

Jose Lopez, Joe Reilly and Eddie Kast position Dave Zucconi for a difficult bench press.

WEIGHT LIFTING

The Weightlifting Club seeks by a vigorous program of competitive and developmental training to promote physical health and a spirit of Franciscan competition. This year's program consisted of intramural contests and team training preparatory to fielding an interscholastic weightlifting team in the future. Facilities within the school provide ample space and equipment for training, and all the rules of health and safety are rigorously adhered to.



Adhering to the strictest rules of health and safety, several members of the Weight Lifting Club carefully place the weights in position.

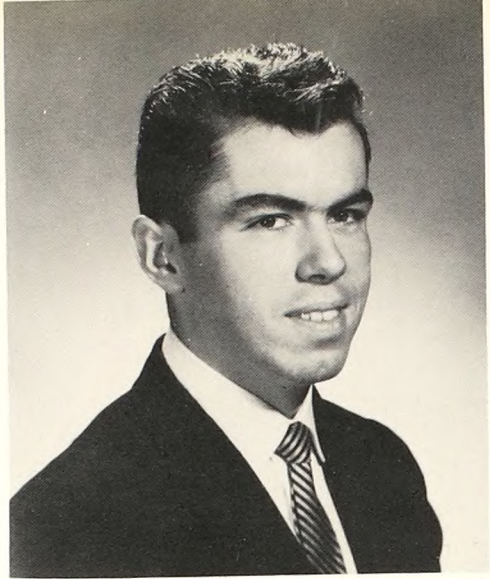


Pete Antioco holds the bar for Pete Cippoletti as he adds the necessary weights before a club workout.

PRESS CLUB



Jim O'Connor, Mike Gray and moderator Mr. Edward Quigley discuss the tenets of writing press releases.



MICHAEL GRAY
President

The Press Club is responsible for the collection and distribution of publicity and press releases concerning the college. Its effectiveness is measured in terms of its ability to keep the name of St. Francis in the public eye.

The club maintains a press clipping scrap book drawn from all the New York daily newspapers, and this year sponsored a Press Convention to acquaint high school seniors with the rudiments of journalism and with St. Francis College.



Connie Reitz, Frank Macchiarola and Bill Sullivan assist the Publicity Office by writing and proofreading releases.

Mike Gray briefs the club on current newsbeats.

