



**MORE THAN 100 POUNDS**—Weighing somewhere in the neighborhood of 430-450 pounds, the barbell Jerry Kirkham lifts here in the bench press position is somewhat lighter than the 630 pound lift he accomplished at a strength

exhibition last July that netted him an unofficial international record in the event. Working out with the heavy weights every day, Kirkham hopes to make a similar lift official in weightlifting competition next March in Portland.



**PROFITABLE TRAINING**—Jerry Kirkham finds that working at his job at Elk Lumber company during the day keeps him in shape. Working from 7 a.m. to 4 p.m. unloading lumber from drying racks, Kirkham said the work builds his arms and back, which are essential strong parts for a successful bench press.

# Local Man To Seek Lifting Title

By URBANE ROGERS  
Mail Tribune Staff Writer

Since the beginning of organized athletics in early Greek cities, men of Herculean strength and agility have competed against each other. From these contests, records of the attempts were made, only to be broken and bettered by others of superior skills and strength. An example of superior ability today and one certainly capable of breaking records is a young Medford man who recently broke existing international record in the bench press by lifting 400 pounds of barbell above his head during a strength exhibition at a children's fair in Springfield last July.

The man, who might be compared to a Spartan warrior in ancient Greece, is 267 pound Jerry Kirkham, who displayed his strength with other strongmen at the Willamalane Park district fair. The lift, however, was unofficial because it was not made during supervised weight lifting competition. Can Do It Again

"I know I can do it again," Kirkham confidently said. "The next chance I'll get to try for an official record will be at the Portland strength show which probably will be held in the latter part of March."

His expectations do not exceed his strength for Kirkham is a giant among the weight lifters of the world. The unofficial lift of 400 pounds he made exceeds the Northwest record by 200 pounds and tops the official international record set recently by Pat Casey of San Diego by 82½ pounds. To top this, Kirkham recently succeeded in lifting a total of 650 pounds above his head during a daily training session. The demonstration, which was held at the home of a friend, proved that Kirkham could be successful if he attempted to break the present world record.

"Jerry is one of the 10 strongest men in the United States today and the potential he has could well win him the bench press title," according to Bob

Radcliff, McLoughlin Junior High school football coach. Radcliff gets his information first hand, for he and Jerry work out together almost every night at the Radcliff home.

**Popular At Shows**  
The bench press is an event which is the most popular in strength shows. To get in position before the press made, a lifter assumes a prone position lying down on his back on a bench.

Two men, preferably experienced weight lifters, act as "spotters" and one stands on each side of the weight lifter to support the barbell. At the signal from the official, the spotters hand down the weight to the outstretched arms of the lifter who receives the barbell and supports it for a period of two seconds.

"It's a hard job," according to Kirkham, who is unassuming almost to the point of being shy. The training techniques Kirkham uses from day to day are something unique among weight lifters of his abilities because his usual exercises, for the most part, include things he likes to do best.

Kirkham's day of exercise begins at 7 a.m. when he reports for work at Elk Lumber company. Until 4 p.m. he works unloading high stacks of cut lumber. He admits the work is hard, but it builds his arms and back, two places essential for the strenuous bench press.

After work, he goes home where his parents have a farm on 2631 Old Stage rd. From there, he fills a quart pitcher full of milk and goes to the Medford YMCA for several hours of workout. One particular exercise Kirkham goes through each day at the Y is the "up and down," using a 340 pound barbell.

He starts the exercise with the weight resting on his shoulders and his hands gripped around the iron bar. He then sits on the end of a bench and prepares for the lift. With a sudden jerk, he lifts the 340-pound

weight over his head and back again, letting out a breath to finalize the action. The exercise takes Jerry three seconds.

**Becomes Interested**  
"I didn't really get interested in weight lifting until a friend of mine in Glendale (Calif.) invited me to try some weights

that he had in his parents' garage. That was when I was a junior at Glendale High school. At the end of my senior year, I was lifting weights every day.

"At some of the big training gyms in nearby Los Angeles, where I was born, I met some of the strongmen in the weight lifting world and they encouraged me to try out because they thought I had the potential."

Accustomed to strength shows held frequently in the Los Angeles and Glendale area, Kirkham expressed his hopes of organizing a show similar to the one held in Springfield.

**Exhibition Draws Crowd**  
"They had everything," he said, "even a band concert. But the strength exhibition drew a big crowd. Especially the kids, they were the ones who really helped me to lift the weight. The show would also be an exhibition, but anybody willing to compete with others for weight lifting would be more than welcome."

Kirkham admits easily enough that he doesn't have any "gimmicks" like other weight lifters do, but this is modesty on his part. One of the things he likes to do, but doesn't consider it a "gimmick" is to lift up a Volkswagen — front or back end.

**Sweater Too Small**  
As to Kirkham's dimensions other than his weight and stature, he will not say. The only hint is a sweater knitted by his mother, a size 35, but it would not fit.

And to match his size, Kirkham is a friendly person to know and talk to. His size also matches his ability and anxiety to enter in the forthcoming strength show in Portland where he will compete for the international bench press title.

Concern over the increased number of persons injured in two-wheel motorized vehicle accidents has been expressed recently, not only by the law enforcement officers but by members of the medical professions.

Registrations for the vehicles in Jackson county more than doubled during the first six months of 1963 compared to the same period in 1962. The trend is evident throughout the state with registrations up nearly 61 per cent, now 15,404 compared to 9,594.

Far exceeding the rate of increased registration is the number of injury accidents involving them — up 135 per cent. State-wide accidents for the first six months totalled 115 compared to 49 the previous year.

**Registered In County**  
According to the traffic safety division of the Oregon department of motor vehicles, 774 of the vehicles have been registered in Jackson county for the first six months this year, up from 337 for the same period last year.

Law enforcement officers recommend and encourage the use of crash helmets while riding motorcycles and motorbikes. Several states have laws requiring operators of such vehicles to wear crash helmets, but Oregon is not among them.

One Medford city police officer called the crash helmet the "seat belt of a motorbike."

Injuries received in such accidents include severe head injuries, broken arms and legs and burns from the hot exhaust pipe.

Many of the riders wear light or scant clothing, it was noted, giving the person that much less protection in the event of a fall or collision.

Many of the motorbike riders formerly rode bicycles and do not realize that while they still have a similar two-wheeled vehicle, it has the speed of a car without the protective enclosure, police officers stressed.

When an emergency occurs for a two-wheel vehicle, police explained, the emergency is greatly magnified because of the lack of weight in the vehicle, lack of protection and lack of maneuverability.

# Concern Expressed In Rise in Number Of Motorized Bikes



# The Y.M.C.A. Program Is Designed For You & Your Family!

**ADULT PHYSICAL EDUCATION**  
**WOMEN'S ACTIVITIES**  
Women's Slim and Trim Group: Mon., Wed., Fri., 9:30-12:00  
Women's Night: Thursday 7:00-9:30  
Women's Exercise Class: Tues. and Thurs. Nights, 7:30-8:30  
Women's Volley Ball: Thurs. Nights 7:30-8:30  
Judo: Tues. and Thurs. Nights 7:30-8:30  
Women's Swim Instruction: Tues. & Thurs. Night 7:30-8:30  
(These classes are tentative. If more than 12 students register, they will be regularly scheduled.)  
Morning Swimming Instruction: Wed. 10:00  
(This will be individual instruction)

**MEN'S ACTIVITIES**  
Adult Evening Swim: Tues. 8:30-9:30  
Men's Gym, Volley Ball: Mon. 7:30-9:30  
Men's Gym: Tues. and Thurs. Nights 7:30-9:30  
Men's Volley Ball: Mon., Wed., Fri. Noon  
Weight Lifting: Daily — except when classes are scheduled.  
Men's Conditioning Class: Tues. and Thurs. P.M. 5:30-7:00  
Men's Conditioning Class: Mon., Wed., Fri. 3:00-5:00  
Gym: Open Daily — except during women's or children's class schedules.  
The conditioning classes are designed to teach you new skills while you are getting in condition.  
Handball Court: Available daily 9:00 A.M. to 9:30 P.M. (Except Thursday nights) Reservations can be made 24 hours in advance.  
Family Night: Friday Gym 7:00; Pool 7:00  
Special classes, contests, and tournaments to be announced.

**HIGH SCHOOL AND JUNIOR HIGH**  
H. S. Boys Gym: Wed. Night 6:30-9:00  
H. S. Boys & Girls Open Swim: Wed. 7:30-8:30  
Gym: Wed. and Fri. 3:00-5:00  
J. H. Boys Gym: Mon. 3:00-5:00  
High School and Jr. High School leagues will be scheduled. Check with Physical Activities Director for times and dates.  
**"A PAYMENT PLAN TO FIT YOUR BUDGET"**  
1. Full Cash Payment.  
2. Family Plans:  
a) 1/3 down payment, 1/3 in 30 days, and the balance in 30 days.  
b) \$9.00 down payment and 5 monthly payments of \$9.00.  
c) \$20.00 payment for family privileges during one program quarter in General Athletics.  
3. Individuals, Men and Women:  
\$10.00 down payment and \$5.00 each month until paid in full.  
4. Individuals, Boys and Girls:  
\$4.00 down payment and \$4.00 each month until paid in full.  
5. All special program fees will be paid in full, or on a monthly payment plan set up with the Membership Secretary, if such a need is evident.

All payment plans must be kept up to date by making payments on time each month; overdue payments will cause the cancellation of program privileges until the payment is made, or until arrangements to pay are discussed with the Y.M.C.A. Membership Secretary.

**YOUTH PHYSICAL PROGRAM**  
**CLASS SESSIONS** (run for approximately 7 weeks. Register before starting date. Registration fee is \$5.00).  
Sept. 16 to Nov. 2. Nov. 4 to Dec. 20. Jan. 6 to Feb. 29; March 2 to April 18. April 20 to June 4.

**INSTRUCTION — BOYS**  
Tadpole (Beginner) Tues. 4:00, Sat. 11:00  
Flounder (Advanced Beginner) Mon. 4:00, Sat. 10:30  
Minnow (Low Intermediate) Mon. 4:30, Sat. 10:00  
Fish (Intermediate) Mon. 5:00, Sat. 9:30  
Flying Fish and Shark Mon. 5:30, Sat. 9:00

**INSTRUCTION — GIRLS**  
Tadpole (Beginner) Tues. 4:00, Sat. 11:00  
Flounder (Advanced Beginner) Mon. 4:00, Sat. 10:30  
Minnow (Low Intermediate) Wed. 4:30, Sat. 2:30  
Fish (Intermediate) Wed. 5:00, Sat. 3:00  
Flying Fish and Shark Wed. 5:30, Sat. 3:30

**SWIM TEAM — Starting Date To Be Announced**  
Monday through Friday Group I, 6:00; Group II, 6:45  
Life Saving, Diving, Scuba, other classes to be announced.

**INSTRUCTION — TINY TOTS**  
(Boys and Girls — 5, 6, and 7)  
Beginner Tadpole Mon. and Wed. 3:30  
Advanced Beginner Flounders Tues. and Fri. 3:30  
Intermediate Minnow Thurs. 3:30

**OPEN SWIMS — YOUTH**  
BOYS and GIRLS: Tuesday 4:30 to 5:15  
BOYS and GIRLS: Thursday 4:15 to 5:15  
ALL YOUTH: Open Swim — Friday 4:00 to 6:00  
ALL YOUTH: Open Swim — Saturday 4:00 to 6:00  
ALL MEMBER: Swim — Saturday 7:00 to 9:00

**YOUTH SATURDAY SPECIAL**  
3rd and 4th Grade Boys Gym, 10:30 to 11:30; Pool, 11:30 to 12:15  
5th and 6th Grade Boys Gym, 11:30 to 12:15; Pool, 12:15 to 1:00  
Girls Gym, 12:15 to 1:00; Pool, 1:00 to 1:45  
The Saturday program covers Basketball, Volleyball, Judo, Wrestling, Trampoline, Tumble, Group Games, and other activities outlined for physical fitness. Each program will be tailored for the age and sex of the group.

**SPECIAL PROGRAMS TO BE ANNOUNCED**  
Wrestling in October, Judo in October, Trampoline and tumbling. There also will be a basketball league schedule. For further information on these programs, please check with the Physical Fitness Activities Director.



INDIAN GUIDES (SON AND DAD)



BOYS' GYM (TRAMPOLINE)

# Dennis the Menace



"IF YOU'RE BORED, WE COULD ALWAYS MAKE FUDGE!"

**BAND INSTRUMENTS**  
**NEW and USED**  
Rental Purchase Plan • 3 Month Trial Rental To Apply To Purchase

Cornets, Clarinets, Trumpets, Saxophones, Trombones, Flutes, and Miscellaneous Accessories — Name Brands . . .

**BANK TERMS**  
**MARTIN FRERES**  
**HOLTON • VOSS**  
and many other name brand instruments

EASY TO PARK AT:  
**BEATON'S MUSIC**  
534 North Front at Jackson

**MEMBERSHIP**  
Y.M.C.A. Membership dues are an annual voluntary amount which strengthens the work of the Association. Program fees separate and based on the cost of the activity. A person must become a member of the association before becoming active in any of the programs.

**PROGRAM FEES — GEN. ATHLETIC**  
Men 25.00  
Women 35.00  
Family Plan 25.00  
Youth Annual 48.00  
Youth Swim Classes 12.00  
Young Men (18-25) 5.00

**SPECIAL PROGRAM FEES**  
Bridge Lessons (12 lessons) 10.00  
Y. Indian Guides (father and son) 10.00  
Adult Swim Classes (12 lessons) 4.00  
Youth Club 5.00  
Men's Volley Ball League 15.00  
Men's Basketball 5.00  
Scuba Instruction (8 lessons) 15.00

**SCHOLARSHIPS**  
No boy or girl, regardless of race, or religion, is denied the privilege of the YMCA program because of lack of funds. Any boy or girl may apply for a working scholarship. Application may be made at the YMCA office.

**STAFF**  
General Secretary: Robert L. Jones  
Physical Activities Director: Ben R. Jensen  
Business Secretary: Gerrie Garrett  
Maintenance Engineer: Archie Ekins

**THE YMCA STORY**  
To some, the YMCA is a swimming pool or gymnasium; to others, a place to make friends and belong to a group — or perhaps a never-forgotten camping experience. To still others, it is a cause to which they devote much time and energy in order that they devote much time kindly — a more friendly place.

The YMCA actually is a fellowship of persons united by a common interest. It started with the idea that principles by which Jesus lived would remake the world if translated into living action.

Persons belonging to the world it translated rooms as tools to allow members, pools, and club action the principles by which Jesus lived.

Thus, the YMCA is more than a place — it is an adventure in cooperative effort. The Board of Directors who in turn, elect a group of men to operate their program and club rooms all happen with the YMCA. They employ a staff to help with the tools at hand.

The idea of uniting one's efforts with those of other people with common interests is the basis of membership. It carries with it the requirement of making a voluntary contribution to the annual cost of operation called "Membership Dues."

Program fees are based on the cost of certain programs for a definite period of time and are paid accordingly. The YMCA reaches its greatest effectiveness when the greatest number of members accept responsibility for the accomplishment of the purpose of the YMCA.

**YOUNG MEN'S CHRISTIAN ASSOC.**  
522 W. 6th Street • 772-6295