

Gingerbread House-making contest serves up edible fun

Isaiah Creel
THE CLACKAMAS PRINT

A free-to-enter Gingerbread Building Contest, hosted by Student Activities, will be held in the Community Center, today and Thursday from 10 a.m. to 2 p.m.

The contest was first introduced to the student body last year in hopes of putting the campus in a holiday mood.

A \$2 entry fee, however, was enough to deter all but three entrants. The result was an abundance of left-over gingerbread and frosting.

This year, Student Activities decided to drop the entry fee and

bear the burden of rising gingerbread costs.

Teams are encouraged for this event, but going solo is also allowed.

Building materials include gumdrops, candy canes, gingerbread or graham crackers, frosting and assorted other candies. Supplies are available on a first-come, first served basis.

Completed gingerbread buildings will be on display in the Community Center at the vendors' table, near student registration. They will be judged on Dec. 4 at 2 p.m. and there will be a prize for the best house.

Please call ext. 2245 for more information.



INTERNET PHOTO

SNEAK PEEK DeJardin Hall



Photos by CORY PRICE CLACKAMAS PRINT



Wilsonville campus may have a brighter future

Isaiah Creel
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Plans to move CCC's Wilsonville campus to the old Dammasch State Hospital will have to wait until the college can allocate the appropriate funds.

According to the Nov. 21 issue of *The Oregonian*, approximately 500 acres (including the Dammasch campus) on the west side of Wilsonville is set to be developed into housing for nearly 7,000 people. This endeavor, called the Villebois Urban Village Project, is among the largest planned developments in the state.

This \$500 million project will consist of three residential areas with commercial hubs surrounding a more densely populated village center with transit access. And

while some preparations have begun on the site it will take 8-12 years to fully develop the site.

The Oregonian also reported that a letter of intent written by college administrators would be ready near the end of the year, and a subsequent proposal could be submitted for the College Board's approval as early as spring.

"We originally planned to have a letter of intent by December," said Dian Connert, dean of instructional services. "One of the things we have decided is that that timeline is way too ambitious."

The potential letter would outline a plan for CCC to renovate the two largest buildings of the Dammasch campus and decide the amount of money each party would contribute to the project.

Currently, 100-150 people

attend the Wilsonville campus each day for technical training and general education classes. The campus was remodeled only two years ago, effectively tripling its size to 51,000 square feet at a cost of \$5.8 million. However, despite the recent renovations, the Villebois Project will increase the population of the surrounding area significantly.

"We're happy where we are," remarked College President Joe Johnson. "What we're trying to do is make sure we have some room for future population growth in the Wilsonville area."

Johnson admits that discussions among the City of Wilsonville, the site developer and CCC have been very broad, and that relocating to the Dammasch option is not the only available option.

"A very real alternative is for us

to remain where we are and buy some adjoining property for future expansion," said Johnson.

Developers of the Villebois site are eager for the college to get onboard. Typically, developers build housing to attract office tenants and retailers to the area, but a college facility close by would prove attractive in itself to prospective businesses.

"It's dramatically important to [us] because we didn't anticipate having this happen so soon," said Mike Ragsdale, Villebois project manager. "It'll help financing, it'll help get the retail going."

While anticipating expansion is important, the estimated construction date is more than a decade away, affording the college plenty of time to decide a course of action.

Diabetics can have their fruitcake and eat it too

Shannon Armstead
THE CLACKAMAS PRINT

Holiday gatherings abound with merriment and cheer, family and friends and delicious, sugar-laden fare, but for the diabetic the season can leave reason to despair.

"In addition to rich foods and holiday stresses, people step out of their usual routines. For individuals with diabetes, this can be an especially challenging time of year," said Fouad R. Kandeel, M.D., Ph.D., director of the City of Hope Gonda Diabetes Center in Los Angeles.

The good news is that there is an abundance of ways to keep blood sugar in check and the holidays sweet and sane.

Although sugar has always been taboo for diabetics, according to Elizabeth Somer, M.A., R.D., moderation is key.

"With a game plan, diabetics can maintain their blood sugar without completely depriving themselves," she said.

Nutritionists cite that it is the total amount of carbohydrates, not

sugar, which raises blood sugar levels.

According to Somer, studies show that blood sugar doesn't rise any higher in response to sugar than it does to white bread, rice, carrots or potatoes. Various foods do cause blood sugar levels to respond differently, but the amount of carbohydrates a diabetic consumes is more important than the type.

In response to these studies, the American Diabetic Association has made a few changes to its recommendations for diabetics. Sugar can be a part of the diabetic diet, but only in exchange for other carbohydrates already in the diet.

"In other words," said Somer, "if you want a piece of pumpkin pie, then you must give up the baked potato. If you are taking insulin, you must eat at consistent times, synchronized with the action of the insulin used."

For those not taking insulin, Somer suggests spreading out food intake, specifically the day's allotment of carbohydrates, over the course of the entire day. This can help a diabetic avoid large increases

in blood sugar.

Nutrition specialist Melissa Mixon recommends eating a small snack before a holiday meal to prevent overeating. Scheduling meals is extremely important for diabetics; if a holiday dinner is not scheduled at a regular meal time, have a snack at the regular time.

Mixon also suggests ways to serve diabetic family and friends.

"Support diabetics by offering a wide variety of foods and substituting ingredients [that are] lower in fat or sugar into the traditional 'fatty' favorites," Mixon said. "[Another solution] is to offer vegetable platters with low-fat crackers, chips and dip."

Diabetics can also alter traditional holiday fare by leaving out some of the sugar and adding extra spices and flavorings.

Carol Otte, diabetic educator at Temple University Hospital, recommends that families create new food traditions to incorporate healthier recipes.

"You can prepare different and healthier foods and get everyone involved in the preparation," she

said. It's also a good opportunity for young children and teens to learn about diabetes and healthy eating habits.

"There are genetic components to diabetes and it is very likely that more than one person in a family has or may develop diabetes," Otte said.

Although exercise is often a dreaded activity, it is another key factor in taming blood sugar levels during the holidays. According to nutritionist Janine Bicherman, many people are less active during the holidays; this, combined with an uncontrolled diet, can lead to blood sugar disaster.

However, with a little extra preparation and consideration, a diabetic can enjoy the holiday food and festivities as much as anyone else.

"People with diabetes can look forward to the holidays, with their seasonal traditions and social celebrations, as long as they remember that the game plan doesn't start at the dining table; it includes the entire day's food intake as well as exercise," said Somer.

Public Safety **Logs**

All reports are taken from CCC's public safety incident logs. Summaries are edited for clarity, not content.

11-25-03
2:10 p.m.
Staff reported vehicle keyed in Family Resource Center overflow lot.

11-25-03
3:30 p.m.
Inspected staff's vehicle after criminal mischief report was taken.

11-26-03
8:35 a.m.
Staff reported suspicious person on campus. Identified as previous CCC employee asking for a job.

11-26-03
11:29 a.m.
Alarm monitor reported tripped alarm on CCC campus.

11-26-03
1:45 p.m.
Staff requested access to bolt cutter—advised.

11-29-03
3 p.m.
Informed white male adult skateboarders that there is no skateboarding allowed on campus.

11-29-03
8:50 p.m.
While patrolling Harmony campus, found two white male adults behind building. Told them that the campus was closed and to leave. They did. Checked around area that I found them, no problems found.

12-1-03
1 p.m.
Staff reported theft of guitar from office. No suspects.

HOPE helps feed those in need this year

The ASG department is sponsoring a local program called Helping Other People Eat.

HOPE provides emergency food baskets to those in need in the local area, including Oregon City, Gladstone and West Linn.

Those in need of food may go to one of five HOPE locations approximately every 30 days to receive a nutritionally balanced, 3-day supply of food.

Eligibility for help is based on current USDA Income Guidelines.

The HOPE outreach runs all year long, but at this time of year the organization is particularly busy and donations are especially appreciated.

Students wishing to "help other people eat" can stop by the ASG office located at CC140 with non-perishable food items and put it in the barrel right outside the door. You can also donate blankets or money inside the ASG office.

For more information regarding donations or the locations of food pantries, please contact Heather or Matt, ext. 2598.

Compiled by Shannon Armstead