

Dance like no one is watching



BODY CHALLENGE

Brittany Bell
Assoc. Copy Editor

*"Every day brings a chance for you to draw in a breath, kick off your shoes and dance."
- Oprah Winfrey*

Body Challenge is back! And right in time for the winter break, I am excited about this week's challenge because it involves something that most people love, dancing. That's right, dancing! Who cares what kind of dancing, just start moving.

Dance has many benefits, including exercise for your body and a good cardio workout.

"Dancing works like a stress and tension reducer. For people on a hectic schedule it can become a passion that helps you improve your attitude and increase your confidence in both social and business situations. That's what makes dance the ideal exercise! Dancing is a mild aerobic workout, minus the boring part," says the Arthur Murray Dance Studio at www.dancecoquitlam.ca.

"When you take dance lessons, you make exercise a fun and enjoyable social event, every night of the week. Your dance 'workout' takes place with pleasant music and everyone's in a good mood. It's fun to learn and develop more skill."

Some physical benefits of dancing include:

- strengthen bones and muscles without hurting your joints
- tone your entire body
- improve your posture and balance, which can prevent falls
- increase your stamina and flexibility
- reduce stress and tension
- build confidence
- provide opportunities to meet people, and
- ward off illnesses like diabetes, high blood pressure, heart disease, osteoporosis and depression

Hopefully it can prevent adding those extra holiday pounds! Other benefits include enjoying a night out with some friends and good music. You get to dress up and meet new people. Being happy while you exercise makes it go a lot smoother and can give you motivation to keep going.

Another great thing about dancing is that it takes little to no training, can be any style, and to any music. You can dance anytime, anywhere. You could even dance to the music in your head, but keep an eye out for who's watching.

Dancing is easy, and can become a hobby if you took lessons to learn the different styles. Clackamas Community offers dance classes for P.E. credit, you could check for them when registering for your next term.

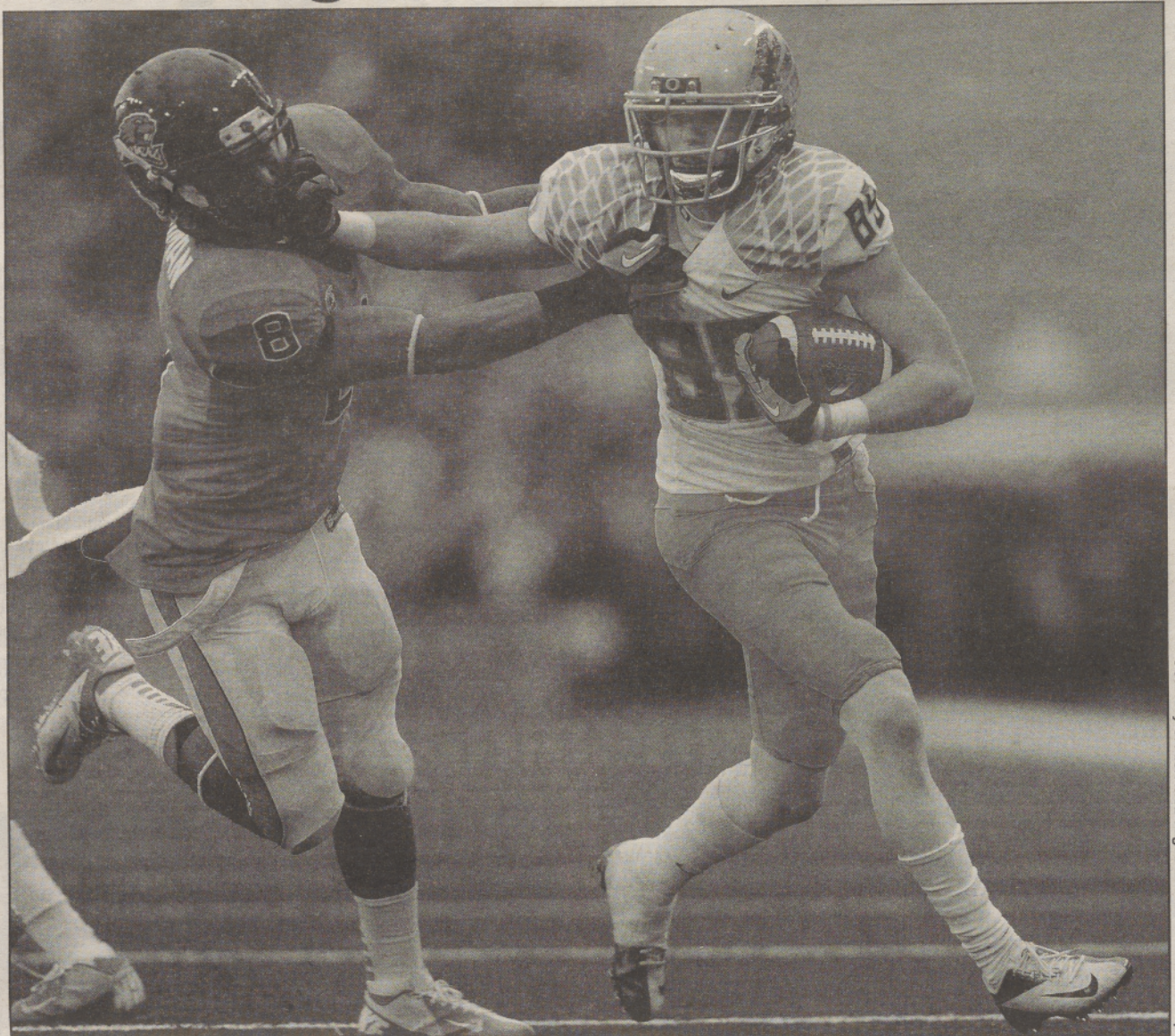
A good way to use dance as exercise would be to try out Zumba, a workout routine that is based on dance movements and their physical fitness benefits.

There are many fitness facilities or groups that offer group Zumba sessions. You could try checking your community for free Zumba clubs. Enjoy your holiday traditions and don't forget to exercise, it could be fun!

Body Challenge of the Week:
Dance a couple days of the week.

Bonus Challenge:
Go out to a dance club or join a dance workout group.

Ducks give Beavers the bill



No. 8 Tyreque Zimmerman (left) stiffed by the stiff arm of No. 89 Will Murphy (right) in the U of O Ducks 48-24 victory over the Oregon State Beavers.

Courtesy of Alex McDougall/Emerald Media Group

Andrew Millbrooke Sports Editor

The No. 5 Oregon Ducks (11-1) continued its recent dominance over in-state rival, No. 16 Oregon State (8-3), winning the Civil War for the fifth straight season with a 48-24 victory in the 116th edition on Saturday afternoon at Reser Stadium in Corvallis.

The victory put the Ducks squarely back into the National Championship picture for a few hours, but Notre Dame's victory over USC later in the day put a damper on those hopes. Oregon is No. 5 in the current BCS rankings but with the Irish season finished at 12-0 and the all but impossible task of rising above the SEC champion facing the Ducks, they are going to be shut out of the national championship picture

this season. Unfortunately, whoever wins the SEC Championship game, Alabama or Georgia, will play Notre Dame for the BCS title. Oregon will get the opportunity to play in a BCS bowl for the fourth consecutive season. That is no small feat, Duck fans.

Oregon turned a close game into a rout with a few big plays out of its explosive offense and a couple of timely gifts from the Beavers in the second half. After the Beavers closed within 20-17 in the third quarter, the Ducks answered with two touchdowns in less than two minutes as they pushed ahead convincingly, 34-17.

The Beavers fell apart from there, as turnovers piled up and Oregon added two more scores to push the lead to 48-17 with 10 minutes remaining. OSU quarterback Sean Mannion threw four interceptions on the day, as Oregon's talented secondary

made plays time and again.

Oregon throttled the Beavers on the ground, racking up 250 yards by halftime on its way to 430 yards on 64 carries for the game. Kenjon Barner had 141 yards at halftime, as he, De'Anthony Thomas and Marcus Mariota all had first half rushing touchdowns. Mariota kept the offense balanced in the first half by completing passes to five different receivers for 61 yards.

The Ducks held the Beavers to 67 yards rushing in the opening half, but Mannion kept OSU close by completing 12 of 18 passes for 130 yards. The Beavers completed a big fourth down play near the end of the half before kicking a field goal to close within 20-10 at halftime.

After the Beavers scored to make it 20-17, it seemed like we were going to be in for a barnburner, but things unraveled in a hurry for the Beavers. Two

fumbles on special teams and an interception by Mannion doomed any chance of a comeback, as Oregon scored 28 points in just over 11 minutes to put the game away.

Barner finished with 28 carries for 198 yards and two touchdowns, while Thomas added 122 rushing yards and three touchdowns. For good measure, Mariota added 85 yards on eight carries. It was such an explosive performance that the Beavers would have had trouble overcoming it, even without the turnovers.

Now the Ducks will probably have to settle for the Fiesta Bowl and Kansas State, instead of playing for the coveted BCS crystal ball against a hated SEC foe for the second time in three seasons. Take heart Duck nation, as Oregon continues its rise, the Ducks are the only team in the nation to play in four straight BCS bowl games.

Free throws for Cold Turkey

Andrew Millbrooke Sports Editor

Clackamas Community College men's basketball team travelled to Skagit Valley, Wash. over Thanksgiving weekend to play in the NWAACC Cold Turkey Tournament. The Cougars won one game and lost two close contests over the weekend. Here is a summary of CCC's games.

Friday - Big Bend 102, Clackamas 97, Overtime

The Cougars trailed by seven to 10 points the entire contest before a spirited rally by Clackamas closed the gap to force overtime. Clackamas

hit a free throw with 0.1 second to play to force the first tie of the game, but missed the second and then lost the game in overtime.

Sophomore guard Kirby Hawkins finished with a team-high 22 points in the loss. Freshman guard Michone Hopkins had a great all-around game for the Cougars with 20 points, nine rebounds and six assists. Both Hawkins and Hopkins made four of 12 three-point attempts. Sophomore Brock Lutes added 18 points, six rebounds and four assists, while freshman Chris Lambert chipped in 15 points and nine rebounds.

Saturday - Clackamas 97, Northwest Indian College 82

Clackamas handled NW Indian College for the second time in a week, breaking open

a close game with a 15-2 run to end the game for a 97-82 victory. CCC had the fresher legs at the end of the game as they sped away from the Eagles with another late run.

Sophomore wing Brock Lutes led the Cougars with 19 points, making nine of 14 field goals. Sophomore guard Jake Dewitt had his best all-around game of the season, garnering 16 points to go along with five rebounds, three steals and three assists. Dewitt drilled four of seven three-pointers. Sophomore post Jordan Barber added 15 points and a team-high 10 rebounds.

Sunday - Green River 75, Clackamas 69

Clackamas jumped out to an early lead by making seven of 14 three-pointers in the opening

half, pushing ahead 41 to 33 at the halftime break. The Gators proved they were up for the comeback, forcing 21 Cougar turnovers as they outscored the Cougars 42-28 in the second half to win 75 to 69.

Kortney Darby led the Gators with a game-high 23 points as Green River made a killing at the free throw line, sinking 21 of 34 in the game.

Kirby Hawkins led Clackamas with 19 points and four steals. Michone Hopkins added 14 points and five assists, making four of six three-point attempts. The Cougars cooled down considerably in the second half, making just one of seven three-pointers.