

# Coaches Make Training Rules For Athletes

There is more to training than meets the eye for athletes who wish to play on the team and earn that coveted letter.

Not only do prospective athletic candidates train on the field or in the gymnasium, they also follow certain rules while in town or at home.

A selected group of high school and grade school coaches have set up 10 rules that all athletes must follow, if they wish to become members of the team.

If followed, these rules not only enhance the team's chances for winning ball games or other athletic contests, but tend to make a better person out of the individual, according to athletic director Cecil Sherwood.

**Apply to all schools**

The same rules apply both to grade school athletes and to junior high and senior high athletes. Coaches at both educational levels stress the importance of following these rules to the letter. Friends and relatives in seeing that prospective athletes follow these rules at all times.

Close cooperation between parents and the coaching staff is necessary.

Coach "Cec" Sherwood said any necessary adjustment of the rules should be made through personal contact between parents and coaches.

The rules:

- 1—No smoking.
- 2—No alcoholic beverages.

- 3—Home by 10 p.m. each school night; by 12 p.m. Sunday night.
- 4—Continue normal diet. Stop in-between snacks, candy, soft drinks and pastries. Diet the night before the day of competition. This rule must be closely observed.
- 5—No profanity.
- 6—Good conduct and appearance of the traveling team reflects upon school and community as well as showing the athlete's personal pride and background.
- 7—Prompt appearance at all practices and games unless previously granted permission by the head coach.
- 8—Junior and senior high school athletes must be passing in at least three full-credit subjects to be eligible for competition. Elementary school boys and girls must be passing in three-fourths of their school work.
- 9—Any athlete under disciplinary action is ineligible to practice or participate in athletic contests.
- 10—Infractions of these rules constitutes sufficient reason for immediate dismissal from the squad.

Children like a cool drink made from canned unsweetened pineapple juice and milk. Use equal parts of the fruit juice and the milk, shake well and serve chilled.

## Russian Flier Expected Death On Return Home

NEW YORK.—(AP)—A Russian flier, who went back to the Soviet homeland he had deserted, reportedly returned expecting to meet death or forced labor.

"No I have to be destroyed if I shall not be corrected by labor camps," Anatole Barsov, the 38-year-old Russian air force lieutenant, was quoted.

"I am ashamed to look into the eyes of the workers of Russia because I have destroyed myself."

The statements, published in this week's Life magazine, purportedly came from a diary left behind in a hotel room by Barsov.

The magazine said it turned the documents over to the U. S. state department after they were found by one of its correspondents.

Barsov was turned over to the Russians Aug. 31 after he said he wanted to go home. He and Piotr Pirogov, 29-year-old flier, deserted the Russian air force last year.

Pirogov still is in the U. S., writing a book.

Excerpts quoted from the diary by Life told of Barsov's escape from Russia last October and how he gave secret data on the Soviet Union to American authorities.

He wrote of his gloomy moods, his jealousy of Pirogov and his quarrels with him.

A tour of Virginia led Barsov with impressions of "comfortable farmhouses," flourishing religions and large incomes. He was struck by the efficiency of a Ford Motor Co. assembly line in Detroit.

But his admiration changed to contempt later, when he wrote in the diary:

"What mud there is here. What a lie is here. What a bureaucracy. What a craving toward making money."

Pirogov said threats by Soviet agents in this country may have made Barsov decide to return to Russia.

## CIO Gillnetters May Not Resume Fishing Saturday

ASTORIA, Sept. 9.—(AP)—CIO gillnetters may not go back on to the Columbia when the salmon fishing season resumes Saturday.

The fishermen's union secretary, Henry Neimela, said "it appears that there is no price offer from packers, and fishermen will not fish without a price."

The union spokesman reported some packers had indicated a willingness to discuss the price situation today. But it appeared unlikely that a price agreement could be reached in time for the Saturday reopening.

Except for weekend closures, the fall salmon season continues until Dec. 1.

## Discharged Marine Killed After He Goes Berserk

SUFFERN, N. Y., Sept. 9.—(AP)—A New York advertising executive, who was medically discharged from the marines, was shot and killed Thursday when he went berserk in a restaurant.

Three persons were injured.

Lee Graves, 39, formerly with J. Walter Thompson Co. and other firms, was shot and killed by Police Lt. William A. Crouse, police said.

Crouse was taken to a hospital with a fractured skull after Graves had hit him with a metal chair, police said. Two other persons were treated for injuries suffered in the fracas.



## Pete Bartu Makes Debut Against LaBelle Saturday

Pete Bartu, highly-touted wrestling newcomer from Albuquerque, N. M., will be given a sterling test at the Roseburg armory arena Saturday night when he makes his local debut against Pierre LaBelle, the talented French-Canadian who is well-known to Douglas county mat followers.

Bartu, a headliner in the Southwest and Midwest, is a fast-stepping rough-and-tumble grappler who depends on speed and a bruising attack for his many triumphs. He will tip the beam at about 178 pounds and specializes in a hammerlock.

LaBelle, who impressively defeated Tony Falletti here last week after being upset in the earlier stages of the "battle royal," will be the popular favorite. He holds a recent victory over Tex Hager, a light-heavy tourney finalist, and his drop-kicks and Hungarian leg-clutch holds have been extremely effective of late.

The attention of fans, however, will be focused on the other one-hour battle—the headliner between two former collegiate football and wrestling stars, Buck Weaver, who holds the Pacific coast light-heavyweight title, was an ace and mat champ for the University of Indiana. Stojack, erstwhile coast junior-heavyweight champion, received his athletic background as a football guard and intercollegiate wrestling champion at Washington State college.

Stojack, who dropped his coast title on a fluke to Jack McLaughlin in Vancouver, B. C., hopes to gain the coast light-heavyweight title and announced that he can shade the 180-pound limit. Weaver has refused, but was willing to meet the airplane spin expert in a non-title tilt.

While Stojack, a cabinet-maker by trade, hoped for a championship bout, he was happy to have the chance to meet Weaver, figuring a victory would force the champ into a title defense. To match Stojack's spins, Weaver will employ his usual well-found-

**"WHISPERING" JIM AIKEN**—Coach Jim Aiken goes into his third season at Oregon in much the same spot as he was when he began bossing the Ducks back in 1947. At that time no one gave the Webfoots much of a chance in the championship scramble. Oregon tied for second in that first season under Aiken and then as a co-favorite, became co-champions of the league last season. Aiken faces a big job in plugging a number of holes in his 1949 team. He will utilize his bullfrog base considerably this fall in keeping this year's crop of candidates on their toes. His past record of 193 wins, 53 losses and six ties indicates Aiken has the background for producing a "hot" 1949 Duck club.

## Submarine Crew Returns Home Following Rescue

GROTON, Conn.—(AP)—The men of the Cochino, only United States submarine lost since the war, came home to a heart-warming welcome.

They were aboard the submarine Tusk, which snatched them from arctic waters in a stirring rescue off Norway on August 25 after a series of unexplained explosions had sunk their own craft.

Approximately 100 wives, children, sweethearts and other relatives were on the submarine base dock to greet the survivors.

The joy of reunion was tempered with grief at the loss of six Tusk crewmen and a civilian technician, who was aboard the Cochino.

As the Tusk nosed into the dock, crewmen from the two submarines stood at attention on her deck and her flag was at half-mast. The waiting families thronged on the pier.

When the Tusk and Cochino crewmen were permitted to leave the vessel, some of the embraces would have outdone Hollywood.

Before that, Rear Admiral James Fife, commander of submarines, Atlantic fleet, made a brief speech of welcome, praising the crews of the two submarines and mourning the loss of the dead.

"Our main hope now," said Admiral Fife, speaking in a drizzle of rain, "is that we can find the real cause of the explosion and prevent a recurrence."

He said it had been determined that the sparks touched off a hydrogen gas explosion, but further investigation was in order.

To the men of the Cochino, Admiral Fife said:

"You can rest assured that we will take care of you, and you will get another ship."

After the formalities of check-

ing in, the men were given a month's pay and immediate liberty.

Commander Robert J. Worthington of Philadelphia, skipper of the Tusk, told newsmen:

"It is a miracle we got everybody off the Cochino without some men falling between the ships and being crushed to death. I didn't think it was possible."

U. S. History through the 19th Century can be traced by the American glassware created by skilled craftsmen who depicted outstanding events on bottles, plates and other pieces.

ed and well-rounded grappling technique.

The match is certain to be packed with fireworks and promises to attract one of the largest crowds of the season. The opener gets under way at 8:30 p.m., and Elton Owen will referee both bouts.

They're often very nourishing, E. O. Essig, University of California entomologist, said today.

Men have eaten insects for food for thousands of years. Essig said examples are locusts, water bugs in tropical Asia and white caterpillars in Mexico City.

Insects add carbohydrates, fats, protein and nitrogen to your diet but aren't reliable as a source of vitamins.

**Pre-Fabricated Plywood Plans Are Announced**

NEW ALBANY, Ind., Sept. 9.—(AP)—Gunnison Homes, Inc., a subsidiary of the United States Steel Corp., has plans for a pre-fabricated plywood house intended to cost less than \$6,300, including land.

An announcement last night said the basementless four-room house is designed to take advantage of 95 percent FHA mortgage insurance, limited to houses appraised at \$6,300 or less. It said the house might be sold for \$350 down and about \$37 a month, including taxes and insurance.

The house plans include kitchen cabinets, double sink, automatic water heater and forced-air heating with oil or gas.

**Bugs In Lettuce Merely Add To Protein Foods**

BERKELEY, Calif., Sept. 9.—(AP)—Don't worry about bugs you may eat in fruit or salads.

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