

This "Sports Special" edition of The Clackamas Print was edited by **Brendon Neal** and **John Thorburn**.
Christina Mueller and **Laney Fouse**, Writers
Joel Coreson, Photo Editor
Cindy Hines Kurfman, Copy Editor
Linda Vogt, Advisor

IS COLLEGE LIFE STRESSING YOU OUT?

DO YOU HAVE SIGNS OF AN ANXIETY DISORDER?



Perhaps we can help!

If you or someone you know suffers from any of these symptoms of anxiety, free help is available. You are invited to attend a **College Anxiety Disorders Screening Day** where you can view a video, take an anxiety disorders screening test and have a confidential meeting with a doctor or mental health professional. Free educational materials will also be available.

Tomorrow! March 13, 4-6 p.m.
Community Center - CC 127

Sponsored by Phi Theta Kappa and Counseling Dept.

Clackamas Federal Credit Union *A member-owned financial cooperative*
Where ownership has its advantages



All full and part-time CCC students and staff are eligible to join the most convenient financial institution in the county. We're as close as your phone, your PC or your nearest ATM. Look at just some of the advantages!

Dividend bearing checking: No minimum balance, no monthly fee or per check charge. VISA debit card available

Free notary, free travelers checks, and free 24 hr. PC and telephone access to your accounts.

VISAs, loans, lines of credit, money markets and certificates.

Try the Clackamas Federal Credit Union Advantage!!

270 Warner Milne Rd.
Oregon City, OR
656-0671

4400 SE International Way
Milwaukie, OR
653-7788

P.C. PIECES SPRING SPECIAL

UPGRADE YOUR OLD 486 TO A PENTIUM 100 MHZ FOR ONLY \$ 199.99



PENTIUM MULTIMEDIA SYSTEMS STARTING AT \$ 999.00
Call 557-7907

104 MOLALLA AVENUE, OREGON CITY, OREGON 97045

Cougars hope to continue excellence

Brendon Neal
Sports Editor

The softball team heads into the preseason this year following back-to-back Northwest Athletic Association of Community Colleges (NWAACC) championships in '95 and '96.

Head Coach Paul Fiskum sees team chemistry as an important factor.

"The key is how we do as far as attitude," said Fiskum. "We have been great so far and realize the importance [of team work], but the hard times are ahead. Everyone will have to make personal sacrifices for the good of the team."

"The league is stronger this year and whether we post the same record is really out of our hands. We are capable of doing what previous [Clackamas] teams have done," said Fiskum.

Most of Clackamas' players have both good hitting and good defensive abilities. The Cougars have seven returners from last year's team and eight total sophomores, giving the team a solid mix of youth and experience.

Sophomore Robin Viol was the lead-off hitter for Clackamas last year. Viol was also named to the all NWAACC tournament and all Southern Region first team as a freshman. Viol scored two clutch runs in the tournament last year, giving the team a closely-contended semifinal win.

"She [Viol] led us in runs scored and had an overall outstanding year," said Fiskum.

"She is also a great outfielder."

Kriss Demos, second base, is coming off a .380-plus hitting year and was tied for the most home runs on the team with four. Demos was on the tournament first team.

"Kriss plays excellent defense. She is one of the best divers on the field as we have ever had," said Fiskum. "She will step into the three spot in the batting order for us this year."

Nicole Lindgren is a utility player for Clackamas. Lindgren's strongest position is second base, but she will mostly play third in order to use Demos and her at the same time.

"Nicole can play a lot of positions - second base is probably her best spot. She can play infield, outfield and she played third base in the fall [scrimmages]," said Fiskum. "Her RBI total compared to the number of 'at bats' is excellent. Hitting Coach Bob Rapp told me she was the most consistent hitter this past winter."

Robin Lisak was first team all-league last year and pitched a nearly perfect season with a record of 15-1 and an ERA of 1.3. The team voted her Most Valuable Player for the regular season.

Megan Thompson, third base, took off last year from school after having a strong hitting season the year before. She had a .380 batting average as a freshman with limited at bats.

"When you think of Megan, you think of hits. She is a big hitter and she works as hard as any player

I have had at hitting. She was one of the top hitters in the four scrimmages last fall," said Fiskum.

Joell Whitton, catcher, was the starting catcher for Clackamas last year.

"I think she is the best catcher in the league. You rarely have to call plays from the bench, and no one steals on her," said Fiskum. "She is like a coach on the field."

Whitton also had a batting average of .300 last year and has added power to her swings. She will start in one of the RBI spots [second or third] in the hitting order for the Cougars this year.

Laurie Nielson, outfield, combines good speed and the ability to slide, giving strong offense from the second hitting spot.

"I classify her as one of the hardest workers on the team. She has good foot speed and is a good bunter, slapper," said Fiskum.

Clackamas has 10 games left before division action. Fiskum wants to play everyone during the preseason to find the best fit "like all the pieces to put a puzzle together."

The Cougars began the season last night against Pacific University's varsity team.

"Typically they are our toughest opponent. We play every year; it is a great measuring stick to see how ready we are," said Fiskum.

The game is not scored, but "let us practice in a game-like condition."

Clackamas' first home game is Saturday against Highline in a 12:30 p.m. doubleheader.



Clackamas has seven returning players from last season's championship team. The Cougars will host Highline on Saturday in a doubleheader.

Photo by Joel Coreson

EAT A FAJITA PITA

Fajita Style Chicken Or Beef In Tasty Pita Bread!

Jitter's/CCC Cafeteria