

Little League Umpiring Mastered by Recruiter

When T. Sgt. Donald Yeaman came to Torrance three months ago to start a new career as Air Force recruiter, he immediately went looking for a Little League to serve as a volunteer umpire. Don got the job and will umpire District 26 tournament games starting next week. Yeaman has been in Little League since 1954 when he became a coach with Boeing Little League in Washington. His all-star team of 1955 came from Washington to Santa Monica for the Western

Regional Tournament, but lost to eventual World Series Champion Roswell, New Mexico, 3-2, in 9 innings. By coincidence, after a tour of duty in Kansas City, Yeaman was assigned to Walker Air Force Base in Roswell where he became a league vice president and umpire. For four years he was district umpire consultant. Don came to Torrance after a year at Edwards Air Force Base. Little League appeals to

Yeaman because of the ability to take a group of boys and develop them into skilled players with amazing talent to make spectacular plays. "I like the idea of working with youth and being an example for them," said Yeaman. After 14 years in the program, the master umpire is looking forward to his own sons, Chris 7, and Mike, 4, playing Little League in the near future. Don and his wife Barbara have a daughter, Donna, 9.



AIR FORCE RECRUITER . . . T. Sgt. Don Yeaman, who came to Torrance three months ago to start a career in recruiting, has resumed his favorite pastime as a Little League umpire. Yeaman will officiate at District 26 tournament games next week. (Press-Herald Photo)

Tournament Play Nears

Tournament games involving Little League district 26 and 27 will get under way next week. The opener will be Monday at Rolling Hills where North Redondo and Malaga Cove launch the sudden death playoffs.

A series of 12 games will be played at Rolling Hills Little League Field, including a sub-section game between the winners of the two districts on Monday, July 31. The Section 8 tournament will be at San Diego, followed by the California southern division games at Montclair and the Western Regional at Inglewood. The World Series will be at Williamsport, Pennsylvania. District 27 will play its tournament at Fre-Way and Carson Field. Pairings are Torrance Central vs. Fre-Way at Fre-Way next Wednesday; Pacific Coast vs. Lomita, July 20; Torrance National vs. Harbor City, July 21; and Dominguez vs. Victoria Park, July 22. Four teams which drew a first round bye clash at North Torrance West starting July 24. The host goes against North Torrance East followed by the Carson - Torrance American game on July 25. Semi-finals are July 26 and 27 and the finals are July 29 at West.

SENIOR NINE DROPS 7-6 BALL GAME

After Pacific Coast Senior Division tournament team scored five runs in the top of the 7th inning in their Little League tournament game Monday, Victoria Park bounced back with four in the bottom of the inning for a 7-6 victory. The dramatic last inning came in the loser's bracket of the District 27 double elimination tournament at Carson Field. Victoria Park returns today to play the loser of last night's game between Lomita and Carson. Pacific Coast lost its first round game to Carson Friday night, 21-0.

Babe Ruth Tournament To Be Played

Babe Ruth League tournament play will be held at Plaza Del Amo Field Saturday with three games. Two are scheduled for Sunday. The Torrance Babe Ruth team consists of: James Loup, Robert Thornton, Donnell Neil, James Williams, Keith Click, Robert Salas, Mike Denler, Steve Boehm, Chas. Chant, Mike Maguire, Tim Fischer, Rick Jackson, Rick Constantino, Jerry Adams, Rick Finn.

Press-Herald SPORTS

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Hollywood Gold Cup

Hollywood Park's racing season will hit its highest peak Saturday when some of the thoroughbred world's finest runners will meet in the mile and one-quarter \$162,100 Hollywood Gold Cup, America's richest race for the stars of the handicap division.

The Gold Cup is expected to bring together for the first time champions of two continents, Pretense, winner of two \$100,000 races so far this year and currently vying with Buckpasser for America's "Horse of the Year" honors, and Forli, the unbeaten Argentine-bred hailed by many South American turf experts as the greatest thoroughbred ever produced in their part of the world.

Pretense will pack high weight of 131 pounds in Saturday's Gold Cup. The 4-year-old colt has been brilliant in his last two races at Hollywood Park, establishing an American record of 1:39 4/5 for a mile and one-sixteenth on the turf in a division of the Inglewood Handicap and then capturing the \$54,700 American Handicap under 131 pounds on July 4. His 1967 victories include the hundred-grand Santa Anita and Gulfstream Park Handicaps and he has won \$351,850 this year, tops among handicap horses.

Forli was purchased by an American syndicate, headed by A. B. (Bull) Hancock of Claiborne Farm, Paris, Ky., and shipped to Hollywood Park after he won the "Quadruple Crown" of the Argentine.

After winning Argentina's "Triple Crown," which included races from a mile to one mile and four-and-a-half furlongs, he ran against older horses in the mile and seven-eighths Carlos Pellegrini, South America's greatest race, and defeated the best of his contingent to earn an unprecedented "Quadruple." He has been weighted at 124 pounds for the Gold Cup.

Seeking a third straight triumph in the "Race of Champions" will be popular Native Diver, California's stakes-winning king. He won the last two Gold Cups from wire-to-wire to clinch "Horse of the Meeting" at Hollywood Park in 1965 and '66. Native Diver's lifetime earnings have reached \$900,750.

Other expected Gold Cup contenders include Biggs, winner of the \$119,200 Californian; Quicken Tree, who recently won the first division of the Inglewood Handicap; O'Hara, runner-up to Native Diver a year ago and victor in the 1966 Sunset Handicap, and Hill Clown, winner of the \$22,300 Cortez Handicap.

All-Stars Named for Pony Play

The all-star tournament team of North Torrance Pony League will be managed by Joe Ramsey of the Pirates and coached by Fred Bruecker of the champion Braves.

Boys on the team are Steve Bruecker, Mike Lubahn, Trent Rushton, Braves; Randy Beach, Gary Yates, Cards; Kurt Ehrlich, Bob Redmer, Cubs; Tom Bauer, Donnie Gilliland, Wayne Greenhalgh, Giants; Brian Cleland, Phillips; Phil Manahan, Lane Ramsey, Mark Windell, Pirates; Dale Marks, Redlegs. Alternates are Bruce Barto, Braves, and Terry Mozeski, Cubs.

Tournament play begins on July 22 at the Pony Field in San Pedro. Closing day ceremonies will take place Sunday at 1 p.m. at Garret Field. Trophies and certificates will be presented.

Shrine High Players Due On July 22

Los Angeles becomes the mid-summer mailing address for 50 of the State's outstanding pre-college football stars on Saturday, July 22.

For on that day, the young gridders who will perform in the 16th annual Shrine North-South Football Classic in Memorial Coliseum will rendezvous at the Biltmore Hotel, take part in the "kickoff luncheon" and visit with boys and girls receiving care and treatment at the Shriners' Hospital for Crippled Children.

Legion Baseball

PACIFIC LEAGUE

Team	W	L	Pct.	GB
South Torrance	9	0	1.000	—
Gardena	8	1	.889	1
West Torrance	5	5	.500	4 1/2
Westchester	4	6	.400	5 1/2
Morningside	4	6	.400	5 1/2
Torrance Blues	3	6	.333	6
Inglewood	3	6	.333	6
El Segundo	3	6	.333	6

MAJOR LEAGUE

Team	W	L	Pct.	GB
Mira Costa	6	2	.750	—
North Torrance	7	3	.700	1
Lynwood	6	4	.600	1
Palos Verdes	5	3	.625	1 1/2
Rolling Hills	5	5	.500	2
Carson	4	6	.400	3
El Segundo	2	8	.200	5
Redondo	1	9	.100	6

MINOR LEAGUE

Team	W	L	Pct.	GB
Twins	9	0	1.000	—
Indians	6	3	.667	3
Angels	4	5	.444	4 1/2
Red Sox	4	4	.500	4 1/2
Yankees	4	5	.444	5
Orioles	3	7	.300	6 1/2
Tigers	1	8	.111	8

Spartans Play at Coliseum

The Lynwood Falcons and Torrance Spartans make their final Coliseum appearance of the season when they clash in a Youth Soccer Cup game Saturday. Kickoff is 6:40 p.m. and precedes the National Professional League match between the Toros and Oakland Clippers.

Spartans looked impressive last week as they registered their fifth tournament shut-out with a 7-0 victory over Sierra Madre.

Lynwood Falcons tied the Torrance Toros - Section II champions, 1-1.

Both teams boast some of the tournament's outstanding performers, among them Falcon forward Pete Weitmann, who leads in scoring with 14 goals; and goalie Chris Beckman, the shutout artist for the Spartans.

In their first round meeting, the Spartans edged Lynwood 4-3 at Continental Field in a thriller that had the fans on the edge of their seats from the opening whistle.

SECTION I

Team	W	L	T	Pts	GF	GA
Valley Stars	7	1	65	27	8	8
Tor. Spartans	5	2	64	25	16	16
Pico Rivera	3	4	52	11	37	37

SECTION II

Team	W	L	T	Pts	GF	GA
Torrance Toros	6	2	63	24	17	17
Lynwood Falcons	4	3	44	21	16	16
Sierra Madre	0	8	0	6	26	26

American Little League

MAJOR LEAGUE

Team	W	L	Pct.	GB
Tigers	15	6	.760	—
Giants	15	9	.625	3
Athletics	14	10	.583	4
Red Sox	14	10	.583	4
Pirates	13	11	.538	4 1/2
White Sox	6	16	.273	11
Dodgers	3	20	.130	14 1/2

MINOR LEAGUE

Team	W	L	Pct.	GB
Yankees	18	2	.900	—
Pirates	17	2	.895	1/2
Giants	10	10	.500	7 1/2
Cubs	9	10	.473	8 1/2
Browns	9	10	.473	8 1/2
Red Sox	7	12	.368	10 1/2
Dodgers	6	14	.300	12
White Sox	5	13	.277	13

N. Torrance West Little League

MAJOR LEAGUE

Team	W	L	Pct.	GB
Twins	9	0	1.000	—
Indians	6	3	.667	3
Angels	4	5	.444	4 1/2
Red Sox	4	4	.500	4 1/2
Yankees	4	5	.444	5
Orioles	3	7	.300	6 1/2
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Factory Cars In Drag Race

The factory-sponsored dragsters will compete next Saturday in the U. S. Professional Dragster Championships at Lions Drag Strip, possibly providing a direct Ford vs. Dodge confrontation. Both from Michigan, they are the Ford-powered rail of Connie Kalitta and the celebrated Ramchargers, driven by Chuck Kurzawa. They will be only two of the nearly 100-car field of fuelers trying in all-day qualifying to make the 64-car field that begins eliminations at 5:30 p.m.

FUN & FITNESS

by Bonnie Prudden



PHYSICAL FITNESS

Bonnie Prudden has won nationwide acclaim for her work in alerting people of all ages to the need for physical fitness. She is a consultant on physical fitness for Reader's Digest and the Director of the Institute for Physical Fitness as well as known lecturer, author, television and radio personality.

This series is designed to demonstrate an exercise curriculum which provides for a well rounded body conditioning. At the same time the series shown can be identified with the exercising benefits derived from the sport of bowling - the nation's most popular participating sport.

In this segment Bonnie discusses the Side-to-Side Roll and Overhead Reach and Twist exercises. These exercises are achieved with the aid of a bowling ball.



OVERHEAD REACH

The Twist Overhead can be achieved by standing with your feet apart and your knees slightly bent. Lift the ball to the left above your head. Then slowly lower the ball until it is hanging at full arm stretch outside your thigh. Then twist your body to the other side as you bring the ball in front of you and lift it to the overhead position on the other side. Do eight. This exercise is beneficial for conditioning your arms, shoulders and waist.

In bowling, the objective of lifting the ball from the ball return preparatory to assuming your starting position approximates the benefits found in the Side-to-Side Roll and the Overhead Reach & Twist Overhead. Bowlers use their muscles in this way approximately 18 times a game.

not only in your waist, but also in your feet and legs. From the furthest point to the left, bring the ball back to the overhead position. Hold the ball overhead for a slow count of three and slowly lower it to the right. When this exercise has become easy try moving the ball in a half circle from left to "press back" to right. Then return by the same route. Still later try to complete the circle by carrying the ball downward and around. Start with four to a side. Alternate sides.

In order to accomplish the Overhead Reach, stand with your feet well apart, left hand resting on left thigh just above the knee. Carry the ball overhead and allow it to bounce downward in short controlled bounces. Alternate sides doing four bounces to each side. As soon as you are strong enough, do eight to a side. This Overhead Reach is excellent for improving hands, wrists, body and especially "underarm flab."



SIDE-TO-SIDE ROLL

Be sure that your legs are spread wide to give you as much stability as possible. Start with the ball in outstretched hands above your face. Slowly let it move to the left side. Most of the weight will be on your left arm, but the rest of your body will be helping to maintain the shift in balance and you will notice the change



STREAKING TO FIRST BASE . . . Denny Martindale is one step late as first baseman Gilbert Flores of the Orioles takes the throw to retire the standout player from North Torrance West Little League. Martindale has 14 home runs during the season. He will play on a tournament team against North Torrance East at Dominguez field on Monday, July 24. (Press-Herald Photo)