

# Clackamas runs all the way to the top



SALENA DE LA CRUZ / Clackamas Print

Mandy Bates, a freshman out of Tualatin High School, took third place in the LCC Invite on Oct. 16

JAMES KHOSRAVI  
Sports Co-Editor

Clackamas' men and women blew past the competition in last weekend's cross-country meet at Lower Columbia College.

Both the men and women turned out what may have been their best performances so far this year.

Both teams finished first place at the meet.

The women's team finished ahead of the second place competitor by 15 points, placing five runners in the top seven, with Stephanie Costanzo [a time of 19:05], Sarah Block [19:07] and Mandy Bates [19:15] finishing 2nd-, 3rd- and 4th-place, respectively.

Six women finished with times of less than 20 minutes, a feat that Coach Mike Hickey referred to as phenomenal.

"On the women's side particularly, that's probably the best team performance I've had in my coaching career," said Coach Hickey.

Clackamas had several runners finish with personal bests as well.

Stephanie Costanzo, Sarah Block, Mandy Bates, Kasia Weigel [19:42, 7th place] and Jenny Hardie [19:59, 9th place] all ran personal bests.

The men's team finished more than 32 points ahead of the second-place competitor, with a score of 17, only two points off a perfect score.

Clackamas placed five runners in the top six, with Tomm Johnson, Paul Kezes, and Ryan Mastropietro sweeping the first three spots.

Johnson finished first with a time of 25:31, making it the second straight meet at which he has finished in the top four [Johnson finished 4th at the Ricks College Invitational].

Kezes' second place finish of 25:34 marked the fourth time in five meets he has finished in the top eight percent of the field.

With the southern region championships only two weeks away, this meet shows Clackamas to be

one of the top teams in the field.

"We just have a bunch of champions [on this team]," said Coach Hickey. "They just know how to win, and I believe that's going to be the outcome at the end of the year."

~Support Cougar  
Cross Country~

**October 23, 1999**

Saturday

OIT Invitational

Women begin at 11 a.m.

Men begin at 11:45 a.m.

Klamath Falls, Or

**November 6, 1999**

Saturday

Southern Region Champ.

Vancouver, Wa

\* Time TBA Next week\*

## Cougar volleyball devours the competition

SALENA DE LA CRUZ  
Sports Co-Editor

Clackamas women's volleyball team plowed through Southwestern Oregon Community College [SWOCC] and the Umpqua Timberwomen to lift the Cougars from fourth to third place in league standings.

Clackamas faced off against SWOCC Oct. 15, after losing to them Sept. 24, and crushed them in three of four games.

The Cougars conquered with four service aces throughout the matches. Clackamas had a team 2.21 passing average that tied the highest average of the year. The attack average was 20 percent.

Shelly Brannon stood out as a good team player, and Eryn Wagner excelled with her 27 per-

cent kill average. Erin Spath was on her game for her passing and serves received this game. Nikki

Tilton ran through the match-up with four blocks. The final scores were 10-15, 15-9, 15-7, and 15-5.

"Statistically speaking this is one of our best games yet," said Kathie Woods, head coach.

The Cougars devoured the Timberwomen Oct. 16 at home. Clackamas had a final team 1.97 passing average, while Umpqua had an average serving game of 92 percent.

According to Woods, the team

must maintain a 95 percent serving average for it to be good.

Dasha Wakefield overtook the

game with seven kills and a 26 percent personal average and 11 digs. Kimber York stayed consistent throughout the game. Nikki Tilton was the leader in ace serves for the matches.

"Statistically the SWOCC

game was the best; Cougar style-wise, the Umpqua game was the best," said Woods.

The Cougars currently have a 5-3 record and are in third place in the league standings.

*Statistically speaking this is one of our best games yet.*

Kathie Woods  
Head Coach



PHOTO COURTESY OF DICK CLOUSER

The volleyball team takes a time out to consult with Head Coach Kathie Woods to see what the next move will be to help assure a victory against SWOCC [Southwestern Oregon Community College]. The Cougars overtook SWOCC in three of the four games at the Oct. 15 game.

~Support Cougar  
Volleyball~

**October 20, 1999**

Wednesday

Clackamas vs. Linn

Benton CC

@ Home

7 p.m.

**October 22, 1999**

Friday

Clackamas vs. Mt. Hood  
in Gresham

7 p.m.

**October 27, 1999**

Wednesday

Clackamas vs. Lane CC

@ Home

7 p.m.

*The Clackamas Print*

The student newspaper of Clackamas Community College

It doesn't matter  
what your name is!

**Set your goals high.**

**We'll help get you there.**

Sometimes reaching your goals seems like an impossible task. In the Air Force you'll get the tools you need to reach any goal you set. We'll help get you there by:

- providing education opportunities with tuition assistance
- establishing leadership skills for a promising future
- preparing you for a career in life

You can earn up to \$9,000 enlistment bonus, if you qualify. So, if you're between the ages of 17-27 - call 1-800-423-USA



for an information packet, or visit the Air Base at [www.airforce.com](http://www.airforce.com)

**ATTENTION: FULL-TIME STUDENTS AND STAFF!**

Student Loans

10400 SE Main  
Milwaukie  
503-653-7788

**We'll save you money.  
(It really is that simple.)**

270 Warner Milne Road  
Oregon City  
503-656-0671

Free ATMs  
(Community Center and PSYC)

Earn Interest  
...on Checking!!!

No Monthly Fee

**Clackamas Federal Credit Union**