



ST. JOHN'S MILITARY SCHOOL SKIRMISHER



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Cadets Sing In Salina

The SJMS Choir and Brass Quartet presented a Christmas program at the corner of Santa Fe and Iron in downtown Salina, Saturday, Dec. 4.

The musical groups were invited to perform by the Salina Arts Commission. The Cadets were served hot chocolate and cookies following the performance.

Appearing were Jeff Badders, Dale Beck, Tom Bollig, Tim Clinton, John Connally, Ken Croslin, Wyatt Curry, John Darnall, Chad Eiseman, Andy Frome, James Gierhart, Steven Gomez, Wayne Guerrant, Wade Heckes, Mark Lewis, Eric LeVan, Richard Martin, Mark Mayfield, John Nicholls, Tom Rothrock, Robert Schawo, Ron Schawo, Eric Siefert, Luis Siles, Brian Stevens, Steve Wilson, David Wood, Sam Pogue, Randy Cash, Kelly Patten, Jerry Walker and Jeremy Sawyer.

The Cadets were accompanied by Dr. Harold Smith, music teacher, and Mrs. Smith, and the Rev. Norman Nicholls, Chaplain.

Cadets Speak Out At Chamber Program

The annual "Youth Speaks Out" program, sponsored by the Salina Area Chamber of Commerce, was attended by six Cadets Nov. 18.

The meeting for representatives from all local schools was held from 8 a.m. to 12 noon at the Planters Bank and Trust Community room.

The meeting allows students to ask questions about employment opportunities, business, government, education, community development and other areas of concern regarding Salina.

Representatives were Paul Hergenrother, Richard Martin, Mike Wallace, David Bryan, Robert Filce and Kevin Zwink.

R. Martin Heads NHS

Richard Martin was elected president of the National Honor Society.

Other officers are Paul Hergenrother, vice president, and John Nicholls, treasurer.

Cadets Attend Royal

Eighty Cadets attended the American Royal Stock Show in Kemper arena, Kansas City, Mo. in early November. The trip was a substitute for the annual trip to the Kansas City Chiefs-Denver Broncos football game which was not played due to the players strike.



MOST VALUABLE PLAYER

Kevin Zwink was honored as the most valuable player for the 1982 season. He also earned the award last year. He played as a linebacker. Making the presentation was coach Kelly Rudolph. (Photo by Dr. Harold Smith)

Cadets Attend KW Science Day

A group of Cadets attended the annual science day at Kansas Wesleyan, Salina, Nov. 12.

The students were registered by computer and issued name tags. They were welcomed by Dr. David Fancher, vice president and dean of the KW faculty.

Morning demonstrations were on projectile motions and computer graphics and color video. A math lecture was given on "Transfinite Arithmetic".

Following lunch, the Cadets attended a variety of lectures and demonstrations in Peters Science Hall. Included were NASA films on the space shuttle, word processing, data graphics, computer programs in biology, nuclear magnetic resonance spectroscopy, do-it-yourself experiments and the observatory telescope.

Attending were David Bryan, Mike Coryell, Scott Craig, John Darnall, Bryon Epp, Robert Filce, Jon Fisher, Jim Goff, Mike

Grounds, Francisco Gutierrez, Bill Heany, Paul Hergenrother, Mark Mayfield, Art Maynard, David Merton, John Nicholls, Mike Wallace, Andy Wolfe, Shaun Leavers, Charles Vaile, Kevin Zwink and Jorge Moreno.

Science teachers, Lt. Col. R.L. Guernsey and Mrs. Lois Trump, accompanied the Cadets.

Aptitude Test Taken

The Armed Services Vocational Aptitude Battery was taken by Senior Cadets Nov. 10.

The ASVAB is a group of 12 tests that measure aptitude in five separate career field areas and provides an indication of academic ability according to Lt. Lou Lyda, Guidance Counselor.

The tests are general information, numerical operations, attention to detail, word knowledge, arithmetic reasoning, space perception, mathematic knowledge, electronic information, mechanical comprehension, general science, shop information and automotive information.

The battery measures potential and can give a good indication of talents. More intelligent career decisions can be made by looking at the composite scores, according to Lt. Lyda.

Taking the ASVAB does not obligate the student to a military career in any way. Test results may be used in whatever manner the students wish.

Cadet Athletes Honored

Fall sports awards were presented following the 1982 Thanksgiving Dinner, Nov. 18, in Nichols Dining Hall.

Capt. Charles Speilman, Athletic Director, was the master of ceremonies. The invocation and benediction were given by the Rev. Norman Nicholls, Chaplain.

High School varsity letters were awarded Chris Colburn, Shaun Leavers, Daniel Martin, Mike Wallace, Kevin Zwink, David Brockhaus, Mike Grounds, Mark Lewis, Arthur Maynard, Mark Tomsick, Eduardo Vaccaro, Joe Dowd, Tom Keil and Juan Fernandez.

Junior Varsity letters went to Jorge Moreno, Mike Hall, Ricardo Lara, John Darnall, Jon Fisher, Greg Goetting, Chuck Heaney, Luis Osario, Ken Croslin, Ramon Franco, Darrin Graham, Eric Hassell, Pat Horner, Jeff Kohl and John Wells.

Zwink was named the most valuable Upper School player.

Lower School A-team letters were presented to Tom Benedum, Stuart Clark, Doug Fankhauser, Steve Gomez, Jeff Hunter, Chris Keller, David Lewallen, Don Samuels, Marshall Wilson and Clark Post.

B-team awards were made to Russell Humphries, Cale Laqua, Mike Pennell, Phil Pierceall, Kelly Schauf, James Rust, Ron Schawo and Daniel Webster. Tim Clinton was honored as the manager.

Making the awards were coaches Speilman, Kelly Rudolph, Regg Hurd and Douglas Gordon.

A dinner of turkey and baked ham with all the trimmings was served by Food Service Director Bob Gilliam and his staff.

Christmas Program Set

A special Christmas program was presented at 6:15 p.m., Thursday, Dec. 16 in Armstrong Memorial Chapel.

The blessing of the Christmas Creche, Christmas Biblical reading and the singing of carols were part of the ceremony held the night before the beginning of the Christmas furlough.

Cadets Provide Honor Detail

An honor detail of Cadets attended the funeral service for Mrs. Bessie Hughes, Dec. 6 in Salina. Mrs. Hughes was the mother of Mrs. Hazel Fonck, longtime SJMS employee and secretary-treasurer of the SJMS Foundation.

Shawn McDiffett, Dan Martin and Paul Hergenrother were members of the detail.



APOLLO ASTRONAUT SPEAKS

Col. James B. Irwin, astronaut on the Apollo 15 flight to the moon, answered Cadet questions following a film of Apollo 15 highlights in the Battalion Assembly Area of the Vanier Academic Center. He was the dinner guest of the 95th Corps preceding the program, Dec. 3. On Aug. 1, 1971, Irwin touched the moon's surface and is one of the few men to walk on the moon. While on the moon's surface, he helped collect 180 pounds of lunar material including the Genesis Rock. Irwin said that when he came back to Earth he began "realizing how important God and a relationship with Jesus Christ is." He is president of High Flight Foundation, an organization he founded to share his Christian faith and to serve his fellow man. He said, "It's important to always have goals. The moon was a highlight. And I don't know why I was chosen to walk on its surface and others weren't. I look up at the moon today, and I look at it with a great deal of fondness."

(Photo by Dr. Harold Smith)

Christmas Tree Illuminated

The Christmas tree in front of the Vanier Academic Center was decorated and the lights illuminated on St. Nicholas Day, Dec. 6.

Decorating the tree were members of the Chapel Council.

Preceding the ceremony, members of the Cadet Corps sang carols and the brass ensemble played Christmas selections.

"Throwing the switch" to light the tree was the newest member of the 95th Corps, Gary Longfellow.

The Chaplain's Corner



"In The Beginning . . ."

"The coming of our Lord Jesus Christ, the Messiah, is such an unexpected and undeserving action by God. It is an act of love that is without precedent and has completely changed traditional notions of God and religion.

"Today it still fills us with wonder and a sense of awe and unworthiness. This action of God was made to give us sinners a whole new dimension in living with each other, under God. He did it out of love.

He gave the ultimate gift, his Son, because giving is basic to loving. When we love someone, we want to give them the very best we can. This was a tangible gift of love. What is so overwhelming is that He loves us all!

In fact, whether you love Him or not, God loves you. All we have to do is accept this gift of love, use it and share it. If we really believe that giving is basic to loving, then it will be reflected in our relationship with God and his children.

"For to you is born, this day in the city of David a Saviour who is Christ the Lord.

Have a marvelous Christ-filled holiday season and God bless you all.

... Fr. Norm†

Fankhauser Heads L.S. Honor Roll

Douglas Fankhauser was at the top of the Lower School Honor Roll at the end of the second grading period. He was named to the Blue Berets as were Christopher Dean and Timothy Sparks.

Michael Shaw was also named to the honor roll.

Earning honorable mention were Derek Schell, Don Samuels, Devin Palmer, Larkin Lowrey, Roy Vogel, Ron Schawo, Terrell Walker, Christen Keller, Philip Pierceall, Thomas Benedum, James Rust and Marshall Wilson.

Cadets Assist At Services

Members of the Chapel Council assisted at two services at St. Cornelius Episcopal Church, Dodge City, Nov. 14.

Serving as acolytes and reading the lessons were John Nicholls, Robert Schawo, Ken Croslin and Greg Goetting.

Preaching at the service was the Rev. Norman Nicholls, Chaplain.

A chocolate fondue party, hosted by the St. Cornelius youth group, was given for the Cadets Saturday evening Nov. 13.

Staff Changes Made in Corps

Several changes have been made in the organization of the Battalion staff.

John Tomsick was transferred to Headquarters company.

Shaun Leavers was named Battalion executive officer.

Robert Filce was promoted to commander of Delta company.

Ken Howard and Marshall Wilson were transferred to Charlie company.

Andy Frome was moved to Alpha company for duty.

★ OLD BOYS CORNER ★

Class of 1965 . . . Robert Benham is a certified jeweler in Great Bend, Ks.

Class of 1970 . . . Billy J. Harrington jr. is a helicopter pilot with the 1551st Fighter Training Squadron, Kirtland AFB, N.M. He and his wife, Maj. Fran Harrington were previously assigned to Clark AFB, Philippines. They are the parents of three children, Millie Elizabeth, born Sept. 26, 1982; Michael Jerome, five, and Mary Frances, three. Their address is 13307 Nube Blanca, N.E., Albuquerque, N.M. 87111.

Attended 1977-79 . . . Jeff Nieman is employed by a cable company in Littleton, Colo. He attends night school at Metro and is a member of the Army Reserve.

Class of 1981 . . . Mark Southerland has completed boot camp in San Diego and has been assigned to the USS Saratoga.

Class of 1982 . . . David Southerland has joined the US Navy . . . **Mike Conquest** enlisted in the Marine Corps Dec. 1.

Gutierrez Heads 2nd Honor Roll

Frank Gutierrez had the highest grade average in the Upper School during the second grading period. He was named to the Blue Berets as were Andy Wolfe, Scott Craig and Kevin Zwink. Craig and Zwink tied for the third spot with identical grade averages of 95.

Others named to the honor roll were Mike Coryell, Grant Buckingham, Robert Schawo, Jeff Kohl, John Darnell, Jorge Moreno, Dan Martin, Justin Crawley, Robert Filce, Ricky Card, James Goff, Pat Cardenas, Kevin Carlson, Paul Hergenrother, Steve Wilson, Shaun Leavers, Mark Mayfield, Mike Rosario, Tom Keil, John Nicholls, Mike Wallace, Jon Fisher, Fred Hoover and Bill Heaney.

Earning honorable mention were James Gierhart, Richard Martin, Ken Croslin, Mike Grounds, Joe Dowd, David Beaty, Eric Seifert, Eduardo Vaccaro, Darrin Graham, James Vaile, Greg Goetting, Ken Howard, Wayne Guerrant, John Peters, Carl Peterson, Bryan Epp, Ken Van Derhoof, Jim Rohloff, Greg Eckman, Cliff Weiss, John Connolly, Rapheal Valdivia, Fernando Saracho, Tom Rothrock, David Bryan, Cory Harlan, Norman Glover, Troy Chapman, Luis Siles, Dan Dowd, Eric LeVan, Wade Heckes, David Merton, Chris Colburn and Eric Hassel.

Juniors, Seniors Take ACT's

All Junior and Senior Cadets took the ACT tests from 8 a.m. to 12:30 p.m., Oct. 30 at Kansas Wesleyan College, Salina.

More than one million high school juniors and seniors across the nation participate in the ACT Assessment Program.

The ACT Assessment, which consists of four academic tests that measure educational development and a detailed questionnaire that collects information relevant to educational and career planning, is recommended or required by more than 2,700 postsecondary institutions and scholarship programs.

Lt. Lou Lyda, Guidance Counselor, recommends that students participate in the ACT Assessment Program during the junior year or early in the senior year, so their results will be available in time for use in planning for postsecondary education and careers.

It takes about three hours to complete the four ACT examinations in English, math, social studies, and natural sciences.

The ACT Assessment also includes a two-part questionnaire that students complete at home when they register. The questionnaire focuses on the student's interests, academic and non-academic accomplishments, and vocational and educational plans and needs.

Colleges use information from the ACT Assessment Program for academic advising, admissions counseling, course sectioning and placement, student services, and institutional research. ACT Assessment reports are sent to students, their high school counselors, and only those institutions and agencies specifically designated by the student.

The ACT Assessment Program is a major service of The American College Testing Program, which has national headquarters in Iowa City, Iowa.

Thanksgiving Service Held

A Thanksgiving Service was held in Armstrong Memorial Chapel the evening before the Cadets left for furlough.

Special readings were given by the members of the English and Speech faculty -- Mrs. Phyllis Rowland, Mrs. Joan Stevens, Mrs. Joan Dark and Mrs. Donna Lewick.

The St. John's Chorus sang "We Gather Together".

Give Flowers

A floral arrangement for the Thanksgiving Chapel service and dinner was given by Mr. and Mrs. James Goff and Mr. and Mrs. Marshall Hall, parents of Cadets.

Sparks Heads Berets

Timothy J. Sparks was elected president of the Blue Berets for the 1982-83 School year. Other officers will be elected later.

NHS Hosts Book Fair

The annual Book Fair, sponsored by the National Honor Society, was held Nov. 15-16 in the Library of the Vanier Academic Center.

Lower School Cadets shopped at the fair one day and Upper School Cadets made their selections on the other day.

Books available included English classics and references for math, science and social science. Fiction selections were available.

NHS Gives Books

The National Honor Society gave the Clem Library in the Vanier Academic Center a collection of paperback books during November. The Cadets are now reading mystery stories by Agatha Christie and Alfred Hitchcock. A number of good science fiction books were also added to the library shelves.

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GOING HOME

Tactical Officer Jerry Housley checks furlough papers as the Cadets in the 95th Corps prepare to go home for the Christmas and New Year's holidays. (Photo by Dr. Harold Smith)

Young Cadets March at Beloit

A special drill platoon of Lower School Cadets marched in the Veterans Day parade in Beloit, Ks., Nov. 11.

Members of the detail were Timothy Alger, Chris Dean, Keith Ebrecht, Ed Fredericks, Larkin Lowrey, Devin Palmer, Michael Powell, Derek Schell, Michael Shaw, David Shipman, Timothy Sparks, Roy Vogel, Terrell Walker, Randy Cash, Richard Jenkins, Kevin Keener, Clark Post, James Rust, Ronald Schawo and Daniel Webster.

Others were Thomas Benedum, Stuart Clark, Tim Clinton, Wyatt Curry, Chad Eiseman, Doug Fankhauser, Jon Feeman, Steven Gomez, Patrik Hopkins, Russell Humphries, Jeff Hunter, Christen Keller, Andy Kwako, Cale Laqua, David Lewellan, Shawn McDiffett, David Myers, Richard Nabb, Michael Pennell, Phil Pierceall, Don Samuels, Kelly Schauf, Mark Schweitzer, Brian Stevens and Marshall Wilson.

Cadets Assist at Ball

Three Cadets assisted at the annual President's Ball at the Salina Country Club Nov. 12. They are Shaun Leavers, Len-nie Totman, and David Merton.

Activity Room Is Busy

The Lower School Cadets are as busy as Santa's helpers making gifts for Christmas in the Park-view Activity Room. Supervising the craft projects is Mrs. Lillian Faerber, Lower School secretary.

Ceramic frogs, hippos, apples and angels are being made as are cutting boards shaped like apples, turnips, strawberries, watermelons, fish, flowers and pigs.

The young Cadets continue to take care of Rosco the rabbit, the gerbils and mice.

Blue Beret Mothers Club To Organize

A Blue Beret Mothers Club is being organized at St. John's Military School.

Blue Beret Cadets are those who rank in the top three spots on the Upper and Lower School Honor Rolls for each grading period.

There are 65 mothers whose Cadet is, or has been a Blue Beret since the group was organized. All these mothers are eligible for membership according to Maj. Scott Haviland, Club sponsor.

Mrs. Harold Wilson, mother of Cadet Steve Wilson, and Mrs. Judy Schawo, mother of Cadet Robert Schawo, were appointed co-chairmen of the group. They will be contacting all Blue Beret Mothers.

The club's purpose will be to promote academic excellence at the School.

Seniors Take SATs

Cadet Seniors took the Scholastic Aptitude Test at Salina Central High School Nov. 6, according to Lt. Lou Lyda, Guidance Counselor.

The SAT measures reasoning ability, skill with words, and mathematics concepts. These are abilities that are related to academic success in college and that grow over a lifetime through learning experiences.

Named November Cadet

Francisco Gutierrez was named the November cadet-of-the-month for his outstanding performance and attention to duty.

Named Waiter-of-Month

Patrick Horne was selected as the waiter-of-the-month for November. He was recognized for his outstanding work in Nichols Dining Hall.

★ PROMOTIONS ★

The following promotions have been made since the November issue of The Skirmisher.

Promoted to:

CAPTAIN -- Art Maynard, Chris Colburn.

FIRST LIEUTENANT -- Robert Filce.

SECOND LIEUTENANT -- Andy Neilson, Michael Grounds.

FIRST SERGEANT -- David Brockhaus, Dave Merton.

MASTER SERGEANT -- Wade Heckes.

SERGEANT FIRST CLASS -- Eric Seifert, Frederick Hoover, Jim Goff, Jorge Moreno, Eduardo Vaccaro, Juan Fernandez, John Murray.

STAFF SERGEANT -- Gregory Eckman, John Wolfe.

SERGEANT -- Jeff Kohl, Jim Rohloff, Ronald Foos, Ramon Franco, Michael Hall (merit.), Francisco Gutierrez (merit.), Scott Craig, Curtis Grant, Mike Coryell.

CORPORAL -- Tim Sparks, Justin Crawley, Grant Buckingham, Michael Pennel, Devin Palmer, Kelly Schauf, Jon Lunn, David Anderson, Joe Dowd, Chris Keller, Thomas Benedum, Don Samuels, Stuart Clark, Raphael Valdivia.

PRIVATE FIRST CLASS -- Brian Flory, John Peters, Gary England, Randall Vanderhoof, Shawn McDiffett, Stephen Gomez, Fernando Saracho, Patrick Horne, Kevin Carlson, Ron Schawo, Jeremy Sawyer, Randy Cash, Cale Laqua, Eric LeVan, Michael Powell, Phillip Pierceall, David Beatty, John Darnall, Pat Hopkins, Michael Shaw, Harry Gibson.

PRIVATE OLD BOY -- Ricky Card, Quentin McNulty, Kip Opfer, David Shipman, Mark Schweitzer.

Cadets Named Bandsman

Several Cadets have been designated as bandsmen after passing the music test. They were authorized to wear the Band Citation Cord.

They are Tom Smith, Ed Vaccaro and Wayne Guerrant.



REVIEWING OFFICER

Sister Evangeline Thomas was honored as the Receiving Officer for the weekly parade Sunday, Nov. 7. Sister Evangeline was a long-time administrator at Marymount College, Salina. Now retired, Sister Evangeline is well known throughout Kansas and the United States for writing history and her promotion of the arts and concerts. Escorting her is Cadet Paul Hergenrother.

ROTC Classes Take Field Trip

Cadets in the ROTC Leadership and Development Classes participated in a field exercise Saturday, Dec. 4 under the supervision of CW/4 Tom Stewart, Senior Army Instructor, and F/Sgt. William Bunting, ROTC instructor.

The purpose of the trip to the Smoky Hill Bomb Range was to learn map reading.

Cadets Direct Traffic

Traffic control at the Presbyterian Manor's first Christmas Bazaar was provided by Cadets Tom Keil and Tom Rothrock.

Garden of Eden Visited at Lucas

The Garden of Eden, Lucas, Ks., was visited by the Cadets in the fifth, sixth, seventh and eighth grades Nov. 19. Sponsoring the trip were Maj. Larry Lysell, Admission Director, and Sgt/FC Brian Chapman, Tactical officer.

The Garden, built by S.P. Dinsmore, is on the National Register of Historic Places. It is a limestone log home surrounded by concrete statues that Dinsmore built in his old age.

On the return trip, the Cadets drove through the area damaged by a raging prairie fire, Nov. 11, near Brookville, Ks.

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WRESTLING SCHEDULE

Alma Wabunsee, Th.... Dec. 2
S.E. Salina, Th..... Dec. 11
Hesston, Th..... Jan. 29
Herington, Th..... Jan. 27
Lincoln-Alma, H..... Feb. 3
Regionals..... Feb. 11-12
Sub-State..... Feb. 18-19
State Tourney..... Feb. 25-26

LOWER SCHOOL BASKETBALL SCHEDULE

Tescott, H..... Dec. 2
Solomon, Th..... Dec. 9
Bennington, H..... Jan. 20
Lincoln, H..... Feb. 3
Ell-Saline, Th..... Feb. 10
TVEL Tourney..... Feb. 14-17

Rifle Cords Authorized

Rifle Team members have been authorized to wear the citation cords with their uniforms. They are Ray Nabb, Richard Martin, John Nicholls, Jon Lunn, Ira Chapman, Charles Vaile, Eric LeVan and Cory Harlan.

Rifle Team Fires Match

The Rifle team participated in the ISD JROTC invitational meet at Wichita Falls, Tex. Firing were Richard Martin, Cory Harlan, John Nicholls, Eric LeVan, Jon Lunn, Ira Chapman, Ray Nabb, Mike Hall, Charles Vaile and David Wood.

Inspection Date Set

The Annual Formal Inspection of the 95th Corps of Cadets under the Junior ROTC program will be held April 13. Members of the inspecting team will be named by Headquarters of the Third ROTC Region, Ft. Riley, Ks.

Basketball Practice Starts

Practice for the 1982-83 basketball session began Nov. 15. Maj. Regg Hurd is the coach. Trying out for the team were Jeff Badders, Dale Beck, David Brockhaus, Chris Colburn, John Connolly, Scott Craig, John Darnall, Robert Filce, Jon Fisher, Harry Gibson, Mike Glover, Mike Grounds, Francisco Gutierrez, Eric Hassell, Lee Hurley, Kyle Karr, Tom Keil, Ricardo Lara, Dan Martin, Tim Malloy, Andy Murray, John Peters, Fernando Saracho, Luis Siles, Ed Vaccaro, Mike Wallace, Clay Weiss, John Wells and Sam Pogue.

BASKETBALL SCHEDULE

Marquette, Th..... Nov. 30
Downs, Th..... Dec. 3
Bennington, H..... Dec. 7
St. John's Beloit, Th Dec. 10
Glasco, H..... Dec. 13
Miltonvale, H..... Dec. 14
Ell-Saline, H..... Jan. 15
Post Rock
Tourney..... Jan. 17-22
JV Tourney..... Jan. 24-29
Ell-Saline, Th..... Jan. 25
Downs, H..... Jan. 28
Tescott, Th..... Feb. 1
Bennington, Th..... Feb. 4
St. John's, Beloit,
H..... Feb. 8
Miltonvale, Th..... Feb. 11
Tescott, H..... Feb. 15
Glasco, Th..... Feb. 18

Seniors Receive Free Magazines

Free copies of "Sourcebook '83" were distributed to senior Cadets through the American Government classes taught by Lt. Col. V.B. Loy. The 72-page magazine, designed to deal with timely topics for graduating seniors is published by 13-30 Corporation for the U.S. Army. Articles range from a look at the best high school football players in the country to living in a computer world, paying for college and learning to learn better.



RECEIVING LETTERS for their participation in the Lower School football program at the awards banquet were (from left to right), Marshall Wilson, Chris Keller, Stuart Clark, Mark Benedum and Doug Fankhauser.

Cadets Appear On Television

A documentary film of the 95th Corps of Cadets and activities at SJMS was shown in two parts Nov. 30 and Dec. 1 on Channel 12, Television station in Wichita. A staff reporter for the station, Jim Anderson, filmed the activities on Nov. 16.

Valley Reassigned

Sgt/FC Sam Valley, a member of the ROTC staff and the Rifle Team coach, was re-assigned to duty at Ft. Riley, Ks., during the summer. Replacing him as Rifle coach is S/Sgt. Maurice Hill, U.S. Army-Ret. Hill is a certified rifle instructor.

Earns Band Cord

John Nicholls has uualified and been authorized to wear the band citation cord with his uniform.

Rifle Team Fires Match

The Cadet Rifle Team fired a match with an adult team from Minneapolis, Ks. High shooters were Richard Martin, 250; Jon Lunn, 242; Raymond Nabb, 236; and John Nicholls, 223.

Lower School Basketball Begins

Practice for the basketball season has started in the Lower School according to Coach Kelly Rudolph. Reporting for practice were seventh graders, Clark Post, James Rust, Ronald Schawo and Daniel Webster. Eighth grade Cadets playing are Thomas Benedum, Stuart Clark, Chad Eiseman, Doug Fankhauser, Steven Gomez, Patrik Hopkins, Russell Humphries, Jeff Hunter, Christen Keller, Andy Kwako, Cale Laqua, David Le-wellen, Shawn McDiffett, David Myers, Michael Pennell, Phillip Pierceall, Don Samuels, Kelly Schauf, Mark Schweitzer and Marshall Wilson.

Getting Your Act Together

Do you balance the calories you put into your body with the calories you use through activity? It would take about one hour and fifteen minutes of walking to use the 250 calories in 20 potato chips. If you consume more food energy than your body needs, those extra calories will be stored as fat. Good nutrition is a balancing act. Do you have your act together?

Winning Ways For Athletes

Food for fitness is one key to winning ways for athletes. Getting up for that marathon, swimming competition or wrestling match may require different meal plans, but there is some standard advice in preparing for the important competition:

- 1) Take in adequate fluid.
- 2) Minimize the food retained in the stomach. (avoid high fat foods)
- 3) Avoid undue water retention. (particularly from salty foods)
- 4) Consume an adequate energy intake. (at least 2,000 calories per day)

Good Luck and Good Health!

Crack Squad Drills At Convention

The Crack Squad drilled for the State Convention of the Kansas Medical Association at the Salina Bicentennial Center, Nov. 11. Drillers were Dan Martin, Kevin Zwink, Shaun Leavers, Paul Hergenrother, Tom Keil, Jon Fisher, Richard Martin and Chris Colburn. F/Sgt. Bill Bunting is the squad sponsor.

You Can't Beat Bread

Bread has acquired a bad reputation among many dieters. But the informed weight watcher knows whole grain breads can make important nutritional contributions to the diet. They contain significant amounts of iron, thiamin, niacin, and fiber. Breads contain the complex carbohydrates your body prefers as a source of energy and one slice contains only 70 calories, about the same as an average size apple.

Duds For Your Spuds

Many weight watchers think potatoes are taboo. But the wise calorie counter knows potatoes can provide valuable nutrients to the diet. They contain significant amounts of vitamin C, iron, potassium, thiamin, niacin and fiber, and a plain baked potato contains only 100 calories. To keep your baked potato low in calories, dress it with yogurt and chives instead of the traditional butter and/or sour cream.

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