

Black bear management plan gains approval

Commission approves bear plan — Future black bear management and research programs now have a framework that will set priorities and provide direction for years to come.

The Black Bear Management Plan, adopted July 17 by the Oregon Fish and Wildlife Commission, is a "dynamic" document that identifies concerns and needs for bear management, said Wildlife Division chief Ralph Denney.

Commissioners called the document "a good start" and instructed wildlife staff biologists to develop cost estimates and seek opportunities for expanded bear research. This could include a mandatory reporting requirement for successful bear hunters, as well as cooperative research projects.

The plan calls for elimination of the summer bear pursuit season in 1988 and sets an Aug. 1 through Nov. 30

Outdoors

framework for the general bear hunting season.

Actual bear seasons adopted, beginning in 1988, would not necessarily cover the entire August-to-November period. The 1987 season runs from Aug. 22 through Nov. 30.

The commission and the wildlife staff emphasized that changes in and additions to the plan are likely over the next few years as more information becomes available.

The department will explore starting a comprehensive research effort in cooperation with Oregon State University and timber companies. Denney noted that private donations would be accepted to help fund the work. He also welcomed ideas from interested people on what that research program should include.

Dove and pigeon seasons set — A continued decline in the number of band-tailed pigeons and mourning doves migrating through Oregon has forced adoption of more conservative hunting seasons for 1987.

The Oregon Fish and Wildlife Commission approved seasons that included reduced hunting time and bag limit for pigeons, and a lower bag for doves.

Dove season will still have the traditional Sept. 1 opening statewide and will run through Sept. 30. But the daily bag limit has been lowered to 10 birds with 20 in possession.

Pigeon season will not start concurrent with the dove opener as in past years. That season will now begin Sept. 7 and continue through Sept. 22. The daily bag will be four birds with four in possession.

Hunter education class signups — Oregon law requires that young people under the age of 18 pass a 10-hour

hunter education course before going afield to hunt. With bowhunting and other seasons less than one month away, now is the time to sign up for a class, says Department of Fish and Wildlife Hunter Education Coordinator Bill Hastie.

"We have almost 1,000 volunteer instructors statewide who teach these courses. Most of these instructors hold classes between mid-July and mid-September. So now is the best time for people to find a course in their area," Hastie said.

Each instructor chooses when and where to hold a class, and also how that class will be scheduled to cover the required 10 hours of instruction. Students should allow at least two weeks to complete the course and register no later than one week before the course begins, says Hastie.

For an update on classes available in the Portland metropolitan area,

call 229-6666 for a recorded listing. Outside Portland, contact local Department of Fish and Wildlife offices, community colleges and parks and recreation offices.

Hastie encourages parents to attend classes with their children. "Sharing the experience with the children shows support and the parents may even learn some things they didn't know."

The course, developed by the Department of Fish and Wildlife, covers a variety of topics, including: firearm safety, hunter responsibility, basics of wildlife management and outdoor survival instruction.

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Exercise can benefit heart, muscles

Fitness Forum is a series of columns, written by George Allen, chairman of the President's Council on Physical Fitness and Sports. The articles will appear occasionally in The Sandy Post.

by **GEORGE ALLEN**
Fitness Forum columnist

There's no doubt about it. Every year, more and more Americans participate in sports and fitness activities. They have many goals: improved fitness, weight loss, more energy, better health or to improve in their favorite sport.

Yet, when surveys report on the number of people who exercise regularly at levels vigorous enough to achieve these goals, the number of true participants drops. You see, it takes a little more than just a weekly game of tennis or an occasional swim to become fit.

First, to improve the fitness of your heart and lungs, it is necessary to do some form of cardiorespiratory en-

Fitness forum

duration exercise at least three times each week for a minimum of 20 minutes each workout. This form of exercise, known as aerobic exercise, uses large muscle groups and requires a lot of oxygen. As your heart pumps hard to bring oxygen and nutrients to your muscles, it gets stronger and healthier. Some popular aerobic exercises are walking, jogging, swimming, aerobic dancing, cycling and cross-country skiing.

Muscular strengthening exercises also are important. Strong muscles are less likely to be injured and they make it easier to do endurance exercises for extended periods of time. Also, strong abdominal muscles help prevent lower back pain, which is a common problem today.

The most popular way to build strength is with your equipment. Muscle strength is increased when

you make a muscle group work harder than it normally does. This usually means performing an exercise eight to 10 times (this equals one set) and doing a total of three sets with a brief rest between each one.

For some people, a two-pound hand weight will be all they can manage. Stronger people will require a heavier weight. The important thing to remember is to choose the weight and equipment that is right for you. It's always good to get some expert help when you're just beginning.

I recommend a minimum of two 20-minute sessions of strengthening exercises a week. Three or four are fine, as long as you don't do all your workouts consecutively. Your muscles need at least 24 hours to recuperate from a strength workout.

Exercises such as pushups, situps and leg raises build muscle endurance, which is the ability to repeat a movement requiring strength over and over again without resting. Muscular strength and

muscular endurance are closely related. You must achieve a certain degree of strength to have high levels of endurance.

Finally, no program is complete without flexibility exercises. Stretching all the major muscle groups on a daily basis is important to ease such health problems as lower back pain and possibly arthritis. When your muscles and joints are flexible, you are less likely to get injured and you will feel better overall.

Always remember to warm up your body before doing any type of vigorous exercise or before you do your stretches. Walking in place, arm circles, knee lifts and other limbering exercises raise the temperature of your muscles and make it easier, and safer, for you to do your workout, gradually come to a stop so that you don't put too much stress on your heart. Stretch as part of your "cool-down" also, to relax your muscles and help improve flexibility.

Sports roundup

Hunter safety course offered

A hunter safety course will be offered starting Aug. 3 at the Gresham Gun Club.

The course is required for children up to age 18 before they can go hunting. The 15-hour course also is open to adults.

To register for the \$2 course, call Richard Wolff at 667-6644 or Jerry Skanes at 695-2145.

Prefontaine Run set for Sept. 19

Applications are available for the eighth annual Prefontaine Memorial Run Sept. 19 in Coos Bay.

The 10,000-meter road run will begin at 10 a.m. and is held in conjunction with the Bay Area Fun Festival, Coos Bay's annual community celebration.

Entry fee is \$8 prior to Sept. 14 and

\$9 after that date. Registration forms are available in many sporting goods stores.

Forms also can be obtained by writing to the Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, 97420. Or you can call toll free from Oregon 1-800-762-6278.

Steve Prefontaine was a star distance runner for the University of Oregon who was killed in a single-car accident. He graduated from Marshfield High School in Coos Bay.

NASCAR races at Speedway

The largest NASCAR Winston racing program in Oregon history will be Friday through Sunday at the Portland Speedway, 9727 North Union Ave.

Called the "Asphalt Connection," the three-day show features the Winston Racing Series stock cars at 8 p.m. Friday, the NASCAR Winston Northwest Tour Grand Americans at 5:15 p.m. Saturday, and the Winston

Cup Series at 3:30 p.m. Sunday.

The Sunday race features driver Hershel McGriff, the former Bridal Veil resident who is four points out of the lead in the current series standings. Spokane's Chad Little leads the points race.

For ticket information, call the Portland Speedway at 285-2883.

Top greyhounds upset at MKC

The winningest greyhounds this season at the Multnomah Kennel Club in Wood Village were each defeated when they got caught in a jam on the first turn Friday in the featured ninth race.

Ben G Speedboat still recovered to capture third place, but Iza Mop N Time finished out of the money in sixth place. Sunnyside Pup won the 550-yard race in 31.16 seconds while My Larry O took second.

Speedboat has 11 wins in 16 starts this season while Mop N Time has 10 wins in 17 starts. Speedboat will race again Friday at the MKC before leaving for the All-American Invitational Aug. 8 in Denver, Colo.

Meanwhile, the final qualifying round for Saturday's Oregon Bred Sprint Stake is tonight at the MKC when a field of 18 greyhounds will be narrowed to nine.

Sunnyside Pup, which defeated Speedboat, is one of six early

favorites expected to qualify for the Oregon Bred.

Paola's seeks former players

Former Paola's Pizza Barn American Legion baseball players are wanted to play in the annual Alumni games Monday at the Mt. Hood Community College field.

A five-inning game at 6 p.m. will feature former players who no longer compete in baseball. A seven-inning game will follow with those still active in baseball taking on the Paola's club.

Those interested in playing can attend a batting practice at 5 p.m. Monday at MHCC. For more information, call Mick Ellett.

Randolph with Angels team

Scott Randolph, who pitched last spring for Mt. Hood Community College, is 2-1 so far this season with the Salem team in the rookie Northwest League.

Randolph was drafted this year by the California Angels.

A graduate of North Valley High School, Randolph pitched one season for the Saints and compiled a 4-2 record.



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PAOLA'S PIZZA BARN



Jason Nail is prep of the week.

He led the team in hitting with a .286 average, hit two home runs and had 10 RBIs. He also won two games as the pitcher for the Paola's Pioneers baseball team. "In the last half of the season he did a super job offensively and on the mound," said Coach Bob D'Abov.

Congratulations, Jason!

Enjoy great pizzas & good times at Paola's!

Same crime, different punishment

SEVEN DEATHS, SEVEN DEALS

What started as a homicide in Detroit triggered an investigation into the inequities and injustices being committed in the courts throughout the state of Michigan.

Records showed similar crimes did not receive similar punishment. And proved punishment rested more on a judge's philosophy than on the crime committed.

Within days after the publication of a story that documented this information, the Michigan Supreme Court made some changes. Changes that wouldn't have occurred if a few reporters at a Detroit newspaper hadn't been looking for a story.

It's an example of how individual rights can be protected when the public is kept informed.

It's an example of how a free press works in a free society. And what could go on without it.

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