

New club wants to pump you up

By Max Dorsey
The Clackamas Print

As the new term started on campus, so did a new club. It's the Health Club, and they want you to join.

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People Work better when they have had exercise.

Jim Martineau
Director of the Physical
Education Department

One of the advisers, Michelle Baker, said, “The goal of the club is to provide opportunities for students and staff to learn about health topics, to get active, and to have fun and get involved!”

There are two advisers, Baker and Mindy Brown. They started

the club with several of their colleagues, including Jim Martineau, director of the P.E. department, Renee Boeckman and Tiffanie Clifford, both from Human Resources.

The purpose of the club is to get students, faculty and staff to exercise more and to live a healthier lifestyle.

“The club promotes activities that already happen around these goals and also sponsors some new activities,” said Baker.

Some examples of activities are open weight room hours, wellness talks, intramurals and health fairs. Baker emphasizes that “any CCC student, staff, faculty or administrator is welcome to join, part timers too.”

The club doesn't meet in a classroom on a weekly basis like other clubs.

According to Baker, their members “are emailed the week's activities, and they can join any they have an interest in and have time for.” There is a calendar listing all of the events on the club website so that “anyone can look and see what is coming

up on the schedule.”

The kinds of activities planned for fall term are The Poker Walk, Move

it Mondays, Weight Watchers at Work

and Flag Football. Friday Baker adds, “We welcome ideas that people have for activities throughout the year.”

“The time (was) right to group like this together to encourage people to get up and moving, to find ways to relax, and improve quality of life. This provides a way to get students and staff involved in campus activity – providing a sense of community,” Baker said.

“People can get excited and motivated about getting in shape and exercising,” said Martineau. Martineau went on to say there is a definite need for people to attend these events, so that student body and the teachers work more efficiently.

“People work better when they have had exercise,” he said.

You can contact the club through their website www.clackamas.edu/funandfit, e-mail Baker at mbaker@clackamas.edu or by the Student Activities office, CC 152.

Photo illustration by Tyler Clackamas

Smart shopping saves students' stash

By Sarah Mitts
The Clackamas Print

While we're all in a budget crunch these days, there are some easy lifestyle choices that we can make that can help us save money and still be cool. Reduce, reuse and recycle are no longer goofy hippie words from yesterday; they're essentials to practicing conscious consumption that will keep us from going broke. And if you haven't noticed, it's actually cool to recycle and shop at thrift stores. It might even save a tree or two.

Full-time student Peter Becker is a fan of Craigslist, an online marketplace for traders, which he uses regularly to sell used items and search for camping and bike gear.

There are loads of things out there that don't cost much either, like a free Friday night concert at the Crossroads Coffee Café in Gladstone, where Stephanie Christensen and her friends frequent to hear cool local bands.

“If I want to purchase something, it comes down to do I really need it or not, luxury item vs. necessity,” she said.

So you have it folks, people are taking strides to save money and cut costs. Be creative. You can, too. Here are a few ways with suggestions from your peers:

Shop at farmer's markets or your local produce market.

As much as you think Fred Meyer's is the answer to everything, you can save money and support your local businesses by buying produce from local farms (www.localharvest.org) or your local grocer. Spicer Brother Produce at 508 14th Street in Oregon City has a wide selection of produce and grocery items year round. They source from local farms, offer organic options, stay open until 7 p.m. and can afford to charge cheaper prices because they don't have a huge box store to

pay for.

Buy dry foods from the bulk food bins.

More grocery stores these days are including bulk food sections for dry foods to allow customers to buy as much or as little as they need. You don't have to over consume, and

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If I want to purchase something, it comes down to do I really need it or not? Luxury item vs. necessity.

Stephanee Christensen
Clackamas student

it costs less because it's not packaged, not to mention eco-friendly. I got to try three different teas this weekend from the bulk bins at New Seasons for less than \$1. Look for pasta, rice, flour, granola, dried fruit, nuts, snacks, spices, tea, coffee and even honey and peanut butter. The best bulk bins are at Winco, Fred Meyer, New Seasons, Whole Foods and your local food coop.

Used clothing is cool!

Portland has one of the best reuse/recycle cultures, and there are loads of trendy second hand shops that sell fashionable things for cheap. Bob Petty, a full-time student in the Welding Department, said he buys all his clothing, but socks and underwear from thrift stores. There are over 15 Goodwill and Value Village locations around Portland that sell almost everything but food. We

can't forget the awesome Red White and Blue Thrift Store on McLoughlin Boulevard, which supports Veterans of America either. Bring your used clothing and accessories to Buffalo Exchange at their Hawthorne or Burnside locations and trade for money or store credit. And for all the new comers, the ASG Clothing Closet located in the Community Center on campus gives out free clothing to those in need.

Trade recycled books and electronics.

Did you apply for ASG's new computer grant, but you weren't eligible? Head over to Free Geek at 1731 SE 10th Avenue and check out their electronic thrift store that sells like-new computer systems, accessories and parts with great reviews. They're a non-profit community technology center that refurbishes technology to provide computers, education and job skills in exchange for community service. They even offer computer grants to community organizations. You can get a \$10 RAM that otherwise would cost \$500 or general stuff like cords for \$1 or card readers for \$5. They have cameras for super cheap and nice printers under \$40, too. And while you can always go to www.Amazon.com, www.Half.com or www.Cheapbooks.com to trade and sell used books and media, we all know Powell's Books is the coolest thing that ever happened to Portland.

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