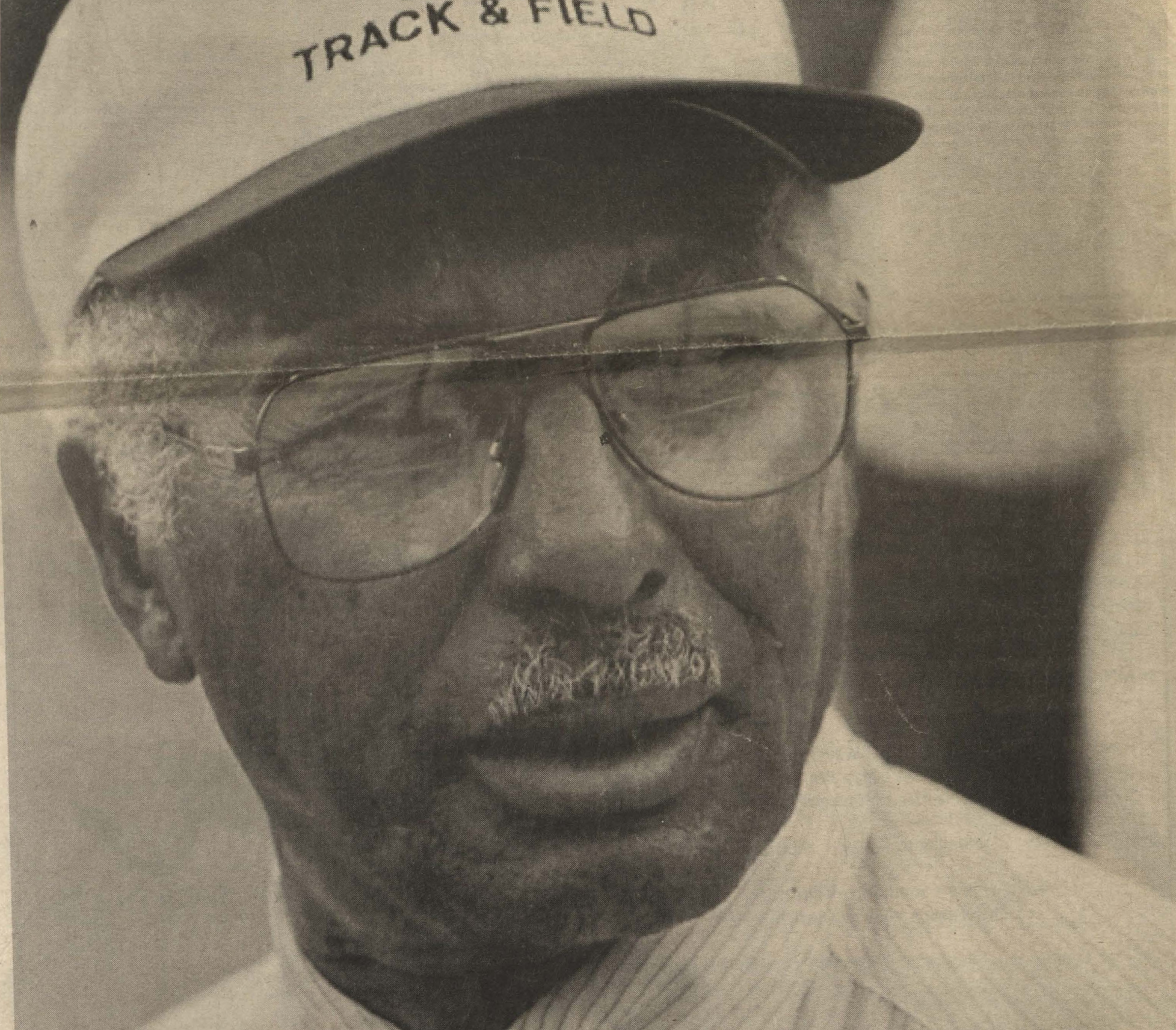


B/N - Herb mckenley



HERB MCKENLEY

TRACK & FIELD



Champion for life!

HERB MCKENLEY SPECIAL

Herb re-enters hospital today for simulator

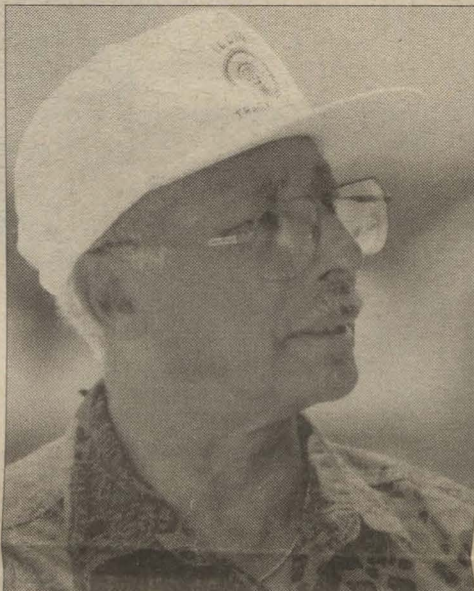
LEGENDARY Jamaican athlete and coach Herb McKenley, who suffered a massive heart attack recently and then underwent double bypass heart surgery in Miami, will be returning to the hospital today to have a simulator installed in his heart.

The 76-year old, who has been recuperating at his daughter's home in Miami, told the *Observer* that his condition has improved immensely since the operation, and he has been exercising, including daily walks, as well as being involved in a special regime of breathing to improve his cardio-vascular conditioning.

The simulator, according to McKenley, is a machine which will gulate his heartbeat.

"It's not a major operation," McKenley said. "It should be over in under two hours, and I should be in the hospital for a further two days."

He said that he hopes to be back in



Jamaica by November 8.

"I haven't got the word from my doctor as yet, but that is how I am thinking."

And then with emotion-filled words, barely audible, obviously holding back tears, he expressed gratitude to Jamaica for the tremendous support that he received since his ailment.

"My illness has done a lot to let me know how Jamaicans feel about me," the Olympian said. The number of people who have called and recalled. Some that I didn't even know were thinking about me. It has really given me a new window on which to look at life. A will to fight. The Prime minister stopped by to see me on his way to China recently, and that was an eye opener. It was incredible that he could find the time out to visit me when he has so many impor-

MCKENLEY...should be home by November 8

tant business to think about."

He said he always believed in working hard because it is necessary, never thinking about any pay-back.

"When it comes in this fashion, it serves as a tremendous reward and boost, and a pleasant surprise."

He said that he is visited almost on a daily basis by many people, particularly athletes who have come under his tutelage.

It gives him strength.

"They come by and cheer me up," he said.

Herb said that he is pleased that ISSA has decided to merge both Boys and Girls Champs, saying, "It should have been done a long time ago, but nothing happens before the time. They must make sure that they have a programme which suits everybody, especially the athletes and voluntary officials."

NOTICE

To: ALL OUR CUSTOMERS

Re: CHANGE IN BANKING HOURS

Effective Friday, November 6, 1998, the opening hours for all branches and sub-branches of the Workers Bank will be adjusted as follows:

MAIN BRANCHES Monday to Thursday 9:00 am - 2:00 pm
Friday: 9:00 am - 3:00 pm

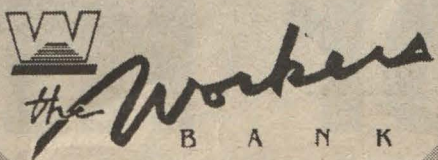
- Tower Street, New Kingston • Half-Way-Tree • Spanish Town
- Golden Grove • Linstead • May Pen • Mandeville
- Black River • Savanna-la-Mar • Montego Bay • Ocho Rios

SUB BRANCHES Monday to Friday 9:00 am - 2:00 pm

- White House • Southfield • Christiana
- Lionel Town • Western District

Up-Park Camp: Monday to Thursday 9:00 am - 2:00 pm
Friday 9:00 am - 3:00 pm

We look forward to serving your banking needs more efficiently during these revised times.



To: HON. HERBERT MCKENLEY,
MEMBER OF STAFF

From: MANAGEMENT & REST OF STAFF
"A TRUE & WORTHY CHAMPION"



NATIONAL STADIUM
INDEPENDENCE PARK,
KINGSTON 6, JAMAICA

TELEPHONE: 929-4970-4
TELEX INSPORT 2257
CABLES: STADIUM-KINGSTON
FAX: 926-5956

HERB MCKENLEY SPECIAL

The moulding of a champion

to conquer the 800 metres field at the fourth Central American and Caribbean (CAC) Games in Panama City. Arthur ("Bunny") Wint, not yet eighteen, tall, calm, dignified and courteous, already with part of the world at his feet, cut an impressive, unforgettable figure as he moved among the Calabar schoolboys in his smartly-tailored Jamaican blazer. Impressionable Herb became a believer.

If Wint supplied some of the inspiration, it was the school's coach, Frank Laing, who ensured much of the perspiration. You didn't really work up a sweat in those days, no matter what the old-timers say. Training was every other day; coaches were careful they didn't 'burn their boys out' and Laing in particular, a devotee of American coach, Dean Cromwell, stressed correct style rather than a heavy workload. With this background fifteen-year-old Herb made his debut in organised track and field on April 5, 1938.

The boys' high school track and field athletics championships were then, as they are today, the Alpha and Omega of the sport in Jamaica. Started in 1910 as a one-day event involving six schools, the meet has now become a fierce three-day contest for individual and team honours among more than thirty schools. "Champs", as everyone calls the meet, has now come to stand for a time and a glory that the bent and grey talk of with nostalgia, either for what they did, or for what they hope their sons will do. "Champs" is where the young Jamaican athlete receives his baptism of fire: success can mean a scholarship to an American University; failure may bring crushing finality to hopes and dreams of the big time. In Jamaica, neither the national championships, nor even the Olympic trials, are spoken of with the glint in the eye which accompanies fond memories of "when I ran at Champs".

When Herb ran at "Champs", 1938 to 1941, he lost, literally nine times out of ten.

The boy who whipped him four times out of six was Leroy ("Coco") Brown of Wolmer's High School.

Despite defeat and derision, as a schoolboy he nevertheless showed his potential as an all-round sprinter. He did not dominate his contemporaries, but in none of his four years at "Champs" did he fail to finish in the first three in either the 100, 220 or quarter. Twice he placed in more than one event at the same meet; in 1940 he ran in all three. That year he won his only race, beating Brown in the bargain. Significantly, it was the quarter; ominously, in



Joe Yancey (left), US coach who coached the Jamaican Olympic teams of 1948 and 1952; (far right) Herbert (later Sir Herbert) MacDonal, president of the Jamaica Olympic Association and team manager 1948 to 1952 and 1956 to 1960. Other team members: Laing; Rhoden; Wint and McKenley.

which he broke the record but wasn't credited with it. The track was found to be two feet short.

The Boston College coach was Jack Ryder, a father figure who commanded great respect especially for helping the Falls City, Nebraska, sprinter Lloyd Hahn develop into an AAU mile (1926) and 800 metres (1928) champion. Among the Eagles whose talons Ryder sharpened from his nest on Chestnut Hill was the flying priest, Gilbert Dodds, America's best miler. Herb, an Anglican cloistered in a Catholic community, was somewhat out of step at first, but by his first "White" Christmas, 1942, less than three months after putting his foot on the track, he was making an imprint.

On January 23, 1943, Herb competed for the first time on Uncle Sam's soil — Uncle Sam's boards, to be precise. He won. He clocked 5.2 over 45 yards indoors in Boston, beating team-

mates Tommy Greehan and William Toomey. But in the 300 yards he hurt a muscle taking a curve, an experience which left him with mixed feelings about running indoors, though it hardly changed his approach to curves.

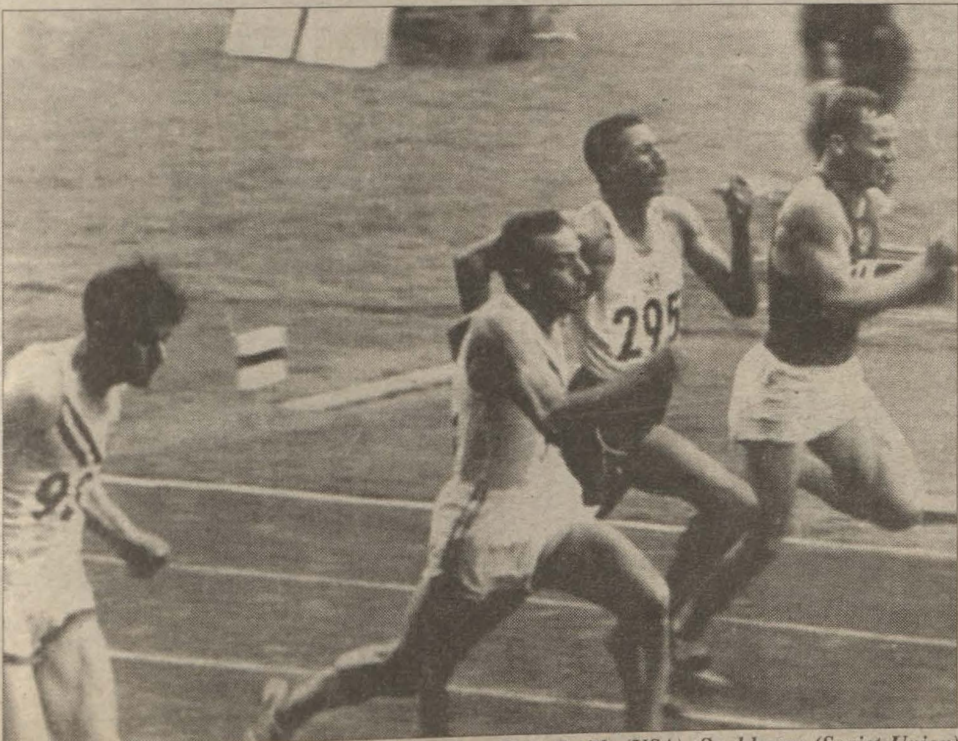
Outdoors, he was a winner, too. First, the New England College 100, 220 and quarter titles; then the junior AAU 400 metres, in 47.7, beating Jeffrey Kirk of Penn State and Charles Grohsberger of New York University. He was on the crest of a wave.

He was almost submerged the next day. In his first AAU championship, held at New York the day after the junior meet, he literally ran into a trap set for him by defending 400 metres champion, Cliff Bourland. Cliff instructed a teammate to set a hot early pace; Herb went after him. The wily Bourland, who had a habit of talking during a race, urged Herb on in the friendliest tones.

"Get him, Herbie!" he called out to the youngster.

Herb, figuring such kind counsel from one so senior must necessarily be wise, went all out. Midway around the curve Cliff's rabbit stopped running: by now his pursuer was out on his own, and out of breath. Forty metres from home

Turn to HERB on Page 6



100 metres Helsinki 1952: Remingo, McKenley (295), Smith (USA), Souhkarev (Soviet Union) nearing the end of the 100 metres race.

VIMINOVA
12 VITAMINS + 12 MINERALS

Iron for blood

B-complex to help
convert food to energy

A for skin

D for bone

Vitamin C

E for muscular system

Zinc/calcium and many more

- bridges the vitamin gap from A to Z inc
- with essential iron
- just one tablet daily
- in young and old alike

Distributed by
INTER-COMMERICAL DISTRIBUTORS LTD
18 1/4 Lyndhurst Road, Kingston 5, Jamaica W1
Tel: 960-8020-2 Fax: 968-8045

HERB MCKENLEY SPECIAL

Herb wins first major title

HERB from Page 5

own, and out of breath. Forty metres from home Cliff whistled past Herb to win in 47.7, the same time Herb had done the day before. Herb, now hardly able to lift a leg, waddled in like pregnant duck for fifth place, barely breaking 50 seconds. He laughed. But it wasn't funny.

If his inexperience was patent, so was his potential. At this time he rated the 200 his best event but he was a slow starter, and competition alone would not improve that, no matter what Jordan may have said. He needed pointers, power and practice.

On June 30, 1945, in New York, Herb won his first major title, out-estimating Jim Herbert, a member of the Grand Street Boys and 1938 American indoor 600 champion, in the AAU 440. The time: a drowsy 48.4, not hot enough a pace to cut much ice with Elmore Harris, who passed up the event to win the 220.

Meanwhile, Herb's relationship with Boston was cooling. The college had forbidden him to run in a meet, but Herb, in the best tradition of the true-blue amateur introduced to the greener pastures of North American track and field, had already accepted



Rhoden, McKenley, Wint and Laing at the end of the 1600 relay 5race at the 1952 Helsinki games

the invitation, received his expenses ... and spent the money! He had to run and he received a tongue-lashing for his disobedience.

However, at the meet an athlete

had come up to him and said: "Mister Johnson said to tell you hello."

Herb had never met this Mr Johnson, but he knew he was the Illinois coach. Cheesed off with

Boston, who were not impressed by his casual approach to studies, he wrote to Leo. The Illinois coach asked Chuck Carney, a Boston lawyer and 1920 All American football star from Illinois, to look Herb over.

He almost didn't meet Herb. When the athlete went to the lawyer's office he was brushed off by the receptionist. "Coloureds" weren't in the habit of walking into a lawyer's office in those days. Herb walked away angrily. He stopped, turned back and told her slowly, firmly: "Tell him, Herb McKenley is here, to see him."

The receptionist gave six-foot Herb the look-over, all the way up and all the way down. Reluctantly, she delivered the message. In a flash her boss was out to greet the visitor. After the interview Carney phoned Leo.

"If I'm to speak for Illinois," he told Leo, "we want him and we need him. He's on his way!"

Late one September night in 1945, Herb McKenley of Jamaica and Boston, arrived by train in Champaign, Illinois. He could not believe his weary eyes: the town was little more than a whistle-stop. He felt lost in a cornfield. The twenty-year-

old big city boy could not help wondering if he had come to the right place, done the right thing. But as the story is known, and history records, he did do the right thing.

Olympic highlights

One gold medal—1952 1600 relay (World Record/New Olympic record)

Three silver — 100 metres 1952, 400 metres 1948 and 1952.

Three individual medals, one relay medal—a gold (N.B. also 4th place 200 metres 1948—making him the only man ever to reach the Olympic finals in the 100, 200 and 400 metres events, also one of only two men — the first in 1896 at the 1st Games to win medals in the 100 and 400 metres events, also 2nd best overall record in the 400 metres in the history of the Games.

Individual medals

OG1948 200(4), 400 (2), 4X400 finalist. PAG 1951 100 (3), 200 (3). og 1952 100 (2), 4x400 (1). World record 440 yds. 46.3-Berkley, California 28.6.47, 440 yards 46.0 Berkley, Cal 5.6.48, 400 metres 45.9 aiwaukee 2.7.48, 3:03.9 Helsinki 27.7.52.

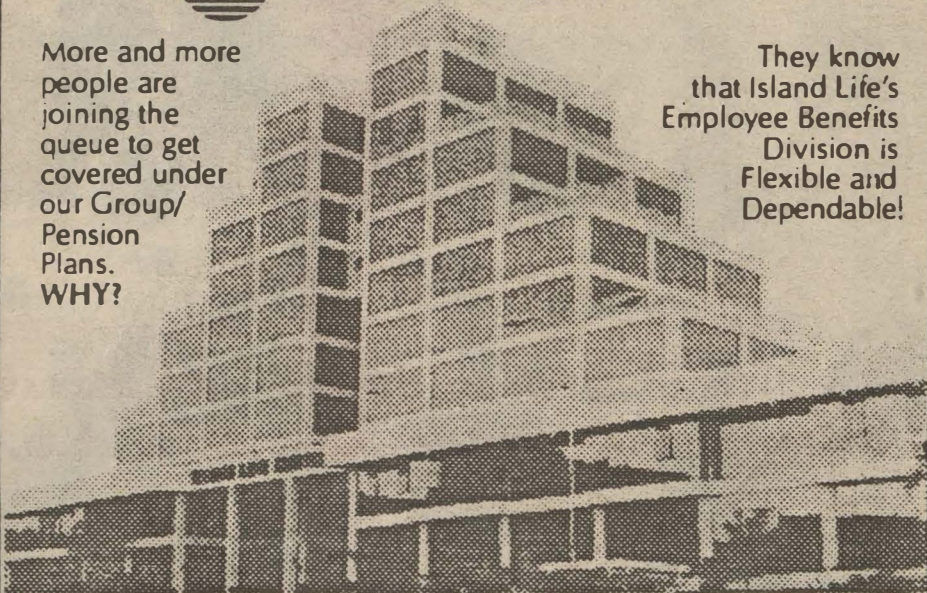
SECURE YOUR FUTURE

Ask about the Group Pension Plans at



More and more people are joining the queue to get covered under our Group/Pension Plans. WHY?

They know that Island Life's Employee Benefits Division is Flexible and Dependable!



Above all, they know that in good times and bad times We have a track record of managing their funds well, to provide real returns on their investment.

Call our Employee Benefits Division Hotlines
929-8629, 926-3454, 926-5791

ISLAND LIFE
INSURANCE COMPANY LTD.

Head Office: 6 St. Lucia Avenue, Kgn: 3. Tel: 968-6875-83.

To HERB

...the Greatest

We salute your enduring contributions. GC Foster coached you along the way and we hope to continue producing giants like you.

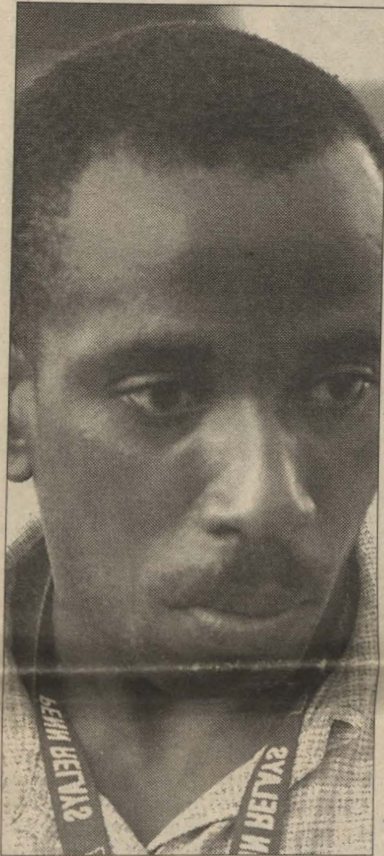
From

GC Foster College of Physical Education and Sport

Still unique in the English speaking Caribbean

HERB MCKENLEY SPECIAL

Herb McKenley — a great inspiration to Calabar



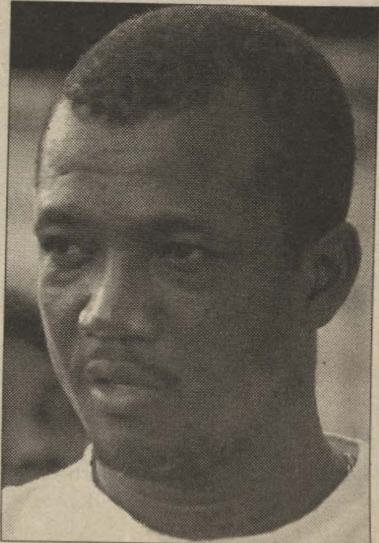
Lewin William (coach): We are deeply saddened by his illness. However, we are more resolute than ever that his legacy will not be wasted due to his illness. We from Physical Education department along with the coaches will continue to use his strategy in the programme which he developed over the years.

We are in contact with him and we have assured him that Calabar will be ready.

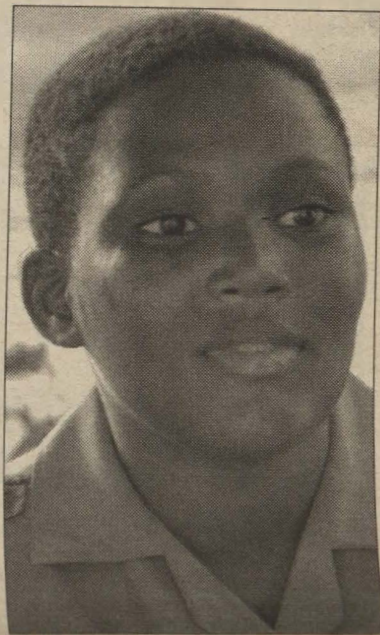
When he is here we kind of look toward him because he always has something to share with us. In that regard, I think the athletics programme may suffer somewhat with him not being here. But nonetheless we have added a new dimension, the fact that we have introduced a new programme now "after school".

We are trying to get the track & field students more rounded.

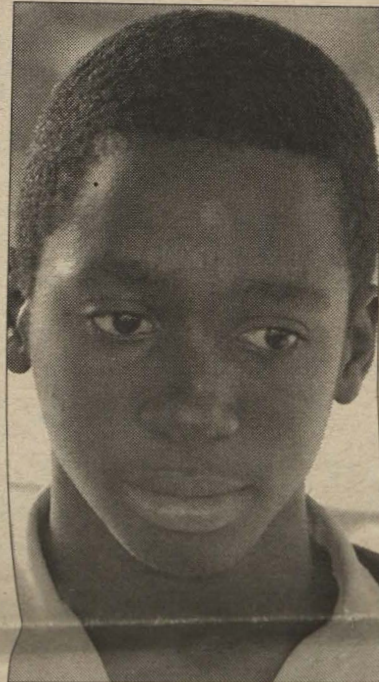
In addition to that, we want Herb McKenley to know we are not too idle while we wait for him to come home.



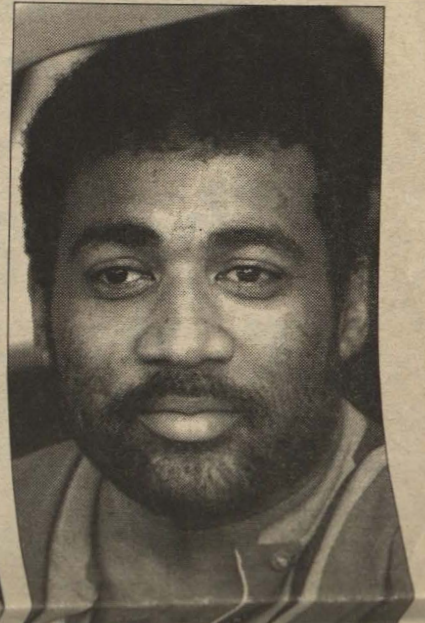
Noel White (coach): First and foremost, the staff of Calabar wish Herb McKenley a speedy recovery. He is a real motivator and a person who we badly miss. But as for the track members, we still have to go out there with McKenley in the back our minds and perform. The team is training, but with McKenley present, there would be a lot more students taking part.



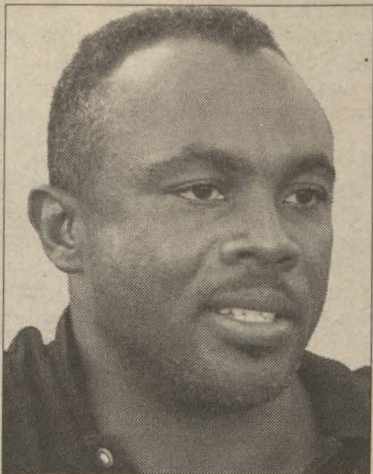
Free Francis (student): Herb McKenzie was, and still is, a great coach and brilliant at his job. I hope he returns to us soon because a lot of the students in my class miss his presence.



Brian Hay (student): Our hearts go out to the great Olympian and let us hope he recovers speedily.

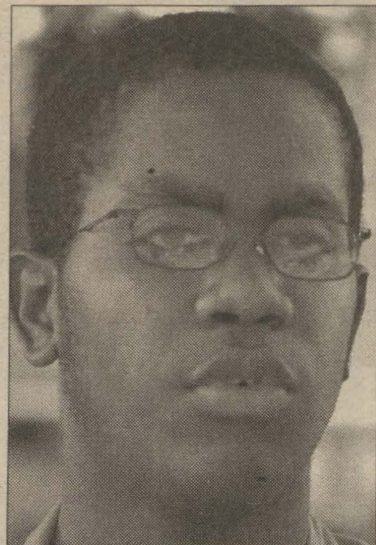


Fitzroy Johnson (manager of the track team): I am confused because we have never been without him, ever. I guess we have to try and manage on our own.



Wernett Wedderburn (member of the coaching staff): We are still here and longing to see the return of Herb McKenley. Even though he may not be strong enough to take up the reins, sitting around and observing would be a great help to us.

Every day the staff members have asking about his return. I can recall a phone call where he was worrying about the track team and I gave him the reassurance that everything is okay. That goes to show how great is the man.



Dwayne Jarrett (student): I was disappointed when I heard about the misfortune of Herb McKenley recently. I hope he recuperates quickly enough so that he will be able to take back his position at Calabar. I know that the school misses him so much, especially the track team. He was really instrumental in that particular area.

Herb says thanks

I am deeply grateful to the government and people of Jamaica, who showed such tremendous love and concern about my illness.

From all I have been told and can remember of the incident, my ability to speak to you was made possible by the great strength and spirit and love, and more and more I feel and know that love between countries, between peoples and between families is perhaps the most important element in the world today.

I want to mention especially the initial work that was done on me by Drs Anthony Hall and Paul Hunt, who were present when I became ill.

The attention that I have received here at the Miami Heart Institute gives me cause to feel that these ladies and gentlemen are not doing just a job, but a job of love.

I want to thank the Jamaican people again for their continued prayers, and I hope very much that I will be able to return the same feelings that I've known for them all these many years.

I would also like to acknowledge the hundreds of calls that I have received from friends in the US and in other parts of the world.

I want to give them my grateful thanks for remembering me in their prayers.

I take great courage from the love and concern shown by my family — my wife, my children, my brother and sister, and all my other relatives.

Thank you, and God bless Jamaica.

WESTERN SPORTS

The Sports People

*We Salute You "Herb" The Man, The Humanitarian,
"Herb" The Trail Blazer.*

HERB MCKENLEY SPECIAL

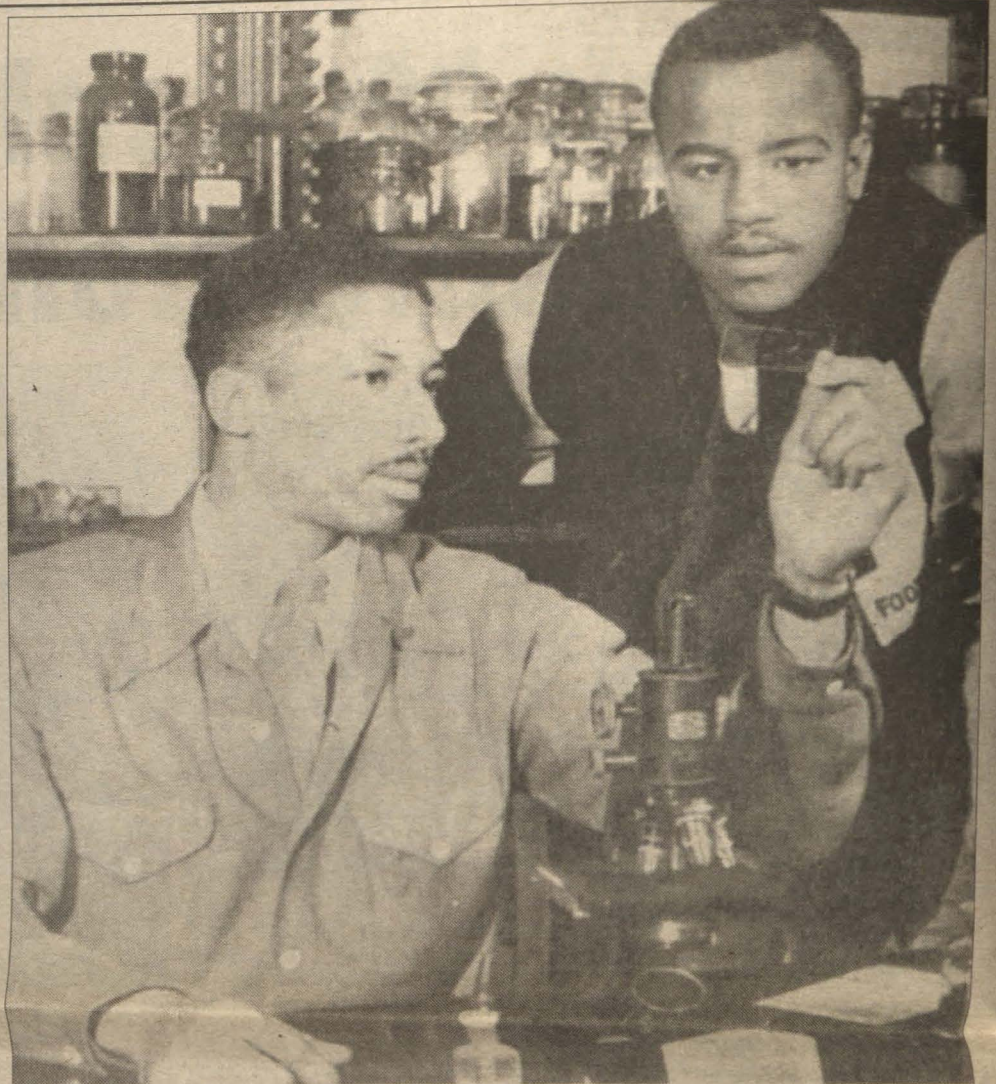
The early days

• Moulding of a champion

The following story is a chapter from the book, 'Great Jamaican Olympians', written by Jimmy Carnage and published by Kingston Publishers, which can be purchased at bookshops islandwide.

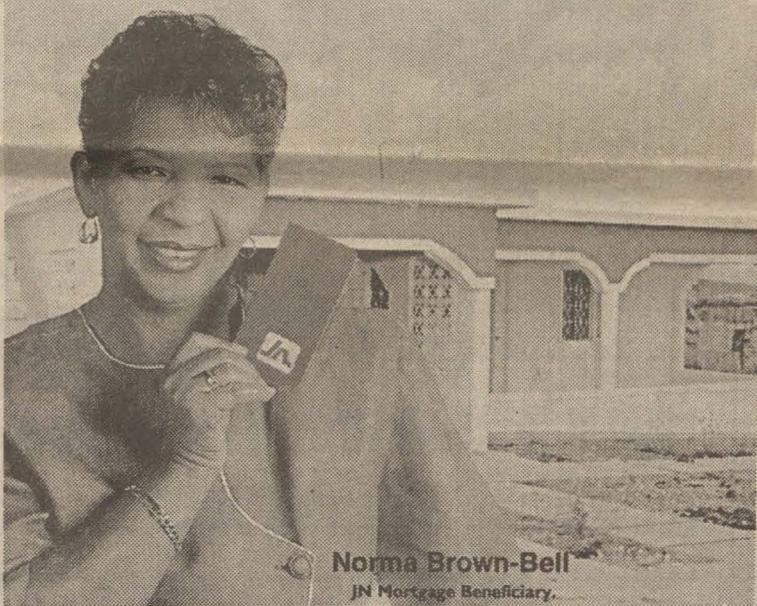
HERB McKenley grew up in Pleasant Valley, Clarendon, with his elder sister, Vioris, and a younger brother,

Dudley, who later became a prominent trade unionist and Member of Parliament. He learnt the three Rs — Readin', 'Riting' and 'Rithmetic — at the Pleasant Valley Elementary School; and from his grandfather, William Manning, he received the rudiments of the fourth R — Runnin'.



Herb McKenley with young college rival, Buddy Young.

The Passbook To Your Home



Norma Brown-Bell
JN Mortgage Beneficiary.

Start thinking about your future today and open an account with Jamaica National Building Society. It's the first step towards owning your home.

You could benefit from:

- Mortgage rates as low as **18%***
- A variety of mortgage options
- Quick processing of applications
- Friendly and efficient customer service

Visit the Jamaica National branch nearest you and find out more.

* Conditions apply

JN WE'LL HELP YOU FIND A WAY
Jamaica National
BUILDING SOCIETY



18 BRANCHES
ISLANDWIDE

HALF-WAY
TREE

NEW
KINGSTON

DUKE STREET
KINGSTON

SPANISH
TOWN

LINSTEAD

MAY PEN

MANDEVILLE

SANTA
CRUZ

SAVANNA-
LA-MAR

LUCEA

MONTEGO
BAY

BROWN'S
TOWN

ST. ANN'S
BAY

OCHO RIOS

PORT MARIA

ANNOTTO
BAY

PORT
ANTONIO

MORANT BAY

Grandpa Manning used to match young Herb against all comers to the McKenley home. The visitors received varying handicaps, depending on their age: the race was always a brisk sprint from the gate in. The old man, careless of his grandson's amateur status, gave the light-stepping, barefooted boy, a three-penny prize for every win.

Herb's father, Alexander, was a doctor in May Pen, Clarendon's main town. He wanted his eldest son to follow his footsteps. Herb's mother, Zilpha, wanted her son to be a violinist. So Herb became a violinist, amateur class. Sent off in 1934 to Mico Practising School in Kingston, twelve-year-old Herb began taking violin lessons from George Neilson, who had won his stripes amid the harsher sounds of the First World War.

He just loved the idea of going to violin

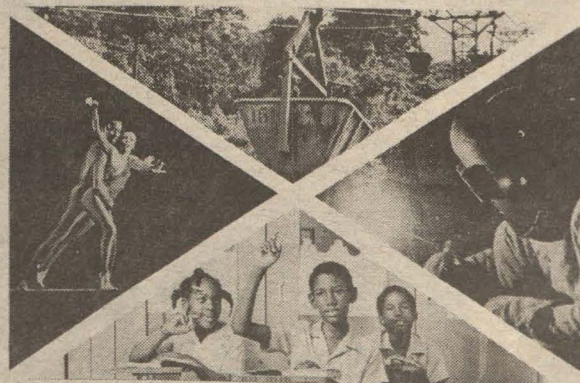
lessons. It meant running about two-and-a-half miles everytime. He even wanted to go to violin lessons more often than planned, only because he could run there and back, while using his tramcar fare to buy bananas ... and Jamaica had plenty bananas in those days.

As for violin lessons ... well ... taking them made his mother happy.

He enrolled at Calabar High School in January, 1937, and it was there that his enthusiasm for competitive running was really stirred. Founded by Baptist missionaries in 1910, the school had a compulsory sports programme which was promoted, if not with the evangelical fervour of the main message, at least with equal steadfastness. Herb lapped it up.

Then, in 1938, Jamaica's high school track and field athletics champion of the previous year came to visit his alma mater before sailing

Quietly Achieving Important Goals



Creating Jobs,
Earning Foreign Exchange,
Paying Taxes...Contributing
to our Community.

With an investment of some J\$20 billion, Alcan Jamaica Company is a major generator of jobs in our community. Through its 1,200 full-time employees, it contributes to Government revenue through taxes, duties and foreign exchange.

Alcan actively encourages community development. It regularly offers assistance to schools, service clubs, church projects, hospitals, youth clubs and social welfare organizations throughout our island.

Alcan Jamaica Company
Division of Alcan Aluminium Limited (Inc. in Canada)
Quietly Achieving Important Goals



HERB MCKENLEY SPECIAL

An open letter to Herb

Dear Hon Herb,

It was with great pain that I received the news of your unfortunate mishap at a time when you were, once again, answering the call to serve your nation without thought of reward in the sport of track and field, your life's greatest love.

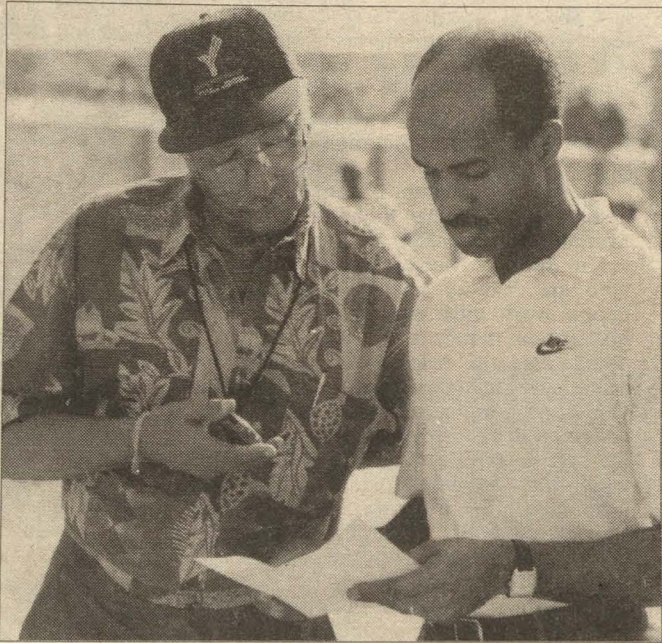
Numbed I was by disbelief that so great a man, as you undoubtedly are, had to defer to some other place or time, the opportunity to serve his country in the way that he knew best.

After I had taken stock of myself, my brain worked overtime to come up with some means of telling you, with the country as my witness, how much we as a people love and appreciate you for all you have done for youth in Jamaica.

For all the tributes paid to you, whether official or unofficial, and all the functions held in your honour, this nation could never dream to repay you for all that you have done to make Jamaica a better place.

Many a time our paths have crossed as we both sought to uphold the traditions of our separate alma mater. We have drawn swords in the sweltering cauldron of Boys Champs competition, but after all was over, we have managed to extricate ourselves, without residual rancour, from those sometimes bitter encounters, with a smile, a handshake and all the bitterness forgotten until next Boys Champs.

Coming, like yourself, from a strong and pervasive medical background, and when I was informed of your frightening illness, and seeking peace of mind for myself and others like Carmen and Brian, who took the time to call, I did as the Italian



Herb (left) sharing information with fellow Olympic gold medalist, Donald Quarrie.

Mafia would have done, I called in my markers' to check on your condition.

There was a lot of medical jargon, but suffice it is to say that your chances of full recovery were 90 per cent or better. What a relief! Why? We can't afford to lose you Herb. We need you around, if for nothing else but to get the better of you again, at Boys Champs, a situation that is fast becoming a habit for us at Jamaica College.

We need your unyielding spirit as an almost savage recruiter. We can well remember your sworn resolve to bring the 11-year-old Oral Tephia to Red Hills Road in 1990 and the lengths you went to in order to ensure that end but we, from our hallowed castle on Old Hope Road, 'won again'.

Honorable Herb, your work is not yet finished. You need to produce more Roy Baileys, more Dwight Thomases, more Daniel Englands, more Birdmen and even more ... no I will omit the x-rated part, but we need you Herb and as Maurice Williams and the Drifters said in early sixties, and we say to you now "please stay, don't go".

Herb, for all your remarkable achievements and the unselfish and unstinting contribution you have made to humanity and the lives you have rescued from the brink of disaster, and the way you have sculptured your life always giving and never stopping to count the cost, you are indeed a great human being with thoughts of you evoking the comment of Shakespearean origin "that nature should stand up

and say to all the world 'this was a man'.

Ride on, ride on, Honorable Herb. Ride on in your majesty, you are a king among men and we will never ever forget what you have done for us as a people. We respect you Herb and we love you.

With great humility and respect. See you soon.

I am
Laurie Foster

PS: You can't leave us yet.

With the Compliments of

The New Uptown Restaurant

We prepare with care and serve with pride

10A HAGLEY PARK PLAZA KINGSTON 10
PHONE: 92-68637 - 92-67856

For Breakfast, Lunches & Dinners, Take Out & Catering Service.

The First Scientifically Validated Herb/Nutrient In Jamaica.

DOCTORS #1 CHOICE

Health-Pro®
GENUINE
PYCNOGENOL
(FROM FRANCE)

Buy 4 Bottles, get the 5th one FREE !!

SAVE \$150.00 on 20mg bottle \$200.00 on 50mg bottle

100% PINE BARK EXTRACT

ONE COUPON PER BOTTLE

Available at your neighbourhood pharmacy or health food store.

2a Molyne's Road • Suite #8
Tel: 968-7717-8 • Fax: 968-7719

MasterCard PAY NO GCT VISA

DISCOUNT COUPON: EXPIRY DATE 30/10/98

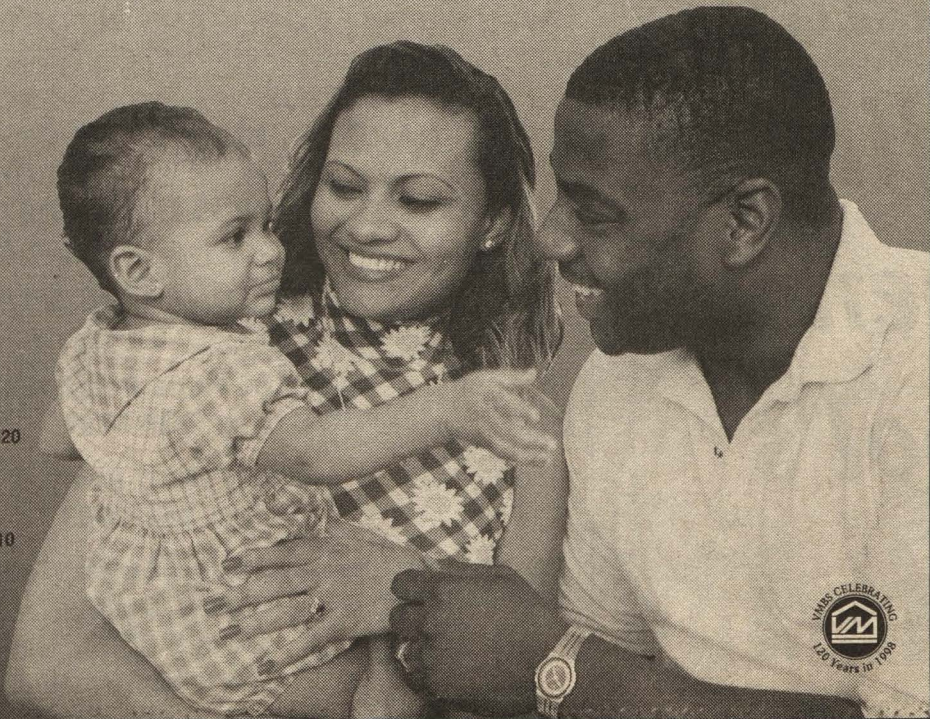
CUT OUT & PRESENT WITH PURCHASE

NOW is the time to start saving for your home.

Come to *The* **VICTORIA MUTUAL**
Building Society

CHIEF OFFICE
8 - 10 Duke Street, Jamaica W.I.
Telephone: (876) 922-5751-6, 922-9410-20
Fax: (876) 922-6602

THE INTERNATIONAL DEPT.
73 - 75 Half-Way-Tree Road, Kingston 10
Telephone: (876) 968-0151-2, 968-0125
TOLL FREE NUMBERS:
CANADA 1-800-465-6500
USA 1-800-255-5922
web site: www.vmbs.com
e-mail: manager@vmbs.com



CANT

HERB MCKENLEY SPECIAL

Hail the man, Sir Herb

BY EARL BAILEY

THERE is a good reason why great men are addressed as 'Sir'.

When president of the Jamaica Amateur Athletics Association (JAAA) Adrian Wallace called Herb McKenley in Miami recently to enquire about the great man's well-being after his triple-bypass heart surgery, McKenley himself had something to enquire about.

"Have the boys (at Calabar) started to train as yet? Call Mr White (the assistant coach), and tell him to begin right away," McKenley petitioned.

Even while he is undergoing daily therapy to restrengthen himself, Herb, as he is affectionately called throughout the world, is deeply preoccupied with his boys. Shouldn't he focus on getting better? On staying alive? Yes he is, but the future of his boys, and Jamaica by extension, still weighs heavily on his mind — regardless. Yes Sir.

At 76 years old, the 1952 Olympic champion is inarguably Jamaica's most renowned sportsman, still hogging the headlines wherever he goes — locally and internationally.

Unquestionably, he is also the most loved. Herb's exploits on the track are well documented. He has had a long and illustrious career, dating back to 1938. He beat the odds, and the competition, to reap gold for Jamaica along with other greats, Arthur Wint, George Rhoden and Les Laing, in the mile relay at the Helsinki Olympic Games. One of, if not the greatest sprinters ever, he is the only man

to have run in the final of the 100, 200 and 400 metres at the Olympics. And, with the specialisation in the sport these days, he may be the only person ever to do so — period. He is also the only man to have medalled in the three events at a major games, taking three bronze medals at the Pan American Games in Buenos Aires, Argentina in 1951.

But that's only where it began. Where and when it will end nobody knows. The great man returned to Jamaica in the early 1960s and noisily slipped into the role of moulding young champions ever since. He has been the guiding light at his alma mater, Calabar High School, coaching his charges to countless accolades on and off the track. He bellowed orders across long distances from lungs made resilient from many years of hard training.

Every single Jamaican athlete has been touched by his greatness, whether physically or mentally. Just to see him is an inspiration. His vivid, emotional stories, spanning a 60-year career, provide enough food for thought.

Herb, a past president of the JAAA, has put in more hours with Jamaica's athletes than any single being, still holding the helm at Calabar while being a national coach, and national treasure.

As a matter of fact, he was on his way to the Commonwealth Games in Kuala Lumpur, Malaysia, in the official capacity of national coach, when he was stricken by a massive heart attack. At an age when normal men sit on sofas

and stare at newspapers over thick-rimmed lenses, McKenley still moves about the world with the briskness of youth, touching lives and injecting positive ideals.

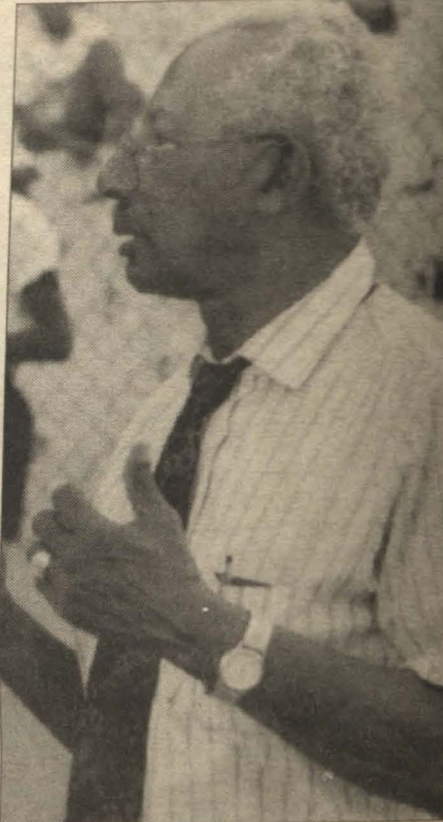
"If you really, really want it, you can have it," he will say, pointing his fingers up your nose — almost.

Attempting to count the amount of scholarships that Herb has found or caused to be available for Jamaican athletes would be an act in futility. Many successful Jamaicans who are making friends and influencing people worldwide, were nudged forward by his unseen hands after they opened the doors. And the respect and esteem which Jamaicans are accorded abroad, particularly in Europe, were cemented by his bravado in Helsinki and London four years earlier. It's the battles fought by heroes like McKenley which have etched Jamaica in the imagination of people worldwide.

The honourable Herb McKenley, has been justly honoured on many occasions by distinguished organisations. He has been accorded Jamaica's fourth highest honour, the prestigious Order of Jamaica, and is one of Jamaica's few Ambassadors at Large.

But it is time that the honour accorded this giant of a man be upgraded to match his stature and contribution.

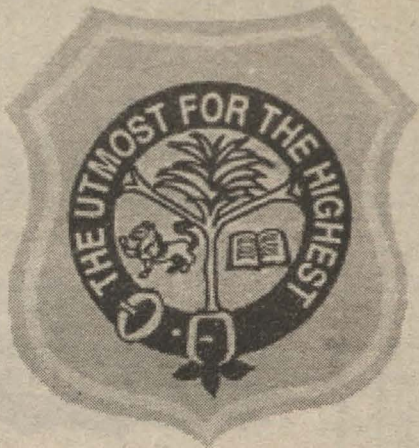
In the corridors of power, there appears to be moves to upgrade him to the Order of Merit (the third highest honour) and at the same time to petition the Queen to accord him a knighthood. This would be quite fitting. It would mean so much to every Jamaican the world over, and it would give



MCKENLEY...should be knighted

our young something extra to aim for. That we are looked upon as abnormal people is directly related to heroics such as his. That people the world over save for years to afford the opportunity to get to Jamaica, even for a day, is directly attached to his past and present activities. That he is a living work of art and a national treasure beyond estimation cannot be in doubt.

Let's call him Sir Herb. Yes Sir.



*To the individual
who embodies
the very essence
of the school's
motto*

CALABAR OLD BOYS ASSOCIATION.



**Blue Cross
of Jamaica**

An Independent Licensee of the Blue Cross and Blue Shield Association

From Birth Through Retirement

WE OFFER FLEXIBLE AND AFFORDABLE HEALTH PLANS

- EXECUTIVE BLUE
- INTERNATIONAL BLUE
- SCHOOL PLUS
- EMPLOYEE GROUP PLAN
- EXCLUSIVE BLUE
- CREDIT UNION PLAN
- COLLEGE PLUS
- RETURNING RESIDENTS' PLAN

Our Only Concern is You

Kingston: 85 Hope Road, Kingston 6 Tel: 927-9821-7
Fax: 927-6737

Mandeville: 2-4 Ward Avenue, Tel: 961-0001,
Fax: 961-0003

Montego Bay: 3 King Street, Tel: 952-4448,
Fax: 979-7868
e-mail: bcj@colls.com
website: <http://www.bluecross.com.jm>