



Andrew Millbrooke The Clackamas Print

# NUTRITION: Healthy habits boost athletic abilities

Fruits and vegetables offer many essential vitamins and nutrients that athletes need to stay strong and keep up their energy. Eggs and whole grain bread offer much needed protein and carbohydrates. Students try to eat well, but who can resist a Doritos taco?

Continued from Page 1

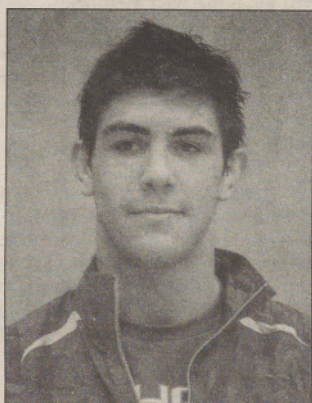
Sultessa said that he eats a lot of Ethiopian and Kenyan foods. Sultessa is lucky to have a mother who cooks a lot of homemade Ethiopian food and an aunt who owns an Ethiopian restaurant on Hawthorne in Portland.

Injera, a large sourdough flatbread that is the staple of the Ethiopian diet, is usually served with a wat (stew) that includes vegetables and spicy meats. The injera is used to pick up bits of the other foods, as utensils are rarely used in Ethiopian culture.

Sultessa, originally from Ethiopia, moved to Kenya for a few years before coming to the U.S., so he enjoys eating ugali also, which is the Kenyan equivalent to injera. Ugali is a cornmeal dough that is cooked and used in the same way as injera to pick up and eat entrées and side dishes.

CCC sophomore volleyball libero Maeghan Angel, who has signed a full ride scholarship to NAIA Lindsey Wilson College in Columbia, Ky., said she always ate well on game days with a breakfast like oatmeal, toast and orange juice followed by lunch of a sandwich, usually turkey.

"I feel I eat healthy, but I could do better," said Angel. "I was a



NOON

vegetarian for two years, so I had to think about what I was doing to get protein. Now, I'm a little freer, but I watch it. I don't eat a bunch of junk. I'm a big snacker. I eat crackers and fruit throughout the day."

Wrestling coach Josh Rhoden is a big proponent of nutrition and laments the lack of a full service cafeteria with longer hours on campus. It makes perfect sense that wrestlers, who are forced to weigh in before each match, are intrigued by what they put in their bodies.

"We try to talk a lot about nutrition," said Rhoden. "We've

got to where we bring in supplements. We use protein and oats after hard workouts with weights. Without having a cafeteria on campus, it's really hard for these guys to do things right. It's just more convenient to just hit up Haggen's and the deli or whatever else."

Although Clackamas does have a cafeteria on campus, it does not have the open hours or the menu items that Rhoden would like. Just before the national tournament last season, Rhoden and his wife even cooked for some of the guys on the team.

"Even the last couple weeks, my wife and I have taken guys food for dinner," said Rhoden recently. "It was like, 'Here's what you're gonna eat tonight. Make sure they get a certain amount of protein and carbs.'"

Rhoden said that 174 pound national champion Trent Noon was the most intense about controlling his eating habits and I found it to be absolutely true.

"He's (Noon) pretty freakish about what he eats now, because he came down from 205 pounds to 174, so he just has to be," said Rhoden. Noon said it was a process cutting so much weight when interviewed before nationals.

"I started at 200 pounds and I was still really fit," said Noon.

"I slowly went down on my portions. I snack throughout the day. I eat oatmeal, a lot of eggs, salad, chicken and a lot of water, anything that gives me a lot of energy. I eat small portions, eight meals throughout the day, it feels like I'm eating a lot and it keeps my body burning a lot of stuff." Noon was weak when he first dropped the 25 pounds.

"At first, when I first got down to 174, the weight cut really hurt me," said Noon. "After I maintained it and kept at it, I walk around now and try not to get over 185. If I can hold it around there, that is when I feel good when I perform."

Noon is able to keep to a strict dietary regimen because of his intense workout routine during the season.

"I work out three times a day: workout in morning, then wrestling practice, then another workout after wrestling practice," said Noon. "That and schoolwork, I've got to stay on top of my stuff right now." Noon allows himself one day to relax during the season.

"Sometimes after a win, I have one day where I can eat whatever," said Noon. "I break it for that day, but the next day I'm back on it. I'm always just staying on it." Noon said ice cream is one thing that he usually will have on his

day off.

That is the kind of attitude and commitment which lead to a national title for Noon, so what do we need to do to get all athletes at CCC to train and commit to their diet like that?

McHone has one good idea. "It would be good to find a menu plan with the most calories per dollar." Whether it is due to cost or time, young athletes will continue to struggle to find a healthy balance in their diet, but most CCC athletes tend to be pretty smart about what they eat.



*I eat oatmeal, a lot of eggs, salad, chicken and a lot of water."*

Trent Noon  
Clackamas Wrestler

Dine with us tonight!



Dine-IN  
Take-N-Bake  
Hot-To-Go

# Pioneer Pizza

Game Time Specials  
MLS, NBA, MLB  
Big Screen TVs!

Open for Lunch  
Daily Specials  
Business Luncheons  
Special Gatherings  
Study Groups

Pizza Slices  
Every Day 11-7

We also accept Oregon Trail EBT

Happy Hour  
3 p.m. - 6 p.m.  
Monday - Friday



\$3 Off  
16" Large  
Pizza

ONLY WITH COUPON  
Cannot combine with other coupons or discounts. Limit 2. Not valid with other offers.

Buy 1  
slice  
get one  
FREE

ONLY WITH COUPON  
Cannot combine with other coupons or discounts. Limit 2. Not valid with other offers.

2 Miles from CCC, Just off HWY 213 On Redland Rd. & Holcomb Blvd.

Sports  
CALENDAR  
April 24-30

WEDNESDAY-4/24  
• MLB: Seattle at Houston, 11:10 a.m.



THURSDAY-4/25  
• MLB: Los Angeles Angels at Seattle, 7:10 p.m.  
• CCC Track and Field: at Lane Titan Twilight in Eugene

FRIDAY-4/26  
• MLB: Los Angeles Angels at Seattle, 7:10 p.m.  
• Randall Fitness Center: Open Hours Noon - 8 p.m.

SATURDAY-4/27  
• CCC Softball: at Chemeketa CC in Salem, Noon  
• CCC Baseball: at Mt. Hood CC in Gresham, 1 p.m.  
• MLS: Timbers at K.C., 5:30 p.m.

SUNDAY-4/28  
• MLB: Los Angeles Angels at Seattle, 1:10 p.m.



MONDAY-4/29  
• NWAACC Track and Field: Multi-Events Championships at OCHS  
• Randall Fitness Center: Open Hours

TUESDAY-4/30  
• NWAACC Track and Field: Multi-Events Championships at OCHS  
• CCC Baseball: at SWOCC in Coos Bay, 1 p.m.