

Local early birds rise and swim

The early bird gets the worm, or so the saying goes. In Sandy, the early bird just gets wet.

As many as 16 business and busy mothers rise with the

birds every Monday, Wednesday and Friday from 7 until 8 a.m. to start a hectic day with an hour in the pool.

Program organizer and pool director Mark Smith identifies the early birds as "comfort swimmers (who) don't swim into the pain zone," unlike his competitive swimmers.

Nonetheless, most all of the 16 morning faithful have signed personal pledges on a big sign-up chart as willing to put in a hard quarter mile or better each morning toward membership in an exclusive 50-mile club.

Sandy Fire Chief Bob Rathke logs up to half a mile each morning in the pool after a month and a half with the program.

"I wanted some sort of exercise," he said. "My kids practically live down here."

Actually, Smith said, the program was designed for business persons and other

busy adults who want some sort of physical exercise before going to work.

"I really like it," says Kay Christensen, 20, just back from college to join the group

for the first time this week.

"No one's playing around, everybody's swimming," she remarked.

Macy Brader, an early-morning regular, fears that one of her favorite haunts has been discovered.

"I'm sort of sorry that everyone has found out about this program," she said. "I thought I had it all to myself."

Mrs. Brader says that morning swim sessions — although not originally joined for therapy, have reduced her high blood pressure by 10 points.

She works hard and raises Arabian horses, but now leaves alternate mornings free for early-bird swims.

Anyone 19 years of age or older is welcome to join at a nominal daily fee.

"We have them all ages," Smith said.

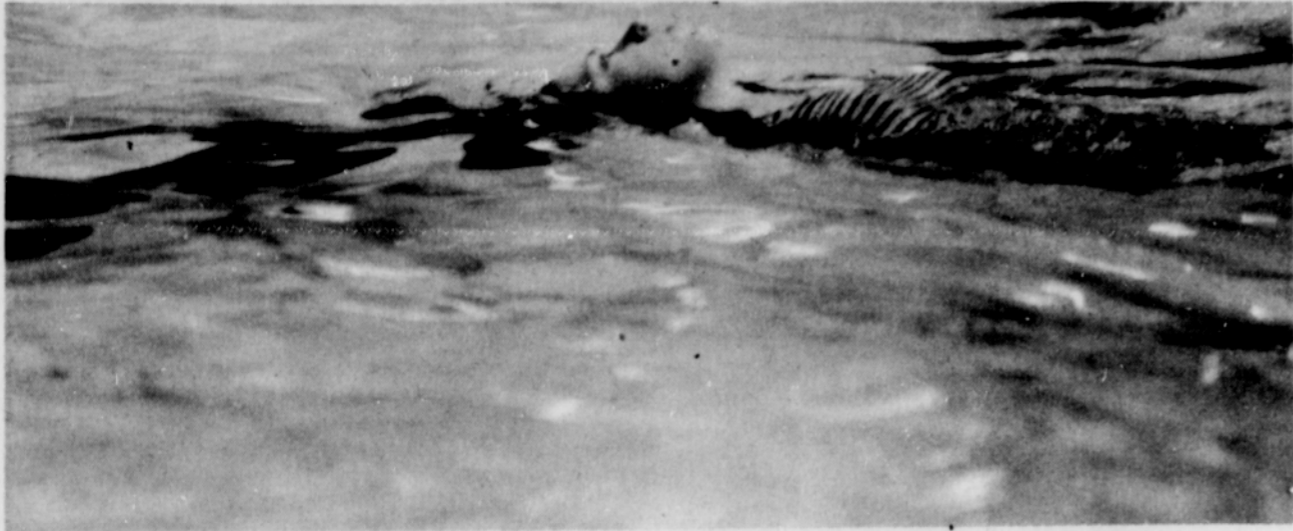
The pool is closed this week, but will reopen next Monday.



BOB RATHKE
"Good exercise"



MACY BRADER
"Good therapy"



Students win honors

BORING — Citizenship winners and honor roll students for the fourth quarter at Boring Middle School were announced recently. Citizenship winners include:

Sixth graders Maz Zurflueh, Dan Valek, Denise Vanness, Lisa Pierce, Steve Shields and Lora Haggerty. Seventh graders Joe Smith, Jeff Hartug, Kim Byers and Betty Reece.

Eighth grade students Steve Burkhardt, John Pederson, Gary Peyton, Lance Staab, Dee Ann Finnemore, Bonnie Erickson, Cathy Caspell and Sandy Goldsmith.

Sixth graders named to the honor roll include Ron Fehring, Doug Jensen, Marilyn Styskel, Chris Shaw, Jennifer Trammell, Robin Whitmore, Steve Cowan, Erik Frost, Alan Jensen, Jeff Perry, Steve Pettingill, Russ Seaburn, Steve Shields, Rick Timberman, Regina Walker, Jim Burkhardt, Carrie Byrd, Kerry Lafferty, Joyce McCoy, Musaddiq Nazeeri,

Loren Trenholm, Maz Zurflueh, Arnie Wolfe, and Barry Finnemore.

Honor roll students in the seventh grade include Kim Byers, Sandra Furness, Jamie Malone, Teresa McIntire, Roxanne Pool, Betty Reece, Karla Schwab, Nancy Olson, April Wahlert, Mai Aschoff, Dalene Erickson, Keven Fabrucki, Christy Finneman, Lori Lagasse, Randy Moss, Christine Pettingill, George Phillips and Debbie Pack.

Eighth grade students named to the honor roll include Alan Birchfield, Cindy Chastain, Kathy Hoover, Ilze Katlaps, Dawn New, John Pederson, Clay Roberts, Cindy Coleman, Mike Richardson, Jeanie VanNess, Lisa Wright, Sandra Burr, Mitch Paola, Sherri Wright, Jeff Zurflueh, Bonnie Erickson, Colette Beck, Teresa Black, Renee Midendorp, Sandy Goldsmith, Nancy McCoy, Mike Boring, Steve Burkhardt and DeeAnn Finnemore.

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Insurance mandatory July 1st

Most licensed Oregon drivers will be required by law to carry automobile liability insurance policy beginning July 1.

Persons who register their motor vehicle or renew its license plates must certify to the Motor Vehicles Division that they have liability insurance.

Liability insurance covers damages that occur in an automobile accident. Minimum coverage is \$15,000 for bodily injury and \$30,000

for death to any one person in any one accident and \$15,000 for property damage.

The MVD will accept as documented evidence of coverage a copy of a motor vehicle liability insurance policy or binder; a certificate of self-insurance issued by the MVD if at least 25 vehicles are registered in the owner's name; or a surety bond or state treasurer's certificate for \$35,000.

The MVD also will accept an automobile insurance

identification card issued by the insurance company or a letter from an insurance agent or company stating the vehicle is covered for the minimum amount required by law.

During the first month the law is in effect about 150,000 Oregon vehicle owners will have to provide insurance information to the MVD.

Not all vehicles will be required to carry liability coverage. Antique automobiles registered with historic plates are exempt

from the law as are farm tractors and tractor trailers, exempt.

Off-road vehicles also are

Persons cited for driving without liability insurance may be fined up to \$100. Also, an insurance company would have to file an SR-22 certificate in the driver's behalf. This file must be kept for three years or the MVD will suspend the driver's license.

The MVD will check certifications by random samples. It also must verify insurance coverage on all reported accidents.

MHCC joins elite national group

Mt. Hood Community College is one of 32 community colleges that have been selected to join a national consortium committed to improving teaching techniques geared toward non-traditional students.

The Community College Leadership Program at the University of Texas is coordinating the North American Consortium of Community Colleges. It is funded by the W.K. Kellogg Foundation. "The theme is to assist community colleges in matching the promise of the open door philosophy," director John Roueche wrote MHCC President Steve Nicholson.

The program is designed to train staff to determine the education needs of the Gresham area, including using available educational resources outside the college. Mt. Hood must establish a research team, develop staff competencies and provide staff time to participate in conferences.

In the funding proposal, the program staff pointed to differences in how community colleges reach older, working students. "Students attending certain community colleges become anxious about their situation and so are poorly motivated and unsuccessful," according to the proposal. Others "have positive experiences and successfully complete their courses of study," reads the report.

The consortium staff intends to show Mt. Hood staff and instructors the difference so the local college can teach other Northwest

community colleges. Portland Community College also has been selected for the project, according to Nicholson.

Through the program, faculty can "find better ways to present ideas in the classrooms that will improve instruction," Nicholson said. "After the first year, we'll be

Atiyeh appearance secured

Republican gubernatorial candidate Victor Atiyeh will speak before the Sandy Chamber of Commerce on Sept. 19.

The appearance was arranged by chamber president Marv Hansen and confirmed this week by Sen. Atiyeh's office.

The 19-year veteran of the state senate defeated former Gov. Tom McCall in a surprise victory in the May 23 primary.

He is running on a platform opposing overspending in government and less government regulations. He favors property tax relief, free enterprise economy providing jobs and incentives for additional energy supplies.

At the Chamber of Commerce meeting next Tuesday at noon in T.J.'s will be a representative of the state Department of Motor Vehicles to discuss a possible Sandy area office for motor vehicles.

On Tuesday, June 20, Paul Waldon, candidate for District 56 house seat, will address the chamber.

The chamber also has contacted U.S. Senator Mark

Hatfield for a date as yet unset, and plans to invite Second District U.S. Rep. Al

Ullman (D-Oregon) and State Sen. Vern Cook for appearances.

He said he has been

working on getting Mt. Hood into the consortium for about a year.

According to the proposal, colleges were selected that have "an open door policy, an open-minded administration, a cooperative board and an atmosphere of inquiry and innovation."

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