

Chorus Gives 'King & I' as Spring Musical Comedy

Flickering Oriental lights beckon an English governess to the port of Bangkok, Siam, and so begins the story of "The King and I." This Rodgers and Hammerstein musical will be given by the St. Anthony Chorus on April 16, 22, and 23.

Leads have been assigned to Judy Dombrowski, John Gloss, Kathy Lauer, and Rosie Bartos.

Adapted from "Anna and the King of Siam" by Margaret Launbam, the play presents conflicts between the English-woman and the King until each comes to understand the other's view-points.

It takes place in eighteenth-century Asia.

The musical score contains "Whistle a Happy Tune," "Shall We Dance," "Getting to Know You," and "Something Wonderful."

Latin Trophy Medals Won by 3 Students

By scoring within five of a possible 120 points in the APSL nationwide Latin examinations, Betty Malinich '60, Joan Szydlo '60, and Mary Kay Pabst '63 have earned medal-pins for themselves and a Latin trophy for the school.

The gold trophy figure is of a Roman Olympic contestant holding the laurel wreath, the sign of victory. On its base are engraved the names of those who won it.

The Association for the Promotion of the Study of Latin presents the trophy to schools of outstanding achievement which have won medal-pins for three consecutive years.

Looking Ahead

On March 3, school will dismiss early so that several of the Sisters can leave for the School Sister of Notre Dame Educational Conference at St. Stanislaus High School in Chicago the next day.

St. Anthony will compete in the multiple readings category of the Genesian Interpretation Festival at Marygrove College on March 18.

All East side parochial high school teachers will attend the archdiocesan institute at Dominican High School sometime during March. The day consists of lectures on secondary school curriculum and teaching.

Wednesday, March 29, at noon this year's Easter vacation begins. It will end Thursday, April 6.

Over the Easter holidays the seniors will tour Washington, D. C., on their annual graduation trip.

Next Monday Begins Observance of Catholic Book, Press Week

Next week St. Anthony will observe Catholic Book and Press Weeks. Both are devoted to the promotion of good reading.

The slogans for the week are: "Unity in Faith Through Reading" and "Alert Catholics Read the Catholic Press."



During Unity Octave Greek Mass Celebrated

For the second year the seniors and juniors were given the chance to attend a Greek Rite Mass during the Church Unity Octave. The Very Reverend Gregory Rommack officiated at one on January 18.

In this Mass all the prayers are either sung or said in English except during the Consecration when the native tongue is still used. There is no organist. Instead a layman leads the congregation in the responses.

This Mass of Byzantine Slavonic

rite is divided into threemajor divisions and is a little longer than the Western Rite Mass.

The Holy Eucharist is received under both species, leavened bread and wine, and is distributed with a spoon.

Their Sign of the Cross is made from right to left, opposite the Roman Catholic way.

Priests of this rite may say the Mass prayers either in the Slavonic language or in English. The Mass at St. Anthony this year was in English.

Daigle First Finalist; Juniors Take Merit Exam

Robert Daigle, 217, has just become St. Anthony's first finalist in National Merit Scholarship competition.

He is one of the group from which merit scholars are picked.

The certificate of merit which he receives with this rating states that he has demonstrated "high potential for college achievement" by distinguished performance on the two nationwide selection tests.

St. Anthony's library and English department plan to commemorate the week by showing exhibits, giving panel discussions, and putting out a small newsletter.

Sister M. Regina, librarian, will begin a series of library instructions with all divisions through their English classes.

All St. Anthony juniors will take the National Merit Scholarship Qualifying Test on Tuesday March 7. Any sophomores interested also may take it for practice.

This exam screens high school upperclassmen through the nation. Those who score in the 99.5 percentile become semi-finalists and take a second test next December to qualify for scholarship help.

In the 1960 test, Bob Daigle 217 and Joe Trachy 215 placed as semi-finalist and runner-up at St. Anthony.

The exam is composed of five major - sections. English usage, math, social studies reading, natural science reading, and vocabulary.

Seniors 'King & Queen of Hearts'



- Nowakowski

WITH 2,517 POINTS per student, Senior Queen and King of Hearts Jean Varani and Carl Garavaglia (top) won over the other contestants. Their crowning Tuesday night at the Mardi Gras dance climaxed a campaign for trading stamps, cancelled stamps, boxtops, and bottle-caps which began in early January.

Junior candidates Therese Packus and Russ Zitzmann (bottom) came in second with 1,966 points per student.

Others in the race were Sophomores Tom Katchmark and Pat Schultz (left); Freshmen Jerry Zitzmann and Pat DeVellis (right).

Upperclassmen Tested for Marriage, TB

Seniors and juniors took two very different kinds of tests recently.

To commence their study of marriage in their final semester, the seniors took a marriage aptitude test.

The test consisted of 75 questions, a sampling of which is: "How should a husband love his wife?" From a choice of four possible answers, "As Christ loves His Church" was correct.

Scores ranged from 4 to 99+%.

It was given to provide the seniors with a guide as to what should be learned in the course.

On January 31 the juniors were given a tuberculin test consisting of a shot of clear fluid, injected between the layers of skin in the forearm.

Two days later the arm was checked to see if swelling or lumping or change in color had occurred. If not, the test was negative.

If, however, a positive reading was taken, it did not mean that the person had TB but that at sometime the germ had entered the body. The person was then urged to have a chest X-Ray to be sure. This test or a chest X-Ray is the only way to detect TB in its early stages.

For February, Important 'Big Three'

Washington and Lincoln, the two big men of the month of February had the almost faultless characters that men admire and follow.



The personalities we form will not be as noticed as theirs were but it is important for us to have characters strong and forceful enough to appeal to our own selves.

Here are some suggestions which give a faint outline of the road to greatness:

Be able to laugh at yourself and appreciate the humor in a situation.

Develop an understanding of other people, the problems and difficulties they face.

Never allow hurt feelings to injure your relations with others.

Always get to know a person before making any judgment about him.

Respect the ideas of others but never let them force their ideas on you.

Strive to be courteous - not in the suave European style of manners, but simply applying your own common sense and good taste.

Never fear laughter if you're doing what you think is best.

Variety may be nice but the ups and downs of a moody disposition will lose the respect of your friends.

Don't be a social climber. Make friends purely for their own desirable qualities.

If you feel you're doing something wrong, listen to that warning from within and stop.

Ease That Friction!

EVERYONE KNOWS the need for oil in a car engine. Without it, friction would soon fuse the engine into a solid unuseable mass.

Courtesy could be called the lubricant of civilization. Without it life would be utter chaos.

Courtesy, the product of applied common sense, makes everything function smoothly. In a school the teacher is able to explain his subject only if everyone is courteous and listens to him. The less polite the students are, the less they learn.

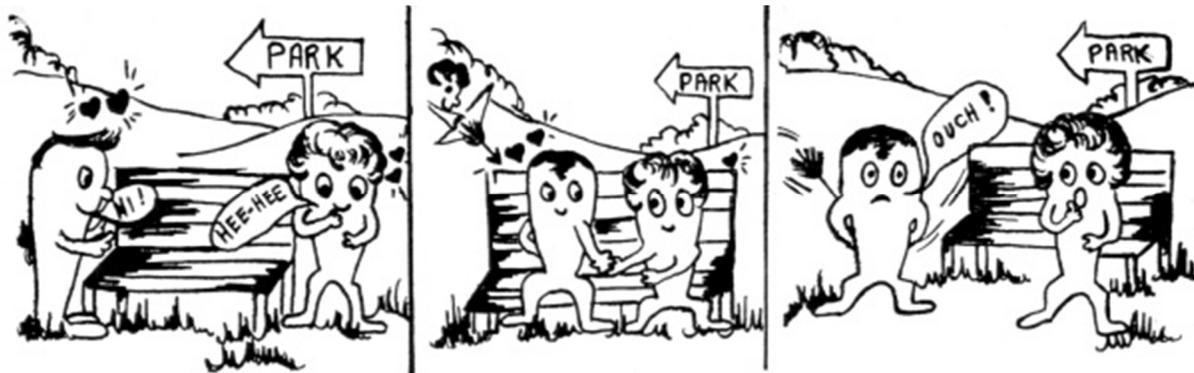
In socializing, courtesy is more intricate. But its basic rules are just good common sense. Originally etiquette was no more than a standard of action reducing friction between people to a minimum.

Any survivor of the mad dash to our school cafeteria knows the need of that friction-reducer here at St. Anthony. Some day a person is going to get stomped on and then things will change fast.

Once we are in the cafeteria things deteriorate even further. The people in the front of the line quickly acquire a lot of friends who wish to talk to them at just that moment.

Quite a few St. Anthony students seem to be creating friction rather than easing it.

Moe Nebish



Letters to Editor SAH'ers Bothered by 'Bothered'

The following is a sample of the letters we received in answer to "Bothered."

Dear Editor:

Boy! What a slam on our hard-working lettermen! I'd sure like to know the name of the person who wrote that "catty" letter published in the December 20 issue of The Prelude.

I'd be willing to bet money that he or she is just the person who never tries out for any sports, the one you never see at school dances, games, or any outside affairs, and the one whose name you'll never find on the lists of members of the numerous clubs here at St. Anthony.

A More "Bothered" Senior Dear Editor:

In all my years here at St. Anthony, I have yet to see a letterman pushing his way through crowded halls, shoving people aside just so they would notice his sweater.

I think our lettermen are some of the greatest guys in the school.

One more thing. If you ever notice at daily Mass, who are the walk up and receive Our Lord in Holy Communion, whether they wear their sweaters or not?

A Faithful Senior Girl Ed. Note: You sound as if receiving Communion is a dreadful ordeal in which one needs all the courage he can muster.

Dear Editor:

Congratulations to the person who wrote about the A-sweater. His letter sheds light on one of the most disgusting things in the school.

The disproportionate influence of the A-club on school social life is terrible. Its members never hesitate to use fame and popularity gained on the field or court to push themselves into other positions of prestige.

The only place they don't predominate is on the Honor Roll. So let's pat them on the head and give them their A for effort only.

Slightly Nauseated Ed. Note: Yes, let's give them their "A" for effort.

The lettermen spend a lot of time which others use for getting better marks or doing after-school jobs when they practice to make themselves better players.

We owe them at the least some gratitude for the position of prestige they have given St. Anthony in the field of sports.

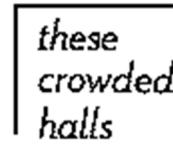
Dear Editor:

I think the Honor Roll in this school is unfair. Some students who have the ability take the easier subjects while others work just as hard at more difficult courses and get lower marks.

The ones who take harder subjects get more out of their high school but the ones who take easier courses get cited for "superior scholarship."

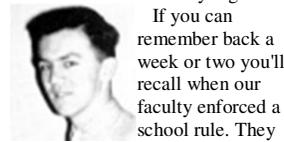
An Objector

Ed. Note: Virtue is its own reward. But it is interesting to note that in some schools there are two divisions to the Honor Roll, separating the easier credits from the harder ones.



At the "A" dance someone came up with a real hot idea for late dances. He wondered why we couldn't have a Mass said especially for us after the long dances that don't let out until Sunday morning.

I for one hate to get up the next morning, so I think it's a great idea, if we can only get a friendly priest who will be willing to get up on Saturday night.



If you can remember back a week or two you'll recall when our faculty enforced a school rule. They sent little cards around and collected all the licence number of the kids who drive cars to school. I thought the resulting bedlam was magnificent. I don't think three out of five knew their number. You know it's a wonder we're not all blind. For almost a week some of our esteemed seniors took to wearing ties. That's great fellows. A tie is the sign of a gentleman and a scholar. All gentlemen and scholars wear faded purple ties with gruesome green sport shirts, or handpainted silk ties in combined colors of yellow, red, blue, and green. Those ties are so wide they're a textile merchant's vision of Utopia. Next we expect spats and double-breasted suits.

You know, I think someone really hit on something for this Mardi Gras. That thing about buying cookies and other kinds of assorted junk with our trading stamps was great. But I wish someone had thought of it sooner,

"Fools Rush In"

Dear Editor:

I wonder if there are any students in this school who would like to form a chess club? The opportunity to play this interesting game as a group and have regular tournaments could be very rewarding.

I for one like to play this game but am unable to find someone who will play it with me.

A Chessplayer

Ed. Note: Why don't you make a p. a. announcement? Or drop your name under the press room door (you and anybody else who is interested) and maybe we can help you meet each other.

After Dances-- Late Masses

By Mike Hayden

before I wasted all those stamps anyway. Oh well, where else could I get fat on green stamps?

One Way Out

A smart person always finds a way to make people think he's smarter than he is.

When Abraham Lincoln, an army lieutenant, was drilling his men one day, his command came to a fence. Not knowing the proper order to get his company over it, he shouted, "This command is dismissed for two minutes, when it will fall in again on the other side of the gate!"

The Prelude

to great things for God and Country. - D. A. Lord, S.J.

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Current History in Classes with Portable Televisions

The addition of a television set to SAH's equipment was an event which caused some speculation as to its use in the educational field. To date, however, the Zenith portable has only been

reserved by the American History classes for the viewing of a "Victory at Sea" segment, and reports on the progress of early colonization and the workings of the Constitution.

Sodality Revised

"More activities, spiritually and materially" is the motto of the reorganized St. Anthony Sodality.

The change, agreed upon by the members, consists of one-hour weekly meetings for groups divided into 8 or 10 sodalists.

"Our main objective is to promote the Sodality by making the students aware of its existence," says Fr. Gerald Mikosz, moderator. Father adds that by dividing into smaller groups the Sodality means to "get things done."

Previous to this change, the Sodality met only twice a month during an activity period. Now each sodalist must sacrifice one hour after school once a week to devote to mental prayer, a gospel reading and discussion, a study of the sodality in practical and spiritual aspects, and discussion on any group projects that may be conducted.

Several of the "cell" groups are already putting plausible projects into working order. Carol Setla 215's Tuesday afternoon group is stressing positive thinking. They have already put up two bulletin boards to that effect. The current second-floor bulletin board is entitled, "What do you think? Pro and Con" and discusses various topics from segregation to espionage.

The Tuesday sodality group headed by Sharon Bracci 217 is busy collecting detailed information on various Catholic colleges. Wednesday's group under Bob Vanden Brook 215 is planning on editing a mimeographed paper containing the essays, humor, and editorials of any student who will take the time to submit them.

Second Honor Roll Decreased by 24%

The second quarter honor roll is diminished by 24% from the first, although the girls still outnumber the boys 4-1.

Listed below are the names of St. Anthony students having at least 11 honor points in 5 homework subjects and not less than a 3 in behavior in every class:

All A's SENIOR Robert Daigle JUNIORS Dennis Gallus Fred Ream SOPHOMORE Mary Kay Pabst FRESHMEN Judy Matthews Christine Stocker Eileen Tomayko Christine Young SENIORS Dominic Alessi Dolores Barnes Sharon Bracci Mary Kay Brennan Betty Burcz Louise Denton Kenneth Domanski Judy Dombrowski George Dubro Bart Fiumano Sandra Fuciarelli Yvonne Fournier Susan Grenda	Bob Hazzard Irene Kiwak Erna Klein Mary Ann Kluka Julie Lapinski Janice Legge Louis Mascia Lorraine Mnne Gloria Moebs Judith Nowak Ralph Olechowski Joanne Paval Dolores Rogalski Mary Ann Schemanski Particia Sczempek Carol Setla Carrie Steward Judy Stocker Diane Strobl Margaret Taube Jean Varani Delphine Warehall Judith Winiemko Christine Wroblewski Marlene Zahrfeld JUNIORS Sue Benninger	Mary Giasson David Hattas Sylvia Limbach Karen Szkodzinski SOPHOMORES Margaret Facemyer Paul Fink Patricia Jaminet Claudia Karasinski June Kirchoff Charlette Matton Susan Murawski Dianne Oliveri Robert Stocker Judith Szulczewski Judith Weber Carol Weise Beverly Zahrfeld FRESHMEN Judith Alagna Joanne Angelosante Donna Arcaro Barbara Bachman Margaret Badolski Charles Bigenwald Marilyn Bolda Diane Chinoski Carol Czyrka Sharon Danielak Richard Davis	Marsha Dettloff Patricia DeVellis Rosalie Fisher Susan Grube Francis Mathia Helene Mcinnis Carol Minne Aelread Mlynarek Mary Lou Mueller Joan Mullin Richard Pfaff Diane Paszkowski Norman Purzycki Nancy Robinson Mary Jo Rollins Diane Rynkowski Sharon Salens Lois Shellabarger Alice Szulczewski Janice Van Loo Veronica Walczak Christine Weiss Kathleen Zajac Allen Zerbst
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Papier-Mache Masquerade Heads Make Colorful Mardi Gras

Mardi Gras at St. Anthony became a replica of the gala New Orleans festival as students under the direction of the Music Club made and wore papier-mache heads.

"I never knew this goop was so messy to work with," exclaimed Karen Pettke 215 as the flour and water mixture caked and dried on her hands. Louis Mascia 217 had an entirely different problem for his monstrous home-made head was built with plaster of paris. "The plaster dried so quickly that my hands were like casts before I could get the paper on the balloon!"

Besides making the heads, each masquerader had to supply his own costume. This brought on a variety of subjects as clowns, a cupie-faced girl, a harlequin, and a rabbit joined the parade. The headed SAH'ers walked along with the various floats in true Mardi Gras fashion and delighted the children with hard candy as the parade progressed.

"The masks were really a novelty," exclaimed Sandy Fuciarelli "I certainly hope St. Anthony keeps up this festival tra-



-Butsavich

SENIORS Karen Pettke and Sandy Fuciarelli finish up their Mardi Gras parade masks.

dition."

To liven the atmosphere even more, Chorus II donned Mouseketeer ears for the song they

presented to accompany the floats. Marianne Zimmerman 217, as mistress of ceremonies, dressed as Minnie Mouse.

GOING AHEAD IN ENTERTAINMENT

Ray, Roy, Four Sharps Begin Careers

Entertainment is not a field left to the older generation, as is plainly demonstrated by the rock 'n' roll sensations of today. St. Anthony, too, is making its contribution as Ray Chesney 219, Roy Gasparetto 215, and the Four Sharps reach for recognition.

You may well remember the Four Sharps from the different times that they have performed. By name they are Jim Gerhard 215, A1 Vernier 218, Joe Jaster 214, and Mike Hayden 219. Their quartet became organized quite by chance during a performance of "Little Women," the Christmas Play of '59. "Everyone was singing," states Mike Hayden, "and we just seemed to click!"

The Four Sharps lay claim to the fact that they have never been paid for their services even though they have appeared at such places as the Knights of St. John Hall and are members of the WJR Make Way for Youth Chorus. They state that payment would mean the loss of their amateur standing.

The quartet is planning to cut a record soon to send to Tom Clay, WQTE disc-jockey, who promised to help them. They still laugh at the comment of Don Large of WJR, "They're the first quartet I've heard having all baritones."

Roy Gasparetto and Ray Chesney both hold drums as their major interest. Roy, who has been playing the drums for eight or nine years, has been associated with various bands and combos and is now with the Mysterians.

He classifies himself as a "professional" because he gets paid for his services. "The pay depends on the amount of hours we're to play," states Roy, "as well as the type

of dance it is." A sock hop is considerably cheaper than a big dance.

Playing drums comes natural to Roy and he finds it easy to develop a drum arrangement to songs. "Sometimes I write down

Color Combos Shocking

Shocking combinations of colors and patterns are put together in this spring's fashions.

Polka dots, stripes, and checks are worn together. Pink and yellow combine. And girls aren't the only ones who do it.

Did you notice the players' uniforms at the intramurals?

Some of the combinations were quite startling. There was a red shirt and matching knee socks worn with orange shorts, for instance.

In the playoffs the seniors wore bright orange tee-shirts with red, white, or blue trunks.

This was quite mild as compared with outfits of other years which varied from short trunks to long, baggy sweat-pants, from multi-colored tee-shirts to faded sweatshirts.

After this year's championship game between 214 and 216, a few girls congregated in the gym lobby remarked that the only reason they attended the game was "to get a good laugh from those crazy outfits."

the music," he says, "but most of the time, I make it up as I go along.

Roy played with a band for the Christmas dance of '59 and appeared at several drum wars at the YMCA, as well as with a band in a talent show with Toby David as master of ceremonies. He has cut a record with the Mysterians which is scheduled for release in February from a Chicago recording firm. Commenting on his talent, Roy states that playing drums comes natural to him but that there's always something new to learn or figure out.

Ray Chesney, the junior division drummer, doesn't consider himself a professional but a semi-professional. He has been playing with the Continentals for a year and a half. you may well know the Continentals for they have performed at such functions as the Senior-Parent Dance and the Junior-Senior Mixer here at St. Anthony.

"Getting assignments isn't as easy as it seems," comments Ray. "Each player scouts around and we're hired mainly by our reputation. The Continentals have appeared at such places as St. Juliana's, Pontiac State Hospital, and downtown hotels.

Roy, who studied for two years at the Americana Music Studios, claims that there's more to playing drums than what meets the eye. you have to know how to read music and be able to adapt your drums to the various songs.

"Drums are a means of expression for me," comments Ray, who uses the money he earns for his own personal use. "I would like to make them my profession."

St. Anthony Quintet Wins 3, Loses 7

A 3-7 record was made by the Teuton basketball team this season.

Tonight they play an exhibition game with St. Joe, the outcome of which will not affect their standing in league competition.

In play with St. Stanislaus they lagged behind in the early part of the game but tied it up in the third quarter 40-40. Then, scoring heaving, St. Anthony ended the game 61-52. Jim Scharl made 22 pts.

Against St. Lad's they fell steadily to lose 60-46. Paul Fink was high scorer.

St. Anthony fought hard and fast for the lead against St. Florian but despite their efforts came out behind 31-30 at the half and were finally downed 68 to 60. Paul Fink was high scorer with 20 pts. The team made 26 out of 35 free throws attempted for a 74% average.

The lead changed hands incessantly in the game with the St. Ambrose Cavaliers. The Teutons carried the half-time score but faltered in the third quarter. The end of the game accounted for a 63-56 victory for the driving Cavaliers.

The Teutons made 14 out of 24 free throws for a 58% average with Jim Scharl high scorer of 17 pts.

St. Anthony was behind by just a little bit all the way in the St. Thomas game trailing 28 at the half. But they caught up to tie 60-60 at the end of the fourth quarter resulting in over-time play. They rallied with 2 pts. but were pushed back 69-62 at the end of the game.



Paul Fink was high with 16 points and the team had 8 out of 17 at the free throw line for a 47% average.

A close win from St. Catherine 52-51 made the last Teuton victory. Fink and Ed Kaiser had 16 pts. each.

Trailing behind all the way in the St. Paul game, St. Anthony scored almost as much as they in the second half but lost badly 69-37.

- Nowakowski

JIM SCHARL watches Paul Fink get off a shot against St. Thomas.

Sobczak Named All-American

Dwight Sobczak, Teuton co-captain, has been named to the All-American high school football team. He is the second St. Anthony athlete to receive this honor.

The first was Dan Currie '54, currently playing with the Green Bay Packers, who won it in his junior year.

In his junior year, Dwight was named to the All-City and first string All-State teams. Being named All-American enables him to add a blue stripe to his sweater.

"It's a great honor," he says, "but a lot of the credit belongs to Coach Paonessa."

The coach has watched Dwight improve since he began playing for St. Anthony and feels that strong things can be expected of him as a college player.

Dwight has not yet decided which of several athletics scholarships he will accept.

Three other Teutons received football honors: Center Ralph Koch, all-city and all-state; Half-back Vince Sorgi, all-city; and Guard Fred Korytkowski, all-state.

'Ettes Photographed

Since the Detroit Free Press wished to photograph the Teutonettes and St. Paul's girls' varsity, the two top teams in the CYO league, a game was played here during school time on January 25.

Accompanying the St. Paul team was a group of seniors to help their cheerleaders coax the team on to triumph, but a score of 23-17 pronounced the 'Ettes victorious.

Track Keeps Pace with Modern Sports

The popularity of track as an indoor and outdoor sport has risen sharply in recent years. The history of this sport is almost the history of man himself.

Man had to run, jump, throw, climb, and lift heavy objects to defend himself from wild animals, and from this track was developed. The first games were those of ancient Greece, which were primarily running contests but later developed into what we know as field events.

The Romans, after they had conquered the Greeks, adopted these games and held them every four years until 394 A. D. In the 1800's they again became popular in England. The first United States meet was held in New York City in 1871.

Running events are the basis of track and field meets. These include: sprints over short distances, middle-distance races, distance races, hurdles, and relays.

The field events emphasize tests of physical strength and skill. The chief events are: high jumps; road jumps; pole vaults; discus, javelin, and hammer throws; and shot puts.

High and broad jumps are made from a running or standing start. High jumps and pole vaults are made over a bar between two uprights. The pole used in vaulting is from 14 to 18 feet in length.

The discus is a circular plate weighing 4 lbs. 6 4/10 oz. It is thrown from within a ring 8 ft.

SPORTS

'Ettes Undefeated; Look Toward Playoffs

St. Anthony's Teutonettes are strong contenders for the parochial city championship.

Currently they sport an unbeaten record - 6 wins, no losses - under Coach Eleanor De Rosier.

In their first league game they tumbled St. Paul 23-16.

Over St. David they gained a 27-20 margin.

The St. Ambrose varsity were beaten 22-13.

A close game with Servite's Pantherettes, which they led by a 1-pt. margin most of the time, came out 17-14.

Their fifth win was against St. Martin 18-16. Freshman Mary Ann Mansfield was high scorer.

Opposite Nativity, Forward Barbara Joyner scored 20 of the 'Ettes' 35 pts. to top the Vi-Queens' 15. Barbara also made top scores in the first four games.

Boys Play St. Joseph

A game between St. Anthony and St. Joseph which probably will become traditional is to be played tonight for the first time.

216 Beats 214 in Intramurals

Successfully using a new technique of the Teutons - to dribble the ball while time ticks away - Don Rhode helped the seniors of 216 win their 35-30 victory over the 214 juniors.

The close and thrilling game marked the end of the homeroom intramurals sponsored by the Student Council.

At half time the seniors were leading 17-13. A few times the score was tied, but at no time was there more than a 6 pt. difference

In the semi-finals the sophs of 115 played 216. Freshmen of 122 played 214.

To the winner will go a large gold trophy to be held until next year's game.

On the Ball with PAUL MACHUGA

WELL, TRACK HAS STARTED. This means after-school practice in the gym. This year's team consists primarily of sprinters and distance runners.

To begin workouts they usually run five series of threes. This is three laps around the gym done five times in nonconsecutive trips. This means that while three guys run, the others rest until everyone has had his turn.

All three laps must be completed in 45 seconds. Later on, the time drops from 45 to 36 seconds.

NOW YOU KNOW WHY tracksters like to see so many men out for the team - the more men, the more rest between laps.

Practice also includes running through the school, up and down stairs, at Belle Isle, or just plain running from 20 to 50 laps non-stop. Calisthenics, of course, are a must for any sport.

So you think you want an easy letter this year? Take my advice and don't try track.

It is almost entirely an individualistic sport and not like baseball, hockey, or football. The only weak spot the opposition can find is you.

2 1/2 in. in diameter. The javelin is a spear thrown after a running start.

The shot is an iron ball weighing 16 pounds, the same weight as the hammer.

One very famous Negro sprinter from Ohio State University was Jesse Owens. In the 1930's Jesse set three world's records in dash events and the running broad jump as well as becoming the co-holder of the record for the 400-meter race.

But not all participants have been so lucky. Take Jim Thorpe. Jim was an American Indian and the only man to win both the pentathlon and decathlon championships in the Olympic

games.

The pentathlon consists of five events: the 200-meter sprint, 1,500-meter run, broad jumps, discus throw and javelin throw.

The decathlon consists of ten events: the 100-meter dash, running broadjump, 16 pounds weight throw, running high jump, 400-meter run, 110-meter high hurdles, discus throw, pole vault javelin throw, and 1,500-meter run.

Jim was champ in 1912, but you won't find his name in the amateur record book. His records were disqualified because the Olympic committee found out that earlier he had played professional baseball.



- Nowakowski

IN THE LOCKER ROOM before a game, Don Rhode, Ted Dempz, Arnie Stefani, Phil Brzenk, Paul Fink, and Frank Gregory get themselves ready.