

EASTLANE



ENTRY FORM FOR LC NATIONALS

Don't forget to send in your entry form for Long Course Nationals held at Rutgers University, August 13-17. If you've never been to a national meet, now's the perfect opportunity. The application for Nationals is in the May/June issue of Swim Magazine and is on the web at www.usms.org/comp/lcnats03/ ☎

NEW NJ LMSC SCY RECORDS SET AT USMS SCY NATIONALS

The following records were set at the USMS SCY Nationals at the Mona Plummer Aquatic Center at Arizona State University on May 15-18, 2003.

Men 35-39

Ron Karnaugh
100 Free 46.04
1000 Free 9:39.24
100 Back 51.21
50 Breast 25.89
200 IM 1:50.30

60-64

Jerry Katz
50 Free 26.74

Raymond Loewe

200 Breast 2:42.44
100 IM 1:12.04

The following swimmers competed at the meet:

Curd, James W. M 36
Dallamura, Scott J. M 24
Demas, Nickolas P. M 73
Karnaugh, Ronald D. M 36
Katz, Jerry A. M 64
Loewe, Raymond D. M 61



GSM COACHES FOR LONG COURSE NATIONALS

Ed Nessel will be the head coach for the Garden State Masters for the up coming Long Course Masters Nationals in August at Rutgers University. Ed heads up the Masters program at Rutgers and has agreed to head up a coaching staff for New Jersey's largest team. Judy Ramirez has been appointed head assistant coach. He will need two or three more assistants to help with relays and general coaching for the five days of competition. Those interested in offering their services and/or to find out what is required to be on staff please contact Ed either by phone: (908)-561-5339 or e-mail: Ednessel@AOL.com ☎

LONG COURSE SUMMER SWIMMING

Coach Ed Nessel's summer program at Rahway River Park Pool will start on Tuesday, June 24. Two sessions will be given per day; the first will be mostly for Masters with some older age groupers training 6AM to 7:30AM Monday through Friday. The 2nd session will start 7:15AM and go till 9AM; this will be mostly age groupers with some Masters. On Saturdays, there will be one session: 7AM to 9AM for Masters. Much of the training is done with swim fins. If in need, fins can be purchased from Ed at the pool.

Costs: \$275 for the whole summer season which goes right up to the Long Course nationals at Rutgers which runs from August 13-17. There's also a daily rate of \$8. ☎

RECORD SETTERS FROM THE UNOFFICIAL TEAM CHAMPIONSHIP MEET

This message is for those of you who swam at the Unofficial Team Championship Meet at the Ocean County YMCA in Toms River on March 30, 2003.

As you may know, this meet is "recognized," but not "sanctioned." Swimmers who are not registered in USMS may swim in the meet, but their times may not count toward top ten (or NJLSMC records). I have received the meet results, but no USMS ID numbers were loaded in the meet results.

If you would like your times submitted for top ten consideration, please e-mail me your USMS ID so that I may verify it and submit the times for you.

You must submit your ID to me by June 23 in order to be considered. ☎

Thank you.
Ed Tsuzuki (edtsuzuki@patmedia.net)

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NEW ARRIVALS

Congratulations to Lorna and Chuck Morehead on their new baby boy Malachy Aloysius Morehead born on April 14th. Malachy weighed 10 lbs, 2 oz. and was 22 inches long when he was born. Lorna said she'll need to get back in swimming shape fast just so she'll have the strength to carry him around!



◀ Jeff Jotz and his wife Lizzie are proud to announce that they are the happy parents of Patrick Joseph Jotz (pictured left). He was born in Muhlenberg Regional Medical Center in Plainfield on April 5 at 3:32 am. He weighed 7 lbs 1 oz at birth and was 19" long. Jeff said he has big hands & feet - perfect for swimming!



RECORDS FROM YMCA MASTERS NATIONALS

The following new SCY NJ LMSC records were set at the YMCA Masters Nationals in Sarasota, FL

April 24 - 27, 2003

Men 55-59
Ed Nessel
100 Breast 1:10.19

Larry Seidman
200 Fly 2:43.92

200 Medley Relay, Men 55+
A 1 1:57.89R South Hills-PA
1) Zakim, Jack 57
2) Nessel, Edward 57
3) Seidman, Lawrence 55
4) Goldman, Peter 57

31.60 1:03.41 1:31.86 1:57.89

*This relay broke a 1997 record of 1:58.02. Note that Peter Goldman is from New York.

The following NJ LMSC swimmers placed first at the YMCA Masters National meet:

Women 25-29
Magdalena Stovickova
200 Free 2:05.14
400 Free 5:32.42
1650 Free 19:25.09
200 IM 2:22.35
400 IM 4:56.82

Catherine Delneo
100 Fly 1:11.39
200 Fly 2:51.47

Women 30-34
Gita Roy
50 Breast 33.64

Men 35-39
Darek Hahn
500 Free 5:28.32
50 Back 27.38

Men 55-59
Ed Nessel
100 Breast 1:10.19
200 Breast 2:37.64

Larry Seidman
100 Fly 1:07.16



THE SELF COACHED WORKOUT: CONSIDER BACKSTROKE *By David Grilli, mushield@aol.com*

Have you considered trying a new stroke lately? I started swimming for fitness at the age of 21. I found freestyle was challenging enough. Subsequently I have been working on learning and coaching the three other strokes for many years now. The good news is there is still much room for improvement in the strokes you don't swim all that often.

CONSIDER BACKSTROKE.

As most of you know, backstroke is performed on your back while propelling yourself forward by alternating arm motions. At the same time you are kicking your feet with a rather unusual up thrust.

I have always found the mechanics of backstroke easy to teach. The stroke can be readily demonstrated, the propulsive part of the stroke seems logical, and you get to breathe a lot. The hard part is going backwards and kicking correctly. Most good (that is fast) backstrokers have similar physical attributes. They tend to be tall, flexible and buoyant.

If this is not you, don't worry; you can still have fun with backstroke.

The simple arm stroke starts from having both arms reaching over your head and then alternating a swoop slightly under and beside your body. This part is simple enough. Make sure when your hand exits the water to begin the recovery phase that the thumb is pointed up. As you swing your arm back up to the overhead position, rotate the hand so that your pinkie finger will enter the water first. Your elbow remains straight through the entire recovery phase. As your pinkie is entering the water, you begin the propulsive part of the stroke by bending your elbow as you catch the water sweeping it towards your feet.

The two most important things to remember are to keep your head back and relaxed and to kick without bending your knees too much. You can practice proper head position by balancing a goggle lens on your forehead while swimming backstroke. If the lens stay put, your head position is probably OK. The

kick is tricky. Most neophytes try to pedal a bicycle while attempting the backstroke kick. The proper kick is more like flicking off your slippers while lying on your back. There is a slight bend to the knee but the up thrust comes from your quadriceps. Having big feet and flexible ankles helps.

Navigating a straight line while swimming backstroke can be challenging. In an indoor pool you can generally follow a line on the ceiling. The backstroke flags tell you when you are five yards from the end of the pool. Swimming backstroke outdoors is tricky. First, make sure you have tinted goggles. Try to sight off objects like trees at either end of the pool. This may cause you to tuck your chin a little too much but try not to.

Work backstroke into your training regimen. As you strengthen your muscles, the speed will come. Use your swim fins liberally. They improve your kick and will help your body plane up on the water a little better. 🔄

—Taken from NEM News, 4/03 issue

FIT TRAVEL TIP ROAD FOOD U.S.A.

To fight junk food overload on your summer road trip, pack a cooler with healthy things not found on the road. "Like vegetables," says Dr. Joanne Lichten, Ph.D., author of *How to Stay Healthy & Fit on the Road*. "The tomato on your burger is not a vegetable." Add fresh fruit, non-fat yogurt, protein bars and nuts for your own traveling fitness feast.

When eating out, read between menu items for healthier alternatives. "I always ask for vegetables, even if it's not on the

menu. If they serve cheesy broccoli cheese soup, chances are they have broccoli in the back," Dr. Lichten says. "This morning I went to Denny's and had sliced tomatoes instead of hash browns on the side. No additional cost!"

If you can't avoid fast food, order wisely. "At Boston Market, get turkey breast, new potatoes and steamed vegetables for a meal that has 48 percent of its calories from protein," Dr. Lichten says. "At KFC, get the Tender Roast Chicken Sandwich

without the sauce and barbecue baked beans. That's 460 calories and 40 grams of protein. At subway, a six-inch double meat club has turkey, ham and roast beef, 388 calories and 38 grams of protein."

And don't do the drive-through. That pit stop is a great time to get out of the car and walk around. 🔄

—Taken from the 6/03 issue of Muscle Media magazine

GET ON THE BALL!

(HealthScoutNews)—Fitness balls are the latest hot exercise tool, and for good reason: they make you work muscles that are otherwise easy to neglect.

Fitness balls place the emphasis on the muscles in the trunk—including the

abdominal, chest and back muscles—according to the Mayo Clinic. They work by constantly changing the base of your body's support. So by challenging your balance, just sitting on the ball becomes an exercise.

Use the ball for abdominal curls, modified push-ups or other exercises you normally do on a gym mat. A slightly deflated 55- or 65-centimeter ball works best for most people. 🔄

—Felicity Stone



LOWERING THE ENDORPHIN HIGHS *By Paul Kiell*

Do you bristle as I do when you hear such phrases as “endorphin high” or “endorphin rush?” Even “runner’s high” for this one-time marathoner is annoying in its inaccuracy. (“Hitting the wall,” however, enjoys total legitimacy.) Not only are the endorphin attributions, with their emphasis on better chemistry, erroneous, they are also trivializing, giving short shrift to the power of the human spirit. But what are the endorphins anyway, and what is their role in the human equation?

Their discovery was one of serendipity. Scientists were grinding up animal pituitary glands trying to extract some ACTH, the hormone of that master gland. ACTH stimulates the adrenal cortex, particularly in times of stress. In the extraction process, protein substances with similar chemical structure to ACTH, but which had potent pain killing properties, were detected. These substances fit lock-and-key into specific receptor sites in the nervous system. In the central nervous system—along with substances like serotonin and nor-epinephrine and dopamine—these newly found proteins, function as neurohormones, facilitating and modulating the neurocircuitry within brain pathways. Their central nervous system effect was similar to that of morphine and accordingly were given the name “endorphins,” roughly meaning endogenous morphines.

To understand their purpose, first understand the action of the adrenal cortex, the area stimulated by ACTH, the very compound that is almost identical in structure to the endorphins. In times of stress such as inflammation, endurance exercise, or any situation calling for the autonomic nervous system’s role in “flight or fight” encounters, there also arises the need to balance this process, to return the organism to its optimal state (otherwise known as “homeostasis”). Put another way, the hormones of the adrenal cortex serve to put a brake on the stress process, avoiding total depletion and total exhaustion. In other words, it is a role of restoration, part of the checks-and-balances wisdom of the body. Specifically, the secretions of the adrenal cortex will prevent lowering of blood sugar by raising glucose in the blood stream, glucose being the essential nutrient of the brain. They prevent fluid loss by retaining sodium. And they limit the inflammatory process by, among other things, making



the capillaries stickier.

Back now to the endorphins and their analogous role in the central nervous system. I say analogous because in endurance efforts they are secreted from the pituitary in equivalent(molar) doses to ACTH. And the balancing neurohormone central nervous system functions (from brain center secretions) of the endorphins parallel those of ACTH in that the overall stress response becomes modulated.

Their effect in athletes has been witnessed in several elegant studies. Recreational athletes were exercised on a treadmill for about 45 minutes. In double blind fashion half were given placebo injections, the other half given I.V. opioid receptor blockers 1,2 (Naltrexone2 in one study, Naloxone1 in the other). Mood states became calmer, relaxed, more pleasant, tending away from anger, confusion or depression with the study using the blocker Naltrexone2; calmness and fatigue reduction characterized mood effects with the Naloxone group.1 In both studies, those administered the opioid blockers derived none of these benefits. Thus there is circumstantial evidence that the endogenous morphines brought about the mood changes, but only when their action was not blocked at the receptor sites.

Now to the pictures: The scene is the 1979 Boston Marathon, the site is just past Kenmore Square with maybe about a mile to go. The day was wet and chilly.

I had not run a marathon since the last year’s Boston having nursed a knee injury much of the previous 9 months. It was for my daughter, Susan (to my left), in her last semester at Boston U., her first try at a marathon.

Look at our faces. We are not happy campers. Despite nearing the finish, the happening that usually inspires excitement, our mask-like dull expressions reflect the attrition of the now near four-hour travail. But the next photo shows the post finish line procession. And



it is here that the endorphins, triggered by the spirit’s arousal, begin to come in to play.

They start to do their work because the spirit is one of elation, of excitement. It is the feeling of triumph, of victory, victory over ourselves, the completion of the task we set out to do. But what if this elevated state persisted unabated?

Physiologically it would lead to total exhaustion and depletion. At least this is the reckoning of the primitive brain. Enter now the endorphins.

And so the brakes are slowly applied and the excitement will be modulated down to a pleasant calmness. Pain would be all but obliterated. For now is the time too when we no longer need the protective property of pain since we don’t plan on punishing the already punished muscles, joints and tendons any further. And when we quiet down and the pain inevitably flows back, the runner could justifiably resort to the old fashioned way. That would be a nice cold beer, the very moment in the annual Boston rite I miss the most. ☺

1. Allen ME, Coen, D. Naloxone Blocking of Running-Induced Mood Changes *Annals of Sports Medicine* 1987; 3:190-195

2. Daniel M, Martin AD, Carter J. Opiate receptor blockade by naltrexone and mood state after acute physical activity *Br J Sports Med (England)* 1992; 26: 111-115

Jason E. Nessel Memorial Invitational

Sanctioned by USMS and the LMSC. Sanction # 073-003

- Date and time: Saturday, August 2, 2003
Warm-up 7:15 a.m. Deck entries close at 8 a.m. Meet starts at 8:30 a.m.
- Facility: Rahway River Park Pool is an 8-lane, 50-meter outdoor pool. Diving well dedicated to warmup/warmdown.
- Eligibility: Open to all USMS-registered swimmers in good standing for 2003; a NJ Registrar will be at the meet.
- Fees: Meet surcharge: \$10., \$4 per event if pre-entered by July 31, 2003. Deck entries: \$5 per event. Relays: \$8.
- Age group: Competition will be in 5-year age brackets beginning at the 19-24 age group. Relays = SUM of ages of swimmers.
- Awards: Custom medals to the first 3 places in each age group per individual event; ribbons 4th through 6th places. There will be individual high-point men's and women's medallions.
A 4-color commemorative participation patch will be given to each relay member and/or can be purchased for \$5 each.
- Director: Ed Nessel (908) 561-5339 e-mail: EdNessel@aol.com
- Registrar: Ed Nessel, 10 Irene Ct., Edison, NJ 08820-1024.
(Complete the meet sheet and send to registrar with fees and copy of USMS card.)

MEET CONDUCT

Must be at least 19 years of age and registered with USMS; a horn starting device with electronic timing will be used (except for 50-meter swims). Mixed participation in heats and deck seeding will be used to speed the meet along, as the pool MUST be cleared by 1 p.m. USMS rules will govern. Top-10 times will be submitted (including relays) for properly-registered swimmers. Since the pool has a shallow end, only 4x100 relays will be run with everyone going off the blocks.

DIRECTIONS

If coming from the NORTH, take the Garden State Parkway South to Exit 135 (Westfield, Clark). Once off the Parkway, bear LEFT and follow signs to RAHWAY and "hospital." Go under PARKWAY, and make immediate right onto BRANT Ave. Go straight until light (Westfield Ave.) Turn LEFT onto Westfield Ave. and go through a few lights for about a mile. You will come to a main intersection (ST. GEORGES AVE.) Make a LEFT onto St. Georges Ave. and go 1/4 mile and turn LEFT into RAHWAY RIVER PARK. Go around the park until you come to pool complex on your left.

Jason E. Nessel Memorial Invitational

Saturday, Aug. 2, 2003

Rahway River Park Pool

Hosted by Jersey Masters Swimming & sanctioned
by USMS and the NJLMSC. Sanction # 073-003

Name: (print) _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

USMS#: _____ Club: _____

EVENT:	TIME:	FEES:
1. 50M freestyle		Meet surcharge \$10.00
2. 100M breast		Events X \$4.00 _____
3. 400M freestyle		Deck events X \$5.00 _____
4. 100M butterfly		Relay X \$8.00 _____
5. 200M IM		Total Fees _____
6. 100M backstroke		
200 choice of one of the following:		ATTACH COPY OF USMS CARD.
7. 200M freestyle		Make checks payable to: Jersey Masters Swim Team
8. 200M backstroke		
9. 200M breast (circle one)		
10. 200M butterfly		
11. 50M butterfly		Enter times in LCM
12. 50M breast		Send meet entries to: Ed Nessel 10 Irene Ct. Edison, NJ 08820 by July 31, 2003
13. 100M freestyle		
14. 50M backstroke		
15. 400 M medley or free relay		

RELEASE FROM LIABILITY- ALL COMPETITORS MUST SIGN

"I the under-signed participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date _____



United States Masters Swimming Long Course National Championship
August 13 – 17, 2003

Rutgers University invites you to help with the timing of the National's Masters Meet from August 13-17th at the Sonny Werblin Recreation Center at Rutgers University in Piscataway. We are looking for volunteers for one of two sessions on each day of the meet. Please consider signing up to help and also bring a friend to help. This national event will run from 6:45am until approximately 10pm each day for five days. We are looking for a commitment to help with the running of the meet to ensure that it is successful and enjoyable for everyone involved. This is also an opportunity to be a part of United States Masters Swimming and see some great competition! Food will be available for all volunteers as well as a meet souvenir.

For more information contact:

Alex Antoniou or Laurie Sieminski
 Rutgers College Recreation
 Sonny Werblin Recreation Center
 656 Bartholomew Road
 Piscataway, NJ 08854
 (732) 445-0462 Email: aquatics@rci.rutgers.edu

Long Course National Swim Meet – August 13 – 17, 2003

Name 1: _____ Contact #: _____

Name 2: _____ Contact #: _____

Date interested(s): _____ Session(s): _____

Indicate below which session that you are able to help during:

	Session 1 6:45am -2:30 pm	Session 2 2:00pm-10:00pm
August 13		
August 14		
August 15		
August 16		
August 17		

Note: If you cannot commit to an entire session please indicate the time(s) you would be willing to help.

There's no such thing as a healthy tan. Recently, several public health organizations have reported that malignant melanoma, the most deadly type of skin cancer, is spreading in epidemic proportions throughout our population. These reports have come from the American Cancer Society, the American Dermatological Association, the Centers for Disease Control, and the Skin Cancer Foundation. All of these organizations have claimed with alarm that skin cancer is on the rise. One of the most significant statistics is the increase of occurrence in young adults. These concerns are particularly important for many Masters swimmers, who can spend a considerable amount of time in the outdoors. Fortunately, there are several simple methods of protecting ourselves against overexposure to harmful ultraviolet rays.

There are three classifications of skin cancer; going from least dangerous to most deadly: (1) the most common type is the basal cell carcinoma. It is the least invasive, meaning that it has the least potential to spread throughout the body and is considered the least dangerous. In fact, it is so classified as to being not very dangerous that it does not have to be reported to the national clinical registry for insurance purposes. But it can grow over time and needs to be removed when spotted and diagnosed. It is the most easily cured by either freezing with liquid nitrogen or localized surgery. The tendency to produce more once the first is discovered is rather large. It is found wherever the sun beats down on the unprotected skin with greatest intensity and duration...the nose, the lips, the tips of the ears, the upper back, the shoulder tips, the back of the hands, the scalp. Once afflicted the patient needs to make regular visits to the dermatologist to keep an eye out for new outbreaks.

The next in severity is the squamous cell carcinoma. This is not as common as basal cells, but it grows more quickly and is usually more invasive over time. It is found wherever basal cells can arise. This type is still rather easily curable if caught in time but requires a more vigorous treatment, is a bit more serious, and needs to be reported to the national clinical insurance registry by the attending physician.

At one time the most dangerous of the skin cancers, malignant melanoma, was a type of cancer that affected aging adults

who had spent many years in the sun. It was originally thought to be purely the result of years and years of sun exposure. Now it is appearing in the younger population, many of whom have experienced several bad sun burns before the age of 12. Increasing numbers of fair-skinned, young adults are being diagnosed, and not just in the sun belt sections of the country. Melanoma is often one of the most unpredictable types of cancer. It is now thought to have a genetic predisposition but excess sun exposure is a definite causative. It can be present for months with very little dangerous penetration into deeper tissues of the body, or it has been known to spread to deadly proportions in the body in just a matter of weeks. The real danger with a melanoma seems to be that its cells "seem like normal cells" to the body... (no foreign body reaction is elicited which would then bring the body's immune system into play to kill the tumor's cells)...until it is too late to prevent metastases (spreading throughout the body). Today, early detection and vigorous treatment allow for a generally good prognosis. This, too, must be reported to the national clinical insurance registry.

Many of us have heard reports about the declining ozone layer and its decreasing ability to protect us from ultraviolet (UV) exposure. What once caused the average person to get a sunburn with 60-90 minutes of midday exposure has been magnified to where 15-30 minutes will do harm. Additionally, it is more likely that the repeated exposure to the damaging rays of the sun will cause the most damage.

There is an expression in dermatology: "The skin never forgets." In fact, excess unprotected exposure can cause significant problems years beyond the initial exposure. The Skin Cancer Foundation has recently revised their list of the incidence of melanoma; there may be approximately three times more than originally reported.

PREVENTION IS KEY

Simple precautions can help. Apply a waterproof sunscreen with an SPF (sun protection factor) of at least 15. The higher the number, the better the protection up to a point. The sunscreen needs to be on the skin for no less than 20 minutes before sun exposure to allow the active ingredients to penetrate into the deeper layers. The active ingredients also need to be in sufficient concentration as to afford

a decent barrier against the sun...in other words, put enough on. The SPF number theoretically gives a rough approximate number of "safe" minutes allowed in the sun...if you normally burn in 15 minutes, an SPF of 15 should then protect you for 15 times that number, or 225 minutes. But that is not what happens in the real world. Depending on the sun's position in the sky and time of year, the actual amount of protection could be much less. No matter how good the SPF in the sunscreen, after about 90 minutes, the amount of protection is suspect. It is a good idea to reapply the lotion after swimming and perspiring, and to only allow a maximum exposure of 90 minutes at the sun's peak (10AM to 2PM). A new application does not necessarily allow for a complete carefree re-exposure to the sun's rays.

With today's atmospheric conditions, damaging rays can reach the skin from sunrise to sunset irregardless of how much burning rays are present. The more the skin has been exposed to the sun over the years the more it must be protected from ALL sun exposure throughout the day. A sunscreen that protects against both Alpha (A) rays, which are seen the moment the sun comes up until it sets, and Beta (B) rays, which dominate during the height of the sun (10AM to 3PM) should be the only choice, since both can age the skin and produce the kind of cellular damage that can produce any of the various forms of skin cancer. A wide-brimmed hat should be part of one's regular wardrobe whenever time is spent outdoors, especially during the warmer months.

CAN WHAT YOU EAT PROTECT YOU FROM THE SUN?

There are now more on-going studies as to the role of natural substances (ones that you can sink your teeth into) as protectants for the skin against ultra violet rays. The two food types that have been studied are the beta carotene and the lycopene containing foods. Several studies have been undertaken in America over the years to see if any of the typical beta-carotene foods (carrots and sweet potato, for example) can protect the skin against the ultra violet burning rays of the sun. Some studies have shown a positive effect, some showed little or no benefit...equivocal, but still noteworthy. But most recently, the lycopene-containing foods like tomatoes, pink grapefruit, and

Continued on page 9

THERE'S NO SUCH THING AS A HEALTHY TAN

Continued on page 9

watermelon were shown in a German study to protect the sun-exposed skin up to 40% more before burning occurred.

Patients were given three (3) tablespoonfuls of tomato paste a day for 10 weeks; then the sun-exposure was instituted. The protection afforded by the lycopene was rather dramatic.

Certain medications can enhance your skin's sensitivity to the sun. These medications include antibiotics, tetracyclines, sulfas, Cipro, certain antidepressants, tranquilizers, antihistamines, Retin-A, and nonsteroidal anti-inflammatories (NSAIDS) such as Motrin, Advil, Naprosyn, and Relafen. Questioning your pharmacist or physician about these particular medications may help protect you.

The sun is psychologically uplifting, and in small doses, even somewhat beneficial. It aids in the production of vitamin D for calcium absorption. However, it must be handled with great caution. Although we cannot survive very long without the sun, too much can be harmful. ☹

Ed Nessel is a pharmacist, biochemist and physiologist; he is on the USMS Sports Medicine Committee and serves as USMS National Librarian. In 1998 he was honored as USMS Coach of the Year.

THE POWER OF A GROUP

It's amazing what can be accomplished when a group pools its resources! Recently, the swimmers at Berkeley participated in a clothing drive and together they collected nearly 700 pounds of clothing to donate to the impoverished. Do you realize how many men, women, and children will benefit from all of those clothes?? The generosity of this collaborative effort reflects the community feeling of wanting to make a positive change in someone else's life. And thanks to all the swimmers that made the time to contribute clothes, this effort was truly a success. Together, they all made a difference to many people in the world. ☺

AGING UP

This June and July eleven swimmers move up to a new age group. Happy birthday to:

Jerry Katz 65	Erling Hoie 35
Robert Cashel 55	Melissa McCarthy 35
Gerri Callahan 45	Luke Piede 30
Lorraine Fitzsimmons 45	Gregory Gallo 30
Yukari Shimomura 40	Kelly McNicholas 25
Scott Feinstein 40	☹

PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or lbk@sprintmail.com. -Thanks.

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or njmasters@msn.com. Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

Lakeland Hills Masters Team Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

Monmouth SwimHawks Monmouth University, West Long Branch Workouts are T, H & Sun mornings from 7am-8am. Call Murray Simon at 732/263-5601 or email msimon@monmouth.edu.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

Peddie Aquatics Association Contact: Michelle Wriede, email at mwriede@peddie.org or call 609/529-4011. Practices are M-H 8-9:30pm, F 5:45-8am, 8-9:30pm, Sun. 4-6pm.

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222. Workouts are M & F 8:30-9:30pm.

Rutgers University Contact Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457.

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or mwelsh@stevens-tech.edu Workouts are M, W, F 7-9pm, T & H 6-7:30am, and Sun. 9-11am.

The Atlantic Club Contact: Stephanie Crofto; 732/223-2100, ext. 318.

Union Boys and Girls Club Ron Karnaugh at RonKarnaugh@aol.com or call 973/868-9922.

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24;

Directions: www.bgcuaquatics.org; Updates: www.SwimMD.com

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

Westfield Masters Contact: Bill McMeeekan at 220 Clark St., Westfield; 908/233-2700. Workouts: M, F 7:30-9pm, W 8:30-10pm.

Wycoff YMCA Masters Contact: Doug or Ray at the Y; 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat., 7:30-8:30am. During the winter call before Tues. workouts, as time June/July change due to kid's meets.

NON-COACHED WORKOUTS

Hamilton Area YMCA Contact: Nancy Shapiro; 609/585-1014.

Workouts: M 8:30-9:45pm and Sun., 11am-12:30pm.

Hoboken Contact: Jean Magnier at 201/519-0206 or jmagnier@yahoo.com Team swims T & H 7:30-8:30pm

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.

Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Madison YMCA Contact: Alan Sawyer; 973/822-1754. Group workouts: M-F, 6-7:30am.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043;

973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at

pfnooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Starting on June 23, M-F; 5:45-7:30 am at Community Park Pool on Witherspoon St.

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

Western Monmouth YMCA Contact Richard Wallace; 732/446-4589 (H). 973/482-6400, X 2256 (W), swimphil@optonline.net

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

MEET CALENDAR

MEETS IN NEW JERSEY

JUNE 27

INDEPENDENCE DAY 1 MILE BAY SWIM, SOMERS POINT, NJ 6:30 pm start, call 609/525-9314.

JUNE 29

JOHN HOPKINS PLUNGE FOR PATIENTS, WILDWOOD, 1 AND 3 MILE SWIMS PLUS 5 AND 10 K BEACH RUNS. Contact Viki Anders; 410/502-5395, andervi@jhmi.edu or log on www.hopkinskim-melcancercenter.org/news/specialevents.cfm

JUNE 5

BRADLEY BEACH 1 MILE SWIM, BRADLEY BEACH, 9:30 am start, call 732-776-2999.

JULY 12

7TH ANNUAL SWIM FOR THE DOLPHINS, WILDWOOD CREST, NJ. <http://www.lmsports.com/dolphin.htm>

JULY 19

7TH ANNUAL SPRING LAKE OCEAN ONE MILE SWIM, SPRING LAKE, NJ @ 8am, 732-449-8005, elsa@bytheshore.com

JULY 19

OCEAN CITY MASTERS 1 MILE SWIM, OCEAN CITY, NJ. <http://www.lmsports.com>

August 2

Jason E. Nessel Memorial Invitational, ENTRY ENCLOSED.

AUGUST 2

BRIDGE TO BRIDGE SWIM, 1.3 MILE & 5 K SWIMS, Atlantic City, <http://www.apexswim.com>

AUGUST 3

THE ANNUAL ANDREW B. MANNING ONE MILE OCEAN SWIM, SEA BRIGHT, NJ 8:15am, 732-842-4317, sandyhookers@comcast.net

AUGUST 16

1 MILE YATES SWIM, ATLANTIC CITY, <http://www.apexswim.com>

AUGUST 17

2003 MIDDLE ATLANTIC SWIMMING OPEN WATER BAY CHAMPIONSHIPS 3K SWIM, ATLANTIC CITY, <http://www.apexswim.com>

AUGUST 24

1 MILE BAY SWIM, BRIGANTINE BAYFEST SWIM. Call 609/266-9826, 6 pm start.

AUGUST 30

74TH ANNUAL ATLANTIC CITY PAGEANT SWIM, 1.5 miles, <http://www.apexswim.com>

SEPTEMBER 6

10K SWIM FOR THE USA, ATLANTIC CITY, <http://www.apexswim.com>

MEETS OUTSIDE OF NEW JERSEY

JUNE 22

2003 MASTER'S SUMMER LC SWIM MEET, UPPER MAIN LINE YMCA, BERWYN, PA. Entry deadline 6/17. Contact Glenn Neufeld, 610/647-9622, extension2509@glenn.neufeld@umly.org

JUNE 22

GMU PATRIOT MASTERS LC CLASSIC, GEORGE MASON UNIVERSITY, FAIRFAX, VA. Contact Peter Ward, 703/993-3930 or ward2@gmu.edu

JUNE 27-28

HAWAII INTERNATIONAL MASTERS SWIM MEET, MAUI, HAWAII. Contact Janet Renner; 808/573-8656 or chair@hawaiimastersswim.org

JUNE 28

MADISON MILE, MADISON, CT, open water. Contact Dave Parcels, 203/605-4137 or parcels@snet.net or www.shoreline.org On-line registration is available at www.active.com/event_detail.cfm?event_id=1042370

JUNE 28

12TH ANNUAL SWIM FOR LIFE, 1, 2, 3, 4, 5, MILE SWIMS, CHESTERTOWN, MD Contact Dawson Nash; 202/686-2150, swimmerdn4321@aol.com

JUNE 29

TERRAPIN 800/1500 LCM MEET, UNIVERSITY OF MARYLAND, COLLEGE PARK, MD. Contact David Diehl at 301/946-0649 (H before 9 pm) or 301/314-5372 (W) or ddl19@umail.umd.edu

JULY 12

CHRIS GREENE LAKE 2 MILE SWIM, CHARLOTTESVILLE, VA.

JULY 19

1.2 MILE BUZZARDS BAY SWIM, OUTER HARBOR, NEW BEDFORD, MA. www.savebuzzardsbay.org

JULY 19

SAVE THE BAY SWIM (1.7 MILES), NEWPORT, RI. Contact Jennifer Wheeler; 401/272-3540, x119, jwheeler@savethebay.org

JULY 20

COVE-TO-COVE, NYC, .5 MILE, HUDSON RIVER, NYC. Contact www.nycswim.org

JULY 20

RACE FOR THE RIVER, NYC, 2.4 MILES, HUDSON RIVER, NYC. Contact www.nycswim.org

JULY 20

DCRP 22ND ANNUAL LC MEET, EAST POTOMAC POOL HAINS POINT, WASHINGTON, DC. Contact Meredith Gardner; 202/364-4111, meredith222@msn.com or <http://www.pvmasters.org>

AUGUST 3

PARK TO PARK 1 MILER, HUDSON RIVER, NYC. Contact www.nycswim.org

AUGUST 9

SWIM ACROSS THE SOUND, 25K. SWIM ACROSS THE LONG ISLAND SOUND FROM PORT JEFFERSON, NY TO BRIDGEPORT, CT. First year the race is open to amateurs (relays and individuals). Go to www.swimsound.org. Deadline is May 31.

CHAMPIONSHIPS

AUGUST 14-17

LCM NATIONALS RUTGERS UNIVERSITY, PISCATAWAY, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 WORLDS—RICCONE, ITALY

2004 SC NATIONALS INDIANAPOLIS, IN.

2004 LC NATIONALS SAVANNAH, GA.



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

