



ENLIST IN NAVY — Frank William Patsch, left, and Robert Henry Jones, right, recently enlisted in the U.S. Navy and are now in recruit training at San Diego. Patsch is the son of Mr. and Mrs. Max Patsch, 332 Division Street; he is 17 years old and graduated in 1961 from Sacred Heart Academy. Jones is the son of Rev. and Mrs. Silas H. Jones, 866 California Avenue; he is 17 years old and graduated in 1961 from Klamath Union High School.

Leonardo Had Secret Of Straight Backbone

WASHINGTON (AP) — Take it from Millicent Linden, if President Kennedy had boned up on Leonardo da Vinci's writings, he wouldn't have suffered that back strain last spring.

The President would have known how to keep his backbone straight, in a natural sort of way, and wouldn't have put it out of whack, she says.

Miss Linden, who can do ballet and also sing, has delved into physical principles propounded by Da Vinci, the 15th century artist-engineer, and also the writings of Isaac Newton and the atomic scientists.

As a result, she has written a book entitled: "Why You Should Not Exercise."

Instead you should stretch—as a cat does when awakening from a nap, but of course since you don't walk on all fours, you have to adapt the stretch to the human body.

Five stretches are outlined in the book. To the uninitiated, they might look suspiciously like exercises. Perish the thought, says Miss Linden. Exercises are contrived, boring things, she says, while her stretches are natural movements "completely harmonious and just as smooth as honey."

One is called the "embryo stretch." You curl up like a baby before birth, with your hands wrapped around your toes. Then you extend first one leg and then the other, with your fingers still on your toes.

Another is the "quadruped stretch." You stand squarely on both feet, bend your knees and place the palms of your hands on the floor. Let your head hang down with "quiet abandon." Then straighten your knees very slowly, with your palms still on the floor.

This stretch, Miss Linden says, utilizes Newton's third law of motion—for every action, there is an opposite and equal reaction. Among other results, it improves the complexion.

Top Counsel Draws Blast

WASHINGTON (AP)—Sen. Barry Goldwater, R-Ariz., has inserted in the Congressional Record an article describing Theodore C. Sorensen as having "escaped military service as a conscientious objector, and Korean War service as a father."

Sorensen, 33, President Kennedy's executive counsel, was unavailable for comment on the article by Walter Trohan, Chicago Tribune writer.

Goldwater, chairman of the Republican Senatorial Campaign Committee, told the Senate Tuesday night, "It often requires more courage to seek this classification than to serve" in the armed forces.

"However, I can't help but wonder at the thought of the fathers and mothers of American boys who right now are being called up for active military service when they learn that one of the President's closest advisers is an objector because of conscience," Goldwater added.

In his "Report from Washington" column in the Tribune, Sept. 23, Trohan said that Nebraska draft board records show that Sorensen was classified on Dec. 31, 1948, as a "conscientious objector" available only for non-combat military service.

Trohan said that "on Aug. 18, 1950, after the outbreak of the Korean War, Sorensen was reclassified as 3-A, extreme hardship deferment, or registrant with child or children. On Nov. 20, 1961, his status was reviewed by the board and he remained in 3-A."

Miss Linden says her stretches are aimed primarily "at businessmen of ability, who go popping off like flies because of the tension they're under."

Miss Linden, demonstrating her stretches to a reporter and photographer, had a bit of difficulty because her leotards were binding.

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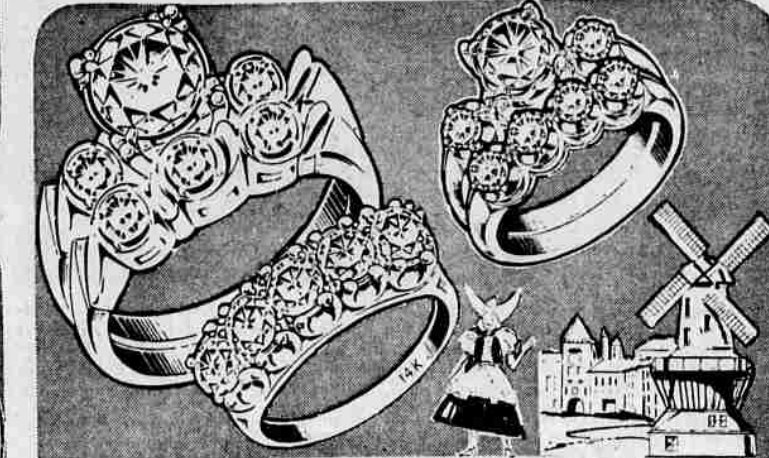
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