

STRESS: Getting help is key to road of recovery

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"I think it takes students a while to figure out what's use, what's abuse and what's addiction," Wolfson claimed. "Sometimes people won't realize how (drugs and alcohol) are creating some of the challenges in their life."

Student Rick Khamsuk, a former substance abuser who has been clean and sober for 18 months, understands from experience the problems that can be created through substance abuse.

"It's a good way to escape, but the problems, they are always there," Khamsuk explained. "(The problems) get worse when you come out of it."

Another student, Lindsey Buzan, has recently watched as some friends of hers lost their jobs and subsequently started abuse.

The biggest change Buzan has seen is how they act.

"They are much more loners now," said Buzan.

Buzan understands that it's not just a problem for them, but for the people around them.

"It's frustrating watching them go on a downward spiral. Everything they worked for has crashed," Buzan said.

Fortunately for students seeking help with depression and drug problems, the college is willing to help.

"Sometimes it's hard to cope with all the things happening in people's lives. So letting other people help is a good thing," Wolfson declared. "If you had diabetes, would you go to a doctor? We look at mental health the same way."

The counseling center is open five days a week and there is always at least one counselor on call at all times while the department is open. The hours of operation are Monday through Thursday, 8 a.m. to 6 p.m. and Friday 8 a.m. to 5 p.m.

Walk-ins are accepted. If the issue isn't urgent, you can set up an appointment either with the secretary Guadalupe Gomez or by calling 657-6958 ext. 2794 or ext. 2213.



Photo illustration by Kayla Berge and John Shufelt. Clackamas Community College

BUDGET: Tuition may rise due to state cut

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Wilton said the timing of the cut was very strange, as the college had already budgeted for that money. The college has to make up the shortfall before the end of the year. It was not anticipated at all. The college did not think the recession would effect this year's budget. It does have a reserve fund, but it is not large enough to cover this problem.

Beyond the immediate concerns, there are more long term problems as well, according to Wilton. Revenue for the state is expected to be almost a \$1 billion less than last year.

Community colleges received from the state approximately \$500 million for this most recent biennium, which is a two-year period. At

best, the next biennium will be the same as the last.

Unfortunately, costs are going to increase.

The costs, in which 85 percent go towards salaries and wages, are both negotiated in contracts. Wilton said labor costs are expected to increase about five percent each year. If revenue remains flat, but costs increase, the college will have to run a deficit.

"The college may have to negotiate changes in salaries," explained Wilton.

There are other methods of closing the budget gap, but none is particularly savory for students.

Cutting services or reducing financial aid are options. The most unpopular way to raise money to close the budget gap is an increase in tuition, but it may be necessary.

"Tuition increases suck," said student Alicia Stalcup.

"The college may have to negotiate changes in salaries."

Courtney Wilton
Vice President of
College Services

The ten percent cut

With the cut, Clackamas will lose \$456,000 out of their budget which could buy...

— 1,824,000 packs of Ramen \$0.25 each.

— 152,000 energy drinks at 1 can.

— 28,518 months of "World Warcraft" at \$15.99 a month.

— 1,824 Nintendo Wii at \$28 each.

— 1,140 Sony Playstation 3 \$400 dollars for the basic system.

— 332 Dell XPS M1530 Laptop computers at \$1,373 a unit.

— 114 rebuilt Volkswagen Type Jetta at \$4,000 each.

Letter to the Editor: ASG doesn't deserve scholarship

On Nov. 24, 2008, Clackamas Community College held College Night in Oregon. At the end of the night, four \$500 scholarships were handed out at random - two of them happened to be for Associated Student Government (ASG) Officials who already receive some form of a tuition waiver. Good for them?

Maybe unless you think about the fact that our economy is failing and 50 percent of the people who are receiving these scholarships already get their school paid for.

The truth is, you exist under an institution that seeks to de-humanize you in to nothing more than statistics (FTE or Full-Time Enrollment). This system is collapsing around us; colleges all over

Oregon are going under and CCC is just another domino.

Does that matter to most students? Doubtful. After all, stuff like that doesn't really happen, besides even if the college does collapse, it won't happen in their time here.

It's this nihilistic attitude that is the driving force behind students not getting the necessary money to attend. By sitting back and watching things unfold, you've created a nobility on this campus, they call themselves ASG. They don't have your best interest in mind, unless your best interest is a cheap hot dog and increased tuition.

The administration of this college looks at you and sees next to nothing; after all, intelligent

people don't go to community college, do they?

Enough is enough, the ASG should hand out scholarships to students in need, along with tuition waivers. That's the duty of a public servant.

Or maybe that's what you, the students want your government to be. No? Then the question becomes: What have you done?

— Jayc Izzo
Student

Letters to the Editor have been edited for clarity and space by The Clackamas Print.

The Clackamas Print

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