

## Sweets satisfy lovesick students



EAT, PRINT, LOVE

Anna Axelson  
Co-Editor-in-Chief

Cupid, cherubs, pink hearts, red roses, Hallmark, sweets, romance, martyrs, saints, fires, executions, almond trees, weddings, mirrors on the ceiling, champagne on ice, Oregon, singing stuffed animals, Al Capone, Bugs Moran, gangs, guns and love. Believe it or not, all of these things have something in common: Feb. 14.

In case the knowledge just happened to slip your mind, next Thursday, the second most popular holiday celebrated worldwide – St. Valentine's Day – will be rearing its doe eyed gaze in our direction, ready with anticipation for all the goodies the day has in store, both for the heart and the belly.

In spirit of this, the most emotionally violent holiday in our arsenal, it's time to shred the miniscule remains of your New Year's Resolutions with the mother of all heart-throb (or heart-ache) comfort foods: candy. Luckily, *Eat, Print, Love* is here to show you – the broke, hungry college student – how to fabricate some divinely delicious, amazingly easy and ultimately cheap ways to satisfy your sweet tooth. (On a side note, Feb. 15 is Singles Awareness Day – accurately acronymed SAD – and sweets are equally as satisfying whether you are single or half of a couple.)

## Peanut Butter Balls

1 cup powdered sugar  
½ cup creamy peanut butter  
3 tsp. butter, softened  
Powdered sugar for rolling

Stir together sugar, peanut butter and butter, shape into balls, roll in powdered sugar and place on cookie sheet to dry. Wrap as desired and stores well in the fridge. Ta-da!

## Easy Caramels

1 small can condensed milk  
2 cups brown sugar  
1 cup white Karo syrup  
1 cup butter  
1/2 tsp vanilla

With all ingredients – except vanilla – in heavy saucepan, cook over a low heat until the sugar melts. Stir constantly. Cook over low to medium heat until a firm ball is formed when a little bit is dropped into cold water or approximately 244 degrees by candy thermometer standards – keep stirring along the way or risk the sugar crystallizing. Add the vanilla and pour into a lightly buttered 9 x 13 inch pan. Cool and cut into squares and wrap as desired.

## Glass Candy

3 cups sugar  
1 cups water  
1 cups white corn syrup  
1 tsp flavoring or extract  
Food coloring

Combine sugar, water and syrup into heavy saucepan, perching your handy dandy candy thermometer on the edge of the pan (don't let it touch the bottom). Stir constantly. When the candy thermometer reaches 300-310 degrees (the hard crack stage), add in the flavoring and food coloring – just a few drops of each as it goes a long way. Stir in and immediately pour into a lightly buttered 9 x 13 inch pan (bigger if you want thin pieces, smaller for thicker pieces).

Be patient and let it stand; the mixture will harden, though be sure to wait until candy is completely and undeniably cool before proceeding to the next step: breakage. That's right, drop it, smash it, chop it, grind it, whatever you want to do with it. What you'll be left with is tasty shards of sugary goodness for all to enjoy.

In a sugar coma yet? Good. We here at *Eat, Print, Love* aim to please. Happy Valentine's Day!

Boobs, babies, bareness:  
What's a mom to do?Emily Rask  
Co-Arts & Culture Editor

Privacy is a right and without it people can feel a sense of being uncomfortable in an environment where they should feel most at home.

On Jan. 18, a Portland man was arrested for burglary in the second degree and invasion of privacy. This man, 44-year-old Kent Gordon, hid a digital video recorder pen in a cup among other writing utensils in a female co-worker's office to record her while she was using her breast pump. Gordon was caught when the victim noticed the recorder and turned it in to her supervisors who then contacted the police. Although Gordon was arrested on Jan. 18, the camera was discovered on Jan. 14. He was fired the next day.

Ariane Rakich, advising specialist for CCC, saw the scandal on the news and said it was "thought provoking as a topic in society."

Breastfeeding has turned into a fear for many mothers. A survey done by Gina Cicatelli, who works for the Huffington Post, revealed that the biggest fear that mothers who breast feed have in America is nursing in public. Forty percent of American moms said they fear nursing in public. This is higher than the 28 percent who said they were scared about having breastfeeding related pain, or the 25 percent who feared the baby not being able to latch, or even the 5 percent who feared the effects that breastfeeding could

have on their bodies.

Wendy Imel, a mother of two who works for CCC as an assessment service project specialist is pro-breastfeeding.

"I feel that a mom should be able to breastfeed her child anywhere that she is," said Imel.

"I'm definitely for that, however, something like that being videoed, doing anything personal is really wrong."

Working moms can't stay with their newborns all day when they go back to work, so they resort to other ways to continue breastfeeding. Using a breast pump is very common, especially for moms who are working because it means they don't have to use formula for their babies.

Freshman Carla Vasquez believes that breastfeeding is good for babies, but the mothers could also be a little more discreet about breastfeeding in public.

"It can be disturbing to people, but it is also natural for females. They could also be exposed to perverts," said Vasquez.

Laws about breastfeeding vary from state to state, but in Oregon, as of 2007, the law allows women to have unpaid 30-minute breaks during each four-hour shift to breastfeed or pump, allowing certain exemptions for employers.

"Be discreet about pumping at work," said Vasquez. "Talk to a boss or manager so you can get it permitted."

Some staff at CCC, such as Imel and Rakich, have used breast pumps at work while being private about it.

"I breastfeed my son, but he's not here at work with me so I pump milk at work for him while

I'm gone," said Imel.

Rakich agreed about her breastfeeding techniques; her son is now one year old.

"I think everybody has different personal preferences. For me it was always nice to have a little bit more private setting if possible, but when it came down to it, if my son was hungry then I definitely was open to breastfeeding in public. I definitely just for my comfort level and for other people I have a privacy cover, which they make very cute these days and kind

of makes it more convenient for everybody."

Rakich, as well as Imel, use a breast pump at work since neither is able to bring their children with them.

Most mothers who work and choose to breastfeed do not have the option to bring their child to work, so breast pumping may be their only option. Even though not everyone is comfortable with it, there are many options in keeping it private and making it as discreet as possible.



Ariane Rakich and her now one year old son play for a photo. Rakich uses the breast pump at work because she can't bring her son to work.

Photo contributed by Ariane Rakich

## Network club goes live next week

Breanna Craine  
Co-Arts & Culture Editor

These days, when people think of networking they may think of Facebook and Twitter, but with this new club on campus, the meaning of networking is completely different. This new club is focused on helping students use networking to find a job. Networking is all about connecting with the right people as well as having a good resume and experience.

With the job market we have now, it is really hard to find a decent job without knowing somebody in the business. Luiza Ostapenko, a sophomore, thinks that networking is the best way for people to get a job in today's market.

"I really do think that networking is the best way. I think that if you know somebody like a manager you are more likely to get a job," she said.

Ostapenko had some thoughts about landing a job today.

"Since the economy is down, everyone wants to hire people that are experienced. But you cannot be experienced until you are hired and already working," she said, "so it is kind of like a linked circle that cannot be broken."

Ostapenko said she thought that having this kind of club will help students find jobs using a different kind of approach. There are a lot of resources on

campus to help students either find a career or just a part-time job while they are going to school.

The two men behind the creation of the club are Mat Genuser and John Kylo. They are staff members that work in the community center. They decided to create the network because none of the resources in the Student Success Center really touch on networking.

Kylo has been working at CCC for almost nine years and is currently a career coach.

"There are so many career services on campus and students might be appropriate for one but not the other. That is where the networking club comes in, even our jobs that we do on a daily basis," said Kylo.

The networking club may not help everyone as well as all the other services provided on campus. You need to find the right one that fits your specific needs according to Kylo.

Genuser has been working at CCC for about a year now and is now the career services and cooperative work experience coordinator.

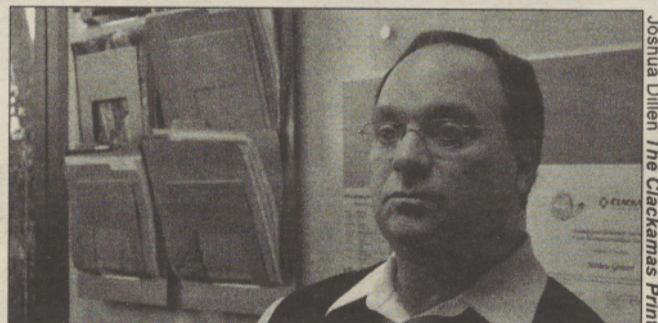
"One thing, though, I think we need a greater focus on networking. Networking is one of the best ways of getting employed. This is even how I got my job here," he said.

Genuser has used networking to help him find the last couple of jobs that he has had.

The only thing a student needs to join the club is a resume. He/she can be trying

to find a part-time retail job or one suited to their career. The club will help people utilize the tools needed to network, not just for a current job, but for future jobs.

Meetings begin Feb. 13 at 11:30 a.m. to 1 p.m. and occur every second and fourth Wednesday of every month.



John Kylo started going to class at Clackamas in the 70s and has now been working at CCC for almost nine years. He is currently working as a career coach.

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