

Seniors Receive Commendation

Washington High Seniors Carolyn Williams and Steve Bradbury have been named Commended students in the Merit Program by the National Merit Scholarship Corporation (NMSC).

Principal William Gray and Vice-Principal Mary Withcombe presented Letters of Commendation to the two students on Monday, October 13.

Carolyn and Steve are among the 35,000 Commended students named nationwide on the basis of their high performance on the 1974 Preliminary Scholastic Aptitude Text/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

Commended students represent fewer than two per cent of those who are expected to graduate from high school in 1976. Although Commended students ranked high on the PSAT/NMSQT, they do not continue in the Merit Scholarship competition because their scores were just below those of the 15,000 Semifinalists, including Rick Biggs from Washington, publicly announced in September.

After receiving his famed Letter of Commendation, Steve admitted he was surprised. "When they announced



NMSQT recently praised students with Letters of Commendation. Steve Bradbury and Carolyn Williams received awards from Vice-Principal Mary Withcombe.

the Semifinalist in September, I thought that was as far as it went."

The award could be helpful to Steve since he just applied to Stanford University and hopes to start school there next fall.

Carolyn's sister, Anita, was a National Merit Finalist last year. Carolyn knew there were letters of commendation, but didn't realize they were

presented this late, so she was not expecting it. Next year she plans to attend the University of Oregon or the University of Missouri.

We've Come Home; Let's Celebrate!

by Carolyn Cannon

Near the beginning of every year at Washington High we celebrate a tradition called Homecoming. It is an event that has been handed down from class to class for longer than even some of our grandparents remember.

The Executive Council voted on having Homecoming Princes this year. That will be much fun, and it will be an honor for the guys who are picked from their class just as it is for the girls.

For every project the class gets involved in, it is awarded points. Naturally if a class wins a contest, it receives more points. Then at the Homecoming Dance the class with the most points earned from throughout the week will have its Prince and Princess crowned King and Queen.

Such activities to earn

points include: 1. Buying ticket to the Homecoming football game on Saturday; 2. Participating in the Powder Puff football game for the girls; (Come even if you aren't sure how to play. You'll learn and quickly); 3. Decorating your class corner of the cafeteria. This is really fun. Start thinking of ideas now about signs to paint, etc. Do whatever you can to make your class look the best; 4. The pep assembly spirit contest. Anything goes in this one! Do something to let the rest of the school know just how much spirit your class really has; 5. Selling candy for your class; 6. Collecting money for United Good Neighbors; 7. Going to the Homecoming Dance and seeing the crowning of the Homecoming King and Queen. This is really the high point of the Homecoming Week. If you are among the students who helped support your class throughout the week you'll feel very proud to be a member of that class. Homecoming Week is exactly what you make of it. It can be the most fun part of the whole year or just another week at school.

If you are looking for a way to have a lot of fun in high school and make new friends, getting involved in Homecoming is an excellent way to do it. Contact your class officers for information regarding the different events.

HOME COMING CALENDAR OF EVENTS

- MON OCT. 20 -- Nominate Prince and Princess in Reg Rooms.
- TUES OCT. 21 -- Vote and find out who the Homecoming Court is.
- WED OCT. 22 - Powder Puff Football Game. (Girls)
- THURS OCT. 23 -- Decorate the Cafeteria.
- FRI OCT. 24 -- Spirit Contest Assembly, Homecoming Dance, Crowning of King and Queen.
- SAT OCT. 25 -- Homecoming Football Game.

Goldschmidt Visits; Park Model Observed

Mayor Neil Goldschmidt broke away from his everyday routine to talk to and answer questions from the social studies classes of Washington High School.

When Mayor Goldschmidt entered Washington's auditorium on Friday, October 3, he received a nice round of applause.

The Mayor answered questions dealing with matters such as the closure of Mt. Tabor Park, curbing Broadway, and the price increase from the Power companies.

Many questions were answered with great magnitude and boldness by the mayor, but as he pointed out, the public does not see the many different angles that arise with

problems in the city of Portland.

One example that Mayor Goldschmidt gave was an incident when a family reached their car after leaving a theater located on Broadway. Someone from the top of a building threw a beer bottle, and it went through the back windshield of their car.

Mayor Goldschmidt commented that "when these things start happening, places like Broadway aren't fun and games anymore."

When the third period bell rang, the assembly was over, but the Mayor stayed around to talk with interested students.

Sue Cogan, knowing the Mayor, told him of a plan which two Washington High School students, Scott Douglas and Ron van der Veen, had developed for the City Water Front Park. The mayor, along with Mr. Nathan Berkham, WHS curriculum vice principal and a few students looked at the plan, which is currently on display in the show case next to the office.

Both Scott Douglas and Ron van der Veen made comments and pointed out ideas to the Mayor about their dimensional plan, which had taken them three-fourths of their junior year to complete.

The mayor was quite impressed by the work, and he expressed his approval, by arranging for the plan to be moved to the entry way of City Hall.

Mrs. Betty Windes, art chairman, the teacher who initiated the idea and gave the guidance Scott and Ron needed, commented, "It's just fantastic, and who knows, it may be the start of something big for the two young architects."

Washingtonian Editor Attends Conference

Washingtonian Editor LaVonne Williams represented Washington High School at the Forty-ninth Annual Oregon Scholastic Press Conference for school newspaper and yearbook delegates and advisors at the University of Oregon on October 10 and 11.

LaVonne entered the second annual writing contest for journalism students and placed third in the news division from among 22 contestants.

All delegates were given the opportunity to enter the writing contest, which included news, sports features, editorials, and features divisions. Yearbook students in teams of two had the option of entering a layout and copy contest, and winners, selected by professional journalists in all five divisions, were awarded trophies on Saturday morning before the close of the conference.

The Oregon conference, including approximately 550 high school and junior high students from different areas of the state, gave young journalists the opportunity to see results of other school newspapers and yearbooks. They also attended learning sessions on different subjects in the field of journalism.

"It was a worthwhile experience for me, and hopefully I can apply the knowledge I learned to increase the quality of The Washingtonian in future issues," said LaVonne about the two-day session. "It was a valuable weekend because I plan to continue my education in journalism."

Some Oregon schools were represented by 15 or more delegates at the conference, and LaVonne hopes that Washington High will have large representation from its Publications and Journalism staffs in future years.

Artist In Residence Joins Wa-Hi Staff

Anyone who is interested in art, or not, will be glad to know that Washington High School has just been assigned a very fine sculptress, Harriette Hughes Franklin, who will be with Wa-Hi for most of eight months.

Mrs. Franklin was born in Los Angeles, went to school at Whittier High School, then went on to major in art, literature, and philosophy at L.A. County Art Institute. She has been living in Portland for eleven days.

The artist plans to stay at Washington until February, when she will go to other high schools, including Grant, Franklin, and Cleveland, but she plans to have Washington as her base. When asked what her hobbies were, she commented: "Who has time for hobbies?"

While she's here at Wa-Hi, she plans on making a 6-foot case concrete, abstract statue to be placed between the main building and gym. Right now though, she is working on a

6-foot vari-colored ceramic lady.

Mrs. Franklin also specializes in ceramics, bronze coating, and fiber glass resin. Besides making the sculptures of six feet she is going to be visiting different classes, demonstrating and helping with different projects. Mrs. Franklin and Mrs. Clara Buck, WHS art teacher, were



WASHINGTON HIGH Artist in Residence, Harriette Franklin, uses window light to trace geometric figures.

thinking that they might hold some classes in which students can learn and work on bronze coating.

Mrs. Franklin, starting last week, has her studio (room 312) open during both lunch periods for students to come in and look around or even work with clay. She will have a 6-foot kiln, which she feels will be able to make clay objects as big as they want instead of restricting the size to a smaller kiln.

Since Mrs. Franklin has been here, she has commented on the staff as being "terrific" and the students as being "real friendly." One complaint she had was that Washington needs an elevator, especially since she is on the third floor. But altogether she likes Wa-Hi. As she commented, "the facilities are great, students are friendly, and the staff is terrific."

Mrs. Buck commented about Mrs. Franklin: "She has the neatest ideas and seems to know what she's doing all the time."

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Live And Die With Dignity

by Marc K. Moody

The citizens of America have yet to establish a practical, human policy for dealing with the problems of old age. For those fortunate elderly Americans who can still manage, both financially and physically, life will go on much as it always has. But for those who cannot manage, the end of life can be misery.

It has been estimated that about 900,000 of the nation's elderly are now living in nursing homes. I am currently employed at a large nursing home with 319 patients. There are many excellent factors in nursing homes. But, tragically, there are many bad points in them, too. The nursing home population is increasing. But, so too, is the public's concern for them.

A nursing home should be a residence providing needed care for the infirm. The staff of a nursing home should have a goal to somehow return those patients who can function to their natural environment. It is the duty of an aid to keep the patients clean, tend to their body functions, often feed them, and offer help in any way they can. Physicians should be readily available. The nursing home should have adequate safety and sanitation standards for the patients.

But nursing home standards are not what they should be. The Sub-committee on Long-Term Care of the U.S. Senate Committee on Aging has been investigating nursing homes.

There are no options for long-term nursing care other than nursing homes. Very little housing exists for older people, and aid for persons living at home is often non-existent.

The staff of a nursing home should have a goal to return those people who can function somehow to their own natural environment. But 77 percent of the nursing homes are operating strictly for profit. In order to make a profit, they need to keep their beds occupied.

Medical schools give little attention to the elderly. Many doctors find nursing homes to be depressing and undesirable. If there is not a physician at hand, the aides are often given the responsibility for medical care. The aides have little or no training.

Many nursing homes rely on an untrained or inadequate staff. Because of the lack of interest from the staff there is a widespread use of tranquilizers to keep the patients seated and docile. Nurses and aides are often able to dispense medications on their own initiative.

Investigations have shown that many nursing homes were negligent in providing adequate sanitation and safety requirements. In 1970 a fire in an Ohio nursing home took the lives of 32 persons. In Maryland an epidemic of salmonella killed 25 persons.

There are some old people who require just a little care. But there are no extended care facilities to assist them in their own homes. For this reason they are sent to nursing homes, where they don't belong. Some auxiliary aid should be developed to help these people.

The old people themselves are terribly handicapped when it comes to protest or demonstration. I wonder what they would say, if they could.

Physicians are supposed to visit nursing homes often. But many see nursing home patients only once a month. Often when the

doctor does get around to the patients, the examination is not very efficient, taking no more than a few moments. This results in higher medical costs along with inadequate or indifferent services.

It takes much strength and determination to recover from any illness. But to recover in an atmosphere of neglect is nearly impossible. The old person will soon lose his will to live or improve. I have heard of a few old people, in my experience, who stopped eating and died. They feel no reason to go on living - their time has come. That takes courage, doesn't it? I wonder if I could do that.

A Bill of Rights has been written for patients living in nursing homes. The following declaration is for the protection of each and every patient. Every patient has the right:

To be informed of his/her medical condition and the name of his/her attending physician and to participate in one's total plan of care unless contra-indicated and so documented in the medical record by the physician;

To be informed, at the time of admission, and thereafter upon request, of the rules, regulations, and policies of the facility, the services provided, and charges;

To be informed in advance of plans to discharge or transfer, and the reasons for such action;

To retain personal clothing and possessions as reasonable and to receive and send mail unopened, and to manage or delegate the responsibility for managing one's own personal financial affairs;

To expect a reasonable response to one's personal requests or grievances without fear of reprisal;

To be free from mental and physical abuse, free from chemical (except in emergencies) and physical restraints except as authorized in writing by one's physician;

To be assured of confidential treatment of one's personal and medical records, and to approve or refuse their release to any individual outside the facility, except as required by law or third-party payment contract;

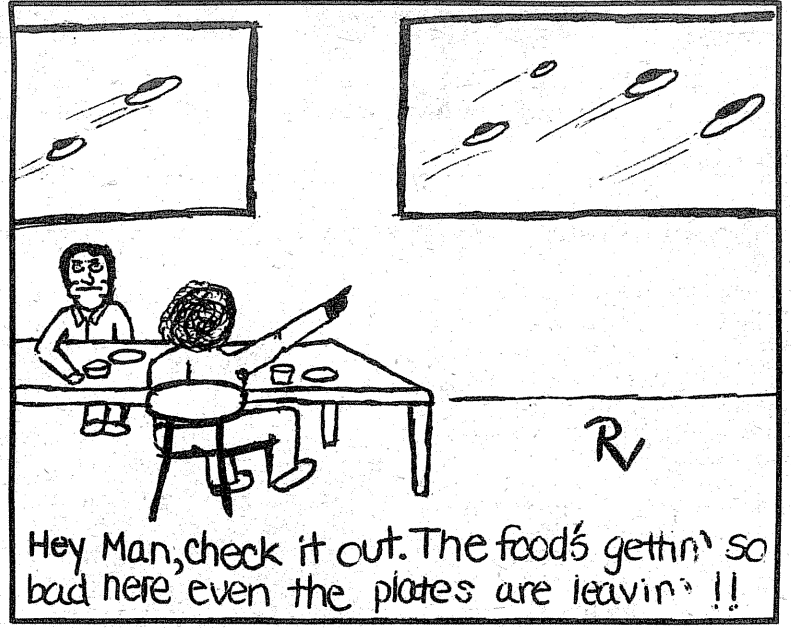
To refuse medicine, treatment, and participation in medical research, or to perform services for the facility;

To live and die with dignity.

Some nursing homes, of course are good. Many of them adhere to strict standards. Many are excellent in providing long-term medical and rehabilitation care. Many nursing homes have full-time physicians and dentists. Many have adequately trained nursing staffs. However, it is a sad fact that these progressive homes are a rarity.

As more investigation by the Aging Committee on nursing homes is conducted, it becomes apparent that treatment of the infirm elderly in this country is becoming a national crisis, which deserves more attention than it is getting. Americans have yet to come up with the answers, but more and more are at least asking themselves the question that most of us must face sooner or later: What do we do with our parents?

Today, millions of Americans are wondering what to do about their parents. Tomorrow, their children will be wondering what to do about them.



Poll Taken On UFO Incident

Mysterious disappearances have been reported of more than twenty Oregonians who attended a meeting in Waldport last month, at which a couple spoke of leaving this world and going to live in a better place. Some Washington High students and teachers have expressed their opinions and feelings about the unusual occurrence.

Robin Lund: "It's out of this world."

Diane Linn: "It's unbelievable, but possible."

Merle Talmadge: "Nothing is impossible."

Carolyn Williams: "I thought it was a con to get the people's money at first. Now I don't know. I guess it could happen."

Eileen Keeney: "I think they are on another planet. I want to go to the next meeting in San Jose."

Rob Heroux: "Either they're crazy or it's real."

Charlotte Mueller: "I think that there are really other people in the universe, besides the people on earth."

Mary Podoliaka: "It might be a fake, but then again it might be real."

Holly Boneff: "If we can explore the moon and the outer space, why can't other people explore our world. If people want to go and

find a new world, let them. It's what they wanted to do."

David Church: "I think they are trying to get attention." Sandy Satterfield: "I believe it and I think they went."

Melinda Wynat: "It's mystically crazy."

Michele Heroux: "It's strange."

Terri Anderson: "I think that they were pretty crazy to give up all their possessions and follow these people on an unknown journey."

Sandy Takabayashi: "I think it's a big joke, unless they come up with evidence."

Sandy Prince: "It's dumb." Ron van der Veen: "Reading such a story really gets me spaced out."

Sue Cogan: "I hope it's true. It adds a little excitement into the news."

Christie Janes: "I think it's strange."

Marc Moody: "I believe that life exists on other planets. Although I don't believe this incident is true, it could have happened."

Vance Jones: "I think they all went camping in Colorado and will be back."

Cindy Mayfield: "I think it's dumb."

Padraic Dougherty: "I think they're just going to get ripped off somehow."

Jim Degler: "I think it's a big con job."

Closure Unlikely

by LaVonne Williams, Editor-in-Chief

Does anyone really know the future plans for Washington High School?

Most Wa-Hi students, faculty, and parents have been concerned about stories related to the small school and its possible closure or conversion into a middle school since it was reported last fall by a special committee, even though it was not accepted by the area #3 Advisory Committee or Superintendent Ray Steed.

Unfortunately, the rumors have effected this fall's enrollment, and some parents are afraid that if their children start high school at Washington, the school will close down. Their sons and daughters would then have to change schools and start over in a new environment.

Though no one knows for sure at this point what will happen in the next five or ten years, it is unlikely that Washington will discontinue operation as a public high school.

On a recent visit to Portland's second oldest school, Mayor Neil Goldschmidt tried to answer the question of Washington High School and what might become of it in two or three years.

Mayor Goldschmidt's comments were, "We don't like to go around closing schools." He explained that a suggestion had been made to change Washington High into a middle school, and rumors had spread widely before anyone took action and spoke out against the idea.

The mayor expressed his doubts about Washington's closure, and told the students not to worry about it.

Wa-Hi Principal William Gray said, "I would have to agree with Mayor Goldschmidt. There should have to be a great deal of study before a school as strong as Washington could be considered for closing."

During the first school Advisory Board meeting of the '75-76 school year on October 6, students, faculty, and parents all expressed their feelings on the issue. It was decided that the students and adults would work together in a joint effort to speak up for Washington and let others see that there are people who care about the school's future.

Things are looking brighter for Washington High, and with the number of people beginning to show their concern for the school, closure possibilities should not be a dangerous problem for a long time.

Letters To The Editor

Dear Editor:

In response to Jim Kane's letter of October 3 concerning spirit buses, we, the Fall Farsity Rally plus one, are very unhappy to report that after hard determination to obtain a spirit bus, only a meager 9 persons signed up. After receiving several inquiries about having a spirit

bus, we expected a better response. We try to do our part, now it's time you do yours.

Concerning the spirit in our school, we have a group of 10 to 15 people who support us at all our games. After hearing considerable amounts of complaints about lack of spirit in this school, we would like to make these points:

(1) There is more to a team than winning.

(2) The rally squad and the football team are only as good as the school makes them.

(3) The football team and the rally try their hardest, but we can't do it without YOU.

(4) It is easy to support a winning team, but it takes real dedication to stick with your team when they aren't having such a good year.

We appreciate the students and teachers who support us at the games. We hope to see more of you.

Respectfully submitted,
Fall Varsity Rally plus one
Advisor

Dear Editor:

I think that last year when we had mini-week classes it was a good experience for me. I'd like to see Washington have another mini-week for the year 1976. Maybe we can have a two-week mini-week. I really enjoyed the mini-week.

Sincerely,
Harriet Kent

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Classes Promote Dance

Two students, Junior Patty Yarnell and Junior Sandy Miller, have the opportunity to participate in classes taught by members of the Portland Dance Company.

The main purpose for the classes is to generate interest in dance among high school students.

Portland Dance Company (not Portland Dance Theater which gave classes last year) will be conducting classes at the Contact Center.

Originally, two students from each Portland high school were to attend. As of last week, not all of the high schools had two people signed up. If these vacancies remain, there is a chance that students from Wa-Hi may

be able to fill them.

The classes began October 1 and continue through eighth, fifteenth, twenty-second, twenty-ninth, and November fifth, from 7:00 to 10:00 p.m. No previous training is required.

While the classes will demonstrate and teach different exercises and steps, they are not intended to make accomplished dancers out of the students.

Sandy Miller had this to say about Dance: "At first I was shy, but once I got into it, it was a lot of fun. It involves a lot of body control."

Patty has had some training in dance. Sandy plans to take some serious classes in addition to the ones given by the Portland Dance Co.

Student Directors Guide Automotives

This year the Auto Shop has six fine student directors to keep everything in tune.

The Board of Directors will help set all the procedures for all the classes, help promote better safety, and if any problems should arise, they'll help settle them, too.

They'll meet the first Wednesday of each month to discuss all the matters that come up during the month.

One of the 16 visiting Cleveland students was picked for the Wa-Hi Autoshop Board.

Here is the list of our fine Board of Directors:

President: Ron Stroh (Cleveland)

Vice President: Dan Brisbane

Secretary: Ron Ross

Treasurer: Don Bruan

Historian: Jim Lee

Quartermaster: Mark St. Clair

"HARVEY" Cast Chosen

After two days of tryouts and making the final decision, Jean Wolensky, director of HARVEY, chose the following students for this comedy to be performed November 20, 21, and 22.

Todd Simonson will star as Elwood P. Dowdy, who is tall, middle aged, upper class person and is warm, and open to everyone and always looks for the best in everyone, but he has a friend that is invisible and they get into a great deal of trouble.

Libby Parker will play Vita, who is Elwood's older sister and has a daughter, Mertle May, who is about 20 years old and attractive, being played by Monette Oden.

Jeff Miller will play the role of DR. CHUMLEY; Carolyn Williams as his wife MRS. CHUMLEY; Patty Yarnell as MRS. CHAUVANUT; Shelley Furman as MISS JOHNSON;

Bill Gray as WILSON; Rick Biggs as the JUDGE; Monette Oden as MERTLE MAY; Mike Lamb as the part of DR. SANDERSON.

and Anthony Hunter as the CAB DRIVER.

The people "behind the scenes," who work just as hard as the cast on productions, will be STAGEMANAGER Shelley Furman, with Al Krieg assisting her; SCRIPT PERSON Al Krieg; SET DESIGNER will be done by R. Jeffries and his crew - Lincoln McGrath, Terry Anderson, Bobby Parder, Bridgette Sherman, Susan Holmes, Bobby Elliott, Stephanie Schultz, Gary Rowell and Eileen Thielen.

Light Design will be done by J. Burback and the light crew - Jerry Stapelton, Kathy Esterberg, Gary Rowell, and Andrew Nagel.

The prop crew will be lead by Cathy Benton, the crew consisting of Lynn Autry, Kay Klaver, Penny Anderson, and Eddie Scheffer.

"It was very difficult for me to make the choices as there were 50 people trying out for 12 parts and everyone is very talented," commented Miss Jean Wolensky about the results of the winter play casting.

Advisory Board Meets

The 1975-76 Washington High School Advisory Committee held its first meeting of the new school year on Monday, October 6.

Discussion topics included the purchase of a house lot by School District #1 to expand the Wa-Hi property as part of the original plan to complete the campus.

Principal William Gray displayed a small model of the campus design hoped for with a park area close to the main building replacing the present parking lots.

The Advisory Committee includes faculty members Principal William Gray, Acting Chairman Gordon Bolton, Vice-Principal Joseph Bowman, Counselor Norman Schroeder, and Activities Director Donald Spiering.

Students, Parents Help

The parents are Mrs. Elaine Cogan; Mrs. Eugene Lamb; P.T.A. President Mrs. Darlene Peters; Mrs. Joan Weigand; Mrs. Phyllis Williams; and Mrs. Marilyn Jones.

Student Body President Diane Linn, President-Elect Steve Bradbury, Freshman Mary Linn, Senior Class President Robin Lund, Sophomore Susan Love, Junior Doreen Jones substituting for John Rumpakis, and Senior LaVonne Williams are the stu-

dent representatives for the Committee.

Mr. Bolton was glad to see so many interested parents attend the first meeting. Teachers Joan Brenner and Bill McCord were present to inform the committee about the new Medieval Man classes being taught at Wa-Hi by four teachers, and matters concerning the closure of Washington High were discussed. Teachers, parents and students are planning a joint effort to get publicity and let grade school parents know that Washington is a great place for their children to attend high school, and the school will not be closing down or changed into a middle school in the near future.

The April Mini-Mini week for students was discussed briefly, and the second Advisory Committee was scheduled for November 3. Meetings are planned for the first Monday of each month at 7:30 p.m. in Portable D, and all interested students, faculty, and parents are invited to attend.

For sale — 1965 four-door Rambler, mags, \$90, beautiful interior. Honda #90 Roadbike, \$100. Call 234-0002.

THE ISLAND

by Marc K. Moody

There was once an island as beautiful as could be. It was very small, with lovely wild flowers and a willow tree. Soft yellow sand was all around, it's quiet, disturbed by no harsh sound. The only sounds were birds chirping in the breeze, and a gentle wind blowing through the trees. One summer two people from a city sailed their boat into the bay, this paradise was what they'd searched for, they'd come a long way. They were kind and gentle and hurt no living thing, they loved the willow and each bird on the wing.

Alas, in September they returned to the city, and told all their friends, and there is the pity. For friends told their friends and spread the word around, that a new island playground had been found. All that summer the island rested quiet and serene, until summer brought the crowds and nothing was as it had been. The gentle people did not come, but hundreds of others came, the damage they did and the scars they left were a pity and a shame. Years passed and the gentle people asked about the island they had seen, "Oh we don't go there anymore, it's not at all what it had been."

So the kind ones returned and wept to see the scars left by the crowd — the sands were filthy, the birds had gone, and the willow wept aloud. All summer they worked with heart in hand, to restore the beautiful lovely land. At last the willow raised its head, the golden sand once more shown, and every bird returned at last from the places where they had flown. The people looked back at the island with love as they sailed out of the bay, "We will not return, lovely island," they said, "so you can stay this way."

College Bound Seniors

College bound seniors will be interested in the Survey in English Literature (S.E.L.) course, which will be offered next semester.

Mrs. Joan Brennen, English Chairman, who will teach the class, considers it a must for anyone planning to enter college.

The class will cover English literature from the Anglo-Saxon period to modern day.

The S.E.L. class will give seniors background in English literature that they will be expected to know as college freshmen.

New Safety Program Started

Washington High School Vice Principal, Mr. Joseph Bowman, is starting off a new safety program at Washington High, which is also being carried out in grade schools School District No. 1.

The program's major thrust is to provide a safe place for the students and staff at Washington High.

A good example is the parking lot rail running parallel between the gymnasium and the parking lot. Students and teachers used to jump over the

rail to get in and out of the parking lot, so recently a piece of the railing was cut off so that people can walk through without jumping and risking a fall.

Mr. Bowman has appointed a Safety Committee, with Mr. Edward Drabik as chairman and Mrs. Clara Buck, Mrs. Jean Wolensky, and Mr. Joe Milokna as members.

Mr. Bowman and the newly appointed committee urge students to identify and report hazards to them in the best interest of the school.

Keep on Wheelin'

"Keep on Wheelin'" is the theme for the second annual Cystic Fibrosis Bike-A-Hike-A-Thon. The bike-hike will take place in the greater Portland area Saturday, October 18. There are 10 different routes, including one in Vancouver, according to Bob Laman, chairman of the event.

Cystic Fibrosis is a genetic disease which is incurable and occurs once in each 1200 births. There are more than 1,000 people who have Cystic Fibrosis in Oregon, and an estimated one in twenty carries the recessive C/F gene.

Participants may bike from 9 a.m. till 2 p.m., when routes will be turned over to hikers who will walk until 5 p.m. Routes for the bike-hike are in Washington Park, Laurelhurst Park, West Moreland Park, and Pier Park in St. Johns. Other area routes include starting points at Mt. Hood Community College - Gresham; Greenway Development, Beaverton; Upland Grade School, Lake Oswego; Champoeg Park, McMinnville;

Airport Park, Scappoose; and Fort Vancouver in Vancouver, Washington.

Those people biking or hiking for C/F obtain sponsors for the miles they ride or walk. Sponsor sheets are available at K-Mart Stores, Plaid Pantry Markets, Sylvia's, most schools, or by calling 223-BIKE.

Prizes will be awarded to those receiving and collecting the most pledges for the miles they ride or walk. The first 75 people turning in pledges will receive "I DID IT" T-shirts. All participants will receive "I DID IT" awards at the end of each route.

The two grand prizes are a 10-speed bike for the rider with the most collected pledges and dinner for 10 at Sylvia's, plus two nights lodging for two at Salishan to the hiker with the most collected pledges.

Proceeds will help maintain the Cystic Fibrosis patient care and research facility at the University of Oregon Health and Science Center.

Personal Messages

Marty: Thank you!
To the Soccer team: Congratulations on your win over Jefferson. Let's win some more.

Water girl and assistant P.S. You'll get your bill at the end of the season.

Little Red Chipperoooo: It was our pleasure. Glad you had a fun day. Thanks.

From Mocha, mouse, rat roch, cookie P., Edwardo, and Duckie

Ziggy: You need to go on a diet.

Seniors: I know you're graduating in the Bicentennial year but don't let it go to your heads.

A Frosh

A.S. Hi! How's school? Good luck with the tough class.
L.W.

Todd S.: Play that yardstick. Raid: Haven't heard from ya for awhile, how's life been treating ya? Bug

Diane C.: How are you, needle-nose? You-know-who

S.T.: Who are you taking to the Sadie? Crazy Girl

Scott: You're a terrific goalie and good luck at the rest of the games. An Observer

David Jackson: We luv ya.

Two Admirers

Vance Jones: Drop Dead!

Fellow Poster Child: Want me to help you pick out a good size TANK!!!


Karen Prather: Let's go "Singing in the Rain" down at the Rocksie sometime!

Edwardo: I just want to tell you that they have platforms on sale at Nadau's.

Flood Watcher

Washington High School
Community Forum
Students, Faculty,
Parents
MEET
Wednesday October 29
7:30 p.m.
Room 121 C-Wing
to discuss the future
of Washington High School

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SPORTS



Col Record Drops To 0-5 Face Techmen Tonight

Washington High's Varsity football team is probably looking forward to their toughest game of the season tonight as the high and mighty Cols face

first team in state, Benson Techmen. The Techmen have a perfect record of 4-0 and have two players who are in the top 10 PIL scoring list. They are Steve Kienberger and Jeff Bartunke.

The Techmen have had tough teams in the past and this year is no exception, with 11 two-year lettermen returning and 10 one-year lettermen with one All-Stater.

Minutemen 38, Cols 13

Washington High's varsity football team had their best game of the season, on October 11, even though they lost the game 38-13 to the Marshall Minutemen. Play was never sloppy as the score would lead you to believe. Many outstanding efforts were made during this game as can best be told in the way John Owens ran a fumble back 69 yards for a TD, Jim Kane collected 10 tackles and 12 assists, and Robin Lund averaged 26.3 yards on each kick off return.

Spathas leads runners

Senior Quarterback Matt Spathas had another field day in running the ball himself as he gained 109 yards for a 6.1 yard rushing average, and he also threw the ball 21 times and completed 7 of them and one for a touchdown to Robin Lund.

The defense was very tight against Marshall with the Cols running a new type of defense and with Jim Kane pulling down 10 Minutemen alone and helping on 12, David Volk 8 tackles and 7 assists, and tough junior Dennis Swanson with 6 tackles and 9 assists.

Jackson 14, Wa-Hi 0

The wreath of victory hasn't shined yet for the Washington Colonials as the Cols record tumbled to 0-4 with a loss coming to Jackson 14-0. The Col's did however have a chance to score when fullback David Volk broke into the clear and carried the ball down to the Raiders 35-yard line on a fake punt, but was pulled down from behind.

The Washington defense was never really scored on. The first Jackson TD came as a result of Washington Quarterback Terry Cason's fumble on Wa-Hi's own 13-yardline, and two plays later Jackson carried the ball into the end zone for 6 points and an extra point for a 7-0 score. The second TD was scored on a pass interception from Cason and was taken in for the touchdown and the extra point and a 14-0 lead.

In team statistics the Colonials had 7 first downs to 6 for Jackson, and also gained 71 more yards, 95, to the Raiders 24. Both teams had large penalty losses with the Cols piling up 93 and Jackson 95.

Volk carries 103

In individual statistics Senior Fullback David Volk gained 62 yards on 6 carries and a 10.3 yard rushing average; Jim Kane followed right behind with 3 carries for 16 yards and a 5.3 yard carry. Defensively, Jim Kane led in tackles with 9 and Dennis Swanson, David Volk, J.C. Noel, Anthony Jackson, and Richard Taylor all collecting three each. Matt Spathas intercepted two passes and returned them for seven yards.

Gymnasts Gain Win Over Democrats, Fall To Indians

Wednesday, October 8, the gymnastics team beat Jefferson with a score of 67.23 to the Demos 57.49.

Outstanding performances were Cathy Benton placing 2nd in Floor, 1st in Unevens, Beam and Vault. Linda Williams placed 1st in Floor Exercise, Lisa Backer 4th in Vault, 3rd in Floor, and 2nd in Unevens; Lynette Zeidhack 3rd in Beam, and Jan Enyeart 6th in Vault and 3rd in Unevens, brought the mighty Cols to victory.

The Wa-Hi girls gymnastics team went against Cleveland, in the first meet, September 30 in the WHS gym. The outcome of the first meet saw Cleveland on top with the score reading 73.35 to the Colonials 64.53

Outstanding gymnasts in the meet were Cathy Benton, who placed 2nd in Unevens, Floor Exercise, and Vault, and she also placed first in her Beam routine. Lisa Backer placed 3rd in Unevens, 5th in Vault and 6th in Floor Exercise.

Lynette Zeidhack placed 5th in Beam, Jan Enyeart 6th in Vault, and Linda Williams placed 5th in Floor Exercise.

There are 14 girls on the team, 7 on varsity and 7 on

JV, made up of freshmen. Coach Cathy DeLessert is setting up a meet for the JV to compete against Jackson and Madison.

Coach DeLessert's views on coming meets are that Wa-Hi

should beat Roosevelt, Marshall, and Franklin. The meets against Wilson and Lincoln are questionable. Gymnastic meet schedule:

Oct. 23 -- Roosevelt at Roosevelt

Oct. 29 -- Marshall at Wa-Hi

Nov. 4 -- Franklin at Wa-Hi

Nov. 12 -- Lincoln at Wa-Hi



LEESA BACKER, left, works on form in her floor-exercise during recent gymnastics practice. Sue Bickford, right, poses in her balance beam routine.

Johnson, Talmadge Lead Cols To Second Place In PIL

Washington Colonials Soccer Team is off to its best start since the game was introduced at Wa-Hi.

The mighty Cols have compiled a record of two wins and one loss, second in their divi-

sion, but are two and three on season play.

The last win for Washington came on October 7 when they overcame a cold and rainy day to beat Jackson 3-2. The Colonials went into the half leading 2-0 on goals by

Clyde Johnson and Merle Talmadge.

The Raiders fought back and were able to sneak a goal past Scott Douglas. Soon after, Rob Heroux got his second assist as Clyde Johnson connected for his second goal of the night. That was all Washington needed to pull out the victory over Jackson.

In previous games the Soccer Men came up on the short end of the deal, losing to Roosevelt, 1-0 on Washington's home field.

Only two days before the Roosevelt game, the Colonials had a rousing victory over Jefferson. Scoring for Washington were Steve Emmarson, Clyde Johnson, and Merle Talmadge. It turned out to be a rough game as Colonial Steve Vockrodt left the game with a large cut to his head due to a collision with a Jefferson opponent. The Democrat player left with two chipped teeth

as a result of that accident. The Colonials went on to win the game 3-1.

Coach Steve Melnichuk commented that, "It was unfortunate that we lost to Roosevelt, but we have been playing good team ball and I expect us to win our last three remaining games against Wilson, Benson, and Lincoln."

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