







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 HERALD AND NEWS, Klamath Falls, Ore.

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 squat-jumps 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 In Overtime, 62-61 For National All-Star Meet

And this will be no little ac-ing against 287 other bowlers in lowed this year,

ment is slated Jan. 16-26.

He is one of four representatives of Oregon going to the "World Series" of bowling. Jones finished second in the state this year in the qualification for this tourna-

He is a determined young man and has a confident desire to make the semifinals and then the finals and thinks he can do

Chiloquin Topples **Bobcats**

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

The Bobcats, ahead by as ma as six points in the first period. held on for a 12-10 period lead hist couldn't stand the pace of the more experienced Panthers. Coach Dave Sigado'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 Bul dogs in the last half as the Pan thers hit for 22 points in the thir Bly could manage only three a

in double figures. Al DeBortoli

LARRY JONES

Merrill Edges Gilchrist In Overtime Period, 52-46

in double figures. Al DeBortoli led the charge with 12 points while Teny DiUlio bucketed 11 and sophomore Deonard Wilder 29. John Godowa led the Bobovertime bere Friday night be cats with 11 while Duane Foster had 10 and Jim Watts 9.

Chiloquin now tops the league spin a 3-0 mark with Merrill and close second with a 4-1 mark. Bly is now 14 for league competition. Score by quarters.

Chiloquin 10 2 2 2 20-73 minutes left when they made left the improving Grizzlies with a six-point lead with three Chiloquin 10 2 1 22 20-73 minutes left when they made left the improving Grizzlies with left the improving Grizzlies

. 6000 Pound Pulling Capacity No Special Transmission Needed

Beaute to see this reliable new elec-bric power winch designed for wasy installation on your car, "Jeep", pickup, flatbed fruit, "Scout", or other vehicle. Pulls up to 6,000 pounds with power supplied by your vehicle's standard 6 or 12 volt battery.

BELLEVIEW Electric Winch

on the last period to tie the game up.

Smith was the only double figure scorer for Merrill with 21 but the

Exclusive! Fast!

Polaroid Reprints

2 for 25c

LEC'S CAMERA SHOP

The Belleview Electric Winch is for faster and easier to use than a hand winch and doesn't require an

Tom Timmons Auto Sales

PULLS YOU FROM THE DITCH FAST!

Seventh and Plum

Versatile, Economical,

TU 2-4784

- Reservel Moore scored 17, Steve Jones his Moore missed two foul shots for

Idaho Tops Ducks

points as the Vandals came from behind to post a 62-61 overtime Oregon with four seconds left to baskethall win against Oregon send the contest into overtime. here Friday night. The Ducks were in front 59-54

The score was 52-52 at the end with 1:34 remaining in the over-f regulation play.

Jones, a big man, will be fight. That same format will be fol- He went into the game when Gus Johnson, the Vandals' star Jones will bowl 20 games qualdef center, fouled out with 4:18 relifying with the 288-man field bemaining in the overtime period.
Morela
The foul shots were his only
20 games (in five days). The
points.

semilinal consists of 12 games The win was the ninth in 11 (one day) and the field is trimmed games for Idaho, giving the Vangain, this time to the top 16 dals the best record among the These 16 finalists will then bowl Pacific Northwest independents. Johnson scored 20 points and bowling four matches a day. In collected 19 rebounds to lead the the position round (three games, Vandals' attack. Chuck White addtotal pins) the top two finalists ed 15 for the winners.

48 Test Al 48 Test Al 40 Test All States Al 40 Test Al 40 Test Al 41 Test Al 42 Test Al 43 Test Al 44 Test Al 45 Test

Save \$ - Move Yourself

RENT A NEW

U-DRIVE Truck

BEACON

SERVICE STATION

will appear on video (Jan. 26). For the Ducks, center Glenn Except for 25 male and 13 fe male automatically qualified stars who carned their spots by past performances in the All-Star or High School one of the other national cha Scores

144 women bowlers competing for the title Larry is a relative newcom to the game of bowling. He had been at the game only three years with this determined fervor of reaching the nationals. And it's an exceptional case because the state qualifying tournament was actually the first big tournament, with tournament pressures, that

64 games, in four game matches

pionships conducted by the BPAA

all of the contestants are surviv

ors of local district, or state qualifying events. There are also

Larry had ever been involved in He was an extremely nervous bowler in the first round and real-ly had his troubles. He had won only two matches in his first eight when he limitly began to settle down and finished the first round with a 9-7 record. He came back like a house afire in he second 16 names for an 11-3-2 ecord to finish second. His secnd place finish was a big sur led his way into second abroad of

period at 10-10. It was still knotted comeback in the qualifying. He at the half, 22-22. Gifchrist took the was in 12th place at the end of feed in the third by tallying the first four rounds with a 2-6 mark and 1,309 pinfall. Had be not Hoskies rallied with 13 points have had this atrocious start, he while holding Gilchrist to eight may have been the number one

Scoring was even. Dave entrant in the tournament not capMoure and Larry Conner able of wresting their titles away
had seven. Date Kurtz six
Jam Thompson four.

Traditionally, about half of the
field is making his or her first

BRISBANE (UPD —

Dun Hoff led Gilchrist with In appearance. This year, 145 of the Hoad, who defeated grand slam soints. David Sporrer had nike men are resolves and 143 have champion Rod Laver in his prolong with Bob Maylield and Den. made from two to 17 appearances. by Jessup nine Spurrer had is Such names as Don Carter, ago, handed the young Aussie his rebounds sudd Mayfield 14. Weber Buzz Fazio, Hank Laumun, third straight defeat Friday, tak-The Merrill B team also won, Ray Bluth, Dick Hoover, Joe ing only 75 minutes to turn the 7-26. Score by quarters.

Merril 19 12 11 12 6-32 Dave Soutar, just to name a few.

Gilchrist 19 12 16 8 0-46 will be there as competition for Jones. He has his work cut out

There are more than 569,000 All Klamath wishes Larry got Local or Long Distance
 One-Way Service
 PICKUPS & VANS
 FLATBEOS
 Page Available reducing oil wells in the United luck and hopes that he can bein

Ask about daily "Business Card" SPOT ADS TU 4-8111

College Scores

College Baskethall Results By United Press International Yale 82 Princeton 81 Lincoln (Pa.) U. 82 Philisdelphia 1

Yale 82 Princeton 41
Lincolo (Pa.) U. 82 Philadelphia
1A(y. 71)
LASSINE 78 Menhistlan 43
Jersey City 51. Pr Trenton 51, 37
Minfalo 51, 72 Inhaca 39
Albright 54 Bucknoll 61
Nime Plast 77 N.Y. 51. Mar. 85
Connecticut 8. Vermont 72
Latholic U. 8. Vermont 72
Part 65 Browney Poly 51
Mortale 85 Olivede 51, 72
Pent 65 Shippehilt 72
Part 66 Browney Poly 51
Mortale 86 Colvede 51, 72
Pent 57 Southeastern (D.C.) 48
Dartminth vs. Connell, ppd., 1
mortal from distribution 67
Mortale 168 Plast 93
Morgan 51, 77 Howard U. 47
Morris Harvey 89 Wheeling 56
Kentucky 43 Losislana 31, 54
Kentucky 43 Losislana 31, 54
Kentucky 43 Losislana 51, 54
Kentucky 47 Losislana 51, 54
Virginia Markad 72, J. C. Smith A
New Markin 31 (Markad) 51, 78
Virginia Markad 72, J. C. Smith A
New Markin 31 (Markad) 51, 78
Virginia Markad 72, J. C. Contents
Southeast Missouri 51, 78
Virginia Markad 72, 15, 28
Contents 41, 18
New Markin 31, 78
Arkansan 31, 78
Virginia Markad 73, 78
Virginia 73, 78
Virginia Markad 73
Virginia Markad 74
Virginia Markad 74
Virginia Markad 75
Vir

Southeast Missouri St. 78 Cencord certificary (Mo.) 42. Henderson St. 78 Arkansas St. 78 Henderson St. 78 Arkansas St. 78 North Perk 17 Millikin 11 Augsturg 48 Concerdie (HIL) 49 No. Dakota St. 71 Sc. Dakota U. 64 Belman 89 Cauc Tech. 72 Arizona St. (Tempel) 89 Brigham Yeu

Phoemix 73 Glendale 67 Oregon 31. A5 Stattord 58 3b: California 4 Washingh Lashe 42 Oregon 41 Santa Clara 64 Loydra 76 Nevoda 58 Humboldt 51. 5.D. 55. A8 Fireme 51. 80 C

Santa Claira to Lorone
Nevadia de Humbolit 31, 44
5.D. 54, 45 Freene 51, 40 (075)
Orenge Ceset 18 Chapman 71
Lawin & Clark 14 Pecific 87
Oregion Tech 18, East, Oregion 73
Oregion Tech 18, East, Oregion 73
Oregion Coll. 41 South, Oregion 55
L.A. State 18 San Freenendo Vir.
Call Polir Pareness 35 Westmont 37
Urah 12 Artsona 60 (071)
Call Western 18 La Varies 86
Chica 51 48 Sancarenenen 55 59
West Western 18 La Varies 86
Chica 51 48 Sancarenen 55 59
West Western 52 Call Sancaren 55
West Western 52 Call Sancaren 55
West Western 55 Call 18 Sancarenenen 55
Description 55 Call Sancaren 55
Description 55
De

ogs after Queen Victoria ex- Smith floored Bryant four times ressed admiration for them.

Defeats Phoenix

Lakeview

Lakeview Honkers, coming up American Society. And it is re-with a surprisingly tough basket- ported that President Kennedy is ball team this year, continued to planning to begin an "Adult Fit-roll here Friday night when they ness" program soon. into the exercise routine have

the blood through the body. Whether the heart is pumping blood in tremendous gulps, or caring out in the second half to regain a one-point lead by outscoring the Honkers, 14-9. But the Honkers weren't to be denied a victory in this game, an important one as are all the Rogue League contests, and singed the nets for 19 points in the fourth period and displayed a magnitibered and displayed a magnitiber of the Honkers to hold the Pirates to only four points.

The leads of the Honkers combined the blood through the body the heart is pumping blood in tremendous gulps, or carring this program, contact the YMCA, TU 4-4149.

Testing for flexibility, balance, and general physique are some other measurements used in the testing process. Many YMCAs now using this program have to only four points.

DISQUALIFIES BOXER

MILAN, Italy (UP1) — Argentine mondo was disqualified in the original group and find out how original group and find out how of the Honkers combined.

Fred Williams had four and Vern Plato three for the other seven

The Pirates had only two play-ers in double figures with J. Gran-by hitting 12 and Rick Bolz 11. The Honkers also won the B came by 40-21. The Pirates are now 1-2 in league competition. score by quarters:

8 10 14 4-36 6 16 9 19-50 Lakeview

Phoenix - Granby 12, Bolz 11, nsbruck 6, Barker 5, Johnson 2 Lakeview-Leahy 20, Samples 2, Warren 11, Williams 4, Plate

10th Victory

LOS ANGELES (UPD - Cabornia middleweight boxing chamtion Johnny Smith was looking for a new opponent today follow ing his third round knockout of cent Bryant Friday night in the Olympic Auditorium main event. Smith, 157%, Los Angeles, comletely outclassed the Aris., fighter who scaled 161. Smith, a 3-1 favorite, scored his 10th straight knockout in 1:40 of Collies rose to fame among the third round

In the bout.



KLAMATH AIRCRAFT INC.

Klemeth Fells Airport

PK. TU 2.4681

Open 7 Days A Week!

Fitness Program **Growing In Area**

Physical fitness is fast becom-lof fitness. Many men and women LAKEVIEW (Special) - The ing a growing interest in the who have taken the physical fit-

point heartbreaker at the halles day, of defending champion E a g l e of defending champion E a g l e nor the basis for physical fit.

P T Point, 52-51. The Honkers took on more the basis for physical fit.

Bruce Galloway heat ness. Testing processes are avail.

Bruce Galloway heat ness. Testing processes are avail.

Bruce Galloway heat ness. Testing processes are avail.

Larry Jones, manager and public relations man for Lucky Lanes, will leave Sunday to go to Kansulf level with Palls. And begift where he will compete the National All-Star Bowling in the nationals and the finals," he seem of the National All-Star Bowling in the nationals and the finals, "he seem of the National All-Star Bowling in the nationals and the finals," he seem of the National All-Star Bowling in the national start year they dropped the Peterson points in the position and will be run virtually as it was proported the Peterson points in the position at three-point lead with three sections of the National All-Star Bowling in the national start year they dropped the semilinals with a 198 sverage for last year. Last year they dropped the Peterson points in the position at three-point lead with three sections and the finals," he service the cut from 96 to 16.

Janes, a big man, will be fight.

The score was 52-52 at the end of regulation play.

The score was 52-52 at the end of regulation play.

The score was 52-52 at the end of regulation play.

The score was 52-52 at the end of regulation play.

The score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end of regulation play.

The Score was 52-52 at the end o Bruce Galloway heads up the local YMCA fitness program. He

only other loss came at the hands of FPT of a Keno, Idaho, team after a versity of Illinois, has done extensive work in the field, and his methods based or scientific and strength.

Lakeview got a mild scare for a scale of the process of the proces

to only four points.

Three of the Honkers combined to score all but seven of the total 30 points. Dan Leahy grabbed high point honors with 20 points while Larry Samples had 12 and Demis Warren 11. Each will be seven be

ONLY GMC HAS IT! Want a pickup with true truck power designed to

outperform, outlast all others in its class? If you do, you'll go GMC for your next pickup, its exclusive 305E V-6 engine develops up to 40% more torque than engines of comparable size, and parts are the largest in their class. These and many more extra value features are the reasons why a GMC Pickup with V-6 power is your best buy! But, whatever truck you want with whatever power

you need, you'll find it in GMC's complete line of

Bring in your truck today! Drive home a NEW GMC!



Brand New '63 Model Wide-side pickup with the large heater, defrosters, super feam seat, oil filter, spare tire and wheel, plus all the GMC standard

See it! On our showroom floor - ready to go

Chrysler - Plymouth - Imperial GMC