

Fun activities on or off campus

Events on campus

Wednesday, November 13

- Check out the Cougar Volleyball Team as they take on the Linn-Benton Roadrunners. Free with current student ID card. 6 p.m. in the gym inside Randall Hall.

Thursday, November 14

- Veterans Day reading with Marlene Broemer of the English Department begins in the Literary Arts Center (Rook 220) at 4 p.m.
- College Night runs from 6:30 to 8:30 p.m. in the Gregory Forum.
- Come see the Theater Department Fall Term Production of "Almost Maine". Curtain at 7:30 p.m. in the Osterman Theatre. If you cannot attend Thursday night, catch another performance Friday or Saturday night at the same time or attend a matinee performance at 2:30 p.m. on Sunday.

All month long

- The Clackamas Print is running a special edition creative writing contest! Open submissions started last week, and there are three categories that are being judged:
 - Poetry - under 300 words
 - Flash Fiction 1 - under 200 words
 - Flash Fiction 2 - between 201 & 400 words

1 entry per person per category (you can enter multiple categories). Everyone is encouraged to enter. Submission deadline is December 15th. Send entries to: ThePrintContest@gmail.com

Events off campus

Thursday, November 14

- The Oregon City Public Library Author Night brings hometown son Matt Love back to Oregon City at 7:00 p.m. at the Oregon City Public Library.

Love is an educator, publisher of Nestucca Spit Press and author/editor of ten books about Oregon. He won the Oregon Literary Arts' Stewart H. Holbrook Literary Legacy Award for his contributions to Oregon history and literature. Love lives on the Oregon Coast and teaches photography, creative writing and journalism at Newport High School. He is working on a new novel about teaching.

- Ignite Portland 12 - 7:00 p.m. Hollywood Theatre - Please RSVP

Ignite Portland is a night of presentations where each presenter has five minutes to motivate, inspire and inform the audience while a series of 20 slides advance automatically. Doors at 5 p.m. with canned food donation. 5:45 p.m. without donation. RSVP at igniteportland.org.

Saturday, November 16

- Mustache Dache - Annual 5K run to benefit men's health with particular emphasis on raising money for prostate cancer research. Takes place in Beaverton as part of "Movember". Register at mustache-dache.com.



NOVEMBER **NATIONAL DIABETES AWARENESS** MONTH

Diabetes: Fact or Fiction:
 With so many of us affected by Diabetes, it is important for us to know the basics. "Fact" has labeled the sugarcubes with information we should know. Be careful, "Fiction" has slipped some false data into the mix.
 Can you spot all the facts and all the fiction?

"With 80 million Americans known to be Pre-diabetic, it is quite prudent to watch our sugar intake. Try alternatives like honey or stevia extract to sweeten your favorite foods."

"Don't listen to him, eat as much sugar as you like. Sugar makes food yummy. If it tastes good, it must be good for you."

PURE CANE
Diabetes

Diabetes is the seventh leading cause of death in the world.

Some type 2 diabetics can live a normal life without the need for daily insulin injections.

Americans shovel 22.7 teaspoons of refined sugar into their mouths every day.

Type 1 diabetes is a genetic condition for which there is no cure.

In order to have type 2 diabetes, both of your parents must also have type 2.

Type 1 Diabetes disappears during pregnancy.

Diabetes can only be attributed to poor diet and lack of exercise.

Type 1 diabetics are dependent on injection or pump-administered insulin for the duration of their lives.

Type 1 accounts for only 5 percent of all Diabetes cases.

Find the answers in issue six of the Clackamas Print

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