



PHYSICAL FITNESS CHALLENGE — Chinning and push-ups might produce a few sore muscles, but Modoc County has proven that elementary school children are in better shape this year than they were in 1960 when an annual physical fitness testing program was initiated. From left,



Aaron Knudsen and Bob Austin find little to smile about while testing their pull-up ability, but Marlene Council and Sydne Flournoy apparently think push-ups are a pushover.

Alturas Schools Hold Physical Fitness Tests

ALTURAS — Modoc County is now finishing its second week of physical fitness testing in elementary schools throughout the county.

For the third year, the county-wide testing is being conducted under a program set up in 1960 by Frank Carroll, curriculum director, and Roger Ruth, personnel director of the county schools of Alturas. The fitness program was a first for county schools in California and since that time the state has developed a California fitness test.

The norms established by Carroll and Ruth compare with the standards set up by the state of California. Modoc County, however, tests its students from the first grade through high school, while the state testing program calls

for testing from ages 10 through 17.

Carroll said the Modoc County program was established as a result of requests for a uniform program from county administrators. "The state law requires 20 minutes of vigorous exercise each day, and we attempted to make the exercise program uniform for all students in all the county schools. Our program called for 10 events at first, which we limited to five as some tests merely repeated the testing of identical muscles."

Students are tested on sit-ups, push-ups, softball throw, standing broad jump, and 50-yard dash. Since the beginning of the program, the results have shown that students are making a marked improvement in their abilities. In

1961 the top fourth grade girl made a total score of 4182, while in 1962 the top fourth grade girl had a total score of 4705. In 1961 the top seventh grade boy scored 4319, and in 1962 the top seventh grader scored 4661. Number one in 1961 would not have placed among the first three in 1962.

To make a score of 4661, the boy did 72 sit-ups, 27 push-ups, jumped 84 inches, threw a soft ball 193 feet, and did the 50-yard dash in 7.1 seconds.

Carroll pointed out that girls in the Modoc County schools do regular push-ups and not the modified knee push-up. "They develop themselves with the modified or knee push-up and then go on to the full push-up."

In speaking of the benefits to

the children brought about by the fitness program, Carroll said coaches have reported to him the improvement of the children in team sports. Clint Smith, coach of the Newell Elementary 7th and 8th grade basketball teams told how much difference he had noticed in the stamina of his team on the basketball courts since the institution of the training program.

"Where previously our team would lag behind during the second half of a game and have to go into a zone defense, our boys can now sustain a full court press throughout the game," Smith said.

"There is no question in my mind that this physical fitness program has benefited the children tremendously," Carroll said.

Legislature Sets Record For Visits

The State Legislature, now nearing the end of its session, has set a record for the number of persons visiting it, the Oregon State Highway Department said today.

Thus far this year, more than 21,000 persons have visited the Capitol, according to the Highway Department's Capitol Guide Service. Most of these persons have included a legislative session in their visit.

More than 240 school groups totaling more than 12,500 youngsters have made the tour, plus 83 other groups with more than 3,800 persons. These groups, plus some 4,700 individuals, represent the largest number of visitors ever to register with the guide service this early in the year.

Legislative years traditionally draw more visitors than non-legislative years, but this was changed in 1962 when the exceptionally heavy summer tourist season helped set a new attendance record for the year of 67,365.

PREDICTS HIGHER PROFITS

WASHINGTON (UPI) — President Kennedy's chief economic forecaster predicts that higher business profits are likely this year than earlier forecasts.



BE A VFW BUDDY — While distributing poppy posters downtown, Rochelle Dirksweager stops to ask Mayor David Anderson of Dunsmuir to wear a buddy poppy in remembrance. The VFW Auxiliary, with Mrs. Jane Moore as local chairman, will distribute the poppies in Dunsmuir on May 24-25. Proceeds from donations will help hospitalized veterans and widows and children of veterans.

Fat Stock Outnumbered At Alturas Junior Show

ALTURAS — Breeding stock will outnumber fat stock for the first time at the Junior Livestock Show in Alturas June 5-7. One hundred and twenty 4-H and FFA boys and girls will show 270 head of breeding animals in the swine, sheep, and beef divisions.

"This reflects the enthusiasm that has been built over the past years of the show toward upgrading the stock and herd building by the young people," farm adviser Robert Savage, said.

Lions Name New Officers

DUNSMUIR — Newly elected officers of the Dunsmuir Lions Club are F. F. Kohlhauser, president; Paul Alcouffe, first vice president; Carl Clement, second vice president; Dick Murdoch, third vice president; Dan Decker, lion tamer; Herman Gray, tail twister; Harry Harper, secretary; Henry Schroeder, treasurer, and J. "Bud" Lachenmyer, Gene Melty, and William Welch, members of the board.

An installation will be held in June. The current project of the Lions Club is a float for the Railroad Days parade.

Savage reported that the new 4-H division for the Modoc area, the horse classes, will kick-off the three-day event Wednesday afternoon. The horse classes will feature halter classes, showmanship, and horsemanship.

William Dickroeger of the Model Quarter Horse Magazine will judge the horse classes. Jim Elings, extension livestock specialist from the University of California at Davis, will judge the beef classes; and Monty Bell, Glenn County farm adviser, will judge the hog and sheep divisions.

The show, which features over 250 4-H and FFA youngsters from throughout Modoc County, will open June 5 with the horse classes in the afternoon, followed Wednesday evening at 7:30 by the senior horse show. Thursday afternoon the breeding classes will be judged, and Thursday evening will feature the junior horse show division. Both horse show events are sponsored by the Modoc County sheriff's posse.

DOWNTOWN OFFICE SPACE
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Papers Assume People Won't Lie About School

By ANN LANDERS

Dear Ann Landers: The whole town is talking about this week and most people are as incensed as I am. The approaching marriage of a young woman was announced recently in the newspaper. The girl flunked out of the University of Michigan and the following year returned home after attending Michigan State for a few months. Then she went east and got a job working in a department store. The newspaper announcement described her as a graduate of Radcliffe.

The girl's fiancé is a young man from New York. According to the newspaper announcement he is a graduate of Yale. He says, "Please to meet her," and "I'd rather have deez den doze." My husband is a Yale graduate and he is furious.

Why don't newspapers check the

facts? Do they print anything handed to them and assume it is correct? I'd like your comments and so would others in this town.

DONDE VERDAD

Dear Donde: Some newspapers verify such facts but most newspapers assume that people are not going to lie about their education. It's disappointing when people are dishonest but why are you "incensed"? You've lost nothing and they've gained nothing. This incident has made the family look ridiculous.

Dear Ann Landers: I was interested in the letter from the mother of a young dentist. He had just begun to practice and several of his relatives went to him for dental care. When he sent them bills for his services they refused to pay. They said they were "helping him get experience" and that he should appreciate their willingness to take a chance on him.

You told the mother that a dental fee should be discussed with the patient before the work is done — relative or not.

What about physicians? Both my husband and I have had surgery recently. When the bills arrived we were shocked. We have friends who had similar operations and their bills were much smaller.

I've always felt it was beneath the dignity of a physician to talk about money, and it would be insulting to bring the subject up. What about this? — FINANCIAL ANEMIC

Dear Anemic: There is nothing "undignified" about money. In our society we need money to live. Hardly anybody barbers any more.

The cost of surgery should be discussed in advance. It may be impossible to anticipate complications which might make the procedure more costly but a reasonable estimate should be given. And the patient should not hesitate to ask.

Planning a wedding? Leave nothing to chance. Ann Landers' newest booklet, "The Bride's Guide," has all the answers (from announcing the engagement to "who pays for what?"). To receive your copy, write to Ann Landers, in care of this newspaper, enclosing a long, self-addressed, stamped envelope and 35 cents in coin.

Ann Landers will be glad to help you with your problems. Send them to her in care of this newspaper, enclosing a stamped, self-addressed envelope.

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To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	21	1	11	21	31
Taurus	22	2	12	22	32
May 21	23	3	13	23	33
June 21	24	4	14	24	34
July 21	25	5	15	25	35
Aug 21	26	6	16	26	36
Sept 21	27	7	17	27	37
Oct 21	28	8	18	28	38
Nov 21	29	9	19	29	39
Dec 21	30	10	20	30	40

Good Luck! (S) Adverse (N) Neutral

Joint Graduation Set

SILVER LAKE — Joint eighth grade graduation exercises for Silver Lake, Fort Rock and Anna River (Summer Lake) schools will be held here at 8 p.m. on Tuesday, May 28. Mrs. Anne Sprague, Lake County superintendent of schools, will be guest speaker.

Seven boys will comprise the graduating group, receiving their diplomas from Frank Pitcher, chairman of the Silver Lake School Board. Mrs. C. W. Booley of Fort Rock will play the professional and recessional.

Mike Corum, a member of the Silver Lake graduating class, will play a piano solo. His classmates are Ron Markus, John Spar and Joey Adams.

Judy Irwin will represent the

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Pick up your free card — no purchases necessary. A free punch or punches will be given every week. When free punches are fully punched (numbers 1 through 13 on left hand side of card) the manager or assistant will be called to inspect your card to verify the proper punch was used and that flap was not tampered with.

You then choose 10 lucky numbers from the 80 numbers in boxes on reverse side. Those 10 numbers are immediately punched out. Under 15 of the 80 numbers are LUCKY HORSESHOES. You will be paid in cash the amount printed under the flap multiplied by the number of LUCKY HORSESHOES that have been punched. There are no blanks. Every participant will win a cash prize.

ITEM	REG. PRICE	Oregon Food EVERYDAY
COFFEE FOLGER'S	69 ^c lb.	59 ^c lb.
Mayonnaise Best Foods Quart	69 ^c	57 ^c
FLOUR Gold Medal 10-Lb.	1 ²³	99 ^c
ZEE TOILET TISSUE	12 ¹²⁹	12 ¹⁰⁰
Wesson Oil 24-Oz.	43 ^c	33 ^c
Snowdrift 3-Lb. Tin	77 ^c	57 ^c
BISQUICK BIG 40-Oz. Size	49 ^c	41 ^c
TIDE Giant Pkg.	87 ^c	74 ^c
Tomato Soup Campbell's 10 1/2-Oz.	3 ³⁹	11 ^c
Margarine Gold-N-Korn Pounds	3 ¹⁰⁰	25 ^c
CLOROX Gal.	69 ^c	57 ^c
LARGE AA EGGS DOZ.	39 ^c	
FLOUR 10 lbs.	69 ^c	
RODEO CHARCOAL BRIQUETS 10 lbs.	49 ^c	
DEL MONTE Prune Juice Qt.	39 ^c	
Golden Goblet Frozen 6-oz.	Orange Drink 3 ⁴⁹	
NEHI or ROYAL CROWN	Canned Pop 6 ⁴⁹	

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