

A mindful exploration



Math professor John Mitchell discussed the role of mindfulness in education at the Faculty Speaker Series.

On May 3, mathematics professor John Mitchell brought his message of mindfulness—the simple practice of being aware of one’s present-moment experience—to the spring installment of the Faculty Speaker Series.

Mitchell said his goal was to inspire the audience “to be part of something that I feel everyone should know about” as he described the modern history of an ancient practice, his path to discovering it, and his passion for bringing mindfulness to Clark College.

As Mitchell described it, mindfulness is simple, but not easy.

It requires training and repetition to notice when one is lost in their inner dialog and to return to their present-moment experience.

Mitchell noted that mindfulness has been practiced in many cultures throughout history. "This is a universal human skill," he said, "we all have the innate ability to be mindful, as well as the tendency to get lost in thought." He explained that mindfulness does not attempt to eliminate thoughts, but simply to notice them. It also includes awareness of one's emotional state and the physical sensations of the moment.

Mitchell emphasized the importance of using mindfulness in the face of technologies that are designed to distract. According to the Neilson Total Audience Report, adults use their electronic devices more than ten hours a day on average; for teens, the average is nine hours, according to a 2015 media census by the nonprofit Common Sense Media. That being the case, said Mitchell, there is an immediate need to address the impact that technology has on our society.

Mindfulness, Mitchell said, can aid people in avoiding a combination of information overload and distraction. Mitchell said many people find themselves in what behavioral scientists call a "ludic loop," a mental zone that takes a person out of present-based awareness and into a disconnected mindless state where addictive behaviors thrive. Mitchell said that mindfulness practices, like becoming aware of the breath and body, can help one to avoid ludic loops while also encouraging better moderation in the use of technology.

Another area that Mitchell stressed in his presentation is the importance of mindfulness in education. Research on the benefits of mindfulness in education is growing, producing 700 published papers last year alone. In K-12 education and among four-year colleges and universities, mindfulness groups are becoming more and more prevalent. One mindfulness training

program that is commonly used in higher education is Koru Mindfulness. Mitchell, who is a certified teacher in the method, was surprised to find out that very few community colleges were represented in the Koru community. With the mindfulness classes that Mitchell offers through Clark's Economic and Community Development program, Clark College is one of the few exceptions.

The Clark College Mindfulness Club is another marker of Clark College's lead on mindfulness in community colleges. Mitchell thanked the two students in the audience who have contributed to that distinction, Clark Mindfulness Club co-facilitators Nova Gump and Steven Mitchell (no relation). Steven Mitchell founded the club in the spring of 2016; John Mitchell called it a "foundational ingredient of a mindful college."

Along with clubs and classes, Mitchell would like to see mindfulness introduced in College 101 classes and generally incorporated into the teaching methods of faculty. Moreover, he sees a strong connection between a mindful environment and guiding the work of the college to achieve initiatives such as Guided Pathways.

"What does a mindful community college look like?" John Mitchell asked the audience. "I want Clark to be answering that for other community colleges. That's my vision: a mindful college, a college that's seen as a leader."

If you are interested in learning more about mindfulness at Clark College, contact the Mindfulness Club at clarkmindfulness@gmail.com or John Mitchell at jmitchell@clark.edu.

About the Faculty Speaker Series

Since 2008, the Faculty Speaker Series has showcased experiences that have enriched both the lives and teaching of Clark's faculty. Speakers share their professional development

accomplishments with the college community, often addressing some of today's most intriguing issues. Clark faculty members are invited to present experiences including sabbatical, research, field work, or community outreach in a variety of formats including panel discussions, interactive workshops, and/or demonstrations.

Photos: Nick Bremer

J. Nova Gump contributed to this article.

Young scientists unite



Students competing at the 2017 Southwest Washington Regional Science Olympiad.

Burning marshmallows, miniature hovercrafts, robotic arms, and the perennial favorite, bottle rockets, were a just a few of the 48 activities featured at this year's Southwest Regional Science Olympiad Tournament, which took place at Clark College on Saturday, March 4.



Mid-experiment at the Science Olympiad.

More than 350 young scientists from 20 middle-school and 18 high-school teams competed in the Olympiad, coming from as far north as La Push, Washington, and as far south as Corvallis, Oregon. Winning teams from the regional competition earned spots in the Washington State Science Olympiad, which will take place at Highline College in Des Moines, Washington, on April 15.

Science Olympiad is a national nonprofit organization that encourages a love of science through educational opportunities, hands-on activities, and regional, state, and national tournaments.

STEM Coordinator Erin Harwood, who oversaw the planning and logistics for the tournament, said she was very pleased with the outcome of the event.

"We've had a four-year break from hosting any Science Olympiad event this large, and it's been a very long time since we hosted a regional event, so this was a nice change and a great way to get back to hosting again," she said. "It was really

amazing how many students volunteered, and the faculty and staff—even the Dean!—got in on helping out.”



Clark students volunteered to help make the Olympiad possible.

More than 130 volunteers—most of them Clark College students, employees, and alumni—helped make the event possible.

At the end of the day, the school teams, event volunteers, and others who participated in the tournament gathered in the O’Connell Sports Complex gymnasium for an awards ceremony filled with energy and enthusiasm. Students from the Quileute Tribal School, whose team had traveled the farthest to participate in the Olympiad, shared a song and words of encouragement with the other attendees before the awards were announced. Eleven teams, five from middle schools and six from high schools, will be continuing on to the state tournament. Camas schools will represent a full five of those eleven teams moving on to the state level.

The following teams will be advancing to the Washington state competition:

B DIVISION (MIDDLE SCHOOL)

- 1ST PLACE: Skyridge (Blue Team)
- 2ND PLACE: Liberty (Black Team)

- 3RD PLACE: Skyridge (Green Team)
- 4TH PLACE: Jason Lee (Red Team)
- 5TH PLACE: ExCEL

C DIVISION (HIGH SCHOOL)

- 1ST PLACE: Camas (Black Team)
- 2ND PLACE: Camas (Red Team)
- 3RD PLACE: Woodinville
- 4TH PLACE: Union (Black Team)
- 5TH PLACE: Skyline
- 6TH PLACE: Washougal (Black Team)

For more photos of the event, visit our Flickr album.

Article contributed by Nova Gump

Photos: Clark College/Nova Gump

**Congratulations to our
Walktober champs!**



Haley Tucker

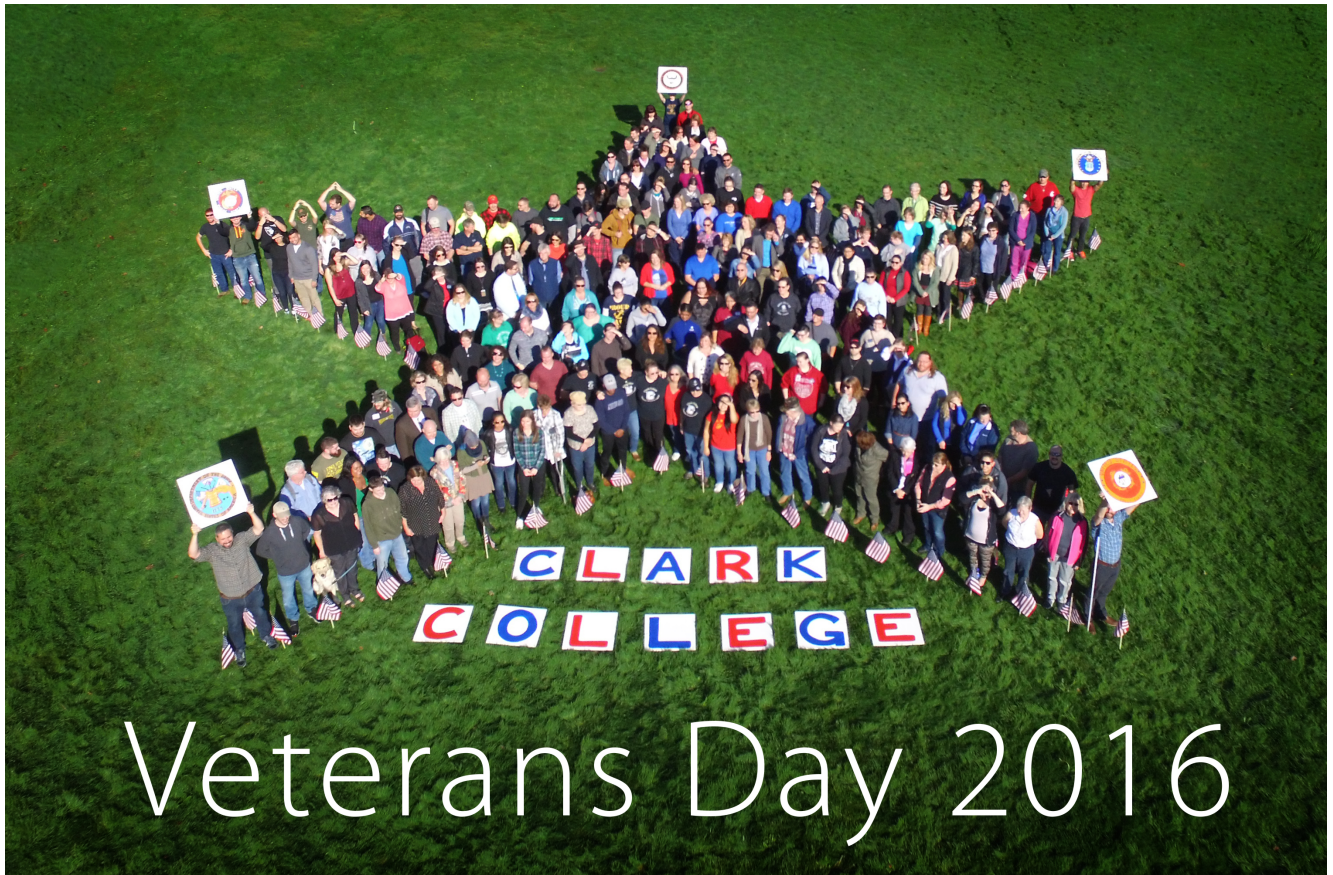
Thirty-Eighty Penguins got up and moving during the month of October for the second Walktober Challenge against the WSU Vancouver Cougars and the Lower Columbia College Red Devils. Collectively, Clark logged in 12,412,963 steps – earning second place in the college challenge. Way to go, Penguins!

The top three participants at Clark were:

- **1st Place:** Haley Tucker *1,019,955 steps*
- **2nd Place:** Garrett Hoyt *953,790 steps*
- **3rd Place:** Travis Kibota *673,157 steps*

Article and photos submitted by Vanessa Neal.

Giving vets a starring role



Clark staff, faculty, and students participated in a special Veterans Day photo on Nov. 10, 2016.

The Veterans Resource Center would like to thank everyone who participated in our Veterans Day photo on November 10. As you can see from the image, it was a huge success. We hope to grow this annual celebration so veterans in our community know how much we appreciate their service. Thank you for all you do for our veteran community.

This photo and article submitted by Kelly Jones.

Backpack Project hits lucky 13



For the 13th year in a row, Clark College employees donated backpacks and supplies to 52 school-aged children of Clark College students.

Names of children are gathered and referred by Workforce Education Services, Financial Aid, Veterans Affairs, Child & Family Services, and the Diversity Center. Each child is asked their favorite color and characters so the donors can find a backpack that is specific to that child.

This year, the Backpack Project provided 55 backpacks, adding to the grand total so far of over 730 backpacks collected throughout the years – thank you!

Here are some expressions of thanks from students and their children after receiving their backpack:



“Just wanted to say THANK YOU!!!! for all you have done for me through my college life, along with helping me with school supplies and a backpack for my son for the last two years also. It helped us out so very much, I am off to my new educated life. Thank You All, You Will Be Missed.”

“Thank you for the backpacks. I loooooove them I can’t wait to go back to school.”

“Thank you for your kindness and for the school supplies. I hope that everyone that goes to school in Clark College does really good.”

This article was contributed by Cindy Heck

Photos: Clark College/Cindy Heck

An investment in students’ financial futures



Judy Starr, director of Corporate and Foundation Relations at Clark College Foundation, center, receives a check from David Reiter, senior vice president and private client manager for Bank of America, and Jessica Hewitt, vice president of Enterprise Business & Community Engagement for Bank of America.

The Bank of America Charitable Foundation recently awarded Clark College a \$20,000 grant to support a full-time financial literacy coach at Clark College. The coach works directly with students to help them stabilize their finances and increase the likelihood of students meeting their economic, educational, and career goals.

The grant, delivered to Clark College Foundation, provides ongoing support within Clark College's Career Services

department for students. Assuring that a full-time financial coach remains on staff allows the college to continue providing workshops, classroom presentations, and individual sessions focusing on how to budget, balance a checkbook, set long-term financial goals, and understand credit cards, credit scores and loan repayments.

“The full-time coach has been highly valuable for our students,” said Lisa Gibert, president and CEO of Clark College Foundation. “The coach assisted 64 students in one-on-one sessions over a seven-month period, held 27 different budgeting workshops for scores of other students and conducted specialty workshops for the Veterans Resource Center and the Pathways Center.”

Jamie Madison was one of those students. She was ready to graduate from Clark’s nursing program in 2015 when unforeseen circumstances led her to withdraw. When she was contemplating a return, she was unsure if she had the resources to do so. She met with Clark’s financial literacy coach, Craig Ebersole, who helped her outline her personal finances and discover ways to limit her spending and create a budget.

“I am now confident with my finances and proactively use the resources I have learned about,” said Madison, who returned to Clark to finish her degree. “These resources help me through college and prepare me for my career after graduation.”

Approximately 54 percent of Clark students come from families living below the poverty level, and 60 percent are unemployed or receive public assistance. Moreover, nearly three-quarters of Clark students are the first generation in their families to attend college.

“Bank of America understands that financial fluency and empowerment are key drivers for future financial mobility and success,” said David K. Reiter, senior vice president at U.S. Trust Bank of America Private Wealth Management in Vancouver.

“That is why we are proud to support Clark College Foundation on this important decision to retain a financial coach. When individuals feel financially secure and are able to achieve their financial goals, communities are made stronger and we all benefit.”

A budgeting course delivered by the financial literacy coach was added to the College 101: College Essentials course last year. All students working toward an Associate of Arts degree are required to complete the course, which introduces students to campus resources, such as campus navigation, technology, tutoring support, and financial aid.

Text and photo provided by the Clark College Foundation.

Watch our Penguins walk



It's that time of year again: Preparation is underway to celebrate the achievements of the Class of 2016 at this year's Commencement Ceremony on June 16, and the college needs volunteers to make the event successful for our graduates. There are a variety of opportunities for the college community to get involved, ranging from assisting with the distribution of the faculty and staff caps and gowns to helping at the graduation ceremonies.

The college invites you to participate in these activities as we celebrate the excitement of our students and honor their academic success. Supervisors are encouraged to work with employees on their schedules to allow participation. The time commitment will vary depending on the job you sign up for; the maximum time commitment will be 1 p.m. – 10:30 p.m. on Thursday, June 16. Additionally, there will be a one-hour training session for all volunteers on Tuesday, June 7, 1 p.m. – 2 p.m. in GHL 205.

We will be holding the graduation ceremony, which includes GED

and High School Diploma graduates as well as our degree-earning graduates, at The Sunlight Supply Amphitheater at 7 p.m. This is a very large facility that requires the assistance of several staff helping to direct guests and ensure a successful event.

For those who are unable to participate in the ceremony, please consider participating in the faculty and staff cap-and-gown distribution process. The time commitment is for one-hour blocks on Wednesday, June 8.

Anyone interested in volunteering should email Michelle Golder as soon as possible. Please consider offering your time to this worthwhile event.

Clark Jazz never skips a beat



Clark College's Jazz Ensemble performing at the 2016

University of Northern Colorado/Greeley Jazz Festival.

For the third time, the Clark College Jazz Ensemble distinguished themselves among the other colleges and universities representing seven states at the 2016 University of Northern Colorado/Greeley Jazz Festival, held April 21 through 23. This year, eight Clark College Jazz Ensemble students received Special Citation for Outstanding Musicianship awards, recognized from the 8,000 festival participants. The Clark students who received awards were:

- Mattias Tyni – trumpet
- Keith Cheek – tenor saxophone
- Anna James – tenor saxophone
- James Powers – trombone
- Jenny Baird – trombone
- Hayden Lilak – bass
- Josh Gonzales – drums
- Sam Niborg – drums



Clark students
James Powers and
Keith Cheek with
John Clayton,
bassist and
leader of the
Clayton-Hamilton
Orchestra.

In addition to performing for adjudication and clinic from internationally recognized jazz educators, Clark students also had the opportunity to listen to performances, workshops, and panel discussions presented by luminaries in the field of jazz including the Clayton-Hamilton Jazz Orchestra, Houston Person, Joey DeFrancesco, and Ellis Marsalis.

“The experience of visiting the Greeley Jazz Festival this year was exhilarating,” said Clark student James Powers. “It has been said that it can be disappointing to meet one’s heroes, but I can say that that is not always the case. When speaking with some of the learned men of music, I was greeted with humility and kindness. Just as important as the uplifting musical performances, was the realization that these performers were all just regular people who have just practiced more than I have. Overall I would say that as a result of attending the festivities, I have come to several inspiring and informative conclusions about the nature of my craft, and I believe the same can said for my fellow band members.”



Members of the Clark Jazz Ensemble saxophone pose with iconic saxophonist Houston Person.

Jazz Ensemble Director and music professor Rich Inouye said he could not have been more proud of the band’s performance at the festival. “Many times you work so hard for something like

this and when you perform, little mistakes pop up here and there, but this year's performance at the festival was pure perfection," he said. "I hope the Clark College community recognizes the work our band students put in to help Clark achieve this distinction. People in the audience shared with me how surprised they were when they found out we were a two-year college! It's good that the Music Department can represent Clark's academic distinction at the national level along with programs such as STEM, Speech and Debate, and Journalism."

UPDATE: Recently, Powers has learned that he has even more reason to be exhilarated: He has been awarded the Festival's highest award, a tuition scholarship to attend the world-famous Jamey Aebersold Summer Jazz Workshop at the University of Louisville in Louisville, Kentucky. Powers was recognized as one out of only four recipients to receive this prestigious award from the 8,000 participants who performed at the national jazz festival. Powers is currently a resident of Gresham, Oregon and he graduated from Heritage High in Vancouver; he plans to complete a transfer degree with a major in music this spring. This award is a first for the Clark Music Department.

The Jamey Aebersold Summer Jazz Workshop is recognized as being one of the best intensive programs for mastering jazz improvisation. The festival features the nation's leading jazz educators and performers and is dedicated to providing an intensive learning experience for musicians of all ages and levels. Theory Classes, Ear Training, Combo Performance, and Master Class Sessions allow the opportunity for attendees to grow and develop to their fullest potential, and each evening attendees get to listen to faculty jazz recitals presented by some of the leading jazz musicians from around the world.

Photos: Richard Inouye

This story was contributed by the Music Department.

Sharing the fun of reading



Kindergartners at King Elementary explore copies of *The Cat in the Hat* donated through the Clark College Bookstore. Photo: Clark College Bookstore/Kaina Barba

On March 2, staff members from the Clark College Bookstore participated in Read Across America Day by reading the Dr. Seuss classic *The Cat in the Hat* to kindergartners at King Elementary. But these volunteers didn't just share a love of reading with the children: They also gave each student his or her own copy of the book to take home and keep.

The books—110 in all—were collected during the Bookstore's eighth annual Book Drive in February. Students, faculty and staff purchased and donated copies of *The Cat in the Hat* so that each kindergartner at King Elementary would have a brand-new book to take home and share with their families.

"This is a really big deal to the kids, because so many of them come from low-income homes where there's no money for non-essential items," says Bookstore buyer Marti Earhart, a coordinator of the book drive. "When we hand each of the kids their own shiny new book, they get so excited!"

This year's goal of 80 books was easily met just a few days into the two-week book drive, so donors continued to buy and donate Dr. Seuss books for the school's library. The library at King Elementary received 30 various Dr. Seuss titles for students to check out and enjoy.

Donors of the books were asked to put their name on a nameplate that appeared on the inside front cover of each book. "At some point the kids will realize that the person whose name is in their book wanted to share their own love of reading with them," says Earhart. "Hopefully this book will give kids confidence to open more books on their own. "

Read Across America Day commemorates the birthday of Theodor Geisel, better known as Dr. Seuss.

Photos: Clark College Bookstore/Kaina Barba

This article was contributed by Marti Earhart.

ACE book sale

The Association of College Employees, otherwise known as ACE, is a group of college employees who work together to raise money for scholarships and textbook assistance for employees. If you are a permanent classified employee or an hourly employee that has worked for at least one year, you qualify for textbook assistance. You can receive up to \$80 per quarter/semester, and all we ask in return is that you pay it forward by working 10 hours at any of our fundraisers. Any employee or immediate family member can qualify for the scholarship, which is made available annually. You could receive anywhere from \$200 to \$500 for use in the next academic year, with the same request that you pay it forward by working 10 hours at any fundraiser.

We can't do this without your help. The annual ACE book sale is a way to raise funds for ACE scholarships and textbook assistance. The sale, which takes place in Gaiser Student Center, runs 8:00 a.m. to 5:00 p.m. on March 2 and 3, and 8:00 a.m. to 3:00 p.m. on March 4. You can help in several ways: You can spread the word about the sale, you can donate books to the sale, and you can volunteer your time to work at the sale. Give your fellow employees a hand.

This article was submitted by Linda Tuve.