



Lady Saints head to NWAACC tournament for first time since '98

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THE ADVOCATE

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College dodges more cuts but '09-10 trouble still looms

RON J. RAMBO JR.
The Advocate

While Mt. Hood Community College has been able to avoid additional cuts to this year's budget, a lack of funding for 2009-2010 still looms while possible answers to budget issues have begun to arise.

"In large measure thanks to Sen. Rod Monroe, community colleges were spared additional cuts in this year's budget," said Sygielski in an all-staff email Monday.

Monroe, who is also on the

MHCC District board, said Tuesday the state sold \$170 million in lottery bonds to assist community colleges. This will prevent MHCC from taking losses that would equate to more than the \$600,000 reduction in funding that was pulled in January. However, the revenue forecast also projects that the state will be \$3 billion short for the 2009-11 biennium.

"I can't guess what amount will be taken out (of MHCC's funding) for the next biennium," said Mon-

roe. "We'll have \$1.5 billion in reserves from the U.S. stimulus package and rainy day funding, but that still leaves us short \$1.5 billion."

Monroe said the rest of the money will most likely come from tax increases, specifically on beer and cigarettes.

"As far as the college level is concerned," said Monroe. "I would prefer not to have tuition raised. If it means preventing the college from going bankrupt, I would vote for a tuition increase. But right

now I can't see it being more than \$1 or \$2 (per credit) at the most, if there is a serious discussion."

Chief Operating Officer Michael Wolfe said Wednesday the current report shows an allocation of about \$485 million to community colleges, down about \$15 million from years past.

"The governor comes out with his revised budget on March 2, which will give us a better idea for rebalancing the numbers for this fiscal year," said Wolfe. "We're

basically in 'waiting' mode. There hasn't been much talk about the hard numbers other than what Dr. Ski has said because they haven't been released yet."

Faculty Association President Gary DeRoest agreed that the college is, for the most part, in "waiting" mode until the governor's budget plan is released.

"The Faculty Association hasn't been talking much about how we

See **BUDGET** on page 5



Contributed photo / Mick Eagleson



Contributed photo / Mick Eagleson



Brett Stanley/The Advocate

Masquerading in style

MHCC students were treated to a Fat Tuesday celebration this week as Student Activities Board brought Stilt Walkers, face painters and gumbo to campus. Clockwise from left: Former MHCC Assistant Director of Student Life Susan Adams passes out breast cancer awareness beads for the SAB Tuesday. Student Mary Welch gets her face painted in the College Center to celebrate Mardi Gras on campus. Susan Adams and Kraig Mead, both of the Slippery Theater Company, talk with students during their visit. Troupe member Peter Davidson exults in the wonder of the balloons.



Students urged to use all senses to boost learning skills

SANNE GODFREY
The Advocate

Learning Success Center Supervisor Sharon Juenemann taught students "outrageous study strategies" during a student success seminar on Wednesday in the Bob Scott Room.

Juenemann said, "Everyone will apply it (the study strategies) in a slightly different way."

She started by asking the students two questions: What's one thing you are good at? And what did you do to become good at it?

"This is basically a prescription for learning," said Juenemann.

Learning Success Center offers 'outrageous' tips on how to study differently

Students learn in all different ways — some learn by practice, reflecting, analyzing and others learn by teaching or researching, she said.

"You get information through all of your senses," said Juenemann. The five senses people use are smell, taste, touch, hearing and sound. The ones most often used in class are sight and hearing, but Juenemann suggested using all five senses while studying for an exam.

"Sometimes there are subjects that are really dry so you have to do something to make it more fun," said Juenemann.

For example, she suggested the use of marshmallows to visualize an abstract concept because, according to Juenemann, most people remember visuals better than words in a book.

"By looking at a mental model, I'm looking at something far more interesting. I'm looking at a marshmallow," said Juenemann.

"Make a mental model for yourself."

Another way students remember things better is by association. In some cases this can be drinking water during every test; in other cases this might be color-coding your classes.

According to Juenemann, association with a certain product or color doesn't come naturally and you have to continue these "rituals" throughout the class. "You have to consistently do that (association)," said Juenemann. "It helps keep you organized too."

In the same way that a color or drink might help students remember what they

See **STUDY** on page 4

EDITORIAL

Despite crisis, focus on the positive

While the country struggles for air and MHCC continues to lose its life-blood with each passing budget revision, we as a college and a country must remember to remain positive, and know that this financial "crisis" is not the end of mankind as we know it. So, while this may be a dark time for the United States and MHCC, let's take the time to look at some of the positives

- So far, there has been no real discussion of a tuition increase by the college.

Financial problems and money borrowed at levels of epic proportions affect everyone from CEOs of Fortune 500 companies to students of all ages. And while the economy slowly continues to falter and crumble at the foundation, the state of Oregon, particularly Oregon's education, have taken huge monetary hits. Sen. Ron Wyden expressed his displeasure at the revised U.S. stimulus package that was passed last week, particularly because of the cuts to Oregon's education system. The package was revised with billions in reductions so that Senate Republicans would vote for it at the last minute — but at what cost? Thanks in large part to State Sen. Rod Monroe's work during legislative meetings, there were no additional cuts for the current year beyond the \$600,000 removed from MHCC's budget in January.

- So far, there has been no real discussion regarding cutting programs.

Since most community colleges carry specialized programs in their curriculum, and these programs aren't cheap, there are a relatively small number of students using up a relatively large amount of classroom funding. Dental hygiene, Chrysler CAP, and cosmetology are only a few of the programs with a small number of students whose cost is greater than average classes such as, for instance, English. Granted, some of the programs find ways to get their own funding (Chrysler CAP picked up \$6,000 in grant money earlier this school year) but the cost still looms. However, no administrators or faculty members have discussed reducing funding or laying off instructors in any programs, and logically, the expensive programs would be some of the first targets on the fund-cutting block. But due to the amount of care shown by faculty and administrators in keeping students the number one priority, these programs may not end up seeing much of a loss, which is great news considering MHCC's current budget climate.

- Community colleges may end up seeing as high as double-digit enrollment growth in the next two years.

While a reduction in state support of as much as \$4 million per year is anticipated in this fiscal biennium, community colleges are looking at having large increases in enrollment due mostly to a large shortfall in financial aid, and the cheaper overall cost for pursuit of a degree as opposed to attending a four-year university. Couple this with the fact that set tuition increases that have already been agreed upon in previous years are rather manageable, and the possibility of MHCC digging itself out of its budget problems are increased. Of course, more faculty will probably need to be hired, but overall an increase in student population can only help the college raise itself to a higher stratosphere of excellence, rather than struggle against the possibility of becoming increasingly more mediocre.

But not the fish and chips!

RON J. RAMBO JR.
The Advocate



Despite the current economic turmoil happening throughout the United States, things aren't all bad. Or, at least, they shouldn't be as bad as people are making it. Lately, yours truly has noticed much in the way of companies being total cheapskates, most notably when it comes to food.

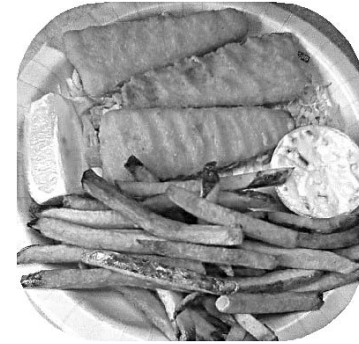
For instance, while making a quick-fix dinner of Hamburger Helper earlier in the week, I noticed a small icon near the bottom of the box that read, "Now with a faster cooking time!" Having been a student of the art of culinary greatness for a great deal of the last decade (particularly with Hamburger Helper), I couldn't help but wonder exactly how the cooking time was sped up.

Looking at the ingredients, there are only a few things that need to be cooked: The hamburger, which doesn't come with the package so it can't possibly be engineered to cook any faster; the "sauce," which needs only to have liquid added to it and then boiled away

to thicken; and finally the noodles. It is impossible to "speed up" the cooking time for noodles of a particular size and thickness, meaning one thing: The noodles are simply smaller, yet the price of the product continues to increase.

General Mills isn't the only corporation to do this. Several brands of cereal and frozen dinners seem to be decreasing in the slightest amounts so as to prevent any clear recognition of this phenomenon by the general public. Now, a favorite restaurant of yours truly has taken to this horrendous cheap-skating: the McMenamins chain.

Perhaps serious fans of food are the only ones to really see what McMenamins has done lately, but it really takes away from the general appeal. Never the cheapest restaurants with the highest quality of food, McMenamins restaurants are always fun places to hang out in mostly for the great atmosphere and good beer. It always seemed as though part of the abnormally inflated prices of the food was due in part to this



very unique atmosphere, which was always okay with me. However, in keeping track with the number of menu changes that have been made over the last year or two (and there have been far too many price-revisions to not be aware of), I've noticed that the cost has begun to outweigh the increases of inflation, and worse yet, the quality of the food.

One of my favorite menu items that McMenamins has had since I started frequenting their establishments is the ale-battered fish n' chips. For many years (or possibly since the item was first put on the menu), halibut, a very tasty and high-quality white fish, was used. Now, the McMenamins brothers have turned cheapskate and instead have started to use cod, a significantly less tasty creature. Atrociously, at some McMenamins they still serve halibut, albeit at a rate of \$5 more per plate. They ought to be ashamed of themselves.

Another favorite restaurant of mine, Acapulco, has undergone similar menu "enhancements" (there is nothing new and improved about these menus, despite what they may say) that has turned some of my favorite dishes into abominations. Take for instance the "Sea of Cortez," which featured six months ago a grilled halibut steak, shrimp brochette, and crab enchilada

for the price around \$14. Now, for the price of \$16, the halibut has been replaced with salmon — a significantly less expensive fish — but the price has increased. This goes beyond inflation. This is cheapskatery.

It may seem simply as though the seafood seems to be an isolated incident, but this is not true at all. Earlier this week, my girlfriend and I went to Red Lobster and, in technical terms, piggied out. However, much of what was on their menu the last time I went (February of last year) was still there, exactly as it was before, with the same cost as before. A half-pound side of king crab costs \$10.50 at a time when a pound at a grocery store is at least \$13 in most cases; not a bad deal at all considering I'm being catered while eating it.

The point of this? Corporations: Stop taking advantage of Americans while they're trying to enjoy themselves just because there is a financial "crisis" going on. The greed is outrageous!

Eye on Nature

February presents jewels at MHCC

WALLY SHRINER
Science department chair

February teases us with sunny days, emerging bulbs and a sparrow's song. And although the rain is here again, the seasonal tide has shifted.

February's gift of fair weather has also shown a light on a few of the jeweled treasures on our campus.

Small, but hearty Anna's Hummingbirds were re-establishing territories altered from

winter winds with buzzes adding emphasis to the flashes of color reflected off their feathered throats. And in dramatic contrast, a pair of Pileated Woodpeckers, giants among the forest residents, were excavating nesting holes — a good indication of the overall health of our green corridor.

Of the latter it is hard to over sing their praises and I marvel at these birds—there really is no comparison among

their peers. With crests of red, the male and female are naturally adorned as forest royalty. Their deep wing-beats belie their power, but not their grace and their raucous calls make clear the spirit they possess.

Jewels in a campus full of treasures.

Wally Shriner is a biology instructor at MHCC. He writes a monthly column about nature.



Submissions

Readers are encouraged to submit letters to the editor and guest columns for publication in *The Advocate*. All submissions must be typed, include the writer's name, phone number, address and major (if applicable). Phone numbers and addresses will not be printed unless requested. Original copies will not be returned to the author. The *Advocate* will not print any unsigned submissions.

Letters to the editor should not exceed 300 words and guest columns should not exceed 600. The decision to publish is at the discretion of the editorial board and on a space-available basis. The *Advocate* reserves the right to edit for style, punctuation, grammar and length.

Please bring submissions to *The Advocate* in Room 1369, or e-mail them to advocatt@mhcc.edu. Digital submissions preferred. Submissions must be received by noon Tuesday on the week of publication, in order to be considered.

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BUDGET: State Sen. Rod Monroe helps limit MHCC budget cuts

CONTINUED FROM PAGE 1

can help out with the budget, but we are very concerned about making sure services to students are still maximized as much as possible," said DeRoest. "I don't have an idea as to what we really need to do to save money and get immediate help.

"There have been no discussions regarding cutting workdays or working a few days without pay to keep from cutting the school year short," DeRoest said.

"We (the Faculty Association) have just signed this new contract with a number of MOUs (memorandums of understanding) to help the college meet its goals and missions. We have not received any requests to talk about cutting days."

DeRoest said that while he is in full support of having the conversation of cutting days if the need arises, he said he would need to see sufficient evidence that this was required.

"It's a very difficult question," said DeRoest. "What if the governor were to come out and tell college students that for a term they would have to pay double tuition? There would be a lot of people dropping out of school because they couldn't pay for it. So I think an across-the-board ask of pay cuts is inappropriate.

"I know that reductions are being made at a state-wide level to help with the budget," he said. "But I also imagine that there are a lot of teachers working day to day, and any kind of reduction may cause them undue hardship."

Sygielski said that the possibility of cutting workdays has not been discussed, but that administrators would probably know by April or May if it were becoming prudent.

"Right now our focus is on the deficit," said Sygielski. "It's probably going to be about \$1 million this year, unless creative ways to generate revenue are shown to cut these numbers, and next year we're looking at coming up about \$4 million short. But I am pleased that all options will be evaluated for preserving positions and helping students."

A budget and planning forum is set for March 23-27, and there will be a district budget committee meeting on April 15 when that group will tentatively approve a 2009-2010 budget. That same day, the Multnomah County Tax Supervising and Conservation Commission is likely to begin their review of the budget. On June 10, the board will have its budget hearing before the TSCC, and then are expected to adopt the 2009-2010 budget.

However, Sygielski is more concerned at the mo-

ment with his town hall meetings, which are scheduled to take place for another week.

Throughout Sygielski's town hall meetings that he has been holding at various locations around campus, there have been many "effective" ideas coming from faculty, administrators and students, according to Sygielski.

During Thursday's town hall meetings, in which Sygielski has been pushing cost cutting and increasing revenue, some ideas that arose were:

- Increasing energy efficiency by lowering the heat in classrooms by a couple degrees.
- Engage the community in a monthly campus clean-up day.
- Charging a fee for parking passes.
- Increase public transportation involvement with students.
- Hiring additional part-time faculty to teach specific classes.
- Employing more student workers.
- Stop mailing class schedules and converting enrollment information to entirely online versions.
- Reduce the number of workdays, as well as lower the number of hours in workweeks.
- Combining textbook information into packets for students to redirect revenue toward the college rather than outside sources.
- Create additional ways to get people on campus during the summer, such as the creation of an "Oktoberfest," having more theater shows, and a possible "Saturday market" or "farmer's market" on campus.

Regarding Monroe's comments on a tuition increase, Sygielski said, "My biggest concern is making sure that college is affordable for all students. We will be a key institution in helping the economy recover. If a discussion about tuition happens to help the school stay afloat, the board will handle it very carefully."

Associated Student Government President Janine Johnston said that she and the rest of the ASG would very likely avoid making recommendations to administrators to raise tuition unless it became "absolutely necessary."

"None of us are in favor of a tuition increase and we feel that there are better ways to fix the budget and fund the school," said Johnston. "I'd have to see where everyone else in student government stood to be sure. If an initiative is passed though, everyone would have to be on board one way or another."



Web photo

Stacy Wade Sharon sews together a "hug" that a soldier will wear around their neck to stay cool. She is a member of the Longmont, Colorado Chapter of the Hugs Project. More Colorado Chapter photos at www.thehugsproject.com.

HUGS FOR SOLDIERS

Visit the Jazz Café Tuesday 8 a.m. to 6 p.m.

SANNE GODFREY

The Advocate

The Jazz Café will host Mt. Hood Community College's first "Group Hug" Tuesday from 8 a.m. to 6 p.m.

A "Group Hug" is an event where people make "hugs" for American troops and allies in the Iraq war.

"Hugs" are ties made with cotton fabric and water absorbent crystals. When worn around the neck, the ties lie across the carotid artery, cooling down the blood stream.

This is in preparation for when 3,000 Oregon soldiers will be deployed at the end of April, ultimately to arrive in the triple-digit heat of the Middle East in July in full combat gear, said MHCC president John Sygielski.

The event is sponsored by Kaye Hansen and MHCC's Associated Student Government. Their goal is to make 500 hugs, Sygielski said in an all-staff e-mail. There is a statewide effort to make 6,000 hugs to deliver to the troops before they deploy.

There will be an assembly-line construction for the hugs, which require sewing, ironing, marking the hug with measurements required for the pocket that holds the crystals and packaging the final product. During the event, there will be help available to show participants how to make these hugs.

For more information, contact Kaye Hansen at 503-880-7427 or kayetoo@comcast.net.

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WOMEN'S HERSTORY

A perspective on the history of women

Women had the underhand during negotiations, until now

KELSI L. MCKENZIE

The Advocate

"You can get further with nice words and a gun, than with a gun alone," were the words of gangster Al Capone.

Sam Imperati, professional mediator from the Institutes for Conflict Management, spoke about effective negotiation styles at the Tuesday Women's Herstory presentation "Women taking the lead . . . in salary negotiation."

Imperati said that what he does for a living is sit in rooms with people who want to shoot each other just to see if the gun works—and tries to get them to reach a negotiation.

Imperati and the second guest speaker, CPA Deborah Bond, are members of the American Associate of Univer-

sity Women (AAUW) Gresham Branch.

The AAUW, according to their value promise, is a group that belongs to its community to break through educational and economic barriers so that all women have a fair chance.

Imperati said that in negotiations, women generally do not ask for as much in the beginning as men do.

He said during negotiations, the two parties polarize and are still surprised when the other party comes back with an equally extreme position.

The act of negotiating is a dance of presenting arguments in order of increased absurdity, Imperati added. "I am not justifying it, just explaining it," he said. "I am not condoning it, but this is the dance."

During a negotiation session, if the employer presents one argument and then the employee says "but," that is the first sign of being defensive.

"'But' is actually an acronym for 'behold ultimate truth,'" Imperati said. "As soon as you get defensive, (that is when) you lose."

To showcase how negotiations work, the audience participated in a role-playing game where the goal was to get their partner to cross over to their side of an imaginary line on the carpet in order to win the game. The participants could use any form of negotiation to convince the other person to cross to their side on the line.

After 30 seconds, the group reconvened and no one had successfully convinced the other person to cross

the line.

One person said she told her partner that only sick people stood on that side of the line, and that didn't work. Another person said she told her partner that she had chocolate with her on that side of the line, which didn't work either. To which Imperati said, why didn't any group just switch sides, so both parties could win?

"Why does it imply that for one person to win, the other person must lose?" he said. "That is the general mind set in negotiations."

The slides, which were printed for audience members to take home, provided a negotiator's game plan that had points for improving salary negotiations.

Some major points were to tie proposals to legitimate objective standards and discuss the rationale or formula in order to reach negotiations, use a communication style that conveys a willingness to explore versus debate, be assertive about the need to collaborate, and to keep in mind that it's not about the other guy; go in and negotiate yourself.

"Most sophisticated negotiators ask open-ended questions and do not make declaratory statements," Imperati said. "Explore negotiations, do not debate salary."

The next and final Women's Herstory event is scheduled for Wednesday from noon to 1 p.m. in the Town and Gown Room and is focused on "Women taking the lead . . . by writing for their lives."

It is a literary reading and discussion featuring two Portland authors, Monica Drake and Cheryl Strayed. The two authors wrote about trying to balance work, family and creativity.

For more information about the event or past Women's Herstory events, visit the MHCC website at www.mhcc.edu.



Kelsi L. McKenzie/The Advocate

American Associate of University Women (AAUW) CEO Deborah Bond (left) and professional mediator from the Institute for Conflict Management Sam Imperati (right) direct two three-member groups of Women's Herstory audience members in a salary negotiation role-playing exercise Tuesday.

Women's Herstory looks at environmental inspirations

CHELSEA VAN BAALEN

The Advocate

A panel comprised of nine women from MHCC's IALS and CASS programs led the Women's Herstory event "Women taking the lead . . . to Save Our Planet" Thursday, discussing those who inspired them to get involved in the environment.

"Inspiring women talking about their inspiration" is how CASS Cultural Education Specialist Nikki Gillis described the event. This is also the national theme for the Women's Herstory program.

CASS and IALS stand for Cooperative Association of States for Scholarship and IALS-Afro-Latino Scholarship, two programs that allow people from other countries to come to MHCC and study natural resources. After the students complete their program, they go back to their native countries to help the environment.

Blandina Bartolon from Cuba kicked off the discussion by talking about her community that has a climate she described as very similar to Oregon with a "huge amount of vegetation." However, her community has an issue with garbage. A "wonderful woman" in Bartolon's community works on maintaining a recycling system and getting people to "conserve" their natural resources. This woman inspired Bartolon to get involved in the environment and is someone Bartolon hopes to work with in the future.

"Together we can benefit the community," Bartolon said.

Lucrecia Garcia was next to speak, explaining that her community in Mexico has no rivers and obtains water from rain and springs. However, the community is dealing with deforestation, because, according to Garcia, "every December people cut a lot of trees to use as Christmas trees."

"We have had this problem for a long time," Garcia said. Garcia was inspired by a teacher and community leader who works to preserve the national resources and promote development. According to Garcia, "when she (the teacher) worked in this organization, she learned a lot about the environment and how to preserve it." Garcia hopes to become a teacher as well, educating children about the environment.

Panelist

Honduras was teacher who "still environment." this work is im-

environment
The issue of also brought up
esca. Bresca was whose main goal from cutting
woman also went
teach people in the community about the environment.

"She is very dedicated. She takes a lot of time," Bresca said.

Pollution was another issue discussed by the panel.

Luisa Rojas comes from a community in Peru that grows a lot of potato crops. However, "We use a lot of chemical fertilizer. That is a big problem in my community." The woman who inspired Rojas organized an activity where everyone in the community collected the plastic bottles from the fertilizer to dispose of them. "Now my community has this activity two times a year." Rojas said.

Conserving the environment was a goal for Isabel Puerto as well. Puerto, like her inspiration, a teacher in her community, believes teaching children about the environ-



LUCRECIA GARCIA

Lida Martinez of also inspired by a has time to help the Martinez added that portant because "the needs protecting." deforestation was by Haitian Fabi Br-inspired by a woman was to "keep people down trees." This house to house to

ment is important because "if we educate our children they will help the environment in the future." Puerto added that her community in Honduras had "a lot of natural resources" as well as a national park.

The need to protect natural resources like these was also felt by panelist Estela Noteno, whose Ecuadorian community was running into problems with oil company Texaco.

"They don't care about polluting water in my community," Noteno said. There is also an issue with recycling and disposing of garbage. Noteno's inspiration is her grandmother, who found a different way to recycle.

"When she works in my community she will pick up plastic bottles and decorate her house. It is a type of recycling. She is protecting the environment," Noteno said.

Yariela Marte's role model also picked up trash in her Dominican Republic community. This woman also plants trees, according to Marte, as well as working with "people who don't have enough resources to survive." Marte hopes to continue this work and to "educate children."

"We have to begin with children, they have to know what we have to do to protect our environment," Marte said.

Hermelinda Juarez talked about how a woman from her community "leads different groups (in her native Mexico) to talk about different issues we are facing around the globe, such as global warming."

After the panel wrapped up their discussions, Nikki Gillis welcomed Olga Gavia to perform an Inca tradition honoring "Mother Earth" after the harvest ends.

"It's a time to give back and say 'thank you,'" Gillis said. Gillis added that the panel showed that "anything that people do to be aware of the environment is taking the lead. Even small things that people."

STUDY: Student success seminars teach strategies for improving study habits

CONTINUED FROM PAGE 1

learned, it is helpful to practice dealing with environments. For instance, students can replicate their testing environment by making it either really noisy or really quiet.

"Time yourself when you're studying," said Juenemann about recreating a testing environment.

If all of this doesn't help students study, they can always "talk yourself through it like a teacher does," said Juenemann. By writing on a board and trying to explain a process, it will teach students to think outside the box.

"You've got to show what you know," said Juenemann.

By teaching it to someone or something, students can answer all those questions that are asked differently on a test.

"Over-learning is the best technique," said Juenemann. By spending more time on a subject and researching it in many different ways, you learn more, she said.

"You have to study past recognition," she said.

According to Juenemann, instructors should all be able to

come up with real world applications to make a subject more interesting.

Next week the Learning Success Center is sponsoring two student success seminars. Monday will be a "coping with stress" seminar from noon to 1 p.m. in Room 1152. On Thursday there will be a "steps to successful test-taking" seminar from noon to 1 p.m. in Room 1267.

For more information about the student success seminar, contact Larry Gilius at 503-491-7507.

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THE SOUND OF ONE MAN WINNING



MHCC freshman delivers high performance without a lot of noise

GREG STOLTZ
The Advocate

There's a lot that 19-year-old Lance Erickson doesn't say.

It's not that he's uncommunicative. Erickson, a first-year student in the MHCC Ford ASSET program, seems happy enough to answer questions about himself. Even so, his dad, Dean Erickson, said of his son, "He doesn't talk a lot. You don't always know what all is going on."

If you find out he's half of the championship team that won the 2008 Ford/AAA Student Auto Skills competition for the state of Oregon - and then went on to place eighth in the nation - you probably didn't hear it from him.

When asked, Erickson does say winning earned him a scholarship to the MHCC Ford ASSET Program. ASSET, which stands for Automotive Student Service Educational Training, is "in-depth, bumper-to-bumper technical training using state of the art tools and equipment," said Jerry Lyons, MHCC Ford ASSET instructor and the man responsible for bringing the auto skills contest to MHCC in 2008.

Students in the program, offered by MHCC in conjunction with the Ford Motor Company, spend every other term working at a sponsoring Ford dealership. Erickson was supposed to start his internship last fall quarter, his second at MHCC,

but it fell through and he spent the time at home, working with his dad building countertops.

Asked about the setback, he said only, "The economy went bad so I couldn't get on at Gentry [Ford, in Ontario, Ore.]. Erickson said he hopes to get on at the Ford dealership in Burns, Ore., starting spring quarter.

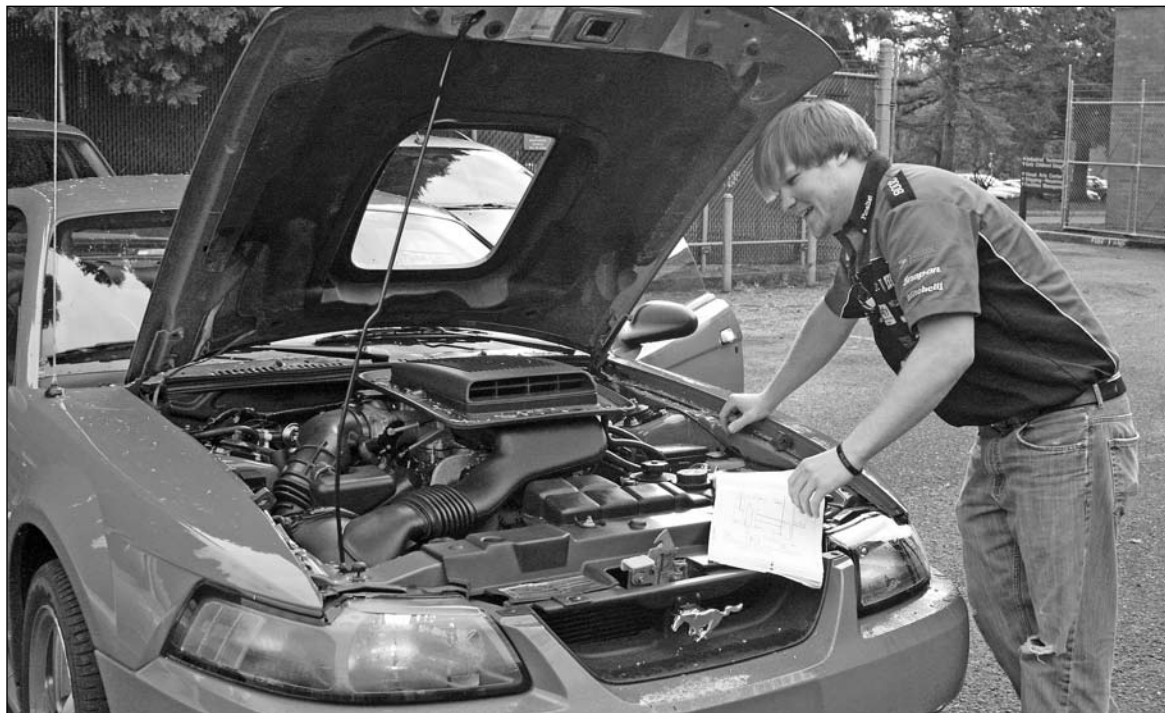
On other subjects, Erickson provides more detail. He talks about the football program at the high school in his small Eastern Oregon hometown of Vale, noting they've won 10 state championships, more than any other school in Oregon.

He omits, however, that he was part of that football program: playing varsity all four years, making it to the state championship game twice and coming in second both times.

Then there are the big things he understandably chooses not to mention.

When he was in fourth grade, he almost lost his father to complications from routine surgery. In seventh grade, a motorcycle accident punctured Erickson's lung and required a titanium rod in his leg. When he was born, it was with a severely constricted aorta that nearly ended his life nine months later.

In each case, the outcome could have been much worse. Dean Erickson recovered from the blood



Christina Hammett/The Advocate

Ford ASSET student Lance Erickson examines the inner workings of a Ford Mustang outside of the Industrial Technology Department. The young man, discovered his love for fixing cars before he entered high school. Above left: Erickson poses with his truck.



LANCE ERICKSON

clot in his spine that left him temporarily paralyzed. Erickson missed a season of basketball while he healed from his crash, serving instead as manager for the boys' and girls' teams at his middle school. Once Erickson's arterial condition was diagnosed, his surgeon removed the constricted portion and spliced the aorta back together with no complications.

After that surgery, Erickson was healthy, strong and active. "He just never slowed down. I don't think he even knew his own strength," said his mom, Tina Erickson. "Lance needs to be kept busy."

Erickson did keep busy. He helped ranch and farm with his

grandfather and uncle. He and his father would fish, hunt and cut firewood together. "He's cut a lot of firewood," said his dad.

Erickson said one of his favorite pastimes growing up was riding dirt bikes. "If it had wheels, I was on it, whatever it was," he said. Erickson also rode his grandfather's horses but said, "I'm not really one for horses. I like horsepower, not horses. I get bucked off too many times."

With a lifelong love of using his hands and solving problems, Erickson was at his dad's side from an early age. "Lance has always been out in the garage with his father working on cars," said Tina Erickson. "Lance was always his father's helper, always."

Erickson confirms that. "Since I was old enough to walk and strong enough, I was always there with him," he said.

In high school, he continued to nurture his love of fixing cars. Erickson took all four years of Merle Saunders' automotive technology program at Vale High, hoping to become part of the school's auto troubleshooting dynasty.

This is something Erickson is eager to discuss.

Saunders first entered a team in what has become the Ford/AAA Student Auto Skills competition in 1984. Since that time, his teams from Vale High School have won the state contest 21 times - every year but four - with Erickson and his partner, Caitlin Short, bringing home number 21.

Erickson grew up very aware of the success of Saunders' program. "Our high school has a repeated history of winning the contest," he said. "I wanted to grow up and be like the kids I saw win - and uphold the tradition."

He is also free with praise for Saunders, of whom he says, "Merle's the best teacher I've ever had. His love for his subject comes

through so much. If that doesn't impact you in some way, then you probably shouldn't be there."

His trip to the state contest started with the qualifying exam in February of his senior year. Erickson was home the day of the test, too sick with pneumonia to get out of bed - pneumonia that just a few days later would force him to withdraw from the district wrestling meet, keeping him from earning what he'd hoped would be his second visit to the state tournament.

Saunders phoned the Erickson home and spoke to Tina Erickson. He said Erickson had to take the exam that day or he'd miss his chance. Tina recalled, "I gave (Lance) Dayquil and whatever I could give him. (Afterward) he was so out of it, he just knew he didn't make the team. Lance said he did not remember one question on the test."

The results, however, he remembers. Erickson got the second highest score in the school and in the state, trailing only his partner. They were going to the state competition.

With Saunders' guidance, they studied three to four hours every day after school until the competition in May. They were there on Saturdays, too. "Some Saturdays a lot more than three hours," Saunders said. They went on to win the state contest and advanced to the national competition and that eighth-place finish.

Saunders said, "There were some factors outside Lance's control that kept them from placing higher (at nationals)." Erickson did say that his partner made a mistake, but that it could have happened to anyone.

Like so much else, Erickson doesn't seem to be dwelling on it. Maybe he knows that winning in life doesn't require coming in first.

Maybe the surest sign of a champion is what he doesn't say.

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After eleven-year wait, Saints make the NWAACCs

JAKE FRAY
The Advocate

The Saints women's basketball team encountered rough weather against the Chemeketa Community College Storm early Wednesday but bounced back to win their third game in a row to finish the regular season with a 65-61 victory.

Freshman Brooklyn Bahme tied teammate Ericka Ziegler with a team-high 13 points while Bahme also finished the game with eight assists and 12 rebounds.

Even with their efforts, the Saints went down 27-20 going into the half.

"Defense was not there, most definitely," said Bahme. "They were able to just drive down the middle of the key and score. We just couldn't stop them."

Early in the game, sophomore guard Alexandra Melonson picked up two fouls and had to sit the rest of the first half.

"Alex got into big foul trouble early on," said Head Coach Larry Davis. "She picked up two fouls in two minutes so she had to sit the rest of the first half which hurt us because she is the heartbeat of this team."

Coming out of the break, Melonson brought the women back to overtake the Storm and pulled away to victory.

"When Alex started the second half, she just went haywire on them and it pumped us up and we just stole the show the rest of the game," said Bahme.

The women stepped up their defense and played their tempo on offense. According to Bahme, a key part of the game came in the second half on defense from freshman center Katie Smith, who also who finished the game with nine points, eight rebounds and four blocks.

"It felt good being able to play defense at a high level," said Smith. "I knew I got seven blocks but they only wrote down four in the stat sheet."

On Saturday, the Saints ended hopes for Linn-Benton to make the NWAACC tournament by beating the Road-

runners 69-55. The women maintained their lead after heating up a few minutes after the game started.

"We didn't start too consistently," said Davis. "That has been a key element this year, us starting out slowly almost every game."

After a rough start, the women took the lead 10 minutes into the game and never relinquished.

"We got the game to be in our tempo and played our style of basketball once we picked up the pace," said Davis.

For the Saints, Smith had another double-double to add to her collection this year, finishing the game with 17 points, 10 rebounds and a steal. Also, Ziegler finished the game with nine points, four assists, four steals and seven rebounds.

The Saints were able to keep the lead even though the Roadrunners guard Kalah Heacock scored 22 points and grabbed five rebounds to lead the Roadrunners. Teammate center Amanda Douglass scored 12 points and had four rebounds.

Finishing the season in fourth place in the Southern Region with a record of 8-6, the Saints will play Skagit Valley Cardinals from the Northern Region in first-round action Thursday at 2 p.m. at the NWAACC tournament in Kennewick, Wash. The team will have a week to scout the Cardinals, who sit on a 15-0 record in conference and 23-1 overall. The Cardinals are led on offense by freshmen guards Brittany Janz and Kerri Arendse. Janz is averaging a team best 13.79 points per game.

This is the first time the women have made it to the tournament since the 1997-98 season, when the women lost in the first round.

"It feels great to make it to the NWAACC tournament," said Davis. "We have worked hard to get to this point and we are ready to make a run at the title which has been our goal the entire season."



Contributed photo/Mick Eagleson

Guard Chelsey Ramos, shown earlier in the season, had five points and three rebounds Wednesday night in a win over the Chemeketa Community College Storm 65-61.

Walk-on shines new light on Lady Saints

JAKE FRAY
The Advocate

In many ways, even Brooklyn Bahme can't even explain how she ended up as the starting point guard on the MHCC women's basketball team.

Bahme was as a standout basketball player in high school and earned all-state honors, but even with colleges wanting her to come play, she didn't see basketball in her future. "It just wasn't something I was that into," said Bahme. "I just wanted to get away and go be a college student."

Bahme grew up in Clackamas where she attended Clackamas High School. Bahme was a two-sport athlete until her sophomore year when she quit soccer to focus on basketball. "I just didn't feel that soccer was my sport, so I decided to switch to basketball full time," said Bahme.

She earned two second-team all-state nominations and one honorable mention in her career at Clackamas and after her senior year, she said she received letters from universities and community colleges (none from Mt. Hood). But she wasn't thinking about more basketball.

"I never even thought about playing college basketball," said Bahme. "I just had other plans."

After high school, Bahme moved away to attend Utah Valley University in Orem, Utah, to get away from her life in Oregon. But soon after heading off to college, she met her future husband Clint at UVU.

"I never thought I would be married already but when I met him in Utah, it just felt right." They were married last April.

"I love being married to Clint," said Bahme, "He is the best support system for me and he is really supportive of me in whatever I do."

After getting married, Clint was talking with MHCC men's Head Coach Rob Nielson and was planning to attend MHCC in the fall. Clint felt Brooklyn was missing more than just home and figured out what exactly else it was.

"I was already talking with Nielson," said Clint, "and I could tell that Brook was missing something in her life. I thought it was basketball and I was right"

Clint, who is a 6'1" freshman on the men's basketball team, told her she was good enough and advised her to try out at MHCC as a walk-on.

"She has always been great at basketball," he said. "She just needed a little push so I gave it to her. I am extremely supportive in anything she does. It is nice because I can



Jon Fuccillo/The Advocate

Point Guard: Brooklyn Bahme

Season averages:
Points per game: 7.65
Steals: 1.81

be there to support her and vice versa. I just wish she would play a little more with me because she won't play me one-on-one"

Brooklyn said she feels the same way.

"We aren't really competitive," she said. "We just really support each other and it is nice to be able to see each other play. I am just lucky to get to play and watch him because we play for the same school. As for being competitive with him, I just don't want that to come between us. I just love the fact we can support each other and push each other to do what we want to do in basketball and in life."

When Brooklyn decided to walk on, the coaches didn't even know who she was. Last fall she showed up to her advanced basketball class (which usually is just the women's basketball team taking the course) and no-

body was there.

"When she walked into my advanced basketball class, I didn't even know she was signed up for it," said women's Head Coach Larry Davis. "I gave the girls a day off because usually only the basketball team takes the class. But she was signed up."

Teammate Brittany Yates told Davis there was a girl out in the gym looking for her class, so Davis went out to talk with her.

"I was so nervous," said Bahme. "When I met with Coach, he didn't know what I had to offer. He was basically like, 'Who is this girl that wants to play?'"

According to Davis, he almost made the wrong decision.

"I told her I really only wanted to keep the roster at 12 ladies," said Davis. "But I let her stick around and now look where she is. She

is my starting point guard. If I would have let her go that day, it would have been my worst coaching decision I ever made."

As a freshman, the 5'7" Bahme is averaging 7.85 points a game and a team high of 1.81 steals per game. The team is in fourth place in the Southern Region heading into next week's NWAACC tournament in Kennewick, Wash.

"I just want to keep expanding my game," said Bahme. "I don't care about setting records. I just want to win."

Davis said Bahme is a key to his team's success this year.

Bahme said her approach to the game is simple: you go hard and push yourself every day. She is willing to scrape her knees on the floor diving for the loose ball two minutes into the game hoping to pump her teammates up.

"Defense is my best part but I can push the offense to get us going," she said. Her teammates think it is how much defensive pressure she puts on other teams.

"She is very aggressive," said sophomore teammate Alexandra Melonson. "For being a walk-on, I am completely surprised at how hard she plays. She definitely gets in your face when you mess up."

As for Davis, he just loves the work ethic Bahme brings on and off the floor every night.

"She is a workhorse for us," said Davis. "There has never been a question with her work ethic. She leaves it all on the floor every night. She is one of the key reasons to our success this year."

As a freshman, it is still too early for her to be getting looks from Division-I schools, says Davis.

"It is just way too early, considering she is a walk-on," said Davis. "But by this next time next year, she will be definitely getting recruited somewhere that is big."

According to Davis, she is one of the hardest working girls on his team.

"I gave the girls a 'foxhole test' at the beginning of the year and I recognized who was standing out and she was the first one," said Davis. "When I brought her up, I told the other ladies, 'Look girls, we have a walk-on here. She is busting her butt and you all need to step it up.'"

As for her future, Brooklyn doesn't even know what she wants to do.

"I have no plans right now," said Bahme. "I am just taking general studies but I should probably decide on something soon. But right now, I just want to keep playing basketball."

Saints flounder in Storm despite early season beatdown

JON FUCCILLO
The Advocate

The Saints men's basketball team ended its regular season with an 85-83 loss Wednesday night against the third-ranked Chemeketa Storm in Salem.

After claiming a 12-point lead at the half, 44-32, the Saints went south in their scoring threat. The Storm outscored the Saints 53-39 after intermission. According to forward Jamar Johnson, the team came out flat and weren't ready to play in the second half.

"I would like to blame it on bad calls but that wasn't the case. We didn't come out ready to play in the second half and the scoring showed that. We played bad defense and we didn't handle the ball well," said Johnson.

The Saints ended the game with 19 turnovers, including 13 between point guard Earl Jones and shooting guard Michael Wohlers.

"I'm just glad we got these two bad back-to-back games out of the way," said Johnson. "Our main focus is NWAACCs and we need to adjust and be ready. We need to forget about these last two games and move on."

With the second seed in the Southern Region, an 11-3 record in conference and 20-6 overall, the Saints will play the third-ranked Olympic Rangers from the Northern Region in the first round of the NWAACCs in Kennewick, Wash., Thursday at 8 a.m.

Against Chemeketa, the Saints had five players in double digits in the losing effort. Earl Jones led the Saints with 19 points and four assists. Forward Jeremy Jones scored 13 points and center Chris Weitzel chipped in with 11 points and seven rebounds. The Storm held Wohlers to seven points; he only connected 3 of 11 from the field.

On Saturday night, the Saints spoiled a guaranteed NWAACCs berth for the Linn-Benton Roadrunners with a two-point victory, 79-77 in Albany.

Earl Jones, who ended the game with 10 points and seven assists in 40 minutes of action, said the team owes the victory to Johnson because of his offensive performance down the stretch. Johnson ended with a game high 25 points. "Linn-Benton didn't have an answer for Jamar (Johnson)," said Jones.

"We just gave him the ball and he would either score or get fouled. He stepped up big for us and we got the win because of his play making ability. He deserves all the credit for the win."

This wasn't quite the same game as the first match-up against Linn-Benton on Jan. 28 when the Saints won big on their home court by 27 points.

Head coach Rob Nielsen said his team had trouble focus-



Contributed photo/Mick Eagleson

Forward Jamar Johnson, shown earlier in the season, scored 10 points against the Chemeketa Community College Storm in an 85-83 loss Wednesday night. The Saints travel to Kennewick, Wash., to face the number three seeded Olympic Rangers from the Northern Region in round one of the NWAACCs at 8 a.m. Thursday.

ing for the Linn-Benton game following an emotional victory against Clackamas three days earlier. "The emotional high we had from the victory over the Cougars was tough to respond to and Linn-Benton is playing for a playoff spot, so they were playing for their lives."

The Saints struggled to get shots up all game long and only attempted 58 field goals. The Saints shot only 50 percent from the free throw line 16 of 32. Johnson shot 11 of 16 from the line and free throws were the difference in the two-point victory.

Roadrunners Head Coach Randy Falk said his team had fewer turnovers compared to their first meeting with the Saints, which helped keep the game close.

"We understood the need to take care of the ball," said Falk. "We had significantly fewer turnovers this time around. Fewer turnovers led to fewer possessions for the Saints. We had a lot of intensity for this game. We understood a win over the Saints would guarantee us a spot in the NWAACCs."

Jones said the victory was sloppy but he was happy to continue the seven-game win streak. "The Roadrunners played with more intensity than us," he said. "They needed the win to help themselves out for a shot to make the NWAACCs. We almost slipped up and gave them a win."

Wohlers ended the game with 19 points, connecting 3 of 6 from behind the arc. Forward Cody Mortenson chipped in with six points and a team-best 10 rebounds.

"The Saints are a very good team," said Falk. "They have a very balanced team. This team will present problems for other teams in terms of match-ups. They have very good three-point shooters and a strong inside attack. They run the floor well. They will go far in NWAACCs."

The Roadrunners were led on offense by forward Tyson Christie, who ended the game with his first double-double of the season: 17 points and 10 rebounds. Christie has been the leader of the Roadrunners for the past two years and averages 14.6 points per game.

Last year the Saints fell short of making the postseason after finishing in fifth place and this year's tournament will be Nielsen's last chance at an NWAACC title.

"That would be the pinnacle," said Nielsen, who announced last week he would step down as head coach at the end of this season. "Having to leave isn't very fun but under the circumstances, if we can win a championship that would be a great statement and an even better way to go out."

Saints center leaves behind football for new beginning

JON FUCCILLO
The Advocate

There wasn't a cloud in the sky in the summer of 2007. It was late July and high school football players were proving their skills during a combine showcase at Oregon State University. The daylong camp was coming to an end and the linemen were working on their blocking skills to finish the day.

"Snap." The sound echoed across Reser Stadium and Chris Weitzel's dreams came to a quick end. He had torn the ACL (anterior cruciate ligament) in his right knee.

"I was pass blocking another recruit to the right," said Weitzel. "He crossed my face and our knees collided. I got the worst of it when my knee buckled from the impact of the collision. The only thing that was going through my head was that it was all over for my football career and possibly sports altogether."

Weitzel, a Gresham native, is now a freshman at Mt. Hood Community College, and a forward on the men's basketball team. He dreamed one

day that he would be a Division I athlete, but with the knee injury his worst nightmare had become a reality. "I was 15 minutes away from receiving a full ride to Oregon State University. Then in the blink of an eye it was all over."

Weitzel grew up with one thing on his mind — sports. He lived and breathed sports as a youngster. He started playing organized sports in the fifth grade when he joined a YMCA basketball team.

He was a three-sport standout athlete at Gresham High School, playing football, basketball and baseball. He lettered for two years in football, three years in basketball and two years in baseball. Weitzel missed his senior season of football after tearing his ACL and was left with no choice but to rehab and watch his team from the sidelines.

"It was a painful process, not only recovering from the injury but not being able to play," said Weitzel. After six months of non-stop rehabbing, Weitzel was cleared to play sports again and was quick to do so, but maybe too quickly.

During his junior year, Weitzel was ranked as one of the top football players in the Northwest and getting national attention, including coverage on ESPN.com as one of the top tight ends in the country. He started receiving letters from Oregon, Oregon State, Portland State, Washington, Washington State, California and Notre Dame. These were all schools he dreamed about playing for as a kid. "Notre Dame made two official visits to Gresham and it had always been a dream of mine to play for the Fighting Irish."

He joined the basketball team halfway into the season and when the season was over, he joined the baseball team. Weitzel was working out in the weight room power cleaning when his right knee once again buckled on him, but this time it was worse than before.

"It was a freak accident," said

Weitzel. "Not only did I tear my ACL again, I also had severe lateral and medial meniscus damage." This time rehab was more severe since he had torn his ACL twice in less than a year. "The rehab was more intense and it sidelined me for a bit longer this time around. At this point, I really thought my career in sports was completely over. It was like I had been sent a message saying that sports were no longer meant for me."

Weitzel signed a letter of intent back in October 2006 after his junior year to play football at Portland State as an offensive lineman for the Vikings on a full ride scholarship. Even though Weitzel had two surgeries

"I REALLY WANTED TO PLAY BASKETBALL AGAIN, THE SPORT I GREW UP LOVING THE MOST."

- CHRIS WEITZEL
freshman center

in a one-year period, the Vikings still had a lot of interest in the 6'6", 290-pound prospect. "Portland State stood fully behind me in my recovery and offered me to grey shirt (medical redshirt). They told me not to worry about my injuries and to focus on getting healthy."

But Weitzel decided to withdraw from his scholarship and take the year off to fully recover. "I got nervous. At one point I got up to 310-pounds and decided my health was more important to me than playing football for a program that wanted me to continue to put on weight since they thought that I hid my weight too well."

During the 2007-2008, he realized his warehouse job wasn't the future he wanted.

"I was working long, hard labor hours in the warehouse for a laundry company. That kind of job wasn't any fun nor the future I wanted. I started losing a lot of weight and started getting really healthy again. I decided I wanted to go back to school."

Long-time friend Michael Wohlers, now

a sophomore shooting guard for the Saints basketball team, put in a good word to Head Coach Rob Nielsen. "Wohlers told coach Nielsen about me since the team was looking for big guys and told him about my situation. And I really wanted to play basketball again, the sport I grew up loving the most"

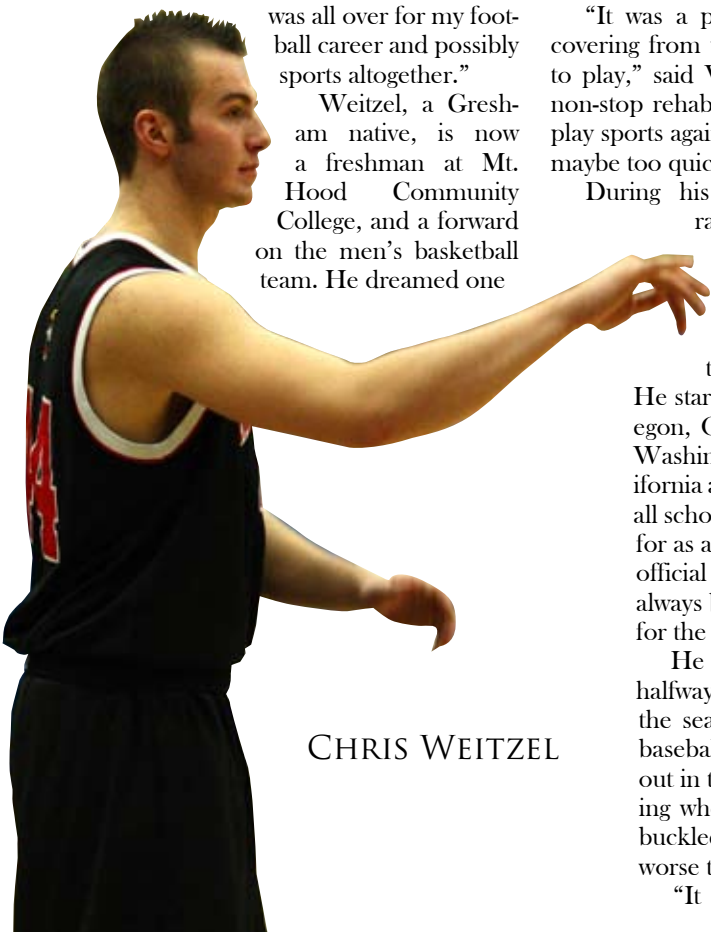
"It was rough watching him go through those injuries," said Wohlers. "He learned a lot from his injury and knew he needed to get healthy if he ever wanted to play sports again." Wohlers, who attended Gresham High School with Weitzel, has been best friends with him since fifth grade. "We have gone through a lot together," said Wohlers. "This was definitely the worse thing to go through with him as a friend. But in the end he's playing a sport he loves again. He worked really hard getting back in shape and continues to work harder and harder each day."

Weitzel thought long and hard and questioned the issue of playing and replayed the vivid images in his head about the two surgeries. "My initial thought was there was no way in hell I could play. I was so out of shape and plus I didn't want to put my knee in any more jeopardy. I was scared."

Coach Nielsen said, "A lot of kids sit out a year and think about what they want. Then they realize that they want to play again. He came and proved himself and we liked what we (coaching staff) saw."

Nielsen describes Weitzel's personality on and off the court as being a carefree kid. "He's built a lot of confidence and takes a lot of initiative for his actions on and off the court." Nielsen also said Weitzel has gotten physically stronger and in better shape. "He has improved so much in his skill development. He is very important to our team this year. For a team to be good and successful, they need a solid point guard and big guy — and Chris is our solid big guy."

Nielsen realizes that Weitzel still has a lot to work on but believes after a solid summer coming up he will be just fine. "Basketball kids are made up in the summer. I believe that he will get a lot stronger and develop this summer. I am looking forward to seeing what he does next year."



CHRIS WEITZEL

The man who could be crowned king



Reed Shackelford/The Advocate

MHCC men's Assistant Coach Geoff Gibor looks on in practice Tuesday as the men's basketball team prepares for its next game. Gibor has been coaching at MHCC for 10 years alongside Head Coach Rob Nielson.

REED SHACKELFORD

The Advocate

While MHCC's men's basketball head coach Rob Nielson leads his team in the spotlight, assistant coach Geoff Gibor takes the role of, as one student said, "the guy next to the coach."

But with the announcement last week that Nielson will be stepping down after this season, Gibor might find himself holding a new spot on the bench.

For the last 10 years, Gibor has been a staple to the team's success with his recruiting and communication skills, according to Nielson, and is a likely candidate for the position of head coach next year.

But who is he?

The 34-year-old assistant coach and family man lives in Gresham with Rhonda, his wife of nine years, and his 7-year-old son Jordan. In his daily schedule he juggles his family life, coaching, and a career as an IT manager for Vanport International in Boring.

"I've always had to manage my time well. I've always had a career and a family and I have a 7-year-old son, so it's a busy schedule. I try to just be as efficient as possible."

Throughout it all, basketball has been key part of his routine. He started to play ball in middle school, and has continued with the sport throughout the military, college, parenthood and a career.

"I played in 7th and 8th grade and I moved around from high school to high school so I didn't play organized ball then. I was actually cut in high school my junior and senior year, so I just played a lot of pick-up ball."

After high school, Gibor went into the Navy for four years, where once again basketball was an important theme.

"I remember at one point I was playing in seven leagues at a time, so I had practice or a game seven days a week. That's kind of where I learned. That would have been the equivalent of high school for me."

"I kind of made that maturity and progression through the four years I was in the military." While in the military, training and service took him from boot camp in Chicago to training in Boston and Florida, to service at Fort Meade in Maryland, all the while playing basketball.

But when Gibor left the military and went off to college, he took basketball with him. Gibor continued his education in both academics and basketball at Blue Mountain Community College in Pendleton where he majored in general studies and played basketball for

two years. "It was a real eye-opening experience for me," Gibor said. "I just enjoyed the relationships and had fun."

Once his playing days were over, Gibor decided to try coaching, and that's when Mt. Hood came into the picture.

"When I got out of college, I was looking for a coaching position, so I called around to a couple schools, and then finally I called Mt. Hood," Gibor said.

"I called the previous coach (Fred Schnell) and he told me to call back the next summer. So I called back and they had hired a new coach (Nielson), so they put me in contact with Rob and he invited me over to his house. We talked for a bit — and he gave me the job (as assistant coach)."

Since he started in 1999, Gibor has made a name for himself at Mt. Hood and in college basketball. The right-hand man to the Saints' head coach is regarded as one of the top recruiters in the NWAACC, having recruited many of the program's current players, including point guard Earl Jones.

"His ability to relate and his love for talking to people, recruiting and inspiring and motivating people to play hard are his strengths," said Nielson. "He does a lot of recruiting, and he does a lot with people here and once the season starts he takes care of all the issues they have, like housing and that kind of stuff."

Off the court, Gibor recruits and maintains the inner workings of the team; on the court, it's all about the players and the game.

"I enjoy hanging out with the guys. You know, laughing with them and having a good time. I mean, it's great to watch those guys set goals and reach them, and do the necessary things to grow," said Gibor.

With the future of the program's leadership left open-ended, some talk of the team's direction leads to Gibor.

"We've talked to him about what he wants to do next year in regard to coaching," said Athletic Director Fred Schnell, "but right now it's still up in the air."

According to Nielson, Gibor is ready for whatever he wants to do. "I think he (Gibor) can be as good as he wants to be. He's learned a lot, and progressed over time, so if he's looking to do that (be head coach), I think he'd be successful at it."

But is he looking to coach?

"We'll see," said Gibor. "The job hasn't been offered to me yet, but if the opportunity presents itself, it's definitely a decision I look forward to making. It's hard to think about not coaching."

Saints baseball looks to win fifth consecutive conference title

JON FUCCILLO
The Advocate

The Saints baseball team goes into the pre-season ranked fifth overall in the NWAACC poll after finishing third last year.

Saints baseball opens its season Sunday in a nine-inning double-header at West Linn High School. Due to field damages at MHCC, the game site has been changed. The Saints play Concordia College JV in game one at 11 a.m. Their second game is 1 p.m. against George Fox College JV, who they beat 13-12 last year on March 11 at Oslund Field.

First baseman/pitcher DJ Johnson said this is a time to get ready and take advantage of preseason play right away. "We are going to come out hungry and we know we can hang with both of these teams. This is a good chance for everyone to get playing time and for our freshmen to get their feet wet and get a feel for college baseball."

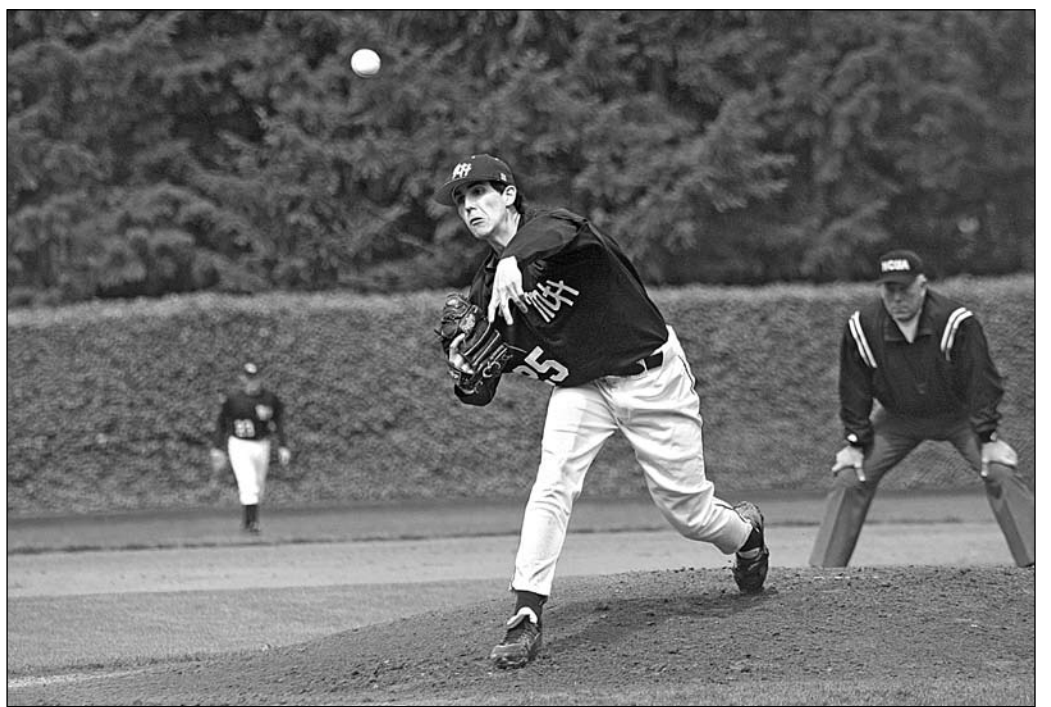
Head Coach Bryan Donohue, now in his second year as leader of the Saints, won Coach of the Year honors in the Southern Region last year as the Saints posted a

first-place finish in the conference.

The Saints went 21-9 in league and 32-18 overall during the 2008 season while capturing their fourth Southern Region title in a row. According to Johnson, the expectations are even higher for this young team. "As a team we believe that we should be ranked higher in the polls," said Johnson. "We all think that we deserve more credit and respect but we will let our game speak for itself."

Johnson added that the Saints have two goals to accomplish by the end of the season. "Our first goal is to win our fifth Southern Region title in a row. Our second goal is to win it all this year: the NWAACCs. Our top priority this season is to come out making a statement in the preseason games."

The Saints first home doubleheader will be March 7 against the NWAACC-runnerup Lower Columbia Red Devils, who are currently ranked first overall in the NWAACCs along with a third place ranking in the ABCA/Pacific pre-season baseball poll, which includes all community colleges in California.



Christina Hammett/The Advocate

Sophomore pitcher Nick Opitz, shown during a game last year, helped the Saints win the Southern Region in 2008 and a third-place finish at NWAACCs. The Saints are ranked fifth in preseason polls.

Saints track and field prepares for PLU Spring Open in Tacoma

JOSHUA CAREY
The Advocate

The MHCC track and field team is looking forward to continuing in its winning tradition this spring with some fresh new talent and strong returning sophomore athletes.

The Saints start the year Saturday at the PLU Spring Open, in Tacoma. Head coach Matt Hart is looking to see a good effort from both the men's and women's teams. Hart said he is optimistic and excited about the upcoming season because of how well the team is following the training regiment and the program itself.

When describing the teams' motivation and discipline, Hart said, "It's easier to push a boulder that's already rolling."

There is also a distinct excitement from the students to finally be able to compete after all the training they've put in during the winter months.

The men's side boasts superb talent in throws and in sprints, Hart said, with throwers like Junior Valezquez. "He brings a lot to the throws." Returning athlete Brandon Faber has shown significant improvement in flexibility which should equate to improvement on the hurdle events, the coach said.

Additions to the men's side include freshman Nathan Hope, who Hart said "shows huge potential." Transfer student and 2005 district champion Matt Romey joins the team from Lane Community College.

The women's side hopes to return back to the top of

the Southern District as they did with their championship squad in 2007. It won't be an easy task for the Saints, with just 14 athletes on the squad, but they did it with only nine in 2007.

Returning hopefuls include Whitney Payment in distance running and Terra Schumacher on jumps and hurdles. Incoming freshman Kelsey Strot comes from an extraordinary throwing family which includes former Oregon high school champion Emily Strot.

There has also been an addition to the coaching staff with Calvin Griggs, who will coach throwing. Hart described him as "positive," "willing to grow" and that he brings a level of professionalism to the program.

AND THE SHOW GOES ON . . .



Contributed photo/Matt Kalio

This is the last week to catch Mt. Hood Community College's rendition of "Guys and Dolls." The show is running today and Feb. 28 at 8 p.m. and March 1 at 2 p.m. Tickets are \$15 for adults and \$10 for students, staff, and seniors.

Above: Sadie Gregg as Sarah Brown and David Tripp as Arvide Abernathy perform a scene during the musical.

The photos for Issue 18 of The Advocate were taken by professional photography student Matt Kalio. Kalio started the program in September 2007 and will finish in June. Kalio said of photography, "It's capturing people doing the things that they do."

Student uses painting for therapy

REED SHACKELFORD
The Advocate

For 25 year-old MHCC Visual Arts student Erik Koopman, when the paint hits the canvas, therapy is in session.

"Anyone can do art," says Koopman, "it's just a matter of knowing a little bit of something. And even then, its emotional quality makes it very therapeutic."

"If I'm stressed out, or if I have issues, or I want to get something out, I just come to the studio and paint," added Koopman. "But it's just priceless (because) anyone can do it. It's like therapy for anyone."

Koopman, has been "on the couch" since he was young. He said he found his love when he was in school learning how to type.

"I started out with more digital art (his original focus). In school when I was young and they first started teaching us typing, because technology was on the rise, I would always get in trouble because I'd be on paint bucket," he said with a laugh, "so I've always been interested in art."

Born in California, Koopman grew up and went to school in Germany until 2000 when he returned to the states. He was abroad as a self-proclaimed "Army brat," with both parents being contracted civilians for the U.S. Army. But he always had art around him. "My family, particularly my mother, loved going to museums. Every time we went somewhere new, the first place we'd go is a museum."

Besides museums, his life abroad had other influences on him.

"Growing up in Germany and moving a lot, there was this impermanence with my social life. There wasn't that cliché 'this is my best friend since I was 7! And we played in the sand box and such'," said Koopman.

This impermanence with other social experiences has created the observant nature that has influenced most of the artist's work.

"I love people-watching," said Koopman. "If I'm not doing art, I'm reading books about people, mostly non-fiction, and going to museums, and people watching -- any kind of event where I can sit down and just look at people."

The inspired creations of Koopman range from the field of graphic design to oil paintings. "A lot of my stuff is very expressionistic."

Koopman's latest set of work has a personal meaning to him, dealing with themes of masculinity and social issues.

"This (his latest set) deals with phantom limb syndrome,"



Reed Shackelford/The Advocate

MHCC Visual Arts student Erik Koopman paints his variation of a photo he saw in the New York Times. For more of Eric's art, check out www.advocate-online.net.

he said. "It really approaches the concept of masculinity in the sense that, since I was an Army brat, the stereotype of masculinity was everywhere. So in a sense, a lot of these are about taking away from that, taking away that archetype of strength."

The student and artist, who lives in Fairview, has plans to move to Northeast Portland and would one day like to be an art teacher.

"I'm just going to keep doing it (his art)," said Koopman. "I'd like to sell some and get some fame from it, but its not about that for me."

Local trio The Micks finds inspiration in life, make 'magic'

CHELSEA VAN BAALEN
The Advocate

On a Friday night in February, when The Micks took the stage in a half-filled warehouse in northeast Portland, their first song was completely impromptu.

"It was just that magic that happened," drummer Jon Nylox said. "It was fate. We only practiced twice before that show. It wasn't official until Friday." The Micks chose an instrumental set for their first gig after forming a mere two weeks prior.

The trio formed based on "similarities beyond music" and the fact that "personalities just mix. People are just subdued, mellow," according to Michael Morse.

The Micks are a Portland band composed of Nylox and twins Michael and James Morse. Aside from being in the band, all three are students at Mt. Hood Community College. Nylox studies culinary arts in the culinary/catering program, while James takes courses in business and psychology. Michael is currently studying social psychology. Michael is temporarily on bass, James plays guitar, and Nylox plays drums. The band lacks a vocalist, James and Michael plan to split the duty. The band is also seeking a new bassist, according to Michael, because "everybody wants me to jump on guitar."

Their name came from the band's Irish heritage, mick being slang for an Irish person. However, according to Michael the band will probably pick a different name later. At the moment, the band is focusing on writing songs.

"We all contribute a little piece of the puzzle," Nylox said of the songwriting. Michael said, "We all write the songs. We take care of each other's weaknesses by our strengths."

One of these strengths, according to Michael, is the ability to sense what's going on in society.

"Maybe that we're in touch with what's going on. Maybe because we care. You feel a sense of sadness because no one's talking about your life. Somebody's gotta stand up. In hard times, society reverts back to what it needs to survive," Michael said. The hard times, Michael adds, include the current economic situation in the United States today.

Given this situation, Michael said the band feels "it's more important to leave stuff behind instead of take, take, take."

This goal overshadows the idea of making money in the

music industry.

"None of us are in it for money," Michael said.

Nylox said, "The ultimate goal is to inspire. To inspire people. We live in a time where we have to say something, we have all this opportunity and all this happening. If we don't say something, who will?"

This is a far cry from the trio's former band, Alpha Nation, based out of Tacoma, Wash. The group was together for two years and recorded demos.

"It was just too constraining. They (the other two band members) wanted what they wanted and they weren't going to listen to anyone else," Nylox said of Alpha Nation's break-up.

According to Michael, the trio was ready "to start saying more" in a lyrical sense as well.

This includes talking about societal ills, something the band feels is lacking from mainstream music.

"People get ostracized for stating their opinion. What can you say and get away with, without sounding like this radical," Michael said.

This means following the path of "the ones that took the shots" because, according to Michael, these are the ones remembered.

Some of these remembered artists are among the band's influences, such as Bob Marley and Neil Young.

Both Michael and James remember their father playing vinyl records for them as they were growing up.

"All we had was music," James said, explaining that the brothers would "learn through music" while "he (their dad) played vinyl. That has more of a resonance with me now as an older man." Both Michael and James are 25 years old while Nylox is 29 years old.

Nylox had his own musical background, based primarily



Chelsea Van Baalen/The Advocate

The Micks, comprised of James Morse (left), Jon Nylox (center), and Michael Morse (right), practice in their apartment. The Micks formed two weeks prior to their first gig in February.

in jazz and big band.

"In my family, music was mandatory, it wasn't an option. Back then I didn't understand that. I wanted to play baseball (but) now I understand that," Nylox said. His father was a musician, allowing Nylox to play with bands such as the Danny Herman Big Band as well as several other acts.

Michael said these influences blend. The band doesn't really define itself by any one style but, their sound can be described as rock. With finding creative influences, the music itself isn't what inspires the band.

"I think what inspires us is life," Michael said. "If you're going to write music, you're going to have to write something that touches people."

As The Micks continue to work on establishing a fan base and making it in the music scene, James said, "Hopefully someone listens to us."

This Week in Entertainment

- The Green Lantern, Professor Drew and the Free Press are performing tonight at the Hawthorne Theater. Tickets are general admission and cost \$8. The Hawthorne Theater is located at 39th and Hawthorne. Doors open at 8 p.m.

- Hank Williams III and his band Assjack are performing Tuesday at the Roseland Theater. Tickets are general admission and cost \$20. The show starts at 9 p.m. The Roseland Theater is located on NW 6th and Burnside.

- The Spits are performing Saturday night at Dante's. Tickets are general admission and cost \$8. The show starts at 9:30 p.m. Dante's is located on NW 3rd and Burnside.

- Violinist Itzhak Perlman is performing Saturday, Sunday and Monday with Oregon Symphony Orchestra at the Arlene Schnitzer Concert Hall (located on 1037 SW Broadway). Tickets range from \$20 to \$95. The show starts at 7:30 p.m..

BEHIND THE 'HERO'

INSPIRED BY HER HUSBAND, A WOMAN LEARNS TO WALK ON THE EDGE

SANNE GODFREY
The Advocate

On June 13, 2004, Kevin Pannell was seriously injured while serving with the U.S. Army in Iraq. He lost both of his legs during a grenade ambush that day. Over the next 44 days, he underwent 22 surgeries before being fitted with prosthetic legs.

On that same day, Danielle Bates was living 7,000 miles away in Arkansas — and was unaware her life was going to change forever.

Danielle didn't meet Kevin until April 2006. "The first time I met Kevin I honestly thought, 'Wow, he must have been in a drunk driving accident.' I know that sounds weird but 'war-hero' never came to mind," said Danielle. She met him at a mall in Arkansas where she worked as a hairdresser. "My second thought was 'this is my future husband.' I knew I was going to marry him and I just wanted to get to know him more."

Kevin and Danielle officially became Mr. and Mrs. Pannell on June 20, 2007.

Danielle and Kevin both enrolled at Mt. Hood Community College this quarter and Danielle became the Associated Student Government (ASG) director of state and federal affairs. But this was not her first venture into politics and community activism.

About a year-and-a-half ago, Danielle founded the non-profit organization Behind the Hero. Danielle said

she formed the organization after dealing with "PTSD (Post-Traumatic Stress Disorder) and other behavioral changes in Kevin." She said, "I felt so alone and felt no one would know what I was going through, until I met other wives who had experienced the same thing I had and who I got to watch interact with their husbands in the same way I did."

Danielle said Behind the Hero "educates women on what to expect when their 'hero' comes home and is injured. The divorce rate is so high among injured soldiers and their wives because they just don't know how to handle these physical and emotional changes. I want to help these women and be an ear for their issues."

To fund the non-profit organization, Danielle went to Washington, D.C., to lobby for money. This got her interested in politics; even though she did not have a lot of experience, she thought it was "really fascinating."

Applying for a position in student government at MHCC seemed a natural progression for Danielle.

"I became a member of ASG to work for the students," she said. "I want to be the person that students feel comfortable coming to and discussing problems, positives and concerns they may have with MHCC. Being the director of state and federal affairs, I get the privilege of lobbying at the Capitol on behalf of students and to see my efforts come through by funds coming through for education or for bills being passed that benefit students would be the most amazing accomplishment."

ASG President Janine Johnston said, "She (Danielle) frequently welcomes other ASG members into her home to work on classwork, additional ASG initiatives or to just hang out. Danielle, (who) used to be a hairdresser, has also welcomed friends into her home for hair 'makeovers.' It was on one of those occasions that I met her husband, Kevin. I have also gotten to interact with him in the ASG office and on campus, as he is a part of the forensics team and frequently in the College Center."

Speech and forensics instructor Shannon Valdivia said, "I met Kevin as a student in my public speaking class and as a competitor on my forensics team. I met Danielle through students who are involved in ASG. I probably don't see them together as much as others do. But when I do, I find them to be an affectionate couple who respect each other greatly and believe in one another."

Johnston added, "Danielle and Kevin are a lot of fun to be around together. They are constantly providing humor and they lighten almost any mood."

Kevin lives a very active life. Aside from being a full-time student at Mt. Hood Community College and being a member of the Wildside club and the forensics team, he is also the adaptive sports program director for the Oregon Active Foundation. Kevin said he wants to

help people with disabilities overcome their personal boundaries. "They don't know what reality is until they try it," said Kevin about working with people with disabilities.

Danielle added, "He (Kevin) doesn't want to let anybody down." Danielle attends certain events, but "nothing too dangerous," she said. She participates in activities such as paintball and night golf.

"I don't even remember my life before Kevin," Danielle said. "I have learned to be more patient and walk a little slower, to enjoy life and to not take anything for granted. He has shown me life's adventures and how to walk on the edge."

"I HAVE LEARNED TO BE MORE PATIENT AND WALK A LITTLE SLOWER, TO ENJOY LIFE AND TO NOT TAKE ANYTHING FOR GRANTED..."

-DANIELLE PANNELL
ASG director of state and federal affairs



Web photo



Web photo

Above: Kevin Pannell during an Oregon Active Foundation event. Kevin is on a zipline despite his injuries. Left: Kevin and Danielle Pannell. Bottom-left: Danielle Pannell volunteers at Balloonpalooza by serving macaroni and cheese to Adult Basic Education student Bruce Barg, in the Main Mall on Feb. 25.

Balloonpalooza was an event sponsored by the Associated Student Government and the Student Activities Board and was meant to get students to register for financial aid for the 2009-'10 school year. The red balloons that were displayed around campus were representative of the students who did not apply for financial aid for the 2008-'09 school year. Each balloon was representative of 10 students. Applications for financial aid are available at the financial aid office or online at www.fafsa.ed.gov.

For more information about the Oregon Active Foundation visit: www.oregonactivefoundation.com

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Brett Stanley/The Advocate



Living to Learn

MHCC instructor applies lifelong love of education to the classroom

CHRISTINA HAMMETT
The Advocate

Satish Palshikar reaches to experiment with the knob on a large Bridgeport tool-making machine. He examines the various buttons and components through protective glasses and tilts his head in deep concentration.

"If I do not know how to work these machines, how can I expect my students to know how to use them?" he asks.

A machine tool technology instructor at Mt. Hood Community College, Palshikar will be the first to admit he does not know everything he wants to yet, but he also says life can and should be a constant learning experience.

"I'm dying to learn," he said. "It's the goal of my life."

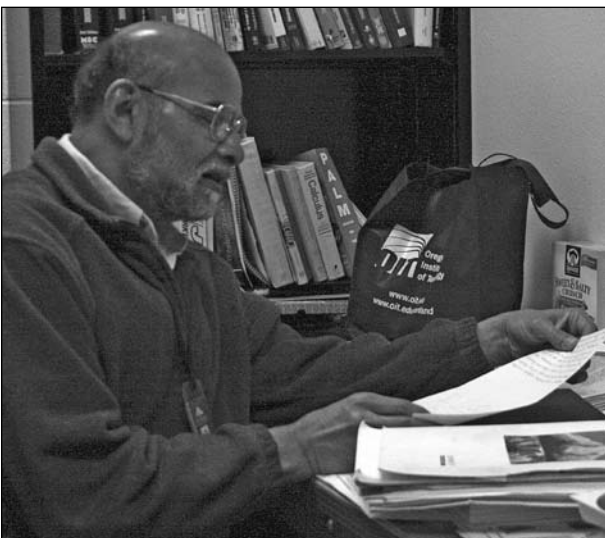
In fact, Palshikar is not only teaching his students how to work with the machines in the Industrial Technology lab on campus, but he is also learning how to actually become a teacher. After decades of working in the machine tool industry at various companies, Palshikar became a part-time instructor at Mt. Hood during the 2007-2008 academic year. Last fall, he became a full-time instructor working in the Industrial Technology Department.

"Satish is learning to be a teacher," said Industrial Technology Department chair and fellow instructor

Tim Polly. "He has an industrial background (and sometimes) it's hard to get adjusted to the academic world. It's just part of the process."

At the moment, Palshikar teaches many classes including some introductory CNC (Computer Numerical Controlled) courses, theory courses and the VESL (Vocational English as a Second Language) course, a comprehensive 10-week program that helps English as a Second Language students gain knowledge in welding and machine tool technology. "He has a heavy class load this term. It's a lot of work," said Polly. "The students have no basis of comprehension and it can be very difficult to back up to the basics. It's so difficult to come back to people with no background. It's always a challenge."

But Palshikar says he enjoys a good challenge. A challenge is what led him to acquire his master's degree last spring and is also what pushes him to move even further with his education. When his son graduated with a doctorate from



SATISH PALSHIKAR

the University of Chicago, he said to his father, "If I can do it, you can do it," and since then, the instructor has had his eye on working toward his Ph.D. "It's been bugging me, and I can take a challenge. At least I will try. I'm not timid, but I'm not going to hurry. Education and learning is a lifetime journey," he said.

This specific way of thinking about education and this particular phrase were instilled in Palshikar at a very young age. His father, a teacher, told him, "Learning is a lifetime journey. If you stop, someone else may come up and pass you by." This notion triggered what became a lifelong love for learning in the young man.

Born into poverty in the city of Pune in the southwestern portion of India, Palshikar grew up knowing that he had much bigger things in store for himself than what his economic status allowed.

Growing up with three brothers and two sisters, there were times when his family could not afford to eat, let alone buy basic necessities. For some time, Palshikar had to attend school in bare feet because his family could not afford shoes.

To get by, his family received aid from local charities in India and on one particular occasion, Palshikar recalled receiving a jacket he had desperately needed. He wondered why the buttons were on the left side of the lapel, but quickly dismissed the unusual positioning. Later, he found out the coat was actually a girl's jacket.

To honor the help his family received throughout his childhood, Palshikar and his wife Arlene have

given back over the years in any way they can. The duo provide donations to various charities on a regular basis, and Palshikar also began a scholarship program in India dedicated to the memory of his mother and father's goal for the education of their children, following their deaths in 1998 and 2001, respectively. "My parents taught me lots of things (regarding education)," he said. "Education is the key to improving your life, so I started a charity. I wanted to help."

Palshikar began his own educational journey when he was still in Pune.

After high school, he went to visit his brother in Agra, the home of the Taj Mahal and more than 500 miles away from his hometown. While in Agra, he began his secondary education, attending college for one year and majoring in pre-engineering. He then returned to Pune and won his first apprenticeship in a local machine shop.

His first task on the job involved starting on the bottom rung — sweeping the floors. He told the other workers, "But I want to be a machinist." They told him he had to begin somewhere and "slowly, slowly, slowly, I learned and began to gain experience," he said.

Palshikar enjoyed the learning involved with his work, but he began feeling restless. "My dream was to educate myself. I began looking for other educational opportunities."

In 1972, he married his "strongest supporter," Arlene, a Peace Corps worker born in Moscow, Idaho, in a ceremonial house in Pune and he began a new chapter in his life.

Palshikar went back to college in Walla Walla, Wash., eventually moved to Oregon and worked toward his bachelor's degree — at times working 70 hours a week at night, going to school during the day and spending time with his family in between. After receiving his bachelor's degree, he decided to go after his masters in engineering and manufacturing.

According to Polly, receiving the master's degree was just the icing on the cake for Palshikar. "That degree is couched in all this work experience, which is invaluable."

But Palshikar will see to it that his story does not end with just a master's degree. "Someday, I don't know when, but I've got my eye on that Ph.D. I will continue my schooling and education. I will not quit," he said. Palshikar applies this same rigor to the classroom everyday. "I tell all my students, don't just depend on a two-year degree, get a four-year degree, go to OIT, etc.," he said.

Due to his intense feelings for education, some of his students may think he can be a difficult instructor at times, but Palshikar thinks all of his students should possess the drive and ambition necessary to get ahead in life.

In the instructor's industrial safety class on Wednesday, a student in the back row of the classroom asked which page of the textbook their assignment was on. Palshikar answered, "You have to know. You're the student. I don't have to know any of that."

His wife Arlene said he can seem difficult sometimes but it is only because he cares so much for his students.

"He doesn't expect unreal things from them. He tries to give them his dream and his love of learning by encouraging them. I think he sees things in them that they don't quite see in themselves yet," she said.

She went on to describe a tradition of planting flower bulbs that Palshikar participates in every year. "This year it was particularly meaningful because he bought dozens of bulbs. I asked him, 'Are you thinking of your students when you're planting these bulbs?' They're so small and so young and they will be so beautiful when they grow up. He didn't say yes, but I could tell it meant a lot to him."

Hours before his first class begins, Palshikar mills about the machine tool technology lab, eyeing each machine and glancing at instructional booklets. He will never quit learning. "I'm the loser. Technology keeps changing and I am behind. If we're not going to make changes, we're not going to survive," he says as he peers behind the glass partition of a tool-manufacturing machine.

"I spend as much time down here as I can," he said. "It's beneficial to my students, myself, and the college. I feel joy in that I learned something new today."

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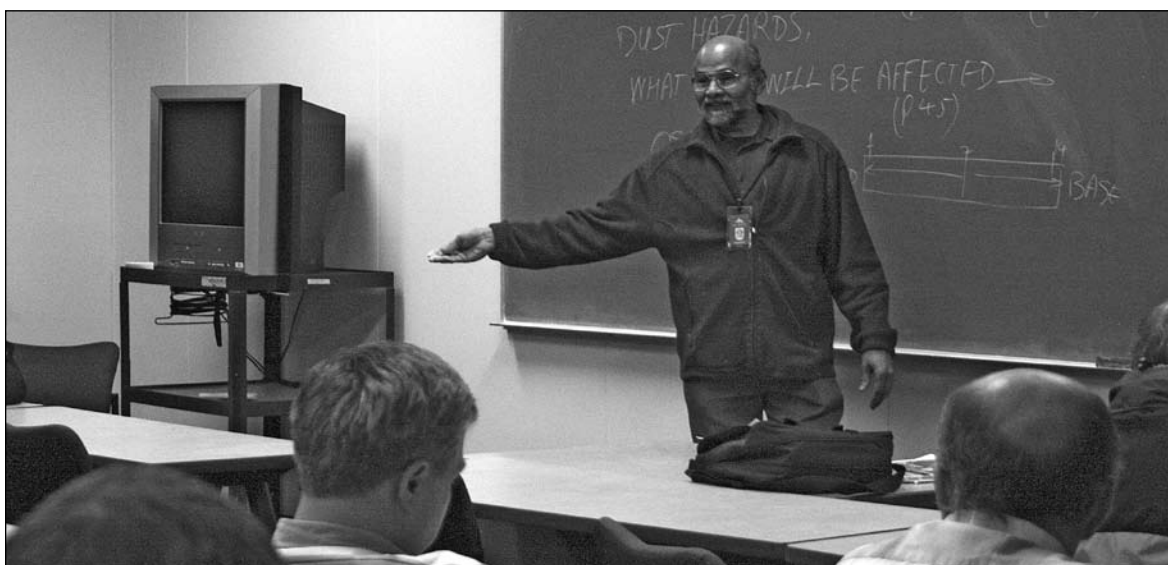
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Christina Hammett/The Advocate

Machine Tool Technology instructor Satish Palshikar explains what will be on an upcoming quiz to the students in his industrial safety class Wednesday. Palshikar became a full-time instructor at MHCC in the fall.

IALS program brings people together

CHELSEA VAN BAALEN
The Advocate

On weekends, Linda Prinsen and Rosa Quispe like to stay active. Whether it be biking or hiking, they have a range of favorite activities that keep them moving.



LINDA PRINSEN



ROSA QUISPE

When it comes to relaxing at home, Prinsen said, "We just have a really good time doing common things, like watching 'Dancing with the Stars' or 'American Idol.'" The relationship that has developed is almost that between mother and daughter, even though Prinsen and Quispe have only known each other for a few months. Despite this, Quispe says she loves her "mom."

Quispe came to the United States from Ingavi in the La Paz region of Bolivia to take part in the two-year Indigenous-Afro-Latino Scholarship (IALS) program at Mt. Hood Community College. While at MHCC, Quispe lives with Prinsen (her host family), studies Natural Resources Management and immerses herself in the United States culture.

"I'm scared because this is all different," Quispe said. "A different family. I don't (fully) understand English. My 'mom' speaks a little Spanish."

Prinsen is a retired teacher who taught for 17 years, spending five of those years teaching Spanish which allows her to communicate with Quispe. However, communication wasn't easy at first.

"Of course, language is a big (barrier.) They (the students) have no English. So they really have to grow and stretch a lot," Prinsen said.

There were also various household activities that Prinsen had to teach Quispe, such as "how to do laundry, how to cook on the stove instead of a fire."

This is all part of the process, according to Nikki Gillis, CASS/IALS cultural education specialist. CASS, or the Co-operative Association of States for Scholarships, is a program similar to IALS and another Mt. Hood Community College exchange program.

"We look for people (to be host families) who have a schedule that will allow them to interact with their student," Gillis said. Prinsen added, "I had to slow down and take more time to explain things."

Gillis said the program looks for people with an "interest in a cultural exchange and inviting someone in to be a part of their family" and a home with "the space for a student."

The families, according to Gillis, usually approach the school instead of the other way around.

Gillis said the number of applicants for host parenting changes. "It's different each year depending on how many students we receive," she said.

The families apply and then go into interviews, some of which take place in the home, and have their backgrounds checked before taking in a student. This year there are 25 families for the 40 students, with some families taking in more than one student.

When it comes to pairing families and students, Gillis describes the process as including "a lot of Post-Its," adding that "we don't know a lot about the students before they come" and that it comes down to "knowing we've got good families and knowing we've got good students."

Prinsen has hosted four other students from various parts of the world through the CASS program.

"(The) first one was from Japan. Then we got another student from Honduras. She's like a daughter to me now. Then we got a wonderful young man from Guatemala. We got a young man from Panama (as well)," Prinsen said.

Prinsen's previous experience has shown her that the students are "very respectful, very willing to adapt." Prinsen said Quispe is unique in that "she's from a very small community where they speak an indigenous language. It is pretty distinctive."

When entering the program eight years ago, Prinsen, a

single mother, hoped to introduce her daughter Harmony to new people and cultures.

"My daughter loves people. It was sort of like having a big sister or big brother around," Prinsen said. "I think it's really colored her whole life in a really positive way."

Prinsen's daughter remains a part of the experience, meeting Quispe over Thanksgiving, as well as speaking over the phone. "It was very nice for both of them. They enjoy each other," Prinsen said. "She's (Quispe) just a part of my family."

However, Quispe has a family in Bolivia as well.

"She's very, very close to (her) family," Prinsen said. Quispe phones her family every two weeks, which also allows Prinsen to speak with them as well.

"I was so glad to speak to her (Quispe's mother) directly," Prinsen said. "(She's) a wonderful woman. I hope to meet her someday."

Prinsen had previously written a letter to Quispe's mother as well.

"I just said that she's doing very well. Just things that a mother would like to hear," Prinsen said, mentioning to Quispe's mother that she would keep Quispe safe and watch out for her during her stay.

When deciding to return to the program this year, Prinsen said the fact that she "love(s) being around people and helping them if I can" was a factor in her decision.

Gillis added that interests play a role in matching students and families.

"We take the little information (we do have) and do the best we can to match students with families of similar interests."

When Quispe came from Bolivia after being granted the scholarship, she had some goals in mind.

"(I want to) improve my life. I want change in my family, my community. For me, this is a challenge." The lessons Quispe learns here are to be applied upon her return to Bolivia.

CASS Program Coordinator David Sussman said, "Typically our (graduates) work with governmental agencies, international non-profits with funding from foreign governments, the private sector, and sometimes in education and outreach fields. Eco-tourism is also a field with fast-growing opportunities."

As for soaking in the American culture, Quispe said, "I want to learn (everything) about it, but it's impossible."

After nine to 10 months of living with Prinsen, Quispe will be on her own, finding an apartment and moving out on her own.

"The program assists all the students in getting and maintaining a local apartment during their second year," Sussman said. "It's part of their training in living independently which they'll likely need to do when they return home and get jobs in cities that are much bigger than their more isolated, rural home-towns."

Expenses will be covered by the program and scholarships, because IALS students are "prohibited to work while in the U.S.," according to Sussman. "Their living expenses are covered as long as they study hard and maintain their commitment to the program, their professional and personal development, and their (commitment to) return home after graduation to make positive change in their under-developed communities (and) countries."

Despite this, Quispe and Prinsen already share what Prinsen describes as a "really strong bond."

"Getting to know each other takes time," Prinsen said, "(but) she's a really neat person."



Rosa Quispe and Linda Prinsen on a hike.

Question of the Issue:

What are your suggestions to fix the MHCC budget problems?

"THERE'S ALWAYS THE TRADITIONAL BAKE SALE."

NATHANAEL SAMS
Integrated Media

"I GUESS WE COULD USE HALF THE LIGHTING OR TURN OFF THE COMPUTERS."

LEVI JARDINE
Undeclared major

"WE COULD SPEND LESS."

LONDON DULL
Biology major

"I WOULD SUPPORT A MINOR TUITION INCREASE, BUT NO MORE THAN LIKE \$1 OR \$2 A CREDIT."

KATIE WARTELL
Early Childhood Development

"I CAN BARELY MANAGE MY OWN CHECKBOOK."

AMANDA LARSON
Funeral Services

ON CAMPUS AND AROUND TOWN

Deadline coming for study abroad program

Students that would like to study at Ryukoku University in Japan must enroll by March 20. The study abroad program in Kyoto, Japan, runs from June 29 to July 20 and costs approximately \$3,000. This includes tuition, 30 hours of classroom instruction, round-trip airfare, lodging in a hotel or dorm, transportation to Ryukoku University and five field trips. No prior coursework in Japanese language is required. For more information, contact Yoko Sato at 503-775-5615 or -mail Duncan.s@comcast.net or visit www.mhcc.edu/studyabroad.

Women's Herstory offers final event

The final Women's Herstory event will be held Monday from noon to 1 p.m. in the Town and Gown Room. The event is called "Women taking the lead by writing for their lives." The event will feature Portland authors Monica Drake and Cheryl Strayed. Refreshments will be served.

Auditions to start for spring theater production

On March 10 - 11, auditions will start for the MHCC spring theater production of "Antigone." The auditions will take place in the Studio Theatre, starting at 4 p.m. "Antigone" will be performed April 29 - May 3 in the Studio Theatre.

Visual Arts exhibit from advanced painting students.

From March 2-27, MHCC advanced painting students present "Vision from the Narrative Gateway." A reception will take place from March 12 from 11:30 a.m. to 1:30 p.m.

Social Intelligence Seminar offered today

A Social Intelligence Seminar, sponsored by Rho Theta honor society, will be held today from noon to 2 p.m. in the Town and Gown Room. Food will be provided.

Student Success Seminars planned for next week

On Monday the Learning Success Center will be sponsor "Coping With Stress" from noon to 1 p.m. in Room 1152. On Thursday the student success seminar "Steps to Successful Test-Taking" will take place from noon to 1 p.m. in Room 1267.

Planetarium show looks to Saturn

Saturn will be visible in the sky from sunset to sunrise in early March, but closer views are available Monday in the MHCC planetarium show: "Saturn Up Close." The show plays at 7 p.m. and 8 p.m. and is free to students and \$1 for community members. The shows are wheelchair accessible and seating is on a first-come, first-served basis.