

Students donate blood for hurricane victims

Anna Franz
The Clackamas Print

A blood drive took place at CCC's Oregon City campus on Jan. 30 and 31 from 10 a.m. to 3 p.m. in Gregory Forum. Associated Student Government (ASG) organized the event while the American Red Cross reaped the bloody rewards.

Renee Erickson has worked with the American Red Cross for about a year and has attended multiple blood drives that take place in different colleges and high schools, among other venues.

"Think about the impact you have on someone and their family, for just donating a pint of blood. One pint of blood can save three lives," said Erickson.

Ward Allen, a veteran when it comes to donating blood, said "[Giving blood is] not nearly as scary as everyone makes it. It doesn't hurt and it saves people's lives."

Diego Herrera-Cortez, one of the ASG students overseeing the event, said, "I've always been able to give blood. It's nice to be able to help someone, feels good."

ASG president Diana Muresan was another person managing the event.

"This is just a typical blood drive; one person who donates saves three lives. I believe most of the blood is going to the east coast, Hurricane Sandy and all. Overall it's a really good cause and helps a lot of people," said Muresan.

Herrera-Cortez and Muresan then went on to say the next

blood drive would be taking place on March 28.

If you would like to donate blood at the next blood drive you must meet the requirements the Red Cross has in order to be eligible, which include being healthy, weighing at least 110 pounds, and being at least 17 years of age — unless you are 16 and have a signed parental consent form. You can donate blood once every 56 days according to the American Red Cross webpage.

In order to prepare yourself for the donation you should drink water, maintain a healthy amount of iron in your diet prior to donation, wear something comfortable, make sure to bring your ID and a list of the medications you are taking. Donating blood is easier when you come prepared for what lies ahead. Consuming a healthy amount of iron and water



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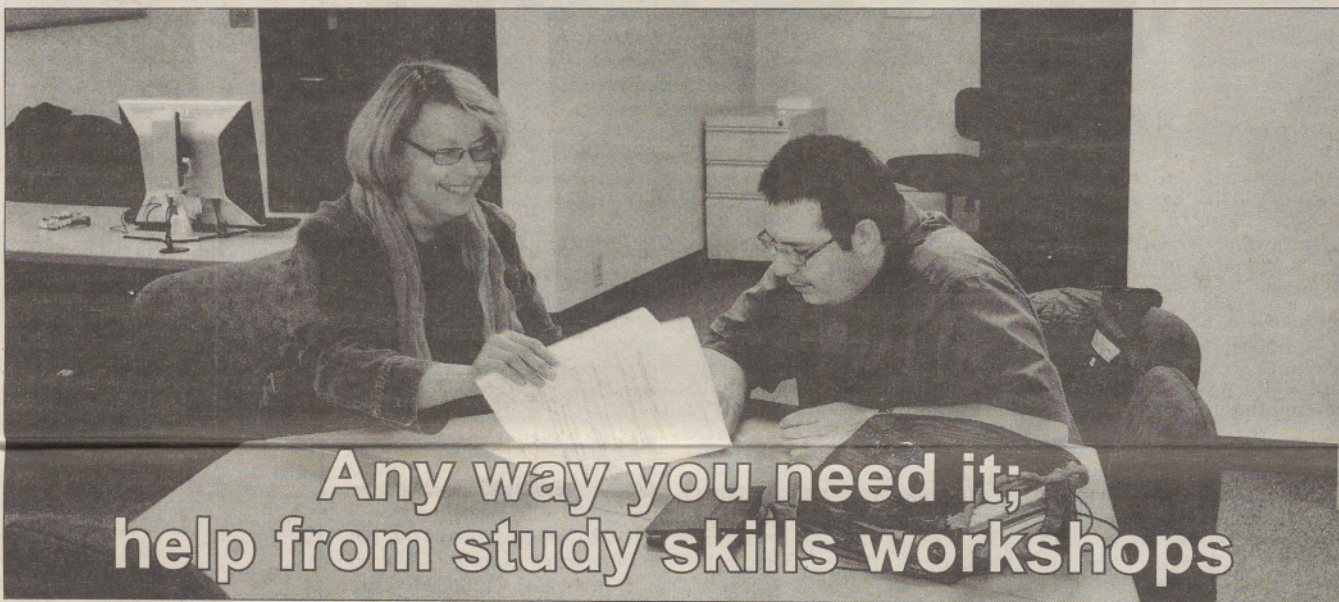
Students Diego Herrera-Cortez, Ward Allen and ASG president Diana Muresan participate in the blood drive held on campus.

beforehand can prevent lightheadedness, which can cause some to feel faint.

This preparation will make the donation process run smoothly, help the volunteers move you through the donation process quickly and can lessen your recovery time.

If you would like to access

more information about donating blood you can visit The American Red Cross online at www.redcrossblood.org/donating-blood, you might also consider visiting the ASG office to find out more about the blood drives that take place every 60 days or so on campus.



Robert Crombie The Clackamas Print

Any way you need it; help from study skills workshops

Becky Ogden, skills development instructor, explains to criminal justice student Al Haynes the process of taking his reading quiz.

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The Study Skills Career Coaching Workshop is brand new to Clackamas Community College. This is a CASE grant funded program and is open to all CASE students. Study Skills targets students specifically involved in ESL or Basic Skills programs. This program is open to anyone looking for some extra help.

Lisa Nielson is CCC's skills development department chair who helped form this program.

"Jamie Clark and I had conversations about creating a bridge for GED, ESL and Basic Skills students," said Nielson.

Later she explained this meant they must "meet the student where they are, help them access the resources necessary and then provide them with work. Part of this is helping students navigate through a college culture."

Contrary to popular belief, the Study Skills Workshop is not a seminar so much as a 'study-hall.' Lauren Zavrel, a GED instructor here on campus and the administrator, in charge of the Study Skills Workshop on Mondays and Wednesdays, described the program as "completely based around student needs."

Nielson explained the program as "an extra resource for students who are looking to transition into different career paths."

The program offers services such as counseling help with

transfer paths and planning, career assessments and exploration of different career pathways, and workforce re-entry.

The instructors make themselves available for academic counseling and are willing to discuss learning issues, study skills, provide academic support as well as resources for handling stress and anxiety which include things such as test taking strategies, time management and study skills.

Loretta Stanley, a full-time student at Clackamas, is looking to acquire her BA in health. Her mental health instructor told her about the study skills workshop.

"I came here for information about how to study and about test anxiety. I've been given more than that," said Stanley.

She went on to list a few of the things that the study skills workshop has made available to her.

"Lauren has helped me learn how I might talk to an instructor, that can be intimidating. We've also been making a plan for what I want to do, like the pre-reqs I can get out of the way," said Stanley.

Lauren went on to explain that they offer help with finding funding opportunities for students such as scholarships and grants they might qualify for, they then take it one step further and help with filling the paper work out and offer writing skills ideas.

Lauren then explained part of the process might be assessing "learning styles." This makes students aware of their strengths and weaknesses in the classroom which can be useful when pick-

ing classes and instructors. She goes so far as to inform students they might want to look into the syllabus for the same class and instructor from a previous term.

Nielson wanted a "touchpoint for students needing extra direction and support," so anyone looking for extra support should look into the Study Skills

Workshop on campus.

The hours Monday and Wednesday from 2:30-4:30 and Tuesday and Thursday from 3-4:30 p.m. in Barlow 240 on the Oregon City Campus as well as Tuesday and Thursday from 4-6 p.m. in Harmony 135 at the Harmony campus.

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