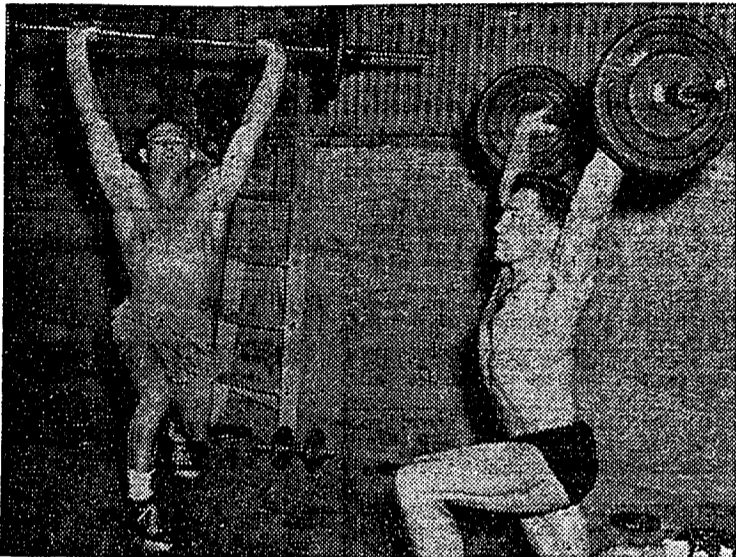


Body-Building Keynote Of Weight-Lifting Effort

By BOB VOSBURG

On the running-track of Rec hall, high above the furor of the crowded court and corners below, members of the Penn State Bar-Bell club can be seen at any time of the day going through their paces.

Under the supervision of George Heller, these men devote their



GEORGE ORBAN (left) and John Simkovich, two outstanding members of the Penn State Bar-Bell club, work-out in preparation for the Allegheny Mountain association Weight-Lifting Junior championships at Pittsburgh on April 28.

spare time to rigorous weight-lifting exercises in an effort to promote physical culture, body building, and weight-lifting throughout the student body.

The club was originated and organized by Heller and Joseph Errigo in the spring of 1948. It was reorganized this year on a larger scale by Dr. Bert Kessel and Heller, and has grown to approximately 35 members. However, some 100 non-members take advantage of the weight-lifting equipment.

The club officers are Bert Orban, president; Don Lechner, vice-president; John Simkovich, treasurer; and George Petro, secretary.

Fully Equipped

The club is fully equipped with weights and bars of all sizes. The long bars are known as the barbells and the short ones as the dumb bells. The bars are adjustable so that circular plates of different weights may be attached and removed. This makes it possible for any one to lift weights. According to Heller, no person is too weak or too strong to benefit by weight-lifting if the proper size weights are used in comparison with his physical ability.

According to Heller there is no such thing as "muscle-boundness." The condition of muscle cramps from which many athletes suffer is caused by the overworking of one set of muscles while letting the others go, or by untraining too rapidly.

Many club members use the club's facilities to prepare for future competition. At the present time two members of the club, Orban and Simkovich are preparing to enter the Allegheny Mountain association Weight-Lifting Junior championships at Pittsburgh on April 28.

Olympic Lifts

The totals in these contests will be figured on three Olympic lifts: the press, two-handed snatch, and two-handed clean and jerk.

When doing the press, the man stands flat-footed with the knees locked, raises the weight to his chest, and then lifts it over his head.

In the snatch, the weight is lifted overhead in one movement by throwing the weight up and getting under it, keeping the weight at arms length, and then standing upright with the elbows locked.

Clean and Jerk

In the clean and jerk, the weight is lifted to the chest by bending the knees and pushing with the legs. The man then gets under the weight to arms length, and straightens up with the arms locked.

One of the outstanding members of the club is Carl Campbell, whose mates estimate him as a potential candidate for "Mr. America" honors. Carl's body development and overall physique

10 Matches Played In H-Ball Tourney

Round one play continued in the intramural doubles handball tournament with ten matches being completed on Tuesday night.

In games played, Clarence Buss and Joe Policastro, Tau Kappa Epsilon, beat Robert Freeborough and George Rippel, Acacia, 21-7, 14-21, 21-11; Emerson Knyrim and Bob Krayer, Delta Chi, beat Theodore Pritsker and Gene Kolber, Pi Lambda Phi, 21-15, 21-9; John Bristor and Charles Rodgers, Phi Gamma Delta, beat Orin Jaquish and William Fike, Delta Theta Sigma, 21-14, 21-9.

John Wylie and Ed Davis, Phi Kappa Sigma, beat Richard Floum and Warren Lazarowitz, Pi Lambda Phi, by forfeits, William Gibson and Allan Huston, Phi Kappa Tau, beat Eugene Schaffer and James Gracey, Sigma Nu, 21-16, 18-21, 21-7; James Brown and Ronald Angerman, Phi Epsilon Pi, beat John Watson and Joseph Rynewicz, Phi Kappa, 21-9, 21-14.

Len Bartek and George Jacobs, Sigma Phi Epsilon, beat Kenneth Harris and Elliott Smith, Kappa Sigma, 21-4, 21-2; Mike Rubino and Anthony Pinnie, Alpha Phi Delta, beat Grover Wachter and Charles Webb, Triangle, 21-1, 21-3; John Strucher and Cas Borowy, Delta Sigma Phi, beat Kurt Herman and Fred Levin, Phi Sigma Delta, 21-7, 21-4; Vic Fritz and Allan Pancerev, Phi Kappa Psi, beat Miles Gehn and Donald Orcutt, Theta Xi, 21-0, 21-1.

Greek Bowlers Top AIM Stars

The Fraternity All-Stars, made up of bowlers from the IFC Bowling league, handed the A.I.M. All-Stars a 6-2 defeat in a three game match Tuesday night on the Dux Club alleys.

Art Oberg was the big pin man for the fraternity bowlers, rolling 220, 185, and 200 games for a total of 605, just 9 pins ahead of Art Schwass' 596 total for the independents. The summary:

A.I.M.				
			Total	
Alger	148	169	175	492
Bray	152	101	179	432
Fisher	170	150	205	525
Plunkett	165	168	180	498
Schwass	184	213	199	596
Totals	819	795	938	2552
I.F.C.				
			Total	
Karoleik	155	189	187	531
Oberg	220	185	200	605
Gross	156	192	183	531
Ellenberger	146	180	181	507
Stuck	143	184	142	469
Totals	820	930	893	2543

would certainly stamp him as a definite possibility.

Trackmen Point For Relay Positions

By JAKE HIGHTON

There will certainly be a lot more to the Lion track team this spring than the Penn Relay Carnival four mile relay team, but an observer of a Nittany workout is liable to get the impression that the four mile quartet is the whole track team.

In a sense, the last statement isn't too far off. Nearly the whole running outfit of the track and field team is trying for a spot on the distance relay.

A two miler like Dud Foster and even a middle distance sprinter like John McCall are all taking a crack at the magic mile.

Other Events

Many of the men who don't make the four mile relay team can immediately concentrate on their other events. A fellow like Bob Parsons will suffer no pain

from turning his attention to his half-mile specialty.

Last night the mile-hopefuls ran the distance "within themselves," that is, fast but not straining.

Lanky Bill Ashenfelter and long-striding Bob Freebairn led the pack home. Both jogged past the finish in 4:30.5.

Jack Horner attempted to keep up with the half-mile pace of 2:14 while running third in the early stages. On the backstretch of the fourth lap, he weakened and Don Ashenfelter easily sped past Horner for the third spot in 4:32.5.

Finished Fourth

Horner still wound up a creditable fourth with a 4:36. Thus he gives every indication that he is out to haul down the fourth position for the Relays.

The Ash brothers and Freebairn practically have the Penn

Relay baton in their hands already.

Pete Sarantopoulos, Parsons, and Jack St. Clair finished in a cluster behind the fourth place Horner.

Competition Keen

Competition is so keen for the fourth relay spot that in Saturday's mile trials, if good weather smiles, a situation may turn up comparable to that which happened to the Lions' Stan Lindner in cross-country this fall.

Stan ran a noteworthy 27:01 five miles, yet could finish no better than ninth. Similarly, this Saturday, several may get close to a 4:20 mile and still not make State's crack distance squad.

Three-time Eastern wrestling champions on the Penn State record books number two, while two-time winners number nine.

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