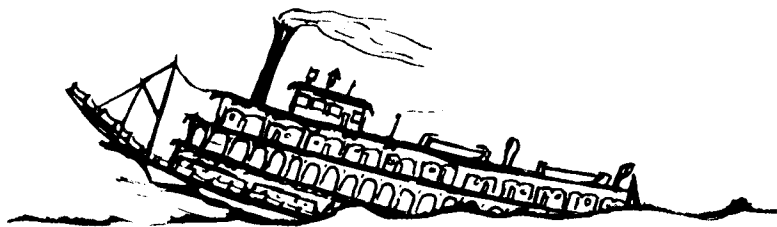


# OLD STERNWHEELER'S

## MASTER'S MONTHLY



Volume: Loud, Number: 484-0210

TOTALLY OUT OF CONTROL

Special April Fool's Issue

Hello again, Mud puppies. Fasten your seat belts and notify your next of kin. Here we go with the Second Intermittent April Fool's Issue of the Old Sternwheeler's Master's Monthly. This month you will learn much about sex. ...There. Now that I have your attention, we will turn to crustimony procedcake for the April 1th issue. Tiddely Pom.

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DO IT YOURSELF STROKE HINTS: How to Cheat.

How do you beat that monster that swam in college and can go under :30 without even working out? Is that fair?? NO!! So put yourself on equal footing with a little aquatic sleight of hand. The only people who follow the rules are clergymen and Jr. High student council members.

1) Try flipping your turn in the middle of the pool. This is especially effective in the backstroke, where you can keep your eye on the starter. When he turns around to re-load the gun, BAM! over you go. 2) For you subtle types, you can do some rather fancy footwork at the registration table. Lie about your age, and enter an age group where there is no competition. If challenged, say, "What? Am I supposed to have my birth certificate taped to my forehead? Huh?" This will usually get you by. 3) Enter the 1650 or 500 and miscount your laps on purpose. Have an accomp-liss counting for you, and pretend to become confused. Then skip 8 - 10 lengths. Make sure they skip an EVEN number of lengths, because otherwise you will finish at the wrong end of the pool, and this could arouse suspicion. As always, if any of your group should be caught or captured, The Old Sternwheeler will disavow any knowledge of your action. NEXT MONTH: How to get disqualified.

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ADVERTISEMENT: The Mark Eden Breastroke Developer

Documented Proof! You can develop your breastroke from a :40 to a :38 or even a :37!! No drugs, creams, or exotic apparatus. With just 2000 yards each day, you can watch your breastroke develop before your very eyes. For details and attractive 3-color brochure, just write to Betty-Sue "Fried" Eggs, in care of this station. So you remember, write before midnight tomorrow.

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ERNEST HEMINGWAY ENTERS A MASTERS MEET. The Old Sternwheeler is proud to publish this unknown account of "Papa" Hemingway's first and only Masters Meet.

"The locker room stank. It was, appropriately, the lower bowels of this great building, the building they call Cooke Hall. The upper bowels stank too, but a man doesn't notice. At the door to the pool, I was greeted by the white, hopeless faces of men and women forced to face the realities of freestyle and backstroke. The butterflyers were off in a corner, already resigned to their fate. Even the lane lines seemed to call like a mortar shell in the desert. I yearned for my rifle, but had left it in my locker.

"Warm-up was over as quickly as a teenager making love, and I wrapped up in my blood red warm-up suit and carefully laced up my Adidas Jack boots. Like a man I watched the first few events... Men and women were dying at the end of their races. It was not a pretty sight, but such is the way of Masters and its slaves.

"Like a bolt from the Firmament itself, they announced my event: the 100 free. My very strong heart did a slight but entirely masculine leap. I tore off my blood red warm-up suit and strode like a matador to the blocks. My Adidas jack boots made a hollow clumping sound on the hollow blocks. An old wound from an old war prevented me from doing a masculine grab start, so I did a rather feminine one. The starter's weapon breathed fire and we were off. I swam like a one-eyed whore in heat. My mind flew, trying to count so I wouldn't stop at the wrong time and look like a stupid ass. Nothing could be worse than looking like an ass in front of a half-naked woman.

"The race was a blur. Because you can't see clearly underwater, and I forgot that my masculine jack boots weighed 30 pounds apiece. It was a long, painful 100 yard walk on the bottom, but I made it. I finished third. Which was not good, but not really bad either.

"I picked up my medal and pinned it through the skin of my left breast. It didn't feel good, but it wasn't bad either."

**MARTIAN MASTERS INTERGALACTIC RADIO-TELESCOPE MEET**

Word has just arrived of a potential close encounter of the third place. The Martian Masters has challenged the Earth to a radio-telescope meet to be held on Earth May 1 and on Mars Xoplu 210. Events to be swum are the 100 & 200 Freestyle, the 20 micro-parsec multi-propulsion race, 50 Backstroke, the Green Canal Relay, and the Super Mixed Relay. (Martians have 4 sexes) There will be no disqualifications, anyone cheating will be vaporized. Enter now.



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**SAMPLE WORKOUTS:** These workouts are written for you old bats and crocks. You are a sorry case if you can't finish these. Anyone missing an interval will be vaporized.

300 EZ Butterfly	"Chip Fichter Favorite"	200 EZ Ch	200 EZ Warm-up
1500 K	100 EZ Warm-up	12 x 50 on	50, then grab the girl in Lane 2.
1500 P Breathe	30:00 Snack break	the roof	50, then grab the guy in Lane 4.
once per length	Call Dave Luedtke	10 x 100 on	50 Cool down, then grab your towel
400 EZ Fly	25 Cruise Swim	the floor	and head for the showers for a
50 x 50 on 150	Call Future Wife	20 x 50 on	wild game of "Drop the Soap".
500 EZ Fly to	Take Sauna	the bed	
cool down	50 EZ Cool Down	200 EZ	

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**EXECUTIVE COMMITTEE FINANCIAL REPORT** for the First Quarter of 1978. Both sets of our books are open for public inspection once in a while.

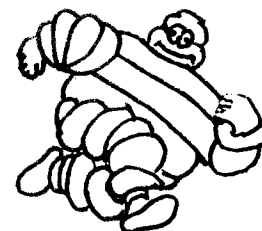
<u>INCOME</u>	<u>EXPENSES</u>	<u>EXPENSES, Cont'd</u>
Meet Entry Fees: \$ 200.00	Blanks for pistol: 3.50	Committee Study Trip to
Event Entry Fee: 432.50	Printing costs: 309.60	Ft. Lauderdale, Fla. : 1,890.00
Subscriptions: 45.00	Postage: 116.44	Barefoot Cruise in So. Seas 4,673.13
Misc. Income: 1.50	Refreshments at Exec.	New Wardrobe for AAU Meeting 800.00
Total Income: 679.00	Committee Meetings: 200.00	Total Expenses \$ 7992.67

We will request the sum of \$7313.67 from the Minnesota A.A.U. to underwrite these operating expenses, and help us balance our first budget.

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**CARBOHYDRATE STUFFING:**

Much research has been done in recent years about the effects of dietary modification on performance. The overwhelming weight of the evidence points to the concept that prolonged carbohydrate stuffing will lead to fat. Michelin T. Bibendum, the prominent French physiologist, has demonstrated that subjects stuffing for 3 or more months will gain up to 3 kilos per week in intensive stuffing, with 1.3 kilos/week in moderate stuffing. The effect on performance depends upon what you want to perform. Carbohydrate stuffing will not effect the performance of Bach, Mozart, or Strauss, but will negatively effect the performance of trapeze artists and high wire acts. Prof. Bibendum suggests that all performers stuff for 3 months and "Zort of zee vat happens, if you know vat I meanz."



Michelin T. Bibendum

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**TIPS FROM THE TOP:** Here are some of Minnesota's top Masters Swimmers, offering tips to all swimmers.

**Marsha Soucheray:** "Always heat the pan BEFORE you melt the butter when sautéing almonds."

**Ray Hakomaki:** "If your car pings on regular gas, try a mixture of 1/2 premium and 1/2 regular. It is much cheaper than buying all premium gas."

**Mamie Brown:** "'Green Leader' in the Fourth at Santa Anita, unless it rains, and then you go with 'Southern lady', who is a mudder par excellence."

**Jimbo Andersen:** "If you simply must take the boat to the Continent, do be sure to book on an English Boat. Those American boats are prone to sinking, and those Greeks! Well, you can't turn your back on them. And above all dear, remember, the 'Register' is watching."

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**LETTERS TO THE EDITOR:**

Dear Old Sternwheeler,

I hope you perverts have fun before the AAU catches up with you and takes away your stamps and paper. I have all I can do to keep my children from reading this garbage over the phone to their grandmother who will expire if she laughs too hard -Frantic

Dear Old Sternwheeler,

I just think you are wonderful. Are you married? You write the funniest stuff, so educational, I dream at night of you holding me in your arms and whispering those clever things about flexible ankles and oh, those body positions. Please tell me about your elbows. P.S. I like when you write EZ in your workouts.

-EZ Rider