

James

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depends what kind of year I have in each one."

Although he says he doesn't have a favorite he admits that baseball is his best sport with basketball right behind. But he eyes college football as the most fun because he's just now starting to understand the sport.

During a month stretch this summer James lost 13 pounds from sheer activity. He played baseball as much as five times a week, basketball twice weekly, but still found time to throw footballs.

And he realizes that if he's going to be a successful college football player, especially a quarterback, he's going to have to add pounds to his slim frame.

"I know I'd have to gain strength and weight, but I'd do it," James says. "I'm starting to peak in football. I'm getting into it

mentally."

He says he's been working on the "little things" like cutting down on mistakes and looking for alternate receivers. He'll also have a new offense, the wishbone, to run. And Walls is confident those little things will add up.

"During baseball, Mark's 100 percent baseball and the same holds true for his other sports," Walls says. "He gives 100 percent no matter what he's doing."

And this fall, James will be thinking football — and playoffs.

"I strive for perfection but I don't think about the numbers," James says. "I know everyone wants a good season as bad as I do."

RICHARD SEVEN

Lutheran

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kind spark to turn 1982 around.

"Last year the kids never gave up, they always hung in there," he says. "We lost six games by less than nine points. When you have that kind of spirit all the way through it makes it a lot of fun."

Lutheran opens its season Sept. 10 when it

travels to Gaston. Schlachter says to make the playoffs his Bluejays will have to beat perennial Northwest League favorites Warrenton, Vernonia and Corbett.

OPENING GAME: Sept. 10 at Gaston.

RICHARD SEVEN

Oregon State

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What they'll be backing, though, is something else again. The defensive line isn't anything to inspire confidence.

"We lack the numbers we would like to see there," Avezzano admits.

The secondary is improved, he says, thanks to a year of experience. Because of injuries, OSU was forced to play two freshmen and a sophomore, all new at their positions.

"We were the youngest football team in the Pac-10 last year, or right close to it," Avezzano says. "And it was with a purpose. They were growing up but growing up under fire."

One could take that

figuratively — or literally.

After the drought in the win column the past two seasons, the OSU coach still says he has "no complaints about the fans or the team's attitude."

Yes, but won't there be more pressure to win this year?

"No outside pressure could surpass what I would put on myself. Our team can accomplish however much they think they can. Much of it will depend on the mental aspects."

Avezzano is not making any predictions about the Beavers' record for the upcoming season. He's not even revealing the team's goals for this year.

"We're looking to satisfy

ourselves — and that means winning more football games."

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