

21+: Getting help



By Joshua Baird
Arts & Culture Editor

Booze, sauce, liquor, fire water, spirits and liquid courage are just a few of the nicknames for alcoholic beverages that have been used over the years. Whatever you call this strange, wonderful and sometimes dangerous concoction, you are guaranteed to find a mixed response.

When you drink responsibly, you can find a great many things can come your way. A warm feeling like when you are snuggled in front of a fireplace with snow falling outside and a good book in your hands. Or a cold one in your hand while watching a sporting event, screaming at the referee for making a bad call against your team and the feeling of camaraderie among you and your friends.

There is, however, a negative side to every story. Those people who did not listen to friends when they were told not to leave the party until they had a chance to "sober up" and then got into an accident, hurting or even killing themselves and others in the wake of the tragedy. Everyone either knows someone who this has happened to or has experienced it firsthand.

Every year an average of 1,825 college students between the ages

of 18 and 24 die from alcohol-related injuries, including motor vehicle crashes, according to the College Drinking Prevention's website, www.collegedrinkingprevention.gov.

Though it is difficult to say exactly what moderate drinking is, I can say that drinking to excess is a very bad idea. If you are unable to maintain complete control of your motor functions, you have probably had one too many and should call a cab or have a friend drive you home.

I know that some of you are thinking, "But I drove to the bar, how am I supposed to get my car home?" Speaking from the perspective of a bar employee and previous bartender, I can say that we would rather have you leave your car in our parking lot, take a cab home and come back tomorrow than you driving home and endangering yourself and others.

Keep in mind, if you leave my bar wasted and then get into a car accident, one of the questions that will be asked is, "Where are you coming from?" You will tell them because you are too scared and drunk not to lie, that and you don't have any reason to lie about which bar you just left.

News flash genius: if you drive under the influence, the bar that you left is going to get a fine assessed by the Oregon Liquor Control Commission. That and you will probably end up in jail. Most four-year universities don't like admitting students who have a criminal record, especially one that comes from one of the most common crimes committed on campus.

Another thing that everyone is familiar with is Alcoholics Anonymous. I know the old joke "I'm not an alcoholic; they go to meetings" may be funny to you, but have you ever wondered

what the guy or gal sitting in your basket weaving class has been through? There are over 1,264,716 members of AA in the United States alone, according to the Alcoholics Anonymous website, www.aa.org.

Alcoholism isn't just from a lack of willpower; it is, in fact, a disease. Nobody wakes up one morning and thinks, "I want to become an alcoholic today." Members of AA are very brave and should not be made fun of for their illness. Those people have stood up and said to the world, even if it is anonymously, "I have a problem, and I want to fix it."

If you feel that you or someone you love is being reckless or irresponsible with his or her drinking habits, the contact information for meetings is available at the Alcoholics Anonymous home page.

Designated driver, a service available in Oregon City operated on donations, can be reached at 503-722-4042. Remember that these ladies and gentlemen go out of their way to make sure that you get home safe and secure, so don't be a cheapskate: fork up some cash for that donation.

Disclaimer: *The Clackamas Print* does not endorse or approve of underage drinking or drinking to excess. Be responsible.



Students find places off campus to eat

By Max Dorsey
The Clackamas Print

Lunch is one of the most essential meals of the day, at least for us college people. It re-energizes the batteries, if you will. Where do Clackamas Community College's students go out for lunch? Taco Bell? Haggen Food and Pharmacy? Pizano's Pizza? Chevy's? Five Guys Burgers and Fries? Hawaii Time? These are just a few of the close places available to eat at. Here is a student guide to local restaurants:

Haggen Food and Pharmacy

Haggen is a local grocery store with a deli located on Highway 213 and is one of the most popular places to go for students who are in need of lunch. It's handy because it's across the street. In this store, you can get sandwiches, Chinese food or sushi for \$5.95. You can get a parfait for \$2.99. Some items are pre-made, but you can also order certain items fresh, like pizza. A slice of pizza is \$2.99. A bottle of soda is \$1.69. "My favorite restaurants are Haggen or Panda Express," said Clackamas student Alexis Purdhome.

Panda Express

Panda Express was the most popular restaurant recommended by students. In addition, it's really convenient to have it across the street from the college at

O.C. Point. Many students like to go to Panda Express. If you go into the community center on a Friday, you'll probably see someone eating out of a Panda Express container.

Panda Express dishes are familiar Americanized Chinese food. They mostly serve chicken dishes, a few beef and pork dishes, one tofu dish and cream cheese Rangoon. Even though some of these dishes have veggies, none of them are vegetarian. A two entrée plate is \$6.25; a three entrée plate is \$7.50. A kid's meal is \$4.50 and a panda bowl is \$5.25.

Student Scott Isom in general doesn't eat out because it's too expensive, but sometimes he goes to Panda Express because "they give out good portions for low price."

Pizano's Pizza

Pizano's Pizza is a little-known place across the street, located at O.C. Point. They serve thin crust pizza, and a combo meal there is \$5.99, while a pizza and Pepsi is \$3.99. Pizano's is one of the newer installations in the strip mall opposite of Clackamas Community College.

Taco Bell

Taco Bell is an international chain restaurant that serves burritos and quesadillas. Taco Bell is only a few minutes from the school at 19005 S. Beavercreek Road in the Berry Hill market

place. Micah Spangler, student, likes to go to Taco Bell. Spangler likes to make half Mountain Dew, half Baha Blast drinks, which he calls a "Glowing Nuclear Green" drink. You can buy many items for under \$1, including burritos. You can either walk in or drive right through and order.

Five Guys Burgers and Fries

Five Guys Burgers and Fries is exactly what you think. Its burgers and fries, soft drinks and ... peanut shells on the floor? Things are pretty expensive at Five Guys, but all the burgers are custom made just for you. This restaurant is just across the street from the school, in the O.C. Point strip mall. If you want a meal of a burger, fries and a soft drink, the total would be \$9.27. They also have hot dogs; a regular sized one is \$2.89 and a large is \$3.59. Five guys' fries have two sizes: a regular is \$2.89 and a large is \$3.59.

Starbucks

Starbucks is may be a coffee shop, but they also serve food. They sell sandwiches for breakfast and for lunch, which are \$4.95. Their parfaits are \$3.94, and it's only \$2.90 for an iced mocha and a scone. The one closest to the college is located at 19574 Molalla Ave.

With all these options and more, where will you go for lunch today?

6	8			7				2
	2	7				1	9	
	5	3		6				
2			1	8				4
		8			3			
					6		7	
		5				2	6	
8	4			9		7		5
				5	8	3		

Sudoku

How to play:

Make sure the numbers 1-9 are in each box. At the same time, there must be the numbers 1-9 vertically and horizontally. All numbers must match up accordingly.

Last week's sudoku answers to the right

5	3	4	9	6	7	2	8
6	2	7	8	5	1	9	3
1	9	8	2	4	3	7	6
4	6	2	7	3	9	1	5
9	7	1	4	8	5	3	2
8	5	3	1	2	6	4	7
7	4	6	3	1	8	5	9
2	8	9	5	7	4	6	1
3	1	5	6	9	2	8	4



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