

What's a daily apple really worth

Nick Kornafel

Feature Editor

An apple a day keeps the doctor away, maybe.

In the dead of winter, health can be much more difficult to maintain, especially when you don't eat right. But, is there an actual connection between diet and health? Is the student who eats fruits and vegetables everyday really better off than the one who lives on Cheetos and Red Bull?

According to MedicineNet.com, although there is no direct evidence that good nutrition prevents illness, it is one of the key components in maintaining a healthy immune system. And, according to MedlinePlus.com, there are 13 vitamins your body needs so it can develop normally. They are vitamins A, C, D, E, K and the B vitamins which are thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate.

But, what kind of diets do students at Clackamas have? Surely, being college students, they know all about nutrition and make sure they eat healthy every day right?

Not always the case. Students were willing to tell what they eat on a day-to-day basis.

Trevor Chess said he eats fast food up to three times a week, but he also eats plenty of fruit. He has not been sick this winter.

Victor Garrison, another student, said he too has not been sick recently. He drinks soda almost every day, and eats, as he stated it, "Whatever I can get."

Ashleigh Floyd, a student, on the other hand, said she and her fiancé both have had the flu this winter. While her fiancé's diet is unknown, she primarily eats fast food and frozen dinners, which could have contributed to her susceptibility to illnesses. But, on a side note, she stated that she hasn't been getting a good night's rest either.

Student Ryann Carmack said she eats Hot Pockets and drinks three Sprites a day. She has not been sick this winter.

Another student, Zac Lenon, although in excellent shape from his martial arts training, is currently sick due to a stressful schedule, and a diet that consists of Top Ramen.

But, in the life of a college student,

it can be hard to get good meals when you have a tight schedule. Fortunately, the college has Chartwells right on campus, where students can get a wide variety of foods conveniently, when they are in hurry.

But, is Chartwells food providing students with healthy options?

Chartwells has a wide variety of options to choose from including burgers, sandwiches, salads, pizza and snack foods. There are many healthy choices such as veggie burgers, yogurt, milk or juice and even fruit, but it is not uncommon to see a student go through the checkout with three slices of pizza stacked on his plate.

It would seem that it takes more than an apple a day to keep the cold and flu season at bay. Although nutrition is essential to maintaining a healthy lifestyle, there is more to it. School related stress and lack of sleep drain people of their energy and weaken their immune systems.

So remember, in addition to eating your greens, make sure you get plenty of rest as well. Complete your homework during the day so you don't get stuck pulling an all-nighter again.



Jessica Foster Clackamas
Guadelupe Martinez enjoys a healthy salad from Chartwells in the cafeteria of the Community Center.

Evil faeries from New Jersey strike again in sequel

Jess Sheppard

Arts & Culture Editor

The life of 16-year-old Kaye Fierch was turned upside down the night she stumbled upon Roiben, a knight of an evil and dangerous faerie court, in a dark New Jersey wood.

In author Holly Black's "Tithe," readers were drawn, with Kaye and her friend Cornelius, into the mysterious and often violent world of the faerie that lurks just out of the corner of mortal eyes.

In "Tithe," Kaye and Corny were forced to outwit a devilishly charming kelpie, dodge the dangerous eye of Nicnevin, queen of the evil Unseelie Court, and ultimately come to terms with the scars their love for the faerie world left them with. Now their struggle is renewed in "Ironside."

It's time for Roiben's coronation as the new King of the Unseelie Court, and all is not well in the kingdom under the graveyard. Many of his new subjects disapprove of Kaye's love for him, and even more are jealous of the love he returns to her. So, when a vindictive fey tricks a drunken Kaye into declaring herself to the new king, tradition forces Roiben to give Kaye a task to prove her worthiness to be his consort. She must go and find a faerie that can lie.

Meanwhile, Corny's physical wounds have healed but the emotional scars left behind by Roiben's rival knight Nephamael, are still raw. He feels trapped and becomes obsessed with protecting himself from the faerie world,

even going so far as to trap and torture stray faeries.

Kaye, now banished to Ironside, the human world, until she completes her quest and distraught at the impossibility of her task, opens up to her mother and reveals the terrible secret she herself has only just learned — she is really a pixie who was left in the place of her mother's real daughter.

But, the shock is too much, and Kaye is driven away from even this small comfort.

Matters continue to worsen when Corny picks a fight with Adair, a powerful knight from the viciously self-righteous Seelie Court, and gets a nasty curse put on him. Through the knight, Kaye and Corny learn that war is brewing between the faerie courts, and the Seelie Queen, Silarial, is desperate to get her hands on Kaye, hoping she will prove to be the fatal instrument against Roiben.

To make matters worse, the Seelie Queen's court is the place where Kaye's human counterpart, the real Kaye Fierch, is still held by the faeries that stole her.

Joining them in their quest to rescue the human Kaye are Luis, a boy with a natural gift for seeing through the magic of faeries, and his brother Dave, who is permanently damaged by his addiction to a faerie drug. Both are as bitter and badly scarred by dealings with the faerie world as Kaye and Corny.

The four must dodge Silarial's minions, rogue faeries and the love brewing between each other, to stay alive long enough to prevent war from spilling over into the human realm.



180

holly black

ironside

181

Photo illustration by Kayla Berge & Jess Sheppard Clackamas Print

The Clackamas Print

The Clackamas Print
19600 S. Molalla Ave.
Oregon City, OR 97045
503-657-6958, ext. 2309

Editor in Chief: Lydia Emily Bashaw
Copy Editor: Matt Ostergren
Web and Design Editor: Kayla Berge
News Editor: John Hurlburt
A&C Editor: Jess Sheppard
Feature Editor: Nick Kornafel
Sports Editor: Sam Krause
Photo Editor: John Shufelt
Photo Associate: Robert Crawford

AD MANAGER: Meredith James
STAFF WRITERS/ PHOTOGRAPHERS:
Jake Whitten, Kayla Calloway,
Jessica Foster, Michelle
Sanchez, Abby Neet, Larissa
Figley and Matt Garrison

PRODUCTION ASSISTANTS:
Kelsey Schneider, Ron Strong,
Sean Huggins and Douglas
Muralha

JOURNALISM ADVISER:
Melissa Jones

DEPARTMENT SECRETARY:
Pat Thompson

GOALS: The Clackamas Print aims to report the news in an honest, unbiased, professional manner. The opinions expressed do not necessarily reflect those of the student body, college administration, its faculty or The Print. E-mail comments to chiefed@clackamas.edu.