

Buhler called top cross country runner in Sandy High history

The flu proved tougher than any competitor.

Sandy's cross country super star Doug Buhler has been keeping ahead of runners all season long. Last week the flu caught him.

The sudden illness kept the four year letterman from competing in the State Cross Country playoffs held in Eugene last weekend. Buhler was the first Sandy distance runner to qualify for state

competition that Sandy track coach Ed Hug can remember.

"Doug is the best distance runner I've coached during my eight years at Sandy," relayed Hug. "He's had an excellent year in cross country, and I expect him to have a fine track season this year too."

The Sandy senior placed fourth two weeks ago in the district meet. Last year Buhler placed seventh at district. He improved ten seconds in his finish time, and was a mere

five seconds behind the first place finisher this year.

Improvement is one of Buhler's goals. Unlike a lot of athletes, he doesn't confine his workouts to after school sessions alone.

In fact, last summer the Sandy runner was racking up over 100 miles of wear and tear on his track shoes each month. In September he ran 150 miles in workouts.

He's been practicing like this the last two years, said Hug.

"Doug's worked real hard to achieve what he's achieved."

Buhler also holds a school record in the two mile run, 9:44. Both Buhler and his coach believe he can bring this time down to the 9:20's this season in track.

Buhler, an excellent student as well as runner, hasn't made up his mind about which college he'll attend next year. "I know Doug's a capable college runner too," professed Hug.



DOUG BUHLER (right) has been coached by track and cross country coach Ed Hug the last four years at Sandy High.

(Post Photo)

Youth participate in pride program

"Young Oregonians are finding they can make a difference in their communities while developing skills they will use as tomorrow's leaders," points out George Wyatt, Oregon State University Extension youth specialist.

Wyatt, responsible for the 4-H Community Pride program at the state level, bases his observation on community projects undertaken by 4-H members during the past year throughout the state. The projects usually were done in cooperation with others in the community.

After four years, "Community Pride is beginning to achieve its goals of making young people aware of how they can contribute to community improvement and the development of skills in

cooperative efforts on programs important to the community," Wyatt notes.

In the beginning, most 4-H Community Pride activities tended to be "one shot" programs which could be done "rather easily, particularly with the help of adults who knew their way around the community."

"Now, however, many of the projects have moved into the next stage of development, with young people identifying problems and possible solutions and then working with the larger community to complete projects which will have a lasting effect," Wyatt reports.

Many Community Pride efforts are also reflecting a concern for people as well as for conservation and beautification of natural resources.

The Clackamas County 4-H Emblem Club concentrated on people in two special holiday programs. The group entertained at two homes for senior citizens during the holidays and then staged a Halloween party for a class of mentally and physically handicapped children. They also worked on a nature trail at the Oregon 4-H Center near Salem.

Caring for others is the focus

of the Pooch Paw Raiders 4-H club in Grants Pass. The 52 members annually assist the Grants Pass firemen with their toy drive for Christmas. They also adopted a family for Thanksgiving and Christmas. They have cleaned up the city park also.

Regulations slapped

Oregon tree planters handling Thiram-treated forest seedlings will be warned of possible ill effects from the chemical under a temporary regulation adopted by the Oregon Department of Agriculture.

State Director of Agriculture Irvin Mann, Jr., said the regulation is effective immediately and will remain in effect for 120 days so that it can apply to this year's planting activities.

The regulation requires that all containers, bundles or wrapped forest seedlings treated with Thiram, a rabbit and rodent retardant, have a waterproof label carrying a warning and full information on safety precautions.

BOWLING

Mt. Hooders

Nov. 14, 1974

	W	L
Deas In & Out	23	10
Wm's Thriftway	21	12
Cedar Plaza	18	15
Jennie Welches Ant.	17 1/2	15 1/2
Mt. Hood Ent.	17	16
Sandy Funeral Hm	13	20
Ore. Trail S & Loan	12 1/2	20 1/2
Pioneer RI Est	10	23

High Ind. Game and Series: Harriet Scales 216; Fern Hunter 538.

High Team Game and Series: Deas In and Out 751; Oregon Trail 2191.

Gas taken from buses

Twenty-five gallons of gasoline were swiped from Sandy Grade School buses over the weekend, according to Sandy Police reports. No arrests have been made.

The plant is a grass and a giant one at that noted for many strange patterns of behavior but really not designated by most to indicate that more than 30 varieties are commonly put to use in the garden depending on need, preference, color and manner of growth.

Garden bamboo species are listed under at least five genera including plants growing to a height of no more than one or two feet to the giants of 70 feet known as timber bamboo. Seldom do they bloom and form seed in a spectacular show usually regarded as the signal that the clump has fulfilled its

GARDEN GLEANIN'S

Bamboo may remind you of Asiatic dinners when you ate the shoots and were taken with how good they were. A fisherman will talk of the days before fiberglass when all poles were made of split bamboo and no fish of any size was worth talking about unless it was caught with a genuine bamboo pole.

Another person who gardens for a hobby will talk about the mistakes of the past include bamboo as the dreaded plant that nearly uprooted a happy home after taking over the entire lawn and garden.

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mission on earth and will die. Bamboo is usually not planted from seed but sold in clumps or stalks with roots attached for planting at a location in the yard where bamboo makes its contribution to the landscape theme. Two main types are listed according to the growth habit.

One is reluctant to start out on its own and all new shoots arise as new sprouts from the central clump and as the process suggests, the name of "Clump Bamboo" has been given to this type.

The other type likes adventure and underground roots or rhizomes travel great distances to surprise the owner by sending shoots up in the middle of the lawn or some other place where it isn't appreciated. Properly installed root barriers eliminate this problem and give the running bamboo reason to demand some consideration for a place in every garden.

Many homes would do well to plant bamboo for the reason that it remains evergreen, provides shade in a short period of time and gives any yard a rare quality of motion and romance in a gentle breeze.

Citizen committee on Bull Run names officers

The newly formed Citizen Advisory Committee for Bull Run Interagency Planning has elected new officers. K.L. Darby was named chairman, Rex Caffal vice chairman, and Charlene Jensen, secretary. They will each serve one year terms.

The executive committee of the Bull Run Interagency Planning met this Thursday morning to discuss planning team's progress to date.

Chaired by Portland City Commissioner Frank Ivancie, the four member committee includes Mt. Hood National Forest Supervisor Wright Mallory, Water Bureau Manager Bob Hyle and Columbia Gorge District Ranger Joe Stockbridge.

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Snow is piling up in the mountains of the Pacific Northwest today. Early-season skiers have been dodging rocks for several weeks, raving over the quality of the snow.

But the bulk of the skiers were waiting for the storm that started Sunday, providing the cushion to prevent scraping their new skis. Regional ski shops have reported strong sales here, in the face of gloomy attitudes from some parts of the country.

Inflation has spurred most lift ticket prices upward, although not to the same extent as food and other hard good prices. In fact, Pacific Northwest lift tickets are three or four dollars cheaper than in some parts of the country. Here, an eight dollar ticket is about tops, with most selling for less.

Some resorts, in an effort to encourage midweek business, have kept their midweek ticket prices lower. Skiers also find shorter lift lines and less crowded slopes during the

week. The trend toward shorter work weeks and staggered work schedules will allow more to take advantage of the situation.

Last season was one of the best of the decade for Pacific Northwest skiers with gobs of good snow extending the season from November through May, and even into July for some resorts. The only gloom was cast by the gasoline shortage, but skiers found that once they left the metropolitan areas, they could generally find fuel. That problem seems to be in the past. But it did provide the benefit of providing more public transportation, a benefit which will continue to be welcomed.

TIMBERLINE LODGE

Snow was falling hard here this week with Timberline Lodge's regular seven-day-week lift operating schedule to begin Friday, Nov. 22. Night skiing will begin on Thanksgiving night. Actually, Timberline Lodge's Magic Mile lift has been running for three weekends with up to 1,000 skiers per day patronizing it.

The Stratton Mountain, Vt. ski racing team left here last weekend after 10 days of training on Timberline's year-round snowfields. Previously, they have flown to Europe for their fall training. Their coaches were Herman Goellner and Brian Brockette who also coach in Timberline's International Summer Racing School in June-July.

Schnee Vogeli Ski Club has scheduled a Pray for Snow Dance at the lodge Saturday from 9 p.m. to 1 a.m. with two bands providing music. The Turkey Slalom, also sponsored by Schnee Vogeli, opens the nation's ski racing season here Sunday.

MULTIPLY-SKI BOWL Multitorpor-Ski Bowl has its own anti-inflationary program. Midweek all-day lift ticket prices are actually being dropped to encourage skiers to spread the patronage during the week, according to President Carl N. Reynolds. "Our other rates are still way under the inflationary level," he added.

Two inches of new snow fell Sunday night and snow continued to fall here this week. Some minor trail improvements were completed last summer and a new ski rental shop was added under the "Beer-Stub."

BOWLING

Pool closed turkey day

Sandy Men's Nov. 14, 1974

	W	L
Meier Dairy	33 1/2	10 1/2
Sandy Rexall	28	16
Cedar Plaza	25 1/2	18 1/2
McKinnon Ent.	21	23
Smith Motors	19 1/2	24 1/2
Clack. Co. Bank	18 1/2	25 1/2
Wm's Thriftway	16	28
Swails Plmb.	14	30

High Ind. Game and Series: Glenn Sheppard Jr. 225, Glenn Sheppard Jr. 567.

High Team Game and Series: Meier Dairy 997, Meier Dairy 2829.

Turkey Slalom this weekend at Timberline

The nation's first ski race of the season, the Turkey Slalom, will be held Sunday at 11 a.m. above Timberline Lodge.

Clear cutting bulletin available

One of the major issues facing the Northwest timber industry is the problem of clearcutting. The Extension Service has just released a publication, PNW 149, "Clearcutting in the Douglas-Fir Region of the Pacific Northwest." This gives objective treatment of this controversial subject.

Copies of the bulletin may be obtained at the Extension office, 256 Warner-Milne Road, Oregon City, OR 97045, or by telephoning 655-8631, reports Extension Agent Clayton Willis.

The Sandy swimming pool will be closed on Nov. 28, Thanksgiving Day, and will be open for public swim on Nov. 29 from 1-4:30 p.m. and 6:30 to 9 p.m.



by Lytha Malcom

There is a group of flowers known as the milky sap plants. This group includes poppies, hollyhocks, heliotropes, hyacinths, wisteria, and baby's-breath.

Because moisture tends to run out of these plants, the ends must be seared and sealed. First plunge the stems into cold water. Then hold the stems over a flame for half a minute. Replace the stems in cold water.

The burn forms a callus which stops the loss of moisture.

It is wise to trim the lower leaves since some of the moisture escapes through these.

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HELPFUL HINT Pot plants that are started in good soil are not likely to need further fertilizing for two or three months.

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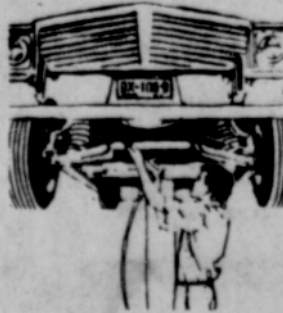
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