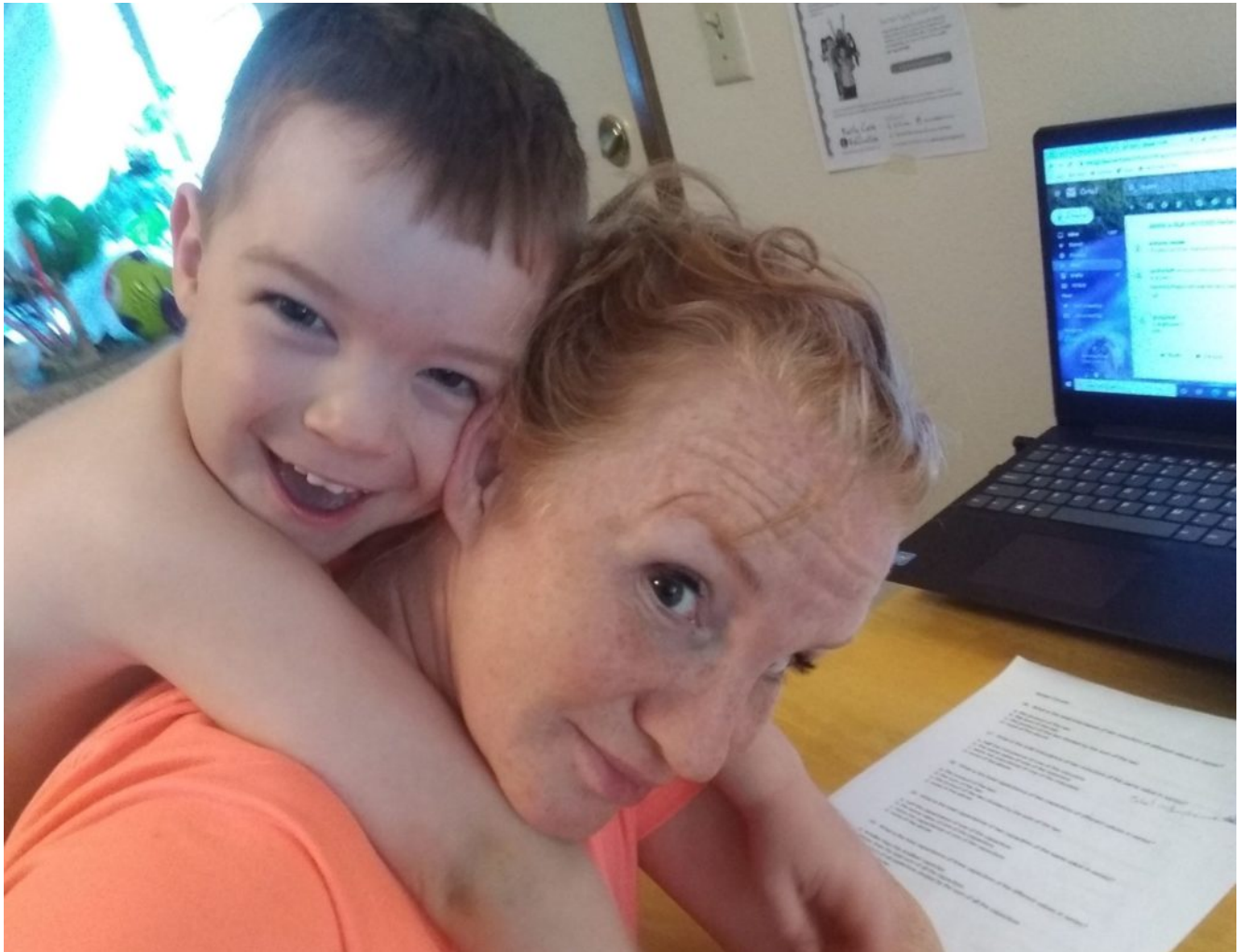


College and quarantine ... with kids



Jessica Bull has been juggling her online studies with caring for her young son. *Photo courtesy of Jessica Bull.*

Being a college student during the COVID-19 pandemic can be tricky enough, but it becomes exponentially more challenging when you're also taking care of young children whose school or child care facility has been closed or moved online.

About a quarter of Clark College students have dependent children. Many of these parent students have found themselves trying to manage their own studies while also serving as teacher's aide for their children.

Clark 24/7 interviewed some of these parent students to find out how they are coping. We also spoke with Michele Volk, director of the college's Child and Family Studies child care

center, which has remained open during the pandemic to serve parent students and their families. Their responses, edited for clarity and brevity, are in the links below.

Note: These interviews were conducted in late 2020, when public schools in the region were still operating remotely. In the time since, some schools have partially re-opened.

Child and Family Studies Q&A

- Michele Volk: Child care during COVID

Parent student profiles

- Jessica Bull: “Take extra care to reassure them.”
- Samantha Golden: “You can’t be 100 percent all the time.”
- Moses Kimeli: “Eventually, it’s getting easier.”
- Monserrat Soriano: “This is not the way it’s supposed to happen, but that’s all we got.”

Veterans Resource Center receives grant



The Veterans Resource Center at Clark College received a \$449,460 federal grant from the U.S. Department of Education to establish a Center of Excellence for Veteran Student Success (CEVSS) over three years. Clark is one of only two community colleges in the state to receive the grant. Focused on supporting veteran student success, the Center will provide a single point of contact to coordinate comprehensive, individualized support services that address the academic, financial, physical, and social needs of Clark College's 600 student-veterans.

Vice President of Student Affairs Dr. Michele Cruse said, "We are grateful to receive grant funding from the U.S. Department of Education to support our Veterans Resource Center. This grant comes at a critical time when the needs of our military-connected students continue to outpace our available resources. This grant will allow our Veterans Resource Center to expand its offerings."

To better support student veterans, Clark College will establish a cross-departmental team with representatives from every office that works with student veterans, including

Admissions, Financial Aid, the Counseling and Health Center, and Career Services—to name just a few.

Additionally, the grant will pay for a full-time student success coach; half of a full-time program coordinator position; a part-time tutoring position; outreach and recruitment activities; disability accommodations such as Live Scribe pens; and essentials including housing and food supports for student veterans.

Associate Director of Veterans Services Dave Daly said, “Because of this grant, the Center will now have the ability to help today’s warriors not only to transition from the service, but also to be more successful in staying in school and completing their path in higher education. Our goal is for our student veterans to bring their deeper, world perspective not only to Clark College, but also as graduates who are productive, insightful members of the greater community.”

U.S. Senator Patty Murray announced the grant award from the U.S. Department of Education and called it a vital investment in Washington state’s veterans.

Senator Murray said, “I’m glad to see this federal award going towards helping veterans in Washington state as they pursue an education and I appreciate Clark College’s efforts to help those who have served our country. As a proud partner of our state’s veterans and educators, I will continue working to ensure they have the resources they need to succeed and thrive.”

Senator Murray is the incoming chair of the Senate education committee, serves on the Senate Veterans’ Affairs Committee, and is a steadfast advocate for veterans and their families.

About Clark College

Founded in 1933, Clark College provides residents of Southwest

Washington with affordable, high-quality academic and technical education. It is a public community college offering more than 100 degree and certificate programs, including bachelor's and associate degrees; professional certificates; high school diplomas and GED preparation; and non-credit community and continuing education. Clark serves a wide range of students including high school students, displaced workers, veterans, parents, non-native English speakers, and mature learners. Approximately three-quarters of its students are in the first generation of their families to attend college.

Student Parent Profile: Monserrat Soriano



Monserrat Soriano's daughter, Melody, says goodbye to her through the window at Clark College's Child & Family Studies. *Photo courtesy of Monserrat Soriano.*

Monserrat Soriano is a full-time Clark College student on track to complete the Administrative Assistant and Management program in Spring 2021. She's also a single mom to daughter,

Melody, 7, in first grade at Martin Luther King Elementary; and son, Emmett, 4, who attends the college's Child and Family Studies child care program. During the COVID-19 pandemic, both kids have attended CFS so that Soriano can study at home. Soriano and her children live with her mother, uncle and brother, but none can help with childcare.

This story is part of a series of interviews with Clark College student parents about how they are balancing school, life, and work, during quarantine.

Q: How has CFS helped you focus on your schoolwork?

MS: After my daughter completes two hours of online school via Zoom each day, I take both kids to the childcare center at Clark. Then I come home and do my schoolwork. I'm grateful that the state has paid for childcare during COVID. Fall quarter was the first quarter I've had childcare, because my daughter's previous childcare center shut down during COVID.

Q: How are your children coping with doing remote school at home?

MS: When we pick up my daughter's school work packets at King Elementary, she doesn't understand why she can't be in school with her teacher and other kids. She asked me why she is in daycare instead of school.

Q: What are some challenges you've faced during COVID?

MS: I'm a first-generation college student. Sometimes it feels like I'm breaking through walls. When I'm working at home, my family sees me struggling. My mom wants to help with the kids, but she's working two jobs. We all need compassion right now. And grace! When I'm home with my kids, I want to distract myself. I've been sober for almost a year. My testimony is of struggle. Clark needs students like me. I am resilient.

Before COVID, my degree was part of a teach-out program [a

process in which a program that is being discontinued teaches the students who are part-way through the degree program]. Then because of COVID, our labs were removed. It adds so much anxiety and pressure. It's been hard to stay motivated. With COVID, I can't plan. I don't know what my next step is. Sometimes I feel that I can't make it. I come into the childcare center crying. I leave crying. That's how I'm coping. I'm going week by week with the kids.

Q: What's one particularly challenging story of taking remote classes while juggling parenting?

MS: Last quarter I thought I was going to give up. When I was taking my final via Zoom, my three-year old burst in and shouted, "I have to poop, Mom!" My instructor heard him and gave me more time to complete my final. This is not the way it's supposed to happen, but that's all we got. We have to keep going. We have to keep our sanity.

Q: How are you coping?

MS: I attend Zoom counseling workshops with other parents, so I don't feel like I'm not alone. I learned to give myself some slack. Be gentle with myself as a parent. It's OK to cry in front of my children sometimes. This is not normal times. I'm trying to relax when I can, but I don't even know what that looks like.

New faces joining health care workforce



2021 Medical Assistant graduate Cindi Clark is ready for a new career in healthcare.

Twenty-three Clark College students who earned their degree in Medical Assistant celebrated their achievement with family and friends during a virtual Pinning ceremony on January 20.

For student Candi Clark, the Pinning ceremony was the culmination of longtime family support and inspiration. As a teen, Clark attended the Pinning ceremony for her mother, Rhonda Hansen-Boyle, who earned her nursing degree at Clark College and now works at the Veterans Administration Medical Center.

During the virtual ceremony, Clark was surrounded by her supportive family—her mother, father and sister—to celebrate her graduation. She says her family's support was instrumental to her success as she navigated life's obstacles—including a global pandemic—to earn her degree.

"I've always had a calling to help people," she said. "Once I told my mother I wanted to go into the medical field, my mom was 100 percent behind me."

Medical assistants are in demand. Many will join the healthcare workforce in the coming weeks. The Vancouver Clinic hired 19 of the 23 students.

In addition to her supportive family, Clark is thankful for the help and guidance she received from WorkSource, which has partnered with Clark College to help students succeed.

WorkSource uses federal funding through the Workforce Innovation and Opportunity Act (WIOA) and provides critical support and services to workers who want to develop the necessary skills for a good job in high-demand fields such as health care services. Available services include tuition assistance, book allowances, uniforms, supplies, and career counseling.

The program is open to a wide variety of adults including those who have been laid off, displaced, or who are under-employed. Low-income adults and veterans also are eligible.

“Our goal is to get people back to work in high-demand occupations that provide stable and meaningful employment to benefit their families and the community,” said Karin LaValla, WorkSource Health Care Liaison. “By partnering with Clark College, we can integrate our services, working together to provide those wrap-around supports to help students succeed.”

LaValla and her team work directly with Dr. Sarah Kuzera, Director of the Medical Assisting Program at Clark College. They attend the orientation for new students and explain their program. In this year’s class, nearly half of the students were eligible for WorkSource services.

“They receive help with tuition, books, transportation, childcare, financial and job coaching,” said Kuzera. “This has been a stressful year for our students. We’re grateful to have WorkSource at our side as active partners helping our students succeed.”

“WorkSource has been so helpful—a combination coach and fairy godmother,” said Candi Clark. “When I needed help with tuition, supplies—even scrubs—they were there for me. It’s

made all the difference in being able to complete my studies.”

WorkSource also helps students find externships and employment. The federal program provides employers up to 50 percent wage reimbursement for a student’s first 30 to 60 days on the job. Candi Clark has already interned at Vancouver Clinic doing patient care and is eager to complete her testing and get to work.

Certified Medical Assistants are in high demand right now, in part because of the pandemic. Medical assistants work directly with physicians and patients in both the clinical and administrative settings. They maintain the daily workflow of a medical office.

“Our graduates are in high demand,” said Kuzera. “Our program is growing.”

The next class, called a cohort, begins spring term; the first day of classes is April 5. Interested students can learn more on the college’s Medical Assisting page.

During the Pinning ceremony—a tradition in many health care programs—the graduates celebrated one another via Zoom. “It’s harder to do basic things, like draw blood, during a pandemic,” said Candi Clark. “But we figured it out and we can be proud of ourselves that we didn’t give up.”



Rhonda Hansen-Boyle, *left*, congratulates her daughter Candi Clark on graduating from the Clark College Medical Assistant program during a virtual pinning ceremony. Hansen-Boyle is an alumnus of the college's Nursing program.

Clark's story came full circle during the Pinning ceremony, when her mother attached the pin to her daughter's shirt. In the family photo taken immediately after the pinning, Clark proudly wears her pin. Her smiling mother is reaching out to touch her daughter's shoulder.

"This is so exciting for me and my family," Clark said. "It's been a long road to get here. I can't wait to get to work. Healthcare is kind of the family business. We gravitate to the helping professions. It's where we can make a difference."

For students interested in learning more about WorkSource Washington and its educational training opportunities for job-seekers can visit WorkSource's website.

Penguins feeding Penguins



Cuisine professor Earl Frederick, student Michael Scheidt, and Baking professor Alison Dolder help distribute food to Clark College students through the Penguin Pantry's monthly curbside pickup. *Clark College/Susan Parrish*

Since the global pandemic began, Penguin Pantry—the college's on-campus food bank for students—has doubled the amount of food it distributes monthly. It typically has distributed one box of shelf-stable food and a loaf of bread donated by community partners. Now Clark College is partnering with its own instructional programs to increase the food support it provides to students.

In October, Clark's Cuisine and Professional Baking programs began donating food made in their lab classes to Penguin Pantry. This new partnership is a win-win for everyone. Students and their families are receiving nutritious, from-scratch meals. Culinary students are getting hands-on experience at a time when the pandemic has closed the campus restaurant, food service, and bakery.

"We're giving it away, since we still need the practice and our restaurant is still closed," said Daryl Oest, Culinary support technician.

In the inaugural partnership event on October 27, Penguin Pantry distributed 108 food boxes to Clark students and their families during a seamless curbside pickup system in the Red Lot 3 roundabout. Each box contained a breakfast, lunch, and lasagna dinner.

Cuisine faculty member Robert Earl Frederick and his first-year students baked pans and pans of lasagna to provide 120 meals. Professional Baking department head Alison Dolder and baking students baked full-size pies. Additionally, students received a large box of nonperishable food and a loaf of bread.

Michael Scheidt, 20, a first-year cuisine student, maneuvered a wheeled cart laden with brown paper grocery bags containing a breakfast, lunch and dinner toward the curb outside Penguin Union Building.

"It feels really good to give back to the community," he said. "We've all had hard times."



Clark College Director of Student Life Sarah Gruhler gets ready to distribute food at a curbside pickup. *Clark College/Susan Parrish*

During remote operations, Penguin Pantry has set aside one day a month to distribute food boxes. Students sign up in advance to secure a time slot to pick up the food in the parking lot. Those with dietary restrictions can request vegetarian, vegan, gluten-free, dairy-free, or pescatarian items.

A student who drove up to the curb was assisted by Sharon Toliver, Security & Safety Services; Samantha Lelo, Student Life Program Support Supervisor; and Lauren Boys, ASCC Civics and Sustainability Director. They checked the student's name against a list and loaded food into the trunk. Sarah Gruhler, Director of Student Life, supervised the distribution and ensured all ran smoothly.

Afterward Gruhler said, "The distribution went very smoothly. The students were so excited about the additional food. We've

already had 22 returning students sign up for November's distribution."

Frederick added, "We are all looking forward to continuing this partnership in the long run."

And in fact, while October's distribution event was impressive, it was just a dress rehearsal for the big event: Thanksgiving.

Thanksgiving dinner

November's Penguin Pantry curbside distribution during Thanksgiving week will be a full, cooked Thanksgiving dinner with all the trimmings.

"We have plans for Thanksgiving to make sure our students are well taken care of during this tough time," said Oest.

Frederick anticipates roasting 20 turkeys to prepare 150 Thanksgiving meals for students and their families. Dolder says baking students will contribute pies—not only tradition pumpkin, but also apple, marionberry, cherry, and pecan—as well as dinner rolls and a morning treat.

Dolder estimates it will take her baking students two weeks of class hours to make individual pies to feed 150 people. The job will be broken down into smaller tasks: making and freezing the dough, making the pie filling, rolling out pie crusts, and shaping them into disposable pie tins. Eventually, the pies will be assembled, baked, and then frozen again. When students pick up their Thanksgiving food boxes, their pies—and the entire cooked Thanksgiving dinner—will be frozen.

"It's easier for us to serve frozen pies," Dolder says. "And we have a ton of freezer space."

Frederick adds, "It's safer to distribute frozen food."

With COVID, a greater need

Last spring, COVID prevented the on-campus Penguin Pantry from opening for walk-in visitors. Beginning in May, the Penguin Pantry began a monthly curbside food distribution following COVID safety protocols. In May, the pantry distributed 1,125 pounds of food to 165 people in 40 households.

As the pandemic has continued and many students and their families have lost their jobs in the subsequent recession, the number of students requesting food assistance continues to grow steadily. In September the pantry distributed 2,500 pounds to 305 students and their families. That's more than double the amount from May.

Month	People	Households	Pounds of Food
May	165	40	1125
June	177	38	1058
July	207	56	1430
August	263	79	1962
September	305	107	2568

As a partner with Clark County Food Bank, Penguin Pantry must carefully track its numbers and report them to the food bank.

The college has reached out to students to make sure students know about this resource—sharing information about it in online classes, on social media, and through a new text-message service the college has invested in.

“We’ve definitely seen an increase in the number of students requesting food,” says Gruhler. “Since we’ve been able to text students, there’s greater awareness of Penguin Pantry.”

Culinary school during COVID



Cuisine faculty and students prepare lasagne dinners to be given to students through the Penguin Pantry. *Clark College/Kelly Love*

Cuisine and baking students have continued their studies during the pandemic. They are able to meet in the kitchens for in-person lab classes using face coverings, social distancing, and daily temperature checks—all of which is becoming part of their career preparation. Their industry is changing rapidly because of COVID-19 restrictions.

“The industry will change,” said Oest. “We can’t see the crystal ball yet but whether it’s startups, more corporate food service, smaller restaurants, there will be food services moving forward. There will still be the need. These students have learned best safe practices for the post-COVID workplace.”

How to help

Penguin Pantry will distribute Thanksgiving dinner to students on Tuesday, November 24. If you'd like to donate toward Penguin Pantry, a \$30 donation will provide a family of four with a homemade Thanksgiving dinner and dessert.

Ways to donate and helpful links:

- Online: Give online with Clark College Foundation's online giving form and choose 'Penguin Pantry' from the drop-down menu under "Select an Area of Support." In the comments box, note "Thanksgiving dinner."
- By mail: Mail your check/money order to: Clark College, Attn: Cashier's Office (PUB 153), 1933 Ft. Vancouver Way. Make the check out to "Clark College" and write "Penguin Pantry" in the comments area.
- Via phone: Call 360-992-2571 on Tuesday or Thursday from 8:00 a.m. to 1:00 p.m.
- Visit www.clark.edu/cc/penguin-pantry to learn more about how to donate to or receive support from the Penguin Pantry.

For welding, an almost seamless transition



A Welding Technologies student participates in an on-campus lab, even though most Clark College classes are being offered remotely during COVID-19. Fortunately, the program had already shifted to partially online classes before the pandemic hit, and students wear personal protective equipment as part of basic welding safety. *Clark College/Tarek Kanso*

When COVID-19 switched Clark College's spring quarter classes from on-campus to online learning, Welding Technologies students were ahead of the curve—and therefore were not as affected as other programs with hands-on labs. Instructor John Kuhn already had pivoted to the hybrid model of classes (part online and part in-person) via an online Canvas shell during summer 2019. At the time, it was a good way for students to complete the bookwork portion of their course. During COVID, it has allowed students to not fall too far behind, because they'd already been working online.

"We were pretty fortunate to have gotten started a year before with hybrid," says Kuhn. "It gave students an opportunity to study more in depth at home. We got a little deeper into theory, the bookwork, utilizing more YouTube welding videos. It proved effectively that they understood the information."



Even before the pandemic, welding students needed to suit up in personal protective equipment. *Clark College/Tarek Kanso*

Because safety is paramount, students in the Welding 102 introductory class must pass a welding safety test with 100 percent. In the past, some students had to retake the test in order to pass. Hybrid learning increased students' understanding of the material and translated into a higher percentage of students who didn't have to take the test a second time.

Welding students returned to campus labs in mid-June to complete their spring quarter practical welding assignments. Because Welding is a year-round program, the students returned for hands-on welding labs during summer quarter, too.

A program made for social distancing

Even before COVID, welding students already were wearing personal protective equipment and were socially distanced. Students suit up for every lab class: heavy, flame-retardant coat; steel-toed work boots with a metal plate added to protect feet; leather gloves; goggles; and a welding helmet with built-in face shield. Students work in individual welding booths, far removed from other students.

We visited the welding lab as six first-year students were finishing their class project: a flange, a small version of the pressure vessel built by second-year students. Pressure vessels are used to store and transfer liquids and gases under high pressure. Welding on pressure vessels must be exact and meet rigorous standards to withstand working conditions.

All the students we spoke with were eager to enter their chosen field. The outlook is promising: The number of welding jobs in Washington is projected to grow about 3 percent from 2019-2029, about average for all occupations, according to U.S. Bureau of Labor Statistics. In the Vancouver-Portland metro area, the average wage for a welder is \$23.98 per hour or \$49,887 annually. That's about \$8,000 higher than the median wage nationally.



Jessica Pellham. Clark College/Susan Parrish

Student story: Jessica Pellham

Jessica Pellham, 26, had no welding experience—and even lacked any experience with tools—when she started the Welding program in fall 2019.

“I kind of started out as a baby,” Pellham laughs. “I wanted to get into a trade. I tried machining. It wasn’t my thing.

Then I watched my fiancé's grandpa welding."

It intrigued her. She tried welding, and she discovered she had an aptitude for it.

Pellham says, "It's hard, physical work, but for me, it's so worth it to do something I love to do."

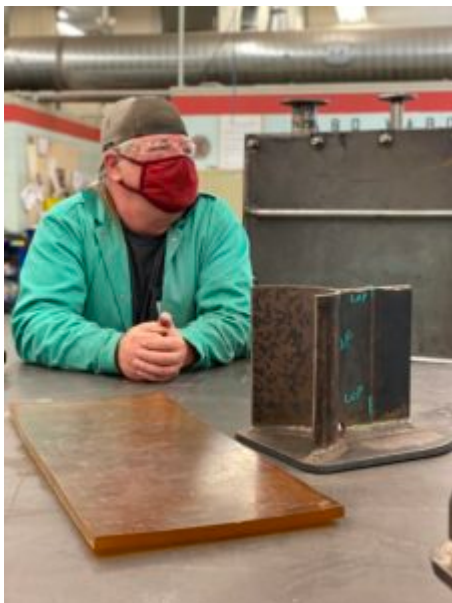
"She has excelled fantastically," says Kuhn.

Pellham works fulltime at a packing warehouse and goes to Clark fulltime, too. When her cohort began, she was one of three women. Now, a year later, she's the only woman left in her cohort, but there are more women in the second-year cohort.

"I'm hoping to see more women in trades," she says. "We can do it, too."

Pellham's eventual goal is to be hired on a union or government job.

She adds, "I'd love to weld on submarines or ships."



Jeff White. Clark College/Tarek Kanso

Student Story: Jeff White

At 60, Jeff White of Washougal is the oldest student in the cohort. Two years ago, he was laid off from his job as a boiler operator at Georgia Pacific in Camas, a job he'd held for 30 years. White qualified for the Trade Adjustment Assistance Program, a federal program to retrain displaced workers due to overseas competition. The program has paid for all his college expenses. He is living on unemployment while he attends Clark.

White's goal is a job in construction welding. He is a fourth-generation Washougal resident, and hopes he does not have to move to find work after he completes the program.

Student story: Ben Barton

Ben Barton, 29, has worked in restaurants since he was 16. A year ago, when he was working as a server at La Bottega in Uptown Village, he was considering making a career change when a co-worker told him about Clark's welding program.

"I was ready to do something that was stable," Barton says.

He researched the welding program and applied in summer 2019, but the fall cohort was full. There was so much interest that a second section was opened beginning winter 2020. He started the welding program full-time in January while he continued working at the restaurant 30 hours a week. Then COVID-19 closed restaurants in March, and he was laid off. To make up for the lost income, he applied for unemployment benefits.

"I'm thankful for unemployment," Barton says. "I'm going to school to further myself so hopefully I'll never have to be on unemployment again. Financially I've been okay. Obviously, you cut back your spending and you end up making your own meals again. Groceries are cheaper than eating out. My girlfriend

and I are both in the restaurant industry and are good cooks.”



Not only does the Clark College Welding Technologies lab offer hands-on experience with industrial equipment, it's well set up for social distancing. Most work stations are at least 6 feet apart. *Clark College/Tarek Kanso*

During spring quarter no hands-on labs were offered at Clark. Students kept up with their online bookwork, but they could not get into the labs to practice what they were learning.

“I was really thankful that Clark opened our shop back up for us,” he says. “The welders out there working in the industry are still working during COVID. I was at a stalemate. In limbo. I couldn't work. I couldn't do my welding [studies] to further my career.”

“I was one of the few COVID affected positively,” Barton says. “I was juggling school and working. Now I can focus on school.”

Visit www.clark.edu/cc/welding to learn more about the Welding Technologies program.

Finding his wavelength



Clark College student Nick Gibson, *left*, interviews Shannon Chasteen during his internship with Oregon Public Radio. *Photo courtesy of Nick Gibson.*

Clark College sophomore Nick Gibson successfully pursued two hands-on community journalism opportunities over the summer. The experience he gained will enhance his job as editor-in-chief of Clark's student news magazine, *The Indy*, for the 2020-21 academic year.

His first project was working as a news intern at *The Columbian*, Vancouver's daily newspaper. The paid internship was provided by the Dee Ann Finken Fund through Clark College Foundation.

NPR's Next Generation Radio

Gibson's second summer project was being selected by Oregon Public Broadcasting to participate in National Public Radio's Next Generation Radio Project for outstanding college journalists. Now in its 20th year, NPR Next Gen selects emerging journalists who are either still in school or recently graduated and provides them with five days of training to produce a radio news piece.

Clark journalism professor and *Indy* adviser Beth Slovic encouraged Gibson to apply to Next Gen. Gibson applied, but was doubtful that a community college student would be selected.

"I didn't believe I had any chance of getting this NPR fellowship experience," he says. "I don't have access to the equipment or the training that these big institutions have."

"I like to think *The Indy* lets students follow their interest," Slovic says. "I knew radio was Nick's primary interest. I'm proud of the work Nick did with the project. I think it was great preparation for his work at *The Indy*, and I know he's super-energized to share his enthusiasm for telling people's stories with the rest of the staff."

Despite his initial concerns, Gibson was encouraged that another community college journalist, Kanani Cortez from Portland Community College, also was selected to participate in his Next Generation cohort.

Gibson's NPR project told the COVID-19 story of Shannon Chasteen, chef de cuisine for Portland's Centers for the Arts. When the pandemic shut down restaurants and event venues, Chasteen was furloughed indefinitely. Looking for something productive to do with her time off, Chasteen began volunteering to cook at Blanchet House, a nonprofit organization that feeds and houses people in need in downtown

Portland.

When Gibson went to Blanchet House to interview Chasteen, she was nervous. She had never been interviewed before.

“It was really about making Shannon comfortable,” Gibson says. “It’s a non-narrated piece so I had to rely on Shannon to tell her story.”

His next challenge was to edit his 45-minute interview down to a four-minute story. OPB provided journalists, editors, and illustrators to support Gibson and the other Next Gen journalists. He was given a short lesson in editing with Adobe Edition software. He had only five days to complete the project: interview, audio editing, taking photos, and writing the print story.

Gibson says he appreciates the network and support provided by the 600 journalists who have participated in the Next Gen project over the past 20 years. They often share internship and job opportunities across the U.S.

Finding his niche—and his passion



Nick Gibson. *Photo courtesy of Nick Gibson.*

Gibson’s original career plan was not journalism, but

psychology. After graduating from high school in Montrose, Colorado in 2016, he received a full-ride scholarship to Colorado Mesa University in Grand Junction, about an hour from home. Settling into his new city and the university campus, he started his classes. Whether it was the coursework, the school, or the timing—or a combination—it didn't take long for Gibson to realize it wasn't a good fit. After his first term, he took a break from school, but he stayed in Grand Junction for about a year working and getting involved in the community.

He found purpose, connection, and perhaps even his passion when he started volunteering at 100.3 KWSI-LP, a fledgling community radio station. In sharp contrast to how his university classes had felt, radio clicked for him. First, he helped paint the studio and set the antennae. After the station's engineer taught him to work the radio equipment, Gibson hosted a music show, and then a League of Women Voters program. He did stories on ballot issues and teen suicide.

Gibson explains, "Volunteering at the community radio station was a life-changing experience. I realized I was having fun and decided to get into audio storytelling."

He says, "I've always worked best by doing. I think journalism is a lot like cooking. It's best to be in the kitchen, doing it every day. I've always been hands-on, getting to know my community, getting to know how to work the board."

His success at his volunteer gig at the radio station led him down a new career path as an audio journalist. He relocated to Vancouver and moved into his aunt's home to save money. After he learned about Clark College's journalism program, he established Washington residency, which made school more affordable. Eventually, he moved into his own apartment down the street from campus.

The resiliency of students: Learning to pivot and seek help

Gibson was ready to try college again, but he didn't want to repeat the negative experience he'd had in Colorado. Recognizing he needed to develop coping tools to help him be successful in navigating the challenges of college, he sought therapy. One of the tools he developed in therapy was practicing mindfulness.

"It changed my life," Gibson says. "It helped get me to a place to be able to go back to school."

Three years after his high school graduation, he started attending Clark College in fall of 2019.

Gibson, 22, says, "I understand I'm a couple of steps behind some people I graduated high school with." Then he adds, "But there is no timeline."

Pursuing a journalism career



Nick Gibson taking photos as part of his Oregon Public Radio story. *Photo courtesy of Nick Gibson*

His first quarter at Clark, he took Journalism 101 taught by

Beth Slovic “because I knew I wanted to pursue journalism.”

The next term, he joined *The Indy* staff. On his first day, he produced an audio story about the faculty strike.

Gibson says, “I wanted to bring my experience at the radio station. As editor-in-chief, that’s one of my goals—to diversify *The Indy*’s content. With a digital format, you must have engaging content that people want to stay with. Beth (Slovic) is there guiding you. She’s an advisor in the best sense. It’s student-run.”

Slovic agrees. “I don’t control what they do. I give them instruction and assignments in class, but I ensure my assignments don’t bleed over into their stories for *The Indy*.”

Clark’s journalism program teaches students to report and write, but also to produce multimedia stories, including audio and video.

“Entry-level journalists today are expected to do it all, so I give students the freedom and the tools to experiment with a lot of different story formats,” Slovic says. “Students like Nick, who come to Clark with radio experience, can take it as far as they want. We have had training in podcasting in past quarters in that class, and our newsroom includes podcasting equipment and dedicated space for recording.”

She says learning to pitch stories is a key focus during class for *The Indy*.

“Students collaborate over Zoom, phone, Slack, Canvas to share story ideas. As part of the class, they’re required to write story pitches. The editors—Nick and his staff—evaluate the pitches and make assignments. We have new students joining the class every quarter, so not a lot of experience pitching. That’s one of the things we practice the most.”

Gibson says he is grateful for his Clark instructors:

“Professors at Clark are so engaged and passionate about their subjects, and they’re in the field doing research. I think they really care about their students. They understand the circumstances of their students who are working or are parents.”

At the end of NPR’s Next Gen production week, Gibson and the other journalists were asked to write a reflection piece. Gibson wrote about the value of community college journalists and community colleges in general. Read Gibson’s reflection [here](#).

“[C]ommunity college students are a valuable part of this industry and should be recognized as such,” he wrote in his reflection. “Those students are often working with limited funding and limited access to equipment while juggling other responsibilities like parenting or a part-time job. When those students are overlooked it leads to a lack of diversity in newsrooms, which in turn leads to underserved and under-covered communities.”

Gibson says, “When you talk about community college students, you’re talking about lower-income, many POC [people of color], first-generation college students. I love my peers. I want them all to go on to do great things.”

Meanwhile, Gibson is planning for his own great things. After he graduates from Clark, he plans to transfer to WSU Pullman and continue pursuing his journalism education at the Edward R. Murrow School of Journalism and Northwest Public Broadcasting.

Links

- Listen to Nick’s Next Generation Radio Project story on NPR:
<https://opb2020.nextgenradio.org/furloughed-chef-volunteers-to-feed-the-needy/>

- Read Gibson's *Columbian* stories:
<https://www.columbian.com/author/ngibson/>
 - Contribute to the Dee Anne Finken Scholarship:
<https://www.clarkcollegefoundation.org/campaign/give/>
 - Read the Clark College *Indy*: <https://clarkindy.com/>
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Dental clinic re-opens



Pat Niesz, 73, has been coming to Clark College's dental clinic for three years. On this visit, student Stefanie Hatley took x-rays and cleaned Niesz's teeth. Hatley would have graduated Spring quarter. Now she will graduate at the end of August. *Photo: Clark College/Susan Parrish*

For 51 years, Clark College's dental hygiene clinic provided affordable dental service to the community—until the COVID-19

pandemic forced it to close in spring term. Now, thanks to careful planning by the college's dental hygiene program, the Firstenburg Dental Hygiene Education and Care Services is back open to serve the community and train the next generation of dental caregivers.

The clinic is a win-win for both the community and the students.

"It's a two-way street," says Program Director Kristi Taylor. "We're helping the community, but they're helping the students gain real-world experience. We've set up our clinic so students have the feel of a private practice. Our goal when students leave here is to be prepared to walk into a private practice. They are very job-ready."

COVID-19 safety measures added

Before the clinic could reopen, Taylor and instructors scrambled to adapt the lab classes and clinic to meet safety guidelines prescribed by the Centers for Disease Control, Washington State Department of Health, and American Dental Association to protect students, staff and patients.

"It's a lot of changes across the dental and medical fields," says Taylor.

The program was helped by the fact that many safety procedures were already in place. Even before the pandemic, students and instructors wore face masks in the clinic when working directly with patients. Frequent handwashing and wearing gloves were also standard.

"We have always been very conscious of infection control," Taylor says.

Since COVID-19, the program has implemented these new safety measures:

- Scrub caps now are mandatory.
- Clear plastic face shields are worn by students or instructors who are within six feet of a patient.
- Two-feet-tall clear plastic partitions were installed to separate individual stations (called “operatories”) from each other and from common spaces.
- Following social distancing guidelines, the clinic has reduced the number of patients and students on site. The clinic has 30 operatories. Normally, 25 students are working at a time, and they treat 22 patients. Due to COVID restrictions, the students and patients are divided into two groups, and only 10 to 15 patients are scheduled at a time.
- N-95 masks will be required when the clinic is using aerosols again. For now, the program has opted out of using aerosols in the clinic because they potentially could spread COVID-19 particles through the air. Normally, student hygienists use aerosols to polish teeth and to cut out decay before filling cavities. During the pandemic, if a patient needs a filling, the clinic refers them to an outside dental office.

“These precautions are probably long overdue,” Taylor says. “I think we’ll see many of these safety measures remain [after COVID-19].”

Students were assigned patients to call and explain the safety protocols put in place. Some patients chose not to come into the clinic during the pandemic.



Dr. Eugene Sakai works with student Shaylin Breen in Clark College's dental clinic. *Photo: Clark College/Susan Parrish.*

A dentist oversees every clinic session. On this day Dr. Eugene Sakai, retired from his own dental practice, is on site to examine patients and diagnose issues, do soft-tissue exams, and look for disease.

Dr. Sakai says, "COVID is changing things a lot."

CDC guidelines recommend that people maintain six feet distance from others.

"We cannot do our work from six feet away," Taylor says. "A lot of active hygienists have decided to retire due to COVID."

As a result, Taylor says, the industry is short of hygienists. This is good news for Clark's student hygienists.

Taking care of students

Public health restrictions meant instructors and students worked remotely Spring quarter. Before COVID-19, students had all face-to-face classes, except for one online class per quarter. It took team effort to adapt Spring classes for remote learning. By moving the didactic portion into spring and the labs/clinics into summer, instructors didn't have to create many instruction videos.

Dental hygiene students who were scheduled to graduate Spring term had missed an entire quarter of crucial hands-on instruction, both in the lab and working with patients in the clinic. Taylor and her team got to work figuring out how to schedule clinical hours for all students while also observing the social distancing protocols that reduced the number of students allowed to work simultaneously and the number of patients allowed in the clinic.

By the time dental hygiene students returned to campus on June 21, all the lead instructors had put together a plan for their respective clinics.

"We all worked together to create the overall schedule of courses that included all the labs and clinics they had missed in the spring," Taylor says.



Dental hygiene instructor Amy Johnson holds the color-coded schedule her department created to ensure all students got the required lab time to graduate.

Then all the plans were compiled onto a detailed, color-coded schedule to ensure all students completed their required hours for labs including local anesthesia, nitrous oxide, radiology, cleaning and clinic. Implementing social distancing while compressing all the labs and clinical experience into the shorter summer schedule has required most students and faculty to work six-day weeks, and to sometimes work Sunday too.

“This summer has been full of catching all the students up on their hands-on skills,” Taylor says.

“It’s been really hard on the students,” adds instructor Amy Johnson.

The Bachelor of Applied Science in dental hygiene is a four-year degree. The dental portion takes two years to complete.

Each year about 100 potential students from as far away as Seattle and California apply for the program's 25 slots.

"Students can come to Clark, pay a much lower tuition [than at a four-year university], and get the same training," Taylor says.

Seniors will graduate at the end of August after completing their hands-on clinics.

Taylor says some students already have jobs waiting as soon as they pass their six clinical boards and get their license to practice.

"In recent years, all of our students have found jobs," Taylor says. "I get four to six phone calls a week from dental offices looking for hygienists. I'm extremely happy we could return to the lab."

Clark's dental hygiene clinic is open to the public and offers affordable dental care to adults and children. To schedule an appointment, call 360-992-2158. Learn more at www.clark.edu/dentalhygiene.

Automotive Technology steers through challenges



Clark College Automotive Technology students maintain their distance while learning about air conditioning systems.

When Clark College made the switch to online instruction during COVID-19, students showed their tenacity by adapting to new ways of learning. But some challenges take more than determination to overcome. For instance, what if your “homework” is an automobile you need to repair—what then?

Well, that’s when your professors’ creativity and flexibility come in. When Clark’s Dealer Ready Automotive Technology programs faced COVID-19 restrictions, the college found a way to help students complete their hands-on labs in the shop.

The college set up a system for daily health screening checks. It has required face coverings for both students and employees. To comply with social distancing, the professors re-organized the garage with fewer students. The programs integrated online learning with in-person labs to keep

students on the path while minimizing in-person class time. The program's creative solutions for keeping its students learning were featured in the July edition of Northwest Automotive Trades Association (NATA) Industry Review.

Similar models will be used throughout summer and fall terms for all students taking Career Technical Education classes that require hands-on labs.

President Dr. Karin Edwards recently had the opportunity to visit Clark's Toyota T-TEN program to talk with instructors **Tonia Haney** and **Mike Godson** and observe students working in the reconfigured, socially distanced lab environment. She learned how the automotive instructors adjusted the program to COVID-19 restrictions, helping students complete their programs while putting safety first.



Dr. Karin Edwards, *left*, meets with Automotive Technology professors Tonia Haney and Mike Godson.

Smaller classes, safer classes

Two new cohorts of students start in the Automotive Technology program each fall: T-TEN (Toyota/Lexus) and HiTECC (Honda PACT, Audi AEP and Dick Hannah dealers). Normally, each program starts with 20 students per cohort, for a total of 40.

But to maintain social distancing requirements, fewer students will be admitted in each cohort this fall.

Haney says that to begin an automotive program, a student must be hireable, have a good driving record, and be at college-level math and English.

“To diagnose with computers, you must have a good understanding of electronics,” Haney added. “But you have to be able to turn a wrench.”

Making apprenticeships work

Clark College provides hands-on instruction so graduates are equipped to step into good jobs. Clark’s automotive programs are apprenticeships that require students to concurrently be working at a dealership garage or independent repair facility so that they can put into practice what they learn in the automotive lab. Students have three days of instruction in Clark’s automotive labs weekly, followed by three days of in-dealer apprenticeship experience.

Most students work in shops in the Vancouver-Portland metro area, but students have worked at dealerships as far north as Centralia (83 miles from campus) and as far east as The Dalles (90 miles).

Although auto repair and maintenance facilities are deemed “essential services” during the coronavirus outbreak, Haney says there may be fewer apprenticeship

slots available because dealers may not be hiring as many people.

Haney adds, “We may make exceptions to the apprenticeships, due to COVID.”



Nick Ferguson entered Clark College's Automotive Technology program to move up in his career.

From a hobby to a career

Nick Ferguson, 33, lives in Tigard and has been working at Lexus of Portland for 10 years as a lube technician doing oil changes, minor maintenance and repairs. He realized that in order to advance in his career and be considered for promotions, he needed more training.

He enrolled in Clark's Toyota T-TEN program because "I wanted to move up in the shop. It was the only way to move up."

Ferguson earned his GED in 2005. He hadn't attended any college classes. When he started Clark's program two years ago, in the Lexus shop he could do work that was supervised by a team lead, but as he neared graduation from Clark's Toyota T-TEN program, he says, "Now I'm doing anything and everything they'll let me do."

For the past two years, **Aaron Quick**, 19, has driven 140 miles round-trip between Winlock and Vancouver to participate in Clark's Toyota T-TEN program.

"I've always enjoyed working on cars," says Quick, who graduated from the program this spring. "I work on my own cars, and I work on my parents' and friends' cars too."



Student Aaron Quick commuted to and from his home in Winlock for two years to complete his Automotive Technology degree at Clark College.

During his senior year at Centralia High School, he

started looking for a robust, hands-on automotive technology program close to home, but he couldn't find one, so he applied to Clark and started the program immediately after high school graduation. Clark has turned Quick's hobby into a vocation.

Haney says, "Most students starting in the fall already have been hired by a sponsoring dealer and are working throughout the summer in a variety of different positions—from lot porter to lube technicians or even line tech, depending on their skills coming in. When classes start in the fall, most students will have three months or more of experience in the dealer to relate to instruction. Even if that experience is parking cars, it still helps to relate to daily instructional topics."

Learn more about Clark's Automotive Technology programs at www.clark.edu/cc/auto.

**Clark's All-Washington
Academic Team**



Julisse Hopmann and Kellie Langston
Congratulations to Clark College
students **Julisse Hopmann** and **Kellie Langston**, who were named
to the 2020 All-Washington Academic Team. The students were
recognized for their achievement during the June 10 Board of
Trustees meeting.

Julisse Hopmann is earning her Associate of Applied Science degree in Business Administration with a Certificate of Proficiency in business management. She expects to graduate Winter 2021. Running Start student Kellie Langston graduated from Clark College in June with her high school diploma and her Associate of Arts degree. *Read more about Julisse and Kellie below.*

Julisse Hopmann

Sometimes we find ourselves in over our heads—treading water and about to go under. But then a stranger comes along at just the right moment and pulls us to safety. Four years ago,

when Julisse Hopmann was a 25-year-old diner waitress, a customer pulled her from the brink and changed her life.

Julisse explains, "During that period of my life, I was drinking heavily. I wanted help, but I didn't feel I could get the help I needed."

An astute customer approached Julisse, pressed a card into her hand, and told her she had turned her own life around through a 12-step program.

"She probably could smell the liquor coming from my pores," Julisse recalls. "She gave me her card and said she could help me. Sometime later, [I had] one really bad night when I was drinking so much that I didn't think I was going to wake up, and I didn't want to wake up. But I did wake up—so I called her that morning and asked her to help me."

Julisse says, "My life was one big struggle, but at age 25, I turned my life around. That was my second chance. My redemption. Now I ask myself how I can be a beacon of hope."

Today she juggles her classes at Clark, cares for her 3-year-old son, and helps others through her involvement with a 12-step recovery program.

"I try to help others the way I was helped," she says. "Some people just need to get to 12-step meetings. Some people need resources. Alcohol and addiction come with other issues, including mental health issues."

Before her alcohol addiction and recovery, she ran away from home and joined the carnival when she was 18. She had always wanted to travel. Shortly after earning her high school diploma via Clark's Running Start program, she told her parents she was joining a friend and going on the road to work at a carnival, Funtastic Traveling Shows.

"My parents told me they'd do anything they could to stop me,"

Julisse recalls. "So, I left a note on the kitchen counter and left in the middle of the night. I caught up with the carnival at the rest stop near Battle Ground. I left everything behind."

For six seasons she traveled with the carnival to state and county fairs throughout Washington and Oregon. She discovered she enjoyed the work and was good with people and at business management. The carnival owner, Ron Burback, who had earned a business degree at Portland State University, saw something in Julisse and gave her increasing responsibilities. She started out making cotton candy, but by the time she left, she was managing a burger stand and two cotton candy stands.

She recalls the 80-year-old carnival owner telling her, "This carnival is my dream. You need to go back to school and find your own dream."

She doesn't have any regrets about joining the carnival. "I picked up a lot of useful skills: leadership, communication, working with people, learning how to handle stress, working long hours," she says. "When people tell me starting your own company is hard work, I know I can do it."

Five years after leaving the carnival, she's following Burback's advice. She's back at Clark College and pulling straight A's. She's been a Clark student before. She completed her high school diploma as a Running Start student in 2009. After she left the carnival, she enrolled at Clark but didn't stay. "I wasn't in the right mental space to take care of myself," she says. "My drinking picked up. I got depressed. I couldn't do it."

Julisse grew up on Larch Mountain near Hockinson, "way out in the sticks," she says. "I was always in the woods. Nature is healing for me."

After she graduates from Clark, her career goal is to combine her love of nature with her desire to help people struggling

with addiction to find connection.

“I get a lot of personal connection from a 12-step program. Everybody needs connection,” she says. “My goal is to start a nonprofit naturopathic clinic to help people with addictions to connect with each other and with nature.”

Kellie Langston

If there's a volunteer project to be done, Kellie Langston is likely rolling up her sleeves. During COVID-19 quarantine, the 17-year-old volunteer helped distribute meals to the students at Hearthwood Elementary, where her mother is a teacher.

Kellie has faced multiple challenges: coping with her parents' divorce, abuse, toxic households, and going back and forth between two families. As a result, she struggled with mental health issues. She chose to use that struggle to guide her volunteerism. During her first two years at Mountain View High School, she volunteered with her school's chapter of Youth Suicide Prevention Program, which trains youth to recognize the signs, risks, and triggers of suicide and how to get help.

“I wanted to use my story to help other students realize that they aren't alone,” she says. “I know how someone with suicidal thoughts feels. Students pay more attention when it's a peer speaking rather than an adult.”

Kellie served as the club's co-president her freshman and sophomore years. She and fellow club members wrote inspirational chalk messages on the school's walkways and opened doors for and greeted students when they arrived at school to help them feel welcome and connected.

But what Kellie enjoyed most about being involved in the club was speaking to more than 50 classes and leading discussions

about youth suicide, mental illness, stressors, helpful hotlines and how students could find extra support when they needed it. "Presenting helped me deal with my own mental health problems and my trials and tribulations," she says. "It was powerful and rewarding."

Kellie was invited to participate in a KATU News town hall on youth mental health along with other teen volunteers with youth mental health programs. She had her turn on the air answering students' questions.

During her junior year, Kellie became a full-time Running Start student. She joined Phi Theta Kappa and volunteered for service projects including distributing Thanksgiving meals to more than 100 Clark students in need.

In the fall Langston plans to continue her studies at Brigham Young University in Provo, Utah. If the campus isn't open for face-to-face instruction due to COVID-19 restrictions, she says she likely will stay home in Washougal and take her courses online. She plans to pursue a degree in education or perhaps business entrepreneurship.

"My dream job is to be a writer and a public speaker," Kellie says. "I hope to inspire youth to overcome their own obstacles."

About the All-Washington Academic Team

In all, 65 students from Washington's community and technical colleges were named to this year's All-Washington Academic Team. Traditionally, students are honored at a reception at South Puget Sound Community College in Olympia in late March, but this year, the COVID-19 outbreak canceled the event.

The All-Washington Academic Team is a program of Phi Theta Kappa, the international honor society for two-year college.

It recognizes academic achievers in the state's community and technical colleges who have demonstrated a commitment to scholastic achievement and service to their college and community. To qualify for the team, students must participate in PTK and fulfill other competitive criteria.

Each All-Washington Academic member receives a Phi Theta Kappa medallion and a \$250 scholarship from KeyBank. The top-qualifying students also will receive scholarships from Washington State Employees Credit Union and the Washington State Association of College Trustees. Additionally, students who choose to attend Washington State four-year colleges and universities are eligible to receive additional scholarships ranging from \$1,000 to \$12,000.

Photo: Clark College/Jenny Shadley