

Murdock Kansas
Feb. 16 - 1944

Doc. Allen:-

Dear Doctor:-

Enclosed find Joseph's card received today.

My husband suggested I write to you concerning Joseph's present physical & mental condition and to guide us and him (if possible) in behalf of his military career. His Eighteenth (18th) Birth day will be August 14-1944.

Naturally we are hoping for the "Best" for him and were quite surprised to know he had given up his plans concerning Navy V12. Since the Selection Board rejected him in the late fall (Nov. 30) ¹⁹⁴³ on account of ~~his~~ an old knee injury, do you think this defect has improved and is worth another effort?

While Joseph was home on his Texas.

vacation, his mind was made up to take it again in March, but seemingly something has changed it. The both feel his future education would be more assured if he could get into some such affair.

He would certainly appreciate any suggestions from you.

Thanks in advance

Sincerely

Mrs. Anna M. Ryan.

We are not forgetting Joseph, that we have written to you.

Public Schools, Kansas City, Missouri

LIBRARY BUILDING
NINTH AND LOCUST STREETS
ZONE 6

HEROLD C. HUNT, SUPERINTENDENT

C. S. ROBINSON
ASSISTANT SUPERINTENDENT
IN CHARGE OF PERSONNEL

April 5, 1944

Dr. Forrest C. Allen, Director
Department of Physical Education
University of Kansas
Lawrence, Kansas

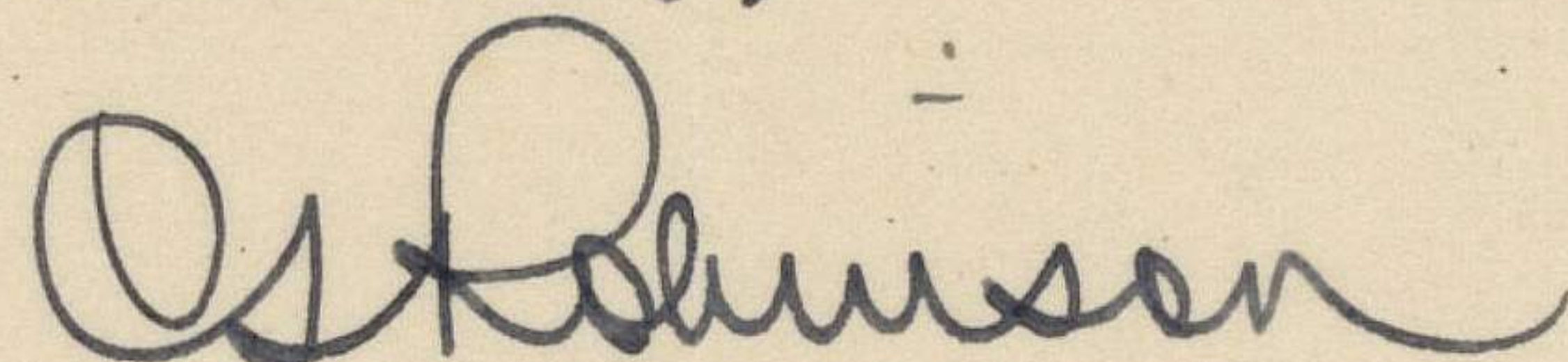
Dear "Doc.":

It has always been a joy to me to receive a letter with Forrest C. Allen's signature attached and I trust that you will always feel free to write me if there is any way in which I can serve you.

By checking with the Curriculum Revision and the Research Departments I find that they do have copies of the "Playtime Activities." They are available at fifty cents per copy and the order may be addressed to Miss Grace Dever, Chief Clerk of the Purchasing Department, 201 Library Building.

Again it was nice indeed to hear from you.

Sincerely,



C. S. Robinson
Assistant Superintendent
in Charge of Personnel

CSR:RT

Replogle

NAVY LOG EXERCISES

Submitted by: W. F. Replogle.
Photographed by: R. E. Vaughan.

The log exercises or drills are a special type of physical training to be used in mass athletics. They are especially worked out to comply with regulation Navy Drills and movements. Where these particular movements are adaptable, and where they cannot be applied, special commands have been originated. The exercises are to be interspersed into the general conditioning as special events exercises. They are designated so as to bring labor to an extended degree on all parts of the body.

The logs should be 12 feet long and preferably 8 inches in diameter, with an approximate weight of 75 to 100 pounds each. Paint with a heavy paint.

Four men are to exercises on each log.

I. Positions.

A. With a company front - men in columns of four- triple extend the men with the command.

1. Triple extended, dress right.
2. Dress.

(a) Men raise arms sideward, eyes right, approximately four feet between the finger tips of each file of four men.

3. Ready
4. Front.

Now the company is extended and ready to place the logs for exercise. The logs should be laid in fore and aft position in the direction the men are facing at the proper intervals apart. Being in this position, and the company properly spaced, the Commander should march his company forward to position by the logs.

B. All commands of execution are "LOGS".

II. Positions of men.

A. Left standing - men are on port side of log.

1. File - Men at attention in file facing front (6" from log).
2. Face to - Men face log at attention (6" from log).
3. Face away - Men face away from log (6" from log).

NOTE: All movements to change position by the log are done with strict Naval regulation drill movements as to cadence and correctness.

B. Right standing - men on starboard side of log.

1. File - Men at attention in file on starboard side of log (6" from log).

2. Face to - Men face log at attention.
3. Face away - Men face away from log at attention.

C. Straddle standing - men straddle log, feet 24" apart.

1. File - men at attention in file facing front.
2. Right face - men swing to right on balls of feet and arms at side - men lunge forward on right leg.
3. Left face - men swing to left on balls of feet - arms at side - men lunge forward on left leg.

D. Wind standing.

- Man #1 face log from front.
- Man #2 left standing facing log
- Man #3 right standing facing log
- Man #4 face log from aft.

NOTE: Each man will reach the position in a different count - all should arrive on the same count, e.g. from left standing.

NOTE: All men arrive at wind standing position on the count of #5.

1. Left foot 1 pace forward.
2. Right foot 1 pace forward, and to right front of log.
3. Left foot close.
4. About face, one
5. Two.
 - (a) 2 counts - right face.
 - (b) 4 counts - steps over log with left foot - right foot closes - about face.
 - (c) 3 counts -
 - Left foot backward 1 step
 - Right foot back and over behind log.
 - Left foot closes.

Note: In the case of right standing, the foot movements reverse. To return to left or right standing position, the movement is repeated in reverse. When returning all men arrive back to Right or Left, standing on count #5.

E. Sitting.

1. Straddle sitting - men straddle log - sit facing front - arms on the log - on the hips - folded on the shoulders - neck on the man ahead as to the command.
2. Right sitting - from right standing position men sit on log facing front or away according to command.
3. Left sitting - from left standing position men sit on log facing front or away according to command.

F. Lying.

1. From straddle sitting men come to lying position and log facing front.- legs extended, outward arms on deck or folded as commanded.

III. Maneuver the log.

A. To Brace.

1. From Right Standing.
 - (a) Left knee to deck.
 - (b) Left hand under log.
 - (c) Right foot remain flat on deck.
 - (d) Raise log 6" from deck.
2. Preliminary command.
 - (a) Brace execution.
 - (b) Logs.

B. Right Shoulder.

1. Swing log and rest on right shoulder.
 - (a) Right shoulder
 - (b) Logs.

C. Head Rest.

1. Raise log, rest on head, hands protecting.
 - (a) Head Rest.
 - (b) Logs.

D. Left Shoulder.

1. Swing log and rest on left shoulder.
 - (a) Left Shoulder.
 - (b) Logs.

E. Hip Rest.

1. Lower or raise log to wasit above hip on either right or left side.
 - (a) Hip Rest.
 - (b) Logs.

F. Cradle (executed after log is raised to hips or above)

1. Simultaneously place both arms under log, and hold log to chest.
 - (a) Cradle.
 - (b) Logs.

G. Upward Raise.

1. Extend log full length of arms above head.
 - (a) Upward Raise.
 - (b) Logs.

H. Kneeling Position.

1. Place left and then right knees on deck, knees 12 inches apart.
 - (a) Kneeling Position.
 - (b) Logs.

I. Sitting Position (from all positions left side)

1. Place right hand on deck to right and back slightly.
2. Place right knee on deck.
3. Sit on deck.
4. Extend both legs throw under leg.
5. Bring both arms to cradle position.
 - (a) Sitting position.
 - (b) Legs.

J. Lying Position.

1. Execute sitting position.
2. Lie on deck, log cradled.
 - (a) Lying Position.
 - (b) Legs.

NOTE: Reverse all movements to come back to standing or other positions.

K. Lay.

1. To secure the log on the deck. Reverse the movement used to raise log from deck is the same cadence.
 - (a) Lay.
 - (b) Legs.

L. Carry.

1. To carry logs in file on shoulders, drop opposite arm.
2. To carry logs in cradle use 2 arms.
3. To carry logs in head rest, use 2 arms.
4. To carry logs in hips rest use
5. To carry logs from staddle use 2 arms
 - (a) Carry
 - (b) Legs.

IV. Basic Log Exercises.

A. Standing - Log Stationary.

1. Outward lunge - from R. or L. shoulder.
 - (a) Lunge outward with proper feet.
 - (b) Return to original position
 - (1) Count of 2. (2) Ready begin - one two, etc.
2. Sideward Lunge - from R. or L. shoulder.
 - (a) Lunge sideward with proper feet.
 - (b) Return to original starting position.
 - (1) Count of 2. (2) Ready begin - one two, etc.
3. Forward Lunge - from R. or L. shoulder or head rest.
 - (a) Lunge forward with alternating feet.
 - (b) Returning each step to original position.
 - (1) Count of 4. (2) Ready begin - one two three four, etc.

NOTE: These positions keep log in position on shoulder or head during the entire exercises.

B. Standing - Log Moving.

1. Upward raise from R. or L. shoulder or head rest.
 - (a) (1) count of 2. (2) Ready begin - one two, etc.
2. Log overhead, outward lunge.
 1. Position (a) Raise log to overhead position.
 2. Ready, begin (a) Lunge with right foot and rest log on right shoulder. (b) Return to original position with log overhead. (c) Lunge with left foot bringing log to rest on left shoulder. (d) Return to original position with log overhead.
3. Log overhead, Forward Lunge
 1. Proceed as in 2 above.
4. Log overhead, Sideward Lunge.
 1. Proceed as in 2 above.
5. Log overhead, Count right on left.
 1. Position - Raise log overhead.
 2. Count of six, Ready begin. (a) lower log to head rest. (b) Lower log to right shoulder carry. (c) Lower log to right hip rest. (d) Raise log to R. shoulder. (e) Raise to head rest. (f) Raise log overhead.
6. Legs Straddle - R & L sweeps overhead.
 1. Position - Legs straddle by place or jump - raise log overhead.
 2. Ready begin. (a) Sweep log to R. & L. count of two.
7. Running.
 1. With log in any position.
 2. men to keep in jog step.

V. Sitting exercises.

- A. Face Log - full sweep.
 1. Raise log overhead.
 2. Ready begin. (a) Lower log in full sweep to toes. (b) Raise log to starting position.
- B. File Sitting - overhead lunge.
 1. Position.
 2. Ready begin. (a) Log on R or L. shoulder & raise to position above head. (b) Lower log to starting position.
- C. File Sitting - forward bend.
 1. Position with log on R or L. shoulder.
 2. Ready begin. (a) Body bend forward. (b) Return to start.

- D. Face log - Backward lying.
 - 1. Position - Cradle log or log overhead.
 - 2. Ready begin. (a) Lie on back. (b) Return to original sitting position.

- E. Face Sitting * Backward lying.
 - 1. Position - Log on shoulder, head rest or hip rest.
 - 2. Ready begin. (a) Lie on Back. (b) Return to original position.

- F. Face Log - Up & shoulders.
 - 1. Position - Raise log above head.
 - 2. Ready begin. (a) Lower log to shoulders back of head. (b) Return log to original starting position.

VI. Lying Exercises.

- A. Setups.
 - 1. Position - Lie on deck, cradle log.
 - 2. Ready begin. (a) Come to sitting position, rolling log from chest to waist. (b) Return to starting position, rolling log back to cradle position on chest.

- B. Upward Thrust.
 - 1. Position - Log resting in hands turned fore & aft, elbows on deck.
 - 2. Ready begin. (a) Raise log arms length above deck. (b) Lower to start.

- C. Right and Left Swing.
 - 1. Position - Log resting in fore and aft hands, arms extended above.
 - 2. Ready begin. (a) Arms straight, swing log R. to L. count of two.

VII. Additional information as in all Navy basic physical training drills. The instructor, after teaching the basic log positions and movements, may combine and create his log movements.

Many interesting races may be created, such as straddle races, shoulder log races, riding man on rail race, relay races, tossing the log, tug-o-war, log balance verticle and horizontal.

NOTE: In experimenting with these log exercises I find an amazing interest among the men with proper instruction. They can be made an excellent contribution to Physical Training.

August 28, 1944.

Mr. Cliff Rock,
Coach of Basketball,
Denver University,
Denver, Colorado.

Dear Cliff:

Congratulations on your new job. I trust that you will be happy and very successful in your work at Denver University.

It was a pleasure to help you, as I know that you will give your full energy and enthusiasm to anything that you undertake, and this being a grand opportunity to show your work I know it will be done well.

Thank you for your expressions of good will.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH



Cheley Colorado Camps

FOR BOYS

*Rocky Mountain
National Park*

FOR GIRLS

ESTES PARK • COLORADO

Boy's Trail End Ranch

Glen Haven, Colo.
Aug. 22, 1944

Directors

**J. A. CHELEY
E. E. ALTICK**

Dr. Forrest C. Allen
Kansas University
Lawrence, Kansas

Dear "Phog":

Last night Denver University informed me that I have been selected for the basketball coaching position there. I want to take this opportunity to thank you for the support that you gave me in securing this job.

I am looking forward to my work here at D. U. this year, but regret that our teams will not get to meet on the floor again this year.

If ever I can in any way be of assistance to you, I will surely be happy to have this privilege.

Sincerely,

Cliff Rock

Cliff Rock

CR/er

ROSEDALE JUNIOR-SENIOR HIGH SCHOOL

Kansas City, Kansas

DUDLEY F. BENTLEY, PRINCIPAL

May 1, 1944

Dr. F. C. Allen
University of Kansas
Lawrence, Kansas

Dear Prof. Allen:

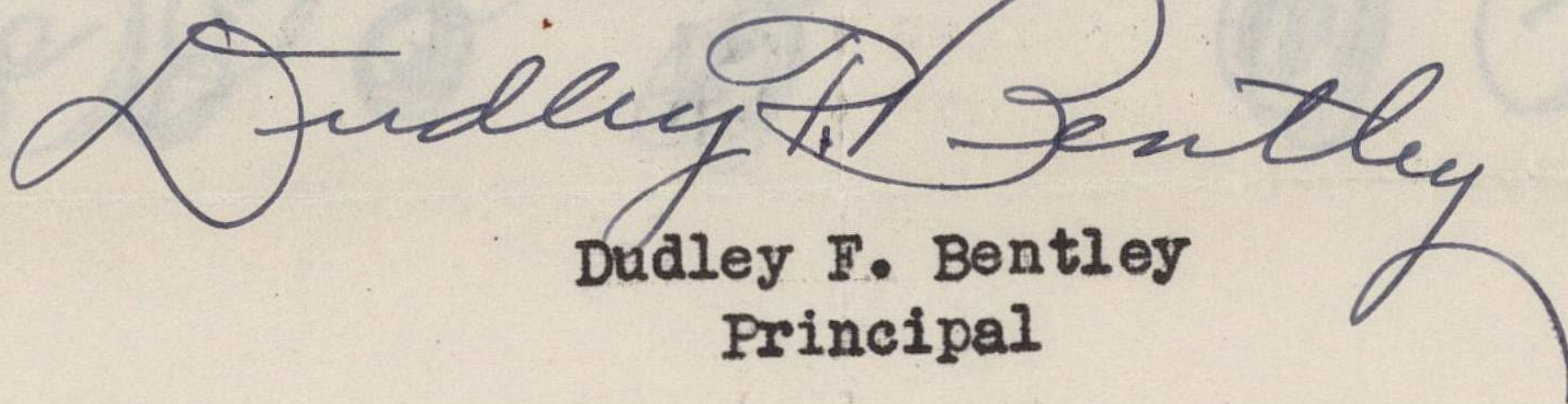
The time draws near to our eleventh annual All-Honors Banquet and program which will be held this coming Friday evening, May 5, 1944.

We plan on your attendance and look forward with interest to your speaking to our fine group of girls and boys who will be specially honored.

Since transportation problems are somewhat questionable, I felt inclined to write and check with you relative to your method of travel. Should you come to Kansas City by train or bus I shall be glad to meet you and return you to the same such method of conveyance as you may select. Should you drive to Kansas City naturally the matter is well cared for.

The banquet will begin at 6:45 p.m. and will be held in the school gymnasium as has been done in years past. We shall be awaiting your presence on Friday evening.

Cordially yours,


Dudley F. Bentley
Principal

DFB:LP

② Term. Lost ?
mt. Marty

① Mrs. Kelly Coll

③ Heil Hitler!
Goehring Goebbels
Dueneburg

② W E. for you

④ Let His Mother Weep

⑤ Solomon - Sheeba

⑥ M. D. D. D. L. L. D.
3 degrees in 2 lines

Jaynes

Team
Ball 274

DEB:TB

DEB:TB

DEB:TB

DEB:TB

DEB:TB

DEB:TB

APR 1 1944

DEB:TB

DEB:TB

DEB:TB

J. M. Wilson

NAVY V-12 UNIT
WABASH COLLEGE
CRAWFORDSVILLE, INDIANA

19 July

Dear "Phog" —

Your occasional
communications in form
of your printed letters
has been a marvelous

check up for friends
in the service — But

how deeply we wish

we could soon return
to Kansas and

follow a rather

peaceful & beneficial

NAVY V-12 UNIT
WABASH COLLEGE
CRAWFORDSVILLE, INDIANA

life

We've started football
at Wabash for this season.
Have a fairly good squad
including the center, the
left tackle, and a second
string Right tackle from
the great Lavis team of last
year —

I hope things are looking
up for K. U. & all of Kansas.
O, how I'd love to be
back there!!

Good luck
as ever

Wayne Replage

August 1, 1944.

Mr. Cliff Rock,
Boys Trail End,
Glen Haven, Colo.

Dear Cliff:

I wrote the dean at Denver University and gave you a bang-up recommendation as a basketball coach. I trust that you will have good success in landing the job.

With every good wish to you and yours, I am

Sincerely yours,

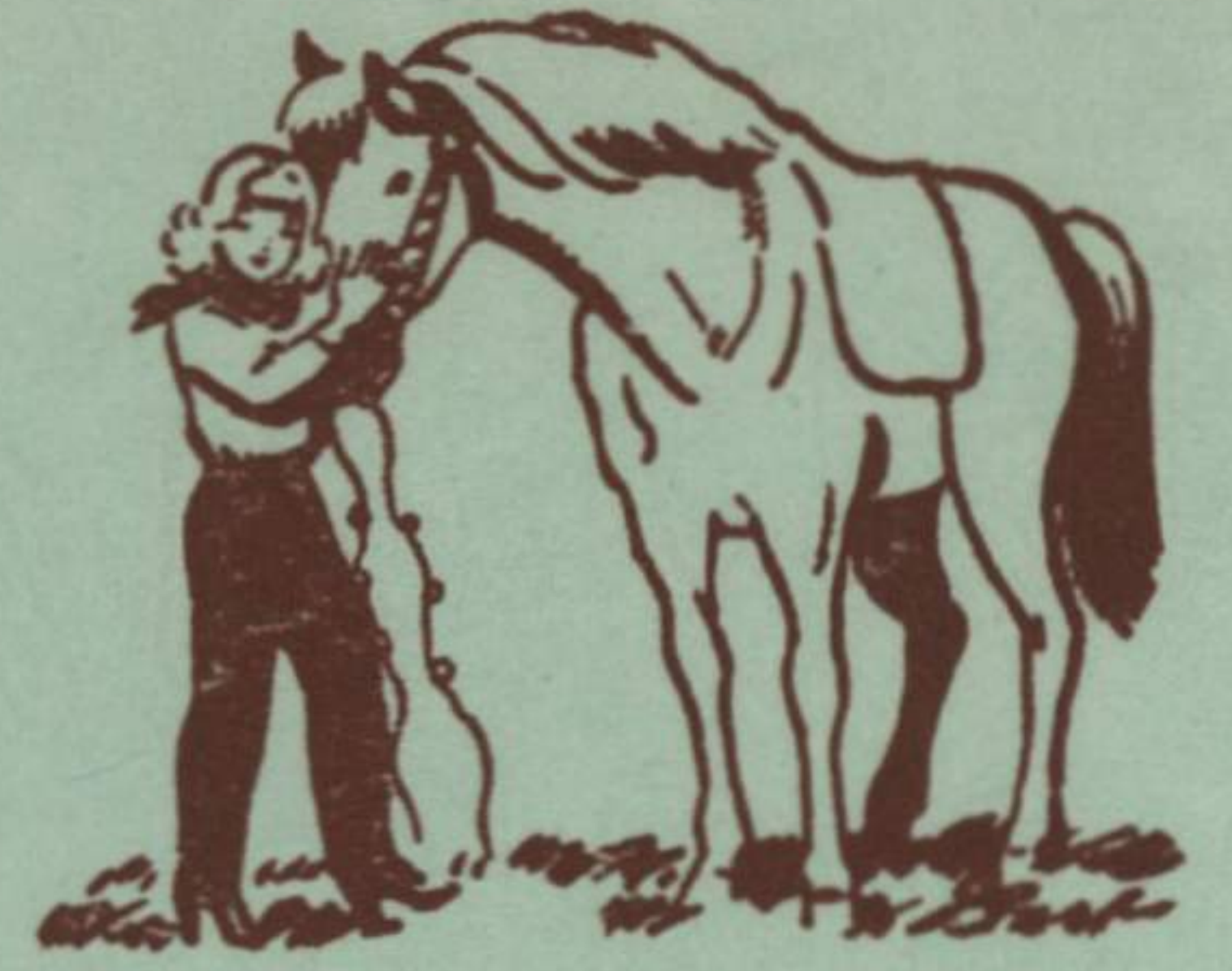
Director of Physical Education,
Varsity Basketball Coach.

FCA:AH



FOR BOYS

TRAIL'S END RANCHES



FOR GIRLS

July 20, 1944

Dr. Forrest C. Allen
Kansas University
Lawrence, Kansas

Dear "Phog":

I have made application for the Basketball Coaching position at Denver University and had a personal interview yesterday.

I gave your name as reference as to my work in the Big Six this year and surely would appreciate any assistance that you would be able to give me.

We are having a fine time out here as counselors at the Cheley Camp this summer.

Sincerely,
Cliff Rock
Boys Trail End
Glen Haven, Colo.

August 3, 1944.

Major M. R. Richter, MC,
44th General Hospital,
APO 922, c/o P.M.,
San Francisco, Calif.

Dear Dr. Richter:

I saw Dr. Latimer and his family on the summer playground the other evening and he told me he had received a letter from you. Dr. Latimer asked that we send you one of our Jayhawk Rebounds which we write to the boys in the service on an average of once a month.

I got the conception for this newsletter from my experiences after the first World War. I came to the campus on September 15, 1919, and saw dear old Uncle Jimmy Green, who said, "Well, Phog, I am glad to see you. I promised my boys when they went overseas that I would wait for them, and I am waiting until they return, and when they get back my job is happily finished." When the boys went away this time I was too old to enter service, but I thought I could render these boys a genuine service by keeping them informed as to the whereabouts of their buddies.

We remember your interest in intramurals when you were working with Eddie Elbel, and I thought you might like to read of some of the activities of the campus which we have tried to incorporate in this letter. Doubtless Lt. Evelyn Herrinan shares her copy with you, this one is for your personal perusal when you have opportunity to read it.

With kindest regards and best wishes, I am

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

Murdoch, Kansas.

May 21 - 1944

Dr. Forrest Allen:-

Kansas University, Lawrence, Kansas

Dr. Allen:-

We all enjoyed Joseph's weekend at home.

Dr. Allen, Joseph speaks so highly of you. We have never informed him of ever corresponding with you.

Both his Dad & I feel, the Study of Medicine may be his best choice (as he had formerly planned) tho at present, he is a bit inclined to Law. However as you think Best will perfectly well be appreciated by us.

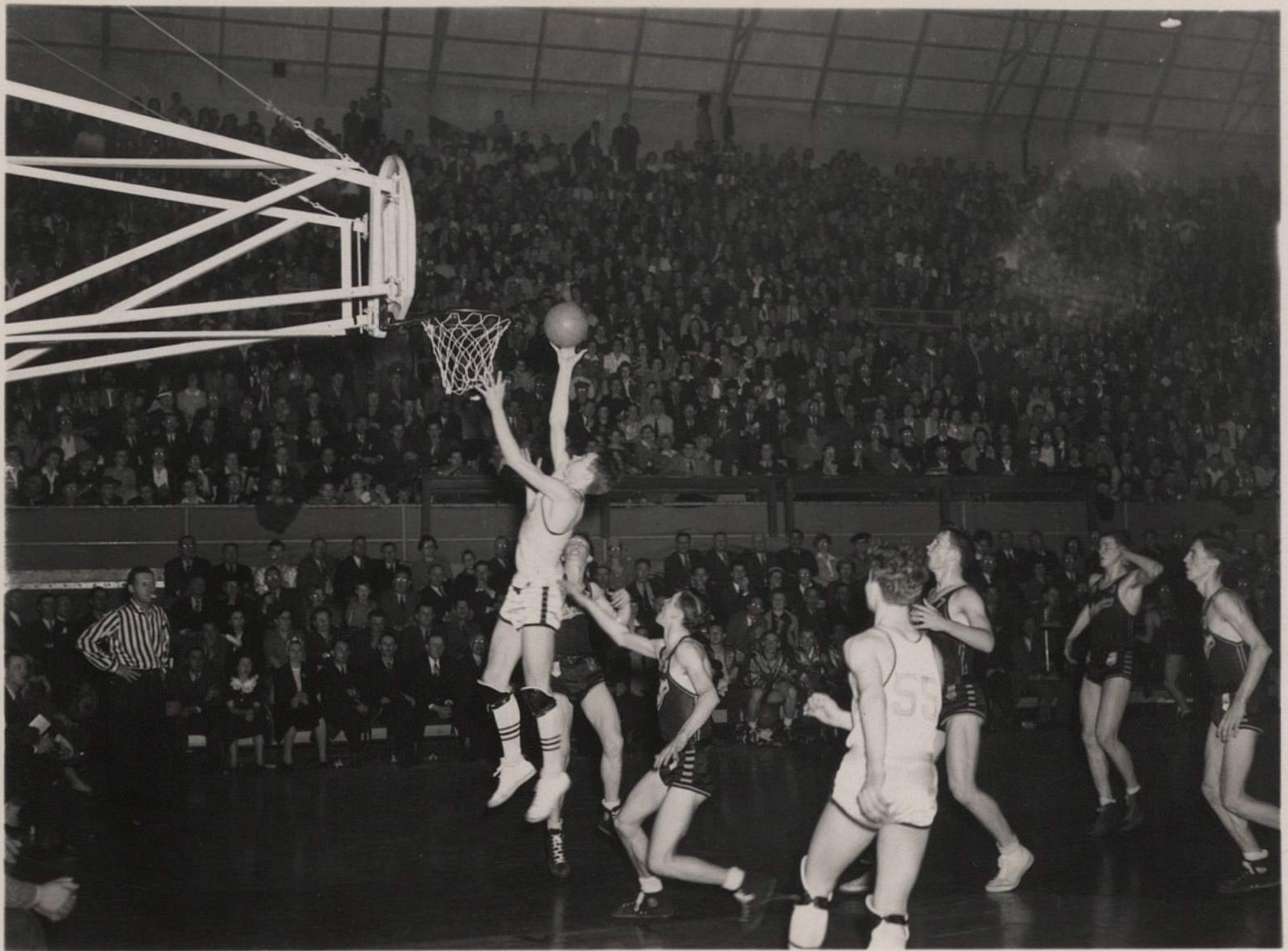
We must all "Buck up" and wish him well during his approaching military Career and that he can someday soon return to his

Kansas University ^{and} his Beloved
Football

Thanking you most heartily
for every thing you have ever
done for Joseph.

Sincerely

(Mrs.) Anna M. Ryan.



172

Nice "Extension" by Shepherd
on one of the two goals
he made last quarter.

Notice the official - he
was set too! They did
A fine job.



This "screen" on out of
Bounds worked nicely for two
baskets when we needed them.

Notice # 39 trying to go
with the S.M boy farthest
out. This play was a
modification of one of
yours!!

211



Shawnee-Mission Rural High School

Department of Physical Education and Athletics

Merriam, Kansas

May 22, 1944.

Dr. F. C. Allen
University of Kansas
Lawrence, Kansas.

Dear "Doc":

School is out - Can relax until July 1. Then I will need to "bear" down again at K.U. Surely hope I can get that Masters under control - this summer.

Carl was very happy about the letter you sent him about his grades. He finally finished with four "A's" and two "B's" for the years work. I know your letter will be a great influence next year toward his high scholarship. His mother and I certainly want him to do well in his class room work. His Mother will have to - build him Scholastically, while "Pop" gives him the "works" Athletically". If he can come close to your Son Bob's marks, we will be more than happy.

I am enclosing a couple of "shots" taken at the State. A few words of explanation are on the back. Our kids hit their peak at the State and I know you'll appreciate the pictures as they were plays that had a direct bearing on the out come of the game.

Will look foward seeing you "on the hill "

Sincerely,

Harold

June 14, 1944.

Mr. U. Floyd Rible,
740 Mississippi St.,
Lawrence, Kansas.

Dear Floyd:

I was desolated to receive your letter of information telling me that you were leaving us. I felt very guilty in not making more friendly contacts with you while you were here, but I have been so doggone busy that I have just neglected my friends for war and business reasons.

Mrs. Allen and I called on you and Mrs. Rible early but you were out, and then when you called we were out. Living so close to each other, it does seem that we should see each other more often.

When Jay Jakosky was here we played golf together, and we were quite sure we were going to play a lot more, but after Jay left it seems as if our contacts were broken in a golfing way. And in Rotary, being tied up with administration and running the program off kept me so confounded busy I couldn't visit with my good friends.

All of this is a darn poor alibi for not having seen you more because it has been my loss. However, I do want you to know that we terribly regret losing you, but we know that where bigger things call a fellow that is where he should go. I trust you have oodles and oodles of success, and I want you to know that if we ever go to the coast you will be one of the fellows that I will be wanting to see first. It has been grand to have you in Rotary and you have made a very definite contribution. But it has all been so short.

With every good wish, I am

Rotarily yours,

FCA:AH

President.

ULYSSES FLOYD RIBLE, A. I. A.
ARCHITECT

June 12
1944

Dr. F. C. Allen
Robinson Gymnasium,
University of Kansas,
Lawrence.

Personal.

Dear Phog:

I haven't had the occasion to call on you to advise you of my return to California. My practise there has developed to such an extent that about three weeks ago I concluded that resigning from my enjoyable position here at KU was necessary. No doubt, you can easily realize the sacrifices consequent to such a move. Among those sacrifices are many friendships. While our roads have not crossed as often as I hoped they might, yet, your wholesome hand shake and pat on the back will be one of the pleasures that I will take away with me. Not least among your kindnesses was the promoting of my membership in the Rotary Club. Leaving an active business world to come here found me thirsting for just the sort of broad companionship that the Rotary Club offered. Please accept my thanks.

It is a pleasure to become one of your admirers and wish you continued success and happiness.

Cordially,



Ulysses Floyd Rible,
740 Mississippi Street,
Lawrence, Kansas.

R-m

June 6, 1944.

Mr. O. B. Roark,
901 Washington,
Scott City, Kansas.

Dear Olen:

I was glad to hear from you and to learn that you were commissioned a lieutenant (junior grade) in the Naval Reserve.

I was very happy to be of any service to you. Mr. Jones also wishes to acknowledge the letter you wrote him. We are happy for your success.

Sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

June 3, 1944

Dear Mr. Allen,
Yesterday I was
commissioned a
Lieutenant (j.g.) in
the Naval Reserve.

Thank you very
much for your
interest and trouble
in helping me to
obtain my release.

Respectfully yours,
Olee D. Poark

CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

WESTERN UNION

1201

(06)

SYMBOLS

DL = Day Letter

NL = Night Letter

LC = Deferred Cable

NLT = Cable Night Letter

Ship Radiogram

A. N. WILLIAMS
PRESIDENT

The filing time shown in the date line on telegrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination

1944 JUN 7 PM 3 06

KAZ103 15= GREATBEND KANS 1 237P

DR F C ALLEN=

:WISH DRAFT RELEASE TO ACCEPT NAVY COMMISSION ENROUTE VIA.

LAWRENCE WILL CALL ON YOU TONIGHT=

:OLEN B ROARK.

OLEN ROARK.

TELEPHONED TO

TIME

321P

BY

[Handwritten signature]
[Handwritten signature]

ROSEDALE JUNIOR-SENIOR HIGH SCHOOL

Kansas City, Kansas

DUDLEY F. BENTLEY, PRINCIPAL

May 15, 1944

Dr. F. C. Allen
University of Kansas
Lawrence, Kansas

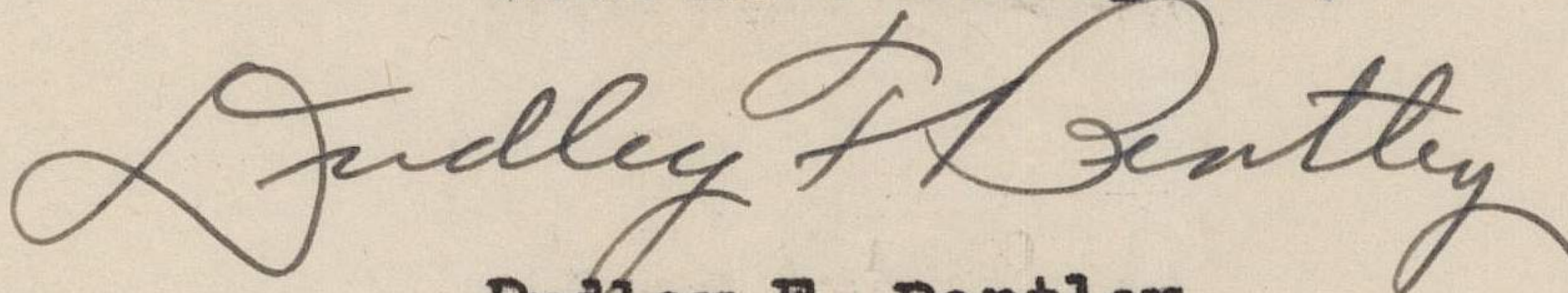
Dear Dr. Allen:

Enclosed you will find check for seven dollars as your remuneration and expense for the All-Honors Banquet held on May 5, 1944.

We appreciated your fine address. It was inspiring and challenging to those present. Many of the parents and friends enjoyed the opportunity to greet you again and to renew acquaintances.

Accept our thanks for your attendance and fine message.

With kindest regards,



Dudley F. Bentley
Principal

DFB:LP
Enc.