

## Cougars gear up for basketball season

✓ *Laura Stahl, Ganine Moses and Angie Tucker, return to Clackamas to finish what they started last season*

By Jesse Sowa  
Staff Writer

Women's Head Basketball Coach Karen Twain sees a lot of improvement in this year's team over last.

She also sees the potential for her team to make a great impact in the Southern Division in the NWAACC.

"We're improved over last year," said Twain. "We have a deep bench and more height."

Twain says this about each of her players:

**Ganine Moses** from Pendleton, sophomore point guard: "best passer in the league, good leader"

**Kelli Muir** from South Umpqua: "great shooter, good potential to be a star"

**Angie Tucker**, sophomore: "good work ethic, good rebounder"

**Stephanie Kadell**, sophomore point guard: "real intelligent player, good passer, shot has improved"

**Leslie Knudsen**, red shirt last year: "real positive attitude, good shot"

**Mindi Loiodici**, sophomore, played at George Fox last year: "she can shoot the 3-pointer with her eyes closed, tough defender"

**Chelsea Becher**, freshman: "great speed, perfect form on her shot"

**Melanie Sharp** from Sweet

Home, freshman: "good agility"  
**Angie Womack** from McNary: "small post, great rebounder"

**Arzetta Johnson**, sophomore red shirt, team manager, played at Mt.Hood last year, "excellent athlete"

**Denise Haselwood** from Centralia, freshman: "will play 1 or 2 position for us, already improved a great deal, tough defensively"

**Rachel Ferguson** from Wilson, sophomore post: "tallest player on the team, one of our best players"

**Laura Stahl**, sophomore guard/post: "great shooter, great speed, one of the best players in the conference"

Twain said that the team has already made a goal of reaching the NWAACC Tournament at the end of the year. She hopes to get some needed leadership from second-year players Stahl and Moses. Twain expects the toughest teams in the southern division to be Chemeketa, Mt. Hood and Umpqua.

In order to make this season a success, Twain believes that her Cougars will need to practice hard everyday and stay injury-free.

Clackamas will be aiming to make themselves a force in the league and show the rest of the teams that they'll have to step it up when they play the Cougars.

## Cougar men remain NWAACC champs

*Burck and Fairchild are first to finish for Cougars*

By Jesse Sowa  
Staff Writer

The Clackamas Community College men's cross country team pulled out a huge victory over Clark CC of Vancouver to win the NWAACC Meet at Spokane Falls Community College last Saturday.

The Clark men defeated the Clackamas men by one point at the Southern Regional Meet two weeks ago. According to Head Coach Mike Hodges, the men defeated a cocky Clark team that never shows much respect for themselves or their opponents.

In the men's race for the team title, Clackamas finished with 29 points, followed by Clark CC (32), Lane CC (112), Community Colleges of Spokane (112), Mt. Hood CC (121), Highline CC (138), and Lower Columbia CC (192). The Clackamas men have won the NWAACC the last four years straight. Hodges was named the Men's Coach of the Year after the conference meet.

The Mt. Hood women easily won the title with 27 points. Clackamas placed second with 51, trailed by Clark CC (75), Lane CC (99), Community Colleges of Spokane (120), Bellevue CC (176), Lower Columbia CC (183), and Skagit Valley CC (200).

Clackamas also won the combined team title with 80

points, followed by Clark CC (107), Mt. Hood CC (148), Lane CC (211), Community Colleges of Spokane (232), and Lower Columbia CC (375). Clackamas has won the combined title for six consecutive years, but only two of those years did the Cougars win both the men's and the women's titles, which says a lot for the cross country program.

Ryan Burck was the first Cougar across the finish line to claim second place in the 8,000 meter race. Burck was clocked in a time of 25 minutes, 27 seconds. He finished three seconds behind the winner, Ernie Ammons of Clark CC.

Brent Roeger (25:33) finished fourth overall, Dean Rowell (25:37) sixth, Will Haskins (25:46) eighth, Brian Buckingham (25:52) ninth, Jon Cox (25:53) tenth and Leo Sanders (26:42) nineteenth.

Hodges noted that the Clackamas men placed four freshman in the top ten. "Jon Cox had by far his best race of the year by at least one minute and 15 seconds."

Hodges said that this is the closest cross country team he has ever had. "They really, truly are a team," Hodges said. This team has a lot of character and closeness."

Jaime Fairchild of Clackamas won the individual title in the women's 5000 meter race in a time of 19:35. Second-year run-

ner Jessie Richter (20:24) finished fourth, followed by Jennifer Turman (21:10) twelfth, Becky White (21:11) thirteenth, Rebecca Graham (21:45) twenty-first, Annie Boitano (22:10) twenty-fourth and Shannon Henley (22:18) twenty-sixth.

"They did the best as we could have expected," Hodges said of the women's team that was fighting injury and illness for most of the season. Hodges said that the women were not ashamed of how they did, but they might have been a little disappointed.

Hodges noted that the women have placed in the top three at the NWAACC meet in eight of the last nine years.

Both the men and the women were well prepared for their races, having been on the course and studied it nearly a month earlier when they travelled to Spokane for the Spokane Invitational. Both teams were ready for the awkward terrain, including having to climb a flight of stairs twice. "It made us better prepared for that course and that race," Hodges said.

Hodges was really pleased with the way things went this year. He said that there was never a hassle when he asked his team to do anything, which made everything go smoothly.

"This is the essence of college athletics," Hodges said.

## Volleyball defensive specialist, Cara Halverson puts small school on map

by Tina Guinn  
Editor-in-Chief

What do you get when you combine a small Christian high school in a private sports league with a girl who was a walk-on for Cougar Volleyball tryouts?

You get Cara Halverson, CCC student and volleyball player.

Halverson, who graduated from Country Christian High School in 1993 with a class of 14, began her volleyball career when she was in the eighth grade at Molalla Grade School. She was a starter for the junior varsity team, and she sat on the bench for the varsity team.

As a freshman at Country Christian, Halverson was a varsity starter, and her game has been going strong since. Halverson said that this year Country Christian joined the A division for sports leagues. Before that, they were in a private league.

When Halverson graduated, she decided she was going to "get away from the grind. Usually, students from Country Christian go on to Bible college. I was one of the only students to go on as an athlete," Halverson said.

"I wanted to do something different. Walking on for tryouts was a shot in the dark. I was so nervous," she added.

That was two years ago. Halverson will finish up her volleyball career in two weeks when the season is finished.

"It has been fun. It's been a lot of hard work, but it has been fun," she said.

Coming from a small-school environment, Halverson said there is no comparison between playing volleyball for Country Christian and being part of Cougar volleyball. In high school, Halverson said her coach taught the players to "stay alive by being aggressive."

"In high school ball, you don't put nearly as much time into it as you do when you play college ball. In college, you have to be totally dedicated."

"Right now I work, but only one night a week because everything else is school or volleyball," she said.

Halverson said this year's team is "real deep, meaning there is strength in every position. Compared to last year, this year is so sharp, even in our preseason. This year we were undefeated in the preseason."

As defensive specialist, Halverson, who sports the number one on her jersey, said there's no doubt the Cougars will make it to the NWAACC playoffs.

"We proved ourselves by upsetting Mt. Hood (Community College). We're a come-back team. Even when we're behind, we're not afraid," she said.

Halverson felt good going into the final regular season tournament last Thursday and Friday.

"We're going to come out strong. We want it more than anything. We're going in chomping at the bit," she said.

Halverson's positive attitude comes partly from the fact that the Cougars lost to both Southwestern Oregon Community College and Umpqua Community College earlier this season, but she feels that knowledge only made the team stronger going into the fi-

nal regular season tournament.

"We have an all-around group of girls. They are constantly pushing to be better, pushing to be played," Halverson said.

The Cougars played Southwest Oregon Community College and Umpqua C.C. last week and walked away with one win and one loss.

As for life off the court, Halverson leads a busy one. Her part-time job and her studies keep her time filled. Halverson is taking classes as a Spanish major. She said she is almost bilingual and has done some translating work in the past. Halverson would like to continue on in the translating field. However, her sport is her first love.

"I look forward to maybe coaching at my old school. I'd like to bring back what I've learned."

"I don't think I'll go on to a four-year (college). I'll probably go back someday and polish off my language skills and translating work, but I want to go back to coach," she said.

Halverson attributes some of her volleyball success to her coaches in high school and here at Clackamas.

"I just want to thank Kathie Woods (CCC volleyball coach) and Ruby Orick (Country Christian) for their patience, hard work and dedication," she said.

Halverson said her coaches' determination added to her own.

"Coaching is a thankless job. Without them, there wouldn't be anything," she said.



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