

Practice in Boise Is No Stopper For Three Swimmers



MARK, LISA AND MATT ROSE are exceptional swimmers from Nyssa. They swim 6,000-8,000 yards a day, a total which is bound to increase as they swim through the next few years.

By Lake Puett

Serious dedication and parental support are the keys to many things, especially for Mark, Matt and Lisa Rose. The children of Mr. and Mrs. Ray Rankin of Nyssa, these are three swimmers who are exceptionally competitive. Faced with a year-around swim team no closer than Boise, they practice there almost every day. Mark and Matt, twins, began swimming at the age of two and Lisa at five. Mrs. Rankin taught them and they became avid waterlovers.

Lisa is now twelve, Matt and Mark, 8, and they all swim 6,000-8,000 yards a day.

The three are members of the Boise YMCA team and swim in competitive meets each week. The team swims during the entire year, with about one meet each month during the winter.

Mr. Rankin sees the turning point in their competitive swimming as occurring between Christmas and New Years, at the turn of this year. The twins, coached by Mr. Rankin, swam in the Kearns Holiday Open meet in

Salt Lake City. Matt placed sixth in an event, while Mark won three third-place awards and, according to their most emphatic booster, Mr. Rankin, the coaches at that meet were amazed at the boys' ability, but saw their lack of technical training.

It was then that coaches from Boise, Blackfoot and other teams, realizing the promise of the twin swimmers, began to try and recruit them for training.

Matt and Mark then decided to begin swimming throughout the year and joined the Boise team in January, a team with about sixty swimmers.

Undecided about a commitment to swim competitively, fulltime, Lisa waited a few weeks and then joined the "Y" team, too.

Lisa's progress, technically, has been swift. Competing last year at the Caldwell Pentathlon, she placed twenty-seventh. This year she swam in that competition to third place. She swam the Open Water Mile in Twin Falls, recently, winning a second place award with a timing of 24 minutes and 24 seconds.

Lisa describes the feeling of hard swimming by saying, "You get tired, so tired you want to quit." That is when the thought of winning makes a swimmer push on and the effort makes it worthwhile, according to Lisa, who is one of three frequent winners. And winning, a swimmer is compelled to do it again and again.

Matt and Mark are swimming on an almost-equal par. They have, twice, scored a remarkable tie with each other in High point scores.

Lisa is ready to increase her daily swimming to 10,000-12,000 yards. Mr.

PUBLIC NOTICES

Tuesday, August 5 - Nyssa-Arcadia Drainage District, 106 Main Street, Nyssa, 8 p.m.

Thursday, August 7 - Adrian City Council, regular meeting, Adrian Fire House, 8 p.m.

Rankin says, "She's reached a point in her swimming where it is no problem physically." Lisa expects to swim competitively until she simply tires from it. She is already looking at colleges with good pools and competition swimming.

The three swim at the same time, daily, because of the inevitable traveling to practice in Boise, this means that Mark and Matt are swimming with an older age group, but they are allowed this because of their own accomplished abilities.

"No child can be forced to lead this kind of life, with the regimentation, discipline, necessary to be good swimmers," says Mrs. Rankin. Supportive parents, Mr. and Mrs. Rankin are, judging by their frequent treks to the city YMCA pool, as well as to the out-of-town meets, from which the threesome has won ribbons and medals by the shoeboxful.

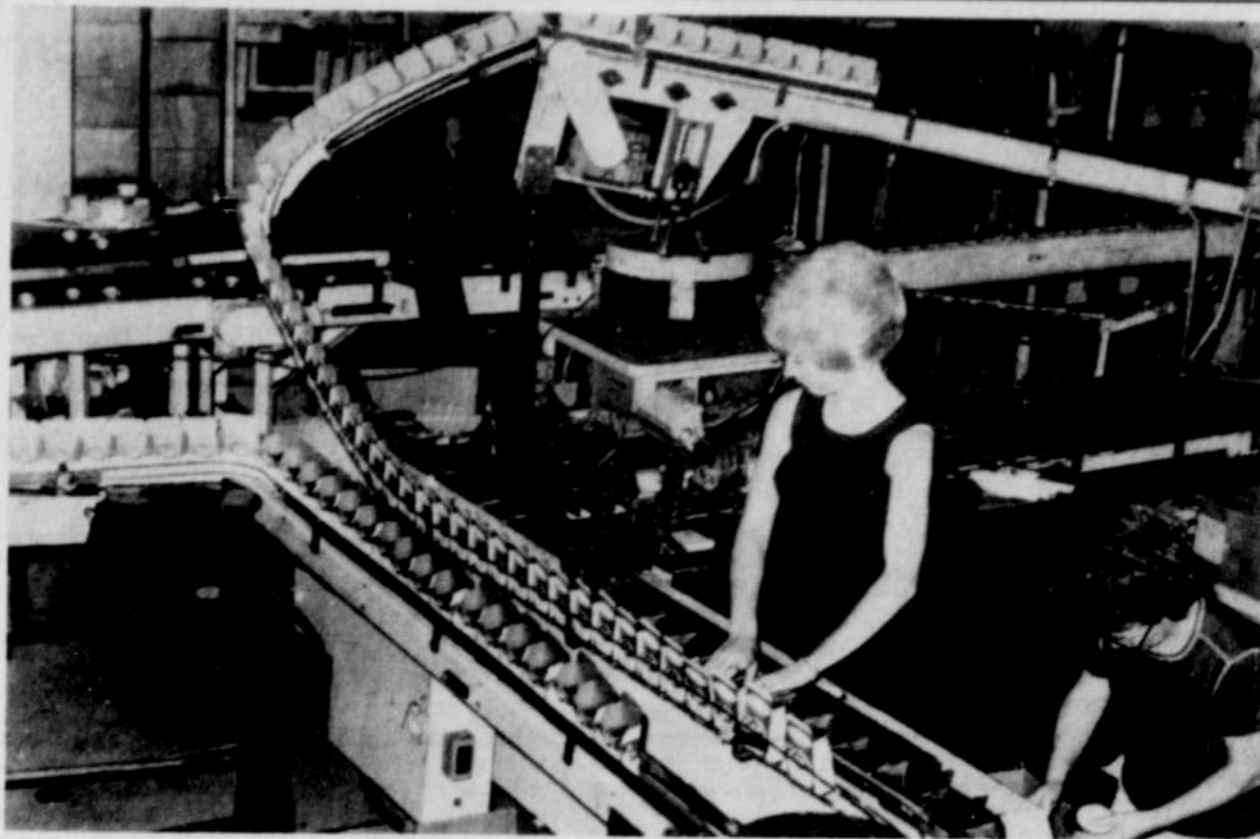
Between January and May of this year, they have been to meets in Missoula, Blackfoot, Moscow, Salt Lake City, Walla Walla, among others. Mr. and Mrs. Rankin view their travels to these meets as a worthwhile aid to the progress of their children and continue to share their time and make adjustments in their daily schedules to allow themselves to be fully involved in the work of Mark, Matt and Lisa.

Mrs. Rankin states that "All parents can do is give them encouragement and opportunities." She and her husband are quick to note that other lessqualified swimmers simply lack the motivation for the particular competitiveness or an opportunity to fulfill the desire.

It is an agreement, between Lisa, Matt and Mark, that winning is the thrill, the motivation. As well, they have opportunities for actualization of their goals.

An observation of these three hearty swimmers is a lesson in discipline and motivation and, mingled with a high level of encouragement, Mr. and Mrs. Rankin can expect these factors to impel Lisa, Matt and Mark to continue to bring home awards by the bushel.

These swimmers will swim for a very long time.



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LEGAL NOTICES

IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF MALHEUR

No. 3522
NOTICE TO INTERESTED PERSONS In the Matter of the Estate of Jacob Groot, deceased.

NOTICE IS HEREBY GIVEN that Harold Henigson has been appointed personal representative of the above-entitled estate and that his attorneys are Henigson, Stunz & Fonda, whose address is 106 Main Street, Nyssa, Oregon. All persons having claims against the estate are required to present them to the personal representative at 106 Main Street, Nyssa, Oregon within four months after the date of first publication of this notice or they may be barred.

Additional information may be obtained from the records of the above-entitled Court, the personal representative or his said attorneys. Dated and first published this 17th day of July, 1975. /s/ Harold Henigson Personal Representative Published July 17, 24, 31, 1975



Bank Changes Top Management

Major changes in the top management positions of First National Bank of Oregon were announced Tuesday following a meeting of the bank's board of directors. They will be effective September 1, 1975.

Bank President Robert F. Wallace, 40, has been elected chairman of the board of the state's largest financial institution and will continue as its chief executive officer.

Ralph J. Voss, chairman of the board of directors, but not actively involved in the management of the bank

since taking over as chief executive officer of Western Bancorporation on January 31, 1974, will retire at age 65 from First National's chairman position to become chairman of the executive committee.

Lyman E. Seely, 57, chairman of the executive committee of the board of directors has been elected to the vacant position of vice chairman of the board and will continue as chief administrative officer and second principal officer of the bank. Leland H. Johnson, 59,

senior executive vice president of the bank, has been elevated to president and will continue to be responsible for a group of administrative departments in the bank.

Wallace succeeded Voss as president in 1972 after serving in several key departments and senior administrative positions since joining First National in 1968. He previously had been employed by Chemical Bank, New York, for 12 years.

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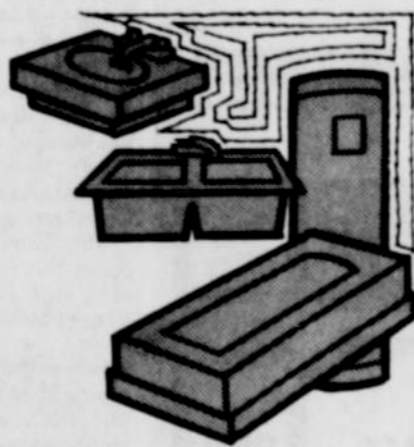
Gate City Journal

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