

## CMA'S 12 STEPS TO RECOVERY

**Editors Note:** The following was taken directly from Crystal Meth Anonymous' website: [www.crystalmeth.org](http://www.crystalmeth.org). All references to "God" are not necessarily theistic, but instead refer to any higher power, including the power of the CMA group.

- I  
We admitted that we were powerless over crystal meth and our lives had become unmanageable.
- II  
Came to believe that a power greater than ourselves could restore us to sanity.
- III  
Made a decision to turn our will and our lives over to the care of a God of our understanding.
- IV  
Made a searching and fearless inventory of ourselves.
- V  
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- VI  
Were entirely ready to have God remove all these defects of character.
- VII  
Humbly asked God to remove our shortcomings.
- VIII  
Made a list of all persons we had harmed and became willing to make amends to them all.
- IX  
Made direct amends to such people wherever possible, except when to do so would injure them or others.
- X  
Continued to take personal inventory and when we were wrong promptly admitted it.
- XI  
Sought through prayer and meditation to improve our conscious contact with a God of our understanding, praying only for the knowledge of God's will for us and the power to carry that out.
- XII  
Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts and to practice these principles in all of our affairs.

# METH: no easy solution

## Oregon's problem hinges on science of addiction

Continued from METH, Page 1

the problems it is, is the particularly hard withdrawal process, which includes a condition called "anhedonia," an irreversible depletion of neurotransmitters in the brain. This leads to the complete inability for the addict to feel pleasure of any sort for long after the addiction ends, sometimes as much as two years, although the brain never fully returns to normal.

"That's ... that's really hard, if you're giving up something that makes you not feel pleasure for a year, anybody would ask themselves, is it worth it if you're addicted, and the answer is, usually not," Pantages said.

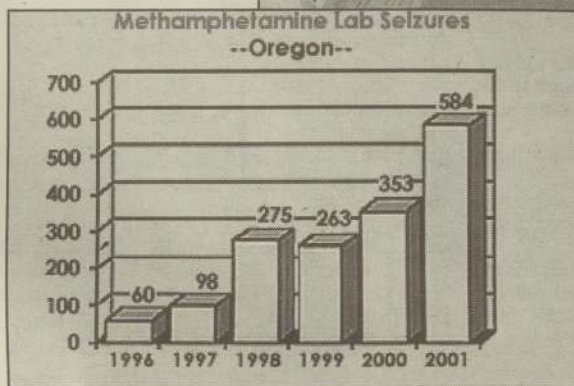
While entering a 12-step program such as Crystal Meth Anonymous (CMA) (see sidebar) is of use to many addicts, the problem still remains as much an issue for the community as the individual, and the severity of the addiction and problems it causes lead many to question the direction of the U.S. war on drugs.

"In general, the U.S. style of war on drugs is, I think, fairly misguided. They're putting most of their energy and their budget into legal sanctions," Pantages says. "I think that the other side of that would be basically start dealing with the treatment of meth addicts. By treating them, you theoretically decrease the problem."



Ben Moros Clackamas

(TOP): Clackamas drug counselor and instructor Tim Pantages has seen firsthand the effects of meth and the war on meth. (LEFT): Graph from [www.dea.gov](http://www.dea.gov) shows the increased number of meth lab busts in Oregon between the years of 1996 and 2001.



"My sense is that you can never really stop the drug stuff by making it illegal or hard to get, they'll find a way around it;

it's usually a chemically worse way, it's harder on the user, ultimately drives up the cost," he said. "That's not necessarily a bad thing, honestly, at least keeps the casual user from getting involved."

## Board member resigns, position to be filled

OREGON CITY - Linn Jones announced his resignation on last month from the Clackamas Community College Board of Education. Jones has served on the board since 2003, representing Zone 3. His resignation was effective immediately.

Jones cited time constraints for his resignation from the board. "I really think the college is headed in the right direction," he said. "The whole focus at the college is what can be done for students to make their education affordable and accessible."

The board will make an interim appointment at its regularly scheduled meeting on Wednesday, Feb. 9. However, since Jones' term expires at the end of June, interested parties must file with the county elections division by Thursday, March 17, to run for the position in the May 17 special election.

- Press Release

## Information on Scholarships and Financial Aid

### The Oregon Student Assistance Commission (OSAC) Scholarship Application Process

OSAC is one of the best and largest scholarship providers in the nation. By filling out one scholarship application, you may apply for up to nine scholarships for which you are eligible. Application forms are now available, and also available online at [www.get-collegefunds.org](http://www.get-collegefunds.org). Application deadline is March 1.

Chippi Bello, CCC scholarship coordinator, will take you through the OSAC scholarship application process. Seats are limited, so please register with Chippi by calling 503-657-6958, ext. 2373, or email [chippi@clackamas.edu](mailto:chippi@clackamas.edu).

### CCC Education Award and Scholarship Application Process

CCC offers more than \$250,000 in scholarship money to new, returning or transferring CCC students.

### Workshop:

Date: Wednesday, Feb. 9, 16, 23 and March 2  
Time: 12:30 p.m.-2 p.m.  
Place: CC127

Chippi Bello will take you through the CCC Education Award and scholarship application and give you tips on how to write a personal statement, how to request a winning letter of recommendation, provide scholarship resources, and answer any questions you have regarding scholarships. Attendance is only necessary at one workshop. CCC Scholarship Open

Enrollment CCC scholarship application forms are now available in the Rook Hall lobby and the Student Financial Services office in Rook Hall. CCC scholarships are for new, returning and transferring CCC students. CCC offers more than 70 individual scholarships with over \$200,000 in scholarship money. The deadline for students to submit their completed application to the Student Financial Services office is on Monday, March 21 by 5 p.m.

**CCC Scholarship Classes**  
Check online at [http://deptcs.clackamas.edu/fs/important\\_dates.asp](http://deptcs.clackamas.edu/fs/important_dates.asp) for the exact time, place and syllabus for various scholarship classes.

### Information on financial aid

It is not too late to apply for aid for the 2004-05 school year. Applications must be filed and documentation received by the Student Financial Aid office by June 15 to receive aid for this year.

### FAFSA:

It is a great time to file the FAFSA (Free Application for Federal Student Aid) for 2005-06 aid. The best time to file is now and to make sure that you have filed by March 1. This deadline assures that you will be in line for the most comprehensive aid package available to you. We suggest that you file online for both the 2004-05 and 2005-06 school year. Information is received by the school in 3-5 working days as opposed to 2-4 weeks by mail. To apply for FAFSA pick up

an application in the Student Financial Services office, or online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

### Advised process for receiving aid:

1. Complete the FAFSA form.
2. Check out the federal website at [www.studentaid.ed.gov](http://www.studentaid.ed.gov).
3. Go to the websites for schools you are interested in attending and read the financial aid web pages, as well as student service related information. Compare requirements and benefits of being a student.
4. Contact the financial aid office via email and ask if they would like to have student contact happen.
5. Follow up. If you have received anything by six weeks after you file for FAFSA, contact the school.

### Tips:

The bottom line is if you don't apply, you will not receive aid at all. That goes for scholarships as well as financial aid. So, fill out the forms and send them off. You can always say no if you don't want them at the end.

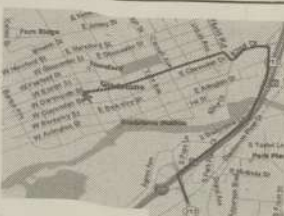
### Scams to watch out for:

There are a number of scam now where websites/individuals offer to get you a scholarship for a fee. Do not pay anyone to research a scholarship or file your FAFSA. There is a website that charges \$75 to use your FAFSA to the Department of Education. You fill it out just like you would online. If they ask for your credit card information. Be sure that you not go to a website that asks for .com. They will charge.

- Compiled by Karlin Johnson

50¢ off any coffee

drink  
CCC Students & Employees  
(with proof of CCC ID)



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