

Gals win, guys lose in season net opener

The Sandy High tennis program started out with a hit and a miss Tuesday against Centennial as the girls breezed through the Eagles but the boys, in their first competition ever, had some problems.

Top girls singles player Margaret Kallen fought off a first set challenge from Sherry Kock to take the set 7-6, then settled down to win the second set by a 6-3 margin.

Number two singles player Brenda Strong likewise disposed of Centennial's Terri Temple, 6-3, 6-2.

In the third and fourth spots, Sandy's Gwen Howell was nipped by Susie Lawrocki, 6-8, and Shirley Kramer lost to Molly O'Donnell by a 4-8 score.

In doubles play the combination of Colleen Flack and Markieta High picked up where they left off last year by topping Terri White and Paula Sutton, 6-3, 6-0.

The Sandy pair were last year's number two seed in CVL play.

Sandy's number two doubles team of Rebecca Koepke and Fiona Sievers beat Peggy Hannigan and

Kitty Gray by an identical 6-3, 6-0 score.

Meanwhile, the boys took their lumps, losing every set in their inaugural match.

Top Sandy singles player Ken Roberts went down 6-2, 6-2, but showed signs of promise according to coach Cheryl Proett.

"He was nervous," she said, "and made a lot of unforced errors," she said. "He's going to be a good player."

In the number two game, Damien Bollerman was badly outplayed in a 0-6 opening set, but came back strong to lose the second set by just 5-7.

The lack of experience was especially evident in the doubles teams, where the Pioneers were often beaten with passing shots and had problems down the line and at the net.

Steve Frost and Jim Pearson were downed 6-1, 6-1 while Dan Brown and Dave Bonner were topped by a 6-3, 6-0 score.

But it was, as coach Proett said, a learning experience.

The Pioneers next face Barlow (girls there, boys home) Thursday at 4 p.m.



Batter up. . . er, out!!

SANDY PIONEER Mark Contreras grimaces through a swing during his team's season opener Tuesday. The Pioneers got just one hit as they lost a narrow 3-2 game top Centennial but showed their potential as a good defensive ball club. Sandy will visit Gresham Thursday, host Columbia for a doubleheader Monday then travel to Clackamas High on Tuesday.

City hoop scores

Action continues in the Sandy men's basketball league as the playoffs are just weeks away. Scores for the last week are as follows:

Coaches, Inc.: 127—Woodfill 44, Muffenbier 42, Potter 20.

Ron's No Place: 144—Schneider 37, Dickens 34, Dahrens 19.

Mt. Hood Mudders: 92—Kiggins 24, Webb 20, Blashey 17.

T.B. 5: 72—Halvorson 22, Hite 21, Moffit 14.

ooo

Sheep: 96—Jensen 25, Verdoorn 20, Weber 13.

Apollos: 36—Taula 18.

Playoffs planned

It's crunch time for the teams in Sandy's men's league as the championship playoffs begin March 27, with five days of playoff action scheduled.

Games will be held on March 27 and 30 as well as April 4, 5 and 6. Starting

times for the evening games will be 6:30, 7:50 and 8:10.

The team positions going into the playoffs will be posted prior to their start on March 27.

For more information contact Tom Botbyl at 668-5569.

Holiday pool change

Sandy Swim Center director Mark Smith announced this week that there will be a change in the pool's schedule during spring vacation, March 20-24.

During the afternoon, the pool will be open for public use from one to four.

The evening schedule will remain unchanged.

Area bowling scores

Mt. Hooders 3/9/78		Early Bird League 3/13/78	
W	L	W	L
J. Welches Ant.	18 12	Action Auto	30 14
Oregon Trail Sav.	17½ 12½	T.J.'s	24 20
Williams Thrifty	17 13	Calico Country	23½ 20½
Pioneer R.E.	16 14	Runnings	22 22
Sheppards Exc.	14 16	Alpine Hut	22 22
Sandy Travel Serv.	14 16	Sandy Lbr.	21½ 22½
The Cleanery	12 18	Eagle Foundry	20 24
Sandy FnrI. Home	11½ 18½	Zig Zag Inn	13 31
High individual game and series: Dixie Castor 196 and 539.		High individual game and series: Donna Epperson 233; Bonnie Park 563.	
High team game and series: Oregon Trail Savings 935; Jennie Welches Antiques 2638.		High team game and series: T.J.'s 723; Eagle Foundry 2084.	

Eagles get 8 in the first

Jayvees bow to Centennial in diamond opener

As predicted a week ago by coach Curtis Heath, Sandy's jayvee baseball squad suffered from pitching problems in its season opener Tuesday as they were steamrollered by Centennial, 14-5.

The Eagles capitalized early on first game jitters by Cory Loehr, the Pioneers

mound opener. Loehr was driven off after just one out after yielding eight runs, three hits, five walks three wild pitches and two balks.

Rick Martin stepped in to relieve Loehr and held the Eagles to six runs through his four and two-thirds innings.

The Pioneers managed

five hits, but just weren't able to recover from Centennial's first inning explosion, which convincingly erased Sandy's one un in the top of that frame.

The Pioneers also got two runs in each of the fifth and sixth innings.

Rick Martin batted .500 for the losers as he repped two

singles in four at bats. Loehr, Eric Lund and Scott Mathis also each collected a single.

A few more timely hits were needed, however, as twice the Pioneers loaded the bases and failed to score.

But Heath still managed to find a few bright spots. "Defensively, I was pretty pleased," he said. "We didn't

let them have too much after the first inning."

Heath cited Tom Coutts for an unassisted double play and Eric Lund for some solid fielding at third base.

As for the shelling Loehr got, well, those things happen. "He needs a little more intensity," Heath said. "But I'm sure he'll come

along."

The Pioneers traveled to Barlow for a game Wednesday (results unavailable at Post press time). Thursday they visit Gresham for a 4 p.m. game, face Columbia in a doubleheader at noon on Monday on their home field then travel to Clackamas Tuesday.

Van Beek a 'premier' runner

Track team hosts Gophers Thursday

Anchored by a cast of veterans and bolstered by some newcomers, the Sandy High track teams should give their opponents a run for their money this year as both the girls and the boys appear to have strong teams.

Any coach likes to be able to talk in superlatives, and when you mention "girls team" to coach Randy Hutchinson, they come easy. "We don't have a weak event," Hutchinson declared of his girls squad. "We're strong everywhere."

The girls, who placed fourth in the CVL last year, are paced by state qualifiers in almost every type of event.

Topping the list is 800 and 1500 meter runner Jan Van Beek, described by her coach as "the most outstanding runner in the history of the school."

"I feel she is one of the

premier runners in the state," Hutchinson continued. "Anyone who doesn't come down to see her run this year is missing something."

Van Beek, a senior, re-wrote the record books for the Pioneers last year. Her 5:07.2 time in the state finals last year gave her an eighth place spot in that race while placing her thirteenth on Oregon's all-time girls mile list.

Hutchinson plans to use her primarily in the 800 and 1500 meter races, with some duty in the mile relay and the 3000 meter race.

Another standout returnee is Michele Cleland, who as a freshman last year placed eighth in the state with a shot

put of 40'3".

Cleland is also a fine discus thrower and javelin contender, but it's with the shot that she is at her best.

A fine three-sport athlete, Cleland has been hampered somewhat with a knee problem, but Hutchinson said the problem joint appears to be holding up well thus far.

In the sprints the Sandy girls can count on returning state qualifier Jackie Layng and a host of others to give them strength there. Christi Eliot, Cheryl Lusk, Leann Madison and Cheri Eliot are some of the names to watch.

Hurdlers Sara Shreeve and Esme Jensen are expected to give the girls depth in that

event, and Hutchinson expects this year's addition of a 180-meter hurdle event to afford his hurdlers just one more opportunity to score points.

But along with their ability, the Sandy girls also have an intangible that can make all the difference in a tough race—the will to win.

"One thing that I find is really fun for myself is that they are so competitive," said Hutchinson. "When the situation gets tough and you need the points you don't have to worry about it—they buckle down and get the job done."

The boys squad, while not possessed of all the innate talent the girls have, should

still have a chance at going undefeated in their half of the league and at least duplicate last year's fifth place district finish.

Distance and field events will be the boys' strong suits.

The team will field an array of good leapers as Bill Blackford will assault the school record books in the pole vault, Kevin Peterson will compete in both the long and triple jumps and Paul Daugherty will take a shot at the high jump.

Daugherty, a sophomore, has already cleared a somewhat startling 6' in the high jump, just three inches from the school record.

In the distance events seniors Steve McGraw and

Jeff Griffin will combine with junior Ken Urban to make up a formidable contingent in the 1500 and 3000 meter events. Hutchinson expects them to improve steadily through the season and finish very strong.

The sprints are a question mark right now, although state 440 qualifier Rick Lamm appears to be making a good recovery from knee surgery.

A clue as to just how good the Sandy track teams will be should come Thursday afternoon when the Pioneers play host to Gresham at 4 p.m. The Gophers will field some outstanding individuals, including defending state shot put champ Julie Bergstrom.

OVERTIME.

By Douglas Gantenbein sports editor

Oops. . . with all the excitement of Sandy High's extensive post-season play (????) I missed a few weeks.

But today I'm back, spurred largely by an excellent article in Sunday's Northwest magazine on one of the newest debates in athletics: the efficacy and legitimacy of "blood priming."

Blood priming, or blood boosting or blood doping or whatever you choose to call it, is a process by which the

blood of an athlete is withdrawn from his or her body, chilled and stored for several weeks then re-injected shortly before an athletic contest.

The principle behind it is that the withdrawn blood will be replaced by the body, and when it is re-introduced the natural ceiling to a body's blood cells will be superseded, giving one additional oxygen and nutrient-carrying blood cells. "Supercharging" the blood, if you will.

To wit: increase the hemoglobin (the body's

oxygen carrying workhorses) and you increase the body's capacity for strenuous work.

For a well trained athlete, studies show that blood boosting can result in as much as a 35 per cent increase in performance.

As an added bonus, this boosting lasts not just for a day or so but can give an athlete a extra set of afterburners for as long as a month.

While no athlete has ever admitted to using this technique, there was wide speculation and a near-admission that Finland's Lasse Viren was running on boosted blood during the 1976 period.

Viren had done little of note before the Olympics and did even less afterwards, but for one week he was hell on wheels, winning the 5,000 and 10,000 meter races with a searing pace and placing a respectable fourth in the marathon—his first one ever. Based on that performance, the evidence

indicated he was either dogging it prior to Montreal, or blood boosting.

It's a controversial topic, but serious academic research is being done on blood boosting and tentative results show it can do all the theories claim.

Complicating the issue is the fact that blood boosting is currently undetectable. After all, it's blood, not some exotic chemical being used, and how can you tell if a person has too much hemoglobin?

But it unquestionably involves tampering with the human body, and for this reason there is a growing camp opposing the rise of blood boosting.

"As far as I'm concerned it's an unfair method of achieving a goal," said Sandy track coach Randy Hutchinson, who prefers the term blood "doping." "I relate it very closely to taking drugs to improve performance," he continued. "It allows he or she to do something they couldn't

normally do." Hutchinson feels blood doping raises serious moral and ethical questions for an athlete. "I feel very strongly that an individual ought to perform on what he or she has attained on their own," he said. "This is a scientific way of improving performance."

But like it or not, science is making increasing inroads on the sports world. The use of steroids to increase bulk in weightlifters has been a wide topic of discussion, and the East German that Frank Shorter lost the 1976 Olympic marathon to had been the subject of months of by scientists attempting to plot his performance to the finest degree.

The notion of a solitary individual sweating to achieve athletic prowess is along-lived one, but it may soon be put to rest.

Increasingly, that individual is running on a treadmill with a battery of technicians monitoring his every body function.

St. Patrick's Day Friday Surprise



Shur & begorah, Swede Carlson is taking his "shillelagh", to prices all day Friday. In fact, he'll discount the price on all GREEN cars and trucks in stock an additional \$100 (Friday only). Also, Swede Carlson will allow an additional \$100 on any green car or truck taken in trade this St. Patrick's Day. (No offense meant to all the other popular colors.)

Plus, the National Chevrolet Sales Contest ends Monday, March 20th, so this is our last week-end to make our new car and truck sales objective.

We've adjusted prices downward on every new '78 Chevy car or truck in our bulging inventory because we're going all out to win. We also move our first group of '78 demonstrators on which you'll save even more.

Whatever your transportation needs may be — at Carlson Chevrolet this week-end, we'll try even harder to find you exactly what you want at the lowest possible price. So "For the Luck of the Irish" stop in this St. Patrick's Day. Remember—Friday only—a green car or truck will save you "Green \$\$\$\$\$\$ at

PETE CARLSON

668-4101

SANDY

Open Sunday & Evenings

BUXTON'S
Lee Meat Company
Sandy 668-4838

Custom Slaughtering

Grain Fed Locker Beef

• Cut, Wrapped & Frozen — Locker Packs

Cattle Hauling on Tuesdays

We Do Our Own Cure & Smoking