

NWAACC Results



WOMEN'S BASKETBALL

2-29-08 - Everett 77, Clackamas 71
2-28-08 - Centralia 53, Clackamas 44

MEN'S BASKETBALL

2-29-08 - Clackamas 93, S Puget Sound 71
2-28-08 - Spokane 73, Clackamas 50



ABOVE: Monique Tribble breaks through the opponent's defense.
BELOW: Jeff Segio sails through the air as he attempts a basket.
BELOW LEFT: Christie Richards dribbles as she pushes down the court.
ABOVE LEFT: JC Cook pushes past a defender.

Sports Scores

Baseball
1-08 - Clackamas 4, Spokane 3
2-08 - Double header,
Clackamas 6, Grays Harbor 1
Clackamas 4, Grays Harbor 3

Track and Field
1-08 - Men's, Spokane 223, Lane 202, Clackamas 149, Mt. Hood 122, Clark 33, SW Oregon 36, Highline 5, Douglas 4, Treasure Valley 2
1-08 - Women's, Spokane 250, Mt. Hood 174.5, Lane 115, Clackamas 107, Clark 54, Treasure Valley 40, SW Oregon 33



All photos by Tracy Swisher - fotozoneonline.com



Writing Contest

- Poetry
- Creative Non-Fiction
- Short Fiction
- Literary Analysis

Open to students at Portland, Mt. Hood, Clark and Clackamas Community Colleges
Postmark deadline: April 1, 2008
Contest sponsored by the Thomas Binford Endowment for Writing
Submission details: www.marylhurst.edu/writingcontest
Writing scholarships and classes, call 503.699.6268

FIRST PLACE WINNER: \$100, a free 3-credit Marylhurst University English Literature and Writing class, during 2008-09 school year, publication in Marylhurst's M Review.

SECOND PLACE WINNER: \$100

THIRD PLACE WINNER: \$50

QUESTIONS?: E-mail jponteri@marylhurst.edu.

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10 MINUTES SOUTH OF PORTLAND
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600 PACIFIC HIGHWAY (HWY. 43) MARYLHURST, OREGON
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503.634.9982

PE for the athletically challenged



John Shufelt Clackamas Print

A student bowler prepares to send the ball flying down the lane in class. Bowling classes take place at Gladstone Lanes on Monday and Friday, and Tuesday and Thursday, at 10:30 a.m.

Kenton Benfield

The Clackamas Print

It's inescapable - all degree programs through the college require taking health or physical education classes.

While involvement in an athletic program fulfills these credits, not every student may want to consider this route. Instead of joining a sports team, which calls for hours of practice beyond class time, some partake in regular courses that can still better their physical condition.

Next term, student Anne Boutwell will do just that. "I will be taking the swimming class because I am super out of shape," Boutwell said.

According to Athletics Instructor Marilyn Wynia, courses like swimming can impart the health benefits of competitive sports activities, adding to it with class work.

Students "may feel like they are being left behind because they can't do a particular sport very well," Wynia

said. "So, they can get into other classes that aren't really that skill-oriented and be able to still improve in their physical performance or their physical body, their physical being, or maybe even just their mental or psychological being."

Wynia deems Health and Fitness for Life (HPE-295) one of the best choices, as it is evenly composed of class work and workout. It is three credits, introduces students to basic health concepts and includes a weight-training hour.

Another popular class, although it is only 1 credit, is bowling, which is offered at two levels in two separate terms. It is one of the many available physical education courses that are 1 credit.

"If you're not an athlete, then there are a lot of other varieties of health and fitness classes you can get into," Wynia said. "It just depends on what you are interested in ... I would choose something that is maybe more fun for you because that is something ... you will enjoy doing and keep doing."