

# BLACKHAWK Y.M.C.A. BROADCASTER

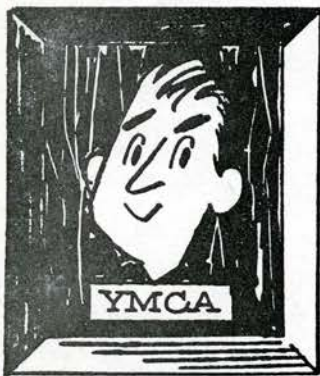
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John E. Bragdon, President

Sam L. Chollar, Jr., Gen. Secretary

Chuck Hazama, Editor

## YOU'RE WANTED!



### AT THE KICKOFF! Youth to Start 12th

The Central fall program for youth will kick off the week of September 12.

Members interested in enrolling for gym and swim classes may call in their preference for time via phone starting Tuesday, the 6th.

New members may register starting Thursday, the 8th.

#### TIME TO REGISTER

Registrations for youth will be accepted during the following times:

3:30 - 9:00 Tuesday through Friday, September 6 - 9 and from 9:00 to 5:00 on Saturday, the 10th.

#### SESSION FOR 10 WEEKS

Fall sessions will continue for a period of ten weeks. The fall term will end Saturday, November 19.

# KICKOFF FOR FALL!

## CENTRAL ANNOUNCES PLANS FOR YOUTH & ADULTS

### THE FOLLOWING WILL BE OFFERED YOUTH FOR THE FALL PROGRAM FOR GYM — SWIM

#### TADPOLE A — SATURDAY

9:00 — Gym  
9:45 — Swim

#### TADPOLE B — SATURDAY

9:00 — Swim  
9:45 — Gym

#### TADPOLE C — SATURDAY

10:45 — Gym  
11:30 — Swim

#### TADPOLE D — SATURDAY

10:45 — Swim  
11:30 — Gym

#### MINNOW I — MONDAY

4:00 — Gym  
4:45 — Swim  
Rec. Swim —  
Saturday — 1:00 - 2:00

#### FISH I — MONDAY

4:00 — Swim  
4:45 — Gym  
Rec. Swim —  
Saturday — 1:00 - 2:00

#### MINNOW II — TUESDAY

4:00 — Gym  
4:45 — Swim  
Rec. Swim —  
Saturday — 1:00 - 2:00

#### FISH II — TUESDAY

4:00 — Swim  
4:45 — Gym  
Rec. Swim —  
Saturday — 2:00 - 3:00

#### MINNOW III — WEDNESDAY

4:00 — Gym  
4:45 — Swim

Rec. Swim —  
Saturday — 2:00 - 3:00

#### FISH III — WEDNESDAY

4:00 — Swim  
4:45 — Gym  
Rec. Swim —  
Saturday — 2:00 - 3:00

#### FLYING FISH I — THURSDAY

4:00 — Gym  
4:45 — Swim  
Rec. Swim —  
Saturday — 3:00 - 4:00

#### SHARK — THURSDAY

4:00 — Swim  
4:45 — Gym  
Rec. Swim —  
Saturday — 3:00 - 4:00

#### FLYING FISH II — FRIDAY

4:00 — Gym  
4:45 — Swim  
Rec. Swim —  
Saturday — 3:00 - 4:00

#### PORPOISE — FRIDAY

4:00 — Swim  
4:45 — Gym  
Rec. Swim —  
Saturday — 3:00 - 4:00

#### JR. LIFE SAVING — SATURDAY

1:00 - 1:45

#### JR. HIGH MEMBERS

All Jr. Highs will be able to be in open gym starting at 3:30 to 9:00, Monday through Friday and from 9:00 to 5:00 on Saturdays. Swimming from 7:00 to 9:00 Monday through Friday and from 12:15 to 1:00 on Saturdays.

#### HIGH SCHOOL MEMBERS

All follow the men's daily schedule and may participate in any scheduled program for men.

#### Youth Membership Cost

All memberships for boys 6 through 18 run for a yearly rate of \$15.00. This membership is active from the date it is purchased up to that same date the following year.

#### JUDO SKILLS

Judo classes for boys will be meeting on Saturdays starting at 1:00 — each session runs for two hours.

Boys must be members of the Y.M.C.A. and purchase their own uniforms or (Gi). Once enrolled, boys who compete must get sanctioned for tournaments.

Gymnastics for youth (boys and girls) will be conducted Saturday morning from 9:00 — and from 5:00 p.m. Fridays. Sessions run from one to two hours.

Competitive swim team schedule will be released at a later date.

LEARN TO  
SWIM  
AT THE  
YMCA





## KICK OFF FOR FALL . . .

# ADULTS TO START SEPT. 19th

### AQUATIC SCHEDULE

Men may enter the pool when there are two or more starting at nine in the morning up to 4:00 in the afternoon — on Saturdays from 12:15 to 1:00 and from 4:15 to 5:00. Also, they may enter in the evenings from 7:00 to 9:00. Families may also attend during these hours (7-9) and a family membership rate may be purchased so whole families may participate.

### HANDBALL COURTS

Handball and paddleball is open from Monday through Friday from 9:00 to 9:00 and on Saturday's from 9:00 to 5:00.

### JUDO

Judo classes for adults are held from 7:00 to 9:00 Mondays and Thursdays.

### PHYSICAL FITNESS FOR MEN

Physical fitness classes for men are held Monday through Friday from 12:00 to 1:00; Tuesday and Thursday from 5:00 to 6:00.

### WOMEN'S PHYSICAL FITNESS

## The Monday, Wednesday & Friday morning classes offers Babysitting Service.

Women's classes are to be held on Mondays, Wednesday's, and Fridays at 10:00 a.m. and Tuesday and Thursday evenings from 7:00 to 8:00.

### VOLLEYBALL

Volleyball will be held Monday through Friday from 1:00 to 1:30 and Tuesday and Thursday evenings from 5:30 to 6:30.

### WEIGHT LIFTING

Weight lifting is available to high school youth members and older any time the Y.M.C.A. is open. Instructions for members will be held every Thursday evening from 7:00 to 8:45.



Welcome to your Y's Physical Department. We hope that you find our facilities adequate and presentable and will reward

you with many hours of fun, fitness, and fellowship throughout the year. We hope all of you will enjoy your Y.M.C.A. membership.

*Facts About Our Department.* Your physical facilities include: (1) a businessman's locker room; (2) a golf driving range; (3) 2 gyms; (4) two handball courts; (5) a health club: a) steam room, b) infra-red, c) massages, d) ultra-violet, e) whirlpool; (6) judo and wrestling area; (7) a physical fitness room; (8) swimming pool; (9) weight-lifting area. Name it and we've got it — a complete facility for a physical plant.

*No Street Clothes* will ever be permitted in any area of the Physical Department. Gym shoes and gym uniforms are required; swim suits are mandatory.

*Guest Privileges.* Adults may be brought in as guests for a fee of \$1 in the general membership area. There is a limit of five passes that can be sold to anyone who does not have a membership. Adult passes are \$2 in the Health and Athletic Club. There is a limit of five guest passes here also. Boys 18 and under may purchase five guest passes for 50 cents a pass. Limit here is five for the year. After receiving five passes, every individual must purchase a membership to gain admittance to the Physical Department.

*General Membership* (High school, college, young men, senior). Persons may rent tote baskets in the cage room for \$2.50 per year. Ask the cage room attendant for a basket this fall. Towels may also be rented for 15 cents.

*Laundry Facilities* are being offered again this year. Leave your gear to be laundered at the cage room in the laundry bags for 35 cents a set.

*Handball Courts* start at 9:00 a.m. To reserve these courts call after eight o'clock at 233-3531. They may be reserved in person or by phone.

*Physical Department Uniforms and Items* are on sale at the front desk; and you may purchase socks, "T" shirts, shorts, shoes, shampoo, paddleball, handball, soap, anything you want. Just check at the front desk.

*Join A Fitness Class.* A fitness test may be taken by any member by calling the physical director and setting up an appointment. These are recorded and kept confidential in the files and referred to after participating during the year. Ask for this Harvard Step Test if you have just joined.

*Open Swimming Schedule.* Starting this year a schedule will be made each term which will indicate open swimming hours for men and women. Please check on the bulletin boards because this changes each term and has been an area where we have had a lot of misunderstanding. Ask for the open-period dates prior to coming. We will have these published and conveyed to you each term. Fathers and sons may also participate during these open swims.

*Parking* is available to all Y.M.C.A. members at the Waterloo Savings Bank lot right across from the Y.M.C.A. The going rate is 10 cents per hour; and unless you bank at the Waterloo Savings Bank, you must pay this fee.

Should you at any time be *Injured* participating in the Physical Department, please report this to a supervisor or attendant so the physical staff member can make and complete his report to the physical director.

*Summary.* If at any time you do not find an activity listed or if you have any questions concerning program or if we can be of any service, please feel free to call on any of the staff members in the Department so we may be of assistance to you.



# I Run For My Life

by Don Lash

Don Lash is a remarkable man. As an athlete he held the world record for the two-mile run in 1936, breaking the great Paavo Nurmi's record with the time of 8:58. He was the first American to go under nine minutes.

He competed in the Olympics and was national cross-country champion for seven straight years, a record which still stands. In 1938 the James E. Sullivan award for being the most outstanding amateur athlete in America was given to Don.

Although he specialized in the two-mile he once ran the mile in 4:07, which was only a fraction of a second off the world record at the time. "Now it seems everyone goes under four minutes. You could see it coming even then," he said recently.

He is a member of the Helms Athletic Hall of Fame and served for 21 years as an agent in the Federal Bureau of Investigation until he joined the Fellowship of Christian Athletes in 1963 as the North Central regional secretary.

Don continues to work out every chance he gets. He plays handball, basketball, and naturally runs. In fact, he runs regularly, and at least once a year on a given day jogs 10,000 meters (6¼ miles). In excellent condition at the age of 53, weighing 175 pounds as compared to 160 when he was running, Don claims that this consistency of physical conditioning will keep any athlete in good health and active throughout his life.

The following personal account of his conditioning program should move a few more of us out of the park, or the track, to run for our lives.

"Not long ago it was a common belief that athletes had a large heart and that the average life of an athlete was shorter than that of the average man. There may be a certain amount of truth in this statement when speaking of ex-athletes; however present day scientific facts point out that the athlete who continues to exercise lives longer than the average man.

"In the majority of cases where an ex-athlete suffers a heart attack, he has ceased to exercise, but at the same time he has continued the same amount of food intake, and is probably smoking heavily. In such a case he is asking for trouble.

"In 1933 I started my college career. It was necessary that I obtain employment to sustain myself in school. As a result I obtained employment in the physiology laboratory of Indiana University. At the time Sid Robinson was my Cross Country Coach. He was also completing his Doctor's Degree in Physiology and was in charge of various physical tests being conducted in the laboratory. Since that time Dr. Robinson has spent his life studying the effects of exercise on man.

"When I broke the world's record in the two mile run in 1936, Dr. Robinson found in me a logical guinea pig for many of his experiments.

"In the first experiment on me, conditions were good. This test started by taking my basal metabolism. It was found that I had a resting pulse rate of 54 beats per minute, the average man has one of 63. I was then placed on a treadmill. It was set at a pace comparable to my world record two-mile pace. My heart beat increased from 54 to 192 beats per minute. It was found that my heart could pump more blood than three water spigots could produce when they were turned wide open.

"The essence of these experiments showed that my heart pumped 50% more than the average person, that my blood con-



tained more red cells which of course carry the oxygen to the body tissues and as a result, my body received better than ½ more oxygen to operate on than the average athlete. As Dr. Robinson has stated, I should have run even faster than I did.

"Today at the age of 53, I still work out and can be called an athlete. Certainly I do not work as hard as when I was in competition. I enjoy my workouts which are usually in the form of basketball, handball, bicycle riding or just running. I am convinced that the type of exercise does not matter as long as it is vigorous and stimulates the circulatory system.

"Although it has been a quarter of a century since I competed in athletics, I can still consume 4.31 liters of oxygen per minute; the average man my age consumes only 2.7 liters per minute during exercise. As previously stated, my resting heart rate was 54 beats per minute in 1936. Twenty seven years later my resting heart rate is 55 beats per minute. However, during exercise or in case of an emergency, my heart rate increases to 171 beats per minute. *There is no doubt but that these experiments have proved that continued regular exercise have kept me in top physical condition.*

"Exercise is important in all ages. It has been found that the blood-flow slows down as a person becomes older. The heart pumps from six to seven pints of blood through approximately 100,000 miles of blood vessels, some are so tiny that the molecules must squeeze through in single file. The vascular system carries system blood that is rich in food and oxygen to the capillary system of approximately 60,000 billion body cells. The circulatory system stays open with exercise for the normal man but has a tendency to clog up with the lack of exercises. Regular vigorous exercise for the normal man is necessary according to men like Dr. Robertson. They feel that exercise is conducive to good health. A regular program of exercise helps the body to:

1. lower the blood pressure.
2. reduce fat and even redistribute it.
3. slow down blood clotting.
4. slow down the heart beat; but the heart will beat stronger and more blood will be pumped with each stroke.
5. cholesterol level is reduced.
6. fatigue is reduced and strength is added.
7. the body is more relaxed with a clearer mind.

"We must consider the above factors as great deterrents to heart disease. Insurance rates can be lowered by the individual who exercises regularly. Obesity, smoking and the lack of vigorous exercise are certainly conducive to diseases of the circulatory system.

"Everyone cannot be a world champion, but everyone can keep physically fit by whatever physical exercise suits him best. A man may not have the time or facilities for the sport he enjoys most, but any man, no matter how rich or poor, can run; in fact, we should run for our lives."



# Letter from Pres. John Bragdon



To  
The  
Membership

Fall is upon us and winter not far off. It's been a good summer at your YMCA; the staff is all rested from vacation trips, golf, etc., and now ready to serve you for the coming season.

Bob Kincaid, who is our detached staff worker, will start full time in September. This is a new venture at the Black Hawk County Y and we hope taking the Y "out to the community" will acquaint many new youths with our program.

Hartman Reserve is the site for the new school for retarded and handicapped children. They have already broken ground for a new building for this purpose to be located near the entrance to the camp. We will still have full use of all the facilities.

We are interviewing several promising young men as a replacement to John Malmberg who we are sorry to lose, and think by September 15th will have one of several good applicants on our staff. Incidentally, the hiring of a new staff member will bring our number of professional staff workers up to the maximum number and this is necessary to carry out our enlarged program serving the largest number of persons ever in the history of our YMCA. We are not through yet either, we have big plans for the future.

Your staff and directors join me in urging you to use the facilities and programs we offer. The pool, the gyms, and the father-son type programs are just a few of the activities offered. Check to see what you or your son would enjoy and then let us know. If the program is full, we'll start another

In closing, I'd like to say

constructive suggestions are always welcomed. If you have something in this category let us know.

Hoping to see more of you at the Y. I remain . . .

Yours truly,  
John E. Bragdon  
President, Y.M.C.A.  
Board of Directors

## "A Y.M.C.A. Member?" NOPE, NOT OURS

Are you an active member, the kind that would be missed.

Or are you just contented that your name is on the list?

Do you attend the meeting and mingle with the flock?

Or do you stay at home and criticize and knock?

Do you take an active part to to help the work along,

Or are you satisfied to be the kind that just belongs?

Do you even voluntarily help at the guiding stick

Or leave the work to just a few and talk about the "Clique"?

Come to meetings often and help with hand and heart

Don't be just a member — but take an active part.

Think this over member, You know right from wrong

Are you an active member, or do you "Just Belong?"

## "I'M THIRD"

(Courtesy of  
Danville, Ill. YMCA)

Not long ago I had the pleas-

ure of visiting my home town YMCA, haunting the familiar rooms and visiting with the guy who nudged me towards this, my chosen profession.

Interesting, isn't it, to recall back to our own leaders days, the idols that started us on our way and the feeling that there's something different about the YMCA.

I found this motto on the General Secretary's desk pad, and thought you'd like to share it as a devotional with your young men.

*They watched him go away from home to College, with the anxiety and interest which parents always feel when a son goes away from home. He was fortunate in having a fine Christian father and mother who believed in him.*

*The day he left home, his parents called him in and told him that there were some things that they wanted above all things. They wanted him to do well in College, but they did not want him to sacrifice some things in order that he might win popularity, or make high marks.*

*A few days later the young man arrived in school, a small framed motto appeared above his desk, with these words upon it: "I'm Third." Everyone coming into the room was attracted by the uniqueness of this motto, and many asked what it meant. The young man would always reply, "I will tell you what that means the week I graduate from Col-*

*lege."*

*Time went on. He kept his ideals high, and lived the life of a good Christian, he did well in school, made his athletic teams, and was always foremost to take his place of responsibility, although never a great star or a headliner in studies or athletics. Year after year this young man went to College and finally the last week of his Senior year came, and the time the fellows were to come for their answer, and the why of the "I'm Third." When they questioned him he replied, "Fellows, when I was leaving home for College, my parents called me to them and said that they were anxious that I should do well in school; that I should make the athletic teams; that I should be popular, but that there were some things which they did not want me to sacrifice for these things, and they were not anxious that I should be a great star or headliner, but they were exceedingly anxious that I should remember to keep God first in my life, the other fellow second, and this motto means "I'm Third," and fellows, this I have tried to keep in my life."*

*There was a silence among the fellows present, and then they, too, understood why he had been chosen President of his class, President of the YMCA, and voted the most popular man in school. If anyone needed his friendship he was always there because he had in his life one motto: "God first, the other fellow second, and I'm Third."*

## YOUNG MEN'S CHRISTIAN ASSOCIATION OF BLACK HAWK COUNTY

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