

Grade Leaders Widen Margin

	W	L	Pct.
Sandy	5	0	1.000
Columbia View	5	0	1.000
Fremont	3	2	.600
Rockwood	3	2	.600
Orient	2	3	.400
Corbett	1	4	.200
Gresham	1	4	.200
Parkrose Hts.	0	5	.000

Columbia View and Sandy continue to set the pace in the East Multnomah County Grade School Basketball league with Sandy handing Fremont its second league loss and Columbia View downing Corbett in last week's action.

Sandy beat Fremont 39-35 in a close one; Columbia View stopped Corbett 41-19; Rockwood edged Gresham 39-32, and Orient defeated Parkrose Hts. 41-31.

Basketball

By Brent Peterson

The Sandy Mountaineers staved off a second half rally Friday to take a 47-34 basketball victory. The taller Mountaineers raced to a 14-0 first quarter lead and were ahead 20 points in the second stanza. But Corbett scoring ace Don Mershon paced a fast-breaking Corbett team to narrow the score to three points at one point in the game. The Mountaineers held onto a sizeable victory.

Sandy.....14 7 6 20-47
Corbett.....0 16 11 7-34

By Mike Hite

Roger Williams 18 points helped Sandy stay undefeated in the East Multnomah League as the Mountaineers overcame an unshaken Fremont team 39-35 Friday.

The Mountaineers didn't pull away from the losing Colts until 1 minute 15 seconds from the end when they widened a two-point lead to a comfortable margin of 39-31.

Coach George Stavros' famed zone press failed to rattle the Colts, who lost the ball only twice.

Doug Bock, the Fremont forward paced the Colts with 8 points.

Brent Peterson scored nine points for the Mountaineers, now 5-0 in EMCC play. Fremont is 3-2.

Sandy.....15 7 11 6-39
Fremont.....9 8 9 9-35

Jan. 12 the faculty played their annual volleyball game with the eighth grade girls, coming out on the long end of the score, probably because of the advantage in height. Those who participated were Jack Callaghan, B. Puckett, G. Stavros, D. Comfort, D. and F. Proett, C. Lawson, C. Fogdall, E. Kotzian, J. Duff, and T. Boothby.

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Firwood Extension

BY GRACE LAMB

Firwood Extension met Tuesday Jan. 11 at the Womens Club Hall, with 22 members and 2 guests present. Our total membership to date is 33 members, for which we are very pleased. The highlights of the business meeting were, The Eye Opener--and discussion of Dress-Making I that will be starting very shortly. Measurements and further information will be given Tues. Jan. 18 at 10:30 a.m. Womens club hall. If you would like to attend and haven't signed up call Betty Sheldon MU 7-2226. Knitting is also held from 10 - 3 each Tuesday at the Womens Club.

The lesson for the day was WIDOWHOOD. This is a problem many will have to face in the years to come. For the younger women this may seem unimportant but there are 9 million widows in the U.S., -- 50% of women age 70 are widows, so you see--if you are married it isn't too early to start preparing. It was suggested women take an active part in the business affairs of the family, pay bills, check property tax, check books, help with income tax--make decisions. It will be easier in case of a crisis. In case of death don't make hasty decisions about selling homes and property etc. Most widows find they are happier around familiar surrounding and friends. Husbands and wife should talk to each other and decide what each want in case something happens to the other.

If a few of these points are considered, you will be able to make wise decisions and be more prepared if something happens to the spouse.

There was also quite a discussion on what to do when it happens to you. Several came up with the idea of living in a trailer court, among people who have pot-lucks, card games and many other activities. Each person is checked on and looked after. Most agreed this was better than living with ones children or going to an old folks home. What do you think? Of course no two people needs are the same, and it would depend on age, health, finances and what's best for you as a person. Can you imagine 22

Sandy Grapplers Defeated In Wy'east Match

In wrestling activity last week the Sandy squad was defeated by Wy'east 32-14. One match, 97 lb. division, was forfeited to the Wy'east team when Sandy was unable to provide a wrestler.

Following are the results of last week's match:
105 lb. -- Jerry Nagae (S) dec. Don Schrier (W).
114 lb. -- Bob Wesselink (S) dec. Tim Williford (W).
122 lb. -- Joe Hill (W) dec. Jeff Matz (S).

129 lb. -- Jim Nagae (S) dec. Bob Mertz (W).
135 lb. -- Monte Bourn (S) and Tony Weseman (W), Draw.
140 lb. -- Mike Sherrell (W) dec. Lindsey Duncan (S).
147 lb. -- Phil Cardwell (W) pinned Mike Larson (S).
156 lb. -- Dale Hinman (W) dec. Steve Schultz (S).

167 lb. -- Dennis Palmer (W) dec. John Winchester (S).
177 lb. -- Doug Johnson (W) dec. Phil Hayes (S).
190 lb. -- Jim Godfrey (W) dec. Hallie Caba (S).
Heavyweight -- Carl Mikkelsen (S) pinned Ken Packer (W).
The local wrestlers will host a team from Reynolds on Friday night. Preliminary action will get under way in the old gym at 6:30 p.m.

What's Cooking?

BY SARA SEWELL

When you are looking for an inexpensive but delicious meat treat for the family, try preparing either chuck steak or a thin chuck roast by the following recipe.

Sprinkle three to four pound of chuck steak or a thin chuck roast with Adolph's Tenderizer. Pound it in thoroughly and let stand one hour.

Braise in hot skillet (no fat). Flip to other side. Add 1/2 teaspoon oregano and seasoning salt to taste. Add water to simmer for one hour for steak, two hours for roast. At the beginning of the last hour of cooking add carrots, parsnips, potatoes, each on a side around the meat, and about two or three sliced onions or top of meat. Add liquid as needed. Serves 6.

From the files of Howard Connell, Long Beach, Calif.

SAVORY SALMON LOAF

1 can (1 lb.) salmon
1 1/2 cups packaged poultry stuffing (seasoned)
1/4 cup minced celery
2 Tablespoons minced onion
2 eggs, slightly beaten
1 can condensed cream of mushroom soup
Method: Combine ingredients; pack into greased 9" x 5" x 3" pan. Bake in moderate oven (350 degrees) 45-50 minutes or until center is firm. Remove from oven; let stand five minutes in pan. Turn out onto heated serving platter. Serve with tomato or cheese sauce.

women discussing this problem? Well Firwood did, and it turned out to be a very interesting day. Next Lesson will be ROLE OF TODAY'S WOMAN. All are invited.

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From the files of Mrs. Garlan McCulloch, Sandy.

4H CLUB

KNIT KNAKES

By Debbie Gunderson

We have just elected officers. Pam Parker is helping us. Our president is Jeanette Lundbom, vice president is Teri Martin, news reporter is Debbie Gunderson, attendance is Lynne Lamke, refreshments is Pat Parker, song leader is Shirlee Martin, and game leader is Charla Lundree. Every member is listed and has a job in 4-H. Our leader is Mrs. Martin. Each of us has at least made one knitted article. Most of us knitted slippers. Mrs. Martin said that our next project will be mittens. The meetings are held at Mrs. Martin's home.

A typical CARE Food Crusade package for needy families in Greece, contains 4 1/2 lbs. milk powder (makes 18 qts.), 10 lbs. flour, 5 lbs. corn meal, 7 1/2 lbs. cooking oil. Deliveries are made in the names of Americans who sent a dollar-per-package to CARE, Seattle 98111.



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Bowling News ...

SANDY MIXED DOUBLES

	W	L
McKinnon Enterprises	46 1/2	29 1/2
Frederickson	41	35
R. & Smith	40	36
Motor Co.	40	36
Mt. Hood	40	36
Belangy's Egg Ranch	37 1/2	38 1/2
Meier's	35 1/2	40 1/2
Pioneer Real Estate	32	44
Paul's Welding	31 1/2	44 1/2

Women's high series and game -- Helen Lamke, 478 and Dee Dale, 182.
Men's high series and game -- Myron Dale, 583 and 218.
Team high series and game -- Mt. Hood Lanes, 2274 and 785.

SANDY MEN'S

	W	L
Reall Drug	11	5
Richardson Chev.	10	6
Dea's In & Out	10	6
Smith Motors	10	6
Truck Line	8	12
Brewsters	6	10
Thriftyway	5	11
Clack. City. Bank	4	12

High individual game and series -- James Martin 223 and 607.
High team game -- Brewsters, 891.
High team series -- Richardson's Chev, 2619.

WEDNESDAY NIGHT MIXED

	W	L
211 Cabinet Shop	44 1/2	27 1/2
Bee Jays	42	30
Team Eight	40	32
Fearless	40	32
Four	40	32
Misfits	36 1/2	25 1/2
Team One	34	38
Team Six	31	41
Moonshiners	20	52

MT. HOODERS

	W	L
Nings' Fireside	7	1
Pioneer Real Estate	6	2
Zig Zag Inn	5	3
All Coast	5	3
William's Thriftway	4	4
Oja Lumber	2	6
Dew Drop Inn	2	6
Whistle Stop	1	7

TRIM TRIO

	W	L
H & J Coin Cleaners	47	29
Sandy Post	42	34
Rich's Sandy Mobil	42	34
Richardson's Chev.	40	36
Tiki Printing	39	37
Dover Kennels	36	40
Treasure Chest	31	45
Mountain Electronics	27	49

High individual game and series

-- Ruby Rogers, 223 and 771.
High team game and series -- Rich's Sandy Mobil, 593 and 2226.

EARLY BIRDS

	W	L
Al's Minit Mart	10	2
Gene's Market	8	4
Jaycettes	7	5
Swall's Plumbing	6	6
Lewis Hardware	5	7
Glos Ford	3	9
Zig Zag Inn	3	5
Shaw's Richfield	2	6

High individual game and series -- Grace Lamb, 189 and Harriet Scales, 593.
High team and game series -- Al's Minit Mart, 652 and 1847.

SAN RO ESTA

	W	L
Estacada Golf Course	12	4
Jennie Welch's	11	5
Forest Haven Motel	10	6
Washing Well	9	7
Sandy Radiator	8	8
Gateway Store	7	9
Barlow Trail	6	10
Log Lodge	1	15

TOWN & COUNTRY

	W	L
Mt. Hood Properties	8 1/2	3 1/2
Log Lodge	9	7
Janz Berry	9	7
Land	9	7
Oli Co.	9	7
211 Cabinet Shop	8 1/2	7 1/2
Curt & Del's	7	9
Sportsmen's Club	6	10

CLIFF'S

Richfield 3 9
High individual game and series -- G. Hartke 214 and 594.
High team series -- Sportsmen's Club, 2399.
High team game -- 211 Cabinet Shop, 816.

NITE OWLS TRIO

	W	L
Curt & Dels	46	30
Glos Ford	41	35
Grokkett Jewelry	40	36
Ellens Klozet	38	38
Mt. Hood Lanes	32	44
Edwards Richfield	31	45

High individual game, scratch

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Short Local

Enjoying dinner together recently at the D. H. Huhman's Hoodway Cafe were Mr. and Mrs. Orville Bender and Greg and Bonnie, Mr. and Mrs. Walt Hosmer, Mr. and Mrs. Elmer Limbaugh, Mr. and Mrs. John Fussell, Mr. and Mrs. Ralph Hames and Charlotte, and Mr. and Mrs. Wally Aschoff.

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