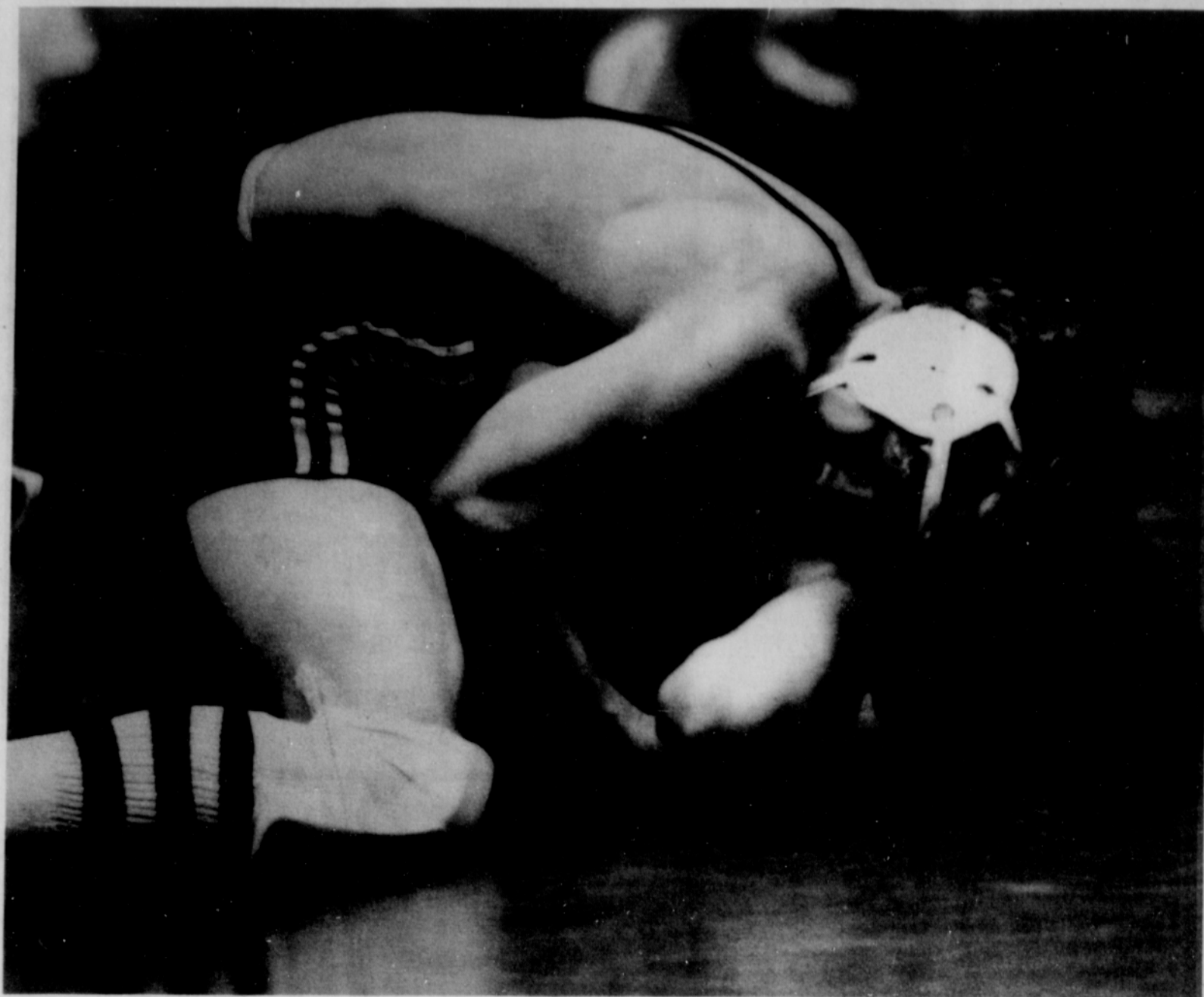
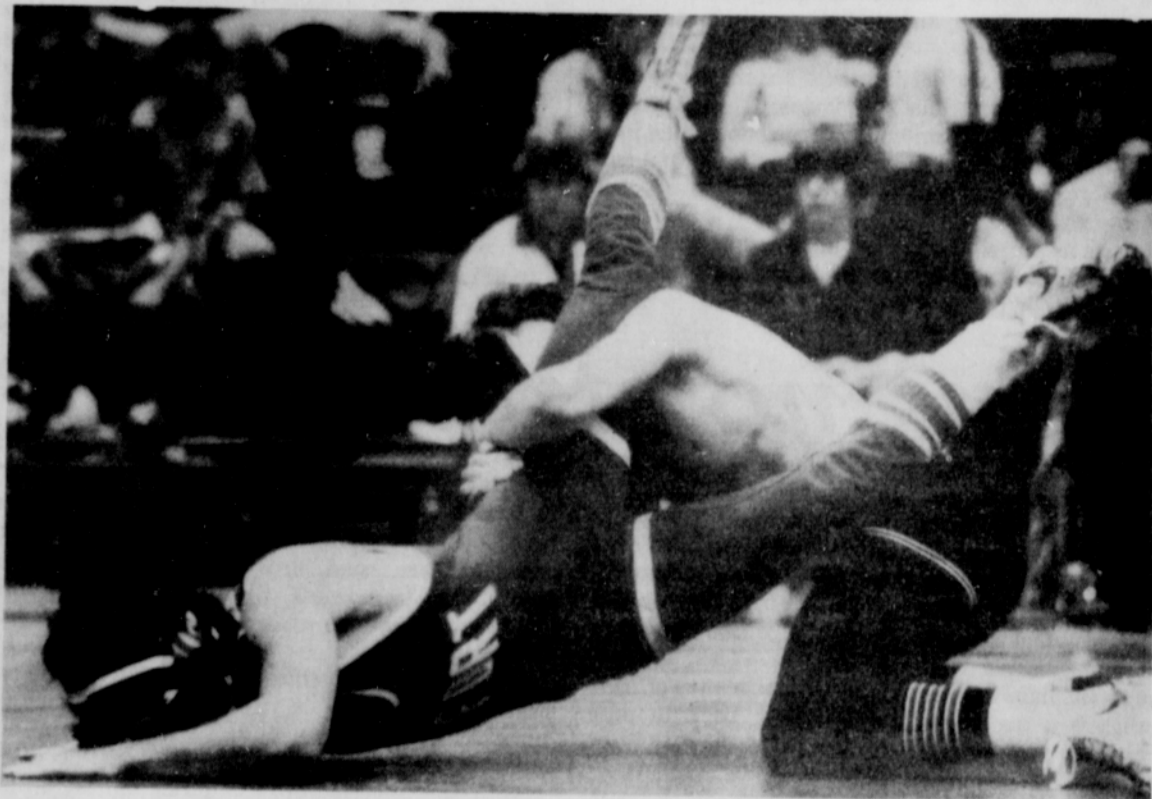
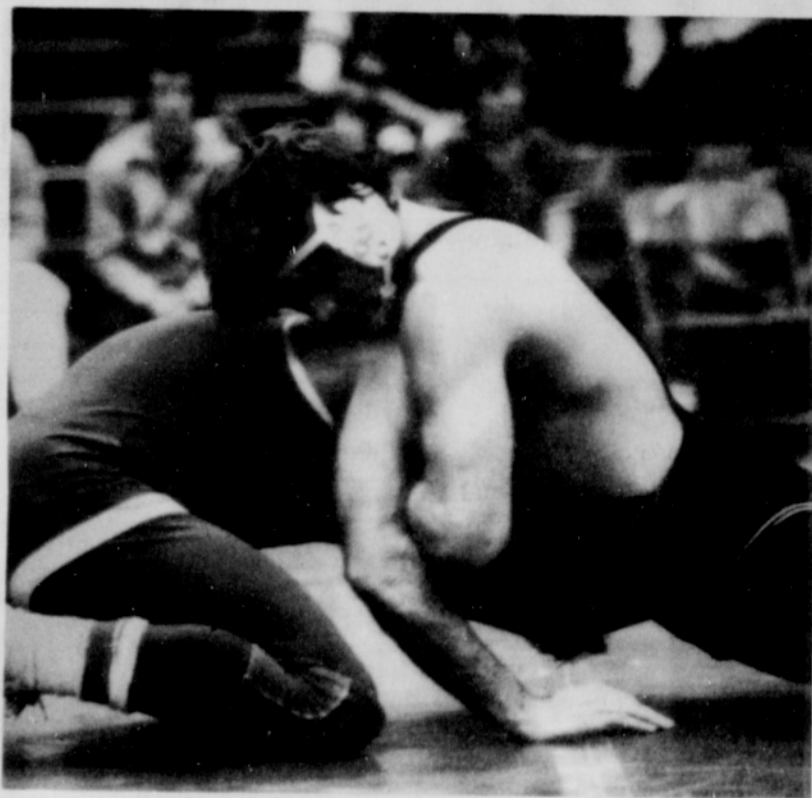




A tired Mike Russell (top) rides Mike Hughes of David Douglas to a 12-3 decision. Sandy's Russell won the 130-pound individual title at the Sandy tournament Thursday. Tim Freeman (far right) tied for first at 157 after beating Fort Vancouver's Jeff Reed. Mike England (right) took second place in the 191-pound division despite losing here to Dan Purviance of Fort Vancouver.

photos by Mark Floyd



Grapplers

(Continued from page 1)

Dalles, to claim a surprisingly easy first place win.

Another title went to junior Mike Russell at 130. Russell pinned Darrell Boyd of Fort Vancouver and hung on to beat Mike Hughes of David Douglas in the second match, despite an obvious case of fatigue. Luckily for Russell, The Dalles forfeited at that weight and the Sandy grappler got a bye in the final round.

Sophomore Chris Jones dominated the 141-pound class for the Pioneers. Jones, who took second in district last year as a freshman, decisively beat Kevin Smith 10-2, topped Bruce Irwin of David Douglas 9-2 and pinned Jon Phipps of The Dalles.

The Pioneers' other individual title came at 168 from the much-improved Mike Martin. The Sandy senior has looked very impressive in the early season and Thursday's performance was a strong one. Martin easily beat Bill Shanks of Fort Vancouver 9-2 and then ripped Pat Wreath of David Douglas 14-1. Martin picked up a forfeit win against The Dalles.

Senior Tim Freeman earned a share of the title at 157, as three wrestlers ended up tied with the same number of good marks. Freeman blanked Fort's Jeff Reed 6-0, but lost a tight 5-4 decision to Randy Scruggs of David Douglas. Freeman and the others picked up forfeit wins from The Dalles, but Reed came back to beat Scruggs and knot the three wrestlers at the top.

"Freeman should have won that one match," Calhoun said. "He was called twice for an illegal hold he's been using for three years. Nobody ever called him on it before and Tim got a little frustrated after the second time."

Four Sandy wrestlers took second in the tourney. Nelson earned the runner-up spot at 123, Dan Martin at 148, Frank Sacoskey at 177 and Mike England at 191.

Martin came within an eyelash of first place. He had an easy time with two of his matches and lost to the David Douglas grappler. Craig Teeters nipped Martin by a 2-1 score to claim first place.

A number of second varsity wrestlers also did well. The second varsity points were added to those of the first varsity in determining team scores. Sandy beat Fort Vancouver 48-27, David Douglas 45-24 and The Dalles 42-18.

The second varsity was led by Frank Kim, who dominated the 157-pound weight class for Sandy.

"Frank had an excellent day," second varsity coach Bob Stocking said. "He was wrestling extremely well and he pinned everyone in sight."

Kim nailed all three opponents in straight falls to win the 157-pound title. Other second varsity champs were Randy Swanson, 98; Bill Mathews, 106; Dean Fischer, 130; Randy Carmony, 168; Scott Skipper, 178; and Roger Rolofson, 191. Alan Fry was second at heavyweight.

Murray

(Continued from page 1)

percent toughing-it-out. It's not the legs that go first, it's the guts. The great ones far outlast their fastballs.

Petulance has poisoned more pitchers than gopher balls. Many a pitcher, enraged at a teammate's error, has sore-headed his way out of the major leagues by serving up hitable pitches to "get even" for his shoddy support. Good pitchers just make sure the batsmen hit good pitches — no matter what their infield does with them.

This is what set Sutcliffe apart from the rest of the Dodger relief staff. And this is what separated him from the rest of 1979 rookies.

Sutcliffe calls it "confidence." Manager Lasorda calls it "being a bulldog." A 100 mph fastball is no good to you if your pulse rate is faster. A wicked curve is useless if you're afraid to throw it on three-and-two. And, if you're afraid to throw Dave Winfield fastballs with the bases loaded because you don't want to start your career with a grand-slam home run, you not only won't make Rookie of the Year, you won't make rookie, period. You'll make Albuquerque.

You have a hunch it was a battlefield commission for Sutcliffe. And you have a hunch, 20 years from today, some sports writer will be saying "Rookie of the Year? It's a great honor. Look at the great players who have won it! Rose! Mays! The Robinsons! Seaver! and don't forget Sutcliffe!"

(c) 1979, Los Angeles Times

bowling

Sandy Early Birds			SANDY MEN'S LEAGUE		
12-10-79	W	L		W	L
Sandy Lmbr & Hdwe	33	23	Sharon's Food	24	15
S.J. Pounder	31	25	Smith Chevron	23	16
Toni's	31	25	The Mafia	22	17
Eagle Foundry	30	26	Clackamas Bank	21	18
Deane's Auto Repair	28	28	Sandy Rexall	19	20
Ziggag Inn	24	32	Deckers	18	21
Sandy Shoe Repair	23½	32½	Sheppard Const.	18	21
Alpine Hut	23½	32½	Sandy Fire Dept.	11	28
High Series: Tinker Hutchins, 497			High Game: Mike Murray		
Team Game: Eagle Foundry, 705			High Series: Mike Murray		
Team Series: S.J. Pounder, 2051			Team Game: Sandy Rexall		
			1,009		
Team Series: S.J. Pounder, 2051			Team Series: Smith Chevron		
			2,776		

The sports calendar gives you a place to announce your team games and practices. Send your announcements to the sports editor, c/o The Sandy Post

MT. VIEW GOLF COURSE RESTAURANT & LOUNGE



You'll love the Incredible

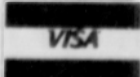
MUSIC MAN

As he plays all kinds of music Fri. & Sat. 9 til 2 a.m.
DINE WITH US FROM 5 to 10 p.m. 7 DAYS A WEEK

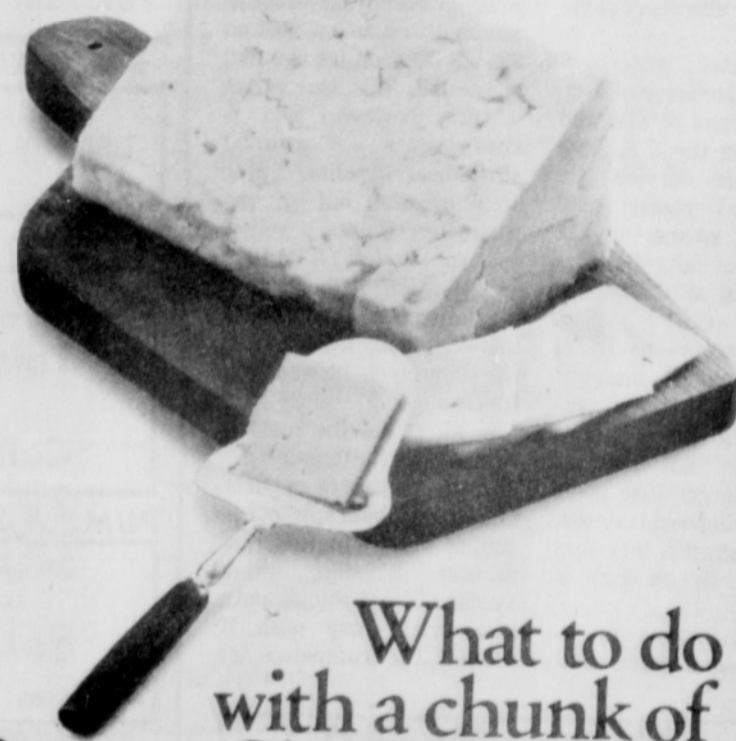
"TWO-FER" DINNER SPECIALS

2 ASSORTED SEAFOOD DINNERS	\$10 ⁰⁰
2 SHISH-KA-BOB DINNERS	\$10 ⁰⁰
2 TOP SIRLOIN AND CRAB LEG DINNERS	\$10 ⁰⁰
2 PORK CHOP DINNERS	\$10 ⁰⁰
2 TOP SIRLOIN AND LONGOSTINO OR STUFFED SHRIMP DINNERS	\$10 ⁰⁰

ABOVE SPECIALS SERVED WED. THRU SUN.



27195 SE Kelso Rd., Boring, Oregon



What to do with a chunk of Oregon Cheddar, today.

Bake, fry or put some on your pie!

Good old Oregon Cheddar! Great for holiday gift giving, straight from the golden brick. Or for holiday eating, straight from your oven. Calling all nosers and nibblers for these cheddary treats:

Cheddar Mini-Pies

Preheated 425° oven
1 cup firmly packed shredded Oregon Cheddar cheese ½ cup (1 stick) butter, softened
2 cups prepared biscuit mix
Blend butter, Cheddar cheese and prepared biscuit mix thoroughly. On waxed paper, shape in roll, wrap and chill in refrigerator. When ready to use, cut ¼-inch thick slices and place on lightly floured cookie sheet. Sprinkle tops with any of the following: sesame, poppy, caraway, dill or celery seeds; oregano and parsley leaves; and/or dried minced onion. Bake 5-8 minutes or until golden. Allow to stand overnight.

Milk, the Beautiful Food
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