

ADDITIONAL SPORTS

New Baseball Rules Go Into Effect With Beginning of Spring Training

Baseball this coming season will be operated under a new set of rules.

Baseball's playing rules were re-phrased and re-defined during the past winter. Both the majors and minors cooperated in the task.

The change which the pitchers will realize first is the one which says the mound must be exactly 15 inches high and must slope gradually toward the baselines.

Another rule defines the strike area now as the space over home plate between the pitcher's arm and knee when he assumes his natural stance. A footnote in the rule book points out that the natural stance for some batters is a crouching one, which is legal.

zone by as much as 25 percent and it is expected that many upright batters of last season will adopt a new stance this year to heckle the hurlers.

Another altered rule provides the catcher must keep one foot in the receiver's box when the pitcher is issuing an intentional base on balls. Another makes the umpire the judge if unsportsmanlike conduct has prevailed when a base runner slides into an infielder in hopes of breaking up a double play.

If the umpire decides that unfair tactics were used he now has the power to call the batter out even if the ball did not reach the base in time.

Two minor changes say that a starting hurler must go five innings of a completed game to receive credit for a victory and that the pitchers are not permitted to apply runoff to the ball or to their uniforms.

THE DRIBBLE CORNER

Results, Scores & Schedules of Area Basketball Games



RESULTS

MONDAY, FEB. 27
Mc-Ci 48, Canton 45
Boaring Spring 36, Williamsburg 28

TUESDAY, FEB. 28
Gallitzin 52, Patton 34
Cresson 46, Nanty-Glo 26

WEDNESDAY, MAR. 1
Johnstown 39, Portage 31
Southmont 46, Franklin 42

THURSDAY, MAR. 2
Altoona 48, Ferndale 26
Altoona Cath. 76, St. Joseph's of Resova 77

FRIDAY, MAR. 3
Johnstown C. 42, Altoona C. 39
Southmont 42, Bedford 39

SATURDAY, MAR. 4
St. Joseph's of Philadelphia 71, St. Francis of Loretto 61

SUNDAY, MAR. 5
Altoona 48, Ferndale 41
Indiana Co. Tourney Group I

MONDAY, MAR. 6
Altoona 48, Ferndale 41
Indiana Co. Tourney Group II

TUESDAY, MAR. 7
Altoona 48, Ferndale 41
Indiana Co. Tourney Group III

WEDNESDAY, MAR. 8
Altoona 48, Ferndale 41
Indiana Co. Tourney Group IV

THURSDAY, MAR. 9
Altoona 48, Ferndale 41
Indiana Co. Tourney Group V

FRIDAY, MAR. 10
Altoona 48, Ferndale 41
Indiana Co. Tourney Group VI

SATURDAY, MAR. 11
Altoona 48, Ferndale 41
Indiana Co. Tourney Group VII

SUNDAY, MAR. 12
Altoona 48, Ferndale 41
Indiana Co. Tourney Group VIII

MONDAY, MAR. 13
Altoona 48, Ferndale 41
Indiana Co. Tourney Group IX

TUESDAY, MAR. 14
Altoona 48, Ferndale 41
Indiana Co. Tourney Group X

WEDNESDAY, MAR. 15
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XI

THURSDAY, MAR. 16
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XII

FRIDAY, MAR. 17
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XIII

SATURDAY, MAR. 18
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XIV

SUNDAY, MAR. 19
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XV

MONDAY, MAR. 20
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XVI

TUESDAY, MAR. 21
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XVII

WEDNESDAY, MAR. 22
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XVIII

THURSDAY, MAR. 23
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XIX

FRIDAY, MAR. 24
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XX

SATURDAY, MAR. 25
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXI

SUNDAY, MAR. 26
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXII

MONDAY, MAR. 27
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXIII

TUESDAY, MAR. 28
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXIV

WEDNESDAY, MAR. 29
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXV

THURSDAY, MAR. 30
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXVI

FRIDAY, MAR. 31
Altoona 48, Ferndale 41
Indiana Co. Tourney Group XXVII

Frankies End Cage Schedule With Record of 17 Wins

St. Francis College of Loretto will take a 17-8 record to the National Catholic College tourney in Baltimore. The Frankies lost their final game of the season to St. Joseph's College of Philadelphia last Saturday evening, 71-63, in a game in Altoona.

The Frankies pulled to a 44-43 margin at the close of the third period, but didn't rally enough to win, dropping the final frame to St. Joseph's, 23-20. St. Joseph's took the first round, 13-9 and also the second stanza, 18-14.

The Loretto cagers converted 13 of 20 fouls and St. Joseph's 9 of 15. The winners held a decided 32-5 edge in field goals. George Rancanaky of St. Francis dumped in 26 points for high man for the losers and Senesky was high man for St. Joseph's with 28 points. Bill Warish dumped in 21 points for the Red Flash cause. The summary:

St. Joseph G P T St. Francis G P T
Senesky 1 10 23 Warish 5 11 11
Rancanaky 2 2 8 Bodner 4 0 8
Prein 4 2 10 Rancanaky 10 6 26
McDermitt 1 1 7 Stapleton 0 4 4
Bradley 2 1 5 Hiest 2 0 4
Daley 0 2 3 Sharkey 1 0 2
Raherty 1 0 2 O'Brien 1 0 2
Clary 0 0 0
Howley 0 0 0

Totals 31 9 71 Totals 25 13 83
St. Joseph's 13 18 17 23-71
St. Francis 9 14 20 26-43
Referee—Woodring and Conrad.

—There were as many careless drivers in the old days but not as many accidents. Horses had some sense.

Down the Alley

By LEO FREELY

There was a lot of action last week in the Patton Fraternal Bowling League. The Legion started the week by pinning a 3-1 loss on the second place Eagles. The Eagles gained their only point when they took the third game by 22 pins. The Legion is still tied with the SOI in the league standing with a 22-26 record. The winners gained their three points by 3 in first, 38 in the second and total pins of 19. Williams was high for Legion while Union Press-Courier Sports Editor, Leo Grimm, was high for the Eagles.

LEAGUE STANDINGS table with columns for Team, Wins, Losses, and Total Pins.

The Sons of Italy showed under the first place Moose team, 3-1. The SOI allowed the Moose to take the first game by 42 pins but took the following points by 11, 56 and 25 pins. The game had some highlights too. Take the second game when the SOI won by 11 pins. That was when Jimmy Leon was up. He took a full swing, forgot to let go of the ball, went the whole length of the alley, and bunt a strike. AAK Jim, he still has a lump to prove it. Yahner and Leon were high for the SOI and Caretti, Grozanic and Hudak were high for Moose.

The Vets took the Slovak Club, 3-1. The Vets scored in the first game 61, second 39 and the losers took the third by 10 giving the Vets their third point by 10. Willie Zangali was high for the Vets while Frank Kinkead went all out for the losers.

Honors of the week go to Caretti of the Moose with a score of 544. Leon hit 537 to take second place for the SOI. Other notable scores are: Yahner, SOI, 506; Grozanic, Moose, 504; Hudak, Moose, 503; Kinkead, Slovak, 505; Williams, Legion, 521; and Grimm, Eagles, 501.

This week I had an interview with Crystal Ball Charlie, who says he will predict the games for the coming week, and if possible for the entire league duration. His predictions are as follows:

Mar. 9—Eagles 3, Vets 1
Mar. 13—SOI 2, Legion 2
Mar. 15—Moose 3, Vets 1

INDIVIDUAL TEAM SCORES table listing names and scores for various teams.

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Gallitzin Closes Season With Tight 51-50 Loss to PHS

Gallitzin High closed their 1950 cage season last Thursday evening by dropping a close 51-50, contest to Portage. Portage also closed their season.

Portage took the first two periods, 9-5 and 18-16 respectively, to have a half time lead of 27-21. The Greenlins came charging back and grabbed the third round, 17-8, to go into the lead 38-35, but the Mustangs took a 18-12, final round to notch a close win. Marcus was high for Portage with 13 points and Gouse of the winners led the scorers with 21 points. The Gallitzin JV's won the preliminary, 40-35. The summary:

Summary table for Gallitzin vs Portage game.

Totals 16 19 51 Totals 19 12 50
Portage High 9 18 8 16-51
Gallitzin High 3 16 17 13-50
Referee—Conrad and Horner.

Colver Little Colts Trim St. John's

The Colver Little Colts, a cage team of the Colver Gracia-Indiana entered in the Cambria-Indiana Boys Basketball League, slapped St. John's Orphanage boys team 55-36, in a league game played in Cresson on Sunday, Feb. 19.

The Little Colts took the first frame 10-8 but were held at a 13-13, tie in the second period. The Colts came back however to grab the remaining two rounds, 16-8 and 18-7, respectively. E. Rubish was the high man for the Colts with 35 points. Nepa was high for St. John's with 13 markers. The summary:

Summary table for Colver Little Colts vs St. John's game.

Totals 33 2 55 Totals 18 4 38
Colver Little Colts 10 13 16 33
St. John's 8 13 8 18

JOHNNIES OPEN MAY 8
Johnstown Johnnies, Middle Atlantic League Baseball team, will open their season on May 8.

5 Teams Announce Entry In NC Loop

By LEO FREELY

Five teams announced that they will play in the Northern Cambria Industrial Baseball League this season.

They are Patton, Bakerton, Barnesboro, Polish Legion and Westover. The Barnesboro Moose was champion last year, after taking a close series from Bakerton.

Carrolltown, Hastings, Spangler, Ashville, Marsteller, Emigh, Twin Rocks and Belasco, or any other team interested in the league is requested to contact the league secretary, George Magulick by phoning Barnesboro, 651-W.

The Patton ball team will hold a meeting this Thursday evening, Mar. 9, in the Patton Eagles club. All members are requested to attend.

St. Vincent College Plans To Drop Cage Activities

St. Vincent College, Latrobe, will drop basketball as an intercollegiate sport until such time as the school has the proper facilities to carry on.

This was announced last week by Rev. Oliver Grosselin, athletic director of the school. He said the school hopes to build a new gymnasium on the campus in the near future. At present the cage team practiced in the Latrobe Army.

APPROVES NEW TITLE BOUT

Jake Mintz, manager of NBA Heavyweight Champion, Ezzard Charles, last week wired acceptance for a title fight between Charles and Freddie Beshore to be held Mar. 29.

HOMEMAKERS MEETING

Reupholstering furniture is the study subject of a Homemakers club to be held this morning at 10:30 in the home of Mrs. Paul Kuttruff of Plinton R. D.

Osteopathic Health

Frederick E. Arnie, M.S., D.O. Carrolltown, Pa.

MAN'S CONSTANT FRET: THE COMMON COLD

Some of us seldom contract colds while others of us develop them in rapid succession. We sniffle, cough, sneeze, ache, feel stuffy and nervous. It is no wonder we are unanimous in our opinion that the common cold is a miserable nuisance which plagues the human race.

Although it is a frequent ailment, this disease has puzzled the healing profession for generations. In fact, more time and money has been spent in research on the cold than on practically any other sickness.

The real cause of colds is difficult to determine because there are many different factors to consider which vary tremendously with the individual. Truthfully it's causes cannot be attributed to any specific organism.

However, it is a well established fact that a virus type of infection is responsible for many colds. Because these are minute organisms, too small to be seen by an ordinary microscope, their manner of growth and action on tissues have not been completely determined. For that reason, no satisfactory method of dealing with the virus has been developed.

On the other hand, many colds are attributed to predisposing causes. Allergies must be considered and anything that lowers the body's natural resistance to disease processes also falls under this category. For example, if an individual works all day and goes sleep night after night until he is completely fatigued, his health is affected and his resistance lowered.

Other causes which tend to lower resistance are cold, wet

feet; sudden changes in temperature; improper clothing; an agitated mental state; other illness, and disturbances in body mechanics effected by strains, injuries or falls. Osteopathic physicians have found that when such conditions are corrected, the patient's resistance is raised so that colds are not easily contracted.

As you know, the modern approach to all disease is to emphasize prevention and so it is with colds. First and foremost, the best protection against colds is a healthy body. We can keep ourselves in A-1 condition by eating regular well-balanced meals, drinking plenty of water, acquiring adequate sleep, avoiding unnecessary worry and concern, and having strains and injuries treated promptly. We can protect ourselves further by refraining from mingling with crowds whenever possible and by being cautious of the careless sneezer.

Early cold symptoms are a stuffiness and congestion in the head, aching in various parts of the body and, perhaps, a slight elevation of temperature. If treated early well-balanced meals, drinking plenty of water, acquiring adequate sleep, avoiding unnecessary worry and concern, and having strains and injuries treated promptly. We can protect ourselves further by refraining from mingling with crowds whenever possible and by being cautious of the careless sneezer.

First and most important, the patient should go to bed immediately and remain there until his symptoms are relieved. He should eat lightly, drink copious quantities of water and fruit juices, and provide for proper elimination. It is well to remember that by avoiding crowds and exposure, recovery will be hastened and others protected from infection.

The course of a cold can often be shortened by giving osteopathic treatment designed to increase the blood supply, relieve congested areas, and stimulate vital nerve centers, thus enhancing the forces that are already attempting to combat the infection.

Certain drugs, vitamins, and local applications are of some value but should never be used except under a doctor's supervision. For example, the anti-histaminic drugs, which are widely advertised and enjoying increased popularity, are dangerous if taken in too large doses. They are serious too, because they affect various individuals differently and tends to make some people dizzy or drowsy which may be hazardous to those who must drive or operate machinery.

Other causes which tend to lower resistance are cold, wet

GALLITZIN

Mrs. Lorene McCoy Honor Guest At Party Recently

Mrs. Lorene McCoy of Baltimore, Md., was guest of honor recently at a party at the home of her brother-in-law and sister, Mr. and Mrs. John A. Glass of Gallitzin.

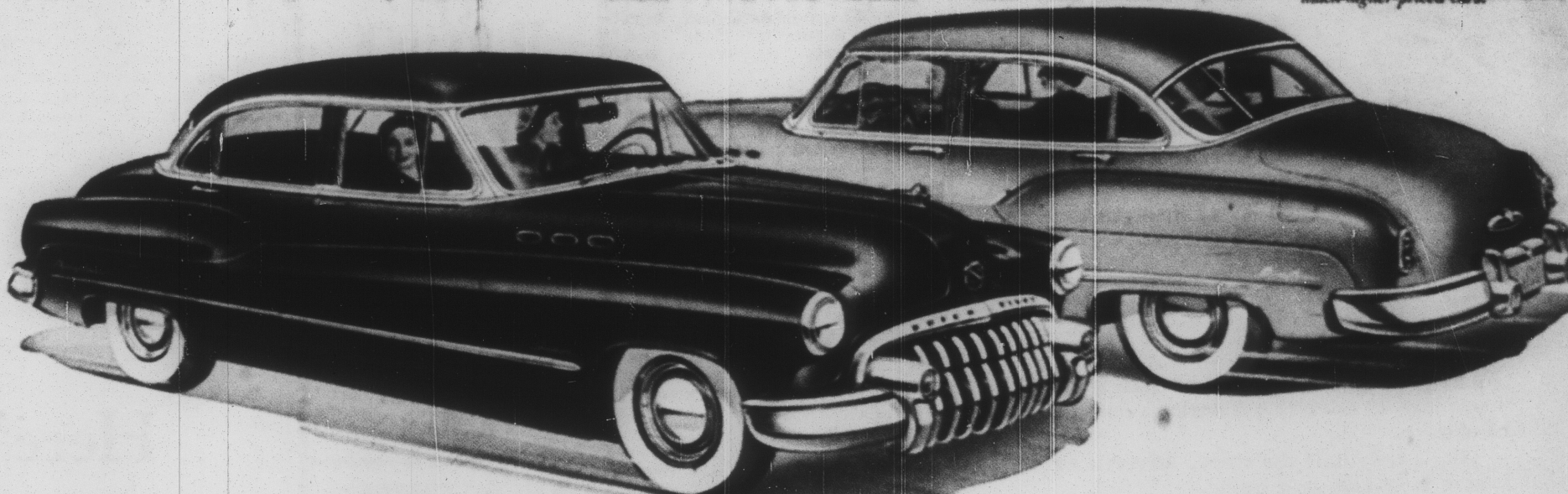
The evening was spent in playing cards and lunch was served. Mrs. McCoy received a number of gifts.

Those attending included Mr. and Mrs. Camillo Dasciano, Mr. and Mrs. Howard Dasciano, Mr. and Mrs. Peter Lesnak, Mrs. Roy Chirton, Mr. and Mrs. Lewis Dasciano, Mrs. Tom Murphy and Mrs. Martha Benaw, all of Ashville; Elmer Gallagher, Amahy; Mr. and Mrs. William Krise, Beaver; Mrs. John Meilhammer, Jude and Charles McCoy, all of Baltimore; Mrs. Michael Savine and daughter, Diana, of Altoona; Mr. and Mrs. Wayne Long, Mr. and Mrs. Wilbert Long and James, Vivian and Darline Long, all of Gallitzin R. D., and Mrs. Frances Parizak of Cresson.

Telling the truth seems to be the best way to throw some wives off the track.

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BACK AS A BRAVE - By Alan Maver. THINK I'LL DROP IN AT THE U.N. FOR A LITTLE PEACE AND QUIET. WHEN ALL HEALTH FORGOT HIM TO LEAVE HIS DISSENTION-FILLED CLUB IN AUGUST. NOW BILLY SOUTHWORTH. BEGINNING AGAIN AS THE BRAVE BRAGGENT CAMP, CAN'T BE BLAMED IF HE HOPES HIS TEAM DOES ALL ITS FIGHTING ON THE DIAMOND THIS SEASON!

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