

Engery drink addicts shrink wallets



Jessica Foster Clackamas Print

Corinna Macclanathan downs her Full Throttle, which claims to be the faster, stronger and better energy drink.

Nick Kornafel

Feature Editor

The cost of fuel is greater than most people think. Prices range at around roughly \$2 to \$3 and most of them provide poor performance and burn off too quickly increasing the demand for this product. It comes in three varieties: caffeine, sugar and guarana.

It's difficult to look anywhere on campus without spotting a student with either a paper coffee cup, 24-ounce aluminum can or half liter of soda these days, and who can blame them? College life is draining and students need something to give them that extra boost to get through the day.

Is this lifestyle healthy?

According to webmd.com, caffeine does increase alertness, decrease fatigue and improve muscle coordination. Aside from coffee, it is also found naturally in tea and chocolate, and it is often added to soft drinks and non-prescription medications like pain-relievers and cold remedies. If used excessively, caffeine can be too stimulating and cause anxiety, sleep problems, muscle twitching or abdominal pain.

So, how much caffeine do students intake in a typical week? When asked, most students stated that they drink at least one caffeinated beverage a day.

"I won't lie," said Clackamas student Stefan Smith. "I'm addicted."

Those who claim to be addicted to caffeine state that if they don't get their fix throughout the day they expe-

rience drowsiness, decreased awareness and even headaches.

There's a reason why energy drinks aren't recommended for kids. According to the nutritional label on a typical 16-ounce can of Rockstar, it contains 62 grams of sugar, the equivalent of five tablespoons of sugar.

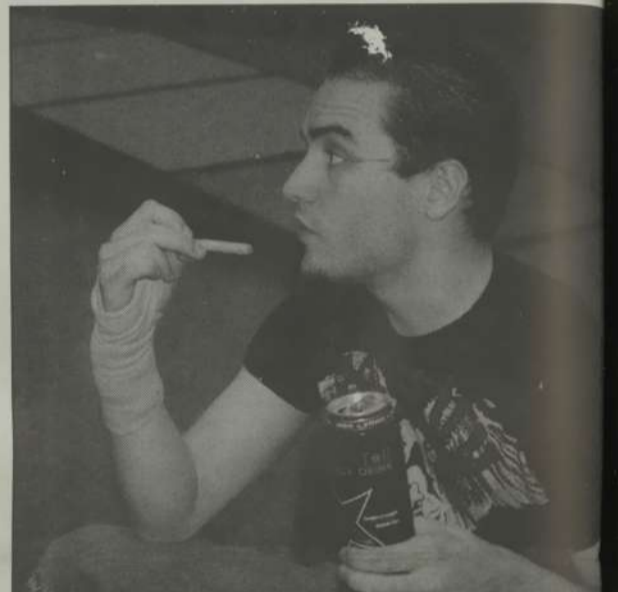
If the price on health of these fuels doesn't get across to anyone, how about the price on one's wallet? A small (or "tall" if that makes any sense) coffee from Starbucks is only \$1.40, the cheapest beverage they have to offer. Getting just that one a day would cost about \$10 a week.

One student who wished to remain anonymous claims she

can't get through her day out drinking at least three of Mountain Dew. It cost \$40 a week.

Surprisingly, healthier cheaper options were provided by some of the students on campus. Marina Andrews drinks chai tea only once a week and suggests that you get their energy from real food. Karen Edwards prefers orange juice or milk in the morning.

Even if you still need caffeine in the morning, there are cheaper and healthier options. A 32-ounce can of coffee costs \$7.50 and lasts an individual for several weeks. Or, getting your caffeine fix from green tea is a healthy solution because it is full of antioxidants.



Jessica Foster Clackamas Print

Jon Maach enjoys a Rockstar, which boasts to be the most powerful energy drink, in the Community Center.

Opinion: Why love sports?

Abigail Neet

Arts & Culture Editor



Sport: Physical activity that is governed by a set of rules or customs and often engaged in com-

petitively - that is the definition of "sport," according to dictionary.com

I am not an athletic person, nor do I find sports to be interesting by any means. Obviously, I feel differently than very many people on campus.

Last week I set out to find out why so many people love playing sports.

As for Edher Estrada, who plays baseball, soccer, basketball and sometimes hockey, he plays for the element of competition. He believes people like the opportunity to test themselves and improve.

Estrada does not play in the college's athletic program but does play on his own time. "(I play) just for fun and to pass the time," he said.

"I love the competition aspect," Aaron Bates said, agreeing with Estrada's sentiments. Bates said he also likes being on a team and getting to know people and sports help him take his mind off of school and other troubles.

Even though all of this makes sense, I decided to talk to someone who knew a lot about the subject. Jim Martineau, as the athletics director seemed like the right choice.

Martineau believes there are many different reasons people choose to play sports, including, of course, competition. He also believes it gives people a release from the real world, a sense of family coming from being on a team and, of course, there are those who love the sport simply because they are good at it.

"The thing most people don't realize is almost 100 percent of athletes come here because of athletics. At least 90 percent are recruited. That's the main reason they come here," Martineau commented, explaining why students choose to partake in athletics at Clackamas.

After talking with students and Martineau, I am able to see why so many people love sports. I myself am not a very competitive person, at least not in the sense of organized sports, but at least now I understand more of why others choose to be involved with sports in one way or another.

"I love the competition aspect."

Aaron Bates
Student

Thoughts for those leaving CCC

Greg Stoltz

The Clackamas Print

June separates the student body into two groups: another batch of sparkly graduates heading out into the world, and the rest of us who aren't going anywhere just yet.

The Print recently asked Clackamas students who were not graduating this spring term, what thoughts they had for those students who are finishing their studies here. While many wished the next batch of alumni well, some saw employment prospects for new grads as not especially rosy.

Raymond Foster offered encouragement when he said, "Don't give up. Keep looking forward. Hopefully you guys get good jobs." Nevertheless, Foster said the job outlook now was pretty bleak. He said that people seeking any kind of well-paying job might need to look to other countries, but said even going abroad is no guarantee. Foster also suggested graduates look toward work in technologies.

Foster does think there will be a few more jobs by the time he expects to graduate in 2010 or 2011. "I think people that are graduating right now are going to have a really hard time finding something," he said. "They may have the academic credentials," Foster said, "but there's going to be too many people applying for the same jobs and they're going to end up taking jobs at Mickey-D's or whatever just

to make ends meet."

Misty Lapine and her 15-year-old daughter Christyna pondered the fate of soon-to-be graduates over a sunny lunch outside the Community Center. Misty said she could graduate this term, but is remaining at Clackamas. Her reason is not the economy, but the fact that she has two teenagers who go here. Despite having ample credits to finish, Misty is planning on hanging around to do some classes with Christyna, until she gets established.

Christyna, who is home schooling through Web Academy, will be graduating from CCC by the time she is a senior in high school. She didn't know what to say to this year's graduates. Misty said commenting on college graduation is hard for someone who is a high school freshman. For now, Christyna is concentrating on the comparative religion class she and her mom are taking together.

Angela Koukola had hoped to graduate summer term, but the astronomy class she needs isn't offered again until fall. Koukola said she doesn't know what to tell graduates. The daughter of a Congolese father and Ukrainian

mother, Koukola brings a perspective to life in America. She said Americans have the ability to choose their social class. "You can do everything to succeed," she said.

Kim Salinas and Matt Bernardo were guarded in their encouragement for outgoing students. Asked what she would like to see graduates do, Salinas said, "I hope you're lucky," in a less-than-optimistic tone. She said many employers are hiring freeze trying to protect businesses and current employees.

Bernardo added, "Hope you find a job." She said it will be a struggle for people that don't have experience, especially at this time. Bernardo suggested looking for employment in your chosen field, but said it is only half-time.

First-year student Corinne Bruce offered genuine congratulations to those finishing at CCC. She did think that given the economic situation, it might be hard for her to be in school for another year. However, she did say of those who are finishing, "They're lucky they're graduating. They did the work."

Jake Boyd also thought the economy would probably be a struggle for those who graduate next year, but said only time will tell.

2009 Commencement Ceremonies

GED & Adult High School Diploma Graduation Ceremony

Thursday, June 11, 2009, Randall Hall, 7 p.m.

Certificate & Degree Commencement Ceremony

Friday, June 12, 2009, Randall Hall, 7 p.m.