



'GET IT UP, BRUCE' — Bruce Galloway, assistant secretary of the local YMCA, gets a lesson in physical fitness from Darlene Perry, left, and Sue Jennings, right. The girls will conduct a fitness class for women starting Monday at the YMCA. Cost will be \$5 per month or \$1 per session. Galloway said 12 sessions are offered per month.

'Y' Starts Physical Fitness Class

Physical fitness, says the YMCA, is fast becoming a growing interest in American society. Klamath County YMCA, one of 27 United Fund agencies, is launching its program designed to promote better physical fitness in both men and women.

Exercise classes for women will start Monday; sessions will be held Monday and Fridays at 9:30 p.m. Cost of the program, which will be under the direction of Sue Jennings and Darlene Perry, has been reduced this year to \$5 per month, for as many sessions as desired out of the 12. Last year's \$1 per class rate will also be available, Bruce Galloway, assistant secretary of the YMCA, said.

"The exercises will strengthen the circulation of the blood through the body, thus creating good condition for better endurance," Galloway stressed.

The program will employ testing processes, now available, to determine fitness levels of individuals and how these levels can be maintained or improved.

The YMCA program is based on the methods and research of Dr. Thomas Cureton of the University of Illinois, who has done extensive work in the field. Testing for blood circulation, which Dr. Cureton believes, determines your physical condition; flexibility; balance and physique are included in the diagnostic section of the program.

"Many YMCAs," Galloway says, "now using this program, have been able to re-test some of the original group and find out how effective their program really is; the results are gratifying."

"Nearly every person who followed their outlined program has made tremendous strides toward a high level of fitness. Many men and women who have taken the physical fitness tests and have seriously gone into the exercise routine have found amazing results," Galloway said.

Galloway said the program is designed for weight reduction, endurance building and improvement of body strength. Further information, and the starting date of the men's program, may be obtained from the YMCA at TU 4-4149.

Herrera Arrested Again, This Time For Burglary

Ysmael C. (Smiley) Herrera, 19-year-old Klamath Falls youth, was arrested Wednesday night on a burglary charge after he had been given a suspended sentence earlier in the day for assault and battery.

Herrera was arrested at his home, 636 Owens Street, by Sheriff Murray (Red) Britton and Deputy Del Summers. They said the youth offered no resistance. He was arrested on a warrant, charging him with burglary in a dwelling and was jailed in lieu of \$3,500 bail.

The information of felony against the youth was signed by Albert Crank, 2130 Vine Street. Herrera is accused of breaking into Crank's house last Friday night "with the intent to commit an assault." City police, who investigated the incident, suspect Herrera of beating Crank with a tire iron.

Earlier Wednesday, District Judge Hal F. Coe gave Herrera a suspended sentence (\$200 fine and four months) after the youth pleaded guilty to assault and battery. He admitted beating his ex-wife, Delores, two months ago.

OTI Night Class Set

Three Oregon Technical Institute night courses are slated to begin next week.

Beginning electronics, EA 112 A, and advanced electronics EA 113 A will be offered from 6:30-10:30 p.m. Tuesdays and Thursdays starting Sept. 26.

Advanced automotive carburetion, AD 251, will be held from 7-9 p.m. on Mondays and Thursdays beginning the same evening.

Each of the three offerings will run for 10 weeks and each is a four credit course. Enrollees are to register during the first class period; tuition fees are \$11 per credit. Further information will be available from Paul Meier, dean of educational services.

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Reiling Represents Dairy Farmers At Meet

Wilbur Reiling, Klamath Falls, chairman of the Oregon Dairy Products Commission, represented this state's 18,000 dairy farmers at the fall business session of the American Dairy Association's national board of directors in Louisville, Ky.

Every state in continental United States was represented. Reiling is a member of the national committee on Public Relations in the state managers' meeting on the same day was Cal Crandall, executive secretary of the Oregon Dairy Products Commission.

Mapping product promotion strategy for 1962 formed the centerpiece for business decisions during the three-day session. A preview of promotion plans carefully put together with the cooperation of an industrywide committee highlighted the meeting.

In issuing the call, Martin J. Framberger, Chicago, general manager of the American Dairy Association, says, "Not only are dairy foods faced with increasing competition from many new food products and beverages, but there is a downward trend in per capita consumption of all foods. Since 1945 per capita food consumption has dropped from 1668 lbs. to less than 1500 lbs. per person."

Now completing 21 years of market development service for dairy men, the American Dairy Association is a nationwide, year-round program to strengthen markets for milk and milk products. It is farmer-financed to bring national scope and advantages to advertising, merchandising, public relations, and research of dairy products. A portion of Oregon dairy farmers' ODPF funds are invested in the American Dairy Association activities.

Vote Confirms Nash For Post

WASHINGTON (AP) — The nomination of Phillo Nash, former Wisconsin lieutenant governor, as commissioner of Indian affairs was confirmed by the Senate on a voice vote Wednesday. No opposing votes were heard.

The action was taken after Sen. Henry Dworshak, R-Idaho, said he believed the nomination for the position should have gone to an outstanding executive who would make sure the bureau would be in good hands, instead of to Nash.

Dworshak said he feared there would be "another reversal" of policy in the bureau which would encourage Indians to stay on reservations, rather than encouraging them to leave and be self-sufficient.

Tach Stolen

A stolen tachometer was the lone theft reported Wednesday to city police.

The report was made by Bill Nolen, 2129 Oak Street, who said the instrument, worth \$35, was removed from his car sometime Tuesday.

Police also found a hubcap Wednesday at the corner of Ninth and Oak streets.

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