduced charge for automobile repair, it's a cyclical system that offers to teach and benefit the community in equal measures.



BRADLEY

HEALTH: Help is a talk, walk or call away

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So what should a person do if they think someone is having a hard time and needing help? First and foremost, if there is an immediate threat to someone's own life or someone else's, call 9-1-1.

Schaefer also explained that students and instructors can inform a counselor if someone they know is acting out of the ordinary.

Another option is to try and reach out and help someone by talking to them directly. Jeffrey Anderson has some experience with this. He's a licensed psychologist and supervisor who works at Centerstone Crisis Center.

"In America, and probably most countries, asking someone 'Are you having thoughts about killing yourself?' isn't a comfortable question at all," Anderson said. "A lot of people believe that asking that question would actually make it more likely for them to kill themselves, or that it would give them the idea. In fact, that's actually false."

Whether or not it's comfortable to ask someone if they are thinking of harming themselves,

it can make a difference in someone's life. The pressure of carrying the idea around is a lot, and asking someone could help them relieve that pressure.

"It's a huge relief for somebody that's actually considering doing that. To be able to say it, to somebody who sounds like they can hear the answer, can be a huge stress relief and actually reduce risk at that point in time," Carlin said.

If a person thinks they are going to kill themselves, or are so depressed and are worried it might escalate to that, it's very important to help them get help. If the person is calm and not an immediate threat, you can call a crisis line for advice, call your local non-emergency number or visit a walk in crisis center.

Centerstone is an option for Clackamas County and is located in the Ross Center on 82nd Ave. You may also refer to the list of numbers to the right.

"We offer outpatient services here on sort of a crisis basis. So we're here for folks when they are already suicidal," Anderson said. "They're already having thoughts about suicide and somebody has kind of prompted them to come get our help."

Centerstone is open seven days a week and has a 24-hour

crisis line, so this is a great way to get help. However, that may be more difficult if you can't make contact with someone who you're concerned about. You can ask for a welfare check if you are worried about someone's well-being or state of mental health by using the non-emergency number. You can also request an officer with specific mental health training.

The goal is to prevent crisis situations such as suicide through

early detection of mental illness as well as just making things a little easier on one another. In times of harder economy, some of those reliefs come in the form of financial help and having your essential daily needs met.

"I can tell you where to get food boxes, there's a church where you can go wash your clothes for free on certain days of the month," said Schaefer. "So there are a lot of resources out there that can be helpful.

Yes, they're not going to get you a job tomorrow necessarily, or make that class opens up that was full but it might alleviate some of your other pressures."

The college and its counseling department have also joined ULifeline and can be found at ulifeline.org/clackamas where there are community resources, self-evaluation tools and an 'Ask the Experts' option. The goal is to get everyone the help they need to keep on going.

Feeling Down? These numbers can help!

Emergency:

9-1-1

Non Emergency:

Clackamas County
503-655-8211

Multnomah County
503-823-3333

Crisis Lines:

Clackamas County
24 hours
503-655-8585
Toll Free
1-888-414-1553

Multnomah County
24 hours
503-988-4888
Toll free
1-800-716-9769

Warm/Talk Lines:

Trevor Lifeline
(LGBTQ)
1-866-488-7386

David Romprey
1-800-698-2392

CCC Counseling:

503-594-3475
503-594-6135