

Physical Fitness Program Lauded By Area Officials

A child that is physically fit also is mentally alert, says Donald Bouchard, member of the Citizens Council for Youth Physical Fitness.

Bouchard, speaking to the Birmingham PTA Council and PTA representatives of all participating schools in the physical fitness program last week, likened the mind to a muscle.

"It needs oxygen, glucose and various substances," he said. "If you improve the general condition of the body, it will, of necessity, improve cerebral circulation, making mental fitness a part of the entire physical fitness."

BOUCHARD spoke in connection with the six-week pilot program for physical fitness that recently ended at Groves Junior-Senior High School.

He listed the aims of the Citizens Council:

- To create a public awareness of the need for physical fitness.
 - To establish cooperation between the family, school and community in creating a strong physical fitness program.
 - To aid the department of physical education in supplementing and enlarging the existing physical program.
 - To encourage the Board of Education to establish, in the schools, a minimum 15-minute daily period devoted to physical fitness.
- "When our youngsters are physically fit, they are happier," Bouchard continued. "And according to what we know, they'll do better in school."

MEANTIME, the pilot program at Groves during the summer has been pointed to as indicative of the importance of a local program.

A total of 65 boys were given tests which included a five-minute swim test and a battery of strength and motor fitness tests.

The results of the classification index were used to establish three ability groups. Program areas included the team sports of soccer, touch football, basketball, volleyball as well as individual sports of swimming, gymnastics, archery, track and field.

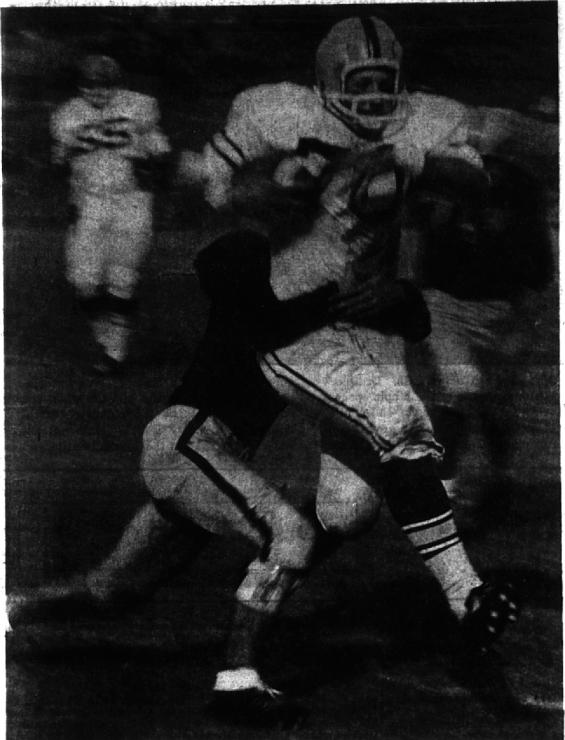
The first and last weeks of the program were devoted to administering 18 test items identifying areas of power, endurance, speed, agility and respiratory efficiency.

limation of functional isometric contraction exercises and weight training periods given the boys three times a week.

Another indication of the program's success occurred at the Belle Isle Fitness Meet when two boys representing the Birmingham program won trophies in competition with 12,000 boys and girls

from 42 cities and school districts. The 65 youngsters in the program represented 16 different public and parochial schools in the Birmingham-Bloomfield area.

Officials feel the results of the program have established the fact that challenging, vigorous activities can improve the physical condition of all children.

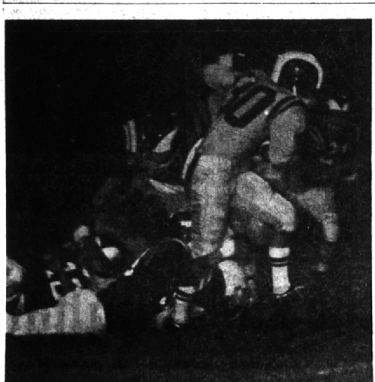


Battling Baron

ECCENTRIC PHOTO

Bloomfield Hills' Roger Stewart does just about everything for the Barons. The 185-pound halfback scored 100 points in eight games for Don Hoff's charges in 1961. The flashy speedster is shown here running against Clarkston. Although he didn't score

a touchdown he moved to the quarterback slot against the Wolves and tossed a 17-yard scoring pass to Tom Melrose and added four out of five of the Barons extra points in his 35-0 rout.



MOVING ON THE GROUND was the chief asset of Cranbrook Friday night as the Cranes downed Groves by a score of 19-6. Dave Schultz (No. 30) fleet Cranbrook halfback, dashes for a short gain in the action above. Schultz later scored a touchdown on a 15-yard pass from quarterback Dick Mosher. The Cranes picked up 302 yards with their ground attack.

Cranes

(Continued from 1-E)

Slater had a kind word for Groves.

"They are definitely an up-and-coming team," he said. "They seem to improve with each game they play. With a little more experience, Groves will be hard to handle."

Cranbrook will host Howe Military Academy from Indiana at 2 p.m. Saturday and Groves will meet Cherry Hill at Seaborn Field at 8 p.m. tomorrow.

GAME STATISTICS

	C	G
First Downs Rushing	14	10
First Downs Passing	2	1
First Downs Penalties	1	0
Total First Downs	17	11
Yards Gained Rushing	172	362
Yards Gained Passing	150	91
Total Yards Gained	322	353
Passes and Completions	2/3	4/2
Passes Intercepted By	2	1
Fumbles Lost	2	1

SCORING PLAYS

Cranbrook: Mosher, 49 yard run, kick failed.
 Cranbrook: Schultz, 15 yard pass play from Mosher, kick good.
 Cranbrook: Mosher, four yard run, kick failed.
 Groves: Lewis, 57 yard pass play, run failed.

Names Winners In Golf Contest

The Birmingham Newcomer's Golf League sponsored a nine-card draw in Friday's play at North Hills Golf Course.

Winners were Jeniel Van Deaal, Kitty Moorhead, Margaret Rapsis, Mildred Koto, Bea Carter and Virginia Thee.

Next week marks the final play of the league this season and a field day is scheduled.

Mrs. Moorhead reminded members of the league that the annual golf banquet will be held at 12:30 p.m., Oct. 12 at the Oakland Hills Country Club. Reservations can be made by calling Mrs. Moorhead at MI 6-9494.

More Sports News on 8-E

B'ham-B'field Little League Football Schedule

VARSITY CONFERENCE					
Day	Date	Teams	Field	Time	
Fri.	Sept. 28	Tigers vs. Browns	Pierce	7:00 p.m.	
		Wolverines vs. Spartans	Pierce	8:30 p.m.	
Fri.	Oct. 5	Browns vs. Wolverines	Pierce	7:00 p.m.	
		Spartans vs. Tigers	Pierce	8:30 p.m.	
Fri.	Oct. 12	Wolverines vs. Tigers	Pierce	7:00 p.m.	
		Browns vs. Spartans	Pierce	8:30 p.m.	
Fri.	Oct. 19	Spartans vs. Wolverines	Pierce	7:00 p.m.	
		Browns vs. Tigers	Pierce	8:30 p.m.	
Fri.	Oct. 26	Tigers vs. Spartans	Pierce	7:00 p.m.	
		Wolverines vs. Browns	Pierce	8:30 p.m.	
Fri.	Nov. 2	Spartans vs. Browns	Pierce	7:00 p.m.	
		Tigers vs. Wolverines	Pierce	8:30 p.m.	
FRESHMAN CONFERENCE					
Sat.	Sept. 29	Buckeyes vs. Hoosiers	Seaborn High	9:00 a.m.	
		Boilermakers vs. Hawkeyes	Seaborn High	9:30 a.m.	
		Indians vs. Badgers	Derby	9:00 a.m.	
		Wildcats vs. Gophers	Derby	10:30 a.m.	
Sat.	Oct. 6	Badgers vs. Hawkeyes	Seaborn High	9:00 a.m.	
		Gophers vs. Hoosiers	Seaborn High	10:30 a.m.	
		Wildcats vs. Buckeyes	Derby	9:00 a.m.	
		Indians vs. Boilermakers	Derby	10:30 a.m.	
Sat.	Oct. 13	Boilermakers vs. Gophers	Seaborn High	9:00 a.m.	
		Buckeyes vs. Badgers	Seaborn High	10:30 a.m.	
		Hawkeyes vs. Wildcats	Bldg. Hills H.	9:00 a.m.	
		Hoosiers vs. Indians	Bldg. Hills H.	10:30 a.m.	
Sat.	Oct. 20	Gophers vs. Buckeyes	Seaborn High	9:00 a.m.	
		Badgers vs. Boilermakers	Seaborn High	10:30 a.m.	
		Indians vs. Hawkeyes	Derby	9:00 a.m.	
		Wildcats vs. Hoosiers	Derby	10:30 a.m.	
Sat.	Oct. 27	Boilermakers vs. Wildcats	Seaborn High	9:00 a.m.	
		Buckeyes vs. Indians	Seaborn High	10:30 a.m.	
		Hoosiers vs. Badgers	Bldg. Hills H.	9:00 a.m.	
		Hawkeyes vs. Gophers	Bldg. Hills H.	10:30 a.m.	
Sat.	Nov. 3	Gophers vs. Indians	Seaborn High	9:30 a.m.	
		Badgers vs. Wildcats	Seaborn High	10:30 a.m.	
		Hoosiers vs. Boilermakers	Bldg. Hills H.	9:00 a.m.	
		Hawkeyes vs. Buckeyes	Bldg. Hills H.	10:30 a.m.	

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THURS., FRI., SAT.

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'63 super torque Ford Galaxie (foreground: Catalina 300/kt 2-Door Hardtop). The look, the power—and now the feel of the fabulous Thunderbird! A ride so Thunderbird-smooth, you must try it to believe it! Super torque thrust up to 405 hp (optional).

'63 Ford Fairlane Hardtop (background: Fairlane 300 Sports Coupe). 112 new middleweight... with V8 punch! A full line of new Fairlanes! Three new middleweight wagons. Two new hardtops. Four sedans. Big car room, ride, performance... nimble new size... saving price. New optional 260V-8... 221V-8 (or standard Six).

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SEE THE LIVELY ONES AT YOUR LOCAL FORD DEALER'S FRIDAY!

Amvets Schedule Annual Polo Game For Service Fund

A benefit polo game, in behalf of hospitalized veterans and the AMVETS Service Fund, is scheduled for Sunday afternoon, Oct. 7, at the Kleinfelder Riding Academy, Pontiac.

Players from this area include Ben Levinson, of Franklin, captain of the AMVET All Stars; his son, Franklin; and Rich Gibson of Birmingham.

All participants for both the All Stars and the Rochester Rockets are business and professional men who play every Saturday and Sunday and annually participate in three or four charity games.

This year, Levinson will present a trophy to the Detroit Mounted Police Drill Team for their exhibition drills and contribution in these charity events for the past five years.

DUCK HUNTERS

You are invited to the **DUCKS UNLIMITED** 5th Annual Stag Dinner

University Club of Detroit—Wed., October 3rd—6 p.m.

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