

Setting goals



BODY CHALLENGE

Brittany Bell
Assoc. Copy Editor

"Everyone thinks of changing the world, but no one thinks of changing himself."
-Leo Tolstoy

It's the time of changes, the recent rain has made that clear. Seven days have passed since *Body Challenge* started, hopefully everyone has done the self-evaluating and has a direction to head in for their physical health.

A great tip is to write your goals down somewhere and to tell one or more people to help keep you on track! I would also suggest keeping track of your weight and measurements; www.teambeachbody.com is a great place to help you do this as well as keep track of workouts and get support from peers and trainers. Best of all, it's free.

It is a few weeks into the term and the weather is beginning to change. But what does that mean for you? For me autumn means changing my wardrobe, a heavier workload and working out indoors. Still wondering why you should work out?

"Physical inactivity can lead to obesity and type 2 diabetes," states the Centers for Disease Control and Prevention website. "Physical activity can help control weight, reduce the risk of heart disease and some cancers, strengthen bones and muscles, and improve mental health."

Enough said! One way to avoid the upcoming bad weather and stay healthy would be to work out from home. There are many workout DVDs available that can be fun and easy to follow, including the popular P90X and Insanity Challenge series.

"Use a staircase for interval training, run laps around your backyard, or simply jump rope for an excellent home cardio workout. Working out at home does not have to be a boring or unproductive endeavor," states www.workingoutathome.net, a website for multisystem gym stations.

Another great way to work out is to use a gym, such as the facility on the Clackamas Community College campus which is available to students and staff when not scheduled for class, a community room offered at your apartments, or paying for a membership.

All options have their pros and cons. Working out from home is free except for the cost of equipment or DVDs, yet is limited by the space you have. A gym usually has more equipment, and paying for a membership could also include help or advice from a personal trainer.

An important thing to keep in mind, possibly more so during months of harsh weather, is to keep your body nourished. Remember to eat an adequate amount of food including meats, starches, fruits and vegetables.

You should also take vitamin and mineral supplements. The right kind of supplement is up to your doctor and your good judgment; I would suggest something meant for active lifestyles.

After a good workout your body will thank you for some sort of protein drink which promote fast recovery from exercise and muscle growth. Glutamine or potassium could be beneficial as well, keeping your hard working muscles from cramping up or getting sore.

You've got goals and options for places to exercise, now all you need is to pick a time that fits in your hectic student schedule and follow through with it. Hopefully last week's challenge was a success and we would love to see new faces join the next challenge of the week. Don't forget to check back next week for more ideas, facts and inspiration.

Takedown tournament has become a CCC tradition

Heather Mills
The Clackamas Print

Clackamas Community College's wrestling team hosted its first annual Crab Feed and Auction Fundraiser on Sept. 29. Attendees enjoyed fine seafood including crab, salmon steaks and shrimp cocktails while waiting on their chances to win everything from gift baskets to fishing trips.

"It was pretty incredible," said Josh Rhoden, a former Clackamas student who is now in his sixth season as head wrestling coach. "The guys really did a fantastic job as far as keeping people happy, being gentlemen and doing a good job. We were really impressed, as were the people that were there."

Rhoden's team has gone to nationals every year, never placing below eighth. They won the NJCAA national title in 2011 and finished fourth last season. The entire wrestling team was very involved in the event, doing everything from serving food to helping people carry prizes out to their cars.

Overall, the Crab Feed was a major success for the Cougar wrestling team. The event was sold out and the wrestling team made in one night what they would normally make for the entire year.

Even so, fundraising has only just begun. For a growing team that recruits nationally with more competitions on the horizon, more funds are needed for the rest of the year.

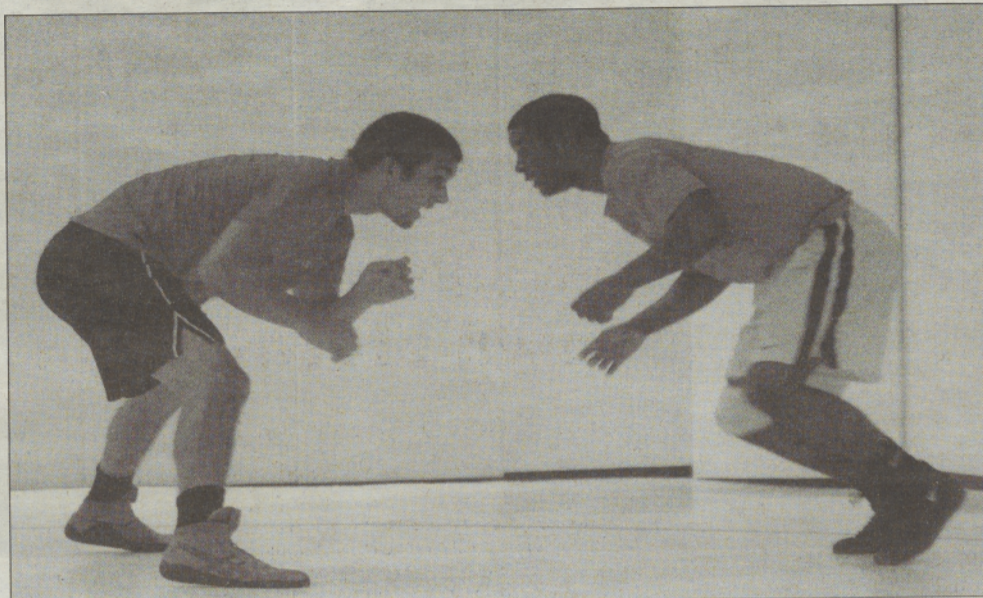
On Oct. 27, in Randall Hall, the wrestling team will be holding the 29th Annual Takedown Tournament. The entry fee is only \$20 to compete, and is open to all ages from children to adults.

The Takedown Tournament is an excellent opportunity both for the students already involved, and for local people who may wish to be involved in wrestling. It's a great way to be introduced to the national class wrestling program here at Clackamas.

There's always a training session before the tournament in which the students get to teach others, and there are also booths set up where you can talk to wrestlers.

"Yeah, it was good interacting with the kids, helping them out to get better," said sophomore Eric Hensel from Lakeville, Minn. Hensel is a 19-year old that helped out with the tournament last year as a freshman at CCC.

"Not a lot of kids have to step in and help, but a lot of the kids just want to better the little



Christian Wathen (left), a freshman from Orland, Calif., trains with fellow freshman C.J. Palmer (right), of Milford, Penn. Clackamas wrestlers often find themselves cramped for space in their current facilities.

Heather Mills The Clackamas Print

kids," said Hensel. "So we step in and give them pointers, and help them as much as possible." "We try to have our wrestlers handle as much as possible when it comes to running the tournament," said assistant coach Rich Vigorito.

Vigorito, also a former Clackamas student, will be enjoying his sixth year of being involved with the event.

"There will be competitors ranging from 4 or 5 years old to men in their 50s," said Vigorito. "Many of the people who take part in the event end up continuing to be involved with the wrestling program for many years to come."

The tournament, however, is still only a fraction of the fundraising that the team has planned. There's the annual letter drive and a camp specifically for children later on in the year.

A lot of extra funds are needed for trips, and especially for furnishing existing equipment and facilities. Three days a week, Clackamas currently rents out the wrestling room at Oregon City High School.

For the other two days, classes are split between the wrestling room and the weight room because facilities aren't big enough to accommodate everyone on the team at one time.

The tournament allows the Clackamas wrestlers see the sport from a different angle.

"In part, it's just allowing our guys to give back to the sport of wrestling," said Rhoden. "A lot of these guys have gained either national exposure from wrestling

or gone on trips across the country because of wrestling."

Rhoden is excited for the Takedown Tournament because it allows his wrestlers to help out young kids and gain real experience teaching them.

"They got to do fun stuff, so part of it is just giving back to the sport that's given to them, and getting kids interested," said Rhoden.

"The other part is, most of these guys aspire to be a coach someday, stay involved in the sport. They're going to be fathers some day, and mentors to young

people, so we try to infuse that early."

Rhoden talked about how being a sports program is about more than developing just athletic skills.

"It's a big part of our program, talking about being a good community member when you're done, being a good father, husband, friend," said Rhoden. "Hopefully, in a small way that will help give back to young people, and get young people interested in a sport that's done a lot for us."

ATHLETE OF THE WEEK

Courtney Johnson

Soccer - Forward

Sophomore

Snohomish, Wash.

Favorite Food:

Home cooked steak dinner.

Career Goals:

Teaching and Social Work



Photo provided by Courtney Johnson

"My whole life I've played forward and it's just the position I feel most comfortable playing. I always think offensively more than defensively."

Pioneers hold off Lions, 35-29

Andrew Millbrooke
Sports Editor

The Oregon City Pioneers (4-3, 2-1) regained some momentum in a tough Three Rivers League race with a hard fought 35-29 victory over rival West Linn (2-5, 0-3) in the "Battle for the Bridge" on Thursday, Oct. 11.

It was the 92nd consecutive season that these teams have

squared off, in what is billed as the longest uninterrupted series west of the Mississippi River.

Both teams feature wide open offenses run by steady junior quarterbacks that have multiple speedy weapons at their disposal. Pioneer quarterback Jon Hall connected with senior wide receiver Justin Cornejo on two of his three first half touchdown passes pushing the Pioneers to an early 28-9 lead.

Lion signal caller Hayden Coppedge threw three touchdown

passes to three different receivers in racking up 358 yards passing in the game.

West Linn closed within 28-15 just before half on a Louie Germain 1-yard touchdown run. The Pioneers offense kept grinding away in the second half, as senior running back Mitch Thompson carried the load on the ground.

Thompson, the third leading rusher in the state with 1,557 rushing yards, went down with an ankle injury late in the fourth

quarter. Thompson finished with two touchdowns and 141 yards rushing on 26 carries before being carted off the field.

West Linn kept the pressure on with its wide open offense by closing within a touchdown on two different occasions in the second half to ignite the overflow homecoming crowd.

Although the West Linn fans gave a roar, the Lions couldn't claw through and take a lead as the Pioneers finished out the victory.

#bodychallenge

Body Challenge of the Week: Find a new place to work out indoors, such as the campus gym.
Bonus Challenge: Try working out to a DVD such as yoga, P90X or Zumba.