

Athlete of the Week

Megan Koler
The Clackamas Print

Andria Scheese, a 30-year-old Clackamas resident with one of Clackamas' most impressive records in the 1500-meter, cross country and 5K, is also become something of a legend around campus as the full-time working mom who tends classes and races on the track team.

"I truly love to run, and I am not happy if I'm not," said Scheese.

The item getting the most interest, even outside of the Athletics Department, is the fact that Scheese ran, completed and placed third in a race while she was running a high fever.

"Usually I'm fine - no issues - but for the last couple of days, I had been sick and was trying to wake up on race day and feel wonderful."

She had no such luck.

"I started my warm-up and knew that it was going to be bad," said Scheese. "The hotter I got, the more I felt like I was going to vomit. The more I talked - anything - I thought I was going to vomit. I thought to myself ... 'OK, just breathe ... if you have to stop on the side to vomit, just get it over with and continue; maybe I'll feel better.'"

"I always think the weirdest things when I'm racing."

Because of that race and other similar instances, like running with a hip injury, Scheese made All-American last season.

"Making All-American last year was great," she said. "I didn't really know what it meant until a week later when Keoni told me, and then I really enjoyed having that title."

"I think we really work hard during the season for this, and if we can all come together and bring something like this out of the season, we have brought forth a huge accomplishment," she added. "I like telling this to both my team to work and our team on the field; nobody is anybody without each other."

Her team at work is a medical staffing company where she is a full-time branch manager.

"My job is to help my team hire new nurses and other healthcare professionals, and place them into travel contracts throughout the U.S.," said Scheese. "It's a very big job, and my team

has just been celebrated for being the first branch to come up to the level of revenue we are at as quickly as we have."

The idea of a full class schedule and a full-time job can be intimidating enough for most students at Clackamas, not to mention caring for children alongside everything else. Scheese finds it challenging, too - but not impossible.

"It definitely takes a lot of dedication and knowing what you want in life," she said. "Usually I do my homework in the evening, once the kids go to bed, and take tests on the weekend when we're not racing. Work time is done sometimes from home, in order to incorporate the days we have early races or morning practices."

"I work my rear off at work so I get the flexibility that I need to be [at Clackamas]," she said. "I do what I need to do at home to make sure I do things with the kids."

Scheese has three children: Trevor, Alondra and Fabian.

"Trevor, who is 11, is the biggest help of all," she said. "Talk about a very mature child; he uses words that I would never even think about using. When I ask him what it means, he tells me, and then he asks me if I know what it means."

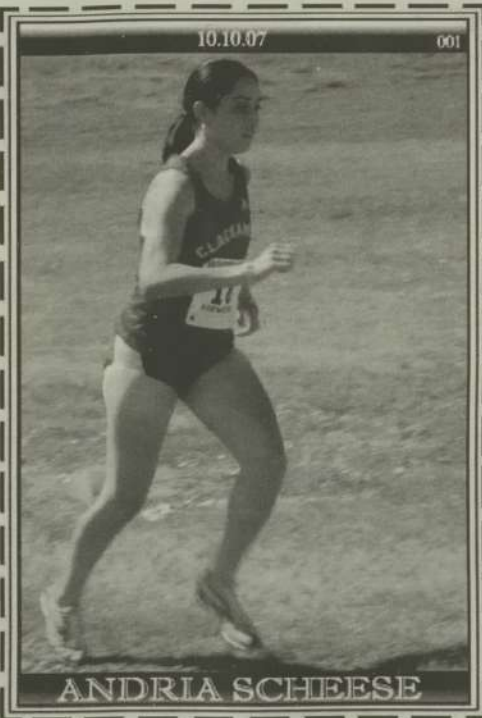
"He's a smarty."

"Fabian, who is two, is my little, funny boy," said Scheese. "He makes the funniest faces at you to get you to laugh, and just does the funniest things."

Alondra, Scheese's five-year-old daughter, has been bilingual since the age of two and seems to be the one following in her mother's footsteps, already showing an interest in athletics and competition in elementary school.

"I was always in the nurse's office because I had fallen and needed stitches, so my mom was always there to pick me up," she said. "My knees really tell some good stories."

"I loved running, and I loved beating the guys in our mile-run and in any other physical



challenge I could."

Scheese began running track in junior high and continued into high school, but was losing interest in being a student.

"I was more focused on getting out of school, starting a family and having my career," she said. "I didn't think about going to college or how it would help me in the long run. I didn't feel like I was strong enough to do something like that."

But she did go to college and began to run competitively again - it just took 13 years.

"People tell me I'm doing too much, but who is the true judge of that?" she said. "Only you know your limits. You can't let other people get in the way of what you want to work for."

"For me, this is almost like a dream. I have such a great team on the course, at work and at home. If I didn't have them, I couldn't be me."

First-place Lady Cougars keep kicking

Megan Koler
The Clackamas Print

With two disappointing pre-season losses in California, Clackamas' women's soccer team bounced back, beginning their season with a win.

"We opened up our season Sept. 3 at SWOCC and won 2-0," said Coach Tracy Nelson. "We have been undefeated since, with a record of 10-0 in league and 10-2 overall."

Clackamas is currently in first place in the Southern region, and is ranked second in the NWAACC Poll. Several players are in the NWAACC Top Ten for scoring and assists.

"The team is playing well and scoring a lot of goals," said Nelson. "Our defense is getting better, which is reflective in the seven shut-outs we have."

"We have a very strong team this year that should be contenders for the NWAACC championship," said Nelson. "We still need to work on increasing our speed of play and putting away our opportunities, but I have been pleased with the progress of the team and the work that the players are putting in to improve and become better."

Clackamas' next two games are away. The first is Oct. 12 at Bellevue CC at 2 p.m., and the



Contributed by Tracy Swisher

Mckenzie Creamer heads the ball during the Southwest Oregon Game

other is Oct. 13 at Highline CC at noon.



Andrea Simpson
Sports Editor

The last time I checked, the NFL was not the jump-start program for jail.

Former NFL player OJ Simpson and Atlanta Falcons quarterback Michael Vick must have gotten a different memo. Every time you turn around, athletes are in trouble with the law.

This is nothing new; it is almost a right of passage. These days it just seems to be more extreme.

Vick, in my opinion, should be prosecuted to the full extent of the law. He pled guilty to federal felony charges of unlawful dog fighting. After being released on bond pending sentencing, he was found with marijuana in his system on Sept. 13. On Sept. 25, he was indicted by a grand jury on charges of animal beating/killing and dog fighting. He now faces sentencing in December, and he could face a maximum of five years in jail.

The NFL does not allow its players to be involved in any form of gambling, and Vick could very well be banned for life. He sponsored most of the illegal dog fighting and shared in the profits of the operation. He has now been indefinitely suspended without pay from the Falcons and has lost most of his endorsements.

Michael, the next time you decide to fund and participate in illegal and immoral activities, make sure your parents aren't going to rat you out to a newspaper.

Another football player in trouble with the law is OJ Simpson. Simpson has recently been charged with several different charges in relation to the theft of several items of memorabilia that he claims were stolen from him.

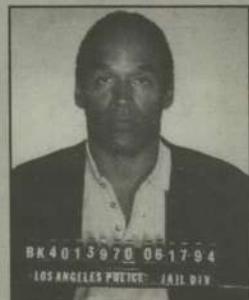
How stupid could you be? First he is accused of murdering his ex-wife and her friend, then he writes a book called *If I Did It*, and now he allegedly robs a casino guest with some trivial memorabilia? *Let it go!*

The charges against Simpson include criminal conspiracy, kidnapping, robbery and two counts of assault with a deadly weapon. If convicted, he could face 60 years of imprisonment.

OJ, why don't you stop your crime sprees and become a productive member of society? You're giving us Simpsons a bad name.

The bottom line is that if athletes can't stay out of trouble, maybe they should stay out of stadiums.

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