



Sophomore Nate Golden stretches before practice.

photo by Tara Powers

Track teams off to a good start

by Mark A. Borrelli
Sports Editor

The Clackamas track team is off to a great season. The men are off to a flying 2-0 start in league meets.

In their most recent meet, the men claimed their second league dual meet of the year. The Clackamas men finished first with a team total of 80 points, while second place finisher Lane was way behind with 59 points.

Once again it was Nate Golden leading the way for the Cougars. Golden won the 100 meters and finished second in the high jump. "Certainly Nate is a very important individual on our team," said Coach Mike Hodges.

Other strong performances in the early season have been turned in by Greg Hess for the pole vault, John Nelson in the javelin throw and shot put, and Nick Barger in the 500 meters.

"Our team's performance has been outstanding. We're 7-0 against seven league teams that we have faced the last two weekends," said Hodges.

Although the Cougars are experiencing some tremendous success, it hasn't come without a lot of hard work, and determination from this year's team according to Hodges.

"This team is made up of a bunch of battlers; I would have to say that this is the most competitive group that I have ever had," said Hodges.

The Clackamas women, while performing well have not had as much success as the men.

"We have improved over last year's team, we are participating, and scoring in a lot more events. We're definitely a better team than last year," said Hodges.

The women finished third behind Lane and Mt. Hood at the Linn-Benton meet in Albany. Chris Nysten, a freshman out of Clackamas High School, finished first in the javelin with a toss of 141'3". Latonya Bates is also scoring first for Clackamas. She finished first in the 400 meters with a time of 1:00.2, and also finished first in the 200 meters with a time of 26.6. Other Cougars scoring well are Pam Pember, Karin Merritt, and Angie Wright.

"Our goals are to defend our men's title, and for the women to finish in the top four in the state," said Hodges.

Both teams got their league season underway April 1 with a five way league meet at Chemeketa. Mt. Hood, Clackamas, Clark and Northwestern Oregon all participated in the first league meet

of the year.

The Clackamas men, led by a sparkling performance by Golden, ran away from the rest of the field. Clackamas finished first, with 102 points. Mt. Hood was second with 85 and Clark was third with 41. Golden won three events to pace the men's attack. He finished first in the 200, the 400, and the long jump; while winning the 200, and 400 Golden had good enough times to qualify for the Northwest meet.

Jim Allen won the shot put and the discus and also qualified in both events for the Northwest meet. Barger won the steeplechase, the 5000 meters and qualified for the Northwest meet in the 5000 meters.

The Clackamas women also fared well in Salem. Despite finishing third, the women had some outstanding individual performances. Chris Yates won the hammer throw and qualified for the Northwest meet. Pember won the high jump, Tina Nieman won the 100 meter hurdles, Merritt won the 800 meters and Bates won the 200 meters.

Both teams will be back in action this weekend at the Mt. Hood relays. The next league meet for Clackamas will be at Pendleton April 22. The Cougars first home meet will be May 6.

Cougars win 3 of 4 in Washington... Softball team impressive

by Dan Fulton
Staff Writer

Softball season has arrived for the Cougars, but so has the rain, canceling 6 out of 10 games for the year due to the bad weather.

In their last game the Cougars played before the showers arrived, beating Warner Pacific 2-1 to bring their overall record to 2-2. Yvonne Johnson had an outstanding game, pitching a 3-hitter and striking out 13 while picking up her second win with no losses. The Cougars had twelve hits against Warner, and played some really tough defense.

Coach Fiskum gives most of the credit for the hitting to his assistant Paula Barnes. "I am lucky to have her as my assistant. She knows everything there is to know about hitting. She has improved

the team's hitting tremendously," said Fiskum.

"We are really strong up the middle, and when that happens, you're going to be a contender," said Fiskum. "There are no weaknesses that stand out. We are pretty solid everywhere. This is a really good team."

The Cougars traveled to Washington and took 4 out of 6 from the Washington teams.

This Friday the Cougars will play a double-header against Green River, who won the league title the last two years.

"Green River is always a tough game. We would like to see more fans come to this game because it means a lot to this ball club," said Fiskum. The game is at 1 p.m. at the softball field by the public safety and journalism trailers.

Golden good as gold for Clackamas track team

by Amber Cordry
Staff Writer

Spring brings back many activities. Some people go to parks and some people participate in water sports. Nate Golden participates in track.

Golden, a member of the Clackamas Community College Men's Track Team, excels in several events. These events include the 400 meter dash, the 440 meter relay, the mile relay, the 200 meter dash, the long jump, and the high jump. He feels that his best event is the 400 meter dash, but feels that he needs improvement on his high jump, with a personal record of six feet and eight inches.

Golden is a graduate of Madison High School. He has been active in track for six years and says the reason for staying with it so long is that, "It's my best sport."

While attending Madison he competed in state-level competi-

tion and took third place in the mile relay his sophomore year and second place his junior year.

Golden has set high standards for himself this season: he is attempting to take first place in all of his competitive events.

According to Golden, the 400 meter dash is where he has shown the most improvement. "I feel I know how to run it more tactfully," he explained.

Golden also assessed a lot of his development to track and participating on track teams. He has taken the development and growth he has acquired and tries to provide leadership to other team members through example.

Future plans for Golden are to transfer to the University of Washington to continue his studies in Sociology. He hopes to go on to be a school counselor.

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The Friends of CCC Library's annual fund-raising book sale will

be held later this term. Meanwhile, donations of books and magazines for the sale are being gratefully received at the library from now until April 27.

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