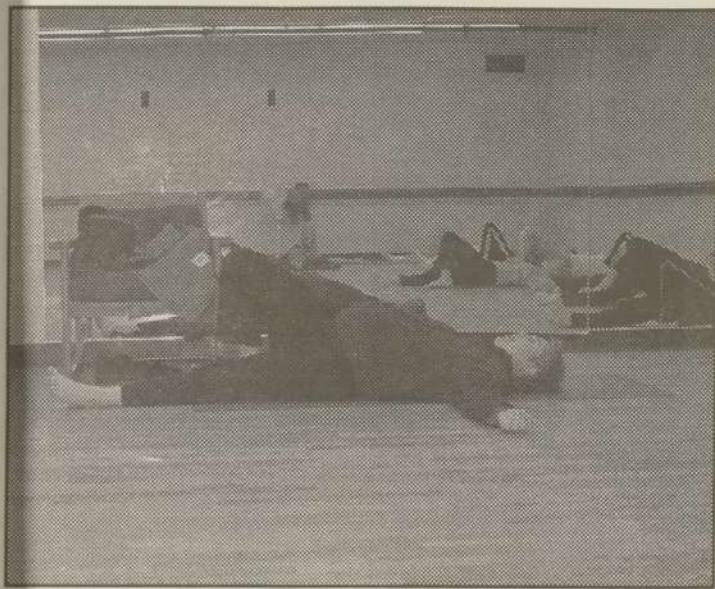


Yoga teacher bends mind, body



MEGAN COBB Clackamas Print

Jenny Juffs, who is pregnant and due this month, leads her yoga class in exercises. This is Juffs' first term teaching the class.

Megan Cobb
Staff Writer

Jenny Juffs, due to give birth on Christmas Eve, arrived on campus this term to teach a yoga class, not allowing her pregnant belly to get in the way.

This being her first term teaching at Clackamas, most people probably have not seen her around much, even though the impact of her role is notable.

Juffs started practicing yoga eight years ago, when tough times in her life led her to a point where she knew she needed a healthy change. It was a matter of "self preservation," says Juffs. "It was my saving angel."

Juffs explains how it's easy to take advantage of the readily available doctors everywhere, always eager to give you a prescription for

whatever your ailment may be. "This is something you can do for yourself that doesn't involve a pill," she stated.

Among the benefits of yoga, Juffs has found that it's great for many reasons. For example, it "clears your mind, is good for your body, and is spiritually enhancing." In reference to why people should try taking yoga, Juffs says, "It's a way to take responsibility and care for your own health."

The exercises in yoga tend to be mind-bending, strange and awkward, in some cases downright excruciating. Although she assures her pregnancy makes yoga "more difficult," that doesn't stop Juffs from coming up here a few days a week and bending her body all around, enlarged belly included, so other people can bend as well. Juffs says the environment here at Clackamas and the short distance it

is from home are both factors of her liking it here.

"I missed being around young people...this was a way to kind of get back into that." This is her first term here, but it won't be her last. Her class will be held again next term.

Along with teaching at Clackamas, she is currently teaching pre-natal classes at Willamette Falls Hospital in the education center. She assures yoga, which they practice in a more gentle matter in pre-natal, is good for the baby. According to Juffs, it helps form a "set schedule," and helps you "focus, and be more present, or aware."

"Yoga and birth are both very body-, mind-, and spirit- oriented," Juffs comments on the matter of using yoga in pre-natal classes. Jenny Juffs, in teaching the meditative wisdom of yoga while pregnant, is creating a good experience for both herself and her students.

Mt. Hood offers plenty of choice

Three locations vary in price, distance, run options

Pete Ford
Staff Writer

After a wonderful few days off for Thanksgiving, Oregon is finally starting to show greater signs of winter. But with painfully darker nights and cold, rainy weather comes the powdery blizzards from our almighty snow Gods. That's right snow bunnies...it's time to dust off those boards and skis and apply a new and shiny coat of wax, cause our whiteout season is here.

Mt. Hood, if you didn't already know, has some of the best snow terrain in the Northwest and flakes has already begun to fall. After a few days of getting dumped on and some "Turkey Day boardin'," the snow on Mt. Hood's lodges is continually groomed, unless there is fresh powder. The current snow base (on average) is approximately three feet and continues to grow, with high anticipation for a great season.

Our local mountain has three main resorts with a number of different lodging facilities all the way to the top of the peak. Located just 12 miles east of Portland on highway 26, and less than one hour from Portland International Airport, is the first and closest resort known as Mt. Hood Ski Bowl. Ski Bowl has the lowest elevation and is also the cheapest of the three resorts. This is due to the inconsistent weather conditions. Ski Bowl in my opinion is the best place to be when there is fresh powder but it can be hell if the temperatures rise to a melting point which they often do there). However, there is a way of avoiding situations like this. A way that is routine for avid snow-junkies. This is to call the all-powerful snow phone. This is the best way ensure a fun experience and is completely free. You can also go online and check ski conditions.

If you try and go up blindly, you may be greatly disappointed. The resorts update ski reports all the time during scheduled season hours

to guarantee a good trip. Take it from me (a veteran snowboarder), there is nothing worse than driving an hour-and-a-half in crappy conditions to be disappointed when you arrive to hard rain or even hard ice, for that matter.

Roughly 10 more miles to the east of Ski Bowl, or about 20 more minutes of driving, brings you to the second and most popular ski resort on Mt. Hood, known as Mt. Hood Meadows. Like I said, Meadows is the most popular and that is for a reason. Despite the expensive prices, Meadows is the most consistent with weather and offers the most runs to its regulars. Where Ski Bowl may have rainy and borderline weather, Meadows will most likely be okay to ride. Not to say you still shouldn't call the snow phones, but the likelihood of good conditions is far greater than that of any other Mt. Hood resort. If you are a beginner and like the busy family environment, then Meadows is definitely the place for you. The biggest always has the most to offer.

Sticking it out for another 10-15 miles in the car will bring you to Mt. Hood's highest-elevation resort, known to it's riders as Timberline Lodge. Timberline is usually open the longest of the three resorts throughout the season because of its high altitude, but can often be too cold for enjoyment. Don't get me wrong, it is all about personal preference and I've had some killer times at Timberline, but the fact of the matter remains that it is the highest. Timberline gets its fair share of powder days just like the rest of the resorts but can often times freeze over to thick sheets of ice and has a wind chill that will eat right through your gear. Timberline also has kind of a weird set up in that you start at the top of the hill and snowboard down to the lift. This can be quite annoying and even more so when everyone is waiting to take the lift back up to the car at the end of the day or if you have to catch a snow bus back to Portland (they don't

wait around long).

All in all, you shouldn't be disappointed in any of the three resorts if the day is right. They all have their own unique characteristics that make them fun in their own way.

I encourage you pleasure seekers, virgin to this extreme sport, to give it a whirl. I can't stress enough that it should always be safety first. Don't try anything you aren't ready for and go with patient people you trust. You don't want to be completely discouraged from something with the potential to be so great and you will be if your experience is terrible.

To fellow loyal veterans, you know what's coming, and remember, don't forget, call the snow-phone.

See ya on the slopes!



INTERNET PHOTO

Skiers and boarders waiting in line for the express lane are treated to a fireworks show on Saturday nights at Mount Hood Meadows.



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