

Yankauskas nabs 3rd in Portland triathlon



Kim Yankauskas

Kim Yankauskas of the Sandy River Hawks Track Club brought home a third-place trophy from the Portland Park Bureau's annual triathlon at Madison High School Wednesday, July 31.

Yankauskas participated in a throwing event, a jumping event and a running event.

What made Yankauskas' feat so impressive was that she had never competed in the events she did at the triathlon.

The meet was set up for sprinters; Yankauskas won The Athletics Congress state title in the 3,000-meter run two years in a row, in 1983 and 1984 and has been one of the state's top cross country runners in the youth girls category.

Her choices for running events were the 100, the 200, or the 400.

Yankauskas decided to enter the meet only one week beforehand, so for six nights in a row, she and Hawks Coach Darold Beymer worked on the 400, the shot put and the long jump, sometimes until after dark.

Yankauskas showed her "big-city rivals" what hard work will do by taking second in the shot put, the long jump and the 400, totalling enough points for third place.

Caddis larvae natural bait for both lakes and streams

by HERB WILLIAMS

Caddis larvae or case worms are one of our best natural baits for both lakes and streams. They're also relatively easy to pick up.

You can spot them by the shell they make of small pebbles, sticks and other debris from the stream bottom, which they've stuck together with a glue-like secretion. Trout know how to spot them and swallow them, case and all.

For the best angling results, take them out of their cases and thread carefully on a small hook that matches the size of the larvae. Start from the head and bring the hook out the anal opening. Be careful not to puncture the body.

You can pick them up by sweeping your hand over the bottom where you can see them, or by turning over rocks which are out of the main current. They're camouflaged well, and at first it's easy to look right past them.

Use them as you would a single egg, drifting them in a stream with as light a sinker as possible. In lakes, they are fantastic bait.

Early in the season they tend toward light cream, then darken to deep yellow with black feet and head. In the fall, they switch back to lighter shades. Keep them alive by carrying them in something

damp, such as vegetation from the stream. They will drown in water that runs out of oxygen.

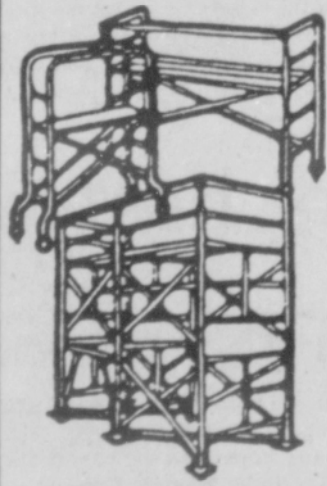
RENT and SAVE

Rent the Right Tool and Save Time, Work, Money

Stay on top of do-it-yourself job with our easy-to-assemble scaffolding

B & R RENTAL
14601 SE Orient Dr.
Corner of Kelso & Orient

668-5915 OPEN 7 DAYS



Welches team grabs 4th in state

The Alpine Sliders from Welches took fourth place in the Senior B girls state softball tournament July 27-28.

After going 13-1-1 in the regular season, the team swept its district tournament and went 4-2 at state to grab fourth out of 18 teams.

"They did a really good job," said Coach Greg Hill. "They had problems at times... (it took) time to get together."

The Sliders, sponsored by Mirror Mountain, were led by Jenni Scott, catcher/shortstop; Alison Lake, pitcher; Donna Spencer, centerfield ("she held things together out there," said Hill); and Deanna Collins, shortstop/catcher.

Hwy. 26, Sandy

668-8058

PAOLA'S PIZZA BARN

Congratulations to KIM YANKAUSKAS

Kim is prep of the week.

Kim recently participated in the Portland Parks Bureau triathlon last week, bringing home a beautiful third-place trophy. Normally a distance runner, Kim had to run the 400-meter dash, throw the shot put and compete in the long jump.

Way to go, Kim!



Enjoy great pizzas & good times at Paola's!



Used Car

PARADE OF VALUES

SEE IN TODAY'S
Golden Nugget Classified

Tires LES SCHWAB

VACATION VALUES

Tires to match your plans

PREMIUM MAJOR BRAND STEEL RADIAL

"Boxcar Savings Continue at Les Schwab"

We have purchased over 150,000 Premium Steel Radial Tires in a one-time order contract with a major American tire company. These tires are being shipped to our stores now and represent great savings on high quality tires for our customer. We back them with our own service and warranty policy.

EXTRA PROTECTION AT NO EXTRA COST

- Free Road Hazard Warranty
- Free Air Check anytime
- Free Rotation • Free Mounting
- Free Flat Repair (Passenger Cars Only)
- Free Rebalance

ROAD HUGGER

- Performance Radial
- Steel Belted
- New All-Season Tread Design

53⁰¹ P175/70SR13
60 and 70 Series

Chrome Modular II			
13x5.5	35.12	15x10	50.45
14x6	36.48	16x7	54.24
14x7	37.59	16.5x8.25	58.49
15x7	39.57	16.5x9.75	65.17
15x8	41.92		

Gold Modular II			
13x5.5	33.68	15x10	46.62
14x6	34.96	16x7	51.48
14x7	36.40	16.5x8.25	54.78
15x7	36.65	16.5x9.75	61.38
15x8	39.37		

Black & Chrome Modular II			
13x5.5	33.68	15x10	46.62
14x6	34.96	16x7	51.48
14x7	36.40	16.5x8.25	54.78
15x7	36.65	16.5x9.75	61.38
15x8	39.37		

\$5 more if no exchange

Tires LES SCHWAB

Use Our In-Store Les Schwab Credit Plan **666-9496**

390 E. BURNSIDE 666-9496

Use Our In-Store Les Schwab Credit Plan **666-9496**

Visa MasterCard

FOR 15 YEARS THE NORTHWEST'S PREMIER VALUE CONTRACTOR IN

CUSTOM HOMEBUILDING

ON YOUR LAND

ADAIR HOMES INC. — YOUR FULL-SERVICE BUILDER

SOLAR DESIGNS 10 YR WARRANTY CUSTOMER SERVICE 15 YR VETERAN
DESIGN SERVICE STANDARD PLANS CUSTOM PLANS COMPLETE OR
FINANCING ENERGY SMART "ON YOUR LAND" SHELL
QUALITY CONTROL THERMAL-BREAK SPECIALISTS LAND ACQUISITION
WALL SYSTEMS SUPER STAFF

* PRICE CAN VARY WITH LOCATION, APPLICABLE TAXES AND ANY SPECIAL CONSTRUCTION REQUIREMENTS.

\$19—\$26 / SQ. FT.!

HOMEBUILDING THROUGHOUT MOST OF WASHINGTON AND OREGON

VISIT OUR MODEL HOME Open Daily 10-6

ADAIR HOMES, INC.
1111 S.W. 170th
Beaverton, OR 97006
(503) 645-3547

ADAIR OFFICES IN OLYMPIA, BEAVERTON, BEND

Send for FREE BROCHURE!

Name _____
Address _____
Phone _____
I have property located at _____
I plan to build in 19 _____

ADAIR HOMES INC.
1111 S.W. 170th • Beaverton, OR 97006