



Sports Talk

by Ron Sykes
Sports Editor

The 24th edition of the Far West Classic unfolded last Tuesday night with the favorite OSU Beavers facing the Idaho Vandals. OSU will send some talented players into the contest, but one certain to emerge as a strong all-tourney guard is Mark Jeffrey Radford, 6-4, 189 lbs., 20 years old (Grant, Portland). Mark has been selected the past two years in a row on the Pac 10 honorable mention all-conference list. . . . He teams up with Ray Blume to give the Beavers one of the outstanding collegiate guard tandems in the nation. . . . Mark was selected along with teammate Steve Johnson, last year to play on the USA team that toured China and Europe. . . . He was also selected honorable mention all coast by UPI. . . . Radford has been very consistent during his initial two seasons at OSU.

Mark scored consistently in the 20s during his playing days at Grant, but while starting every game since his Frosh season, the 6-4 student has yet to score 20 points or more for OSU. Radford is a deadly shooter but has toned down his offense to concentrate most of his energy toward defense and team play.

Radford has definite pro qualities. In fact Boston's then coach Dave Cowens on a scouting mission last year to see a Washington State player was impressed with Radford and said, "I can't believe that guy [Radford] is only a sophomore."

The Boston red-head was quite impressed with Mark's overall game.

But don't concede this 24th classic to the highly ranked Beavers. Remember Clemson from the always tough Atlantic Coast Conference, with that big front wall, 6-10, 6-10, and 6-10. That's a lot of beef for a college team. Oregon's Ducks under second year coach Jim Harvey will only survive the first round and that against North Carolina. Charlotte is not a shoo-in. Give it to the Ducks by 3 points. If Harvey ever wakes up and starts his best guards Richard Wright and Barry Walker, then the young Ducks just might begin to show some potential. Harvey has yet to play the pair together for any time at all.



Mark Radford, OSU's talented guard, goes for the ball.

Richard Wright, the 5-9 transfer from Old Dominion has shown steady improvement and adds both speed and outside shooting to the Duck attack. Wright and Walker could become a dynamic duo.

NFL playoffs this weekend. . . . Take Dallas over Rams. Steelers easily over Dolphins. Philadelphia to whip Tampa by six. Take San Diego to beat an injury-ridden Oiler team.

When will Coach Jack Ramsey return Lionel Hollins to his rightful place in the starting lineup? And when will he finally realize that Abdul Jeelani is more productive than the current Bobby Gross? And when will Kevin Kunnert return?—he is really missed now and will be valuable down the stretch to relieve a tiring Tom Owens. And when will this NBA madness ever end? See you next year. To all my readers, "Have a happy one."

Fuelish questions

Right or wrong?

To save gas, it's best to:

--Turn on the air-conditioner rather than open the car windows.

--Warm up your engine for only 30 seconds before driving off.

Right, on both counts.

According to the U.S. Department of Energy, it's more fuel-efficient to turn on air-conditioners in late-model cars rather than open the windows. At speeds of 40 m.p.h. or more, the wind drag from open windows results in more gas consumption than using the air-conditioner.

Warm engines do perform best, but keeping an engine running for more than 30 seconds does no good. It takes 20 minutes of warming up to reach maximum efficiency. It's better to keep the engine only running a half-minute or so before you drive off. The engine warms up as you

drive.

Short trips of five miles or less amount for 15 percent of the mileage on U.S. cars, but consume over 30 percent of the gas. Why? Because the trip is over before the engine begins to operate at peak efficiency.

In its "Drive for Conservation," the Energy Department is sponsoring a travelling exhibit that will visit 125 cities over the next year. Visitors can climb into a car mounted on a special platform and follow audio-taped instructions that show how to cut gas consumption dramatically.

Conserving gas not only saves money but also curbs car exhaust, a major cause of air pollution, says the Oregon Lung Association. To continue the fight against pollution and lung disease, answer your Christmas Seal letter. It's a matter of life and breath.

Play ping pong for exercise and fun

It's the season of holly, mistletoe and ping pong tables.

Jim Scott, coach of the Portland Community College men's table tennis team, thinks more people may be buying table tennis sets and starting to learn the game in December than any other time of the year.

Scott has a few tips on equipment and how to play the game:

- Don't think it isn't a tough sport. Scott loses five pounds in three hours of play every Wednesday evening.

- A table that folds away will probably be used more than one that doesn't because it won't get loaded down as a catch-all table for other hobby equipment.

- The thicker the table, the higher the ball will bounce when it hits. Scott suggests buying regulation 3/4 inch thick tables rather than the thinner ones.

- An adequate home table can be made using sawhorses to hold a sheet of 3/4 inch plywood.

- Table tennis rackets with sandpaper fronts and backs are inexpensive but they are illegal in tournament play. Buy a racquet, paddle or bat (those are all correct names) with rubber cushioned by a thin layer of sponge for a quieter game and higher bounces.

- Wear comfortable, non-skid shoes when playing will make one less likely to slip and able to play longer.

- Inexpensive ping pong balls cost more in the long run because they crack if they are hit hard, as in a slam play.

Scott has been teaching table tennis classes at PCC for the past seven years, as well as coaching. "Recreation should be the main reason to play table tennis for most people", Scott said. "It's fun, but you can get a lot of exercise."

"A tough game can be so grueling that I lose about five pounds each night I play," Scott said table tennis builds muscles in the playing arm and wrist, both shoulders and in the calf muscles of the legs, and, if players assume the correct posture, in the waist.

"To get exercise in the game you have to play to win. If you stand there with both feet flat on the floor and don't move around then you won't get any exercise and you'll probably get bored with table tennis, too."

Scott said players should crouch near the table with bent knees ready to move laterally to get into a good position to meet the ball.

"You don't want to be reaching way out for the ball, but to move with the ball."

Scott recommends any book by former national champion Dick Miles as a guide to improving home table tennis play.

A course in table tennis taught by Scott will be offered winter and spring term at the Sylvania Center beginning Monday, January 7th from 7:00 to 9:00 p.m.

A good sport for persons of all ages, Scott's oldest student was 65 years old and seven and eight year olds have accompanied their parents to the class.

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