

PHYSICAL FITNESS PROGRAM AT YMCA — These are a few of the exercises the men of the YMCA's Physical Fitness program go through at the Y while taking the training program. At left, a member goes through his pulup exercise. The second picture shows another member walking the balance board which helps develop timing and balance. The third photo shows some of the group going through a stretching exercise on the floor which develops more abdomen strength. The fourth photo shows the members, although somewhat out of time, going through the squats which develops the legs. The program is headed by YMCA director Bruce Galloway. The program is designed to help keep the participants fit and not necessarily to build large muscles. The program takes place Thursdays. For information concerning the program, call the YMCA. (See story below).

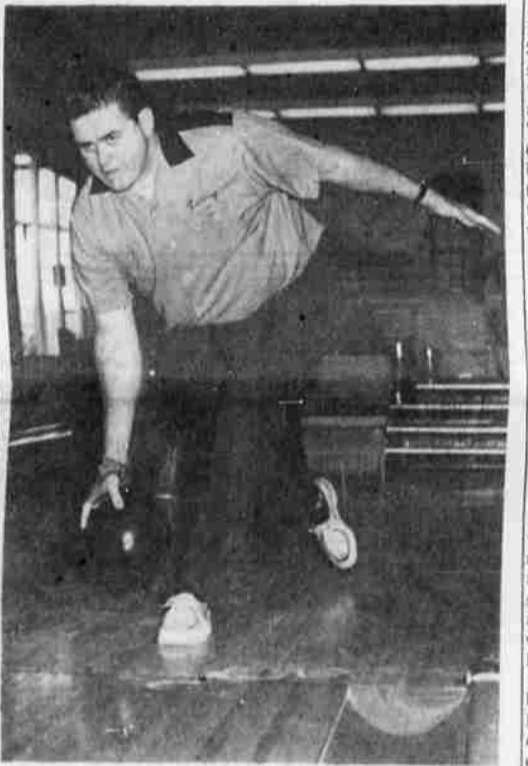
Lucky Lanes' Larry Jones Set For National All-Star Meet

Larry Jones, manager and public relations man for Lucky Lanes, will leave Sunday to go to Kansas City where he will compete in the National All-Star Bowling Tournament which features all the big names in the nation's fastest growing sport. The tournament is slated for Jan. 16-26.

ing the state of Oregon, but frankly, I feel, as I did when I went to Portland, that I'm representing Klamath Falls. And being the first Klamath Falls entry to reach the national, I'm very determined to qualify for the semifinals and the finals," he has said.

And this will be no little accomplishment if he does make it. No Oregon bowler has gotten past the semifinals. Last year Smokey Sylvester made it into the semifinals with a 198 average for his first 20 games. This put him in 92nd place and he did not survive the cut from 96 to 16.

Jones, a big man, will be fighting against 287 other bowlers in this tremendous tournament. The format for the All-Star has changed somewhat over the years and will be run virtually as it was last year. Last year they dropped the Peterson points in the position round and went to three games total pins to determine position. That same format will be followed this year.



LARRY JONES Going To Nationals

Chiloquin Topples Bobcats

BLY (Special) — The league leading Chiloquin Panthers, pushed to the limit by a fighting band of Bly Bobcats in the first period, started rolling in the second stanza here Friday night and swept past the 'Cats, 73-40, for their fifth straight victory.

The Bobcats, ahead by as many as six points in the first period, held on for a 12-10 period lead but couldn't stand the pace of the more experienced Panthers. Coach Dave Sigano's cagers went to work in the second period and ripped the nets for 21 points while holding Bly to only nine for a 31-21 halftime lead.

Things got worse for the Bulldogs in the last half as the Panthers hit for 22 points in the third stanza and for 20 in the fourth. Bly could manage only three and 16.

Merrill Edges Gilchrist In Overtime Period, 52-46

GILCHRIST (Special) — The Gilchrist Grizzlies forced the second place Merrill Huskies into an overtime here Friday night before the defending Klamath County League champions pulled the game out of the fire in the extra period, 52-46.

The Grizzlies had the game going their way in the fourth period with a six-point lead with three minutes left when they made three had passes which turned

into two-pointers for Merrill and a tie ball game. And the Grizzlies weren't able to stay with the Huskies in the overtime and failed to score.

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Idaho Tops Ducks In Overtime, 62-61

EUGENE (UPI) — Reserve Chuck Kozak hit Idaho's final four points as the Vandals came from behind to post a 62-61 overtime basketball win against Oregon here Friday night.

Moore scored 17, Steve Jones hit 15 and Jim Johnson tallied 13. Moore missed two foul shots for Oregon with four seconds left to send the contest into overtime. The Ducks were in front 50-54 with 1:34 remaining in the overtime. Lyle Parks hit a jump shot at 1:20 and White made two free throws with 41 seconds left for the Vandals to set the stage for Kozak's key points.

High School Scores

Prep Basketball Results By United Press International

Cleveland 57 Roosevelt 53	Yale 61 Princeton 47
Benton 51 Washington 49	Lincoln (Pa.) 82 Philadelphia Pharmacy 71
Lincoln 43 Lincoln 43	Wilton 43 Grant 37
Franklin 42 Jefferson 31	North 42 Central Catholic 59
North 42 Central Catholic 59	Albany 42 Albany 42
Albany 42 Albany 42	David Douglas 30 Greenham 28
David Douglas 30 Greenham 28	Tigard 30 Tillamook 28
Tigard 30 Tillamook 28	Dallas 38 Newberg 49
Dallas 38 Newberg 49	St. Helens 39 West Lin 39
St. Helens 39 West Lin 39	Oregon City 33 Lake Oswego 47
Oregon City 33 Lake Oswego 47	Forest Grove 46 McMinnville 43
Forest Grove 46 McMinnville 43	Silverton 42 Wyast 38
Silverton 42 Wyast 38	Medford 42 Klamath Falls 31
Medford 42 Klamath Falls 31	Sandy 42 Jewett 41
Sandy 42 Jewett 41	Raymond 38 Scappoose 51
Raymond 38 Scappoose 51	Concord 38 Liberty 43
Concord 38 Liberty 43	Lebanon 37 Sweet Home 35
Lebanon 37 Sweet Home 35	South Salem 46 North Salem 44
South Salem 46 North Salem 44	South Eugene 42 Clatsop Grove 32
South Eugene 42 Clatsop Grove 32	Marshall 40 Thurston 40
Marshall 40 Thurston 40	North Eugene 74 Willamette 48
North Eugene 74 Willamette 48	North Bend 43 Santiam 43
North Bend 43 Santiam 43	Grants Pass 36 Crater 41
Grants Pass 36 Crater 41	Madras 42 Klamath Falls 31
Madras 42 Klamath Falls 31	Redmond 39 Mac-Hill 29
Redmond 39 Mac-Hill 29	La Grande 58 Hermiston 53
La Grande 58 Hermiston 53	The Dalles 75 Baker 44
The Dalles 75 Baker 44	Prineville 46 Madras 41
Prineville 46 Madras 41	Ontario 52 Aberdeen (Isham) 39
Ontario 52 Aberdeen (Isham) 39	North 52 Payette (Idaho) 43
North 52 Payette (Idaho) 43	North-Kah-Nie 44 Banks 33
North-Kah-Nie 44 Banks 33	Seaside 48 Vernonia 36
Seaside 48 Vernonia 36	Stilette 37 Astoria 37
Stilette 37 Astoria 37	Hood River 37 Rainier 42
Hood River 37 Rainier 42	Concordia 41 North Catholic 34
Concordia 41 North Catholic 34	Dayton 38 Newberg 34
Dayton 38 Newberg 34	Shelton 44 Astoria 34
Shelton 44 Astoria 34	Philomath 42 Neffuccia 37
Philomath 42 Neffuccia 37	Woodburn 57 North Marion 53
Woodburn 57 North Marion 53	Juniper City 43 Croswell 43
Juniper City 43 Croswell 43	North 42 Cascade 42
North 42 Cascade 42	Mapleton 33 Garfield 41
Mapleton 33 Garfield 41	Stilette 37 Astoria 37
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College Scores

College Basketball Results By United Press International

Yale 61 Princeton 47	Lincoln (Pa.) 82 Philadelphia Pharmacy 71
Wilton 43 Grant 37	North 42 Central Catholic 59
Albany 42 Albany 42	David Douglas 30 Greenham 28
Tigard 30 Tillamook 28	Dallas 38 Newberg 49
St. Helens 39 West Lin 39	Oregon City 33 Lake Oswego 47
Forest Grove 46 McMinnville 43	Silverton 42 Wyast 38
Medford 42 Klamath Falls 31	Sandy 42 Jewett 41
Raymond 38 Scappoose 51	Concord 38 Liberty 43
Lebanon 37 Sweet Home 35	South Salem 46 North Salem 44
South Eugene 42 Clatsop Grove 32	Marshall 40 Thurston 40
North Eugene 74 Willamette 48	North Bend 43 Santiam 43
Grants Pass 36 Crater 41	Madras 42 Klamath Falls 31
Redmond 39 Mac-Hill 29	La Grande 58 Hermiston 53
The Dalles 75 Baker 44	Prineville 46 Madras 41
Ontario 52 Aberdeen (Isham) 39	North 52 Payette (Idaho) 43
North-Kah-Nie 44 Banks 33	Seaside 48 Vernonia 36
Stilette 37 Astoria 37	Hood River 37 Rainier 42
Concordia 41 North Catholic 34	Dayton 38 Newberg 34
Shelton 44 Astoria 34	Philomath 42 Neffuccia 37
Woodburn 57 North Marion 53	Juniper City 43 Croswell 43
North 42 Cascade 42	Mapleton 33 Garfield 41
Stilette 37 Astoria 37	Stilette 37 Astoria 37
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LAVER LOSES AGAIN BRISBANE (UPI) — Lew Head, who defeated grand slam champion Rod Laver in his professional tennis debut a week ago, handed the young Aussie his third straight defeat Friday, taking only 75 minutes to turn the trick.

Lakeview Defeats Phoenix

LAKEVIEW (Special) — The Lakeview Honkers, coming up with a surprisingly tough basketball team this year, continued to roll here Friday night when they toppled the Phoenix quintet, 50-36, in a Rogue League game.

College Scores

College Basketball Results By United Press International

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Tigard 30 Tillamook 28	Dallas 38 Newberg 49
St. Helens 39 West Lin 39	Oregon City 33 Lake Oswego 47
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The Dalles 75 Baker 44	Prineville 46 Madras 41
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Fitness Program Growing In Area

Physical fitness is fast becoming a growing interest in the American Society. And it is reported that President Kennedy is planning to begin an "Adult Fitness" program soon.

Research is proving more and more the basis for physical fitness. Testing processes are available to determine the level of fitness of each individual and what he needs to do to improve or maintain his level of fitness.

10th Victory

LOS ANGELES (UPI) — California middleweight boxing champion Johnny Smith was looking for a new opponent today following his third round knockout of Bryant Friday night in the Olympic Auditorium main event.

Smith, 37, Los Angeles, completely outclassed the Tucson, Ariz., fighter who scaled 161. Smith, a 3-1 favorite, scored his 10th straight knockout in 1:40 of the third round.

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