Maryanne Wins International Fair

"It was very surprising," exclaimed Maryanne Pavone, first place winner in the recent International Science and Engineering Fair held in Anaheim, California. She placed first among 451 contestants from six countries.

Maryanne's winning project, the guided pointer, was conceived from General Motors, which is a two-week trip to standardized, some venture, and as the American Medical Association merit award, a $250 program calculator, an Air Force program, with the other two winners to Washington D.C.; Dayton, Ohio; San Antonio, Texas, and Oakridge, Tennessee, and $550 for herself and the same number for the school.

"Identification of an Argoniferous Block Composed in the Brain" is the title of Maryanne's award-winning project. It dealt with controlling high blood pres-

101111 1 co-0 rdl11 1 1 or, "1 he ohja1.:1lvc
sharpen 1hclr 1k llls and p1 1e1 Ire
Opll o111111 111111111
ct,lmod Mar yanne P ovtn, IU 0111 I S 250 pr oanm ,al c ul 11U 1 , 111 Air SISl<r Joan A cker, M aryanne 's
He repair of lho rnor, th o oxpa n •
[Image 3x1 to 530x794]
[42x307]Funds Benefit School
[43x477]101111 1 co-0 rdl11 1 1 or, "1 he ohja1.:1lvc
sharpen 1hclr 1k llls and p1 1e1 Ire
Opll o111111 111111111
ct,lmod Mar yanne P ovtn, IU 0111 I S 250 pr oanm ,al c ul 11U 1 , 111 Air SISl<r Joan A cker, M aryanne 's
He repair of lho rnor, th o oxpa n •

Maryanne's winning project, the guided pointer, was conceived from General Motors, which is a two-week trip to standard-ized, some venture, and as the American Medical Association merit award, a $250 program calculator, an Air Force program, with the other two winners to Washington D.C.; Dayton, Ohio; San Antonio, Texas, and Oakridge, Tennessee, and $550 for herself and the same number for the school.

"Identification of an Argoniferous Block Composed in the Brain" is the title of Maryanne's award-winning project. It dealt with controlling high blood pres-

101111 1 co-0 rdl11 1 1 or, "1 he ohja1.:1lvc
sharpen 1hclr 1k llls and p1 1e1 Ire
Opll o111111 111111111
ct,lmod Mar yanne P ovtn, IU 0111 I S 250 pr oanm ,al c ul 11U 1 , 111 Air SISl<r Joan A cker, M aryanne 's
He repair of lho rnor, th o oxpa n •

The Rev. Peter J. Landan, school chaplain, will set as Master of Ceremonies. Next year's Presi-dent of Student Council, Mary Anne Geiger, will assume the duties of the position.

The Rev. James R. McCrann, the constant director of the Execu-tive Liturgical Commission and an Honorary Judge, will speak at the Assembly. As the schollastic representative for the class, Hortense Gerardo will also address the assembly.

The Phil Beta Kappa award will be accepted by Mr. Portner for outstanding involvement and scholastic achievement. (Story on pg. 25)

The combined choir, wearing their blue scholl gown, under the direction of Sister Dominica Murphy, will sing "If We Only Have Love," as well as "The Magnificant" and the Alma Mater. The recorded choir, Mr. Schime, will provide additional music.

The faculty will watch in their caps, gowns and hoods representing degrees from traditional and progressive colleges.

The high-ranking seniors are Lindsy Cawley, Cindy Dau, Linda Hanna, Patti, John, Sandy Sheehy, Marky Bond, Cindy Leonard, Mary McCarty, Teresa Mcmahon, Simon Nickels, Marsha Roush and Judy Velehege. Each of these girls can send to National Merit the names of two college or universities of her choice. In July, National Merit will forward her PRAT/MMSS2, three-year college region, career choice and recommendations to the respective colleges.

The National Merit Program has been in operation for 22 years. Its purpose is to bring high-achieving students to the attention of colleges and universities in the United States.
Credit Bill Causes Controversy:
Parochial Schools Ask Refunds

Presently the Cleveland public school system is experiencing much dimension over finances, layoffs, levies, program cuts and teachers' work hours. Amid this uproar the problems of the parochial schools have been disregarded and the recent tax bill has had anything but sufficient publicity.

This bill involves a check-off box on the federal income tax forms for citizens who send their children to any school, from first grade through graduate school, which requires a tuition fee. If passed, the bill would represent one-half tuition cost refunds with a $650 maximum.

Advocates of the bill point out that parents, who were previously unable to enroll their children in parochial schools, would now have the

Exam Time Here

Finals ‘Torture’ Students

With the endless summer job hunt, the last (and, once, the only) cleaning out of lockers, and the stress of typing term papers, the inevitable question lingering on students' minds is: Why are we "blessed" with final exams? Also, traditionally, late May - early June is a pleasant season of proms, banquets and graduation parties. However, the notorious villain, better known at multiple choice, matching and fill-ins (possibly excluding essay) effectively postpones our free, summer spirit.

Is the faculty purposely attempting to torture us mentally and physically? The average student becomes feverish at the sight of a five-page review sheet or textbook outline. Possibly students could search for the benefits of finals, (even though it will be difficult at 4 a.m. with bloodshot eyes, clenched teeth and a nervous twitch you'll have the rest of your life).

Finals do prepare one for all night college cramming and week-long, end-of-semester exams that make PSAT's look like pop quizzes.

The solution to the worried agitation of finals is in the old adage, "Grin and bear it."

Mother Teresa Speaks on Poverty

by Patty Hochworth

The tiny, bent old woman in the blue and white striped sarf, old grey sweater and shabby slippers walked up the aisle of the small chapel surrounding by priests and a bishop. Eyes humbly cast down, immune to the many staring eyes and flashing cameras.

At a Mass held in Notre Dame College's chapel and later at a luncheon and press conference, Mother Teresa of Calcutta, acclaimed worldwide for her work with the poor and called "a living saint," brought her simple yet stirring message of love and hope to the students of Notre Dame, invited guests and editors of several high school newspapers April 25.

The MAGNIFICAT

MAGNIFICAT HIGH SCHOOL, 28707 Hilliard Road, Rocky River, Ohio 44116

Tel. 766-8283

Subscription price: $25

National Scholastic Press Association First Class Rating

MAGGIE PARNELL

Editor

Linda Caffo, Kay McCarthy

Assistant Editor

Illus. by Carol Leach, Mary Anna DeSutter, Patricia Carroll

Contributors

San Francisco, Chris Hanton, Patty Hochworth, Glen McCarthy, Eileen Bonger, Mary Hanley, Diane Higbee, Judy Glass, Deanne Horgan, Lynda Blatt, Asian Fonda, Grayson Fonda, Mary Helgesen, Ragan Portaro

Headlines

Junior Ragan Portaro

Photographer

Chris Hanton, Glen O'Brien

Artwork

Diedra Miller, Kay McCarthy

Byline

Ragan Portaro

...In 1961 after having received a "call within a call," as a nun to serve the poorest of the poor.

However, Calcutta is still the heart of the effort where the Missionaries of Charity daily rescue abandoned babies from garbage heaps, nurse them back to health if they can, and later find homes for them. These dedicated people seek out the diseased and the hurt, provide sanctuary for persons who have leprosy or are retarded as well as find work for the jobless.

Many people do not understand why the Sisters also donate so much to the dying. One man whom Mother Teresa found explained it best: "If I have lived like an animal in the streets, but I am going to die like an angel loved and cared for."

New Movie Review

"Julia" High Impact Film

"Julia" is a movie which strongly emphasizes the message of true friendship. Vanessa Redgrave well served the Oscar she received for her role as best supporting actress. The film is based on the book by Lillian Hellman.

The story took place on the barren shores of Cape Cod, Lillian (Anna Fonda), a successful playwright, frequently dashed back to her relationship with Julia, her childhood friend. Julia, who came from a wealthy family, was interested in social justice from her youth. She became involved in the anti-facist movement while at Smith College in 1930. Julia was the stronger of the two friends, but she asked for Lillian's help to deliver money to Berlin that would support her cause.

Jess Fonda and Vanessa Redgrave both portrayed their characters with excellence and a sense of urgency. These scenes were emotional and tense. The movie on the whole was heart warming and contained high emotional impact.


Contemporary Thought clowns are, from left: (top) Karen Hoffman, Kim Burns, Each Williams, Nac Scherr, Jennifer Miller, Milun, Ragan Portaro, Patty Colby, Kauth Hochwath, Cathy Theobald, Kelly McFadden, Marcelle Holness, Debbie Holmes, Kathy Anzule, Gis Pheal, and Mary Kinney.

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.

Summer Reunions Scheduled

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.

Summer Reunions Scheduled

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.

Summer Reunions Scheduled

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.

Summer Reunions Scheduled

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.

Summer Reunions Scheduled

"The success of Magnificat's entry to the recent One-Ar Play Festival at Andrews made the cast eligible for further competition sponsored by the Ohio Theatre Alliance at Bera High School.

Directed by Miss Ann Carmody, the cast of Overtones walked away with several awards at the festival. Senior Cathy Theobald earned the honor of Best Performer in the festival as well as a scholarship to the Barossa Summer Workshop in drama. Senior Debbie Holness and junior Colleen Heller each received scholar medals while sophomores Mary Anne Bowman won a bronze.

Overtones, written by Allen Greenstein, is a play which brings to the audience an attention to the way in which people change just to appease or please others. While Margaret and Harris, portrayed by Colleen and Debbie, seem to be getting along just fine, their counterparts, Maggie and Harry, played by Mary Anne and Cathy, are nou-

With a long record of band and chamber performance, making her calibers by practicing regularly and reading sheet music, Marina and Bartney Thursday and Friday mornings from 8:30-9:30. In addition to her band activities, she also plays for Magnificat's school Masses.

"Being in the band has several advantages," explained the dark-haired senior. Some of these advantages include trips to Florida, taken in early February, and an opportunity to perform for several area schools, including Magnificat.

In addition, Fishman Class President Carolyn Grasso participated in the St. Ed's marching band during the 1977 football season.

Performing in "Overtones" are cast members, from left: Mary Anne Bowman, Colleen Heller, Debbie Holmes and Cathy Theobald.

By analyzing the different character roles that students discovered that in many ways people create clown roles in the psychological and emotional masks they wear. To accentuate their per-

Marietta, with a long record of band and chamber performance, has been a schoolful of people, including Mary Jane Colby Triffa at 778-8259, has a great opportunity to perform in front of a large audience.
**Cleveland Indians**

**Torborg Knows Success Secret**

by Sue Franklin and Renee Van Huffel

Jeff Torborg must know the secret of success, for at age 36, he is manager of the Cleveland Indians. "Sports are my whole life," stated Torborg. He likes to get involved in baseball and being manager provides for this. However, he regrets being away from his family during the season.

With great enthusiasm for the 1978 season, the Cleveland manager remarked, "We just want to play our best ball ever this year." Torborg went on to say that the best way to play is on a day-in-day-out basis. The Indians are strong defensively but they have had some pitching problems last year as well as this year.

**Magnificent Girls Place in Meets; Enjoy Track, Field Competition**

The threat of competition, keeping muscles in tone and weathering a few pounds are among the reasons girls are running the newly formed Track and Field Club.

Miss Linda Roesky and Miss Anne Carmody coach the club. Miss Carmody concentrates her efforts on running and star jumps, while Miss Roesky works with the girls in both track and field events.

The club obtained its first taste of competition against Avon Lake and Lutheran West. In the high jump and pentathlon, Kathy Povondri placed third in the high jump and Patry Keyes received fourth in the 220-yard dash.

On May 25, the club competed in the Warrensville Twilight Relays. They achieved the sixth-place ribbon in the 880 meter and fourth place in the shuttle hurdles. In the pentathlon, they established the club ranking seventh.

The first member of 120 potential members has been narrowed down to a strong 10. The club held an inter-team track meet recently at Lutheran West Track.

Brenda Mormont, a club member, stated, "We have the potential to be great; all we need is to work at it."

**Blue Streaks Triumph**

Magnificent’s Blue Streak softball team is having a winning season despite all the rain. After a slow West Championship, in order to catch up in the final, the team needs to contact the Terminal Tower Tennis.

Jeff Torborg stated Torborg. He likes to get both valuable players. Very interested Carmody concentrates her efforts on running and star jumps, while Miss Carmody. The Indians are fans the best and the loondest, but they have experienced last year, they expect this year as well as this year. NJTL program provides chance to play. NJTL also believes kids will learn the game of tennis, sportsmanship and above all have fun.

One member of NJTL thinks tennis scholarship to the college of Western Michigan. There are 32 court locations in the Cleveland area where students can play. Interested students may contact the Terminal Tower Tennis Club at 216-307-00.

**Proper Fit Key for Comfortable Jogging**

Thinking about getting in shape? Looking for something to do this summer? Why not jog? No one said you should always play tennis shoes and a place to run.

After finding a desirable jogging area, set a regular time and ask someone to run with you. Before beginning, try some of the following warm-ups to warm you up, hamstrings, knees, and feet leg.

Start by walking and jogging for a minimum of one hour daily, gradually increasing your rate. Keep record of time and distance traveled.

The body is a constant instrument of your body. Further improvement can be made by maintaining the back perpendicular to the ground. A significant professional will be able to suggest proper foot placement.

The most important piece of equipment is a pair of shoes that provide good support and fit properly. Non-slip shoes that have the best all-time for running, rather than a warm-up suit.

Jogging around the neighborhood can be just as exhilarating as running on a regulated track. Decide upon a pre-planned destination and push yourself until you can reach your goal. Reward yourself after a long run by buying a few miles to your local Dairy Queen (see ad below).

---

**The Magnificent**

May 26, 1978

**Cleveland Indians**

**Torborg Knows Success Secret**

by Sue Franklin and Renee Van Huffel

Jeff Torborg must know the secret of success, for at age 36, he is manager of the Cleveland Indians. "Sports are my whole life," stated Torborg. He likes to get involved in baseball and being manager provides for this. However, he regrets being away from his family during the season.

With great enthusiasm for the 1978 season, the Cleveland manager remarked, "We just want to play our best ball ever this year." Torborg went on to say that the best way to play is on a day-in-day-out basis. The Indians are strong defensively but they have had some pitching problems last year as well as this year.

**Magnificent Girls Place in Meets; Enjoy Track, Field Competition**

The threat of competition, keeping muscles in tone and weathering a few pounds are among the reasons girls are running the newly formed Track and Field Club.

Miss Linda Roesky and Miss Anne Carmody coach the club. Miss Carmody concentrates her efforts on running and star jumps, while Miss Roesky works with the girls in both track and field events.

The club obtained its first taste of competition against Avon Lake and Lutheran West. In the high jump and pentathlon, Kathy Povondri placed third in the high jump and Patry Keyes received fourth in the 220-yard dash.

On May 25, the club competed in the Warrensville Twilight Relays. They achieved the sixth-place ribbon in the 880 meter and fourth place in the shuttle hurdles. In the pentathlon, they established the club ranking seventh.

The first member of 120 potential members has been narrowed down to a strong 10. The club held an inter-team track meet recently at Lutheran West Track.

Brenda Mormont, a club member, stated, "We have the potential to be great; all we need is to work at it."

**Blue Streaks Triumph**

Magnificent’s Blue Streak softball team is having a winning season despite all the rain. After a slow West Championship, in order to catch up in the final, the team needs to contact the Terminal Tower Tennis.

Jeff Torborg stated Torborg. He likes to get both valuable players. Very interested Carmody concentrates her efforts on running and star jumps, while Miss Carmody. The Indians are fans the best and the loondest, but they have experienced last year, they expect this year as well as this year. NJTL program provides chance to play. NJTL also believes kids will learn the game of tennis, sportsmanship and above all have fun.

One member of NJTL thinks tennis scholarship to the college of Western Michigan. There are 32 court locations in the Cleveland area where students can play. Interested students may contact the Terminal Tower Tennis Club at 216-307-00.

**Proper Fit Key for Comfortable Jogging**

Thinking about getting in shape? Looking for something to do this summer? Why not jog? No one said you should always play tennis shoes and a place to run.

After finding a desirable jogging area, set a regular time and ask someone to run with you. Before beginning, try some of the following warm-ups to warm you up, hamstrings, knees, and feet leg.

Start by walking and jogging for a minimum of one hour daily, gradually increasing your rate. Keep record of time and distance traveled.

The body is a constant instrument of your body. Further improvement can be made by maintaining the back perpendicular to the ground. A significant professional will be able to suggest proper foot placement.

The most important piece of equipment is a pair of shoes that provide good support and fit properly. Non-slip shoes that have the best all-time for running, rather than a warm-up suit.

Jogging around the neighborhood can be just as exhilarating as running on a regulated track. Decide upon a pre-planned destination and push yourself until you can reach your goal. Reward yourself after a long run by buying a few miles to your local Dairy Queen (see ad below).