

Best places for catnaps

Karina Gustafson
The Clackamas Print

Are you getting tired? It is well known that sleep is a critical part of the college experience. It helps students manage the 12-credit homework load, work, family life and kids, if they have them. It can all be very overwhelming at times. Lack of sleep can cause illness, increased weight gain, stress and a decrease in performance physically and academically. All of these side effects can lower a student's GPA and cause problems in their college career. Since no one is perfect and everyone has these moments where they didn't get enough sleep for the night, there will always be a need for napping!

Luckily, students and faculty at Clackamas Community College have plenty of places on campus to take naps without being too disturbed by other people.

"I have never seen anyone sleeping on campus, but when I need somewhere quiet to relax or do homework I go to the library," CCC student Chelsea Vincenzi said.

Although many students haven't seen people sleeping on campus, the faculty has spotted many. "I see people sleeping on campus all the time, mostly in the Niemeyer building on the couches," said CCC staff and student Rebecca Sorenson.

There are many places that are available for a good snoozing in between classes that don't include having to walk out to your car. Gregory Forum and Barlow are some of the warmest buildings, and Gregory Forum is lined with

couches and chairs available for anyone to use.

DeJardin Hall is a building many people do not know about. It has a row of chairs with a table on the wall for students to work, plus couches in the middle and far corner of the upstairs section. Due to the fact that many people don't know about all this, it is a very quiet building.

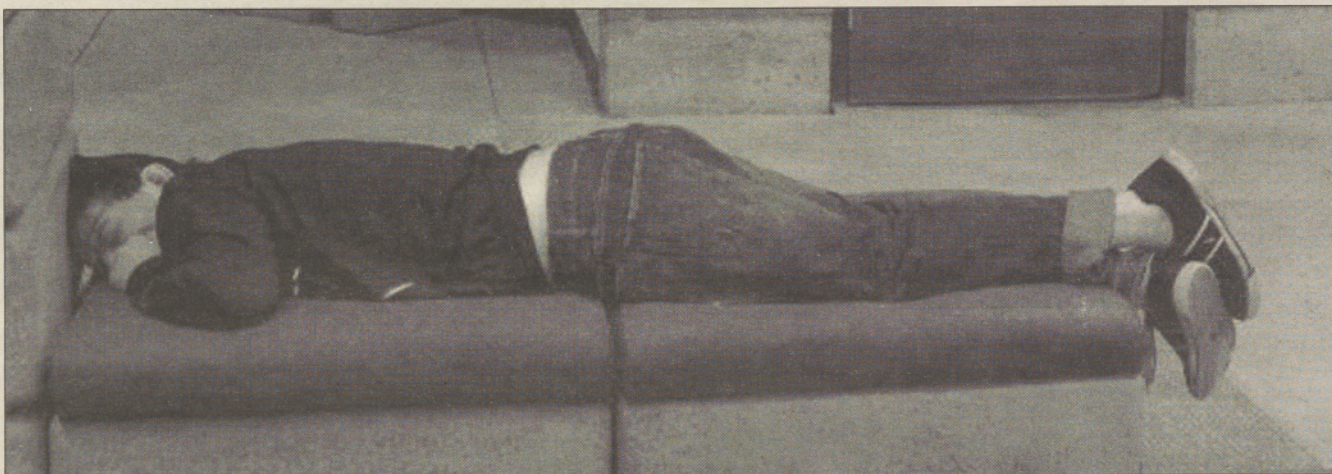
"When I want a good place to study, I go to the upstairs part of DeJardin Hall," CCC student Logan Lake said.

If you are not into tak-

ing a snooze when it's loud, then Roger Rook Hall, Art Center, Randall Hall and the Community Center are not the right places for you. Many people spend their time in these buildings; there is always constant noise and movement. Niemeyer is a loud building as well but a great place if you find comfort in background noise, especially music. In each hall you will hear a different instrument being played. Pick the place with the best music, take a seat and enjoy!

Although McLaughlin, Barlow and Pauling are quiet, there are not many places to sit comfortably and sleep. If you don't mind finding yourself a little nook to crash in, those two buildings will be perfect for you!

Are you getting tired? Take your pick, loud versus quiet, comfy seats versus chairs; it's all up to you. Find your favorite spot and take a snooze!



An unidentified student grabs a quick nap in the Pauling Center.

Larissa Harper The Clackamas Print

CCC ballerina prepares for Nutcracker

Sequoia Allen
The Clackamas Print

For many students, 17 credits would be enough of a challenge. But for Annie Couch, that's just the beginning. In addition to taking four academic courses this term at CCC, including a lab science, Couch also finds time to dance. Between the ballet class here at CCC and classes taken at Abernethy Performing Arts, a dance academy in Oregon City, Couch dances six to seven times a week.

She is currently rehearsing for her roles in APA's "Portland's Own Nutcracker," including the part of the Snow Queen. The show is a unique adaptation of The Nutcracker set in Portland, featuring scenes set at historical locations like the Pittock Mansion

and Oaks Park. The show will run Dec. 6 and 7 at West Linn High School.

To add yet another layer of commitments to juggle, Couch also teaches an additional four classes a week at APA. Now 19, she has been teaching beginning ballet and creative movement classes to 3-7-year-olds since she was 16. Couch says it's a lot of fun teaching dance to children, and that it also helps her improve her own dancing.

"As you teach, you cement what you already know," Couch said.

When asked what she likes to do when she's not dancing, Couch laughed and replied simply "study." However, she said that she also likes to go running, do things out of doors, and spend time with her large family. A native Oregonian, Couch lives with her family in Oregon City; she

was homeschooled for most of her life, along with some of her siblings. After attending Alliance Charter Academy for a few years in high school, she started taking classes at CCC at age 17. She plans to graduate this spring with her Associates of Arts transfer degree. She's still contemplating a career path, but is interested in nursing and counseling, among other fields, and hopes to transfer to a university with a dance program.

Couch became interested in ballet after her mother signed herself and her daughters up for a beginning ballet class at the Jacquie Kunzman School of Ballet and later moved to Abernethy Performing Arts when her teacher, Keith Walls, broke away to start his own studio.

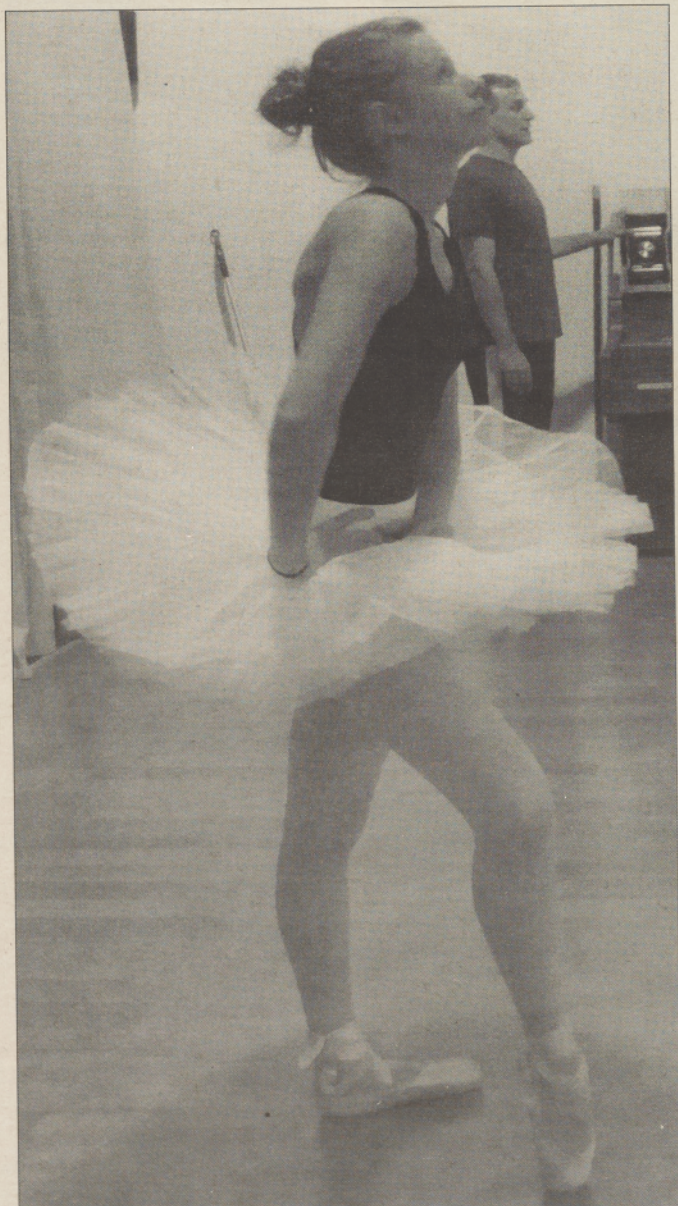
"At first, I really didn't want to do it," said Couch. "I thought it would be so embarrassing, but then we went to one class and I really liked it."

Couch wound up being the only person in her family to continue doing ballet in the long term. She's also tried tap, contemporary, jazz, and swing dance classes, but ballet is definitely her favorite. And her favorite part of ballet is jumping.

"It comes naturally [to me], and I just love the feeling of flying through the air," Couch said. Then she laughed. "That was really cheesy, but it's true."

Vetta Shinen, fellow student at both APA and CCC, has known Couch for seven years. Shinen says that Annie's biggest challenge as a dancer is probably acknowledging that she is good at what she does.

When asked about Couch's greatest strengths, Shinen said: "She is very selfless and very determined."



Annie Couch rehearses for "Portland's Own Nutcracker."



Annie Couch prepares to rehearse for "Portland's Own Nutcracker."

Photos by Sequoia Allen The Clackamas Print

