

McMahon Coach of the Year

by Staci Beard
Sports Editor

Mick McMahon, the bowling coach who received the AVCO 1989 Coach of the Year award, also performs that task at Clackamas Community College.

The award was sponsored by the AVCO Financial Services. The contest had entries from every state.

Although finding out that he was a winner was a big but pleasant surprise, McMahon knew of the his entry into the contest. Each nominated person had to write an article about how he motivated his classes and his methods.

The result of winning the award besides the honor was an all-expense-paid trip to Alexandria, Virginia, which he shared with his daughter.

"Part of my reason in getting

kids interested in the sport besides the enjoyment of it, is because right now adult leagues consist mostly of participants in their forties. As they get older, there will be less people behind them to fill those leagues up.

"Besides that, I also enjoy watching the kids develop both as bowlers and as people," explained McMahon.

In the late 1950's, when bowling alleys were springing up everywhere, is when McMahon first picked up the sport.

"During the summer when I was 12, the local bowling alley was giving free lessons and bowling for teens in the area," stated McMahon.

At the age of fifteen, McMahon made the decision to try and become a professional bowler.

From the Summer of 1970 until the Summer of 1972 McMahon was on the professional tour until an eye disease interrupted his career. Except for a brief return in Summer of 1982 until the Fall of 1983, his career in professional bowling was over.

For three years, McMahon has been coach of the Cougar bowling team. Last year's season ended when the team voted to drop from the league due to feeling of unfairness by the President of the Oregon Conference.

This Spring the President was voted out of office and the Cougars will return to action this year.

"Being able to pass on the knowledge that I have gained has enabled me to pass it on to those that I teach is great," concluded McMahon.

Runners capture Athlete of the Month award

by Mark A. Borrelli
Sports Editor

This year the Clackamas Print sports department will recognize outstanding athletic achievements with an Athlete of the Month Award.

The winners of these awards will all be finalist for the athlete of the year award, which will be handed out in June. Each month, a male and female athlete will be chosen athlete of the month and at the end of the year, three categories will be selected. Male athlete of the year, female athlete of the year, and outstanding freshman athlete.

Nominations for athletes of the month should be turned in to the sports desk in Trailer B.

The September athletes of the month both come from the Clackamas cross country team. Super sophomore Angie Wright becomes are first female athlete of the month. She has been superb. Thus

far this season Wright has been right on target. She took first place at Linn-Benton. She finished 6th in her age group at the Prefontaine classic, and she has been the first lady Cougar across the line in every race this season.

The male athlete of the month is freshman cross country runner Gene Branberhorst. Branberhorst, a freshman from Estacada High School has been very competitive thus far this season and has posted two big wins. He finished 2nd at The University of Portland invitational September 9th. He was the first finisher in the 15-19 age group at the Prefontaine classic and finished first in a race at Linn-Benton.

"They have done a super job. Gene has been very competitive, he's one of the top runners in the league, at least one of the top freshman. Angie is one of the best females in the Northwest," said Coach Mike Hodges.

Cougar Calendar

Cross Country

Oct 14. at Mt. Hood Invt.
Oct 28. Region 4 Champ.
Nov 11. NWAACC Champ.

Volleyball standings

Southern Division

Mt. Hood	6-0
Chemeketa	3-1
SWOC C	4-2
Linn-Benton	2-3
Lane	1-3
CLACKAMAS	2-4
Umpqua	0-5

The Clackamas Print sports department would like to announce that we will be having a sports trivia contest which will start in our sports insert on Nov. 1. We will be offering some very nice prizes for those of you who want to test your trivia.

Volleyball

Oct 13/14 at Greenriver Crossover tournament.
Oct 18. at Mt. Hood
Oct 20. Umpqua
Oct 25. Linn-Benton
Oct 27/28 at Blue Mt. Invitational
Nov 1. Lane
Nov 3/4 at Chemeketa cross over
Nov 8. at Chemeketa
Nov 11. Southwestern Or CC
Nov 13/14. League playoffs
Game times are 7 p.m. unless otherwise noted.

This year cardiovascular disease will kill more Americans than two world wars.



Nearly one million Americans will die of heart attacks, strokes and other cardiovascular diseases this year. That's more than were killed in World War I and II combined. But you can reduce your risk of cardiovascular disease by eating a low-fat, low-cholesterol diet, controlling your blood pressure, and not smoking. Do it now. Because in the battle against cardiovascular disease, it may be do or die.

American Heart Association
call our Oregon office at 1-800-452-9445
This space provided as a public service.

CLASSIFIEDS

Mt. Hood Meadows Ski Resort: Full and part time positions available for 89-90 season. Includes lift operators, hosts, food and bar service, cooks, ticket sellers, rental techs, and cashiers. Benefits include free skiing and other discounts. Contact human resources at (503) 337-2222.

NOW HIRING: For a variety of positions. Full time and part time. Use your skills in office

services accounting/bookkeeping, data entry, word processing, or light industrial. Call Snelling Temporary 241-0528.

Sitter Needed: Sunday through Thursday, graveyard shift. Contact Cathy 655-9476.

Good car, Low price! 1978 Mazda GLC - runs great. Yellow hatchback. \$850. L. Vogt, ext. 309.

FOR SALE: Have 7 foot canopy, fits Ford or Chevy. Missing door

but otherwise in good condition. \$50 call 653-8994.

Adoption: Accomplished, young California couple anxious to adopt new born. Lots of loving quality time. Legal, expenses paid. Call collect (818) 340-3887.

Female Roommate wanted: Room for rent in my home. \$200.00 mo. + utilities call 657-5684.

Typing/Word Processing: Resumes, term papers, etc.

Professional quality, reasonable rates, college references. Barbi, 632-3627.

SINGLE PARENTS! Need a family oriented support group? **PARENTS WITHOUT PARTNERS,** meets each Tuesday 7pm rm 104 Pauling Center. Call 654-8004 for info.

Chicks, Honeys, Hot Babes: Do you know what real love is? Do you want to find out? I'm not Cold-Hearted So call Quasi at

ext. 578.

Join the Coup! Want to have fun? Want to help overthrow a government? Then we want you! Join us, S.A.A.P.Y. (Students against ASG policies for youngsters) Call ext. 576.

Thanks, to all Senate Applicants, we appreciate your time and effort. Many volunteer opportunities exist. Please contact Ken Ingram at ext. 598 for more details. Garrett Lytle ASG President.

Inches

	1	2	3	4	5	6	7	8	9	10	11(A)	12	13	14	15
L*	39.12	65.43	49.87	44.26	55.56	70.82	63.51	39.92	52.24	97.06	92.02	87.34	82.14	72.06	62.15
a*	13.24	18.11	-4.34	-13.80	9.82	-33.43	34.26	11.81	48.55	-0.40	-0.60	-0.75	-1.06	-1.19	-1.07
b*	15.07	18.72	-22.29	22.85	-24.49	-0.35	59.60	-46.07	18.51	1.13	0.23	0.21	0.43	0.28	0.19
D50 Illuminant, 2 degree observer															
Density	0.04 0.09 0.15 0.22 0.36 0.51														