

Lady Hoopsters look to tough competition

by Brenda Hodgen
Sports Editor

Two victories last week set the Cougar Women's Basketball team up with a league record of 3-1 before their biggest challenges

against Umpqua Community College tonight, and Southwestern Oregon Community College Saturday, according to Coach Phil Garver.

"Boy, the next two games, on

the road and all, are really going to test our abilities," stresses Garver. "Especially Umpqua; they just beat Chemeketa, which was a good win for them. So, we really need to play good team ball to beat them."

The ladies swiped the first of their two wins Wednesday over Mt. Hood Community College 79-63. Freshman Jennifer Spilseth was the team's bright spot for the night scoring 33 points in the game, hitting 11 for 15 from 2-point range, 4 for 5 outside the 3-point line, and sinking 7 of 7 at the free-throw line. Freshman Launa Meck came through with 14 points of her own, grabbing 11 rebounds and 5 assists. Freshman Kathryn Muck rounded out the top players putting in her 12 points and 9 rebounds.

Saturday's game against Lane Community College was Meck's show. She lead the team to their 71-62 victory with 25 points after completing 9-13 from the floor and 7 of 11 free-throws, clutching 15 rebounds and 5 assists. Muck was a close second securing 3 for 3 at the foul line, taking 14 rebounds and 4 assists to finish the game with 17 points. Spilseth put in her 13 points giving the team the edge.

"Launa is really beginning to look like a leader on the court," said Garver. "She's starting to take control of the game and playing like a sophomore."

"Muck is also doing well. She's becoming consistent on her stats and hitting the boards well," he



Photo by Eric Sanders

Freshman Jennifer Carlson cuts through the key amongst the defenders in practice. The ladies are preparing for two games on the road.

continued. "In the game against Lane, she just killed 'em with her inside hitting. What Launa doesn't get Kathy does, so they're working real well together."

Although the next two games are going to be tough, Garver is still optimistic.

"We're starting to pull together," he explained. "I think the gals finally realize that they have to be a running team to win because we're so short. If we're running, other teams can't keep up. I'd say we're the quickest team in the league."



Photo by Eric Sanders

During a Cougar women's Bx practice Freshman Kristin Lyons attempts a jump shot while being tightly guarded.

Clackamas coach takes trip to educate foreign peers in East

by Brenda Hodgen
Sports Editor

After all the heat in the Middle East, one begins to think of foreign affairs as involving some sort of conflict. Clackamas' Track Coach Mike Hodges has recently returned from his third sojourn to Khartoum, Sudan, proving that international contacts can be peaceful.

Hodges has traveled to Khartoum to teach sessions based on coaching track and field to Sudanese high school coaches. A colleague of Hodges' recommended him for the position when the Ministry of Youth and Sports in Sudan became interested in an international exchange of education as such.

"I was recommended by a colleague of mine from the State Department in Washington D.C. who had been to another country doing much the same thing," explained Hodges. "I just happened to be a coach who, fortunately, had some success and was somewhat well known. My friend called me up and asked me if I was interested, and I said, 'Are you kidding? Of course I'm interested.'"

Hodges left the States Nov. 15 and returned Christmas Eve. During the five weeks he spent there, Hodges worked six days a week lecturing and composing practical training sessions.

"Sudan is an Islamic country,

and Friday is their holy day so we didn't meet on Fridays, but every other day we would lecture in the morning, and in the afternoon we would have training sessions," Hodges continued. "Some of the areas I tried to cover were the sciences, such as physiology, in sports as well as the techniques as they relate to coaching track and field."

"I really think we have something to learn from them as far as human relations go."

-Mike Hodges

After Hodges' first trip to the country in 1987 they opened a library in their Olympic Headquarters named after Coach Hodges.

"Every time I go over I scrape up as many books as I can find on related subjects and take them with me, because Sudan is a third world country and I can easily replace the books where they don't even have access to the same type of information," said Hodges. "Their library gets bigger each time I get there because I keep bringing books over."

As far as future trips to Su-

dan, Hodges is uncertain. However, he does plan to continue with his project possibly expanding in other countries.

"I'm only supposed to go once every three years, but you can see that doesn't apply in my case. I've already been over three times in the past three years, so who knows when I might go back," he explained. "There is a possibility that I may be hosting a coach from El Salvador, but that too is up in the air. I do plan on returning, though, it's just a matter of when."

Hodges concludes, "Sudan is such a religious country; they really live their religion. I've spent a total of about three months over there and you just don't see any crime. Over there it's everyone for each other. For example, if I see that you are in need of something, I am to do everything I can to see that you get it, rather than disgracing you so much as to make you ask," he continued.

"Also, the people are all negro; some look like the old Egyptians and then there are the more common African Negroes like we know. But, to one another they are the same. I, being white, would go weeks without seeing another white person and was perfectly comfortable because they treated me with the same hospitality as they would their own people. I really think we have something to learn from them as far as human relations go."

Cougar men continue league winning streak

by Frank Jordan
Staff Writer

The Clackamas Cougars' Men's Basketball team ran their Northwest Athletic Association of Community Colleges Southern Division record to 3-1 and their overall record to 13-6 with a pair of wins last week.

On Jan. 9, the Cougars played host to a Mt. Hood team that had defeated them 107-72 earlier in the season and ran away with a 77-60 thumping of MHCC.

"This was a very good victory over a team that had handled us earlier in the season," Coach Royce Kiser commented. "We played well both on the offensive and defensive ends of the court."

Neil Delplanche hit 6 of 7 three point field goals on his way to a 29 point effort. "Delplanche is a stabilizing force for us and it was nice to see him shoot well," Kiser said. "They were leaving him wide open, and he buried the shots."

Three other players scored in double figures for the Cougars. Dan Bartel scored 13 points, David Daniels scored 12 points and dished off 7 assists to lead a 21-9 advantage in that department, and David Hollingsworth scored 10 points and grabbed 12 rebounds.

As has happened most of the season, the Cougars were out-rebounded by their opposition, this time 34-30 by Mt. Hood. "We are still getting out-rebounded by our opponents, but we sure are

trying to change that," Kiser said.

On Jan. 12, the Cougars took their act on the road, this time to Eugene, where CCC defeated Lane Community College by a 71-68 score.

CCC used outstanding shooting to offset a 34-22 disadvantage on the boards to hold off stubborn LCC. "We shot the ball extremely well, and that kept us in the ball game," Kiser commented. "We played very well on both ends of the court, especially on the offensive end."

Glen Kiser hit 12 of 17 shots from the field on his way to a 31 point night. David Daniels hit 9 of his 13 shots on his way to 25 points. Dan Bartel chipped in 8 points, Todd Chesebro had 4 points, and David Hollingsworth had 3 points to round out the Cougar scoring. Daniels also passed off 5 assists, and Kiser grabbed 8 rebounds to lead Clackamas in those categories.

Clackamas shot 28-45 from the floor for the game, shooting 62 percent. They also hit 14 of 18 free throws for 78 percent shooting.

CCC goes out on the road this week for games against Umpqua Community College in Roseburg tonight, and on Saturday against S.W. Oregon Community College in Coos Bay. The next home game for the Cougars will be Jan. 23 against Chemeketa Community College.