

# Y's CRACKER

Black Hawk County Family YMCA  
669 South Hackett  
Waterloo, Iowa 50701  
(319) 233-3531



## AREA AGENCIES TEAM UP FOR WELLNESS

Black Hawk County Family Y.M.C.A. and the Waterloo School District have formed a Cooperative Wellness Program. The program is designed to give the school employees an opportunity to exercise after school in convenient locations throughout the community.

John Preston, a consultant for Health Education at AEA 7 is the founder of the innovative program. School employees can choose from a variety of classes offered by the Y.M.C.A., other area agencies and individuals. The classes are held right after school in various elementary and junior high school gymnasiums.

The employees can select the class that best suits their individual needs. Each employee can receive a discount by simply mailing in their "\$10 AEROBUCKS" to the agency who is providing their class. Classes in Aerobic Dance, "Over-40-Fitness", and other special aerobic classes are currently being offered.

Michael Lubbe, the Y.M.C.A. Director of Health Enhancement, believes that other corporations may soon follow suit. "More and more companies have become aware of the benefits of providing wellness opportunities for their employees. And with the current state of the economy in the community, the Y.M.C.A. can offer a cost-effective alternative to home-based corporate wellness programs".

The Waterloo Schools Wellness Program is a unique cooperative effort of various community agencies. Congratulations to all involved in making the program a success!

## NEW EXERCISE BIKES HAVE ARRIVED

If you haven't already noticed, the Y.M.C.A. Exercise Room now has new exercise bicycles. The new bicycles are "State of the Art" Schwinn DX 900's. There are six

of the new bicycles, replacing the Schwinn exercisers that have been around for years.

The Schwinn DX900's have the ability to measure exercise time, speed, pedal RPM's, and overall distance. Operating instructions are posted in the Exercise Room. Please read the operating instructions and follow the guidelines listed, prior to riding the bicycle.

Exercise programs for the Schwinn DX900 can be obtained on an individual basis by contacting Michael Lubbe, Y.M.C.A. Director of Health Enhancement.

## TAMMY DAVIS — NEW INTERNSHIP STUDENT

Tammy is from Waukon and graduated from Waukon Senior High in 1982. In high school she was involved in volleyball, basketball, track, softball, and student council.

After finishing high school, she attended Iowa Lakes Community College and earned an Associate of Arts Degree in Recreation. While in college, she played on the women's basketball team and was an active member of the Recreation Club.

Tammy transferred to the University of Northern Iowa in August of 1984 and will graduate this May with a Bachelor of Arts Degree in Community Recreation. While at U.N.I. Tammy has been involved in the U.N.I. Recreation Club and Physical Education Club.

For her graduation requirement, Tammy will be doing her internship at the Y.M.C.A. During her internship here, Tammy will be teaching a Tuned Up Fitness Class, a Live Y's Class, and will be involved in youth programs in the aquatics and youth sports areas. Also, Tammy will be involved in program development, staff supervision, administrative practices and introduced in our budgeting process.

Welcome aboard, Tammy!



## FROM THE EXECUTIVES CHAIR

*It can now be said that our Y.M.C.A. had a very successful year in 1985. A year in which many positive changes have taken place. A year in which participation reached new records. A year in which more and more people became involved in their Y.M.C.A.*

*As we look to 1986 with renewed excitement, I might pose this question: DEAD OR ALIVE? — How do we fit into the following from your perspective?*

*LIVE YMCA'S always have parking problems; dead YMCA's don't.*

*LIVE YMCA'S are constantly changing; dead YMCA's don't have to.*

*LIVE YMCA'S have noisy kids; dead YMCA's are fairly quiet.*

*LIVE YMCA'S are constantly improving and planning for the future; dead YMCA's relive their past.*

*LIVE YMCA'S move out in faith; dead YMCA's operate totally by sight.*

*LIVE YMCA'S support the total international movement; dead YMCA's keep it all at home.*

*LIVE YMCA'S focus on people; dead YMCA's focus on programs.*

*LIVE YMCA'S are filled with donors; dead YMCA's with tippers.*

*LIVE YMCA'S don't have can't in the dictionary; dead YMCA's have nothing but.*

*LIVE YMCA'S evangelize; dead YMCA's fossilize.*

*Is our Y.M.C.A. totally alive?*

*See you at the Y.M.C.A.!*

*Jim Weaton*

*YMCA Executive Director*

## LOST & FOUND

Did you know that the Y.M.C.A. has a lost and found? That's right we do. If you think you may have left or misplaced an item at the Y.M.C.A., follow this procedure:

1. Contact the Y.M.C.A. Lower Control Desk.
2. Give the attendant your name, a complete description of the item(s), the date you found it missing, the approximate time of day and your telephone number.
3. At this time the lower control center attendant will check our lost and found or have you personally check it.

**IMPORTANT NOTE:** Lost and found items not claimed after 30 days are given to Goodwill Industries. Here are some tips to minimize items from being lost or misplaced:

1. When issued a key for a locker, pin the key on your athletic wear, do not leave your key in the lock or throw your key on the gym floor, weight room floor, etc.
2. Make sure all your personal belongings are in your locker while you workout and that you have everything before your leave.
3. Make sure your locker is completely closed.

4. Do not leave sweatshirts, tee-shirts, etc., lay around in any part of the physical areas.
5. For Fitness Center Members:
  - A. Make sure your laundry bag is securely pinned.
  - B. Make sure your padlock is locked.
  - C. Check to make sure you have everything before you leave.
  - D. Put your name on all of your personal belongings. This will help identify items of people who have identical articles.

We hope these tips will reduce the number of lost and found articles in our Y.M.C.A.

**FINAL NOTE:** The Y.M.C.A. is not responsible for lost or stolen articles.

## SPORTS SHORTS

By Mark Singsank

### GIRLS BASKETBALL—"THE SECOND SEASON"

The second season of the Y.M.C.A. Girls Youth Basketball Clinic is off to a successful start. Eighty girls are signed up for the session which will include three weeks reviewing fundamentals and five weeks of games.

I would like to thank several parents who have volunteered to help coach: Steve Jackson, Bob Friedman and Rich Wesseman, your time and talents are certainly appreciated!

### WRESTLING CLINIC

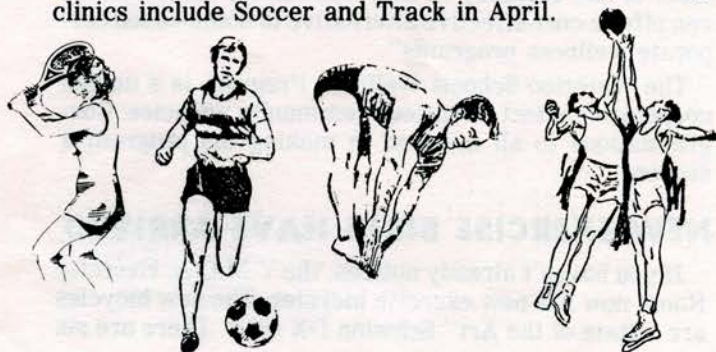
One hundred and fifty-six (156) kids were on hand for the start of this years Youth Wrestling Clinic on January 18th. The clinic participants will be learning the fundamentals of wrestling and participating in a mini-tournament on the last Saturday of the clinic, March 8th.

I would like to thank all of the gentlemen who are helping with this years clinic: Lyn Flenker, Ron Fouts, Bob Frey, Mike Blair, Vic Bienfang, Kallin Kurtz, Terry DeGroote, Dave Williams, Rick Heckenlively, Paul Hauser, Harry Smith, Bill Donnelly, Jeff Green and Bob Hoffmann. We appreciated it!

### VOLUNTEER COACHES

Without the help of the many fine volunteer coaches we have in our programs throughout the year we would be unable to continue the programs as they are. I know it takes time, but your time is definitely appreciated.

If anyone is interested in volunteering to help coach any of the Youth Sports Clinics, feel free to contact Mark Singsank, Youth Sports Director. Upcoming clinics include Soccer and Track in April.





## Y.M.C.A.—SPORTS INJURY CENTER

St. Francis Hospital's Sports Injury Center has been offering their services on behalf of the Y.M.C.A. for the past couple of months. Staff from the center have provided free injury examinations and consultations at the Y.M.C.A.

The program is held in the Y.M.C.A.'s gymnastics room on Thursday's from 11:00 a.m. - 12:00 noon. Any person seeking information regarding a sports related injury is encouraged to attend and have their questions answered. The Sports Injury Center Staff, including Tony Peyton, Marchell Austin and Scott Beckman, have done an excellent job seeing a number of Y.M.C.A. members and program participants.

If you or someone you know could benefit from this excellent program, please feel free to stop by the Y.M.C.A. on Thursdays at 11:00 a.m.

Thanks to St. Francis and the Sports Injury Staff for providing an excellent program.

## ATTENTION YMCA MEMBERS:

- \* The running track, pool area and gymnastics room will be closed on Saturday, February 8th due to the "Baby It's Cold Outside: Indoor Triathlon." Sorry for the inconvenience.
- \* The Y.M.C.A. still has 3 used exercise bicycles available for sale. The exercisers are going for \$100.00 each. The bicycles are Schwinns and were used in the YMCA's exercise room for the past couple of years.
- \* Keep in mind the YMCA merchandise center will be taking orders for YMCA nylon running suits beginning on February 10th. The suits come in scarlet, navy, maroon, and royal and are available in Adult sizes small, medium, large and X-large. The price is \$26.00 per suit (including top and bottom).

## TWINGES IN THE HINGES

### TRUE OR FALSE:

- Arthritis is a disease of minor aches and pains False!
- Arthritis is never serious . . . . . False!
- Arthritis is a problem of old age . . . . . False!
- Nothing can be done for arthritis . . . . . False!

### HERE ARE THE FACTS:

Many forms of arthritis make up the nation's most common chronic disease, and left untreated it can be serious. It affects people of all ages. The truth is, if we lived long enough we would all eventually have arthritis. One in seven people experience this gradual wearing away of the joints.

We have found regular exercise to be extremely important in controlling some of the symptoms of arthritis.

The YMCA of the U.S.A. has teamed up with the National Arthritis Foundation to start our Joint Mobility class. It meets from 10:45-11:30 AM Monday, Wednesday and Friday. It provides non-stressful exer-

cises performed in the pool and it is not necessary to know how to swim in order to participate.

Proper exercises help keep the joints flexible and also preserve the strength of muscles, ligaments and bones. The water helps in balance and coordination. The program provides cardiovascular benefits and encourages relaxation. Exercising in this group setting provides recreation and the opportunity to socialize with others.

### TRUE OR FALSE Twinges in the Hinges Continued . . .

We have accessible parking, an accessible pool with the water temperature 83°F. minimum, therapeutically designed pool steps . . . . . True!

Our Joint Mobility class is certified through the YMCA of the USA and the National Arthritis Foundation . . . . . True!

Anyone who wants to limber up their joints and receive other benefits should take our class . True!

If you feel any twinges in your hinges you need to come join us today. . . . . True!



## COMMERCIAL PRINTING

WE PRINT ALL KINDS OF:

BOOKS • BROCHURES • BULLETINS  
CALENDARS • CIRCULARS  
ENVELOPES • ENCLOSURES • FOLDERS  
LABELS • LETTERHEADS

**This Ad Worth \$3.00 On Any  
Printing Order Of \$20.00 Or More**

Addressing  
Labeling  
&  
Mailing  
Service



*In Business Over 60 Years*

**PHOTO TYPE SETTING  
(319) 234-2883**

326 W PARK AV

WATERLOO



On behalf of the Family YMCA we would like to welcome you into our YMCA Membership.

## WELCOME NEW YMCA MEMBERS —

Jeffrey Conner  
Cindy Day  
Joel Wester  
Cathy Baruth  
Teresa Bolin  
Terry Cornelison  
Teresa Daleske  
Mr. & Mrs. David Fell  
& Family  
Brian Miller  
Marilyn Kacher  
Robert Krogh  
Jason McFarlane  
Darin Prail  
Todd & Tom Seelhammer  
Connie Shelton  
& Family  
Justin Smith  
James Vaux  
Michael Victoria  
Karen Wood  
Larry Stubbe  
Eric Hatton  
Ken Bradfield  
Mike Poland  
Tracy Seelhammer  
Scott Sweeney  
Pamela Wilhelm  
Rod Bienfang  
Gregory Burke  
Theresa Danner  
Nicole Gast  
Susan Hilliard  
Rick Kacher  
& Family  
Michele Kalec  
Bob Lentzkow  
Pat McBride  
Denny McGeough  
& Family  
Mr. & Mrs. David O'Leary

Bruce Potter  
& Family  
Vince Schons  
Chad Seeger  
Ron Andrews  
Brian Bowman  
Matthew Brogan  
Shari DeGroot  
Kathleen Earnest  
Timothy Kezar Family  
Steven Kittrell Family  
Liz Koch  
Mindy & Matthew Mieh  
Pam McFarlane  
Glenda & Sean Riley  
Brent Schirm  
Peggy Schuler  
Teri Winkey  
Tresa Chambers  
Shawn Chestnut  
Mike Goswami Family  
Todd Hunemuller  
Roger & James Mishler  
Jack Seals  
Larry & Warren Wiele  
Bonnie Anderson  
& Family  
Teresa Burry  
John Coughlin  
& Family  
Dana Erne  
Mr. & Mrs. John Garwood  
Gaylen Hassman  
Karen Linnea Hampton  
Mr. & Mrs. Mike Molstead  
Betty Neisen & Family  
Donald Papenheim  
Camille Robinson  
Michael Shaw & Family  
Jeff Trost  
Mike Wyant

Jeff Batterson  
Richard Curphey  
Matthew Hanken  
Mark Kelly  
Stacey Pillack  
Renae Brown  
Dan Darrow  
Jeff Ferguson  
Kerry LaCoste  
Todd Rosauer  
Jeff Thompson  
Gayle Tomasson  
Dave Hoth  
W.D. Carter  
Doug Frederick  
Debra Metcalf  
Curt Patterson Family  
Ryan Smith  
Dan Ceilley  
Keri Koch  
Wayne Selberg  
Marlis Van Loh  
Elizabeth Bradford  
Nancy Hagen  
Charles Humphries  
Jeff Poland  
Faye Sharp  
Renee Smith  
Sam Bass  
Michael Brown  
Peggy Chari  
Cory Haberstich  
Maureen Kress  
Eugene McElneel  
Brenda Reiher  
Dan Rejman Family  
Tim Browning  
Lori Butler  
Tim Greenway  
Mr. & Mrs. Bradley Church  
Deionne Cooper  
Lisa Grapp  
Thomas Henry  
Steve Jacobson  
Judd Jones  
David Nordbrock  
Sam Runyan  
Julie Schoonover

Scot Slickers  
Julie Verly  
Lynne Bohr  
Ryan Cron  
Dave Gorman  
Craig Hoffman  
Evelyn Hurlbut  
Elizabeth & Michael Koch  
Carly Miller  
Kristen Ott  
Karla Peters  
Susan Schmitz  
Kathy Thomas  
David Zeigler  
Brad Condon Family  
Pete Houska  
Meagan Kelly  
Narendra Narapalem  
Radhika Raju  
Andrew Schmitt  
CeJay Sommer  
Terry Meyer  
Maggie McMahon  
Tammy Peters  
Elizabeth Settje  
Tim Andreassen  
Ellen Niedert  
Carol Tuttle  
Paula & Michael Wyant  
Michael Fink  
Chris Ferson  
Jason Hatton  
Marcy Jensen  
Jane Kivlahan  
Terri Sue Louscher  
Lynn Mowatt  
Jennifer Schmitt  
Scott Tjabring  
Rev. Howard Anderson  
Erin Brock  
Pat Brock

**BLACK HAWK COUNTY FAMILY YMCA**  
**669 SOUTH HACKETT ROAD**  
**WATERLOO, IOWA 50701**

BULK MAIL  
NON PROFIT ORG.  
U. S. POSTAGE  
**PAID**  
PERMIT NO. 1611  
WATERLOO, IOWA

