

# A part of the family



Professor Veronica Brock

“This is where I grew up,” says Professor Veronica Brock from her office in O’Connell Sports Complex on Clark’s main campus. “My dad was a professor here, teaching physics and astronomy. I was a student here. I grew up with ‘Penguin blood,’ as we like to say.”

Brock, who recently marked 20 years of teaching at Clark, didn’t intend to follow in her father’s footsteps. After graduating from East Stroudsburg University in Pennsylvania with a Master of Science degree in cardiac rehabilitation and primary prevention, she remained on the East Coast working in cardiac rehabilitation. But gradually she began to realize that she didn’t love the clinical aspects of her work as much as she did teaching patients about their health.

“I’ve always just followed my heart when it came to career and jobs,” Brock says. “Every job I got, I’d say, ‘Oh, I like this aspect of the job—let’s do more of that.’ When I worked in cardiac rehab, I realized my favorite part of my job was the educational element.”

Brock began teaching health and physical education, and when she decided to move back to the Pacific Northwest, taking a position at Clark seemed like a natural fit. “It was a good match for my heart, with this job’s teaching and learning focus,” she says. “And I love the idea that, as an open enrollment institution, we provide an opportunity to everybody. That’s such a cool idea: If you want an education, you can get an education.”

Brock—who teaches health, physical education, fitness trainer, and health and physical education classes—says she loves seeing the changes her students make as they learn to develop new approaches toward their own health.

“In our curriculum, we don’t just want students to change their behavior during the class,” she says. “We want to teach lasting change, and that requires motivation. Motivation is two things: importance and confidence. You have to be able to define why it’s important for you to be doing this, and you have to be able to believe you can do it. If you don’t have motivation, you’re probably not going to stick with any exercise or health practice long-term.”

Brock’s certainly shown long-term motivation to make Clark a stronger institution. She has invested much of herself into Clark—professionally, personally, and financially. She has served on numerous committees, including the Healthy Penguin Nation Committee to promote employee health, and is a regular donor to the Clark College Foundation.

Brock says she began donating to the Foundation when her two children, now teenagers, were enrolled in the college’s Child

& Family Studies program as preschoolers, making her family third-generation Penguins.

“My kids are the amazing people they are today because of that program,” she says. “So that really prompted me to give—I could see the program needed support.”

Since then, Brock has donated regularly to the Foundation, which supports capital improvements to the college as well as scholarships and programs to promote academic excellence.

“I like putting my money toward solving problems,” Brock says. “Education is a solution; if you educate the world, the world can change. It’s a very direct way to say, ‘I believe in what I’m doing and I believe in our students.’”

*Read Veronica Brock’s Top 10 Tips for a Healthy Lifestyle.*

*Photos: Clark College/Jenny Shadley*

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## **Veronica Brock’s Top 10 Tips for a Healthy Lifestyle**

Does getting healthy feel so overwhelming to you that it doesn’t seem worth bothering to start? Health and Physical Education professor Veronica Brock has good news for you. “Just because you’re not eating carrots and walking a treadmill every day, that doesn’t mean you’re not healthy,” she says. “I’d love people to erase all the guilt they have about this, and to have an awareness that health is more than being physically healthy.”

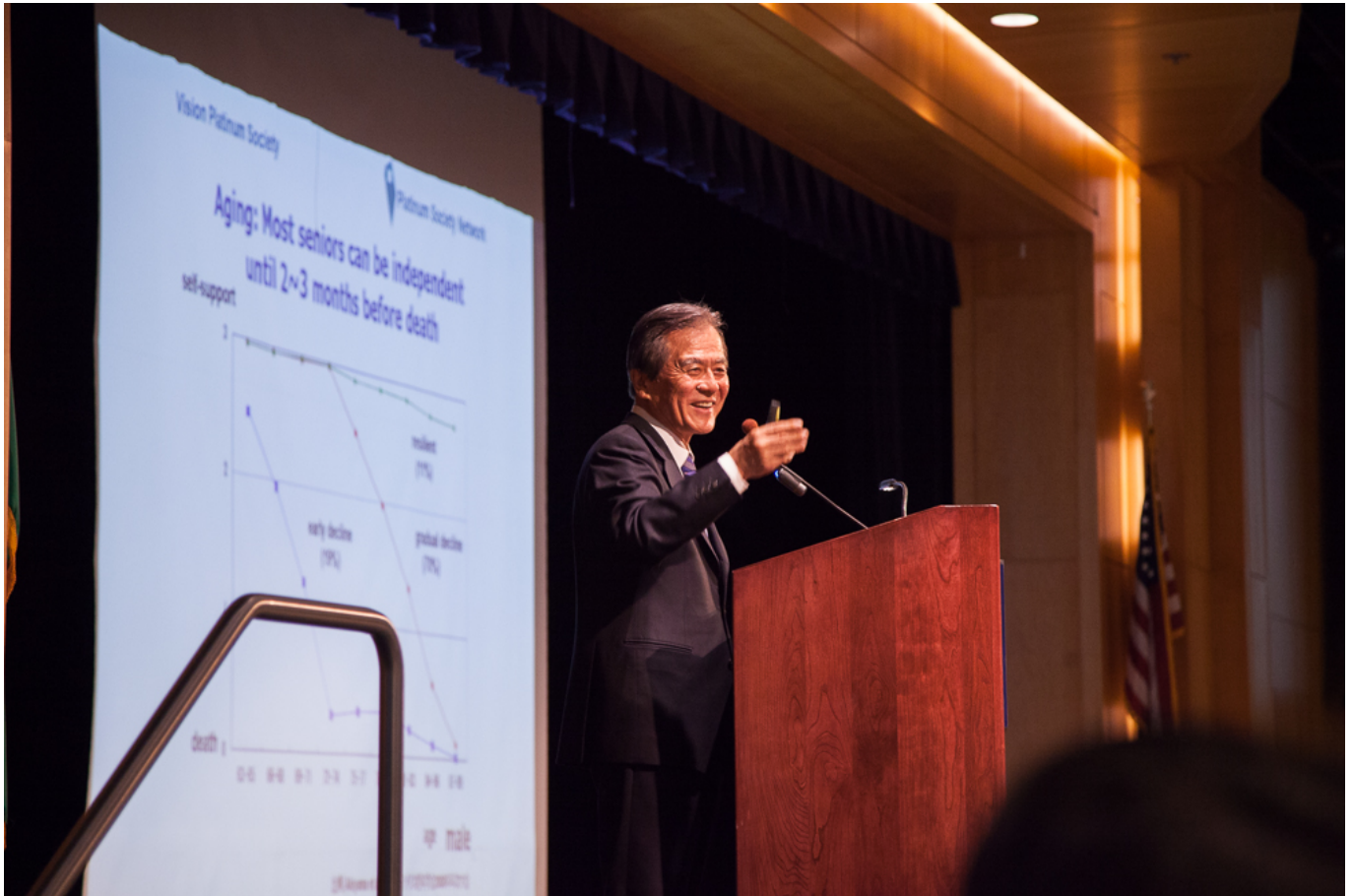
Brock counsels those interested in developing healthier habits to start small. “Focus on baby steps to get to your end goal,” she says, adding that it’s important to clarify what that goal is. “Focus on why it’s important to you. Do you want to play with your grandkids more, or keep up with your own kids? Stay focused on that.”

### **Top 10 Tips**

1. Get adequate amounts of sleep. The exact amount varies from person to person, but eight hours is the average.
2. Drink plenty of water (and no, sugary sodas are not an acceptable substitute).
3. Eat whole, unprocessed foods.
4. Eat primarily plants.
5. Eat mindfully. Be aware of when you’re hungry and not hungry, and don’t just eat on autopilot.
6. Be active at least 150 minutes a week.
7. Don’t sit for more than 30 minutes at a time. “Get up from the keyboard and take a quick walk,” Brock advises.
8. Be grateful. “Research shows gratitude helps with happiness,” Brock says. “Actively look for things to be grateful for in your life.”
9. Cultivate meaning and purpose in your life.
10. Cultivate healthy relationships. “Belong to something. Join something,” Brock advises. “Social connections help us stay healthy mentally, emotionally, and even physically.”

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## **Beyond the Limits to Growth**



“I believe we live now in a period of very great transition for human civilization,” said Dr. Hiroshi Komiyama as he began his presentation to a full Gaiser Student Center on October 28.

Titled “Beyond the Limits to Growth: New Ideas for Sustainability from Japan,” the far-reaching lecture began with the premise that the Industrial Revolution had triggered a massive increase in the gap between developed and developing countries—a gap that is now beginning to shrink, as developing countries begin to have access to the same technology and goods as developed nations, and developed nations begin to hit economic and environmental limitations to their growth. Japan, Dr. Komiyama said, began to encounter those limits earlier than other developed countries due to its limited size and natural resources.

“Japanese problems are the future problems of the world, I believe,” he said, going on to map out strategies he

considered successful for combatting those problems, including aggressive pollution control measures; increased fuel efficiency; a focus on renewable and re-used resource; and social and technological changes to help keep older members of society active.

Dr. Komiyama is a prominent academic, scientist, engineer, and leading authority in global sustainability. President Emeritus of the University of Tokyo, his major fields of research include environmental engineering, advanced materials science, and knowledge sharing. He is also an advisor to the Japanese Government on subjects ranging from education to aging. In 2010 he founded the Platinum Society Network, dedicated to achieving a sustainable society that solves environmental, aging, educational, and economic issues.

A video of Dr. Komiyama's presentation will be available on Clark's YouTube channel by the end of November.

*Photos: Clark College/Jenny Shadley*

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# **Natalie Diaz opens Columbia Writers Series**



Natalie Diaz. *Photo credit: Rachel Eliza Griffiths*

*Angels don't come to the reservation.  
Bats, maybe, or owls, boxy mottled things.  
Coyotes, too. They all mean the same thing—  
death. And death  
eats angels, I guess, because I haven't seen an angel  
fly through this valley ever.*

*—excerpt from "Abecedarian Requiring Further Examination  
of Anglikan Seraphym Subjugation of a Wild Indian  
Rezervation," by Natalie Diaz*

This year's Columbia Writers Series kicks off with Natalie Diaz, the award-winning author of *When My Brother Was an Aztec*, a book of poetry which *New York Times* reviewer Eric McHenry described as an "ambitious ... beautiful book." Diaz will be reading from her book at 1 p.m. on November 10 in PUB 161 on Clark's main campus. This event is free and open to the public.

Diaz's honors and awards include the Nimrod/Hardman Pablo Neruda Prize for Poetry, the Louis Untermeyer Scholarship in Poetry from Bread Loaf, the Narrative Poetry Prize, and a Lannan Literary Fellowship.



Natalie Diaz was born in the Fort Mojave Indian Village in Needles, California. She is Mojave and an enrolled member of the Gila River Indian community. She earned a Bachelor of Arts degree from Old Dominion University, where she received a full athletic scholarship. Diaz played professional basketball in Europe and Asia before returning to Old Dominion to earn a Master of Fine Arts degree.

Diaz now lives in Mohave Valley, Arizona, where she works with the last speakers of Mojave and directs a language revitalization program. In a PBS interview, she spoke of the connection between writing and experience: “For me writing is kind of a way for me to explore why I want things and why I’m afraid of things and why I worry about things. And for me, all of those things represent a kind of hunger that comes with being raised in a place like this.”

Directions and maps to Clark are available online. Individuals who need accommodation due to a disability in order to fully participate in this event should contact Clark College’s Disability Support Services (DSS) Office at or (VP). The DSS office is located in room 013 in Clark’s Penguin Union Building.

The Columbia Writers Series was launched at Clark College in 1988, bringing local, national and international authors to the college and the region. Information about the Columbia Writers Series is available at [www.clark.edu/cc/cws](http://www.clark.edu/cc/cws).

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## **A beautiful birthday**



Art students Matt Harmon and John Mangan, with assistance from Clark College President Bob Knight, unveil a new mural at the 25th anniversary of Cannell Library. *Photo: Clark College/Nick Bremer-Korb*

Normally, you wouldn't hold a birthday party at a library. But when you're celebrating the "birth" of a library itself—well, bring on the sweets and decorations! Fans of Cannell Library gathered for a festive celebration of the landmark building on September 29, a quarter-century after the library first opened its doors to Clark students and the public.

The event began with greetings from Clark College President Bob Knight and Dean of Clark Libraries & Academic Success Services Michelle Bagley. Knight commended the library, calling it a "wonderful learning environment for our students."

Bagley noted that Cannell, like libraries around the world, has had to make many changes over the past 25 years to adapt to evolving technology. Primarily print collections are now

housed digitally; the library loans out netbooks and phone chargers along with books and DVDs; and the building is devoting more of its square footage to small study rooms and collaborative spaces as students come to the library for more than just reading.



All three of Cannell Library's directors—former director Lynn Chmelir, current Dean of Clark Libraries and Academic Success Services Michelle Bagley, and former director Leonoor Ingraham-Swets—were on hand to celebrate the building's 25th anniversary.  
*Photo: Bob Hughes*

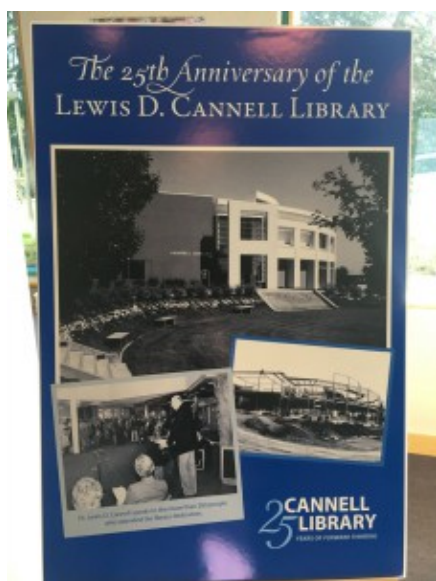
“The changes this library has seen over the last 25 years are really amazing,” Bagley said. “We have a great team here. This is a group that is continually thinking forward. They are innovative, they initiate change, and they are creative. I’m excited to see what they will do in the next 25 years.”

As befitting a birthday party, there was even a gift to unwrap: a new mural created by members of the Clark College Art Club that graces the library's entrance. The project began during spring quarter, when members of the Art Club, who had

been looking for a service project, offered to create a mural to fill a space left blank after an artwork that had been on loan to the library was removed. Members submitted design proposals; that of student Matt Harmon was chosen.

“The title I suggest for this work is ‘Nature and Change,’ but I want everyone to come up with their own interpretation of this,” Harmon said before unveiling the mural with President Knight and fellow Art Club member John Mangan, who helped organize the project.

Later, Harmon said that working on the project helped validate his choice to attend Clark. “The main reason I came to Clark was to become a part of an art scene,” said the 32-year-old, who expects to earn his Associate of Fine Arts in spring 2016. “For the longest time I didn’t want to go to school.”



Posters and displays celebrated Cannell Library’s past and future at the building’s 25th anniversary celebration.

Mangan, meanwhile, originally came to Clark in 2013 to pursue

his love of painting after retiring from his 37-year tenure as a medical photographer for the Department of Veterans Affairs. In fact, Clark played into his choice to settle in Vancouver after retirement. "Clark College is one of the top community colleges in Washington, and it's got a really good art department," he explained. "I frankly didn't expect to be in school this long, but I really enjoy it and there's always another class to take."

Opened in 1990, Cannell Library is the seventh library location in the college's 82-year history; previously, the library had spent many years in the space now occupied by the Clark College Bookstore in Gaiser Hall. With its curving white exterior overseeing the Chime Tower, the building has become an iconic part of the college's main campus. It houses a computer lab, numerous study rooms, and access to more than 3 million volumes through its Summit interlibrary loan system. It is named after Dr. Lewis D. Cannell, who served as Clark's chief academic officer from 1935 until 1970. Dean Cannell was always a strong advocate for Clark's library, saying, "A book is a wonderful invention, as basic as the wheel. One doesn't have to plug a book in, one doesn't have to thaw it out; one simply opens it and another human being speaks to you."

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## **Learn as you lunch**



Biology professor Steven Clark

Clark College is inviting the public to come back to school for a series of free seminars that explore the lighter side of Science, Technology, Engineering and Math (STEM). New this academic year, the Clark College STEM Seminar Series launches on Friday, October 16, at noon in Anna Pechanec Hall room 201 with “Rockin’ Out with Rock Rabbits.”

This seminar covers research done by biology professor Steven Clark on pika, tiny rabbit-like creatures who normally live in high elevations. Prof. Clark will discuss what he’s discovered about an unusual population of these creatures living in the Columbia River Gorge whose survival may hold keys to understanding how our environment can adapt to global climate change. Expect Prof. Clark, who recently received an Exceptional Faculty Award, to share photos and insights in an exciting, high-energy presentation geared toward anyone with an interest in science—no Ph.D. required!

Other fall quarter events in this series include:

- **The Science Behind Sci-Fi** with Prof. Joe Pitkin, Oct. 30
- **Handicapping Horse Races** with instructor Robert Weston, Nov. 13
- **Breaking the Cycle of Abuse** with Prof. Mika Maruyama, Dec. 4

All events are held on Fridays from noon to 1 p.m. in APH room 201. All are free and open to the public. Light snacks will be

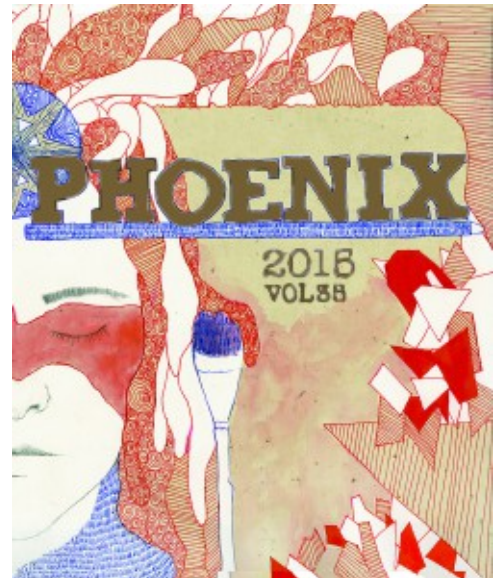
available and guests are welcome to bring their own lunches with them.

“Clark College has long been a center for STEM learning in this region,” said Clark College STEM Coordinator Erin Harwood, who helped organize the seminar series. “We already do lots of outreach to encourage interest in STEM among our community’s young people through our annual Science Olympiad and other events. This is a way to show adults as well that learning about STEM can be lots of fun. We’re hoping people start looking forward to these seminars as a great way to spend their Friday lunch break learning something new.”

Clark College is located at 1933 Fort Vancouver Way, Vancouver. Driving directions and parking maps are available at [www.clark.edu/maps](http://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.

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## **The Best in the West**



The theme of the 2015 *Phoenix* was “the artist’s sketchbook.”

The 2015 issue of Phoenix, Clark College’s student-run arts and literary journal, was recently awarded first place in the Community College Humanities Association (CCHA) Literary Magazine Competition for the Pacific-Western Division.

“This is a first for us,” said Clark English professor and Phoenix faculty advisor Elizabeth Donley. “In 2013, we placed third as a magazine in the same division, and were delighted to do so. In the past, Phoenix has regularly been honored for the art and design of the magazine more than anything else. But the CCHA competition really focuses on the literary aspects of the journal. In many ways, this is the first significant award that honors the literary components of Phoenix.”

Several individual Clark students received recognition for their entries in Phoenix as well:

- David Powers, second place in Short Stories for “Gouge Away”
- W.R. Soasey, third place in Creative Nonfiction for “Not the Favorite”
- Trenelle Doyle, second place in Artwork for “The



## Perception Project”

- Matthew Harmon, third place in Artwork for “Empirical Being”
- Alan Logston, first place in Song for “Shades of Steel”
- Jeffrey Points, first place in Performance for “Project Spielberg”

The CCHA’s Pacific-Western Division includes community colleges in California, Oregon, Washington, Alaska, Idaho, Montana, Nevada, and Wyoming.

Over the course of its 34-year history, Phoenix has won many regional and national awards. Many students who work on it go on to pursue careers in writing or the arts. Jennie Avens, a former Phoenix editor who graduated from Clark with her Associate of Fine Arts in spring 2015, said working on the journal helped prepare her for a position as volunteer director for a nonprofit serving budding artists. “Working on Phoenix was an amazing experience that has opened me up to other career possibilities and taught me an abundance of things I use in my life as an artist,” she said.

Phoenix is available in an online format at [clarkphoenix.com](http://clarkphoenix.com).

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**England                      appointed                      to  
commission**



Dolly England

Clark College is pleased to announce that Dolly England, Diversity Outreach Manager, was recently appointed to the Washington State Commission on African American Affairs by Gov. Jay Inslee. As a commissioner for Southwest Washington, England will help shape policy and understanding regarding African-Americans in Washington State.

“Dolly England’s appointment to this important commission is a wonderful example of the important roles Clark College employees play in serving our community,” said Clark College President Robert K. Knight. “I am sure she will bring a wealth of insight and energy to the commission, just as she has done here at Clark.”

England, who has more than 15 years of experience working in community health and is the former vice president of the Vancouver NAACP, joined Clark College in January to help guide the college’s efforts to attract and retain diverse employees. Creating the Diversity Outreach Manager position is just one step in Clark’s effort to ensure the college continues to attract the best and brightest employee candidates. As part of this role, England is leading several efforts to expand and modernize the college’s outreach to potential new candidates. Some highlights of these new outreach efforts include:

- Members of the Clark’s Human Resources staff have begun attending regional community events and career

- fairs—totaling more than 15 by the end of 2015.
- Human Resources staff will attend national career fairs during the key faculty recruitment period of November – January.
  - The college has recently contracted with social recruitment vendor CareerArc to strategically expand its job postings into the realm of social media.
  - The college has set an ambitious new goal of ensuring the candidate pool for each new job opening is at least 25 percent diverse, a description which includes race, color, national origin, disability, sexual orientation, gender identity, gender expression, creed, and veteran status.
  - Clark College is a participant in the newly formed Southwest Washington Community Human Resources Group, which was developed by local employers to share and develop strategies to diversify recruitment both within their respective organizations and in the region as a whole.

“This is an exciting time for Clark College,” says England. “By expanding our reach and using some of the same tools Fortune 500 companies use to recruit the best and brightest candidates from across the country, we can ensure that Clark is building a workforce that will maintain its high reputation for decades to come.”

Clark College employs 1,600 employees. As a nonprofit Washington State institution, Clark College offers faculty and staff the opportunity to serve the community by guiding individuals to achieve their educational and professional goals. The college also offers many attractive benefits for potential employees, including its location in the heart of the Pacific Northwest; its beautiful, 101-acre campus; access to discounted classes; fitness center membership; on-site child care; ample opportunities for professional development; high-quality teaching facilities; and teaching-focused

faculty.

*Photo: Clark College/Jenny Shadley*

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## **Welcome, Penguins!**



Students were greeted with sunshine as they started a new academic year on September 21, 2015.

The parking lots were filled. The Bookstore was bustling. And the sunshine poured down as if to comfort those who were still mourning the end of their summers as they started the 2015 fall quarter at Clark College on Monday, September 21.



View of Gaiser Hall from the new STEM Building, currently slated to open in fall 2016.

Returning students got to see how much progress had been made on the college's new Science Technology Engineering and Math (STEM) Building, which broke ground last fall and is slated to open in fall 2016. What had been mostly a collection of girders when students left in June has now grown into an imposing presence on Ft. Vancouver Way with walls and roof.

This will not be the only construction students will see on the main campus this year: Gaiser will undergo a remodel in preparation for a significantly restructured and modernized Culinary Arts program, and C-TRAN's Bus Rapid Transit Project is likely to also bring some minor construction along Ft. Vancouver Way.

While official numbers are not available until after the 10th day of class, the quarter began with 11,187 students enrolled, or 4 percent fewer students than the first day of the 2014 fall quarter. This decrease in enrollment is consistent with numbers throughout the state, as a strengthening economy has softened the enrollment spike seen during the recent recession. Oregon two-year colleges are also experiencing significant decreases in enrollment.

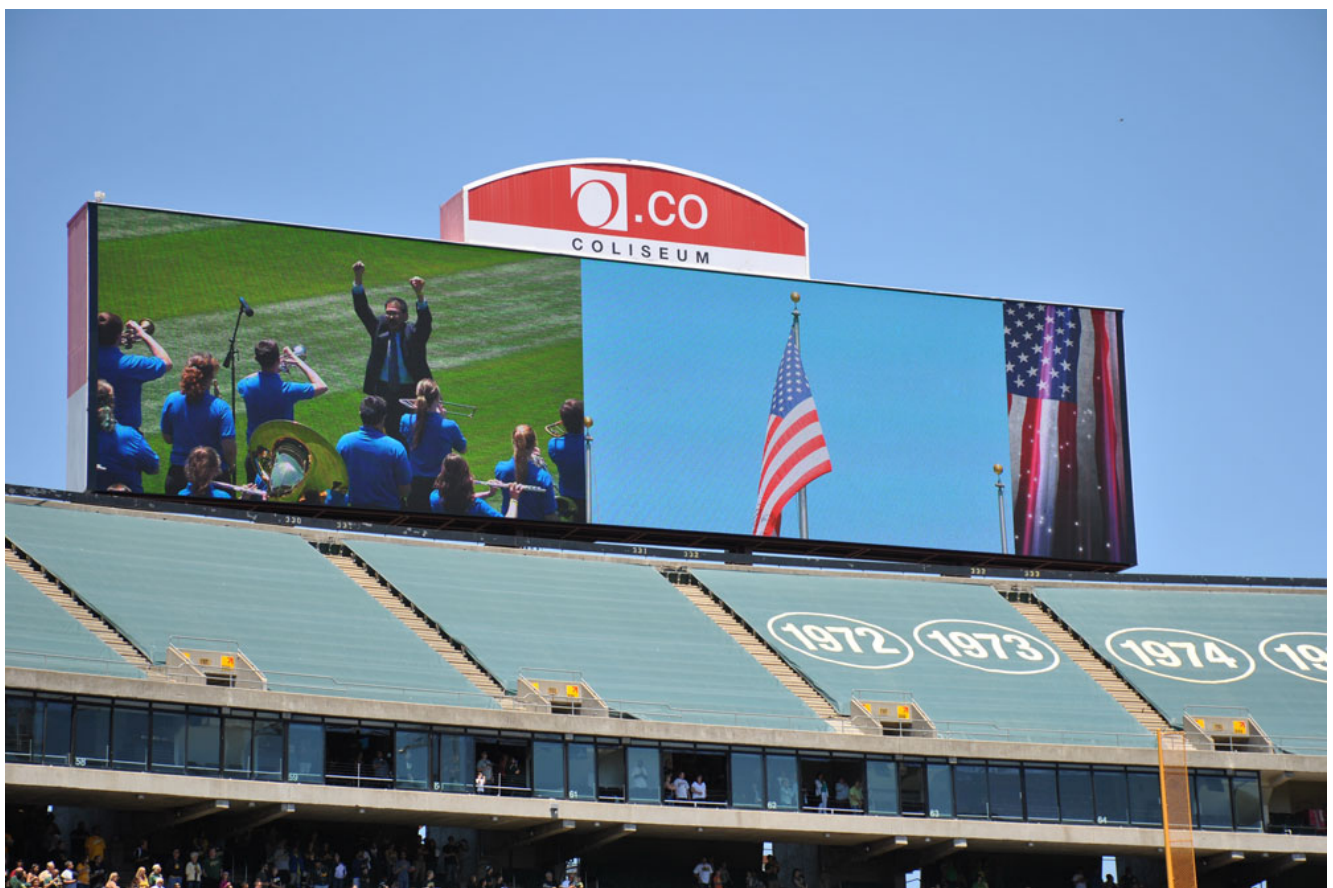
While enrollment declined overall, some specific segments saw increases. Running Start, which allows high school students to earn college credits while still in high school, saw its

enrollment rise by 14 percent from its fall 2014 numbers to more than 2,200 students. Elearning (or online) courses grew this year by 5 percent, with more than 3,700 students taking advantage of the flexibility to take online classes at times and places that work for them. The college continued to see slow but steady growth in students of color, up 1 percent compared with fall 2014. Students of color now make up 31 percent of Clark's student body.

*Photos: Clark College/Jenny Shadley*

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## Clark Band Hits a Home Run



The Clark College Band was larger than life when their

performance before an Oakland Athletics' baseball game was projected on the O.co Stadium JumboTron. More than 39,000 spectators heard the band perform the National Anthem. *Photo courtesy of the Oakland Athletics.*

On June 21, 2015, the Clark College Band demonstrated its excellence to more than 39,000 spectators at the Oakland Athletics Baseball Father's Day game in O.co Coliseum (formerly Oakland Coliseum) in Oakland, California.

"There was nothing more exhilarating than playing that last note and hearing the roar of 39,000 people cheer throughout the coliseum! It was really quite an unforgettable moment for the students and myself," says Clark Band Director Rich Inouye. "Clark should be extremely proud of how the band students represented the college that afternoon."

This exciting performance opportunity started last January when the Clark Band received the invitation from the Athletics. The trip was funded through the Associated Students of Clark College (ASCC). The Office of Communications and Marketing also supported the trip by funding uniform shirts for band members.

As part of the Clark's focus on diversity and cultural exchange, the students were also treated to a music masterclass by Rebeca Mauleón, an internationally acclaimed musician, bandleader, composer, Grammy-nominated producer, author, and leading pedagogue on Afro-Cuban and salsa music. For music students like Courtney Elsberry, the opportunity to learn from one of the music industry's leading authorities had an incredible impact. "Getting to listen to Rebeca talk about the rich history and culture behind Afro-Cuban music was incredible," she says. "It was an honor getting to meet her and gain some very vital knowledge."

In addition to the stadium performance and music masterclass,

the Clark band students also watched the Drum Corps International West competition at Stanford Stadium on the Stanford University campus and toured the infamous Alcatraz Island penitentiary.

“Having opportunities to travel broadens my perspective of my music education, and shows me the importance of being in an ensemble and music family,” says Clark Foundation Fields Scholarship recipient Anna James. “Without these trips that Clark College so generously funds, I would not be prepared to tackle the musical challenges facing me at my upcoming enrollment in a four-year university.”

Inouye adds, “This trip really demonstrates Clark’s community commitment to helping develop the student experience. It was truly a collaborative effort, from coordinating with Athletics and Facilities to use our baseball field to rehearse, to the funding from ASCC and shirts from Communications & Marketing. We all put Clark’s name in lights!”

*Article submitted by Richard Inouye*

*Photo and video courtesy of the Oakland Athletics*