

Cougars men's basketball team plays Mt. Hood Saints  
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Local alternative band redefines Christian music See page 4



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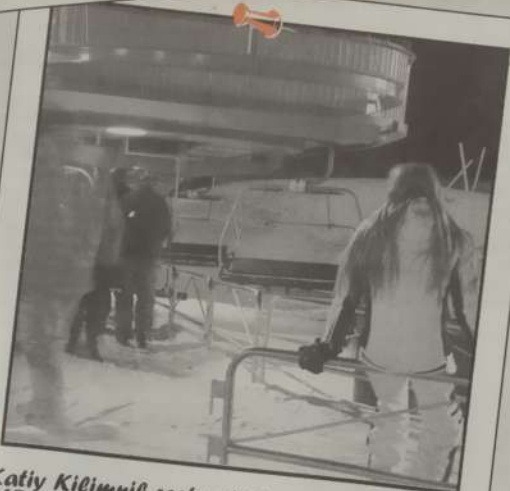
## Greetings from Mt. Hood Meadows



Vic Gheban does an indy grab over a small table top jump in the lower train park.



From the Buttercup chair lift looking towards the main lodge.



Katly Kilimnik rests at the bottom of the Mt. Hood Express lift waiting for a friend.



CCC Students pack their ski and snowboard equipment on the ski bus before an adventures day.

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Photos by Corey Romick and Nathan Sturgess Clackamas Print

## Examine the real reasons for your winter weight gain

By Joshua Baird  
Arts & Culture Editor

At that time of the year again, when the sun is falling all over Oregon, and you're stuck inside, the holidays are upon you and you have grown a spare tire. All of that holiday season overeating. What is a busy college student supposed to do about that extra bit of fluff? Or "muffin top?" Well, you may be wondering

exactly where it came from in the first place. You may act surprised that you gained weight, but you probably know exactly why that is. That fourth slice of pumpkin pie really didn't help matters, either. "Part of moderation is knowing when to let moderation go and the holidays are that time," said Robert Hill, a Clackamas Community College student. "In our culture we center most of our important events around food,"

said Josh Rhoden, CCC wrestling coach and health instructor. So should you stop eating altogether to drop that weight? Not at all, in fact, there is a large school of thought that says you should be eating more food as a way to kick start your metabolism. When you only eat once or twice a day your body acts like it is starving to death and hangs on to as much as it can in hopes of staying alive, even if you are eating all the time. If

you eat five small meals throughout the day your body will begin to think with an abundance mentality and not store as many calories as fat. Another common problem is portion sizes. "Our portion sizes in America are out of control, if we consume a lot of calories we have to offset that with something and that something has to be exercise," said Rhoden. "Cut out time in your schedule to work out to offset those (bad) eating

habits," said Rhoden. Most students will say something about how they would love to exercise, but they just can't afford a gym membership. "Money shouldn't be an issue ... we have great nutrition and health and fitness classes should you want to get into one of those," said Rhoden.

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