

SENTINEL SPORTS

B. W. A. A. PLANS SOFTBALL SESSION

The Business Women's Athletic Association met Tuesday night with Blanche Stokes acting as chairman in place of Bette Thomas, absentee president. Several business matters were discussed, and will be voted on at the next regular meeting, Tuesday, June 13, which will begin at Jefferson

school at the regular time, and will adjourn to Kelly field to play softball. All members are urged to bring any needed equipment.

Several new members were present at the last meeting. Anyone interested in softball contact Bette Thomas, phone 42732 or Blanche Stokes, phone 2017.

'Princess Nioka' Wins Trophy, Cash And Ribbons

A local mare "Princess Nioka" owned by Lois C. Leonard and ridden by Johnny Leonard received considerable attention at the 11th annual horse show held in Eugene last week.

This mare won three ribbons, a trophy, and \$80.00 cash for her owner. She won a first place in the Trail Horse Stake on Friday night. This gave Mrs. Leonard a nice bronze trophy, a blue ribbon, and \$50.00 cash. In this event the rider had to open and close a gate while mounted, jump logs, cross a simulated bridge, and wind in and out of trees at a canter.

In the Stock Horse Stake "Princess Nioka" took third place and won a ribbon and \$30.00 cash. In this event the mare had to figure eight at a canter, make quick stops and turns, back up and work a rope without a neck rope.

In the Stock Horse Trophy class the local mare placed fifth and received a ribbon for that.

Mrs. Leonard won two ribbons and some cash with this same mare at the Hunt Club Horse Show last year also. She says she now has ribbons for all places from first to fifth with the exception of second place. She hopes to add this next year.

Crack Shots Will Demonstrate Good Shooting June 12

L. W. "Bill" Johnson and his wife, Frances have resumed their tour of shooting exhibitions before civilian groups and will give a performance here under the auspices of the Rod and Gun club at the Rod and Gun club grounds, five miles north of here, June 12th beginning at 2:00 p.m. Previously the Johnsons demonstrated their ability to approximately half million service men and women during the war years.

This man and wife team will present an entire category of exceedingly difficult and impossible shots with rifle, shot gun and revolver. Johnson is a former professional football player, who became an excellent shot at an early age. His wife did not take up the shooting habit until after their marriage, but within a short time became almost as proficient as her husband and a better revolver shot.

Chinook Count Is Below Last Year

Migration of spring Chinook salmon continues ahead of last year but behind of the 1947 run.

Ross Newcomb, field biologist for the State Game Department and in charge of the Umpqua River study, reports that the count at the Winchester station shows the Chinook run to be critically depleted, although the count through May 31 is ahead of the same period for the year 1946 and 1948. A larger run was counted in 1947.

As the spring Chinook salmon has a five-year life cycle, another year's migration must be counted to obtain a full record, after which the study will be devoted to a comparison of return migrations. The first comparative count will not be available until the spring of 1951 when it will be possible to ascertain whether there is a gain or loss from the small run of 1946.

Counters at the Winchester station have tallied 1,568 adult Chinooks up to June 1, and have counted 383 Chinook jack salmon. The winter steelhead count stands at 9,225. Several spring steelhead have been seen at the counting station, Newcomb reports.

Angling season for Chinook salmon ended May 31. Salmon fishing, except in tide water, will now be prohibited until September 1. Fishing for salmon in tide water, below the highway bridge at Reedsport, remains open.

—Roseburg News Review

Big Fish Grow At Odell Lake

Frank Smith, fisheries field agent for the Oregon State Game Commission in the Gilchrist area, reports that anglers have been having unusually good luck this spring in taking large Mackinaw and Dolly Varden trout from Odell Lake. The Mackinaw trout were first stocked in Odell, Crescent, and Big Lakes in the Cascade Mountains many years ago, but since that time very few of them had ever been taken.

Smith reported that over Memorial day week end he checked one Mackinaw taken from Odell Lake that weighed 22 pounds. A second one also taken in Odell Lake weighed 16 pounds. A third lucky angler had also landed a Dolly Varden that tipped the scales at 18 pounds. During the first few weeks of the season, Smith stated, between eighty and ninety of these whoppers have been taken in Odell, and many reports of smashed tackle have come in indicating that the biggest ones are yet to be caught.

When asked what caused the unusual good luck, Smith stated that the only thing he could attribute it to was that the anglers were just beginning to learn how to troll for the big boys. He also predicted this fishing should continue until the summer weather warms the water of the lake. At that time the fish will seek the deeper waters and will be much harder to take.

Stove Spots
Spots and stains will appear on the stove enamel. To clean away, dampen a clean cloth, dip into soda and rub vigorously. You can keep your stove shining this way.

Softball Season Opened Last Night At Kelly Field

(Dick Clark)

The Cottage Grove Softball league was opened officially at Kelly field Wednesday night after the parade and exhibition three-inning games were played on Monday.

Quality Market was forced to go into overtime in the first game of the doubleheader to give pitcher Ray Denham a 12-10 triumph over a dead-game Dorena Dam nine. The Marketers blew an early inning lead set up by second baseman Mike Gamble's three-run home, only to open up in their half of the eighth inning and salt the game away. The Dorena club, not to be outdone, came from behind in the seventh to tie the game at 8-all and force the overtime. Also they scored two runs in the top of the eighth but couldn't match the four run spurge of Quality.

In the nightcap Taylor of Creswell hit a four-bagger to lead a scoring barrage that lasted through the seventh and left Knickerbockers Variety on the low end of a 10-4 final score. Knicks led 3-2 at the end of the third before the Creswell sluggers found pitcher Ceece Clay's fast one and started banging out hits. From there the score built up slowly and put the northerners in the win column.

Next game will be this Friday night with games scheduled every Monday, Wednesday and Friday at Kelly field under the lights.

Trout Releases Well Underway

The early releases of year-old, legal-sized trout are now well under way. To date there have been 464,923 of these big rainbow trout liberated. Along with these there have been 126,840 legal cutthroat, 7,752 eastern brook, and 25,000 silversides liberated in Oregon's streams.

Four big tank trucks are now hauling these trout from the Oregon State Game Commission's hatcheries. At the present time, two of these trucks are working out of the Oak Springs Hatchery near Maupin, Oregon. One is liberating from the Klamath Hatchery near Ft. Klamath, and the fourth is working out of the Rock Creek Hatchery near Roseburg.

Robert Holloway, in charge of trout liberation for the Game Commission, stated that slightly over half of the yearling winter hold-over trout are now out. He pointed out that other legal-sized trout will be liberated all during the summer along with the liberation of smaller sized trout.

ROD and GUN CLUB NEWS

June 19 Big Day At C. G. Gun Club

Sunday, June 19 will be the big day of the year at the new club grounds of the Cottage Grove Rod and Gun club. At this time the club will be host for the Lane county championship shoot and will also be the shoot off for the Register Guard trophy. Starting Sunday morning at 9:00 a.m. the 100 sixteen yard target event will get underway. Sunday afternoon will be the handicap shoot for the 100 registered targets. Saturday the preliminaries will be held consisting of fifty 16-yard targets 100 handicap targets.

Take Part in State Shoot
Sunday a group of shooters from the local club will try their luck participating in the shoot off for the Journal Trophy in the State Telegraphic shoot.

Members Urged To Help Clean Up C. G. Club Grounds

Members of the Rod and Gun club are urged to report to the shooting grounds, five miles north Saturday and Sunday the 11th and 12th to assist in preparing and cleaning up the grounds for the registered county shoot to be held the following week end on June 18 and 19. Work also remains to be done on the new building. On June 24th a basket social will be held in the new building. This will be the first major event to be held in the new quarters. All are invited to attend and enjoy an evening's entertainment.



"What do you mean by 'Exhibit A' Your Honor?"

C. G. Legion Junior Baseball Team To Make Bow 12th

The American legion junior baseball team will take its first public bow here Sunday under the coaching of Roger Peterson, high school coach. The opening game to be played here will be against Eugene. The local nine have not had the benefit of high school practice as have some of the other teams.

In the southern league will be Cottage Grove, Springfield, Eugene and Lebanon. In the northern division will be Albany, Toledo, Siletz, Sweet Home and Corvallis. The winners of the two divisions must meet for the district championship prior to July 26th.

The southern district schedule follows:

First Half

June 12 (Sunday)—Eugene at Cottage Grove; Springfield at Lebanon.

June 15 (Wednesday)—Eugene at Springfield.

June 19 (Sunday)—Cottage Grove at Lebanon.

June 22 (Wednesday)—Cottage Grove at Springfield.

June 25 (Sunday)—Lebanon at Eugene.

Second Half

July 3 (Sunday)—Lebanon at Springfield; Cottage Grove at Eugene.

July 10 (Sunday)—Springfield at Eugene; Lebanon at Cottage Grove.

July 17 (Sunday)—Springfield at Cottage Grove; Eugene at Lebanon.

MOTORCYCLE RACES JUNE 12

The motorcycle races at the Lane County Fairgrounds, Eugene, June 12th will be the local sports picture of the day for motorcycle riders and enthusiasts. The program will be set up for the fastest races so far this year. The topnotch riders from the northwest will be present to try to eliminate the local heroes, who by the way are the cream of the local riders.

The competition will be very fast, the track is in perfect shape and the riders are keen to show their ability to put on a great show. The time trials start at 11:00 o'clock and the races start at 1 p.m.

Soda pop will be available in the grand stand and the usual hotdogs at the concession stand. Plenty of free parking and a picnic ground behind the grandstand.

950 Seniors at U of O to Graduate On June 19th

University of Oregon, Eugene, June 7 (Special)—The University of Oregon's seventy-second annual commencement on June 19 will see some 950 seniors moving the tassels on their mortar boards from the left to the right in token of their change to a graduate status, with baccalaureate degrees.

Advance degrees will be conferred by the university on more than 200 graduate students.

The Commencement week end will open Friday afternoon, June 17, with the annual Pauline Potter Homer Memorial tea in the library browsing room. Saturday, June 18, as Alumni day will open the annual breakfast of the State Association of University of Oregon Women. Women of the 50-year class of 1899 will be honored as will the women of the graduating class of 1949.

Slated for Saturday afternoon is the semi-annual meeting of the Oregon Alumni association, with the university's luncheon for alumni planned at John Straub hall at noon. The President's reception for alumni will feature the afternoon and in the evening the class reunion dinners are planned. Graduates of 1899, 1904, 1909, 1919, and 1924 will meet for these events.

Saturday evening will conclude with the annual Failing-Beekman orations.

Address to the class at the baccalaureate services on Sunday morning will be given by the Rev. George Herbert Swift, rector of St. Paul's Episcopal church, Salem. The services will be held in McArthur court.

The traditional Flower and Fern procession at the site of the Pioneer mother will be Sunday afternoon.

At 8 o'clock Sunday evening the class of 1949 will form a procession for commencement exercises in McArthur Court. Dr. H. K. Newburn, president, will deliver the charge to the class.

Formal presentation of a life-size portrait of Abigail Scott Duniway, pioneer champion of women's rights in Oregon, will be made to the University at commencement. The picture is a gift from Alumni.

Saw Forrestal Last



NAVY Corpsman Robert Wayne Harrison (above) of Springfield, Ill., an attendant in the Naval Hospital at Bethesda, Md., was the last person to see former Defense Secretary James V. Forrestal alive. Harrison had stepped out of Forrestal's 16th floor room for a moment when the late former Secretary walked across the hall to the diet kitchen and plunged from the room's window. (International)

Freshmen at OSC Show Fair Diets In Food Survey

Students in general get pretty well balanced meals and they don't depend too much on candy bars and carbonated drinks between meals, judging from a survey made of the eating habits of 595 freshmen at Oregon State college.

The study was made by Clara B. Young and Dr. Clara A. Storvik in the course of research into the relation of nutrition to dental decay carried on by the department of foods and nutrition in the school of home economics.

The nearly 600 freshmen, made up of 246 men and 349 women, were interviewed personally as to the kind and amounts of food consumed, food offered but rejected by them, and other food habits. All were native born Oregonians who had not served in the armed services, this selection being made to insure normal indication of Oregon family conditions.

Men, on the average, ate more adequate meals than women, the study revealed. Using a rating score with a maximum of 100 points, 28 per cent of the men but only 12 per cent of the women ranked "good" with scores between 91 and 100. Scores of "fair," between 71 and 90, were made by an additional 60 per cent of the men and 66 per cent of the women.

This left only 12 per cent of the men, but 21 per cent of the women who "lunked" the diet test with scores of 70 or less, giving them a "poor" rating. These were the ones who ate far below the required amounts of one or more of the food groups such as milk, eggs, fruit, cooked or raw vegetables, bread, fish and potatoes. The students averaged only two candy bars and three glasses of soft drinks weekly.

Whether or not a student ate breakfast had a direct bearing on the diet as a whole, the study showed. Those who skipped or slighted the first meal of the day rarely caught up with their dietary requirements. Only four per cent of those who omitted breakfast had good diets. In general those who ate in boarding houses, dormitories or other organized living groups had better diets than those who ate at home or in restaurants.

Results of the study were considered so interesting that a recent issue of "Newsweek" carried

a report on the findings, previously published in full in the Journal of the American Dietetic Association.

Suede Shoes
When suede shoes become dirty, be sure they are thoroughly dry before cleaning.

Simple Simon met a pieman...



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FISHERMAN'S GUIDE

(Astoria Tide)

		Hi Water	Lo Water	Hi Water	Lo Water	FISHING
Thurs. 9	6:25	-1.4	12:44	6.8	6:07 2.6	Good
Fri. 10	12:06	9.6	7:13	-1.7	1:37 6.9	Excellent
Sat. 11	12:51	9.5	8:00	-1.7	2:25 6.9	Excellent
Sun. 12	1:35	9.2	8:44	-1.5	3:13 6.9	Excellent
Mon. 13	2:18	8.8	9:28	-1.2	3:57 6.8	Good
Tues. 14	3:01	8.3	10:11	-0.8	4:41 6.8	Good
Wed. 15	3:47	7.8	10:54	-0.3	5:25 6.9	Fair
Thurs. 16	4:36	7.2	11:36	0.2	6:08 7.0	Fair

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