

Saints claim basketball crown

If Mt. Hood's basketball coach Herb Booth had his way, the Saints would probably be playing in tournaments for the rest of the season.

MHCC polished off Chemeketa 82-74 and Northwest Christian of Eugene 77-67 to take the championship of the Bend Rotary Tournament in the central Oregon city Wednesday and Thursday.

The title was Hood's second such crown in less than a week. Last weekend the Saints grabbed the top spot of their own Holiday tourney by routing Yakima Valley.

This time it wasn't as easy. The Saints had to shake off some second-half jitters to pick up the win over NWC after going in at halftime with a 40-30 lead.

"At halftime we talked about not letting down in the second half," Booth said. "Then we came out and everybody made little mistakes."

Those little miscues let Northwest Christian back in the game as they outscored Hood 12-2 in the opening minutes of the concluding session to tie the game.

In the end, though, it was MHCC's balanced scoring attack that prevailed. The Saints put five men in double figures led by Larry Sedig, Jack Paola and Chip Bentley, who had 16 points apiece. Bo Kasch dumped in 14 and Venne Forks added 13.

Booth was particularly pleased with the play of Kasch. Coming off a foot injury that had sidelined him for two games, the 6-8 sophomore was ineffective against Chemeketa, fouling out after only 10 minutes and two points. Against NWC, however, it was a different story.

"Eric Evensen got into foul trouble early so we went to Kasch and he tore them apart," Booth said.

Kasch canned five field goals in the final 10 minutes of the first half and on the other end of the floor slammed the door on NWC post man Zack Barnes.

Mt. Hood outrebounded their opponents 35-26 with Sedig leading the way with 11 boards. Kasch grabbed seven.

The previous evening Mt. Hood and Chemeketa went at it and although Hood eventually came out on the long end of the score, the real winners may have been the officials, who whistled 60 fouls on the two clubs, sending them to the charity stripe for 66 free throws.

During the time when they weren't at the line, the Saints overcame a cold start and a 27-point performance from the Chiefs' Eric Bailey to cop the win.

"This was a game that really went our way," Booth said.

It didn't look that way at the beginning, though. Hood fell behind early and at one point trailed 12-4. Then the Saints rattled off 18 straight points to go on top by 10 and the battle was on.

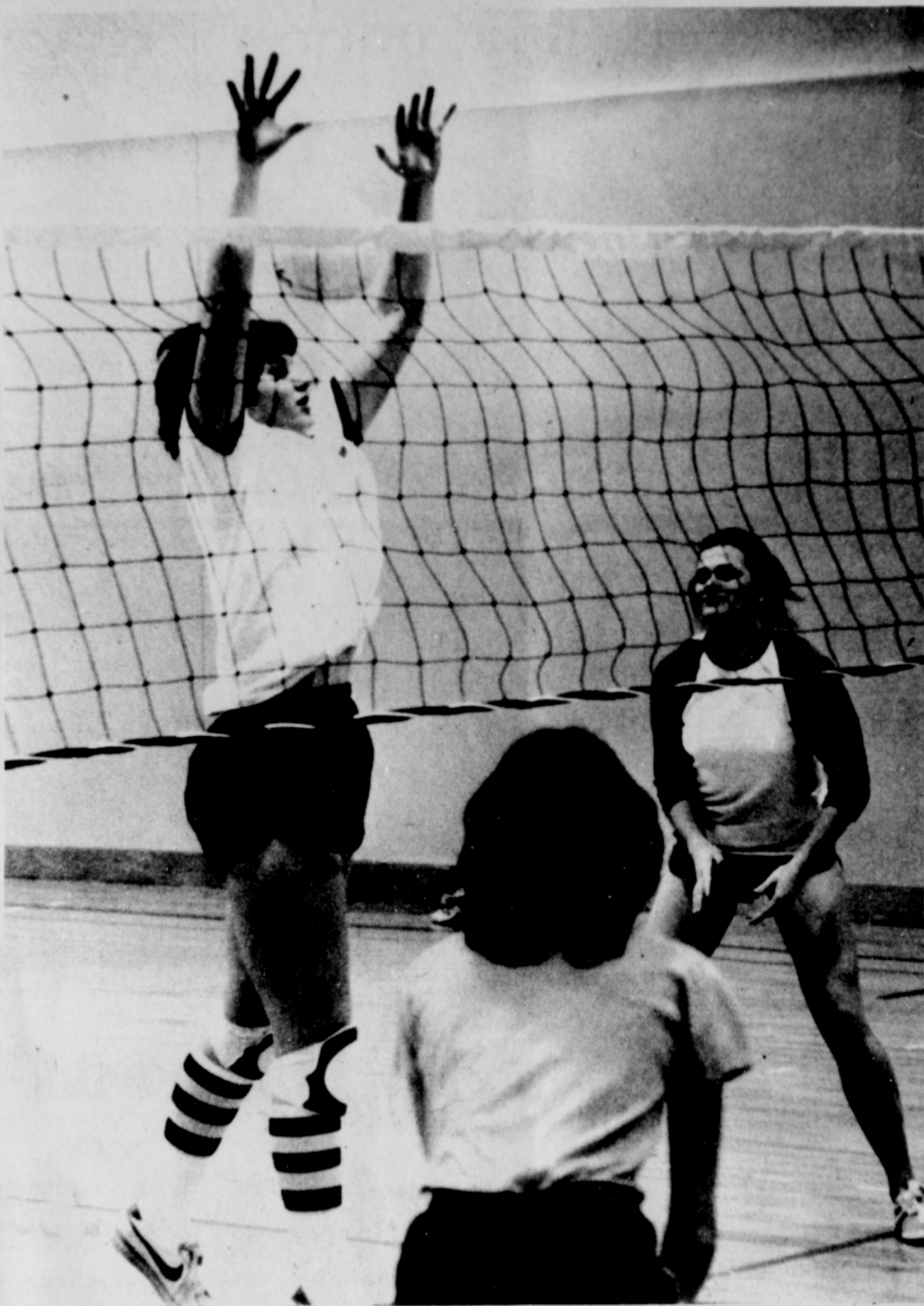
Chemeketa stayed close and trailed by only 36-33 at intermission. The second half was a shootout between Hood's Paola and Bailey.

"We were only up by three points with about four minutes to play when Paola just took over," Booth said.

The 6-3 wing keyed Hood's final rally. He scored 19 of his 21 points in the second period and at one point put in nine straight. At the same time Bailey was ripping the twine for 21 of his final total.

But Hood's balance prevailed again, however. After Paola, Sedig had 18, Forks 17 and Evensen 13.

The Saints connected on 30 of 61 shots while Chemeketa went 28-for-69 from the floor.



Whoops!

Mark Floyd photo

MICHELE CLELAND goes up high to block a shot during a recent volleyball practice. Winter volleyball started last week at Sandy High school with approximately a dozen girls participating. Coach Ron Grantz is running informal practice sessions once or twice a week to prepare the

team for tournament action after the first of the year. Esme Jensen, watching from the background, and Cleland are members of the Pioneer volleyball team which placed first at district this fall.

OSU scientists say

Running ups vitamin level

Scientists at Oregon State University are applying for a new grant to finance a study that may find a connection between running, aging, heart disease and vitamin B-6.

Jim Leklem, assistant professor of foods and nutrition at OSU, said a chance finding led to the discovery that running increases the availability of vitamin B-6 in the body.

"Five OSU students were participating in an experiment of bioavailability of vitamin B-6," Leklem said.

"As part of the experiment I was providing them with their own meals. The graduate student working on the project found the levels of B-6 went way up in one subject and she asked him what he had eaten that was not on his diet."

"He said he hadn't eaten anything else and the only thing they could find he had done differently was run just before his blood sample was taken."

The scientists then asked the other four subjects in the study to run before their blood samples were drawn. The other four also had increased levels of B-6.

Leklem talked to Crescent Valley cross-country coach Jerry Colonna about working

with his runners in the experiment. Colonna agreed to let Leklem conduct preliminary tests with some of his runners last fall.

"We took (blood) samples about one-third of the way through the season and just as cross-country season was ending," Leklem said. "Levels of B-6 in the urine were higher than normal for that age group and higher than any other age group we have tested."

But while the results were positive, the implications of the preliminary results have been more difficult to analyze. Leklem has searched through scientific journals for articles of B-6 and athletic performance. The only other studies he

found have been reported in Russian journals.

The scientific literature also seemed to lend support to the practice of carbohydrate loading, popular with long-distance runners, Leklem said.

During carbohydrate loading, runners deplete their bodies of glycogen, a form of carbohydrate stored in the muscle tissue, by cutting down on carbohydrate intake about a week before a race or marathon run.

Then a few days prior to the race, the athletes go to the extreme opposite and began taking more carbohydrates than usual in an attempt to reload their bodies with fresh glycogen.

stuff shots

Resolutions: Forget them!

by MARK FLOYD
Sports Editor

The Christmas season is finally over. Now it's the time of year when most people plan on whooping it up on Sunday night and then watching football games all day Monday beneath the cover of an icebag.

The only break in the all-day menu of gridiron delights might be a short pause for breakfast (three or four aspirin) and a timeout for lunch (two rolls of Tums and a pony keg of Pepto Bismol).

But New Year's Day is traditionally a time of resolutions. You know, those nasty little promises everyone makes to himself about getting rid of all vices, especially those in which the resolution-maker had indulged the night before.

I know better than to make such foolish promises like giving up anything immoral, illegal or fattening. Why make resolutions that are bound to be broken?

As Mr. Spock would say, it's much more logical to make a resolution which is easy to keep.

For example, this year I have vowed not to buy a Rolls-Royce convertible; I'll try my best not to wear a Nehru jacket and I guarantee that I won't get pregnant.

It sure takes the pressure off. Now if I were to say that my resolution was to give up wine, women and song for 1979, how long do you think that would last?

With my luck, probably the whole year.

But anyway, making resolutions is something that can get you into trouble.

Take Chuck Fairbanks, for instance. Just more than a week ago, the coach of the New England Patriots denied vehemently a rumor which had him returning to the collegiate ranks to coach at the University of Colorado.

Two days later he announced that he will take the job and leave the Pats at the end of the year. Now he just looked plain foolish after that, especially when New England decided to can him on the spot. The team did reinstate Fairbanks for the duration of the playoffs, but he would have been a lot better off if he had kept his mouth shut.

If he had said something a little more general, such as "I vow to work next year wherever I am employed" he wouldn't have had to wipe the egg off his face.

Then of course there is the annual resolution of Oregon State football coach Craig Fertig to be 100 percent improved and to challenge for the Pac-10 grid title.

Fertig hasn't been too truthful in his resolutions. In fact, if the Pinocchio syndrome was in effect, the Beaver mentor would look like Karl Malden. Fertig should be a little more inclined to soft sell — "I think if we win all of our games we might go undefeated, but we have a tough schedule and we'll probably drop a few somewhere along the way — maybe 10 or 11."

Sometimes the almighty dollar can influence a person's resolutions a great deal.

Remember when Pete Rose said that he would remain a Cincinnati Red until the end of his career? Well gee, Pete, how come you're gonna play in Philadelphia next year?

Supposedly Rose said that he was offered more to play for other teams but that Philadelphia had a philosophy more to his liking. It didn't hurt that they're going to give him \$3 million, though.

That's enough to make anyone change his resolution. Even me.

Why if anyone wants to whip \$3 million on my desk I'd have to consider changing my mind a bit. I think I could swing a Rolls with those kind of bucks.

As for getting pregnant though — forget it.

bowling

SANDY MEN'S LEAGUE			HIGH GAME: Elton Leavitt 221, Ken Haselwander 221	
TEAM	W	L	HIGH SERIES: Dave Blount 577	
The Mafia	32	13	HIGH TEAM GAME: The Mafia 964	
Smith Mtrs.	24	21		
Deckers	23½	21½	HIGH TEAM SERIES: Sandy Fire Dept 2,825	
Sheppard Const.	23	22		
Sharon's Pntry.	22	23	HIGH TEAM GAME: The Mafia 964	
Sandy Rexall	20	25		
Clack Co. Bank	18½	26½	HIGH TEAM SERIES: Sandy Fire Dept 2,825	
Sandy FireDept.	17	28		

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