

**SPORTS**

By David Stick

Here it is Wednesday afternoon and this column's due tomorrow morning. Fifteen minutes ago I was worried over what to write; now I'm content in the realization that I have a subject. Fifteen minutes ago I was sitting here at my desk, looking out of the east window and trying to think of some idea for a sports column that would be both interesting and informative. While still in this reflective mood my eyes wandered out to the water's edge and like a shooting star the idea flashed through my mind.

Down in the water were people; lots of them. Some were riding surf boards, others were flat riding, a couple were body surfing and a great majority were just trying to ride waves. But the thing that made me connect that scene with a column was that all were enjoying themselves to the utmost.

If those people were all practicing the same sport and enjoying it why shouldn't I write about that sport. Thus came the idea to write a short thesis on wave riding and its several auxiliaries and conjunctives.

Wave riding is an ancient sport practiced first by the Hawaiians in their log canoes. It was probably discovered quite by accident, and although no dates are available on the subject, it is known that the islanders rode waves in their canoes while returning from fishing expeditions, and from that came the modern interpretations of the sport.

The essential principle in wave

riding is to let a breaking wave push one's body over the water in front of it. Practiced extensively in most seacoast sections where waves of sufficient size and force can be found, the sport has several different divisions.

Probably the easiest and most commonly practiced forms of wave riding is what we term "flat riding." Anybody who knows the basic swimming strokes and can paddle around in the water can flat ride, or ride flat, as it more commonly referred to. Differing from other forms of the sport in that the rider keeps his head and most of his body submerged, and the flat riding can best be done in shallow water where the breaking waves are comparatively small. Flat riding can be accomplished with a series of four or five simple movements, and though the first attempts usually prove discouraging, a few more trials usually bring at least a modicum of success. First thing to do when flat riding is to find a spot where the water is not over one's shoulders and the waves are breaking with some frequency. The beginning of the ride should be made by throwing the body face downward and arms outstretched in front of the wave, and then kicking like everything until the wave is "caught." Selection of the wave to ride is an important point, and it should be remembered that waves that have already broken are harder to catch, and less enjoyable to ride, while waves that will break beyond the hopeful rider cannot possibly be caught. Therefore the only time to successfully catch a wave is when it is just capping over in the break. Care should

be taken not to let the wave break on the rider, or to allow the outstretched arms to be drawn toward the bottom.

Following these or similar directions it should be possible for the complete novice to learn flat riding after only a few tries. But flat riding is only one division of this sport.

Less commonly practiced, and harder to learn is the form of surf board riding that we see practiced in this section. Since the waves are not of the right type for that sort of riding on this coast, there is no need to mention the method of board riding that is practiced by the natives at Hawaia. The average board one will find in this section is about four feet long, and two wide, and can be made by any jackleg carpenter. The method of catching waves with a board is similar to that used in flat riding, except, of course, that the rider has a board which he must keep under him while catching the wave, and during the entire length of the ride. If the essentials of timing and spacing dealt with in the dissertation on flat riding are noted carefully by the prospective board rider, and if he remembers to keep the front of his board up, and not to lie too far up on it, he should have little trouble learning to ride a surf board.

This article would not be complete without some mention of the real wave riding; the king of all water sports; commonly known to those who are lucky enough to have the knack, as body surfing. Body surfing is done without a board, and it is more effectively mastered where the waves are very large and strong. To our knowledge there have been only about a half dozen persons down here this summer who really know how to body surf, and who can catch the big breakers that so often keep the average bather on shore during days when the water is kicking up. Body surfing has all the thrill of bob sledding; all the hazards of water polo; and most important of all, the close contact with nature that is found in so few of the modern sports. Casual observers will tell you that body surfing consists of riding waves, in a similar way to board riding, without the services of a board and with the head and most of the upper portion of the body out of the water. Expert body surfers will tell you that it took them between two months and four or five years to first get the knack that enabled them to body surf.

No description of the method will make a person a body surfer. The thing must be practiced for weeks on end, and it can only be mastered when the beginner finally gets the knack of how to shove off, how to steer; and most important of all how to hold the body. First essential of body surfing is to kick like the devil until the wave is caught, and then keep the arms pressed tightly against the sides, and the back arched to form a sort of suction cup.

The only way to learn how to body surf is to practice; the only way to really enjoy the sport is to keep trying until the body sticks out of the water.

So far as helpful hints in this regard go, this article will, in all probability, not amount to a great deal. About all we can tell you is to try and Try and TRY, and

some day, maybe next week, maybe not until next year, you'll find yourself gliding along on top of a wave, your body half out of the water, and a huge comber, with the force and size of a freight train, shoving you along, like a cork on top of the water.

**A THING OF BEAUTY**

(Continued from Page One)

ment that lines the average four lane highway, but a natural embankment, all set about with dogwood and pine trees, and covered over with green grass and flowers. But best of all was the lake. He hadn't noticed the lake until the car had stopped and he got out to better see that masterpiece of nature which had so suddenly and surprisingly presented itself as the result of a measly bet. The lake was at the bottom of the embankment, and it was covered over with colored reflections of the trees that hung out over its banks. It was a small lake, very irregular in shape, and better thought of as nestled down around the bottom of the hills. It was an unusual lake, different entirely from

the ocean and bay's and sounds that were generally thought of as being characteristic of the section. But most of all it was a beautiful lake, and we'd describe it to you only no verbal description can fit it. You're lucky though, because the man who told us about it; yes, the one who came down to get drunk and lost a nickle drink and a package of nabs, told us where it is, and we went to look at it ourselves. The man's description of the scene was fair; it was good enough to make us go see the lake and the woods and the sand dune, and that's all any description could hope to accomplish. But we aren't going to attempt a description of that scene. We're going to let you see for yourself. Now if you'll lean a little closer, and listen closely, and promise not to tell a soul we'll let you in on the secret. It's up in the Nags Head woods, and to get there you must first drive along the road into the Wright Memorial until you see a sand track off to the left. Let a little air out of your tires, follow the track, then drive up the wooded road into the woods and you'll be there. Bon voyage.

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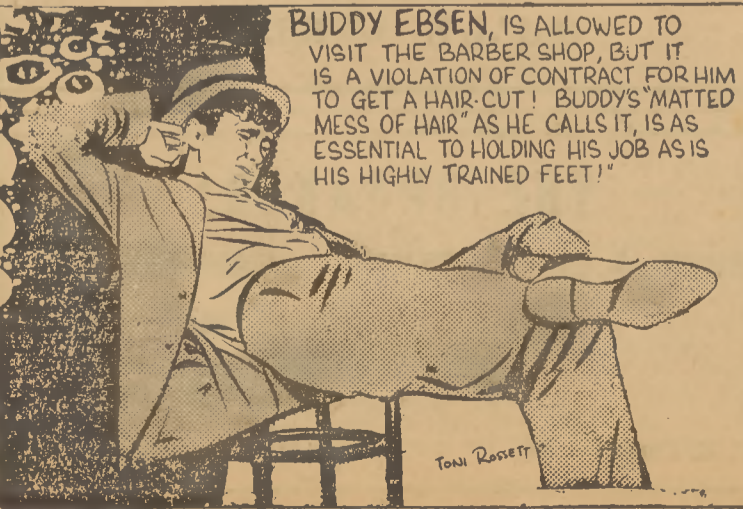
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**STARS ON PARADE**

By TONI ROSSETT

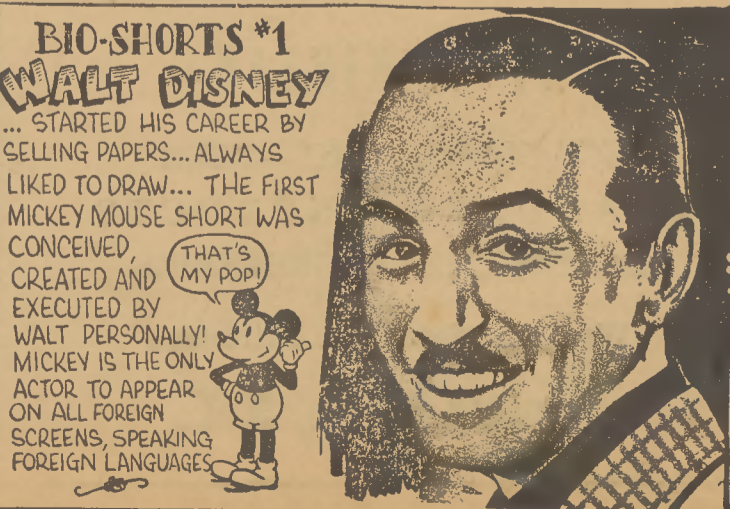


**BUDDY EBSEN**, IS ALLOWED TO VISIT THE BARBER SHOP, BUT IT IS A VIOLATION OF CONTRACT FOR HIM TO GET A HAIR-CUT! BUDDY'S "MATTED MESS OF HAIR" AS HE CALLS IT, IS AS ESSENTIAL TO HOLDING HIS JOB AS IS HIS HIGHLY TRAINED FEET!

TONI ROSSETT



**BILLY GILBERT**, THE COMEDIAN, GOT HIS START IN FILMS BY DOING A SNEEZING ACT THAT LASTED 15 MINUTES. BILLY IS PICTURED WITH HIS BRIDE, THE FORMER ELLA MCKENZIE.



**BIO-SHORTS #1**  
**WALT DISNEY**  
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THAT'S MY POP!