

## A good place to shed a few tears

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editor

College life is stressful. From rude students to grouchy instructors and the work load they give us. Sometimes you need to be alone and find a place to de-stress and maybe even cry, but where do you go to let it all out? Well, we have found places on Clackamas Community College's campus for you to take a deep breath when you need it.

1. Not everyone has a car, but if you have that luxury and need your own personal space to destress, just roll up the windows and crank the music. Your car is the perfect familiar place to take a minute between classes.

2. For those of who don't have cars, there are other places on campus to chill out, like over at Clairmont Hall. They have beautiful plants and greenhouses, and it's a nice and quiet place to sit and relax and be surrounded by pretty things.

3. The Dye Learning Center has these wonderful little study holes along the back wall that are perfect for hiding from your life. With the built in mini walls no one can see you—perfect for a quick crying session or to put in your headphones and get lost in your music. Just don't sob too loudly and disrupt people from studying.

4. Gregory Forum is like the campus ghost town. Hardly anyone is ever in there, which makes it a great place for the student who needs to be alone and take a breather.

5. We have the pleasure of going to school in rural Oregon City, where on campus we have random "forestry" areas, which are all great places to go and sit under a tree and hide from the rain, shielded by the thick pine needles. But if you do decide to cry, you can pretend it's just the rain.

We ran into Candice Stauffer, ASG vice presidential candidate, and asked her where she likes to go and de-stress. "The pretty little pond by the Environmental Learning Center," she said. "I like it there, it's super peaceful and quiet, [and] calms me down."

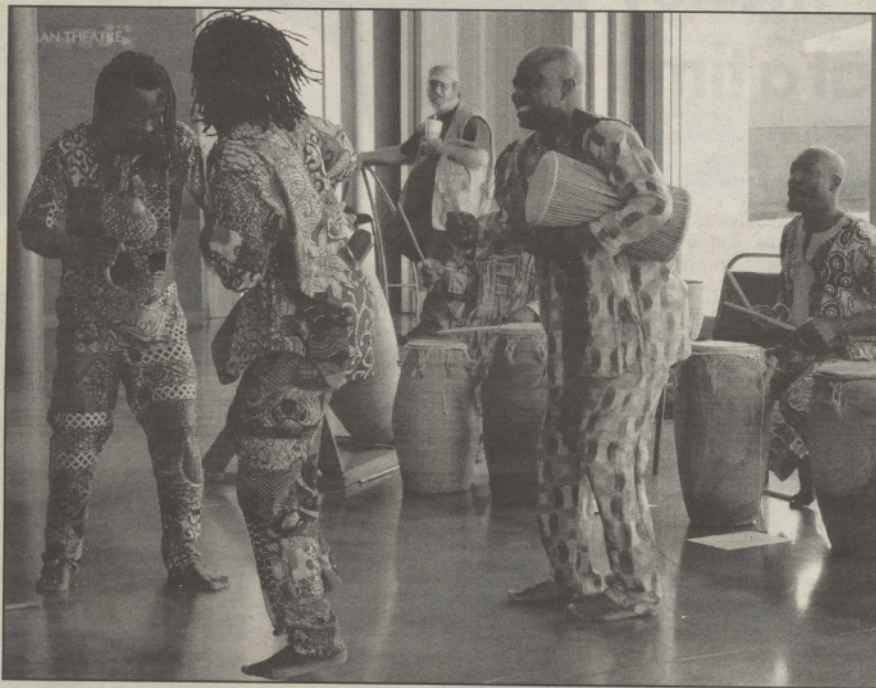
But why not ask the professionals? We dropped by the counseling department and asked Margie Gibler where she recommends going to calm down.

"Do you know we have a walking a trail? It goes the perimeter of the campus and is about two miles long," Gibler said. "It brings you through the horticulture gardens, through the Environmental Learning Center, and the woods there, and that's really pretty. That's where I would go to de-stress."



Photos by Denee Shelton

## International Week in full swing



International Week has started at Clackamas Community College. The college is featuring an array of music and art to tell many different stories in many different ways. On Tuesday, the second day of International Week you could hear the music from Roger Rook Hall. The Anansi beat coming from Niemeyer had even faculty dancing. Sponsored by the Peace Corps volunteers, the local drumming group brought together many people. Dressed in many different colors, they also featured a class on drum making after.

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## International Week events

- Wednesday, April 30**
- 10:30-10:55 a.m.: An Daire Academy Dancers Irish Dancing
  - 11:11:30 a.m.- International songs
  - 11:35- 12:10 p.m. Peace Corps Asia (CC127)
  - 12:15-12:45 p.m.- American Tribal Belly Dance: A Tribute to EBZEF
  - 1:00- 1:50 p.m.- Clackamas Around the World
- Thursday, May 1**
- 10:15- 11:00 a.m.- Peace Corps Guatemala (CC127)
  - 11:15- 11:30 a.m.- La Batalla de Puebla (CC127)
  - 11:35- 11:55 a.m.- ASL can be fun to learn (CC127)
  - 12:00 p.m.- 1:00 p.m.- Cuentame Coyote Bilingual Performance
  - 1:30- 2:30 p.m.- Milagro Reality Theatre Workshop