

The Clackamas **Print**

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# Smokers vs. Non-smokers

## Students have the legal right to smoke outdoors on campus



**Bekah Finch**  
Staff Writer

Smoking tobacco products is legal in the United States of America. This being said, when something is legal, certain rights apply. Smokers have rights. It is understandable that smoking should be prohibited indoors. There are many non-smokers who don't deserve to be subjected to smoke, and modern medicine tells us that second-hand smoke is just as dangerous as first-hand. I doubt there are many smokers who will argue about smoking inside.

So if smoking is legal, and it's not allowed indoors in many places, where does this leave a smoker to smoke? Obviously, outdoors. There is nowhere else to go. I am sure that if there was a magical forest only for smoking, smokers would have no problem leaving the non-smokers and going there to enjoy their nicotine. But there is no such forest, and when smokers attend schools, namely, Clackamas Community College, they need a place to smoke.

Where can they go but outside the buildings? There is only 10 minutes between classes, so they can't run to some parking lot where non-smokers never venture. Let's be realistic here. If a person on this campus is addicted to nicotine and they need a cigarette, and they have 10 minutes to get from class on one side of the campus to another, they are going to light up as quick as possible, at the closest exit possible. Or say they have class in the same building all day—do non-smokers really expect smokers to wander far away from where they need to be? Not going to happen. Plus, living in a state where it rains nine months out of twelve, smokers don't want to get drenched as they have a cigarette.

"So why can't they all quit?" someone may ask. Now there's a solution, but there's one minor problem: smoking is an addiction. Every smoker in the world knows how bad it is and what it does and so on and so forth, but when you have been smoking for five plus years, it is hard to just quit. Usually it takes money, time and possibly even therapy to kick the habit.

It is unfortunate that non-smokers sometimes get a whiff of smoke as they walk by a certain place on campus, but they should consider themselves lucky that the law forbids the same smoker from lighting up in their classroom.

Until the day that the U.S. outlaws smoking or Clackamas enforces harsher smoking rules, non-smokers should just hold their breath, thank their lucky stars they are not addicted and keep on walking.



SADIE MCCARTHY Clackamas Print

## Non-smokers have the right to breathe clean air on campus



**Nic Delzell**  
Staff Writer

There's a hazy problem here at Clackamas Community College. Cigarette smokers are making it difficult to walk around our beautiful campus without being exposed to carcinogenic second-hand smoke.

"Fundamentally, people just don't want the guy next to them smoking," said New York City Mayor Michael Bloomberg.

Bloomberg has been involved in many different efforts that restrict and, in some parts of New York City, forbid smoking all together. Why can't the administration at Clackamas prohibit or confine the belligerent use of cigarettes on campus?

Certain smokers, including faculty, huddle around entries and exits while smoking. People walk in and out of these doors constantly. Non-smokers are forced to put their lungs at risk of inhaling poisonous smoke.

Every landscape around Clackamas is littered with cigarette leftovers. The school has done an excellent job making our campus landscape beautiful. Smokers have done a good job leaving the rest of their fix behind. Is it that hard to find an ashtray? Has the nicotine made you that sluggish?

Oblivious to the people around them, smokers will light up any time or place they want. Non-smokers have the right to breathe clean air. There are already enough fresh air tribulations in the world stemming from pollution.

According to the American Lung Association, second-hand smoke contains 4,000 chemicals. Forty-three are known to cause cancer and 200 are known poisons.

The Environmental Protection Agency (EPA) estimates that 3,000 people a year die from lung cancer associated with second-hand smoke. They also report that an additional 35,000 people a year develop heart disease from second-hand smoke.

Over 7,500 kids are hospitalized each year due to respiratory problems connected with second-hand smoke, according to the EPA. Large numbers of high school aged kids attend Clackamas. There is no way to tell if the smokers on campus are in fact 18. These underage students continue to light up around campus with no consequences.

Rules or restrictions on smoking must be put in place now and must be followed by everyone here at Clackamas. No smoking signs haven't helped. Enforcement is needed.

Shouldn't students be addicted to their studies and not their sticks? Take your awful habit away from people who choose not to infect themselves. Learn self-control. If you want to smoke, go home. Get a beer and sit on the stoop. That's where you, your cigarettes and your behavior belong.

# Nicotine demon strikes out once again



**Cyndee Mady**  
Opinion Editor

The decision to quit smoking does not come lightly. Once the decision is made, it is easier said than done.

Often criticized by the non-smoking public, well-intentioned smokers sometimes reply, "I'm going to quit soon," but soon never comes.

I know; I've been there. I tried gimmicks like attending a hypnotherapy seminar expecting to walk away instantly cured from the evil nicotine demon, and left with nothing more than

a feather-light wallet and a gigantic craving for the object of my addiction.

Year after year, "Quit smoking" made its way to my New Year's Resolutions list. Did I really want to quit? Not really, but I knew the future of my health depended upon it, future being the operative word.

Though I thoroughly enjoyed my habitual puffs, especially while socializing on a bar stool with a cocktail in tow—enough was enough. I began to take gradual measures to end my dependence before it ended me.

This method may not work for everyone, but having just celebrated my one year smoke-free anniversary in February, I'd like to share my experi-

ence with those individuals who may be pondering the idea of a healthier way of living.

The first step is to eliminate one ritual where you would normally take pleasure in smoking. If you enjoy a morning cigarette with your coffee, like Pavlov's law, every time you have coffee a cigarette will accompany. For many, this may not be the best elimination element to begin with. The choice is unique to the individual.

Quitting smoking in the car was my first abolition. I never liked the way it made my car smell anyway. Nor did I feel comfortable hanging my cigarette out the window just to avoid having the smoke retract into my own face, yet

subjecting nearby motorists to the draw of my pollution. In other words, this was my easiest smoking ritual to eliminate.

You may not be able to do this first step cold turkey. If the cravings become unbearable (like it might on a long road trip) it is okay to falter occasionally, but quickly return to the straight and narrow. The point is you are taking gradual steps toward your ultimate goal. It helps if you clean the inside of your car and ashtray thoroughly with some kind of lemony fresh wipe that will hinder your desire to eradicate that unsoiled scent. Soon, you will have extinguished your first habitual rendezvous, thus reducing

your daily intake.

Continue to work through your list, purging one habit at a time until you are down to the last few and most difficult obstacles. Having been more of a social smoker, I was able to eliminate all smoking circumstances except at school and in my favorite drinking haunt.

The next step is to wait until you are at a low stress level. I know what you're thinking...college, homework, job, family—the day will never come! What I'm saying is if you've just broken up with your significant other, lost a loved one or are cramming for finals it may not be the best time to "set the date," which brings me to my final point.

Remember in the beginning when I said soon never comes? This is true, because "soon" is not a definitive goal. You must get out the calendar and designate a date. When the day comes, you may want to use other aides such as a nicotine patch, which helped me immensely, but be sure to consult a physician to assess your personal needs.

The important thing to remember is that once your quitting day arrives, like the days on the calendar that have passed, there is no looking back. This step is cold turkey. You must visualize the forward progression of a smoke-free existence, because this will be the first day of the rest of your "LIFE."

Drop by B104 in the fall with your success story and share your triumph in *The Clackamas Print*. Best of luck on your mission to become a non-smoker.

# Bargain flip-flops flap into summer wardrobes



**Shadra Beesley**  
Editor-in-Chief

The weather has finally warmed up, and that can only mean one thing: it's time to start wearing flip-flops again!

I have definitely noticed a sudden emergence of these fun, flappy sandals on campus. There are a few important points that must be explored before this behavior continues.

First, let's cover etiquette. What do we call these fine pieces of foot apparatus? Flip-flops, thongs, sandals—what is their proper name?

The downside to referring to them

as thongs is immediately obvious. Referring to a piece of footwear as a thong, without clarifying the context beforehand, can result in confusing and embarrassing situations. Calling them sandals doesn't seem to give them the unique respect that is owed them.

The word flip-flops, however, is fun to say, difficult to confuse and immediately lets your listener know exactly what you are talking about. So that solves that.

The most important thing to be up on in the flip-flop world is where to get them. Flip-flops can be found in malls and big-name stores for ridiculously exorbitant prices. Do not fall for the brand-name ploys and the rhinestone-studded antics of department stores.

Soon, flip-flops will be appearing in grocery stores and one-stop shopping centers for between \$1 and \$5; I recommend buying within this price range, since flip-flops are not known for their durability. Hit your local Safeway, Target or Kmart and you'll find comfortable, attractive flip-flops for a minimal price. Even some popular stores like Old Navy sell flip-flops for \$2.50.

There are some more expensive, but still reasonably priced (between \$7 and \$12) models at stores like Payless if you're looking for something with a little more substance. They have flip-flops made of everything from wood to beaded ultra-suede. There is no need to resort to spending \$30 on Tommy Hilfiger's latest release.

If you want to get a pair of flip-flops that have a little personality and originality, check out thrift stores and garage sales for the best deals and the most unique finds. I recently picked up a pair of flip-flops at Saturday Market for \$5, another excellent place to shop for clothing items of all kinds.

I highly recommend flip-flops as a staple for everyone's wardrobe. Be careful, I have received blisters and other types of injuries from wearing the wrong pair of flip-flops. Make sure you get a pair that is very comfortable. The best ones are the kind with soft, flexible straps made of nylon or bendable plastic.

Use this information well, my friends! And don't try to wear socks with your flip-flops.