

# Bend High School Weekly

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## CROWDS ENJOY MUSICAL SHOW

### OPERETTA IS GREAT SUCCESS

Brilliant Colors In Scenic Effects Enhance Attractiveness of Production—Clever Dancing Is Pleasing Feature.

Amid an array of color and music the long-scheduled Operetta was given by the Girls' Glee club of the Bend high school at the liberty theater Friday matinee and night. A large crowd at both the afternoon and evening performance showed the interest of the people in music and in the high school.

The operetta, under direction of Mrs. Ethel Travis, had originally been billed for the gym, but as the gym was later closed, it could not be held there. At last it was decided that it would be given in one of the theaters. The Liberty was obtained from Mr. Whittington at a slight expense.

The opportunity for rehearsal was broken into by various other school activities and the girls had a hard time in obtaining a place in which they would be able to practice undisturbed. After all was ready for the decoration of the gym, they were notified that the gym was closed and that therefore they could not give their performance there as planned.

The obtaining of the Liberty, with its smaller sized stage, of course, made it necessary to change the size of all the fixtures, especially the Japanese house, which formed part of the side entrance. Thanks to the manual training department, this was accomplished in time to present the operetta on the night scheduled.

The costuming and stage decorations were in many changing and vivid colors, arranged artistically by the stage director. The stage depicted an outdoor scene in Japan, with Japanese lanterns and other signs of joyousness apparent everywhere. A small Japanese house, made by the manual training department, aided in making the scene realistic and adding a touch of beauty.

The play, which took more than two hours to present, dealt with the ceremonies at the 18th birthday of O Hano San (Frances Heyburn), when she became of age. The girls help O Hano San and her cousins (Alice Crockmon and Katherine Hayden) prepare to decorate the garden. Chaya (Jeannette Keyes), the servant, is much concerned to find her

## TRAINING FOR TRACK AND FIELD

By William L. Hayward.  
(Track coach, University of Oregon.)

### THE SHOT PUT

The shot put is an event in which strength and weight are the determining factors, but one must also have a knowledge of the form so as to get the benefit of his weight. Speed is the one requirement that all putters must have if they expect to be successful. If the athlete has all three—weight, speed and strength—the shot is bound to go a satisfactory distance. Form is, then, very important. This can be acquired only by constant practice.

The best form for putting the shot will be found in the following points, taken up separately. There are two separate ways to hold the shot; some place it with the main weight resting on the fingers, and as the shot is leaving the hand it is flipped with the wrist and tips of fingers. One must be very strong in the wrist and fingers to be able to do this. Many who use this style have not the strength required, and when the arm is pushed in the final effort the wrist and fingers give way and momentum of the shot is retarded and the consequence is that distance is lost. On this account I would not recommend the form to scholastic athletes for the present. A safe form, and one used by the majority of shot putters, is to let the shot rest on the base of the fingers, thumb and little finger used to form a pocket with the other fingers. This is the first thing to learn.

### How to Hold the Shot.

The reverse may next be tried from a stand, holding the shot in the right—assuming the putter is right-handed. It should be held snug against the neck, on and a little in front of the shoulder. The left arm is held up, pointing in almost an

angle that the shot will travel, the left side facing the direction of the put. The left foot is placed against the toe board or near the edge of the circle. The right leg should be slightly bent at the knee and the arm so held that it feels the strongest with shot resting in front of shoulder. The elbow should be held in a position to give the best drive to the shot upward and forward. One's instinct should tell whether the shot is held correctly or not. The athlete is now ready for the "reverse," in which the final effort is made. The body is quickly turned with the beginning of the forward motion so that the right leg will be in the position held by the left at the beginning of the final effort. The left leg and arm are brought back with speed to give the body more momentum in turning, landing on right foot. The final effort is very important and should be practiced until mastered. I would advise beginners to start with a light shot, as there is

considerable strain on the shoulder and elbow. When the reverse is mastered, the putter may try the hop across the ring. This is done, taking a position at the back of the ring, directly opposite to the toe board, in the same form as starting the reverse, with the exception that the left leg is swung forward and backward to gain all possible momentum that the body can carry. The right knee is slightly bent, ready for a spring forward. The movement should be made so the left foot will strike near the toe board and right about the middle of the ring. This will give the putter the same position held when starting the put. The reverse is made here. No time should be lost in making the reverse at the end of the first hop. If you do the speed gained across the ring in the first hop is lost and a poor put is the result. In going across the ring the movement should be smooth and just skimming the ground. A bad fault a great many have is jumping too high in the hop.

Ernestine Hupprich and Katherine Addink presented a typical Japanese dance in a very pleasing manner.

## SOPHS VICTORS IN CLASS MEET

### POINTS EXCEED TOTAL OF OTHER CLASSES

Second Year Athletes Receive Pennant Presented by Bend Merchant—Coach Has Chance To Compare Ability of Team Candidates

Victory in the interclass track meet rests with the sophomores. The final score after last week's meet is, sophomores, 61; freshmen, 25; Juniors, 19.

A large pennant with the words "Interclass Track Championship," given to the school by a prominent Bend clothier, will be presented to the sophomore class in recognition of its victory.

Along with the track meet was held the tryouts for the grades of the school who will represent Bend in the final tryouts for the county.

The track meet, while by no means final for the high school students, nevertheless gave the coach, Merle Moore, an opportunity to observe the various candidates in a regular meet and will enable him to select the best men to represent the high school. The results were as follows, the entrants finishing in the order named:

50-yard dash—McNeely, Birdsall, Brosthouse.

100-yard dash—McNeely, Birdsall, Johnson.

220-yard run — McNeely, Hicks, Johnson.

440-yard run — Birdsall, Going, Lamb.

1 Mile run—Harriman, Going, Birdsall.

120-yard high hurdles—McNeely, McNeal.

220-yard low hurdles — McNeely, Birdsall, Johnson.

Shot put—G. Blakely, F. Haner, Middleton.

Broad jump—Norecott, Dutt, Hicks.

High jump—McNeely, Philbrook, Wright.

Discus throw — Norecott, Wright, Philbrook.

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## AS THE EDITORS SEE IT

### REGARDING THE GYM

Nothing, we are certain, in the way of a public convenience which has been taken from the public has been so missed and asked for as the gymnasium. The people of Bend, especially the boys and girls, did not realize what they possessed in having the privilege of making use of a gymnasium of the size and equipment such as Bend boasted, until it was taken from them. The public has, expressed a desire, since the gym has been closed, to open it again, and in this desire we assure the people of Bend that they will have the strongest support from the students of the high school.

The students, teachers and coaches of the school have been put to a disadvantage in their work and in securing a place large enough in which to present their entertainments.

The loss of the use of the equipment of the gym by the students has been felt most keenly and nothing would please them more than having their former privileges restored.

We feel absolutely justified in asking for the opening of the gymnasium. The building was constructed in the first place, by the people of Bend, and it was meant for their use. It affords the largest place of assembly in the city. Yet instruct-

considerable strain on the shoulder and elbow.

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### House 1,550 Years Old.

The English castle, Saltwood, near Hythe, which is at present "to let," has an interesting history. It was built by Olaf, son of Hengist, in 448, and rebuilt by Henry de Essex, the king's standard-bearer, about 1100. Thomas a Becket's murderers met there in 1162 and laid their plans. In King John's reign it was the residence of the archbishop of Canterbury.

### Rather Large Order.

In a certain kindergarten the children were telephoning imaginary orders to an imaginary grocery store for the sake of the training in English to be derived therefrom. A little girl volunteered the following order: "Hello! Is this the grocery? Please send me some bread. Please send me some chops. And a little gravy, please!"

### THE STAFF

Editor-in-Chief: Lester Smith.

Associate Editors: Marjorie Baird, Society; Frances Louise Heyburn, Girls' Athletics; Margaret Inabnit, School Activities; Ervin McNeal, Debate and The Pilot; Thomas Going, Boys' Athletics; Mildred Hoover, Jokes; Stewart Rae, From Here and There in Hi. Reporters: Louise Inabnit, Emersonian Literary Society; Hugh H. Kelley, Sagea Literary Society.

## An American Worker's Creed

"The Company for which I work is a mighty good employer and I think any employe who hasn't an interest in the success of his employer ought to quit or get fired. My idea is that when a man sells his services to an employer, he sells his loyalty at the same time. If he can't be loyal and give the best that is in him, he ought not to work for that particular employer. By being loyal I don't mean that one has to be a toady, or that he has to lose any of his independence. The most loyal may be the most independent, and usually is."

The Shevlin-Hixon Company

## CROOK COUNTY WINS, 10 TO 6

### BEND LEADING UNTIL LAST INNING

Local Team Stronger In Hitting And Fielding, But Loses Out In Weird Final Period—Norecott Strikes Out Nine Batters.

An aerial ascension in the last inning on the part of the Bend high nine gave to Prineville an unearned victory yesterday by a 10 to 6 score on the local field. At the end of the eighth the score stood 6 to 5 for the local team. For the most part, good ball was played on both sides. Norecott, pitching for Bend, struck out nine opposing batters.

Prineville started the scoring in the first frame. O'Kelley walked, Mills singled, driving the former in from second, and in turn scored on Laughlin's sacrifice. In the second Bend made three on singles by Lamb, Coyner and Norecott, and a two-bagger by Tucker. Wright was nipped at the plate.

The score was evened the next inning, Smith hitting and being sacrificed around. Prineville added one in the sixth and seventh each. Mills drew a three-base hit, scoring on Laughlin's single. McKenzie singled, advanced on an error, and scored on a fielder's choice.

In the latter part of the same inning Bend added two, setting the score even again. Norecott doubled, Moody sacrificed him to second; Wright walked. McRoberts annexed a two-bagger, scoring Norecott and Wright. In the next Haner singled, Lamb walked, Coyner reached first on an error. Wright walked, forcing in Haner.

The final blowup started when Wright misjudged McLaughlin's fly to left, giving him first base. McKenzie was hit by a pitched ball and McLaughlin stole third, coming home on an overthrow. Jacobs singled, scoring McKenzie, who had mean while stolen third. Chambers reached first on a bad fielder's choice and Llewellyn singled, Jacobs and Chambers scoring before the home team quit throwing the ball away. Llewellyn scored on Smith's hit. The lineups were:

Bend — Tucker, catcher; McRoberts, center field; Swigert, third base; Haner, first base; Lamb, second base; Coyner, shortstop; Norecott, pitcher; Moody, right field; Wright, first base.

Prineville—Smith, pitcher; O'Kelley, second base; Mills, third base; Laughlin, first base; McKenzie, shortstop; Jacobs, center field; Chambers, catcher; O'Kelley right field; Wright, left field.

Score by innings— R. H. E.  
Bend .....0 3 0 0 0 2 1 0— 6 11 4  
Prineville 2 0 1 0 0 1 0 5—10 5 1  
Umpires—Springer and Van Tassel.

Symbols Had Meaning.  
The shoes and sandals of the Greeks, Romans, Egyptians and Jews were ornamented with horns, crescents and other representations of the moon. At marriage ceremonies the custom of casting the shoe was combined with the throwing of flowers and various kinds of grain. These symbols and offerings seem to indicate the propitiation of a god, probably the deity who presided over productiveness.

"For the hand that rocks the cradle is the hand that rules the world."

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KEEP OUR CREDIT GOOD

The Brooks-Scanlon Lumber Co.

REMEMBER to ask your grocer for Calumet Baking Powder and be sure that you get it—the Indian head on the orange label. Then forget about bake day failures. For you will never have any. Calumet always produces the sweetest and most palatable foods. And now remember, you always use less than of most other brands because it possesses greater leavening strength.



Now Remember—Always Use



# CALUMET BAKING POWDER

There is no waste. If a recipe calls for one egg—two cups of flour—half a cup of milk—that's all you use. You never have to re-bake.

Contains only such ingredients as have been officially approved by U. S. Food Authorities, is the product of the largest, most modern and sanitary Baking Powder Factories in existence.

Pound can of Calumet contains full 16 oz. Some baking powders contain 12 oz. instead of 16 oz. cans. Be sure you get a pound when you want it.

Calumet Columbia Muffin Recipe  
—4 cups sifted flour, 4 level teaspoons Calumet Baking Powder, 1 tablespoon sugar, 1 teaspoon salt, 2 eggs, 2 cups of sweet milk. Then mix in the regular way.