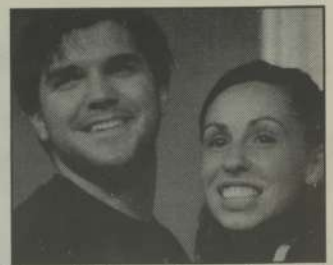


Blazers take down the Utah Jazz at the Rose Garden last Sunday

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Theatre Students have a new mentor: an old student

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Green means go; MAX opens another line

Annemarie Schulte
Associate News Editor

Saturday, Sept. 12, 2009 opened its fifth MAX line, the Green Line, with an enormous celebration in downtown Portland, culminating at Pioneer Square.

The Green Line is the second segment through downtown Portland and is the first to Clackamas County. It will be another color-coded line at Clackamas Community College. One of the most exciting things about this new addition to the MAX is that you can now travel from Clackamas to downtown Portland in just 39 minutes. Mayor Sam Adams, at the celebration, said "I feel honored to be the mayor of a city that is both progressive and smart, and seeks to provide affordable transportation."

Spokesperson for the MAX added that Trimet in Portland have earned the Green Line and that it's

on to Milwaukie, Vancouver, and beyond.



"I feel very blessed to be the mayor of a city that is both progressive and smart, and seeks to provide affordable transportation"

Sam Adams
Mayor of Portland

The green party went on through the day that included band music, "The Green

Dancers," (local dancers contacted to perform specifically for the celebration) St. Cupcakes, the PSU cheerleaders, confetti cannons, bright green t-shirts with "GREEN MEANS GO" emblazoned across the front, the mayor of Portland and other notable speakers, huge green banners and of course the ceremonial first trip of the MAX Green Line from Portland State University's Urban Square to downtown's Pioneer Square.

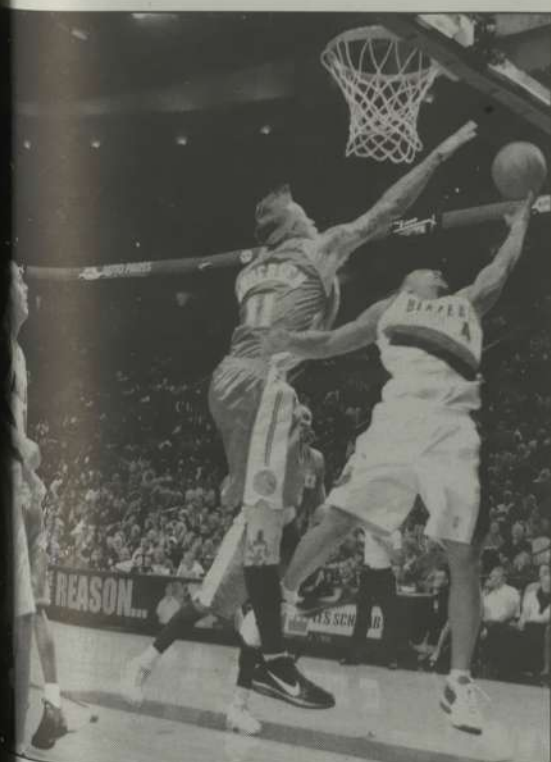
You can find the route and Center, the Green Line travels alongside I-205 to Gateway, and then continues west to downtown Portland, where it serves the new Transit Mall between Union Station and PSU. At Gateway, you can connect with the Blue Line to Gresham, or take the Red Line to the Airport. Downtown, you can transfer to the Yellow Line, which serves North and Northeast Portland, or catch a Red or Blue line train out to Beaverton or Hillsboro. Many bus lines connect with MAX at the stations.

Please see MAX, Page 2



John Shufelt Clackamas Print

A large number of people including PSU students wait for the new Green Line MAX outside of campus.



Brad Heineke Clackamas Print

Rayless hooks a shot over the Nuggets "Bird Man" Andersen. See story on page 4

Freshman weigh in on campus

By Carlos Calderon
The Clackamas Print

Feeling tired? Stressed? Overwhelmed? Are you a freshman? If so, don't fall victim to the Freshman 15. Yes, the mythical 15 pounds of weight a freshman supposedly gains during his first year of college.

The weight gain is mainly attributed to a radical change in lifestyle first-year students experience. Away from the family for the first time, constantly on the move going to and from classes with little time in between. Balancing work and school is tough for anybody but is more so for first-year students in their attempt to acclimate to the level of difficulty of classes while working a part-time or even a full-time job.

"Stress was pretty non-existent for me. I scheduled my time so that I could balance school, work, and relationships," said sophomore Trevor Melum. "I was able to keep the Freshman 15 off by staying active. I ran, played basketball, football, whatever sport, not with the mentality to keep the 15 off but just because it was fun."

Like Melum, sophomore Tegan McCarthy also shared similar views.

"For me, it was making sure that I ate something every few hours to get me through

the day and to limit the amount of fast food I ate. I made decisions to eat a more balanced diet because I needed more vitamins," said McCarthy whose schedule consists of running five days a week. "I love to run, so being active wasn't a concern of mine."

Kyle Bracy, health teacher at Milwaukie High School and alumnus of CCC expressed his experience of the Freshman 15 and how to overcome it.

"I was fortunate to be part of the Cougar basketball program when I attended CCC. So staying in shape was one of my main responsibilities," said Bracy. "My advice for freshman is to eat right, eat healthy and exercise. If you want to keep off any unwanted weight make healthy choices. Instead of fruit snacks, eat an apple or an orange. Make sure you eat breakfast. If you don't eat breakfast, come noon you're going to be hungry and anything will sound good, especially fast food."

"Exercise exercise exercise. Just stay active. Going on a run, a walk, anything aerobic relieves stress. Don't stay up all night just because you can. Get sleep, it re-energizes the body and prepares it for whatever you have planned the next day," added Bracy.

If one wants to keep the dreaded Freshman 15 off, balance your schedule, eat healthy and stay active.