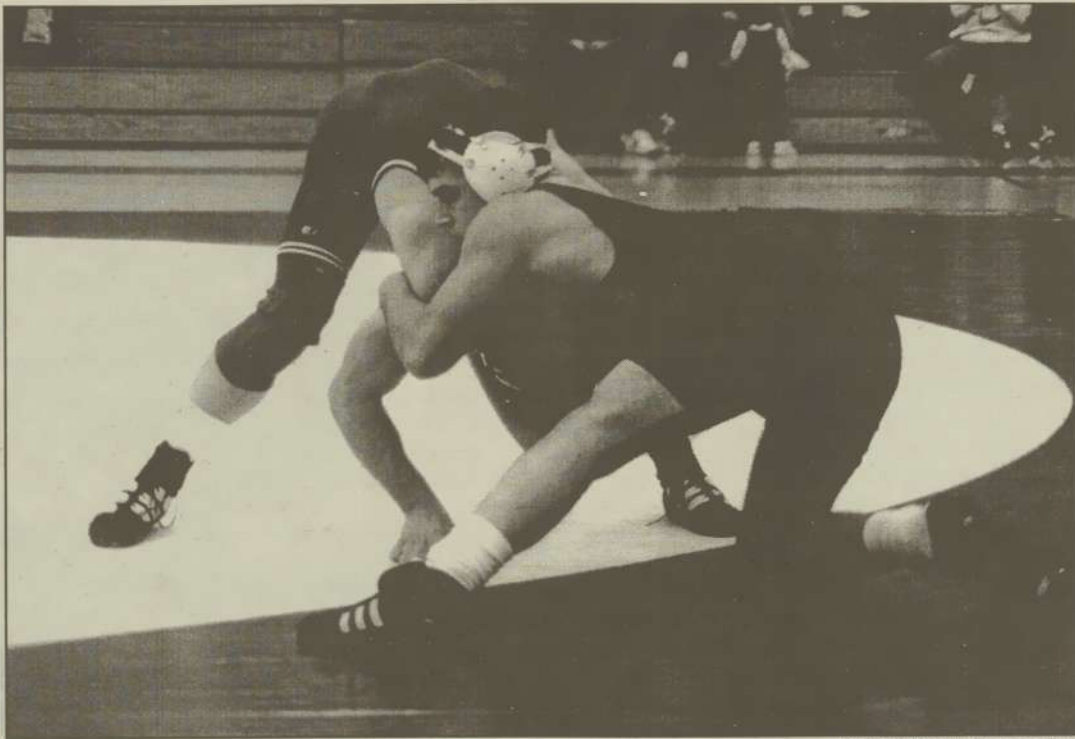


Sophomore Joey Frizzel tries to escape a hold by a wrestler from Ricks College. Frizzel, who finished fourth in last week's NJCAA Region 18 Championships, will travel to Rochester, MN with four other Clackamas wrestlers to compete in the NJCAA National Championships this weekend.



JOHN THORBURN / Clackamas Print

Clackamas gears up for nationals

JOHN THORBURN
Sports Editor

It's what the Clackamas wrestling team has been preparing for all year.

The national championships.

NJCAA Nationals

Where:

Rochester, MN

When:

February 19-20

improving its ninth place finish at the championships last February.

To qualify for the annual competition, the Cougars needed to place in the top three in their weight class.

In the 125 lb. weight class, Ben Vombaur, a true freshman from Evergreen High School in Vancouver finished second to earn a national appearance.

"Ben is an extremely talented wrestler," said Clackamas Head

Coach Lloyd Martindale. "In high school, he had a record of 102-0 and he seen some success at the college level. We expect to see big things from Ben. He's definitely a contender for the title."

At 133 lb., Abel Valdez earned second place to get a return trip to the championships. Last season, Valdez didn't lose a match until reaching the NJCAA National Championships.

"Abel is in his second year with us," noted Martindale. "Last year, he got the freshman jitters at nationals. I think he'll be a lot more successful this year, we expect big things from him."

"Both Ben and Abel should be in the finals. They're both contenders for a title."

In the 157 lb. weight class, Luke Heuberger, a true freshman from Stayton placed third to earn qualifying marks.

"Luke is a true freshman and he's really been coming on strong and wrestling hard these

past couple of weeks," said Martindale. "I expect he'll place."

At 165 lb., Dennis Olsen, a returning All-American for the Cougars, finished third to make his second national appearance.

"It will come down to who's ready to wrestle that day."

Lloyd Martindale
Head Coach

"We're looking towards the finals for Dennis," added Martindale. "He'll definitely finish in the top ten but he could contend for a title."

In the 149 lb. weight class, Joey Frizzel, a fourth place finisher in the region championships, was given a wild-card entrance into the national meet after a vote by the Region 18 coaches.

In all, Clackamas finished fifth in the Region 18 Championships to qualify five wrestlers for the national championships—a feat that was expected, according to Coach Martindale.

After finishing ninth last season, Clackamas expects a Top 10

finish, but is hoping for a Top 5 placing.

"Most schools treat the dual season as a critical part of their season," noted Martindale. "It's an important part of our season, but we use it as training and practice for the regionals and nationals."

"We use it as a time to get some of our younger wrestlers some mat time. Other teams just wrestle they're #1 guys all season and I think they tend to get burned out a bit. Our way has been pretty successful."

The Cougars, who have finished in the nation's Top 10 throughout the 1990's, will face off against 60 other schools in Rochester.

In the Region 18 Championships, North Idaho College defeated top-ranked Ricks College by only one point to win the team title.

"Nationals are going to be a real dog fight," added Martindale. "A lot of teams can win and we feel that we are one of those teams. It will come down to who's ready to wrestle that day."



FROM
THE
BOX

Officiating can't get any worse

Northwest community college basketball has been ugly this 1998-99 season.

Let's all give a round of applause to the game's officials.



JOHN THORBURN

The officiating that's been witnessed in the Southern Region this year has never been worse.

It's

sickening.

It's inexcusable.

To put it simply, the majority of those men and women that wear the black and white stripes have no business stepping onto the basketball court.

Many feel that community college basketball is only, well, community college basketball.

Basketball is basketball.

No matter where it is played, no matter the level of talent or competition, the game demands proper officiating.

Three weeks ago, the Mt. Hood Saints men's basketball team was playing Southwestern Oregon in Coos Bay.

Midway through the second half, a Mt. Hood player tore off his jersey and threw it at one of the officials in disgust.

For those not familiar with the game of basketball, this is not a common occurrence.

Perhaps it should be.

Officials are there to keep players in check.

Who is there to keep officials in check?

Clackamas competes in the Northwest Athletic Association of Community Colleges [NWAACC] which is the largest association of its kind in America. And yet, it employs some of the worst referees the sport has ever seen.

Bad calls will be made, fans will

See *The Box*, page 11

'Andro' no pizza when it comes to your health

Someone once said America is in constant need of heroes. Year after year, this hero search seems to begin and end in the world of sports. People constantly look toward sports stars to accomplish feats they can cheer for, vicariously experiencing the players' greatness.

It seems, however, that we become more and more obsessed with winning and great achievements in the world of sports year after year. The more obsessed we become with this greatness, the more we are willing to take great risks to achieve it. Recently, the use of performance-enhancing drugs has skyrocketed in sports, as athletes strive to break records to propel themselves into the spotlight and in turn bring themselves stardom and money. However, does this form of purchased performance enhancement come at too great a risk to everyone involved?



JAMES KHOSRAVI

Young athletes constantly look toward the profes-

sional ranks to see how they can increase their performance on the field through an improved training routine. In hopes of being the next superstar, they copy what they see their heroes doing. When young athletes witnessed Mark McGwire admit to using Androstenedione, for example, its usage instantly increased among high school athletes.

"Andro," as it is called, is referred to as an uncooked anabolic steroid. "Androstenedione is sort of like purchasing a ready to bake pizza," said Dr Linn Goldberg of OHSU. "It's not an anabolic steroid yet. It's what we call a pro-hormone. It turns into a hormone... You have to put it in the oven, then you have pizza. Anabolic steroids are 'fresh baked pizza.'"

Andro is known to cause liver dysfunction and damage, heart problems, wild anger streaks, depression, and paranoid schizophrenia, to name a few things. By allowing such a substance to be used, we are promoting the usage of a very dangerous product. It is well known that young athletes copy professional athletes in both their training and play. The effects Andro has on someone in the long term have already been shown to be dangerous to the adult body. Just imagine the devastation

such a harmful substance could have on a young, developing body.

Some sports leagues have banned the use of such drugs, but banning these drugs doesn't do any good unless the rule is equally enforced. The primary difficulty is the confusion brought about by the different substance abuse policies of the separate leagues. The NFL, NCAA, and International Olympic Committee have all banned Andro, but the NBA, MLB, and NHL allow it.

This sends a confusing message to the younger generation that is training hard in the hope of making it to the pros someday. With so many athletes allowed to use these performance-enhancing drugs, many young people will use them hoping to gain an edge over the competition. The dangerous side effects are often ignored, as they see their heroes seemingly doing fine on these drugs.

When I was in high school (not long ago), it was well known that to give themselves an edge, some athletes used

See *Khosravi*, page 11