

From the Hands of Big Ben

Aaaugh! Torment!

By BEN KALB
Of the Emerald

Your mind screams "It's Pain."

Your body cries out profusely in agony with every muscle twinging. It's as though you are about to enter into the clamps of the rack that will break your back.

It's like waiting to enter the ancient Iron Maiden, whose poisoned spikes will send you to the gallows. The torment is obsessing your body, and you can't break away.

Come with me now—We are about to enter the TORTURE CHAMBER!

Inside are the instruments, neat and all in their rightful place, just ready to tear your soul to shreds.

Come with me now—you have just entered the gymnastics training room!

Dick Smith is the coach of the gymnastic squad. To some people this sport rates as nothing more than a typical "minor sport." But if you look at the training and preparation a gymnast goes through, you might have a different perspective.

Every day Coach Smith's musclemen perform their warmups, work out, and go through some routines. After regular practice is over the gymnastics training room, simple and routine as it may look, undergoes a radical transposition. Now behind closed doors, it becomes the Torture Chamber.

Every member of the squad does around 70 bar dips, divided in two sets, and they can't get down until the exercise is completed. Even if they are exhausted they must continue. On some days, to say that the athletes are exhausted is an understatement.

Two sets of hand stand push ups are next on the agenda, followed by 40-four-point sit ups without touching your back to the ground. Then Ach du Lieber! They do swing handstands, pull-ups, and 30 V-sits. A V-sit is when you lie down and bring your arms up to touch your toes in a V fashion. Then there are chins, planche holds, crosses, and more.

Does it sound like a thrilling way to spend an afternoon? Sophomore Dave Olson says, "We hate 'em, but we do them because we know they will help us."

Right now the Duck power men have an unblemished 3-0 record. This is the best season to date. As senior Jim Hampton aptly stated, "The torture drills were definitely responsible for our win over Washington State."

After many a year, the Oregonians defeated the Cougars in gymnastics. "For that win, as for every win," Junior Wayne Noecker declared, we get an award. Do you know what that award is? More torture drills."

Noecker added while looking upside down on the high bar, "The drills give us unity." "And spirit," added Olson.

Senior Mike Olson, a top flight gymnast, mentioned, "The first day I did them, I got sick. Now I am in condition." Olson added, "They help you increase your strength and make your routine flow easier. It's a pain while you're doing them, but it's worth it."

Coach Smith, who professed his men want more, more, more, stated, "They are the greatest thing. They know it will make them into better gymnasts, and that is what they want."

January 26 is the next public appearance of the torture chamber. Oregon meets San Jose State in Mac Court. The meet will be a great one, but it is not recommended for those who can't endure the sight of pain.

Swimmers to Battle Tough Cal, Stanford

By DAN HAUSLER
Of the Emerald

Swim against last year's NCAA champ Friday, and take on another major swimming power Saturday.

That's the task confronting the Oregon swimming squad this weekend when they battle Stanford at Palo Alto and University of California at Berkeley.

Stanford is the defending NCAA champion. Cal has a number of returning lettermen and a group of talented sophomores and junior college transfers.

Cal's Barry Weitzenberger, an All-American water polo player, is the sparkplug of his team. Last season he was a double winner against the Ducks. He also won twice in Cal's recent two point upset over University of Washington.

Undefeated Stanford has little depth, but one top performer in every event. The Indians boast the number one 200 yard individual medley swimmer in the country, Pete Seibert. Six first place entries from last

year's UO-Stanford meet will also be back to haunt the Ducks Friday.

Duck swim coach Don Van Rossen summed up the optimistic attitude of his team after last week's victory over Simon Fraser: "Those California schools used to be considered 'Death Valley' by northwest colleges. Not any more. This team is like a volcano ready to erupt—and it'll happen in California."

Oregon's strengths lie in the two diving events and the freestyle sprints. Wayne Schwandt and Tom Speight will be strong favorites to sweep the diving events, and Bob Boyer (21.1 in the 50 and 47.1 in the 100) is an Olympic sprint hopeful.

The Ducks are also loaded in the breaststroke and middle distance freestyle events.

Last season Duck tankers defeated U of Cal. 58-46, and were crushed 68-36 by Stanford.

IM Schedule

- Basketball**
3:50—Court 40—Young B vs. Henderson B
Court 43—Dunn B vs. DeCou B
4:35—Court 40—Sheldon B vs. Bean East B
Court 43—Adams B vs. Wilcox B
5:15—Court 40—Sigma Chi B vs. Phi Kappa Psi B
Court 43—Pi Kappa Alpha B vs. Sigma Alpha Epsilon B
Handball
4:00—Kappa Sigma vs. Delta Chi
4:45—Chi Phi vs. Boynton



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Indoor Meet Ducats Ready

Tickets for the Jan. 27 Oregon Indoor Invitational Track Meet at Portland's Memorial Coliseum are now available at the Oregon Athletic ticket office. Prices for the 7:30 p.m. event are \$4.00, \$3.00 and \$2.50.

A battle between the "old" and the "new" in the 60-yard dash and a wide open fight among some of the world's best two milers will be among the highlights.

A 10-man sprint field will be headed by ex-Oregon runner Harry Jerome, a veteran of two Olympics and co-holder of the 100-meter dash world record, and Oregon State sophomore Willie Turner, co-holder of world records in the 100-meter and indoor 50-yard events.

The two-mile field includes Webfoot runners Arnie Kvalheim and Tom Morrow, plus '64 Olympic champion Billy Mills, ex-UCLA star Bob Day, Australian Kerry O'Brien and Tom Laris of the New York AC.

THURSDAY

FOCUS: On Controversy



Robert Welch

John Birch Society, President and Founder

7:30 Tonight

McARTHUR COURT
(no charge)

San Francisco
Underground Movies
4:00 EMU Ballroom
(no charge)

Greek Focus

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13th and High