

Full time student, father, husband goes undefeated, wins championship



PHOTOS COURTESY OF NYKRIEM FAMILY

Top: Undefeated Kjell Nykriem wrestles an opponent to the mat. Left: Nykriem and his son at the beach.



MAGGIE JIRASEK
Feature Editor

When not wrestling, undefeated Region 18 champion Kjell Nykriem works full time, is a father of two sons and a devoted husband.

Nykriem started wrestling at the age of seven and continued all the way

through high school. After graduating from Liberty Bell High School in 1993, Nykriem went on a mission for his church and had to quit wrestling for awhile. Soon after getting married in Idaho in 1997, Nykriem found his path back to wrestling.

"I got involved in wrestling down there. I met up with a coach and started

coaching high school, free style Grecco Roman. I brought kids to high school tournaments," explained Nykriem.

While attending Pacific University, Nykriem met a wrestling coach working for Portland State University and decided to move to Oregon with his wife and son.

"I wanted to make up my tests for the ACT, but my first scores were not high enough. I took the test again and I got a better score," said Nykriem. "I sent a copy to Portland State but I never heard back from them, so I didn't go."

It wasn't until fall of 1999 when Nykriem enrolled at PSU, but stayed only for about two weeks, then transferred to Clackamas.

"I don't wrestle on Sundays because of my religion. That seemed to be a problem. PSU called the head coach at Clackamas and Norm Berney arranged it so that I could register for 12 credits, get involved with wrestling, but have Sundays off," explained Nykriem.

Financial aid money, as well as a tuition waiver helps pay for school, but in order to provide for his family, Nykriem not only goes to school full time and wrestles, but he also works full time.

"I don't have much free time. I work, go to school and have to do my homework. I see my family for one or two hours every night," said Nykriem.

Nykriem has been quite successful since he joined Clackamas' wrestling team. In addition to going undefeated

throughout the season, he placed first in the 184 pound weight class at the Region 18 Championships in Yakima, the only wrestler from Clackamas to take home a first place this year.

"Our team placed fourth at the Region Championships. Right now we are ranked seventh in the country," informed Nykriem.

Nykriem will be attending Nationals with four other teammates in Minnesota, Feb. 16.

"I think our team can win that tournament. At the Region Championships, all the guys had been pretty sick and that hurt us," said Nykriem. "We weren't able to show our true colors."

Nykriem is not quite sure where he wants to go after his time at Clackamas, but he has made some plans for the future.

"I would like to work as a wrestling coach. I think wrestling is good for kids, it keeps them out of trouble."

In regards to his personal life, Nykriem is planning on expanding his family.

"I do want to have 12 children, I'm serious about that. I'm not joking."

Cougar soccer

The Cougars lost their first intramural soccer game Saturday against Portland State University 4-3.

The next game will be held on Saturday, Feb. 24. Meet at the soccer field at 1 p.m. if you want to

play. Practices will be held Tuesdays and Thursdays from 1-2 p.m. Practices are encouraged but not mandatory to play.

Contact Stefan Myers at x2544 or in the ASG office for more information.

BIOLOGY · SECONDARY EDUCATION · MARKETING · SOCIAL STUDIES · ENGLISH

FOCUS ON YOUR CAREER

- Concordia is an accredited university recognized for quality
- Personal attention is given to make transfer as easy as possible
- Most majors include mentors and internships
- Merit scholarships and financial aid are available
- Day and evening classes
- Graduate with a resume as well as a degree

CONNECT AT
CONCORDIA UNIVERSITY
2811 NE Holman St · Portland · Oregon · 97211

1-800-321-9371

www.cu-portland.edu

admissions@cu-portland.edu



Kim Kellogg, CU alumnus, recipient of the 1998 Sallie Mae Teacher of the Year Award



HEALTH CARE ADMINISTRATION · ENTREPRENEURSHIP

FULL-TIME STUDENTS,
FACULTY, and STAFF...

We'll Save
Your Money

We'll Save
You Time

Free ATMs
Community Center
and PSTC

Online Banking
&
Direct Deposit

Student
Loans

Clackamas Federal
Credit Union

270 Warner Milne Road
Oregon City

503-656-0671

10400 SE Main
Milwaukie

503-653-7788

HEALTH/FITNESS MANAGEMENT · DIRECTOR OF CHRISTIAN EDUCATION

The latest diet fad

Eureka! I have found it! I have found the latest, greatest new way to lose weight and feel great. You don't have to pay two easy install-



DARREL HOBSON
Sports Columnist

ments of \$19.99. There is no limited time offer, no confusing instructions, no special low fat food to buy and no assembly required.

You will find this program more effective than any other program you have tried in the past. The great part is that there is no need to buy any magic pills, ab rockers, Thigh Masters, Tae Bo videos or any product endorsed by Chuck Norris.

Now I am not a doctor, a nutritionist or a body builder, but I know for a fact that you will see results with my program. Here is a testimonial from one of my satisfied customers.

"Darrel's plan is so simple and so easy. I can't believe I never thought of it myself. I am never going to buy any of that useless crap I see on TV ever again!"

For you, the readers of The Print, I'm offering you my fantastic weight loss secret for one time only, free of charge. Are you ready? Prepare to be amazed. The secret to being in the best shape of your life is:

Eat less junk food and exercise more!

That's right. Just try running, swimming, riding a bike, walking the dog and eating less potato chips and the pounds will fly off. It's guaranteed to work. Doing anything else would be just plain dumb!

Tonight
Support your



local Cougar
Basketball
Women 6 p.m.
Men 8 p.m.

Remember it is
International
Flirting Week