

Women's Sports Program New at Mt. Hood College

A women's intramural program is being launched this year at Mt. Hood Community College, according to Susan Vitums, division chairman of health and physical education.

The program will emphasize individual sports such as golf, tennis and archery.

It is designed so students can continue with these individual sports after leaving college.

There will be a co-educational sports program this year "after all life is co-educational," Mrs. Vitums said.

Rec Program Set at MHCC

A two year recreation program will be offered this year at Mt. Hood Community College according to Susan Vitums, division chairman of health and physical sciences.

The program is designed to assist people in recreational work connected with the Portland recreational department.

Mrs. Vitums pointed out that the program is designed for year around recreation. "Our purpose is to produce competent recreational assistants."

This is a nation wide project, with the program geared to meet the specific needs of the locality.

There will be six hours on the job training per term as part of the program.

The competition for women is highly organized. There are six events scheduled this year.

The events will be telegraphic, which means that one school issues the rules of the contest and receives the game scores.

Each event is played on the home campus.

The gymnastics program includes working out on the trampoline, side horse, rings, Swedish box, balance beam and vaulting.

Other women's intramural sports for fall term are badminton, volleyball, modern dance, bowling, track and field, swimming and gymnastics.

Bills Rummage Sale

Women's Society of Bennett Chapel United Methodist Church will sponsor a rummage sale on Friday, Aug. 22 at 13235 SE Ramona.



NEW GIFT SHOP occupies one room of the Painted Wagon Country Store. Mrs. Roen Wilson, owner, holds one of the many quaint and different gifts available from the shop which features a collection of Americana bric a brac, treasures, and humorous items of the past. (Post photo)

Boring Navy Man Aboard Destroyer

Electronics Technician Second Class David A. Newham, USN, son of Mr. and Mrs. Robert W. Newham of Rt. 2, Boring, is serving aboard the guided missile destroyer USS Lynde McCormick which recently concluded its tour of duty in Vietnam.

The McCormick, homeported in San Diego, performed numerous duties in Vietnam. It served as an escort ship, provided fire support for shore operations and served as the flagship of an antisubmarine training unit.

The McCormick's most recent tour in Vietnam was its fourth.

Society Plans Rummage Sale

The Clackamas County Historical Society will hold a rummage sale of surplus articles from the Mertie Stevens estate to clear the Guest House prior to the fall meetings which begin Sept. 8.

The sale will be at the Guest House, 607 Washington Street, Oregon City, Aug. 23 from 9 to 4, with Mrs. Mabel Westcott in charge. The Society has held several similar sales this year, and the proceeds will be used toward establishing a historical museum in Oregon City.

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Nell's Notes

By NELL HOWE
Hood-Land Reporter

We gathered up our grandson, Chris, on Saturday and packed up to be ready to leave on Sunday. We got away from home around 9 a.m. Sunday. Stopped in Government Camp for breakfast, and were on our way. We were headed for Sparks Lake, on the Lake Highway, out of Bend. It was a beautiful day, and a delightful drive. This was country we had never traveled in, and we found it most interesting. Arrived at Sparks Lake, and wondered why we had bothered. Just a bunch of water in the middle of nothing. No regular campground, and all out in the open. There were trees in the background, but way in the background.

Decided to go on, and find a more interesting lake. The next lake was Elk Lake, and it is beautiful. Large campground, a store, swimming and lots of lake for fishing and enjoying. We were fortunate in finding a lovely campsite, and set up camp. Went out on the lake fishing, but the wind came up and it was mighty rough, and very cold. Back to camp, and prepared dinner. Found out a new trick. Happened to bring along a package of Pillsbury Crescent Rolls, don't know why, cause didn't have the faintest idea what I was going to do with them. Anyhow, opened the package, separated the rolls, and then spiral rolled them around a marshmallow stick. Had four sticks going at once. While Chris turned the

rolls I got the rest of the dinner ready. The rolls were the most delicious I have tasted. Beautifully brown and crunchy and just as light as if they had been baked at home. The next day we just took life easy. Chris and I went swimming most of the day, and layed around in the sun. The wind was still blowing, but the swimming area was in a protected spot, so we weren't bothered. The nights were cold, but not too bad. The next morning we took off for where ever we landed. There are plenty of lakes to be explored some other day. Homer Lake, Lucky Lake, Lava Lake, over the Deschutes river, the Cultus River, and then went in to Cultus Lake, which is two miles off the road. A beautiful lake, and a place we would like to go back to some other day. Sent some cards from there, and took off.

There was Irish Taylor Lake, Wickiup Reservoir, Davis Lake, Crescent, the town of, and the town of Chemult. Went up to Diamond Lake, and the wind was really blowing there. The lake looked like a young ocean. Lots of people. Then on to the North Umpqua river. We made camp on the North Umpqua river, just passed Tokatee Falls. What a beautiful river. There was only fly fishing in the area we were in, but Dave snagged one trout, that Chris had for dinner.

That night decided to try out our oven. Made a batch of Corn Meal muffins, and they came out better than the ones that I have made at home. Real light, high and a beautiful golden brown. I like that oven. Took off the next morning. On thru Myrtle Point, Coquille and Bandon, and down the coast to Gold Beach. Made reservations to take the jet boat ride, up the Rogue to Agness, and then went hunting for camping space. There is only one free campground in the area. It is seven miles up the Rogue, and everyone and their brother was there ahead of us. There are no State campgrounds, or Forest Service ones in the area. Wonder why? Anyhow finally found a private one, with space. There were showers, so took advantage of that luxury. Chris met a family from California, and they took him fishing, that evening, and he caught a mess of smelt, that we really didn't want, but they insisted we take them. Up at 6 a.m. to break camp, and have breakfast out, and be ready for our boat trip at 8.

We had planned on taking the longer jet boat trip, twenty miles further up the river, from Agness, into the white water, but when I found out the price, I changed our minds. It was \$20 apiece for Dave and me, and \$10 for Chris. Fifty dollars, seemed a bit high, when we could take the 64 mile round trip for five dollars each for Dave and me, and three dollars for Chris. We left by 8:20, and it was mighty cool, but by the time we had been gone about an hour and a half, it was getting mighty warm. There were 48 on the

boat we were on, and it was a gorgeous trip. The pilot pointed out all the places of interest. Saw some Osprey nests, way on top of old snags, just waving in the wind. We were wondering what the baby bird thought, when he looked out and down. If he didn't learn to fly the first time out he was out of luck. There was certainly no way back up.

There were four jet boats, and four mail boats making the trip. Half of the people ate at Agness, and the other half went on around the bend to Silver Springs. At Agness the food is served family style and individually at the other place. You have to walk up quite a hill to get there, but the lunch was delicious. There was fried chicken, steak, mashed potatoes, chicken gravy, red beans and ham, corn on the cob, Cucumbers in vinegar, bread and butter and home made wild blackberry jam, and ice cream. Met a lot of wonderful people. The trip back down the river, was mighty warm, but the breeze was great, and by the time we were back at 3 p.m., most every one had their sweaters back on. The closer we got to the ocean the cooler it was. We took off from Gold Beach, and headed for Yachats. Had quite a time finding a place to camp. All the State and Forest Service Camp ground, were full, so stayed in a private one. It was this side of Waldport, which was fine. Had to go past my favorite bakery going to Yachats to fish and back. Fished off the rocks at Yachats all day Friday. I got three large perch, and Chris and Dave each got one. The first time I ever beat either one of them. Stopped and visited with Ollie Ward. Jack wasn't home so I didn't get to see him. Ollie wanted us to say hello to the Huddlesons and the Milt Foxes. They hope to make it up here one of these days and see what is going on. They lived here for many years. Came home on Saturday. Wanted to have a couple of days, to unpack, and clean things up. Had a great trip, and will take another week later on, and look over some of Washington. All in all we covered some 875 miles.

Does anyone on this mountain, by any chance, have any Coriander Seeds in their spice cabinet. I have hunted in Portland and elsewhere, and have not been able to find any. Al Moore was fortunate enough to have one box on hand, but has been unable to get any more for me. I would appreciate it if you have some, if I could buy them from you. Don't know why they are so hard to get, must not be used too much.

Before we left my daughter, Jan, and I dropped in on the Cats' Meow in Sandy. They have some lovely things, and lots of fun things, and they are certainly for people of my daughter's size, but not for my size. Wonder why dress shops think the larger size folk want to wear the dowdy things they pick for us. I will not give in to

them. It would be nice if someone with a great deal of imagination and guts, would open a dress shop for the 18 thru 20 sizes, and give us some things with flair and fun, and not in the \$40.00 to \$80.00 price range. We be poor too.

Dropped in at the Tiki Temple for their opening, on Sunday, and what magnificent gifts are there. Not only for women, but the men would go crazy over the selection for them. Was amazed. What a place to go for that very special gift, with imagination and beauty. If you are interested in china painting, and you will be after you see what has been already painted by Joanne's mother, call the gals and see about when the classes start. They have a lovely working space and it does look fascinating and fun. Be sure and drop in and look over their gift selection, you will be fascinated.

The Barlow Trail picnic was a huge success - even if one of the guests did fall in the pool. Guess who? Nope, try again, I wasn't there.

Don't forget the teenage dance at the Lions Hall, Thursday Aug. 28, 8:30 p.m. All free. Music by the Phantoms.

Holy Assigned

U.S. Air Force Master Sergeant Walter Holy, son of Mr. and Mrs. Leo J. Gasser of Rt. 3, Oregon City has arrived for duty at Malmstrom AFB, Mont.

Sergeant Holy, a jet engine technician, is assigned to a unit of the Strategic Air Command. He previously served at Tainan, Taiwan.

Sergeant Holy's wife, Frances, is the daughter of Mr. and Mrs. Lewis C. Moulton of Rt. 2, Gresham.

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JANZ BERRYLAND
West End of Town Sandy, Oregon