

# Alumni Bulletin

Vol. XXXIV

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No. 2

## FINE HOME-COMING

Despite the bad weather that began just before Thanksgiving, Home-Coming at Normal College was better attended than in 1949. Everybody expressed himself as well pleased with the program. The following is an unsolicited opinion by Margery Stocker.

"Home-Coming 1950 was one of the most enjoyable that I have experienced in several years. The program planned by Mrs. Hester and Mr. Martin was tops. The dance program in the gymnasium by Miss de Anguera was excellent. I also liked the Saturday morning program of mixers by Harry Grabner.

"The Alumni luncheon Friday noon was very nice; if only a little more time could be allotted for it. The dance on Friday night was fine as was the Thursday evening program.

"The Indianapolis Alumni and the officers and committees as well as the College committee are to be congratulated for a very pleasant and instructive Home-Coming.

"My regret is that more Alumni do not plan ahead for their class reunions and assemble at Thanksgiving time to catch up on all the time since graduation and between Home-Comings."

The instructors of Turner societies held a conference in connection with Home-Coming. Discussions covered the formation of a Turner Instructors' Association; the instructors' pension plan; a national youth meet; a unified merit system for children's classes, and the American Association of gymnastic coaches. Various aspects of the 1951 national Turners' Tournament in Buffalo were also discussed and the mass drills for men and women were shown.

## CAMPERS WELCOME

Do you know that you can earn a commission by enrolling boys and girls for Camp Brosius? Alumni who know of children interested in a camp course should encourage them to come to our children's camp. The fee for the six weeks of camp is \$200.00 plus \$10.00 for laundry and \$3.00 for health and accident insurance. A commission of 10% is paid to Alumni who will recommend children. Ask for a pamphlet describing the camp. It will be under the direction of Mrs. Clara Hester this year.

During the month of June the camp will be occupied by the Normal College students. The hotel will be operated from the end of June until Labor Day. The rates are reasonable and we hope that many Alumni will attend.

## PHI DELTA PI IN DETROIT

Phi Delta Pi will sponsor an open meeting during the National Convention of the A. A. P. E. H. and R. Convention in Detroit, April 17, 1951, Book-Cadillac Hotel at 9 A. M.

Topic: Accent on Physical Education for All Youth in a Democracy.

Speakers: Dr. Josephine L. Rathbone, Teachers College, Columbia University, New York City, N.Y.; Dr. Ellen D. Kelly, Pennsylvania State College, State College, Pa.; Dr. George T. Stafford, Health Co-ordinator, University of Illinois, Urbana, Ill.

Summarizer: Margareth Greiner, Chicago, Ill.

Lucille Spillman, Convention Chairman, cordially invites all N. C. A. G. U. alums to attend.

## PERSONALS

## Appointments and Transfers

Ray G. Glunz has been appointed Director of Physical Education in the Buffalo schools to succeed Eugene Hofmeister. At the same time, the Board of Education appointed Carl A. Spitzer as his assistant. Ronald Moody was transferred to Riverside High School in Spitzer's place.

Another Normal College graduate is an exchange teacher this year: Ioma Jean Hodson is teaching in the schools of Ashburton, Devon, England. Her address is 28 North street.

The former Gladys Griffith (we still don't know her married name) is now teaching in Brookline school in Pittsburgh.

June Bosworth is teaching in the Buffalo State Teachers College.

Eleanor Doerr is now at Park School, New City, New York.

Having returned to Buffalo, Grace Stephan Coughlin is teaching again in the public schools.

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## Weddings

The marriage of Anne Messoro to Robert G. Lufkin took place December 27 in Buffalo.

James Butler was married to Florence Ericson at Thanksgiving.

The marriage of Aline MacFarland has been announced. She will be married February 24 to John Schilling in Brooklyn.

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## Births

Pearl Barnekow Wise and husband are the proud parents of a girl, born January 9.

Mrs. Harvey Lecollier presented her husband with Harvey Jr. in July. They will soon move into a new home.

A daughter arrived November 10 at the home of Betty Atkinson Burgess and husband.

The Norman Schultes also report the arrival of a girl on November 9, Karen Louise.

Joanne Margaret arrived at the home of Warren Steele and wife in Oakland, Cal., December 4.

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It's now Lieutenant-Colonel for Fred Plötz, stationed in Rhode Island.

Two new home owners in Cincinnati are Hazel C. Orr and Willam Bischoff.

Detroit Alumni chapter of Phi Epsilon Kappa has elected Ralph Sigel president.

Mr. and Mrs. Andy Lascari announce the marriage of their daughter Elaine on January 27.

Claire Daus Reisner is teaching again—dressmaking and tailoring at Ohio Mechanics Institute.

Ernest Senkewitz's soccer team again won the championship of the Pittsburgh Junior high schools.

"Augie" Auernheimer and family visited in Missoula last summer and drove home via Glacier Park.

Harry Dippold has been elected as a member of the trustees of the Turners Jahn Educational Fund.

Sorry to report the death of Leo Doering's mother November 29 and of Herbert Suedmeyer's mother December 28.

Cleveland schools are "pepping up" the conditioning program for boys. Jacob Kazmar is in charge of the program at his school.

The Steichmanns spent the Christmas vacation in Southern California, with Kate's brother in the Avocado region around Encinitas.

To increase their scholarship fund, Phi Epsilon Kappa Alumni of Cincinnati are sponsoring a professional hockey game at Cincinnati Gardens.

Phi Epsilon Kappa Alumni of Philadelphia honored Herbert Evans as "old timer" upon completion of 25 years of

membership. His brother Arlington as well as Grover W. Mueller and Leo Zwarg were honored as "old timers" last year.

Buffalo Alumni extend an invitation to all Normal College people to attend the Turners' national tournament to be held there June 29 to July 3.

The Army announces that it needs recreation directors in Germany and the Far East. Any one interested should apply to the Civil Service Commission.

A long lost Normalite was heard from the other day: Lucille Jost, now Mrs. Preston Maring. She has three children and is teaching in the Detroit public schools.

Herbert Suedmeyer is swamped with requests for square dance instruction. He began teaching the dances in 1944 at the North Oak Community Center in Buffalo.

Nice to live in such scenic neighborhood as Denver provides. Al Helms and family camped out for weeks in Rocky Mountain park and hiked over the trails.

Friends of Frank Eckl will be pleased to hear that his daughter Shirley, who married recently, is still premier Danseuse in the musical show "Kiss Me Kate" in New York.

At the annual convention of the Pennsylvania Association of Health, Physical Education, and Recreation, Richard Barrick was chairman of a panel discussion on Safety Education.

Mildred Jost McCartney has been chosen chairman of the institute for high school students to be held by the Council on World Affairs in Cincinnati. High schools of the middle west are participating.

Connie Zimlich underwent a major operation in December, but has fully recuperated. However, the doctors would not let her continue her teaching at Normal College this year and Lola Lohse has taken her place for the second semester.

The Philadelphia Association for Health, Physical Education, and Recreation, has asked the Board of Education to honor William A. Stecher by naming a new school after him. Stecher was the first director of Physical Education in the Philadelphia schools.

Joe Goldenberg has been called for service again and has a leave of absence from the Indianapolis public schools and the Athenaeum Turners. He served in the Army from January, 1942 to May, 1946, and holds the rank of Captain. He is married and has two children.

The national A. A. U. gymnastic championships will be held in Detroit, at the Turner hall, May 4 and 5. The local committee is headed by Harry Warnken and includes Louis Thierry. Harry is now also on the Turners Physical Education Committee with two other Alumni, Jack Stocker and Henry Schroeder.

St. Louis high schools are putting on a civil defense and physical fitness program for the second semester in which many Alumni will participate. All senior boys and girls are required to take the 12-hour course of the Red Cross, Home Care for the Sick, and they are also to have one physical education class daily. The latter may have to be modified because of lack of instructors and facilities in some high schools.

The Philadelphia schools are making good use of television by scheduling a program of school telecasts more varied and inclusive than ever before. Every effort is made to make them of real supplementary value in the class room. Martha Gable, now special assistant in the Division of Public Relations in the Philadelphia schools, was first to introduce public education by means of radio and is now promoting the television program.

The annual convention of the New York State Association for Health, Physical Education, and Recreation was held in Buffalo in January. Delta Psi Kappa arranged a luncheon which was

attended by several members from other cities: Eleanor Doerr, New City; Gladys Beisman, Mt. Pleasant; Dorothy Van Aller Hettler and Marion Notley Stowell, Syracuse; Betty Venus Bridge, Middleport, and Mildred Muench, Clinton. Phi Delta Pi arranged a breakfast during the convention.

Lou Thierry and Dick Strohmer are classmates again. They went through high school together in Detroit and both attended Normal College and graduated 1915. Both taught in Cincinnati and accepted positions in the Detroit schools together. Recently the Detroit school board directed that one teacher from each school be chosen to take a Red Cross Refresher course. Both Lou and Dick were chosen and so again are students together.

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#### IN MEMORIAM

Eugene Hofmeister died December 18 at the age of 59 years. A graduate of the class of 1913, he was appointed to a position in the Buffalo schools. He taught at different high schools until 1922, when he was made director under Carl H. Burkhardt. In 1929, he accepted the position of Director of Physical Education in the Cincinnati schools, but was not happy there and returned to Buffalo after seven months. Eight years later he became head of the physical education in secondary schools, and in 1948 took charge of the work in both high and elementary schools. He was married to Lillian Hopkins, a classmate at Normal College. Dr. Rudolf Hofmeister of St. Louis is his brother.

Otto Boehmke died May 23. He was a member of the 1912 class and taught in various positions until 1930.

Two members of the 1913 class lost their wives lately. Mrs. George J. Altmann died in July, and Mrs. Louis Zinsmeister, December 7. And Carl Hein's wife died September 6.

#### STUDENT ACTIVITIES

##### Sophomores

Back again, after Christmas vacation, everyone was all smiles. However, we missed some of those smiles. Namely those of Gary Hoffman and Chester McDowell. Both are working for Uncle Sam now, following a "special invitation". We wish both all the luck in the world and hope that some day, soon, they will be with us again.

The vacation was not quite long enough for Skeets Cooley. She had to return home the next week-end, but failed to give a good reason for it. Hmmm!

Rumor has it that Dave Reisig is transferring to the University of Buffalo next semester. We will miss Dave and wish him lots of luck in the future. Herb Vogel will take over Dave's Turner classes. With only five sophomore men left, Mr. Martin will have to "sweat it out" in Epee fencing along with us.

Congratulations to Becky Jordan. Reason? Just look at the beautiful diamond ring she is wearing.

Fred Friedrichsen has been whizzing around the horizontal bar lately. I believe he plans to be a "Master" yet.

The faculty treated us to final exams. So, between the proverbial midnight oil and hairpulling, they discovered that after all is said and done, more is said than done.

Harvey L. Prinz.

##### Freshmen

Months have passed since we first stepped into the halls of Normal College. We have learned a good deal in that time, haven't we, Ed? Ed Huff is recovering from a broken neck received while he failed to use his hands while doing a head flip. Zella Doty is with us again after weeks in the hospital.

Of the seventeen freshmen who entered, we have only fourteen left. Elmer Gates is in the air force, taking orders from Uncle Sam. George Breithaupt is in the Navy. Mary Sanders has left us

to take up the duties of a housewife. She was married February 4.

The Christmas party provided lots of fun, and the two weeks of Christmas vacation were simply wonderful, but it's nice, too, to be back in the College.

Loretta Thompson.

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### CHRISTMAS CARDS

For a long time I have been thinking that I should mention the pleasure we get from the many cards and messages which come to us personally or to the College. After years (and I do mean years), every Christmas brings a card from Herbie Schack's family and one from Whitey Boehm. Folks, it would not be Christmas without them. They come as regularly as Christmas itself.

This year brought many charming cards with photographs of families. Freddie Ploetz (pardon me, Lt. Col. Frederick Ploetz) has three youngsters so much like pop that you pick them out anywhere.

Katie Thompson Swan at least sends a picture of her lovely two daughters to prove that she is alive. Otherwise, how would we know? She lives so far from Indianapolis that the trip over is impossible. (Anderson, Indiana, is 36 miles from here.)

Lib Underwood Rupert sent a picture of her three. They look like a crew lively enough to keep anyone busy.

Adolf and Dorothea Winter and Esther Plischke Boettcher never fail to give an account of their families.

Of course, the more recent graduates think of us. But when those who have been gone ten to twenty years still remember us we are truly grateful for their kind thoughts.

Clara Hester.

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### MORE TEACHERS NEEDED

The Office of Education points out the great need of additional teachers for our schools. The birth rate was about

40% higher in 1948 than in 1941. It is conservatively estimated that enrollment in the elementary schools, 20,300,000 in 1947, will reach 29,500,000 by 1957. The total of teachers needed by that time will be about one-third, or 330,000 greater than in 1947. This number does not include college teachers.

The following remedies are suggested: Supplementing teachers' salaries at all levels; instituting a program for training teachers on both the elementary and secondary school level.

Enrollment at Normal College has been decidedly below average for the last two years. The report printed in the November issue of the Alumni Bulletin showed that all those who attended the College and completed their course in Bloomington, and who wanted positions, were placed. In fact, many more could have found work in the schools. We want to appeal to the Alumni to call these facts to the attention of their high school students and to encourage them to take up Physical Education and come to Normal College. Tell them especially about the scholarships available to high ranking high school graduates.

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### DETROIT CONVENTION

This year's convention of the Association for Health, Physical Education, and Recreation will be held in Detroit, April 16 to 20. As usual, there will be a diversified program with something interesting for everybody. Normal College Alumni should make a special effort to attend, and there will be a reunion for them.

Detroit Alumni chapter of Phi Epsilon Kappa and the chapters of University of Michigan and Michigan State College have scheduled a round table discussion on the opening day, a buffet dinner at the New Veterans Memorial building and a luncheon.

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## THE HEART OF THE ATHLETE

A study of the effects of long-term intensive athletics on the cardiovascular system was undertaken by the Philadelphia Association for Health, Physical Education and Recreation, and a group of cardiologists. The first round table discussion revealed the profound and complicated confusion which surrounds the question of the athlete's heart. The following are excerpts from a report by Dr. Joseph B. Wolfe and Grover W. Mueller, Director of the Division of Physical and Health Education.

The existing confusion was emphasized both by the findings of the physical educators and of the cardiologists and other physicians at the meeting. Mr.

Grover W. Mueller, representing the physical educators, cited the fear of parents that the hearts of their sons and daughters may be injured by participation in competitive athletics; the frequent excuses from family doctors aim to keep pupils from even mild non-competitive physical activities. What basis is there for the statement made at the meeting by a prominent public health administrator who is also a physician and sportsman, that he had observed the collapse of five boys at the end of a two and a half mile cross-country race who showed clear symptoms of acute dilatation of the right heart? What basis exists for the counter-statements of other physicians and track coaches that no ill effects result in boys who have been examined and approved before participation? Or for the omission of a number of strenuous sports such as rowing and football below certain school levels?

Doctors Deutsch and Kauf, to name only two of the pro-athletics school, flatly declare that in a great number of autopsies they found not one case of enlarged heart resulting from athletics; Dr. Middleton, of Wisconsin, just as flatly has stated that every top flight athlete who was examined in the University had a hypertrophied heart.

After hearing much evidence from medical and high lay opinions, all authoritative and contradictory, the physical educator wipes his brow, calls the battle so far a draw, and turns on the cardiologist a battery of urgent questions of which these are samples: What, exactly, is the difference between vigorous competitive and vigorous non-competitive physical activities in their effects on the heart? Can the healthy heart be injured by physical activity? Which cardiac defects warrant total non-participation, and which require modified forms and amounts of non-competitive as well as competitive activity? What kind of medical and physical examination should

be given a prospective participant in both non-competitive and competitive sports to make such participation safe? How frequent should such examinations be? How important are the preliminary training periods and the gradual tapering-off periods in strenuous competition? What information should physical educators and coaches possess in order to protect their charges, and where can they get it?

The cardiologist, properly appalled by the division of medical opinion on this subject, must advance cautiously into this fog of controversial confusion. As the meeting brought out, even the term "athletic heart" has no precise meaning. To most people it means an enlarged heart; to others, "heart strain"—a condition difficult to define and almost impossible to corroborate scientifically. Some believe it to be acute cardiac dilatation, either temporary or permanent, while another group defines it as an irritability expressing itself by irregular heartbeats. Still others consider that the "athletic heart", while not definitely abnormal, yet predisposes its owner to early degenerative changes which cause premature death. Finally, Dr. G. G. Deaver maintains that the "athletic heart" is a perfectly functioning organ, beating slowly—forty-five to fifty-five beats per minute—regular in force and rhythm, and slightly larger than the average heart.

As to competitive activities for those between the ages of thirteen and seventeen, one of the views expressed in medical literature is fear of damaging the heart while still in its developmental state, while other views just as firmly advocate stimulating heart growth during this period by such vigorous exercises as running, swimming and mountain climbing.

Despite this contradiction, cardiologists have some solid ground to stand on. Unquestionably it is injudicious to allow on a school team students with a

limited cardiac reserve shown, for instance, by a history of rheumatic fever and evidence of permanent damage of some important part of the heart, such as the valves, the muscles, the cover, or the large vessels.

Experience and experiment have shown that only studies of heart sizes corroborated by X-ray films should be considered in a scientific evaluation. Therefore, opinions of the pre-X-ray era should be discounted.

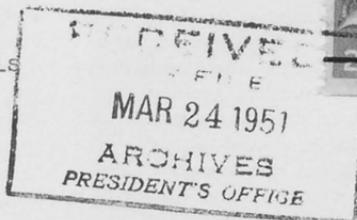
One of the experiments conducted by the Committee and reported on at the Symposium should prove of interest. A group of ten high school cross country runners were studied immediately before and immediately after a race to determine what immediate effects, if any, competitive long distance running has on the cardiovascular apparatus of the contestants, and second, to determine if any collapse during this competition could be attributed to cardiac incompetency. All the modern equipment for cardiovascular study was set up in Fairmount Park, Philadelphia, at the starting and finishing line of the race. Four X-ray machines and five electrocardiographs were used simultaneously to avoid delay. A report of this study showed, 1. the hearts of the competitors were somewhat smaller after the race than before; 2. there were no cases of cardiac collapse; 3. there were changes in the electrocardiogram which will need further study to determine whether they were due to a simple increase in heart rate or whether they reflect emotion.

The results were suggestive rather than conclusive. One case, who dropped out before the finish, and who appeared alarmed and in turn alarmed some of the supervisors and spectators, failed to show evidence of cardiovascular collapse or any enlargement of the heart. Two factors accounted for his behavior: 1. acute upper respiratory infection, and 2. an accumulation of important psychic factors.

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Before doctors and physical educators can evaluate scientifically the effects of athletics on the heart, they must have many studies of this type, where precision instruments such as X-rays and electrocardiographs can be brought to the athlete directly on the field. Not until then will exact knowledge dissolve the fog of controversy.

Such investigations, the fruit of teamwork by cardiologists, psychiatrists, physical educators, and athletes, are essential to determine the effects of competitive sports on the cardiovascular system.

Meanwhile, it must be kept in mind that medical opinion considers most forms of athletic and physical training definitely beneficial.

#### SYMPOSIUM ON DYSMENORRHEA

Published by Phi Delta Pi, National Professional Physical Education Fraternity for Women; edited by Meta L. Greiner, 5936 N. Kilpatrick Ave., Chicago 30, Ill., March 1950. \$1.00. Ten per cent discount on orders of five or more to be sent to one address.

This symposium is a collection of nine papers by prominent gynecologists, orthopedists, and experts in body mechanics. It presents their viewpoints on the prevalence, etiology, and treatment of dysmenorrhea. How prevalent is dysmenorrhea among high school girls and

women in industry; why should it be treated; what are the psychosomatic aspects; what results are achieved by the Billig Exercise; what medical and surgical treatments are being used; these are some of the questions discussed in the papers. A bibliography is included.

The authors of the papers are Josephine L. Rathbone, Ph.D.; Frederick H. Ehmann, M.D.; Harvey E. Billig, Jr., M.D.; Eleanor Metheny, Ph.D.; Leib J. Golub, M.D.; Joseph Bruno; Mary D. Pettit, M.D.; William E. Hunter, M.D.; and Richard A. Lifvendahl, M.D.

This pamphlet should be of great interest to physical educators, physicians, industrial physicians and nurses, and any others concerned with this subject.

#### COMMON COLD

The common cold is the most prevalent and the most highly infectious of all the communicable diseases. The average person suffers at least two colds in the course of a year. The duration of a simple cold averages five days. From 40 to 50 per cent of all days lost from work are attributed to colds and their complications. The cost of the common cold to the American people is well over a billion dollars a year. Any disease that runs to such astronomical figures in cost must be rated high in the list of enemies of the public health.