

Study Indicates Vigorous Action Cuts Body Fats

Salem—(UPI)—Golf, tennis and cross country running cut down body fats thought to be a cause of heart disease, a college professor who made an unusual, year-long study of 133 students said Thursday.

Borst, Saller Top Golf Meet

Eugene—Mrs. R. L. Borst, Portland Golf club, playing here on Wednesday, topped the Oregon Women's Golf association sweepstakes field for the second day in a row.

But the Portlander, who had low gross count on Tuesday at Medford, this time had company. Mrs. Borst and Mrs. Fred Saller, Oswego, tied for low card Wednesday with 82s in the championship division.

Other results were:

Championship division—First low gross, Mrs. Maurice Fitzsimmons, Salem, 75; tie for second low gross, Mrs. Robert Carter, Oswego, and Mrs. Stephen Emery, Columbia-Edgewater, each 78.

Class A—Low gross, Mrs. Fred Carlson, Eugene, 92; tie for first low net, Mrs. John W. Bishop, Eugene, and Mrs. Clifford Ellis, and Mrs. Merritt Truax, both Illahue, each 79; tie for second low net, Mrs. Robert Martin and Mrs. Ralph A. Neubart, both Riverside and each 80.

Class B—Low gross, Mrs. Earl E. Neufeld, Eugene, 92; tie for first low net, Mrs. Ray Myers, Riverside, 75; second low net, Mrs. Harold Brainerd, Springfield, and Mrs. John W. Davis, Columbia-Edgewater, each 78.

Class C—Low gross, Mrs. Frank Isaac, Eugene, 99; tie for first low net, Mrs. Merle Titus, Salem, Mrs. Jim Matychuk, Eugene, and Mrs. John O. Winds, Riverside, each 80; second low net, Mrs. Bev. Marlett and Mrs. Bruce Piner, both Eugene, and Mrs. L. W. Thatcher, Columbia-Edgewater, each 81.

The 133 students who took part were in seven groups—one for each of the sports and one which did no exercising at all. The exercisers worked out one hour a day three times a week.

BSC counts in the group which performed no activity were moderately but steadily up, Campbell said.

Sprint Racers Will Try Again

Portland-Indianapolis sprint cars, victims of bad weather at their two previous scheduled auto racing events, try once again to inaugurate their 1962 season Sunday afternoon at the Portland speedway.

A top field of over 20 of the "sprinters" from Oregon, Washington and Western Canada will go into action when time trials get underway at 1:30 p.m. First of the six racing events starts at 2:30 o'clock.

A top field of veteran pilots will be out to unseat Bob Gregg, the 1961 Northwest title holder with top threats coming from Ernie Koch, the former national driving ace, Art Pollard, of Medford, the prize rookie, as well as Cliff Spaulding, Bob McLees, Mike Morrissey, Howard Osborne, Bill Hyde, Paul Pold, Ray Wearne and Canadian aces Eddie Kostanek and Ray Pottinger.

THE "TIGER CUB"

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Model T20 5, 4 cycle O.H.V. single cylinder (200 c.c.) engine. Developed especially for American type bumbles, cross country, and professional lightweight racing, the Tiger Cub embraces a specification of unbeatable value. With engine features including 9:1 compression ratio piston, high pressure piston rings, sports type cylinder head with overize inlet valve, and large port and racing valve springs, this sporting model is the top competition lightweight available anywhere. \$539.00.

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Sports Bulletin

New York—(UPI)—The New York state athletic commission today denied a boxer's license to Sonny Liston, 28, thus upsetting prospects for holding Liston's September title fight against Floyd Patterson in New York.

Anti-Trust Suit Goes To Referee

Baltimore—(UPI)—The American Football League's scrimmage with the National Football League in federal court—was all over but a decision from the referee.

But Judge Roszel Thomsen said it would not be until May or June before he hands down a decision in the AFL's anti-trust suit against the NFL. Final arguments in the case, in which the now two-year-old AFL charges its older brother with seeking to monopolize professional football, were completed Thursday.

The case was resumed before Judge Thomsen, who heard it without a jury, Wednesday after a recess from March 29. The final arguments were heard Wednesday and Thursday.

The judge said his decision will deal solely with liability, or lack of it, on the part of the NFL. If the NFL is found guilty of monopolistic practices as charged, future hearings will be necessary to determine the damage in dollars.

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SPORTS

Woods, Water, Wildlife

By Hank DeVoss

Opening day of trout fishing in southern Oregon was an exciting affair that lasted longer than the 24 hours normally found in other days. It really began on Friday night when many anglers made an early start for their favorite fishing spot so that they would avoid the crowd that was going up at the same time. The end of opening day was sometime on Sunday night when most anglers decided to go back to the work that makes opening day so enjoyable.

WHAT HAPPENED? Opening days of trout seasons are very similar in that certain incidents and situations are sure to occur every year. You can count on this as surely as you can count on fishermen being people.

Whether or not these happenings are enjoyable or catastrophic depends on your being an observer or a participant. It could be reasoned that the basis for almost all such incidents and situations is due to the fact that most fishermen are going to try to catch as many fish as possible, and this should be at least a limit. Many strange things happen to achieve this goal.

THE "HOT SPOT" Without a fundamental belief in the "Hot Spot" there would be no concentrations of fishermen such as are seen on opening day. Let a bank fisherman catch a couple of fish in rapid succession and there is a noticeable thickening of human mass on each side of him. Some neighbors will accidentally catch in the same spot he is fishing, and will leave only if no fish are forthcoming. The fish catcher can be fairly sure that his right to where he is standing will not be challenged, but he mustn't move too far from it at any time. This circumstance is known as "crowding," and is resorted to by those who cannot make a long cast from some distance away and by those who think luck will rub off if you're close enough.

'HI NEIGHBOR' In the boats there is a similar situation when an anchored boat contains people who are jumping up and down with rods bent into envious curves and fish thrashing on top of the water. The joyous shouts of those in such a boat seem to attract many friendly people who like to anchor beside them and enjoy with them. As things start getting crowded around the original boat there is less gaiety coming from it, but maybe it's because there are so many to share it with. Or it could be because of the quiet desperation of those who are anchoring a couple of feet away.

WHAT'S GOOD? Those enterprising and trusting souls who ask the successful fisherman for information are bound to get one of several answers. These range from the assumption of total deafness of the person asked, mainly because there is no answer; to the answer that the fish were caught on an "abalone killer," which is a subtle way of saying "I wouldn't tell you if you were starving to death." This gives a strong case for the belief that if all fishermen weren't liars, there wouldn't be many fish left.

THE ANGLER'S LOG Although it might be expected to forecast that fishing will be better this coming week end, the weatherman is predicting colder weather, which will slow the fishing down to less than the spectacular show it has been. It is really surprising how large trout can get to be in the hands of most fishermen. (That can be taken either way and still work.)

Emigrant Lake—Was a surprise to those who thought it might be good fishing up the Emigrant creek arm of the lake. It was good. There were several fairly large fish taken, although there weren't the limit catches that were so common at other lakes.

Fish Lake—Had some very good fishing on opening day. Rainbow were running from 10 to 15 inches. Brook trout were sized from 6 to 13 inches. There were plenty of limit catches with most success going to the stillfisherman. Best results were achieved with eggs or worms. The water is pretty cold and the lake is expected to fill as the snow cover melts down.

Howard Prairie Lake—Was the spectacular spot for sheer numbers of fish taken. The size range was from 6 to 18

inches with most fish going 10 to 14 inches. Bank fishermen were having good luck if they didn't go too deep with eggs or worms. Spawners were being caught by those fishing around the creek mouth. There are those fishermen who will take any kind of fish, even if it wiggles only a little bit.

Hyatt Lake—Was producing good fishing for fat rainbow up to 18 inches long. This is a lake very rich in plant food for the fish and they have a remarkable growth rate. It may be a good thing that it will become a spiny ray fishery; having to choose between Hyatt and Howard Prairie would be a tough decision to have to make. Eggs and worms will do the trick.

Squaw Lakes—Produced its usual quota of many 10 inchers with a few going up to 18 inches. There were a few catfish and cutthroat to keep it from a full rainbow harvest. Eggs and worms were doing the scoring.

Willow Lake—Was hotter than a pistol. It is estimated that 75 per cent of the fishermen walked away with their limits. Rainbow ran from 8 to 15 inches with the biggest measuring 21. Bank and boat fishermen using eggs or worms had a field day.

THE OPTIMIST'S CORNER The spring salmon run hasn't been anything to get excited about as yet, but we can always hope that the reason is cold, cold water. Reports from the mouth of the Rogue haven't been too optimistic as an indication of a big run on the way. The fact of high, muddy water may be the difference that is covering up some facts that may sneak up on us any day now. Lots of salmon facts. I hope.

GOOD LUCK!

Mets Want Sam Taylor

New York—(UPI)—The New York Mets were waiting for word today whether catcher Sammy Taylor will "take the job" as their first-string catcher.

The Mets "acquired" Taylor from the Chicago Cubs in exchange for outfielder Bobby Gene Smith Thursday but it's still not clear whether Sammy will run them or run out of baseball. Taylor quit the Cubs Tuesday with the announcement that the club doesn't pay him enough to live comfortably in Chicago.

The Mets are "hurting for catching strength because the three receivers they have used so far this season have made a total of five hits in 38 times at bat. Taylor, 29, is currently in his Woodruff, S.C., home.

Powell Victor In Ring Return

San Diego, Calif.—(UPI)—Heavyweight Charley Powell, the professional football player turned boxer, made a triumphant return to the ring Thursday night with a second round knockout over Gerald Gaines of Los Angeles in a scheduled 10-round bout at the Coliseum.

Powell, a defensive end for the Oakland Raiders for the past two years, weighed a hefty 228 pounds but his punches were crisp and hard and he floored Gaines, 210, for the count with a bruising left, right, left combination.

Powell said after the bout he was quitting football for good. He tried his hand at boxing once before with some success and went back to the gridiron.

"This is it," said the jubilant Powell. "I'm through with football. At 29 years of age there is no turning back."

Grange Notes

Upper Applegate Grange Preceding the regular meeting of Upper Applegate Grange Friday, April 27, there will be a 6:30 p.m. potluck dinner featuring home economic club chairman Dana Gerhardt's spaghetti. Home-made rolls will be supplied by women of the Grange.

A showing of the film, "Rogue River Country," is being arranged by Martin Grier, agriculture chairman. Both will be open to the public.

Those planning to attend the dinner are to take either a salad or a dessert and their own table service.

Grange members are reminded that balloting for state officers will be held during the meeting which is scheduled to open at 8 p.m.

SO Raiders Have Six OCC Bests

Portland—Tom Cook of Portland State and Ralph Kilham of Oregon College of Education recorded the only changes in Oregon Collegiate Conference track and field "bests" over the week end.

Cook's 4:31 mile moved him to the top of the best three rankings for the first time this season. He replaced Jerry Arndt of SOC, who has a 4:32.

Kilham, OCE's top distance star, replaced Cook as the fastest two miler in the OCC as the best Cook on the month-mouth track with a fine 9:33.1. Cook retained his second place ranking but improved his time to 9:33.8.

Portland State and Southern Oregon each are represented by six top efforts on the conference list. Eastern Oregon has two and OCE the other best effort.

SOC's Doyle Branson leads in three events—100, 220 and broad jump. Other SOC leaders are Jerry Arndt in the 880, Mike Hanly in the pole vault and Fred Thomas in the high jump. Eastern Oregon's Lewis Thorne leads both hurdle events.

Portland State has the top mile relay time, as well as Stan Miller in the 440, Loren Remy in the discus and shot put and Steve Curtis in the javelin.

Best marks in the OCC this year follow:

100—Doyle Branson, SOC, 9.9; Fred Thomas, SOC, 10.9; Stan Spisto, SOC, 10.1.

220—Branson, SOC, 22.2; Thomas, SOC, 22.4; Doyle Branson, SOC, 23.0; Jeff Seichter, PSC, 23.0.

440—Stan Miller, PSC, 50.0; Doyle Branson, SOC, 50.8.

880—Jerry Arndt, SOC, 1:59.5; Harold Haugen, SOC, 1:59.6; Jeff Hill, PSC, 2:00.7.

1 mile—Tom Cook, SOC, 4:31.1; Mike Hanly, SOC, 4:32.0; Baugon, SOC, 4:34.1.

2 mile—Ralph Kilham, OCE, 9:33.1; Cook, PSC, 9:33.8; Arndt, SOC, 10:10.5.

High hurdles—Thorne, OCE, 14.5; Bill White, SOC, 15.2; Howard Hartman, SOC, 15.3.

Low hurdles—Thorne, OCE, 23.4; White, SOC, 24.4; Hartman, SOC, 24.4.

Mile relay—Portland State (Arndt, Hanly, Seichter, Hill) 3:25.3; Southern Oregon (Graham, Branson, Seichter, Hanly) 3:28.0; Eastern Oregon, 3:32.6.

Pole vault—Mike Hanly, SOC, 13-0; Spike Gordon, SOC, 13-6; Art Morland, PSC, 12-4.

Broad jump—Doyle Branson, SOC, 22-3; Cox, PSC, 21-10; Thomas, SOC, 21-5; Spisto, PSC, 21-5.

High jump—Thomas, SOC, 6-3; Wayne Dennis, 6-1; Bob Purkeypile, PSC, 6-0.4.

Discus—Loren Remy, PSC, 46-2; Miller, PSC, 135-8; Norm Johns, OTL, 135-7.

Shot put—Remy, PSC, 50-5; Jim Madden, OTL, 46-8; Baker, SOC, 42-4; Mike Hanly, SOC, 41-1.

Javelin—Steve Curtis, PSC, 218-11; Jim Cockran, PSC, 197-0; Miller, PSC, 185-6.

4-H NEWS

Mixers and Stitches At the Mixers and Stitches 4-H club meeting we worked again on our scissors cases. For refreshment, we had lemonade served by our leader, Mrs. Arnold Paradis.

Christine Patusich, Reporter.

Antelope Club The monthly meeting of the Antelope 4-H club was held Saturday, April 14 at the Eagle Point Community hall.

The meeting was called to order by the president, Rick Anderson. The minutes were read by Donna Geren and approved as read. Rick Anderson appointed a committee for our tour of all 4-H projects on May 5. The committee was Ron Anderson, Jerry Hansen, Jennifer Nevin, Karen Jossy and Rick Anderson.

The meeting was a box social. We made a little over \$200. The money will be used to buy ribbons and prizes at our prefall. Bob Bever's auctioning the boxes was greatly appreciated.

Guests at this meeting were Mr. and Mrs. Henry Owens and Mrs. Ethel Stinson.

Our next meeting will be May 5.

Jerry Hansen, Reporter.

Smart Cookies The Smart Cookies 4-H Cooking club held their meeting at Mrs. Rick's home. Colleen Franck gave a demonstration on how to measure solids and liquids. She also judged our brownies and muffins.

John Gilham, Reporter.

MEMORIAL TALKED New Brunswick, N.J.—(UPI)—A proposal to build a memorial at the football Hall of Fame to the late Bob Neyland coach at the University of Tennessee, will be considered in a few weeks. Gould Martin, executive secretary of the National Football Foundation, which will run the Hall of Fame when it is built, said today that the executive committee would meet in New York City, at the foundation's offices, to discuss the memorial.

HURRY! HURRY! Hubbard Bros. BIG SALE Ends Tomorrow

BOWLING

MAJESTIC SCHATCH (Class B) 10-10 1. E. Baker 374, Thunderbolt Market (10-10) 2. C. P. Conquest 188.

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