

Exercise, eat right to curb the curve

College students at higher risk for heart disease, diabetes

Unhealthy eating and laziness elicit supersized consequences for students

Jennifer Trank

THE CLACKAMAS PRINT

Over the past few decades, Americans may have become increasingly aware of the importance of proper nutrition and exercise, but many college students still have difficulty balancing health with school, work and social activities.

Generally, college students are just getting their first taste of being free from the protective guidance of their parents. For some, it is the first opportunity to make their own decisions about health-related issues. Nutrition is commonly perceived by students as unimportant when, in reality, it is vital to establish good diet and exercise routines because habits formed at this crucial age will shape one's future lifestyle.

It's no secret that excessive consumption of fatty convenience foods, popular among college students, and lack of sufficient physical activity can lead to obesity.

According to www.health.gov, this behavior increases the risk of more serious problems later in life.

"Being overweight or obese increases the risk of high blood

pressure, high blood cholesterol, heart disease, stroke, diabetes, types of cancer, arthritis and breathing problems. A healthy weight is key to a long, healthy life," states the website.

According to Jim Jackson, CCC's athletic director, the college offers several classes designed to instruct students in proper nutrition. Nutrition and Weight Control

(HE204) is available as either a lecture or a telecourse. Health and Fitness for Life (HPE295) meets five hours weekly, two in lecture and three in lab, working on fitness regimens and monitoring progress.

Although a healthy diet is critical in staying off many health problems, exercise helps build and maintain healthy bones, muscles and joints. It builds strength and endurance, helps

manage weight and promotes psychological well-being and self-esteem, as well as reducing feelings of depression and anxiety.

Thirty minutes of moderate physical activity most days of the week is generally sufficient. Activity can be done all at once or spread throughout the day. This level of exercise can be attained through such activities as walking, jogging, bicycling, swimming, golfing, canoeing, cross-country skiing or dancing.

Many activities are also available through the college, including tai chi, karate, weight training and horseback riding, to name a few. According to Jackson, there are approximately 80-115 different sections from which to choose.

"I'd find it hard to believe someone could look at [the schedule] and not find something they'd be interested in," he said.

In addition, the campus weight room, located in Randall Hall, is open to the public at no charge.

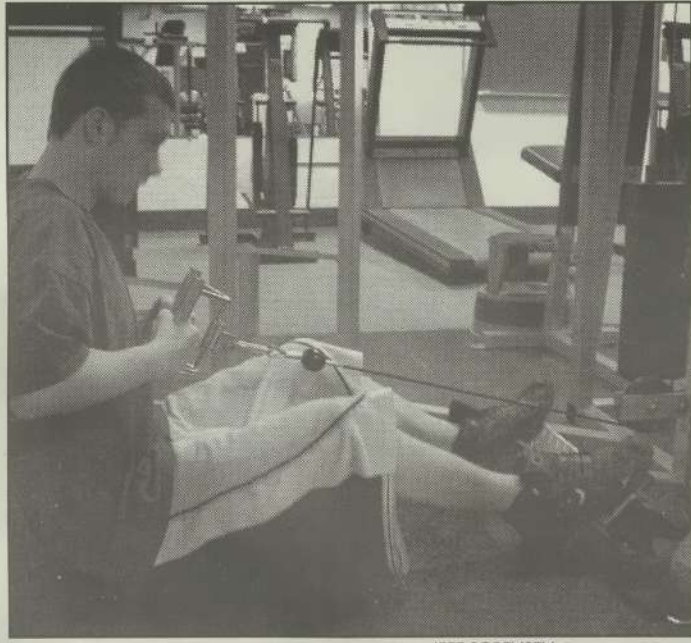
Although closed on the weekends, it is open from noon until 1:00 p.m. Monday through Friday, with varied hours of operation during the afternoon and evenings (call ext. 2291 for exact times).

An expansion is scheduled to begin next summer and completion is anticipated in time for fall 2005.

"We will be knocking down walls and expanding to approximately three-and-a-half times the current size," said Jackson.

According to Jackson, there

will be additional aerobic equipment including stair climb treadmills and elliptical machines. Weightlifting forms will be added and a dance room will be made available. In addition, accommodations will make the facility more accessible for the disabled.



JEFF SORENSEN CLACKAMAS PRINT

Student Kerry Knell takes advantage of the weight room at Clackamas, located on the lower level of Randall Hall.

Weight control strategies:

- When eating out, choose small portion sizes, share an entrée with a friend or take part of the food home.

- Check product labels to learn how much food is considered to be one serving. Many items, such as single portions of nuts, usually provide two or more servings. Also check how many calories and grams of fat are in the food.

- Limit the portion size of foods high in calories, such as sweets, fats, oils, and spreads.

www.health.gov

Two students share more than just the same school

Duo share interests in IM, videogames and 'anything shiny'

Isaiah Creel

THE CLACKAMAS PRINT

In the tradition of dynamic duos like Starsky and Hutch, Siskel and Ebert or Turner and Hooch, two students have taken the campus by storm, and the madcap antics of these jackanapes single them out as two of the more colorful characters here at CCC.

Cyrus Tyler Cross was borne in Honolulu, Hawaii. Leevan Arellano (who, incidentally, has no middle name) was borne in Encino, Calif. How then did their paths intertwine?

"Well, I was sitting in the bath-

room," Arellano said, "minding my own business, when I saw this number written on the wall. I thought I was talking to some girl named Alexis, but it turned out to be Cyrus!"

"We've been together ever since" said Cross.

Through the course of their initial conversation, the two realized that in addition to sharing a love affair with the instant messaging system made popular by America Online, they also suffer from similar maladies.

"I have asthma," Cross said, "and Leevan is allergic to dust and pet dander."

"That (pet dander) is stuff like floaty pet skin and hair," explained Arellano.

When they're not comparing bro-

ken bones and medical information, the two enjoy a number of couples activities. They share an affinity for videogames simulating everything from street brawling to shooting and even driving. When they are not partaking in such simulations, they like to live out their videogame fantasies ... mostly the driving ones though.

They enjoy participating in a sport known as "drifting."

"[Drifting] is when we hop in our rice machines (rear-wheel drive cars) and slide around corners," said Cross. "We are part of a gentlemen's automobile club known as Spy vs. Spy Drifting."

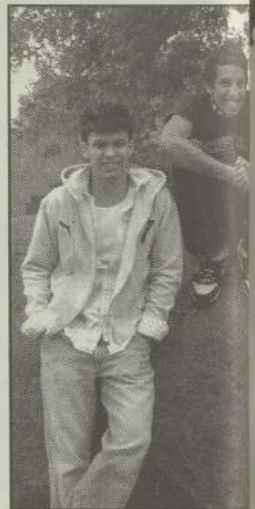
Those "rice machines" that the pair lovingly refer to are a Nissan 240 SX driven by Cross and a 280 ZX Datsun driven by Arellano ... or so they claim. Additionally, they are

very interested in flashing lights, doughnuts and "anything shiny."

With so many extracurricular activities, it's a wonder these two still make time for school. As it turns out, Arellano is working to get his EMT degree and will promptly transfer to Chemeketa to begin his life-long goal of becoming a firefighter. Cross, on the other hand, sees his time at CCC as a temporary diversion.

"[College] is just a distraction 'til I go to stunt school this summer," said Cross, "and it's a good place to pick up girls."

While Arellano is already romantically entangled with a lovely young woman, Cross is on the look out for a prospective mate. Or, pending a life match, he would at least like to find a girlfriend.



CROSS AND ARELLANO

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