

## Cougars paste Pioneers in non-leaguer

It may have been a non-league game, but the Canby Cougars taught Sandy High's girls softball team a thing or two Monday afternoon.

The visiting Cougars used a 10-run first inning to blitz the Pioneers 15-1.

The first seven Canby batters reached base without a hit as Sandy pitcher Kathy Bath had trouble finding her range at the plate. And the 10-run lead was more than enough as Canby hurler Diane Baker tossed a one-hitter and struck out seven.

"We did all right after the 10 runs in the first inning," said Sandy coach Gary Curtis. "It just wasn't Kathy's day to pitch. I left her in there a little longer than normal since it was a non-league game. Canby's got some good hitters, though."

The lone Sandy hit went to Coleen McDonald, who slapped a single in the fifth inning.

Curtis had words of praise for Debbie Rudisill, who came on to relieve Bath and pitched well, despite rather limited experience on the mound. Curtis also said that Chris Coleman played well, taking over for Rudisill at shortstop and that the play of the game went to Dawn New, who nailed a runner at the plate who was trying to score during a teammate's rundown between first and second base.

Sandy was also to have played Wednesday against Estacada (results not available at press time). The game will go into the books as a non-leaguer unless the teams' regularly scheduled game next week is rained out. Then Wednesday's game will count.

Sandy's league record stands at 3-2.



West Linn's Bruce Williams ambles into third base well ahead of a throw, fielded by Sandy's Matt Falgout. The visiting Lions pounded out 18 hits en route to a 14-5 win over the Pioneers Saturday in Timber Valley League baseball action.

## Glovemen slip by Canby 3-2

by MARK FLOYD

Sandy played what may have been its finest game of the year, Thursday, nipping Canby 3-2 on the Cougars' field.

Canby picked up a pair of runs in the bottom of the fourth to break a scoreless tie and take a 2-0 lead. But Sandy got it back in the next inning.

Mike Lund led off the top of the fifth with a single. Mitch Paola also singled and set the stage for hot-hitting sophomore catcher Mo Contreras. Contreras slugged a double to right-centerfield, scoring both runs.

Contreras also showed his speed, stealing third base.

An overthrow on the play let him scamper home with what turned out to be the winning run. It was a big play because the next two Sandy batters whiffed.

Kraig Gifford went the distance for Sandy on the mound and scattered seven hits.

"He did a fine job of keeping the ball around the plate," Sandy coach Curtis Heath said. "The fact that we had no errors helped. Keith Powell did a good job at short and Matt Falgout was solid at third."

Heath also had praise for another sophomore, Mike

Lund. Lund was recently elevated to varsity and he has earned a starting position. He has also made the most of hit, slapping five hits in nine at bats, a .555 average.

He had a pair of hits against Sweet Home Wednesday, but the Huskies still took a 12-5 win. Sandy used three different pitchers in the first three innings and all had control problems.

Sandy got four of its runs in the first, courtesy of a base-clearing triple by Powell. He then scored on Bill Patty's single. John Martin took the loss on the mound for Sandy.

The Pioneers hosted the red-hot Lions of West Linn Saturday, and the visitors posted a 14-5 win. West Linn, which has taken over first place in the Timber Valley League, clouted 18 hits in the game.

After trailing 7-0, Sandy started a rally, but it fell short. Contreras doubled in the fourth and scored on Martin's single.

Contreras then singled in Lund in the fifth after the soph had got a base hit and stole second. Powell knocked in a pair of runs in the seventh with a single.

## Hood college sets spring public hours

The physical education department of Mt Hood Community College has opened its facilities to the public during spring term.

The four handball/tennis courts are available on Mondays and Wednesdays, from 8 to 10 a.m., 2 to 3 p.m., and 5 to 9 p.m.; on Tuesdays and Thursdays, from 8 a.m. to noon and 5 to 9 p.m.; and on Fridays, from 8 to 10 a.m. and 2 to 3 p.m.

The college gymnasium is open for community recreation on Tuesdays and Thursdays from 7 to 9 p.m. The gym will be set up for volleyball on Tuesdays; for basketball on Thursdays.

MHCC's outdoor tennis courts are available from 8 to 9 a.m. Mondays; from 8 to 9 a.m. and 6 to 11 p.m. Wednesdays; and from 8 a.m. to noon, 1 to 3 p.m. and 6 to 11 p.m. on Fridays. The courts are open all day Saturday and Sunday.

For more information on the community recreation program at MHCC, contact recreation director Darlyle Broadword at 667-7351.

## 9-Hole club holds annual luncheon

The Mt. View 9-Hole golf club will hold its spring luncheon Tuesday, May 5 at the Mountain View Club House. It will begin at 1 p.m.

Reservations must be in by April 28. There will be a white elephant gift exchange.

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## In Mt. Hood area

# Recreation season opens

by STEPHEN BUSH  
Post Correspondent

The general opening of trout season this Saturday, April 25, will be followed by a wide variety of spring activities in the Mt. Hood area as the weather improves.

Campgrounds and hiking trails will soon be accessible and climbing on Mt. Hood will begin some time in May.

Day hikes are one of the more popular activities in the area. There are more than 30 trails in the Zigzag District of the Mt. Hood National Forest, ranging from a half mile to 10 miles in length.

The day hikes are rated in three degrees of difficulty. Family trails are recommended for everyone; hiker trails for those who hike regularly; and trekker trails for people who enjoy a challenge. The latter requires day packs, food, water and a jacket.

Some of the more frequently used trails in the Zigzag District include Mirror Lake, Salmon River and the Ramona Falls Loop.

Mirror Lake is a four-mile family trail that takes about three hours to cover. The trailhead is one mile west of Government Camp on a curve where a parking lot is located on the south side of U.S. Highway 26. The trail crosses the bridge on Camp Creek and climbs gradually to Mirror Lake, offering views of Zigzag Valley and Mt. Hood.

The Salmon River trail is a five-mile, five-hour family trip. To reach the trail, drive the Salmon River Road 2.6 miles, just past the national forest boundary sign. The trail follows the Salmon River in lush old growth forest. It is generally flat and comes back to the road in two places. In each case, the trail is a short way down the road.

The Ramona Falls Loop is an eight-mile, eight-hour hiker trail. It is entered from the Lolo Pass Road. The trail is generally flat and follows the Sandy River for about 1.5 miles, with views of Mt. Hood. The trail then crosses the Sandy on a high bridge and the loop begins. It intersects with the Pacific Crest Trail which leads to the falls.

A gravel road at the end of S-25 can be taken to reduce the trail to four miles, but the road is very rough and there is limited parking.

Camping is another popular activity in the Mt. Hood National Forest. There are some 114 campgrounds and an additional 17 picnic grounds in the national forest. All cam-

pgrounds have toilet facilities, a fireplace and a table in each unit.

The more popular campgrounds are Indian Henry, Trillium Lake, Timothy Lake, Clear Lake, Lost Lake, Olallie Lake and Peters.

These campgrounds begin filling up as early as Wednesday for weekend camping during the holiday seasons, according to Herb Evans of the Zigzag Ranger Station.

Climbing Mt. Hood is another popular activity. The Forest Service recommends climbing between May and mid-July on three of the four south side routes to avoid early avalanche danger and later rockfall hazards.

It also recommends a midnight departure for easy walking on firm snow, sunrise scenery and less rockfall danger.

Hogsback, the most climbed of the south side routes, is recommended for beginners and requires a 10 to 12 hour round trip journey. Mazama, a variation of Hogsback, is for slightly more experienced climbers and also takes 10 to 12 hours.

Wy'East and Castle Craggs are for experienced climbers and will take about 12 to 14 hours.

When planning a climb, you should tell someone your destination, route, estimated return time and equipment. Beginners should travel with an experienced leader and take adequate food, clothing and equipment. Beginners should also be in good physical condition.

Persons should never climb alone; a roped party of three is the minimum for safety. Weather conditions can change quickly on the mountain and climbers should register when starting out and returning.

Necessary equipment includes an ice axe, crampons and extra strap, a 120-foot climbing rope, a pack for extra clothing and food, a first aid kit, a minimum of one quart of liquid, a citizens band radio and a topographic map and compass.

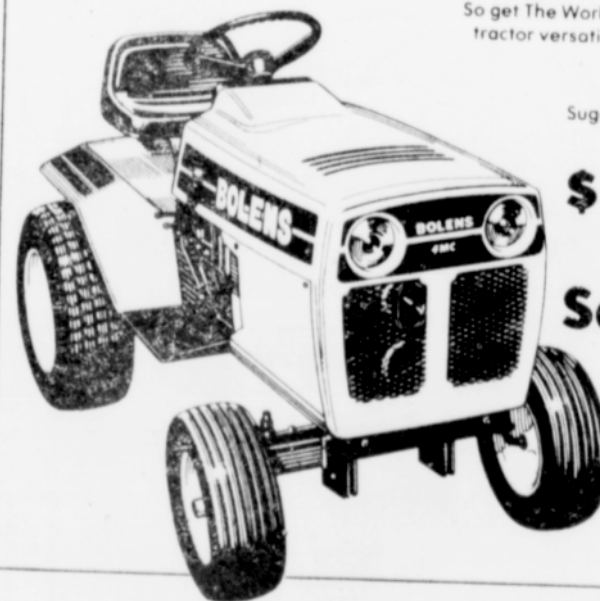
Another popular activity is skiing. Timberline Lodge offers year-round skiing with its Palmer Chairlift, the only resort in the country with such a setup.

In fact, the U.S. Olympic ski team practices in the summer on the slopes of Mt. Hood when the snow cover is sufficient.

For more information on these and other activities, contact the Mt. Hood National Forest at 19559 SE Division in Gresham, 97030.

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