

Smooth night for jazz soloists

With the command of artistic license, singers show their talent on new levels

Shannon Armstead
The Clackamas Print

The mainstream jazz choir held their first solo jazz night of the year in the choir room in Niemeyer last Friday night.

Soloists included Reggie Stegmeier, Eric Faris, Esther Prentice, Anthony Andrews, Morgana Williams, Christianna Schade, Colin Crader, Brice Cloyd, Krista Groff, and Rachelle Bunch.

Students prepared for the night by practicing their songs throughout the week and enjoyed the opportunity to display their talents.

"It was really nerve-racking, but it was fun," said Cloyd.

Students especially enjoyed the opportunity to work independently with the rhythm section.

"It was a really cool experience because we haven't worked with the rhythm section, we had a lot more artistic license with the solos than in

choir," said Andrews.

Instrumentalists provided a jazzy background for the soloists' smooth voices and they savored the night as well as the singers.

"There were a few train wrecks, but other than that it was awesome," said pianist Rich Tomoy.

Instrumentalists were given their music for the night a few hours before the event but expressed confidence in their abilities.

"[Tonight] was really fun," said drummer Chris Schlievert. "I'm new to jazz so it was a neat opportunity. I got the music at 4 [p.m.] and we kind of threw it together at the last minute."

Soloists sang songs such as "A Face Like Yours" by Julie Kelly, "Cry Me A River," "Love Letters," and "The Way You Look Tonight."

Students had a variety of reasons

for the music they chose.

"I picked 'Comes Love' because I liked the groove, and 'A Face Like Yours' because I liked the lyrics," said Bunch.

Groff chose her song "I'll Be Seeing You," due to her familiarity with it.

"I sang [my song] because I sang it in high school and it just always stuck with me," said Groff.

To top off the night, the soloists gathered to form the Mainstream Choir and sang "Curiosity" led by Assistant Director Jason Womack.

Williams, a second year music student, felt the event was an altogether rewarding and

learning experience. "It was kind of cool; it was a good experience. It was a good opportunity for everyone to work with the rhythm section," said Williams.

"I got the music at 4 p.m. and we kind of threw it together at the last minute."

Chris Schlievert
Jazz drummer

Cadets patrol campus

Isalah Crool
Editor-in-Chief

Criminal Justice majors have the option to meet their six-credit cooperative work experience requirement by serving as cadets around campus.

"We had [the cadet program] years

prior," said Criminal Justice/Emergency Management Department Chair Dick Ashbaugh. "When Larry Dexheimer retired, the

college revisited Campus Safety. They thought it would be good to involve the students."

The program in its current form has been in effect since last year, but preparing cadets and getting the proper certification takes time. During Fall term it took five weeks to go through the proper channels to have the cadets ready to patrol.

The cadets are charged with patrolling the various campuses (including Harmony and Wilsonville) on the lookout for suspicious characters and unlocked doors. They answer questions posed by students, and walk students and faculty to their cars when it gets dark outside.

"We have to tell skateboarders not to skate on campus," said Cadet Cory Freeman "but that's about it."

From 2 p.m. to 6 p.m., one cadet patrols each of the three campuses, while between 6 p.m. and 10 p.m., two cadets patrol the main campus, one patrols the Harmony Center with the help of an unarmed security officer and one patrols the Wilsonville campus.

At any time there is only one Public Safety Officer on duty in charge of all three campuses.

"They discover a lot of unlocked doors that may have projectors and computers," said Peter Kandratieff. "The first line of defense is simply locking doors."

While no official statistics are available regarding the impact of the cadet program at deterring criminal behavior, Campus Safety Officers Kandratieff and Brian Azule are positive that the program is effective.

"At this juncture it is working out quite well," said Kandratieff. "We have more presence."



CADET
FREEMAN

Target: Meth

The third in a series focusing on local meth use

Oregon's war mirrors war raging within addicts

7 Stages of Meth Addiction

- **Rush (5-30 minutes)** - The user's heartbeat races and metabolism, blood pressure, and pulse increase. The user experiences feelings of euphoria.
- **High (4-16 hours)** - The methamphetamine addict often feels aggressively smarter and becomes argumentative.
- **Binge (3-15 days)** - The methamphetamine addict maintains a high for as long as possible and becomes hyperactive, both mentally and physically.
- **Tweaking (3-15 days)** - The most dangerous stage of the cycle for the abuser, medical personnel, and law enforcement officers. The addict has probably not slept for 15 days and is irritable and paranoid. Tweakers often behave violently, and if a tweaker uses alcohol or another depressant, his negative feelings and associated dangers intensify. The abuser craves more meth, but dosage will help re-create the euphoric high, which causes frustration, and leads to unpredictability and potential violence.
- **Crash (1-3 days)** - The addict does not pose a threat to anyone. The addict becomes very lethargic and sleeps.
- **Normal (2-14 days)** - The user returns to a state that is slightly deteriorated from the normal state before the abuse.
- **Withdrawal (30-90 days)** - Immediate symptoms are evident but the abuser first becomes depressed and then lethargic. The craving for methamphetamine and he may become suicidal. Using methamphetamine at any time during withdrawal can stop unpleasant feelings so, consequently, a high percentage of addicts in treatment return to abuse.

- Compiled from www.drug-addiction-treatment.com



Ben Maras
News Editor

"I bet you if you talked to any five people at random here, at least one of them would know somebody who's seriously into meth," Clackamas drug counselor and instructor Tim Pantages says from his lower-level Randall Office. "There's probably two or three degrees of separation [from the problem]"

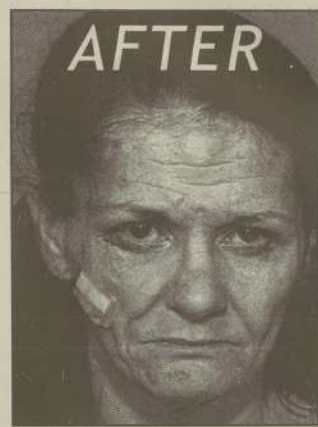
Teaching classes relating to drug and alcohol abuse, as well as serving as Clackamas' drug counselor, Pantages knows better than anyone the effects that methamphetamine is having on the county, and on the greater community of the state.

"I think meth is probably the No. 1 drug problem right now in the county and probably in the state," he says. "By No. 1 problem I mean the number of people who are using and the problems that are caused—the legal prob-

(LEFT): Mugshot 39 year old meth user Theresa Baxter taken during her 2002 arrest for identity theft and fraud.

(RIGHT): Baxter, 3 and a half years of meth use later. She is now 42.

Internet Photos



lems especially."

As a former drug addict and "child of the '60s," he also brings a unique perspective to the table, something he describes as his "field experience." He began his addictive use when he was 12 years old, and quit for the last time in 1975, just after his undergraduate graduation. Although he has no firsthand experience with meth in particular, he did use amphetamine-based "uppers" to counteract the effects of depressants.

Like all addictive drugs, methamphetamine addiction is caused by stimulation of the reward/pleasure center of the brain. It also creates the psychological impact of feelings of invincibility, delusions which make it an especially tough addiction to kick. In addition, it has physical impacts which some Americans find appealing.

"Meth is one of those drugs that makes you lose weight, and weight is a huge issue in the American culture. I think

that's why sometimes people give in to it," Pantages says.

Other effects of methamphetamine use include hyperactivity and irritability, hallucinations (including hearing voices), suicidal tendencies, paranoia, lethargy, itching (described as the illusion of insects crawling on the skin), winks, involuntary body movements, and depression.

"It's scary," 42-year-old meth user Theresa Baxter said to the Oregonian in a Multnomah County jail. "There are no words to describe it," she said, beginning to sob. "I can't stand to look at myself in the mirror."

The website www.drug-rehab-addiction-treatment.com explains the stages of "binge meth addiction" as: rush, high, binge, tweaking, crash, normal and withdrawal.

One of the reasons that methamphetamine is causing

Please see METH, Page 2