

SOFTBALL LEAGUE IS IN FULL SWING

The plant softball league has grown to a total of 17 teams and two girls teams in the past month. So it is not an uncommon sight to see two to four teams in action each day, either on the plant field or at Camp Straus. In fact some twenty games have been played from May 21 through June 15.

Due to the limited space we can not report the highlights of every game, however, we shall try to report on some games when possible and post the results each month in The Echo. Following is a list of the games and results through June 15.

SOFTBALL STANDINGS THROUGH JUNE 15

MEN'S LADDER

1. Main Office
2. Cello-Rejects
3. Cello-Mecks
4. Cello-Wonders
5. C Shift Cello.
6. B Shift Bulldogs
7. D Shift Cello.
8. A Shift Control
9. Red Caps
10. B Shift Cello, Fin.

11. B Shift, Inspection
12. Finishing, Paper
13. A Shift Slitting
14. A Shift Bums
15. Cello Office, Olinaries
16. D Shift Scrubs
17. Cello-Sluggers

WOMEN'S LADDER

1. Paper Finishing
2. Cello-Girls

SOFTBALL LEAGUE RESULTS

FROM MAY 21 THROUGH JUNE 15

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|---------|---|---------|---------------------------------------|
| 5-21-53 | C Shift Cello. 17, Main Office 16 | 6- 3-53 | C. Shift Cello. 21, Cello-Wonders 14 |
| 5-22-53 | B Shift Bulldogs 25, Red Caps 3 | 6- 5-53 | A Shift Control 15, Cello-Rejects 5 |
| 5-26-53 | Cello-Mecks 18, C Shift Cello 17 | 6- 6-53 | Cello-Rejects 9, Finishing Paper 0 |
| 5-27-53 | Main Office 7, B Shift Bulldogs 4 | 6- 8-53 | Main Office 19, D Shift Cello. 3 |
| 5-28-53 | C Shift Cello. 12, D Shift Cello. 1 | 6- 8-53 | C Shift Cello. 16, A Shift Slitting 6 |
| 5-28-53 | B Shift Inspection 41, Finishing Paper 20 | 6- 9-53 | Cello-Rejects 8, Cello. Mecks 5 |
| 5-29-53 | A Shift Rejects 9, Red Caps 0 | 6-10-53 | Cello-Wonders 19, C Shift Cello. 13 |
| 6- 1-53 | D Shift Cello. 9, Red Caps 0 | 6-15-53 | B Shift Bulldogs 24, D Shift 0 |
| 6- 2-53 | Main Office 18, Cello-Mecks 17 | 6-15-53 | Cello-Wonders 26, Cello-Sluggers 13 |
| 6- 3-53 | B Shift Bulldogs 9, Red Caps 0 | | |

GIRLS' TEAM

- 6-13-53 Paper Finishing 5, Cello-Girls 1

PLAY SOFTBALL SAFELY

By John Crowder

Since the beginning of our interdepartmental softball league, there has been an influx of injured players into our medical department. Many of these injuries are necessarily unavoidable and are to be expected when a large group of unconditioned "athletes" gather to participate in any form of physical activity.

However, many injuries can be avoided or lessened by proper pregame activities or exercise. Many of us have not participated in any strenuous form of athletics for many months and in some cases many years. When the occasion arises we try to perform as we did at the peak of our athletic skills many years previous. For instance, one of us may arrive at the field five minutes prior to game time—we do not take the time to loosen our muscles by taking any form of exercise. The game begins and we are at bat. We hit the ball and without thinking, dash for first base. What happens? The muscles in our legs are un-

prepared for such strenuous action and a "Charley horse" or muscle spasm results. Thus we are unable to play for two to three weeks or maybe the remainder of the season. The same principle may be applied to throwing hard without previously limbering the arm. Many serious consequences can result from this—anything from a dislocated shoulder or bursitis to a "sore arm" which also can be very incapacitating.

What can be done about this? Everyone knows that an automobile should be "warmed up" prior to driving it. The same principle should be applied to us who participate in any form of athletics. It would be impractical and impossible in some cases for all of us to condition ourselves as a professional baseball club would be conditioned. However, there are several rather simple yet very important things that we should do prior to participating in any form of strenuous exercise, be it

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