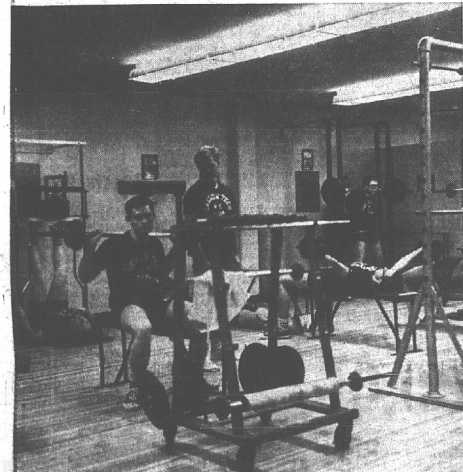
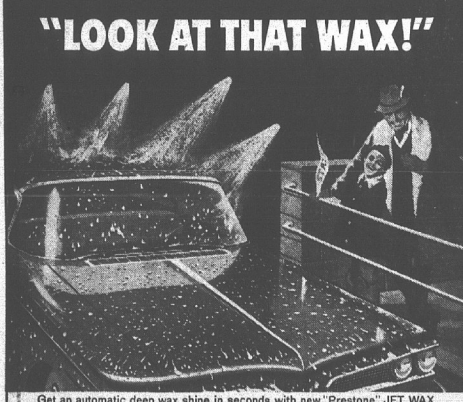


WITH ARMS EXTENDED — Ken Lenhardt, Oregon Tech athlete, takes a turn on the "Lat" machine in the OIT weight room, while Jon Pettiford, another athlete at the institute looks on, waiting to use the machine himself. This particular piece of equipment is valued at \$350, and serves a useful body building purpose.



TYPICAL CLASS — Members of the Oregon Technical Institute's physical education classes are pictured above as they take advantage of the many body building units in the weight room at the college. A total of 125 students participate in the program at the institute each day. Some of the equipment was made by students on campus.



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At Oregon Tech . . .

Weight Lifting Proves Popular

By DON MCKINNON
Herald & News Sports Editor

During the past half decade, Americans have become increasingly conscious of the results of a soft society, in which attention has been focused upon youth, and their inability to exert themselves physically.

While this is not the situation universally in this nation, it was obvious that attention must be placed upon physical education programs.

The late President John F. Kennedy brought further light to bear upon the subject, and instituted a program of physical fitness which caught fire throughout the country.

Physical fitness programs in colleges have been in existence for some time, and in some high schools the program has seen many years of extensive use.

Two Programs

In Klamath Falls, two institutions are fully aware of the importance of such programs, and while one has an outstanding program in progress, the other is in the process of instituting the same.

School officials at Oregon Technical Institute know full well the advantages of such a program, and have gone all-out in providing their students with what is considered to be one of the finest weight rooms on the west coast.

In fairness to other institutions with such programs included in their curriculums, Oregon Tech's weight room compares with those of Oregon State University and University of Oregon, with one exception. The two larger state institutions have more room for their body building equipment.

Important Step

Athletic departments have come to look upon weight lifting programs as an important step toward reducing athletic injuries in competitive sports where body contact is necessary.

Further, body building exercises as programmed at Oregon Tech will prove to be excellent conditioning for athletes in any sport, but more than this, and of signal importance, is the fact that the body building programs are designed for all students, not just the athletes.

There is no emphasis placed at Oregon Tech on athletic participation in the program, but with few exceptions, athletes make up a good percentage of persons using the facilities.

At present, some 125 students utilize the more than elaborate facilities at OIT, all participating in organized physical education classes. If the institute desired, the weight room could be operated with continual utilization eight hours each day, and the demand by students is never ending.

Safety Stressed

Safety is the byword at Oregon Tech. Weight instructor Larry Burleson is ever conscious of possible mishaps, and safety devices and routines are an integral part of the program.

One of the more interesting facets of the Oregon Tech weight program, is that a good part of the equipment being used was made at the institute by students with guidance from instructors.

Costs on items used in the OIT weight room may appear high to the average reader, but in value to students, the costs are negligible.

Students and faculty advisers Burleson made several items of equipment, including an isometric rack, set-up board, and some items of simpler construction. Elaborete neck exerciser, bench-press machine, dip-rack and a set-up board were made by Dobie Kincard for the institute.

Costly Item

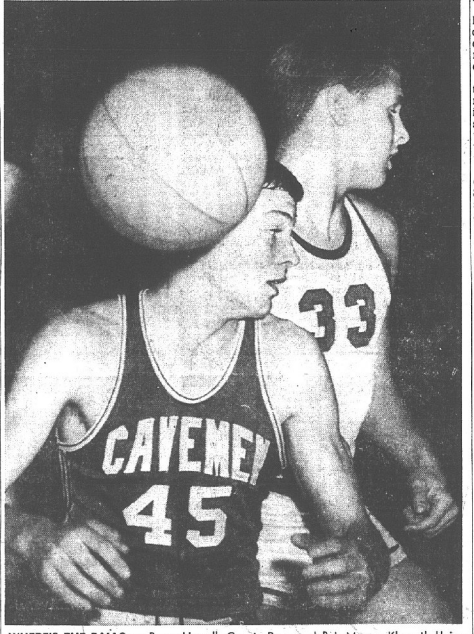
A weight measuring device, no larger than most electrical wall clocks, which measures students' strength, cost the department approximately \$450. A popular "Lat" machine, which develops muscles under the arm, had a price tag of \$350.

There are many pieces of equipment in the OIT weight room which have a value of \$100 or more, and each serves a useful purpose in the overall scheme of physical fitness.

If not the most elaborate weight room in the Pacific Northwest, the Oregon Tech weight room is a match for

Pelicans Blast Cavemen; Reserves See Much Action

Klamath Union's Pelicans blasted the reserves played the entire fourth period, giving Grants a total of eight points. The Pelicans held a first quarter lead at 17-13, then moved ahead to 35-20 at halftime. The Pelicans moved quickly to a 52-29 third quarter lead, and from that point on, reserves played on even give his bench some action, and his more familiar role at full-term with the visitors.



WHERE'S THE BALL? — Bruce Howell, Grants Pass, and Bob Moore, Klamath Union High School, appear momentarily lost in action at Pelican Court Friday night. At least they don't appear certain as to where the ball is. In a few seconds however, both found the ball and were fighting for it. The Pels demoralized Grants Pass before a large gathering of partisan fans.

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The Cavemen, who defeated Klamath Falls in an overtime contest at Grants Pass, 39-31, earlier this season, were no match for the vigorous Pelicans.

The Cavemen opened the contest with a foul, and added 19 more during the contest, giving the Pels an opportunity to show themselves at the charity line. The Pels took full advantage of the situation, capitalizing upon 22 of 29 shots.

Klamath Falls took firm hold on the No. 2 position in the Southern Oregon Conference standings with the win, helped also by Ashland when the Grizzlies trounced Crater Friday evening.

Klamath Falls	Pg	Pt	Pt	Pt
Ash	1	29	4	9
Moore	1	4	2	12
Pathe	2	35	1	13
Broderick	4	8	2	4
Cooper	4	5	1	4
Jankowski	4	8	2	4
Baker	4	8	2	4
Boyer	1	0	0	0
Lumma	1	0	0	0
Boyer	1	0	0	0
Totals	21	25	16	44

Grants Pass	Pg	Pt	Pt	Pt
Blanchard	2	4	2	8
Howell	2	4	2	8
McWhorter	4	6	4	4
Dustin	4	6	4	4
Jackson	1	1	1	1
Swarthout	1	1	1	1
Moore	1	1	1	1
Ripley	1	1	1	1
Totals	11	22	3	38

Score by quarters:
Grants Pass 11 10 20 38
Klamath Falls 13 20 18 44

Pro Cage Standings

National Basketball Association Eastern Division	
W.	Pct.
Boston	47 10 .325
Cincinnati	35 20 .636
Philadelphia	30 25 .545
New York	18 37 .327

Western Division	
W.	Pct.
Los Angeles	31 23 .574
St. Louis	28 28 .491
Baltimore	25 28 .472
Detroit	24 35 .407
San Francisco	13 49 .262

Friday's Results
Boston 114 Cincinnati 113
New York 110 Detroit 112 (ot)
San Francisco 120 Baltimore 112 (Only games scheduled)

Sunday's Games
Los Angeles at Boston
Baltimore at Detroit
San Francisco at St. Louis (Only games scheduled)

PREP SCORES

Oregon Prep Basketball Scores
By United Press International

Madison 48 Roosevelt 34	Marshall 74 South Eugene 57
Washington 28 Franklin 48	Klamath Falls 44 Grants Pass 38
Wilson 40 Benson 39	McKenzie 40 Crater 40
Lincoln 49 Marshall 52	Hayward 72 Pendleton 65 (ot)
Central Catholic 27 Beaverton 37	Baker 39 La Grande 32
Ullrichville 44 Sunset 35	Brown 47 Crook County 34
Clemons 40 Pullman 46	Macdon 39 The Dalles 42
Davis Douglas 41 Astoria 55	Clatskanie 40 Condon 41
McMinnville 40 Oregon City 35	Wood River 37 North Catholic 33
St. Helens 45 Forest Grove 38	Seaside 38 Medford 36
Lake Oswego 48 Tillamook 23	Warrenton 27 Vernonia 64
Albany 37 Lebanon 47 (ot)	Northwest 46 Salem Academy 49
Clatsop 37 Seaside 44	Shenando 42 Willamette 29
Clatsop 37 Seaside 44	Davies 40 Rainier 39
Thurston 34 Willamette 41	Reedwood 27 Willamette 24
Springfield 33 North Bend 41	Condon 37 Clifton 41

Hockey

American Hockey League
By United Press International

Eastern Division				
W.	L.	Pts	GF	GA
Quebec	32	17	165	158
Hershey	26	19	155	145
Baltimore	20	26	143	170
Springfield	20	27	143	158
Providence	16	32	125	164

Western Division				
W.	L.	Pts	GF	GA
Rochester	33	15	265	188
Buffalo	30	19	246	143
Pittsburgh	20	25	144	178
Cleveland	15	28	143	181

Friday's Results
Rochester 4 Providence 2
Buffalo 5 Baltimore 1 (Only games scheduled)

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