

# Cougars romp through division

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With two victories on the road over divisional opponents Umpqua and Southwestern Oregon, the Cougars secured first place in the Southern Division of the NWAACC this past week.

On Jan. 16, Clackamas made the journey down I-5 to Roseburg, Oregon to do battle with the Timbermen of Umpqua Community College. The game featured plenty of offense by both squads, as the Cougars were down at halftime by a score of 55-50, but roared to a 121-102 triumph over their opponent.

Matt Tabisz paced Clackamas' scoring with 25 points, with Matt Tondreau tossing in 18. Russ Schneider added 17 points from the bench and Marvin Noble scored 16. Tondreau and Lawson Struve led the Cougars in rebounding with seven each.

Clackamas coach Clif Wegner complimented the role that his substitutes played in his team's success over the past seven days, saying, "We had some really good performances off the bench, especially from Rus Schneider and Jon Rylaarsdam."

On Saturday, the Cougars paid homage to the only team

tied with Clackamas for their division's lead, the Lakers of Southwestern Oregon Community College. Clackamas' defense fared better in this match than it did against Umpqua, holding their adversary to just 71 points, and forcing 14 turnovers.

The largest difference in the game was the rebounding as the Cougars snagged 50 rebounds, compared to Southwestern's 32. The second

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everybody's hit  
list.

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chance points for Clackamas totaled nine against the Lakers' four. Free throw shooting also a factor, as the Cougars made 78 percent of their chances from the charity line, for a total of 28 points.

Clackamas' offense was led by Michael Kuebler with 39 points, followed by Struve with 11 and Tondreau with 10. Noble fed the Cougar scorers with seven assists. Jon Rylaarsdam

brought down the most rebounds for the Cougars with 10, as Kuebler took down nine.

The Cougars' record now stands at 17-2, the best record in the NWAACC. Their league record is a perfect 4-0, granting Clackamas first place in their division.

"We made some big steps this past week," stated Noble, in referring to another perfect week for the Cougars.

In continuing the praise, Kuebler had this to say: "I think we played really good. They came out shooting, but we out rebounded them."

Clackamas welcomes Chemeketa Community College to Randall Gym Jan. 23 in a divisional game, with the Storm holding a 3-1 league record and a 13-5 overall record.

"They (Chemeketa) come in 3-1, they're one of the best teams in the NWAACC. That's a real challenge for us. Every game is a playoff game for us now, that's how everybody is coaching it. We're on everybody's hit list, beating Clackamas is a big season-maker for any team we play," Wegner said, in speaking of the match up.

On Saturday, Linn-Benton stops by Clackamas to try to improve their 2-2 league record. With an over all record of 7-10, the Runners do not seem to pose a threat to the dominant Cougars.



MAGGIE JIRASEK / Clackamas Print

Michael Kuebler of Clackamas puts up a shot as Marvin Noble prepares for the rebound in a recent match against Mount Hood.



## Water, weight loss and weightlifting By Nick Barron

Perhaps it is everybody's belief that they are relatively "in shape," it was mine before I added a little class called "Health and Fitness for Life." My first thought when I enrolled in this course was that it would get me into the weight room, as my mind was clouded with thoughts of having Brad Pitt abs and Lou Ferrigno biceps. How naive.

In instructor Nancy Mikleton's class, I am expected not only to lift weights for 50 minutes three days a week but to live the life of a pro athlete. I am supposed to infuse 96 ounces of water into my body on a daily basis. In order to achieve good cardiorespiratory health, I need to exercise like a mall-walker on steroids for 60 minutes five days a week.

That Whopper from Burger King, if that ends up in my stomach, I'll be required to jog at 7 mph for 30 minutes to burn it off. Running for that long at that pace makes me want to eat three more Whoppers. It's a good thing I can't afford to buy a milk shake, or I'd end up jogging four miles to rid my body of those calories.

Because I have chosen to have my name on the roster of HPE 295, I must lug a bottle of water around with me everywhere I go. It is my new companion, kind of like a cell

phone, except this item forces me to stop every 15 minutes for some r & r time with the urinals on campus.

The class starts with a warm lecture session in which my instructor lets me know how fat and unhealthy I am. We get to watch videos in which formerly overweight people inform me it is easy to drop 20 pounds and my unhealthy habits can change like a green light in rush hour. While I am trying to learn how to love asparagus and hate French fries, there is a tap-dancing class going on in the neighboring classroom. Maybe I could concentrate more on putting that donut down and picking that bagel up if those "Gregory Hines wannabes" next door would can it.

When ten o' clock rolls around, I am released for fifteen minutes to enjoy, not a nice cold Pepsi, but a nice aerobic workout. I have now found that nothing gets me going in the morning like a good brisk walk in the rain. As soon as my time on the track is completed, I hurry inside and take my heart rate. I am not sure what it means when my heart beats that many times in ten seconds, but I'm thinking it must be good cause my classmates' numbers are far less than mine.

Now the real fun begins, for our instructor leads us all in stretching exercises. I know that these are good for me because my body sounds like a bowl of Rice Krispies as I contort it into positions even Mary Lou Retton would be pleased with. By the way, the human form can closely resemble Gumby, minus the green skin.

Of course, in the class we have those who are apparently in training for a trip to Salt Lake City in February, as they do not seem to need any more weightlifting. For instance, there is a guy, who I call G. I. Joe because he was in the Marines, I could learn a lot from as he apparently could bench press his weight by the time he was nine.

But I guess it isn't that bad, I mean, at least I am using my bladder more. I am very familiar with the facilities at Clackamas, most of which work very well. I now know how much stronger some of my peers are than I am, and how much body fat I have that I don't need. In all honesty, only time will tell if this class actually aided me in my quest to be a Greek god. All I have to do is down that water, exercise an hour everyday, devour only fruits, vegetables and lean meat — in other words, never eat fast food. Oh, that reminds me, I need to run to McDonald's.

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