

Clark College adds to its leadership team

Clark College has recently welcomed several exceptional educational professionals to its leadership team.

New hires and appointments include Dr. Loretta Capeheart as Associate Vice President of Diversity, Equity, and Inclusion; Judith Hernandez Chapar as the Director of the Teaching & Learning Center; Brenda Walstead as Dean of Business and Health Sciences; and Jim Wilkins-Luton as Dean of Transitional Studies, English, Communications and Humanities (BEECH).

Dr. Loretta Capeheart



Dr. Capeheart has a B.A. in psychology from the University of Texas, an M.A. in Sociology from Texas State University, and a Ph.D. in Sociology for Texas Woman's University. She has previous work experience as a faculty member at the University of Idaho and at Northeastern Illinois University, among other institutions. Most recently, she was at the Portland Police Bureau, where she served as an analyst and as Acting Equity and Diversity Manager. Dr. Capeheart has written about and taught extensively on the subjects of diversity, inclusion, and social justice. She is the author of a book called *Social Justice: Theories, Issues and Movements*.

Clark College President Bob Knight stated: "This position is important to our Strategic Plan and social equity work. As I read the feedback from across the college, it was clear that Dr. Capeheart has the necessary skills and experience to continue the good work that has been started on the college's Social Equity Plan and lead us forward."

Dr. Judith Hernández Chapar



Dr. Hernández Chapar earned a Doctorate of Philosophy in Education from Oregon State University with a focus on Community College Leadership. She also holds degrees in Social Work, Psychology, and Women's Studies. She is currently working on a Postdoctoral Research Fellowship at San Diego State University, where she is researching the student engagement patterns of underserved community college students with faculty, as well as community college pathways for underrepresented students in STEM.

Dr. Hernández Chapar is familiar with the Washington state community and technical college system, having worked at both South Puget Sound Community College and at Lower Columbia College. Her work experience includes leading, designing, delivering, and assessing First Year Experience and TRiO programs and curriculum to promote student experiences focused on retention, persistence, and degree completion.

Jim Wilkins-Luton



Jim Wilkins-Luton holds a Master of Arts degree in Literature and Composition from Gonzaga University and a Bachelor of Arts degree in British and American Literature from Whitworth University. He taught English and lived in Japan for eight years prior to settling in Clark County. Wilkins-Luton has worked for Clark College since 2000, beginning as an adjunct faculty member and earning tenure in 2006.

During his time at Clark, Wilkins-Luton has taught English as a Second Language, pre-college English, and college-level composition and literature classes. He earned Clark's prestigious Exceptional Faculty Award for the 2013-2014

academic year; one student who nominated him for the award wrote, “[He] makes all students completely comfortable in the classroom.” Wilkins-Luton has been the interim Dean of BEECH since 2015.

Dr. Brenda Walstead



Dr. Brenda Walstead has worked for Clark College for 21 years, starting as an adjunct instructor in Dental Hygiene. But her history at Clark goes beyond that: She earned the associate degree from Clark before going on to earn a B.S. from Concordia University, an M.S. at Portland State University, and an Ed.D. from Walden University.

During her tenure at Clark, Dr. Walstead has served as the Director of the Dental Hygiene program and led the creation of Clark’s two bachelor’s degree programs. She served as an Outcomes Assessment Liaison and on numerous collegewide committees. Most recently, she served as Interim Dean of the Business and Health Sciences, and was named to the non-interim position after a nationwide search. Feedback from the college during that hiring process consistently noted her ability to work collaboratively with faculty, staff and administration as well as her knowledge of the Business and Health Science Unit.

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.

A year of talent

On May 16, the Archer Gallery was filled with visitors to the opening of the 2017 Art Student Annual Exhibition. This yearly event showcases the best artwork produced by Clark art students in the past academic year. Students compete not only for a spot in the show, but also for awards sponsored by local businesses and organizations. This year's outside juror was Karl Burkheimer, head of the Master of Fine Arts program at the Oregon College of Art and Craft. Awards are listed below.

The exhibition is on display through June 16. The Archer Gallery is open 10:00 a.m. to 7:00 p.m. Tuesdays through Thursdays, and noon to 5:00 p.m. Fridays and Saturdays.

- **Best in Show**, sponsored by Blick Art Materials
Ana Stoumbos, *Figure Study*, oil on paper
- **Most Ambitious**, sponsored by Portland Institute for Contemporary Art
Meakia Blake, *Connect*, video
- **Solo Show Award**, sponsored by Niche Wine Bar
Matt Harmon, *Marsyes V. Apollo: Diana*, oil on canvas
- **Best Painting or Drawing**, sponsored by Clark Bookstore and Dengerink Art Supply
Leah Adams, *A Netherhole*, oil on canvas
- **2nd Place Award, Painting or Drawing**, sponsored by Clark Bookstore and Blick Art Materials
Ray Bennett, *Self-portrait in Ink*, ink on paper
- **3rd Place Award, Painting or Drawing** sponsored by Clark Bookstore
Julie Foley, *Zelda Series*, metal
- **Best Video or Time-based Art**, sponsored by Artist & Craftsman Supply
Ana Stoumbos, *Transit*, video
- **2nd place Video or Time-based Art**, sponsored by Collage Art and Craft Supplies

Jonno Heyne, *Paradoxial Adventures of Grayman II*, ink marker and digital graphics

- **Best Graphic Arts**, sponsored by the Art Gym at Marylhurst University

Tricia Davis-Payne, *Do You Know*, digital illustration

- **Best Welded Sculpture**, sponsored by Clark Welding Department

Marie Perrin Ogier, *Untitled*, metal

- **Best Photography**, sponsored by Pro Photo Supply

Isiah Huntington, *Expansivity*, digital photograph

- **Newspace Scholarship Award**, sponsored by Newspace Center for Photography

Jennifer Avens, *Omnia Mors Aequat*, silver gelatin print

- **2nd Place Photography Award**, sponsored by Pro Photo Supply

Dayna Bojanowski, *Under*, digital photograph

- **3rd Place Photography Award**, sponsored by Blue Moon Camera

Matthew Philbrook, *Forgotten*, black and white photograph

- **Blue Sky Membership Award**, sponsored by Blue Sky, the Oregon Center for the Photographic Arts

Kelly Pearce, *Pieces of Home*, photographs

- **Best Ceramic Art**, sponsored by Clay Art Center

Lauren Duquette, *Blue Pitcher*, ceramic

- **2nd Place Ceramic Art**, sponsored by Georgie's Ceramics and Clay

Aleks Dernovoy, *Mechanical Tulip*, ceramic

- **3rd place Ceramic Art**, sponsored by Georgie's Ceramics and Clay

Stephani Ueltschi, *Pressure*, ceramic

- **4th place Ceramic Art**, sponsored by Georgie's Ceramics and Clay

Colton Rasanen, *Planter*, ceramic

Photography by Clark College/Jenny Shadley. More photos on our Flickr page.

Phoenix transformation

embraces



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.

Exploring Subtext

COLUMBIA WRITERS SERIES PRESENTS



May 15-18, 2017

The Clark College Columbia Writers Series is offering a full week of writers, readings, and events on the college's main campus during its third annual Subtext Literary Festival. From May 15-18, the college will host well-known authors, as well as readings by Clark students and faculty.

All events are free and open to the public. Directions and maps 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 360-992-2314 or 360-991-0901 (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.

Schedule

May 15, 12:30 p.m. – 2:30 p.m., PUB 258B: *“Possible Utopias” Writing Workshop*

Arwen Spicer, an instructor in the English department, will lead this workshop, which will provide a fun opportunity to engage in guided writing and discussion about imagining bright futures for our world. Each participant will leave the workshop with a final piece of writing that outlines their vision for a better society. The workshop is free and open to the public. Although participants are encouraged to come for the full two hours, drop-ins are also welcome.

May 16, 2:00 p.m. – 4:00 p.m., PUB 161: *Phoenix Unveiling*

Clark College's national award-winning art and literary journal, *Phoenix*, will unveil its 2016-2017 edition with readings from student authors and free copies available for guests. The 2015-2016 edition of *Phoenix* just earned the prize for Best Design from the Association of Writers & Writing Programs—the first time the award has gone to a two-year college in a decade.

May 17, 12:00 p.m. – 1:00 p.m., PUB 258A:

Clark Crossings Student and Faculty Reading

Students and faculty will read from their own work or from the work of their favorite writers. Each reading will relate to the college theme of “Transformation,” and fiction, poetry, and memoir will all be included.

May 18, 12:00 p.m. – 1:00 p.m., PUB 161: *Fiction writer Peter Rock*

Peter Rock is a professor of creative writing at Reed College. His most recent book is *SPELLS*, a novel-within-photographs that is a collaboration with five photographers and concerns shadows and bodies, the living and the dead, talking animals and all manner of shape-shifting. He is also the author of the novels *Klickitat*, *The Shelter Cycle*, *My Abandonment*, *The Bewildered*, *The Ambidextrist*, *Carnival Wolves* and *This Is the Place*, and a story collection, *The Unsettling*.

Commencement keynote speaker announced



Ernie Hudson

On Thursday, June 22, Clark College will honor its 81st graduating class at the 2017 Clark College Commencement ceremony. The ceremony will take place at 7 p.m. at the Sunlight Supply Amphitheater. The keynote speaker is actor Ernie Hudson.

More than 700 students are expected to participate in the ceremony, celebrating the completion of their bachelor's degree, associate degree, certificate, and/or high school diploma or equivalency.

The ceremony also will include the announcement of 2017-2018 Community College President's Award. This annual scholarship is given to a Clark College graduate who is transferring to a degree program at Washington State University Vancouver (WSUV) and who demonstrated leadership potential, a commitment to community service, and academic achievement. The scholarship award provides full-time tuition and is renewable for one additional year, essentially providing full tuition to complete a bachelor's degree.

The Sunlight Supply Amphitheater is located at 17200 NE Delfel Road in Ridgefield, Wash. Tickets are not required to attend. 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), prior to the event. For more information visit

About Ernie Hudson

Ernie Hudson is a successful actor best known for his roles in *Ghostbusters*, *The Crow*, *Miss Congeniality*, NBC's *Law and Order*, and HBO's award-winning series *Oz*. His road to fame, however, had its share of hardships. Hudson was born in poverty and raised in the housing projects of Benton Harbor, Michigan. His mother died when he was young and he was raised primarily by his grandmother. He was already married and had a young son when he enrolled at Wayne State University in Detroit, Michigan. He began his theatre career as the resident playwright at Detroit's Concept East, the oldest African-American theater company in the United States. Later, he founded Actors Ensemble Theater, where he and other African-American performers staged and appeared in their own original works. After attending Wayne State, Hudson accepted a full writing/acting scholarship to the prestigious Master of Fine Arts Program at Yale University. After graduation, Hudson balanced his responsibilities as a working actor with those of being a single father to two sons. His talent, hard work, and persistence eventually earned him a successful career in Hollywood. He now divides his time between his homes in Minnesota and Los Angeles, and continues to appear in many critically acclaimed productions on stage, screen, and television.

Native Plant Sale



Clark College will host its fourth annual native plant sale on May 4 from 11 a.m. to 7 p.m. and May 5 from 11 a.m. to 5 p.m. at the Natural Plant Center, the college's greenhouse. Most plants are priced at \$10.00 or less.

Students will be available to assist customers with transporting plants to their vehicles.

The event is free and open to the public. Clark College is located at 1933 Ft. Vancouver Way, Vancouver, WA, 98663. The greenhouse is located on the east side of campus off of E. Reserve St., near the Orange 2 parking lot. Directions and maps are available online at www.clark.edu/maps.

All plants were propagated by Clark College biology and environmental science students. In addition to prepping these plants for sale, students have been propagating other plants in the greenhouse for use in restoration projects at various sites in Southwest Washington including the Columbia River Gorge, Trout Lake, and Clark's future site in Ridgefield, Clark College at Boschma Farms.

This year the sale features a variety of native perennials and shrubs along with one tree species, Western Red Cedar. Shoppers will be able to choose from among 23 different plants, including Red-flowering Currant, Native Rose, Lewis' Mockorange, Blanket Flower, Showy Milkweed, and Native Strawberry. Limited supplies of Trillium and Native Iris will be available as well. Many of these plants support the region's pollinators and make for low-intensity gardening.

Proceeds from the plant sale go to support the college's Science Consortium Fund, which helps cover the costs of a greenhouse coordinator and field studies classes. Students who participate in field studies visit places such as Malheur National Wildlife Refuge in eastern Oregon and the Lava Beds National Monument in Northern California. Students pay \$210 to \$255 for four-day and ten-day trips to these locations, which would normally cost more than \$1000 if not for the help of the consortium fund.

For more information about the sale or plants available, visit www.clark.edu/cc/plantsale or contact Erin Harwood, Clark College STEM Coordinator, at eharwood@clark.edu. 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 360-992-2314 or 360-991-0901 (VP) or visit room PUB 013.

Ruth Wariner at Columbia Writers Series



Ruth Wariner. *Photo:*
Joni Shimabukuro

During the 2017 spring quarter installment of its renowned Columbia Writers Series, Clark College will welcome Ruth Wariner, author of the memoir *The Sound of Gravel*, which has gained national praise for its frank, spare description of her childhood growing up in a polygamist Mormon colony in Mexico.

Ruth Wariner is an internationally renowned speaker and author of the 2016 *New York Times* bestselling memoir, *The Sound of Gravel*. At the age of 15, Ruth escaped Colonia LeBaron, the polygamist Mormon colony where she grew up, and moved to California. She raised her three youngest sisters in California and Oregon. After earning her GED, she put herself through college and graduate school, eventually becoming a high school Spanish teacher. She remains close to her siblings and is happily married. *The Sound of Gravel* is her first book. *People* magazine called it “[h]eartbreaking, haunting, yet ultimately uplifting.” *Kirkus Reviews* wrote of it: “Engrossingly readable from start to finish, the book not only offers a riveting portrayal of life in a polygamist community. It also celebrates the powerful bond between siblings determined to not only survive their circumstances, but also thrive in spite of them. An unsentimental yet wholly moving memoir.” More can be found at her website,

www.ruthwariner.com.

Wariner will read from and discuss her writing from 11:00 a.m. to 12:00 p.m. on Wednesday, May 3, in room PUB 258A on Clark's main campus. The event is free and open to the public. Directions and maps 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 360-992-2314 or 360-991-0901 (VP) or visit room PUB 013.

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—including the Subtext Literary Festival taking place May 15-18—is available at www.clark.edu/cc/cws.

Update on missing student



Cole Burbank

The search for 16-year-old Running Start student Cole Burbank, who was reported missing in mid-April, came to a sad end on the evening of Friday, April 21, when Burbank's body was found in Chehalis, Washington.

Authorities confirmed on April 26 that the body was that of Burbank. The Lewis County Coroner's Office is handling the death investigation, and the Camas Police Department has been told that it will be several weeks before the manner and cause of his death is confirmed. (This article will be updated when that information is released.) However, a representative of the Camas Police Department stated that no foul play is suspected. They add that they do not believe that any other students are in danger.

A public memorial service for Burbank has been scheduled for 1:00 p.m. on Saturday, April 29, at Camas High School.

In a campus-wide email sent Monday to all students and employees, Clark College President Bob Knight wrote, "We are heartbroken by this news and our deepest sympathies go out to Cole's family, friends, teachers, and classmates."

The college's Counseling and Health Center opened up walk-in crisis hours for the week to offer help and support. During

these times, students may come in without scheduling an appointment to meet with a counselor. The schedule is as follows:

- Monday, April 24: 3:00 pm – 4:00 pm
- Tuesday, April 25: 11:30 am – 4:00 pm
- Wednesday, April 26: 12:00 pm – 2:00 pm
- Thursday, April 27: 11:30 am – 1:00 pm, and 3:00 pm – 4:00 pm
- Friday, April 28: 10:00 am – 11:00 am, and 1:00 pm – 2:00 pm

These walk-in hours do not affect any previously scheduled appointments, and new appointments can be made this week as well. These services are always available at no cost to students. The Counseling and Health Center is located in HSC 124 and its phone number is 360-992-2614.

This article updated April 27 to reflect that Cole Burbank's body has been positively identified by the Lewis County Coroner's Office.

Update on missing student



Cole Burbank

Today marks a week since Clark College Running Start student, Cole Burbank, was reported missing. While there are no new facts to report on this case, we wanted to provide an update on the search for Cole and how we at the college can help.

We understand this is a stressful situation and may create questions for some members in our community.

What is the college doing?

The college, including members of leadership, security, and faculty, has been working closely with local police departments to support their investigation in any way possible within our legal bounds. At this time, the investigation is ongoing.

We will continue to monitor the situation and provide updates to you as we are able and when information is available.



Flier provided by Camas Police. To print out, please click on image and then download.

We have heard reports that "Missing Person" fliers posted around campus are being taken down, perhaps by conscientious

staff or students aware of the college's flier approval procedure. At this time, the college is waiving that procedure in the case of Cole Burbank fliers. As long as they are not displacing and/or covering up an existing flier or poster, Missing Person fliers for Cole may be placed anywhere on campus where they may help. Our Security and Student Life staff have already displayed the flier on their own public bulletin boards, and we encourage other departments to do so as well. A copy of the current flier being distributed by the Camas Police Department is available [here](#) for download.

How can I help?

We want to urge anyone within our community—staff, faculty, or student—who has any information that might help police locate Cole to report it immediately by calling 911. *Do not take it upon yourself to conduct your own investigation.* While the desire to be helpful is understandable, working outside of established law enforcement can actually hinder the investigation.

Cole was last seen on Thursday, April 13. According to witnesses, he attended at least one of his classes at Clark College that morning; police say that his cell phone “pinged” north of campus after that. He is described as 16 years old, 5’10”, 140 lbs., with brown hair and brown eyes, and he was last known to be driving a black 2010 Honda Accord with a sunroof, Washington license plate AKW3441. Again, if you think you see Cole or his vehicle, please report it to the police by calling 911.

Am I safe?

At this time, the police are treating this matter as a missing persons case, with no determination as to whether or not Cole's disappearance was voluntary. We want to remind our community that our Safety & Security staff work to maintain our safety at all times. They provide these reminders of

things we all can do to help keep ourselves safe:

- Even though we have more daylight at this time of year, it's still advisable to park as close to lighted areas as possible.
- Avoid areas with heavy foliage.
- Walk in pairs or call Security for an escort at X2133 (360-992-2133).
- Keep your phone handy and program in Security's number so it's easy to access in case you need to call for assistance immediately.
- Get a Security whistle from the Security office.
- Call Security at X2133 anytime you feel unsafe or have cause for concern.

How do I handle my or others' anxiety?

We understand that this may prove to be a particularly stressful time for some members of our community. We want to remind you that students have access to free mental health counseling through our Counseling and Health Center in HSC 124. They can also be reached at 360-992-2614.