

# Clark men's basketball rolls in home opener



Clark College Penguin Miles Martin dunks during a Dec. 4 game against Wenatchee Community College. *Photo: Bruce Berg*

The Clark College men's basketball team opened its home season with a wire-to-wire, 84-64 victory over the visiting Wenatchee Valley Knights on December 4.

The Penguins, who had previously relied on their hot shooting to create early leads, just couldn't find the range from the field and only shot 33 percent from the floor and 32 percent from 3. The shooting woes frustrated the Penguins, which led to some uncharacteristic fouls and turnovers as the team pressed early in the game. The Penguins committed 27 fouls,

which led to 34 free-throw attempts for Wenatchee.

"Games like that are good to go through," Head Coach Alex Kirk said following the win. "No one in that locker room feels good about our performance, but we found a way win despite not being at our best. There's a lot to learn from this type of performance."

It certainly wasn't all bad for Clark College, as the Penguins had four players in double figures, led by Micah Paulson's 19 points on 6-10 shooting. Bryan Berg added 13, Eris Winder Jr. added 11, and Aubrey Stephens added 10. Additionally, Glenn Baral had another great overall performance: 6 points, 10 rebounds, 2 blocks, 3 assists, 0 turnovers and only 1 foul.

Led by Baral's 10 rebounds, the Penguins out-rebounded the Knights from Wenatchee Valley 52-43, en route to a 17-5 advantage in second chance points. During the evening, the Penguins had 17 offensive rebounds, their highest number to date. "The guys really crashed the offensive glass hard tonight," a pleased Coach Kirk said, looking at the stat sheet. "In that area, this was definitely our best effort thus far this season."

Additionally, the Penguins had 14 steals and forced 21 overall turnovers on the evening, which led to a 16-8 advantage in points off of turnovers. While Clark's outside shooting touch wasn't as efficient as had been previously, the Penguins still outscored the Knights 30-9 in points off of threes.

Perhaps the greatest strength thus far for the Penguins has been their depth, and once again the Clark bench proved to be a huge weapon. Clark's bench dominated the Knights 38-22 in bench scoring. Aubrey Stephens, Devon Hawkins and David Baze all provided huge contributions throughout the game, especially on the defensive end, where they frustrated Wenatchee all night long.

Next up for the Penguins will be Concordia JV on Thursday,

December 10. Tip is at 7 p.m. at the O'Connell Sports Complex.

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## Clark Makes Run at Title



The Clark College volleyball team celebrates its second place finish in the 2015 season.

The Clark Volleyball team started the NWAC Championship tournament with a No. 3 South Region seed and an opening match loss on Thursday to Walla Walla in five sets. After that, the Penguins went on a roll and won their next six matches on Friday and Saturday to make it to the Championship game on Sunday.

Head coach Mark Dunn said he kept telling the team to take things one match at a time. And after a big win over South Region rival Chemeketa, it was about authenticating that win. "After we defeated Chemeketa on Friday, we felt like we had to validate that on Saturday," Dunn said. "And the ladies came

through with four in a row.”

Their run at the NWAC Championship came to a halt Sunday afternoon at the Tacoma Convention Center. Three-time defending champ Blue Mountain (42-9) of Pendleton, Oregon, added a fourth straight title with a 3-1 win over the Penguins. The Penguins opened the match with a back-and-forth battle and won 25-23. The next three sets and the title went to the Timberwolves. Scores for the match were 23-25, 25-17, 25-22, and 25-20.

Clark's Janessa Mast had 14 kills and 16 digs, Livia Strandberg had 12 kills and 10 digs, Meghan Turner had 26 digs, Gauleighyan Eastman had 22 assists and 10 digs, and Kinsey Pease had 22 assists. For a complete box score of the championship:

<http://www.nwacsports.org/volleyball/gameinfo.php?id=5620>

It was the first time since 1979 that a Clark team had played for an NWAC Volleyball title. Clark finished the year with a 26-16 record and as runners-up in the Championship. In addition to taking the second-place trophy, Clark had three players named to the All-Tournament team. Those three were sophomores Meghan Turner and Janessa Mast, and freshman Melisa Ljuca. The all-star libero, Meghan Turner, was also named “Most Inspirational Player” of the tournament.

## **2015 Clark Volleyball (26-15)**

### **26 NWAC Tournament Appearances**

### **2 top 4 finishes**

### **Road to the Championship**

#3 Seed out of the South, 7-5 Region Record

Saturday – Clark def Linn-Benton (14-25,25-20,15-13)

Saturday – Clark def Tacoma (25-21,16-25,15-13)

Saturday – Clark def Walla Walla (25-13,25-17)

Saturday – Clark def Bellevue (22-25,25-22,15-6)

Friday – Clark def Chemeketa (21-25,25-23,17-15)

Thursday – Clark def Pierce (25-17,25-13)

Thursday – Walla Walla def Clark  
(22-25, 12-25, 25-19, 25-20, 20-18)

### **Team Tournament Stats**

#### **Hitting Percentage**

Clark – .195, 4th ranked in the tournament

Blue Mountain – .194, 5th ranked in the tournament

#### **Opponent Hitting Percentage**

Clark – .109, 1st ranked in the tournament

Blue Mountain – .144, 3rd ranked in the tournament

#### **Assists**

Blue Mountain -11.33/set, 3rd ranked in the tournament

Clark – 11.10, 6th ranked in the tournament

#### **Kills**

Blue Mountain – 12.39/set, 3rd ranked in the tournament

Clark – 11.71, 7th ranked in the tournament

#### **Blocks**

Clark – 2.43/set, 2nd ranked in the tournament

Blue Mountain – 1.78/set, 6th ranked in the tournament

#### **Service Aces**

Blue Mountain – 1.78/set, 3rd ranked in the tournament

Clark – 1.14/set, 13th ranked in the tournament

*Photo by Tracy Swisher, NWAC Sports Information Director*

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# **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



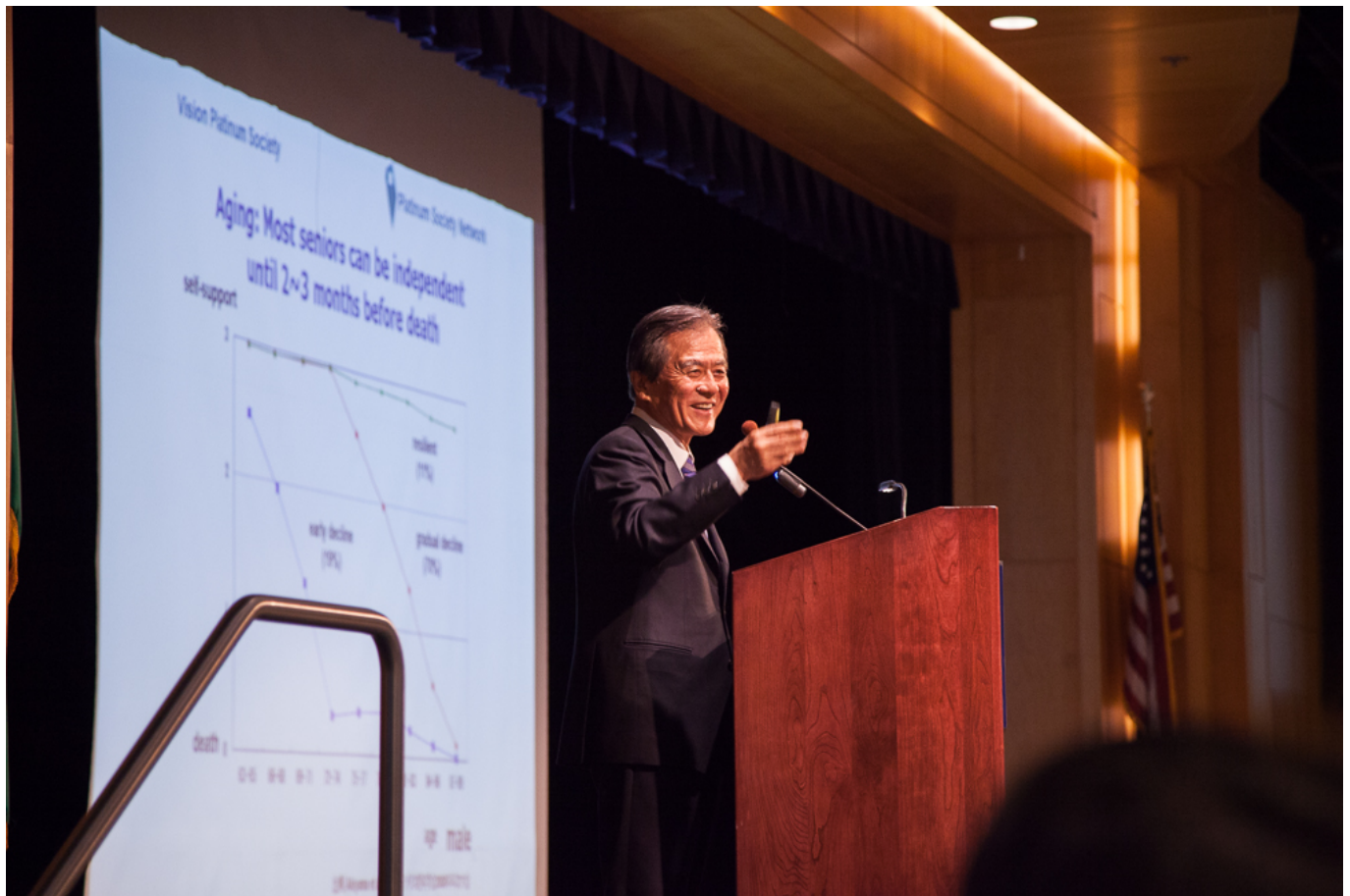
focused on that.”

## **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*

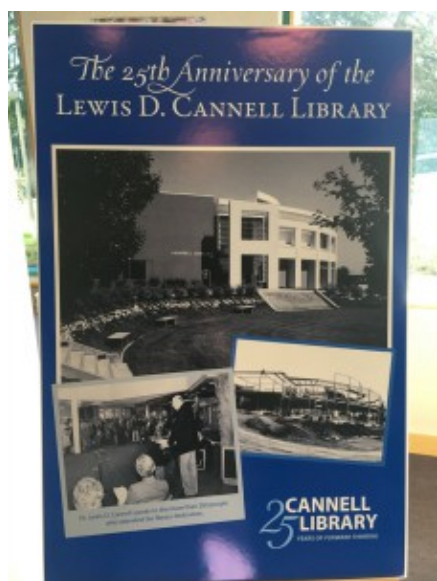
"The changes this library has seen over the last 25 years are really amazing," Bagley said. "We have a great team here. This is a group that is continually thinking forward. They are innovative, they initiate change, and they are creative. I'm excited to see what they will do in the next 25 years."

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

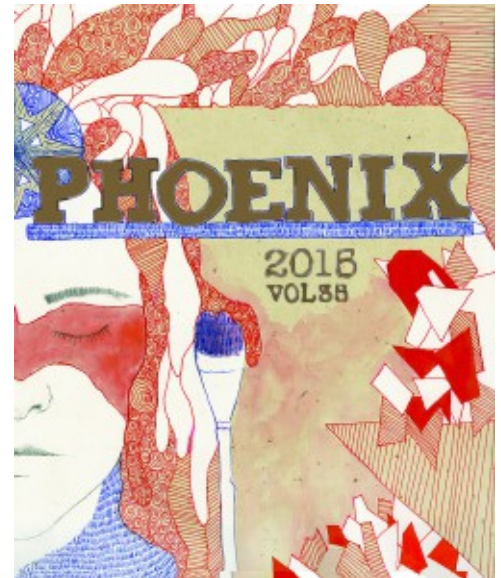
available and guests are welcome to bring their own lunches with them.

“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*