

Cougar Cry Editorial Guidelines And Staff

The Cougar Cry is a publication of the student activities office of Wilkes Community College. Its objective is to keep the students of WCC informed of issues, interests, and events related to campus and academic life. The Cougar Cry does not necessarily reflect the views or opinions of the faculty and/or staff of WCC

The Cougar Cry welcomes articles, stories, opinions, photographs, and artwork for publication consideration. However, everything that is received cannot be published and the right is reserved to reject any material with or without cause.

The Cougar Cry will be published as staffing and resources permit. All submissions must include the author's name, phone number, and email address. Constructive criticism is acceptable, while defamation of individuals or organizations is not; no material which defames or insults any individual or group will be published. Opinions, editorials, or viewpoints should be clearly labeled as such. Material that is obscene, libelous, not in keeping with local standards of decency, or disruptive to the instructional or administrative process will not be published.

All submissions must be in accordance with the above stated objective: namely, they should be of specific relevance to WCC students. The staff reserves the right to edit for size, content, grammar, spelling, typographical errors, good taste, and civility. Once an article has been

revised, it will be reviewed with the author before it is published. Articles without time sensitive content that are received near publication deadlines may be published in later editions because of time and/or space restrictions.

It is strongly recommended that the author have her/his submission edited for grammar and style before it is submitted to the Cougar Cry. It is the author's responsibility to ensure the accuracy and spelling of names, program names, abbreviations, logos, etc. Copyrighted material will not be used without written permission of the copyright owner.

To submit an article to the Cougar Cry please send email to wcc.newspaper@wilkescc.edu with the article attached in word format.

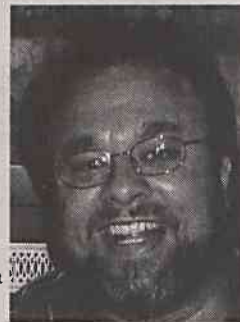
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Its not very often you can catch most of the Cougar Cry Staff together. We were able to round up enough at the Awards Reception to get a photo. From left to right: Andrew Bryant-Reporter, Lynn Ham- Reporter, Loni Miller- Editor-in-chief and Graphic Designer, Adrian Taylor- Reporter, Jane Owens Weaver- Advisor, Amanda Molesa- Graphic Designer, Chad Treadway- Advisor. Congratulations to Andrew Bryant, Lynn Hamm, and Keisha Call for the Reporters of the Year awards, Amanda Molesa Graphic Designer of the year and Loni Miller Editor-in-Chief of the Year. Keep up the good work Cougar Cry Staff.

The Counseling Corner

"I'll Walk the Line"
 As graduation looms, the sound of Johnny Cash crooning "I walk the line" seems stuck in my head. I know as WCC students, you are greatly anticipating graduation. You can feel the culmination of all your hard work; you can sense it. Perhaps only your family's pride surpasses your own as you walk across the podium. There you go, strike a pose, you've earned it! You are now a Cougar alumnus with all rights and privileges thereof.



My hope for every one of you is that you "walk the line" with pride. Equally, I hope that each of you take care and responsibility in your health to earn what you have striven so hard to achieve. With that hope, I would like to offer a few reminders concerning this celebratory milestone. Did you know that graduation time can be a peak time for binge drinking? Studies concerning stress and alcohol seem to point to cyclic variables that increase alcohol use, including stress relief.

It might be a "duh" statement to say that high stress levels increase drinking amounts and quantity. It takes no intellectual heavyweight to discover that simply anticipating major stressors increases alcohol use. But, did you know that peak times for alcohol use also follow relief from stress? Maybe your stressors include an impossible job, arguments with loved ones, or feeling overwhelmed with the tasks and expenses

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of day-to-day life. Perhaps you know someone organizing a major party before graduation to blow off some steam, or maybe graduation is that "relief" and parties are planned afterwards. Either way, drinking can become the elixir of calmness, the false friend, the siren of the emotional fix, or the ever-present hand cozy used to gather and chat. It is even *expected* at celebrations.

Your last few weeks of college seem especially fraught with stress--papers are due, final exams must be studied for, GPAs must be maintained, and friendships may take time-outs as you transfer to other universities. There will be the incredible temptation to drink with friends, to "live it up" one last time, to celebrate in excess. There will also be the incredible temptation to drink and drive, or to watch passively as friends attempt to drink and drive. During the showing of the teen movie *Smashed* last fall, students were able to identify a particularly strong variable that interfered with taking a stand against drinking and driving: the "loss of face" in front of friends.

So, if you don't mind losing face to save face, stop yourself and stop your friends from drinking and driving. If you choose to celebrate around graduation, please drink in moderation, know your limits, and have a designated driver. It would be wise to manage your stress level before partying and realize you don't need alcohol for others to enjoy your company. And, if there is a moment that calls upon you to be a hero, you may want to try this line: "Buddy, we've made it this far--I'll walk the line, and so will you!"

Mike Roope, MA/EdS LPC
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Congratulation Class of 2008 From The Cougar Cry Staff

Have a safe and fun Graduation Good Luck In Everything You Do

