

Winter STEM Seminars



Efforts to create ecotourism and protect two monkey species in West Africa are the subject of Dr. Robert Schubert's STEM Seminar Series lecture.

Clark College is inviting the public to come back to school for a series of free lunchtime seminars that explore the lighter side of Science, Technology, Engineering and Math (STEM). Begun in 2015, the Clark College STEM Seminar Series launches its 2018 Winter season with yet more fun, informative presentations geared toward anyone with an interest in science—no Ph.D. required!

The winter quarter events in this series include:

- **January 19: The Aka and Bofi Foragers of the Central African Republic** with Dr. Jay Fancher, Clark College anthropology faculty. Join Dr. Fancher as he recounts tales of his doctoral field research with the Aka and Bofi foragers of the Central African Republic. Learn how studying—and sharing—their meals helps researchers better understand archaeological findings from the area.
- **February 16: Human Culture and Primate Conservation** with

Dr. Robert Schubert, Clark College anthropology faculty. When balancing modernization with protecting wild species, creating local control of conservation efforts is crucial to their success. Dr. Schubert shares stories of how local beliefs help preserve two West African primate species and of the challenges posed in developing successful ecotourism initiatives.

- **March 9: It's All About Mud!** with David Kluesner, geologist and Florida Gulf Coast University faculty. When oil and other pollutants spill into water, how can scientists predict where they'll wind up? With more than three decades of experience in the field, this geologist shares his study of pollutants in the mud of a Florida estuary—and what that mud can tell us about how to track and contain future spills.

All events are held on Fridays from noon to 1 p.m. in the STEM Building room 151 on Clark's main campus. All are open to the public. Light snacks will be available and guests are welcome to bring their own lunches with them.

Clark College is located at 1933 Fort Vancouver Way, Vancouver. Driving directions and parking maps are available at www.clark.edu/maps. Anyone needing accommodation due to a disability in order to fully participate in this event should contact Clark College's Disability Support Services Office at (360) 992-2314 or (360) 991-0901 (VP), or visit Penguin Union Building room 013, as soon as possible.

This article was contributed by STEM Outreach Program Coordinator Nadia Kluesner.

Photo courtesy of Dr. Robert Schubert.

A whole new menu



On Tuesday, November 28, Clark College will launch a new era in the region's culinary scene as it hosts the ribbon-cutting ceremony for its Tod and Maxine McClaskey Culinary Institute.

The modern, 20,615-square-foot facility provides a variety of fast, fresh, and healthy dining options for students, faculty, staff, and the community. The space features three kiosks, a full-service baking retail store and barista bar, and grab-and-go items. Next year, a fourth kiosk and student-run restaurant will open. The space also offers indoor and outdoor seating.

The McClaskey Culinary Institute is also home to the college's completely redesigned Cuisine Management and Baking and Pastry

Arts programs, which restarted this fall after years on hiatus. The design of the space allows visitors to see and interact with students, bringing food preparation and learning to the whole college.

“We are so excited to be opening the McClaskey Culinary Institute and bringing food service back to the college,” said Genevieve Howard, dean of Workforce, Professional & Technical Education. “The institute provides education for students, nutritious meals for students, and a great place for the community to come in and be part of Clark College.”

The McClaskey Culinary Institute will officially open to the public with the ribbon-cutting ceremony, which is scheduled for 3:00 p.m. – 5:00 p.m. and will include a thank-you to donors, cooking and baking demonstrations, and tours of the \$10.5 million facility. The event is free and open to the public.

“Opening the Tod and Maxine McClaskey Culinary Institute is the realization of many years of effort on the part of the college and our community partners,” said Clark College President Bob Knight. “It will not only help us to prepare our students for jobs in the food and hospitality industries, but also establish Southwest Washington as a hub of culinary innovation. It is also the only public culinary program within 120 miles.”

For more information about food service and hours, visit www.clark.edu/cc/dining.

Photo: Clark College/Wei Zhuang

The joy of giving



Backpacks collected during the 2017 Backpack Project.

Earlier this year, Clark College employees donated 91 backpacks filled with school supplies to the children of Clark students—a new record for what has become known as the Backpack Project.



Approximately one quarter of Clark's students have dependent children, and back-to-school supplies can easily run to more than \$100 per child. Recipients for the backpacks are identified each year by staff in Clark College departments like Workforce Education Services, Financial Aid, Veterans Affairs, Transitional Studies, Child and Family Studies, and the Office of Diversity

and Equity.

As one family wrote, "Thank you, thank you, thank you! This is absolutely amazing and I am so taken with your generosity and thoughtfulness. Our family is so grateful to you!"

This was the 14th year that employees have participated in the Backpack Project. We want to acknowledge and thank all of you who have helped to provide more than 822 backpack over the years.

Each backpack is unique because the project's organizers ask the children what their favorite colors and characters are. Many donors go out of their way to find the perfect backpack for a child, scouring stores or the Internet for the perfect Seahawks or My Little Pony theme. Others load the backpack with extra supplies and fun items. This year, one Clark employee created a book about her own horses for a young child who liked horses.

More than 70 employees donated backpacks to the project this year, for a variety of reasons. Some do not have children at home but want to participate in the excitement of back-to-school time, while others are parents who are working to instill the value of giving in their own children. Many departments also make this a team project and take an after-work shopping trip



together. Whatever their reasons, the Backpack Project brings as much joy to those who give as it does to those who receive the backpacks.

If you would like to participate in the Backpack Project next year, watch for a collegewide email sent in July; backpacks are generally due by mid-August so that children can receive them before the new school year starts.

This article was contributed by Planning & Effectiveness Administrative Assistant Cindy Heck and ctcLink Manager Susan Maxwell, who co-organize the Backpack Project each year. Photos contributed by Clark College Workforce Education Services and by student parents.

Women's Soccer wins regionals



The 2017 Clark College Women's Soccer team

With its 2-0 road victory over Southwestern Oregon this past Saturday, Clark College Women's Soccer clinched the Northwest Athletic Conference (NWAC) South Region title.

Led by Head Coach Sean Jansen—who received a Presidential Coin in September for his service to the college—the team has racked up some impressive statistics. The Penguins have scored 45 goals and allowed only 4—the biggest spread in the South. Penguins stat leaders include Facienne Graham with 10 goals, Sarah Teubner with 9 assists, and goalkeeper Maggie Higgins with 38 saves. The Penguins have a South Region best 9-0-1 conference record. The Penguins have 28 points in the region standings with two matches to play. They will be the No. 1 seed from the region and receive a first-round bye in the NWAC playoffs. Clark will host the first round of playoffs on Nov. 4 against a team yet to be determined.

The Penguins finish out their conference schedule at home, taking on Portland Community College at home on Saturday,

October 21, at Kim Christensen Field, followed by playing Rogue Community College on Wednesday, October 25.

In other sports news from the weekend:

Men's Soccer

The Penguins beat Southwestern Oregon 3-0 at Coos Bay.

Eric Hernandez, David Garnica and Mark Fabyanchuk scored goals. Nick Henry assisted on Hernandez's goal, and Chikuru Baleke assisted on the other two.

Joseph Miguel Martin recorded the shutout in goal.

Clark (4-6-1, 4-3-1) is in second place in the South Region with 13 points, two in front of Portland. Clark and Portland meet next Saturday at Vancouver.

Volleyball

Clark rolled past Southwestern Oregon with a 3-0 win at the O'Connell Center. Scores were 25-18, 25-11, 25-14.

Madison Swanson had six kills, Dalaney Tuholski had five kills, Mary Schorn had 12 digs, and Megan Hess had 12 assists.

Clark (22-4, 7-2) is third in the NWAC South, one game behind Linn-Benton and Chemeketa, which are tied for first at 8-1.

Next for Clark is a crossover tournament at Aberdeen next weekend.

Cross Country

The Clark women placed fifth out of nine teams at the George Fox Classic, held at Willamette Mission State Park in Gervais, Ore. The Clark men were seventh out of 11 teams.

Battle Ground High grad Lizzye Ribalka was the top women's

finisher for the Penguins. She was 20th out of 90 runners in the 5,000-meter race with a time of 19:40.8.

Ridgefield High grad Sam Andersen was the top men's placer for the Penguins. He was 31st out of 123 runners on the 8K course with a time of 26:34.0.

*Athletics intern Davis Young contributed to this article.
Photo: Clark College Athletics.*

Cannon leads Women's Basketball



Paul Cannon, *green pants*, sits with former Head Coach Eric Harper during a game.

Paul Cannon, former Assistant Coach for Clark College Women's Basketball during the 2016-17 season, was moved into the Interim Head Coaching Position following the stepping down of former Head Coach Eric Harper.

Cannon joined the staff last season assisting first-year head coach Harper in a rebuilding year for the program. The Penguins finished the season 7-20 overall, with 12 of their losses by 10 or fewer points.

The Penguins will be returning two sophomores as they rebuild the program and gain buy-in to the new system being implemented by Cannon.

Prior to Clark, Cannon's basketball experience includes five years at Evergreen High School in Vancouver, Washington. At Evergreen, Cannon worked his way up from volunteering with the basketball program to becoming the varsity assistant coach.

While working with the basketball program at Evergreen, he helped nine of his athletes move on to play at the college level.

Coming on as an assistant for the program is former NWAC player at Yakima Valley, Rosetta Adzasu. Adzasu also competed at the NCAA Division I level for the Washington State Cougars. Her experience as a college athlete, along with her time coaching with the Nike EYBL Fast Program, will be great assets to the team and the program.

Athletic Director Chris Jacob said, "We are very fortunate that our coaches find such high-quality assistants. With Coach Harper leaving, we are grateful and excited to see what Coach Cannon can do with the program and know that he will do well in this quick transition."

Jacob also talked about the new assistant coach Rosetta Adzasu, "She is a very experienced basketball player that has so much to offer," he said. "With her experience playing professionally, we welcome the knowledge she has. We are very excited to see what Coach Cannon and Coach Adzasu can do in such short time."

Clark College Athletics contributed this article.

Photo: Clark College/Jenny Shadley

Clark rocks out



Ever since the popular art movement Vancouver Rocks! began motivating residents to paint and hide rocks all around their community, Clark College's main campus has been a popular spot for stashing the hand-painted treasures. Now the college is becoming an active participant by hiding about 100 Clark College rocks in Southwest Washington.

Started about a year ago, Vancouver Rocks! is based on a simple idea: People paint rocks and then hide them in public spaces; other people find the rocks, and then re-hide them for others to find. Often, people post their finds, as well as hints on where to find rocks, on a public Facebook group with more than 35,000 followers. The goal is to build community, encourage creativity, and provide individuals and families with a fun, free activity—all ideas that made it a natural fit for Clark College.

Faculty, staff, students, and alumni were invited to paint a collection of rocks that will be hidden around downtown

businesses and local parks. To inspire their rock designs, participants were asked, “What comes to mind when you think of Clark College?”

Beginning on August 4, Vancouver area residents will have the chance to find Clark-themed rocks hidden in parks and other public spaces. In addition to adding a rock to their collection, each community member who finds a Clark rock can redeem it at the Welcome Center for a free cookie from the McClaskey Culinary Institute. One special rock, painted by Clark’s culinary faculty, will earn its finder lunch for two at the institute.

The rocks are hidden throughout the college’s service district—meaning not just Vancouver, but also all of Clark and Skamania counties as well as part of Klickitat County. Each rock has a label on the back that explains how the rocks can be redeemed. Rocks may be redeemed between September 25 and December 31, 2017.

The play’s the thing



Oswald greets visitors to the 2016 Clark County Fair.

Clark College will again be participating in the Clark County Fair, which runs August 4-13.

Faculty, staff, and students from across the college will lead family-friendly activities and competitions that highlight Clark's educational and extracurricular offerings as a part of this year's fair theme of "Game On!" Each day of the fair will feature a different department, ranging from Alumni Relations to STEM (Science, Technology, Engineering, and Math).

Clark's activity schedule for the fair is as follows:

- **Friday, August 4:** Faculty and staff from across Clark College will lead games of Penguin Toss & Trivia with the chance to win prizes.
- **Saturday, August 5:** Alumni Relations will be offering a range of giveaways with their Prize Wheel, as well as information about upcoming alumni events.
- **Sunday, August 6:** STEM faculty and the student club

N.E.R.D. (Not Even Remotely Dorky) Girls will be helping fairgoers build kinetic butterflies and paper LED circuits and leading a Fruit & Vegetable card game.

- **Monday, August 7:** The Automotive Technology department is challenging people's fine motor skills with their Dexterity Boxes.
- **Tuesday, August 8:** Poetry faculty from the English department will be creating "Poetry on Demand" using unique prompt words provided by fairgoers.
- **Wednesday, August 9:** Staff from Human Resources and the Office of Diversity and Equity are getting to know fair attendees with a question-and-answer game called "Keep It Real."
- **Thursday, August 10:** The Athletics department will be running games of mini-basketball, with prizes available.
- **Friday, August 11:** Representatives from the Health Occupations programs will be on hand to offer health assessment games and tests.
- **Saturday, August 12:** Faculty and staff from across Clark College will lead games of Penguin Toss & Trivia.
- **Sunday, August 13:** Faculty from the new Tod and Maxine McClaskey Culinary Institute are hosting games of Cuisine and Professional Baking Jeopardy to test visitors' food knowledge. Their edible prizes include mini cupcakes and savory brittle.

The college also will have staff available during the fair to answer questions about available programs, financial aid, Running Start, and to help students with applying to Clark and registering for classes. Current students, prospective students, and alumni can stop by the booth for special giveaways and prizes—and Oswald the Penguin, Clark's loveable mascot, will be on hand for photos throughout the fair. Additionally, Human Resources will be present on Wednesday, August 9, with information about job openings and working at Clark.

All activities will take place in the Clark booth on the midway at the fairgrounds. For more information about Clark at the fair, visit www.clark.edu/cc/fair, and follow Clark College on social media. For additional information about the fair including ticketing, maps, and directions, visit www.clarkcofair.com.

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.

Phoenix **embraces**
transformation



Student Jorin Copeland turns to his artwork featured in the 2017 *Phoenix*.

On May 16, Clark College's award-winning art and literary journal, *Phoenix*, unveiled its 2017 edition at a reception in PUB 161. Taking inspiration from the Clark community, the *Phoenix* staff adopted the collegewide theme of Transformation for the new journal. Through more than 70 works of poetry, fiction, interviews, photography, paintings, and more, contributors' pieces explore moments of change and growth.



At the reception, Clark student and *Phoenix* managing editor Megan Robb spoke of the personal challenges she has faced and how it inspired her to write a poem for the journal titled "Inner Reflection."

"We have the choice to transform ourselves repeatedly, shedding the dark, hurtful pieces of our soul and regaining

some beauty. This is what I was doing when I wrote this piece,” Robb said. “I had decided it was time to stop wallowing in the unfamiliarity I felt with myself and begin readying myself for change, for regeneration, a personal transformation that brought me to the doors of this college.”

Beyond the personal, transformation is a natural part of creating *Phoenix*, says fiction editor Ashlee Nelson. She spoke at the reception about the unique perspectives that each year’s students brings to the publication and the possibilities that arise when different creative minds collaborate.

“Whatever next year’s edition of *Phoenix* brings, it will be its own,” said Nelson. “It will represent Clark’s creative student body and their interests. It will be Clark at a moment in time before it transforms again, as students become alumni, and community members become students. There is something special about *Phoenix* in this way.”



The staff of the 2017 *Phoenix*. Faculty co-advisor Liz Donley (black jacket) stands in the center.

The Clark community is not the only one that recognizes how special *Phoenix* is—the journal recently won the National Program Directors’ Prize for design for undergraduate literary

magazines by the Association of Writers & Writing Programs (AWP).

Each year, AWP honors two national undergraduate journals with a content and a design award, and past winners have included journals from Columbia University, The New School, Kansas City Art Institute, University of Washington, and other prestigious institutions. This is the first time in a decade that the award has gone to a two-year college.

The judge for this year's award, Lisa Noble, Creative Services Manager of Edelman Financial Services, wrote, "From cover to cover *Phoenix* stands out as an exemplary publication in design, quality, and concept . . . The publishers of *Phoenix* should feel very proud of what they've created. It is an important collaboration that succeeds in showcasing the diversity of talented individuals who chose Clark College to develop their craft."

Photos: Clark College/Jenny Shadley. To see more photos from the event, visit our Flickr album.

In case of emergency



May 9, 2013 Clark College Evacuation Drill.

Clark College is committed to creating a safe learning environment for students, employees, and guests, but public safety is also the responsibility of each member of our community. Being prepared—both mentally and physically—for the unexpected is the first and best defense to minimize accidents, emergencies, and other incidents.

One aspect of Clark's preparation efforts is the Emergency Management Planning Committee, which provides leadership, guidance, and solutions on safety and security issues. The committee recently welcomed Michael See, emergency manager, to the team. As a part of his role, See is responsible for helping to communicate emergency procedures to the college community.



Michael See

“In the recent campus climate survey, we found that many Clark employees felt less prepared and knowledgeable about emergency procedures than in previous survey periods,” said See. “We view this as an opportunity to provide further education, resources, and training to our community so that we all can be proactive participants in maintaining a safe environment.”

See, who was hired in November will be working over the summer to update Clark’s emergency procedures and the emergency-preparedness area of the Clark website, which can be accessed via www.clark.edu/emergency.

Small preparations, such as practicing emergency response procedures or knowing the location of designated Assembly Areas on campus, not only help keep us safe as individuals, but also contribute to the well-being of those around us.

Below, you will find guidance on emergency procedures, as well as links to resources and information on how to request additional training.

What is considered an emergency?

An emergency is any incident—caused by human or nature—that disrupts the standard operations of Clark College or its educational activities and requires immediate, responsive action. Large-scale emergencies can include natural disasters, facilities hazards such as fires or power outages, and acts or

threats of violence.

How will I know when there is an emergency on campus?

Clark College has implemented a multi-tiered mass notification system to alert people on campus about emergencies. We have the ability to transmit emergency alerts through multiple methods including:

- The digital telephone system installed in most offices and classrooms
- Networked computer terminals
- Loudspeakers in many of the common areas
- Alerts sent to Clark College email
- Alerts posted to the college's website

Faculty, staff and students can also opt-in to receive text alerts on their mobile devices by subscribing to RAVE, a no-cost service. All members of the Clark community are encouraged to sign up. Click the link for more information about Clark's mass notification system.

What am I supposed to do?

If you discover an emergency, no matter the type, your first priority should be to ensure your own personal safety and the safety of those around you, to the best of your ability.

Once you are safe, notify Campus Security at extension 2133 for Main Campus or 6133 for CTC. Calling 911 may also be appropriate. Emergency Procedures posters, which are widely distributed across the campuses, and Emergency Response Guides, available in all work areas, provide specific directions based on the type of emergency.

Messages delivered through the mass notification system will

also provide information about the nature of the emergency. More importantly, it will provide you with some instructions. The most common instructions you can expect will be to either *lockdown* or *evacuate*.

When directed to lockdown:

- Close and lock all doors and windows
- Close blinds or cover windows
- Leave all computers on and turn up the volume on all desk telephones
- Silence all cell phones, but leave them turned on
- When possible, turn off room lights
- Limit movement and be as quiet as possible until the “All Clear” message is transmitted through the mass notification system

When directed to evacuate:

- Leave your belongings where they are
- Walk in an orderly fashion towards the nearest exit, helping others that may need assistance, if you are able
- Each building has an Emergency Building Coordinator (EBC) assigned to guide people out safely; follow any instructions given by an EBC
- Move to a designated Assembly Area
- Wait for further instructions or an “All Clear” message

Clark College and the EMPC are committed to providing a safe environment for the entire college community. Michael See and the rest of the Clark College Emergency Management staff are available to address groups during meetings or other discussions upon request. Please contact emergencymanager@clark.edu to schedule or to submit specific questions or concerns.

