

Athletes exercise to keep in shape

Have you ever wondered what JV and varsity team members do throughout the summer vacation months to keep fit for fall athletics?

Swim team member Bob Mills, senior, swims daily from 6:30-7:30 in the morning and again in the afternoon from 4:30-6:00. Bob commented, "I also water ski to keep my muscles toned, and to get in better shape for summer swimming meets."

"I do an awful lot of running," stated Bill Flowers, "which is wonderful all-around exercise." The varsity basketball team player also plans to do practice shooting so he won't lose his "eye."

"The important thing is to keep running. Summer camp will also help me keep in shape," concluded Bill.

Don Johnson, basketball team member, will participate in "all-comer" track meets which are open to students on various age levels. "I play basketball almost every day and will enter most of the all-comer meets," Don added.

Varsity track team member Chuck Kinsey plans to enter in the all-comers track meets too. "I run almost every single night when it's cool," he added.



GETTING A FEW POINTERS on how to better her grip is Paulette Cerutti, captain of the girls' golf team. Giving the pointers is Vern Lowery, boys' golf coach.

'Good season, great team' comment coaches of girls', boys' golf squads

"Good season," "Great team" were comments from Vern Lowery and Mrs. Diane Cedros, boys' and girls' golf team coaches. First place in city was taken by the girls, while the boys finished in third place.

"We won every game, had an 8-0 record and finished the sea-

son with 94 points out of a possible 96 points," exclaimed Mrs. Cedros.

According to Mrs. Cedros, it has been agreed that state competition will not be held.

"Things look pretty good for next year," forecasted Coach Cedros. "We're only losing one senior girl from the squad. We have nine girls on the squad now.

About Portland Interscholastic League playoffs Mr. Lowery commented, "We came in third by two strokes which meant we could not go on to the state tournament."

"We had a real good season," added Mr. Lowery. "We weren't spectacular and we weren't quite good enough to come in the top one or two, but we sure had a good season."

3 G-men make first team in baseball all-city squad

With baseball season over and PIL champions named, it's time for the announcement of the coaches' all-city team.

The Generals made a fantastic showing in the poll. The whole

number one string was placed somewhere on the list of all-city players.

The first team boasts three G-Men on the list. They are Dave Dimitre, second base; Mike Naylor, third base, and Robin Sinclair, pitcher.

Larry Leas, catcher and Jamie Eoff, pitcher, were placed on the second team.

Honorable mentions went to Gary Johnson, shortstop; Steve Hendryx, first base; Ron Young, Krist Sauvola and Greg Walsh, outfielders.

When asked what he thought about this showing Coach Roy Harrington said, "GREAT! It's just great!"

"I don't think Grant, or for that matter any other school, has placed all of its number one string on the all-city team," concluded Coach Harrington.

Doubleheader game scheduled Saturday in baseball league

Saturday night at Skavone Field a North-South doubleheader baseball game will be played.

The North and South teams are comprised of schools from the Portland Interscholastic League.

The North team is comprised of teams from Roosevelt, Jefferson, Madison, Benson and Washington.

The South team consists of Wilson, Lincoln, Jackson, Cleveland and Franklin.

The action will begin at 6:00. Admission is 50 cents for students and \$1.00 for adults.

Students receive awards, club pins from Achievement

Many Grantonians have been active in Junior Achievement this year as is displayed by these award winners.

Best Annual Report Award: Jan Plummer is a finalist representing F/CRAFT Freightliner corporation. Mary Holman and Sharlene Vessella received "A" award winning companies as the presidents of their companies. Mary was also a finalist for the Company of the Year Award, and Sharlene for Best J.A. Salesman Contest.

\$1,000 Company Sales Awards went to Laura Gustav, the vice-president of her corporation. Joanna Pulakis received an Achiever Association Award; Rick Grimshaw was a finalist in the Treasurer of the Year Contest; and Barbara Leese received an Executive Award.

Junior Achievement Cash Scholarships went to Mary Holman and Pam Wiik; and the William E. Irwin Memorial Scholarship was received by Carol Johnson.

Mary Holman and Sharlene Vessella received \$100 Sales Club pins which are awarded to each achiever who sells \$100 or more of the company's product. 100 Per Cent Attendance Award pins went to Barbara Slottee, Mary Holman, Winona St. Helen, and Sharlene Vessella.

Sue McKichan was named as a banquet hostess.

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