

# NAMI struggles to find members

By Annemarie Schulte  
Associate News Editor

NAMI on Campus, Clackamas' college version of the National Alliance on Mental Illness organization; has officially been on campus for half of fall term. Now, Kathy Fredrickson's club, still a little green, is thriving because of her vision and hope to help others through what she has been through: the throes of mental illness.

At the club's second meeting, a student member and Fredrickson met to discuss the club's progress. VP Dale Chambers was not present, nor did anyone else show up. Two people have joined the club. A few promise to, but haven't yet. It seems that Fredrickson and NAMI are still battling the stigma of mental illness; it shows in the low attendance at the NAMI connection meetings.

Still, Fredrickson remains as bright and optimistic as ever, showing her strength.

Much like Adam Goldstein on his MTV show, "Gone Too Far," where Adam intervenes in addicts' lives and tries to help them recover, Fredrickson puts herself in the middle of other people's struggles with mental illness when she struggles from it herself. A heroin addict, DJ AM (Adam Goldstein) died tragically from a drug overdose on August 28, 2009. Speculations that the show killed him continue to circle throughout the media and the psychology profession. Was it too soon to put himself in the same situations that he had just recovered from? Some say the show and being

around other addicts using drugs he had just overcome addiction from caused him to relapse, according to the New York Times. He was in too deep and got much closer to drugs than he should have; the temptation was so strong it eventually overtook him. It took immense strength to get as far and help as many people as he did. Doing what Fredrickson does, and what Adam Goldstein was able to do, takes self-control and determination to help others.

Which raises the question, how long should a person be recovered from an illness before they begin trying to help others?

Tim Pantages, an addiction counselor, said "AA doesn't really have an official opinion on when someone is allowed to become a sponsor... The general rule of thumb, I'd say, is that a sponsor should have at least a full year of sobriety, but generally speaking, the longer they have, the better sponsors they'll be."

In NAMI, Fredrickson, who acts as a mentor, is counseling people who may already be recovered or are more recovered from mental illness than she is.

Fredrickson tells of an incident that happened about a month or two ago, a testament to the fact that she still battles mental illness every day of her life.

Fredrickson said she had a terrible day. She walked into a man's bedroom that was in the home for recovering people that she works for. There happened to be a knife there on the bedside table and before she was aware of it, Fredrickson began cutting her arm, not hav-



Brian Steele Clackamas Print

Kathy Fredrickson discusses meeting dates with a fellow NAMI member during NAMI's second meeting this term.

ing any control over what she was doing.

Fredrickson says that NAMI is about finding other ways to deal with mental illness and hard days by not doing negative things. She turns her negative and weak experiences into helpful and encouraging aspects to help people struggling with mental illness. Fredrickson says she opens up about her struggles with

her illness to other people and that she is often thanked for doing so.

Fredrickson has been involved with NAMI for about eight years and continues to deliver their message wherever she goes. She says the goal is just to help people, regardless of if they come to the club or not.

"The goal is more than just the club itself; I want the support system that people can see us, and feel free

to come talk to me," she said.

Fredrickson says people often contact her while walking to classes, and she says she is able to help them that way.

"We want the word out, we are here," Fredrickson said.

Fredrickson added that students need to realize, "There is help out there. If we don't have it, we will get it."

## Controversial measures tax wealthy and bring money to public funding

By John Hurlburt  
Co-Editor in Chief

Community college budgets statewide have been getting beat like a piñata at the end of a birthday party this year; the only difference is that what's left inside isn't candy but a substance resembling despair.

The current budget Oregon has allotted for community colleges in the 2009-2011 school year has already dropped from \$500 million in the 2007-2009 biennium to \$450 million. Now there is a possibility colleges like Clackamas may end up with even less cash than they were promised earlier this year when the budget was published.

A referendum taking place this coming January will be a crucial moment not only for Clackamas but community colleges and public services all around the state. In the upcoming vote, measures 66 and 67 would raise taxes on the wealthy and businesses statewide in order to support the general fund.

According to Courtney Wilton, vice president of college services, the bills combined will generate an estimated \$733 million to help support Oregon's general fund.

About three quarters of the

state's general fund is used to fund K-12 education, corrections and human services.

The two bills have already passed through state legislature in May of this year but throughout the summer, business interest groups such as Oregonians Against Job-Killing Taxes, were able to raise enough signatures to get the bills sent to the voters of Oregon.

Pat McCormick, media contact for Oregonians Against Job-Killing Taxes, said businesses have not been fighting taxes or additional funding for the state.

Businesses have been fighting these two bills, however, because they believe the bills will be affecting Oregonians and the job market in negative ways.

"We can't get out of this hole in Oregon until we raise more private sector jobs and we cannot do this by taxing the businesses which offer those jobs," McCormick said.

McCormick says that the bills would raise taxes paid by businesses an additional 37 percent; in his opinion an increase of this proportion would have an impact that would not be productive.

"This increase of more than a third comes at a time when the business community is suffering the worst recession since the Great Depression," McCormick added.

John Wykoff, government relations officer for Oregon Community College Association

### GENERAL FUNDS

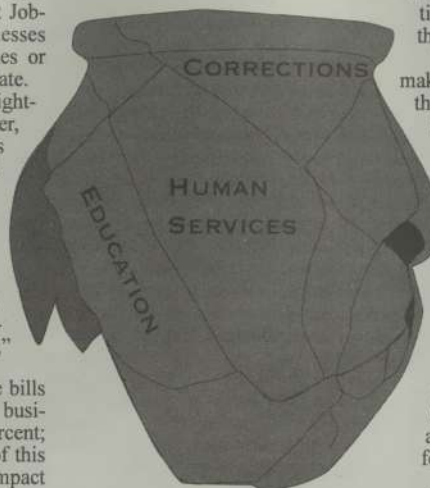


Illustration by Kayla Berge Clackamas Print

(OCCA), believes it would be hard for many junior colleges to handle any more funding cuts.

"With enrollment levels as they are, it would be very difficult to deal with," Wykoff said.

According to Wykoff, the average full time equivalence (FTE) for community colleges throughout the state has increased 15 percent from last year, yet funding has dramatically fallen.

Wilton warns that more reductions in budget might affect this upturn in enrollment.

"It's possible if we have to make large budget reductions that might impact enrollment. You can't continue to support as many students with less money," Wilton said.

These bills allow community colleges to retain \$24 million that the state has already allotted to them in order to keep the current budget in balance.

If the two bills fail to pass, Clackamas would lose more of its funding and almost inevitably be forced to make more cuts.

These cuts would not be the first Clackamas has

trimmed recently. March of this year a budget shortfall of \$132 million caused the school to lay off 20 employees, raise tuition and cut its drafting department.

Alyssa Fava, Associate Student Government president, says that this referendum will be a decisive moment in our college's future.

"Since Clackamas has already budgeted for this money, if we lose it, the effects will be detrimental," Fava said.

ASG is not legally allowed to take a stance on bills submitted for a referendum. ASG is however holding two events in order to allow students to become more informed about the upcoming vote.

The first event called "Face Out Loud" will be held Monday, Nov. 23 and will involve teams of students scattered throughout campus yelling facts about the upcoming bills. The event will be visible at different times scattered throughout the day.

The next day, Tuesday, Nov. 24, there will be a formal debate at noon followed by a question and answers session at 1 p.m. where students can pose questions about the upcoming vote and its effects.

### Clackamas Print

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