

# EASTLANE



## RECORD BREAKERS

The records below come from the Ocean County YMCA hosted the "Fall Folly Masters Meet" (SCY) on

October 17, 2004 at the Ocean County YMCA in Toms River, NJ and the NJ Senior Games. The meet results are posted on the web. Congratulations to the following NJ LMSC record breakers!

### Women: 50-54

#### Nancy Steadman-Martin

500 free 5:52.44  
1000 free 12:08.88  
1650 free 20:07.02

### 55-59

#### Arlene DePolo

50 free 36.23  
100 free 1:21.20  
200 free 2:56.56  
100 IM 1:35.02  
200 IM 3:29.63

### 80-84

#### Doris Steadman

50 back 47.34  
100 back 1:47.49  
200 back 3:47.52

### Men: 50-54

#### Donald Asay

500 free 5:43.23  
1650 free 19:47.23

### 75-79

#### Robert Stricker

200 free 3:05.69  
1650 free 31:34.51

### 80-84

#### George Melick

50 back 47.02  
200 back 3:52.68

### 80-85

#### Austin Newman

1650 free 34:57.23

## SENIOR NJ GAMES

### Women: 50-54

#### Nancy Steadman-Martin (50)

100 Back 1:12.43  
200 Fly 2:37.68

### 60-64

#### Barbara Rosenbaum (62)

50 Fly 1:10.42  
100 IM 1:52.84

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## A SPECIAL THANK YOU

I want to thank the members of the Garden State Masters Swim Team, and all masters swimmers in NJ for that matter, for their kind words and good wishes on my behalf for my 25 years participation in organized masters swimming.

Masters swimming was more than an organization to which I belonged. It morphed into a major part of my life. The healthy lifestyle, the solid friendships developed, and the meeting of aquatic challenges all acted to keep both my emotional and physical well-being intact and able to withstand the slings and arrows that life can some times bring. I thank my wife, Eileen ("Mrs Coach"), for allowing me to become immersed in Masters Swimming

Whether they realized it or not, there were many times that I needed to train with and coach my swimmers more than they needed me. It seems that I have had to draw on Masters Swimming many times to provide the needed balance in my life which allowed me to withstand some very dark times. I thank the people; I thank the organization. I thank God for the ability to participate.

I was told many times that I will be missed...maybe. I was asked will I miss New Jersey...New Jersey, not really. But the people, the substance of Masters Swimming... I will miss terribly.

Twenty-five years of participation can not be summed up easily. Suffice it to say that as I move through life, much comfort can be gleaned knowing that I have had a positive influence on many who have competed and trained with me. It was never about ME; it was always about MY SWIMMERS.

Thank you, New Jersey. God bless. And please stay in contact; Eileen and I would welcome this.

— Coach Ed Nessel

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## ANNUAL MEETING TO BE HELD NOVEMBER 13

The Annual Meeting and Elections for the NJ LMSC executive committee will be on November 13th from 2-4pm at Amphibia Swimming & Triathlon Wear Incorp. in Princeton. Thanks to Darek Hahn for letting us use this great location. The meeting is open to all Masters swimmers and we encourage people to come and see what it's all about. We're always looking for new views, new ideas and new volunteers.

The exact address for the meeting is 1225 State Rd, Princeton, NJ 08540. The phone number is (609) 688-0681. State Road is Route 206 and Amphibia is on the northbound side of 206, in a shopping center, which also has the Princeton Fitness and Wellness Center in it. It is just south of the intersection of Route 206 and Route 518, just south of the Tiger's Tale. Coming from the south, it is just past the Princeton Airport (which would be on the southbound side). Use MapQuest.com for specific directions.

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## PERFORMANCE APTITUDES AND ATTITUDES

**THE DIFFERENCE IS YOU!**

*By Wayne Goldsmith*

OK. It's 5:00 a.m. It's still dark. You would probably rather be home in bed asleep. Your coach has come in as enthusiastic and motivated as ever and has written up this workout on the whiteboard: The question is now, what do you do next? The obvious answer is 400 Freestyle, 6 X 50 breaststroke drills, etc. etc. Everyone in your team will be doing that. The question really is, what will you do that is better, faster, smarter than everyone else to give you the winning edge? What will you do in this session that will make you a better athlete?

If you want to be the best swimmer in your club, your state, Australia or the world, you must be the best swimmer in your LANE first. You must set yourself a higher standard than anyone else in your lane is prepared to. You must set a higher standard and more challenging goals than even your coach thinks possible. Successful swimmers set themselves tougher goals than anyone else could possibly set for them.

The difference between good swimmers, very good swimmers and great swimmers is very often their approach to their training. While the workout itself is important, the real secret to success is in how you do the workout. The benefit you gain from the workout is totally dependent on your attitude and approach to your training program.

How would three swimmers (a good, a very good, and a great swimmer) approach our workout? The good swimmer does the training program: does what the coach has asked. The very good swimmer also does the training program, does what the coach asked AND sets a few personal goals along the way to get a little more out of the workout. The great swimmer does the same program, does what the coach asks, and then demands an uncompromising level of excellence from themselves to get the maximum benefit from the workout. The great swimmer sees the workout as an opportunity to improve and to get the most out of their efforts.

Being a great swimmer means training and racing with a great swimmer's attitude. You train your body for speed, for power, for strength and for technical excellence to help you achieve your best. Train your brain to do the same. 🔄

—Taken in part from *Across the Lanes*, North Carolina Masters newsletter, Fall 04 issue found at [www.ncmasters.org](http://www.ncmasters.org)

## EXERCISE STALLS EFFECTS OF AGING ON THE HEART ACTIVE SENIORS HAVE HEARTS LIKE THOSE YEARS YOUNGER

*By Jennifer Warner*

WebMD Medical News Sept. 16, 2004 — A lifetime of exercise may keep the heart young and prevent one of the most common age-related heart problems.

New research shows that an active lifestyle can prevent stiffening of the heart, a condition that can lead to heart failure in older adults. Researchers found the hearts of athletic senior citizens were half as stiff as those of adults who had been sedentary throughout their life.

Heart failure occurs when the heart is no longer able to pump blood effectively enough to meet the body's needs. The risk of heart failure increases with age, and the condition is the leading cause of hospitalizations among people over 65.

Nearly half of all heart failure cases are due to diastolic heart failure. This type of heart failure seems to be caused by the gradual stiffening of the heart muscles. The lower chambers of the heart relax and function to fill with blood in between heartbeats. Because the chambers don't relax completely, an aging heart can cause an increase in pressure within the heart chambers.

In people with diastolic heart failure, the heart appears to be pumping normally, but the stiffened heart muscle causes excess fluid to build up in the lungs, feet, ankles, and legs.



## WHAT HAPPENED AT THE CONVENTION?

Below are convention reports from two NJ delegates who went to the 25th USAS Convention in Orlando, Florida in September. Find out what Ed Nessel and Tom Brunson thought of the meeting.

### COACH ED NESSEL

Immediately after arrival at the convention on Wednesday, Sept 15, I had to make a presentation at our hotel (Wyndham Palace) sponsored by the Coaches Committee. My topic was "Keeping the Athlete Healthy." Material presented had been printed in *The Fast Lane* over the past several months (I make sure that New Jersey Masters get to read my articles before the rest of the country).

My main concerns and efforts going into the convention were centered around my membership and participation on the Coaches and Sports Medicine Committees. But the members of the house of delegates, of which I was a voting member, were surprised by two facts:

(1) there is going to be a new formation for governance of masters at the national level which entails a major restructuring of how masters is run from the national level all the way down to the LMSC's that make up each zone...hopefully to ensure better guidance and structure to help the national membership enact the mission of United States Masters Swimming. The main change will now have four (4) vice-presidents, each to be responsible for specific functioning of the LMSC's. Also, the makeup of the Board of Directors will incorporate an altered selection of zone membership. Since things seemed to present themselves in a very complicated manner, a few extra "governance sessions" were scheduled into the master schedule so the delegates could become initiated into what the Executive Committee had proposed as change.

(2) we will now have a new publisher for USMS' official magazine. There was much debating on this issue with many of the delegates feeling that some sort of back-door deal had been made. Phil Whitten, it seems, might lose his job as editor-in-chief of *Swim*, *Swimming World*, *Swimming Technique* and *Swiminfo*. In fact, these publications might go under with the loss of *Swim Magazine*, since the economics of these publications are closely related to the bottom line of each other. Since this was NOT brought before the membership until we were pressed to vote on the change, many hard debates ensued with corresponding voting sessions.

As for my committees, Coaches has reemphasized the importance of quality people running the workouts. The use of swim and coaching clinics, coach mentoring, my book and video libraries, are all there to disseminate information. This is because the coaches feel the future of masters swimming in the USA is absolutely dependant upon quality coaching. I also ran the sprint workout at the Orlando YMCA pool on Saturday morning...an On-Deck Coach...big honor to be selected.

Sports Medicine is the other committee which sees itself as the prime mover into the future of masters swimming. Several ongoing research projects have been producing hard-core results to show that the healthful lifestyle that masters swimming proposes is the way to grow older in health and vitality. I am to have two articles published within the auspices of the sports medicine committee: *Inflammation*, and *the Benefits of Resistance Training in 2005*.

During the Colonies Zone meeting, I was honored with the Dot Donnelly Award for my accumulated efforts and service over the years, especially last year on

behalf of the Colonies Zone (from Maine to Virginia).

Also, there will be no official Colonies Zone Championships (SCM) this year since a full schedule of events were not included in the meet (distance swimming was deleted for cost reasons). The meet, whatever its title, will be held the first weekend in December at Wheaton College in Mass.

### TOM BRUNSON

**REGISTRATION** The combined efforts of registration, web manager, registration software, and National Secretary will be required to have on-line registration capability in place for the FINA World Championships entries in Stanford(CA), 2006

The Ability to register swimmers on line with USMS will be implemented sometime after the FINA Championship registration project.

NJ-LMSC will use an email request for initial re-registration invoicing for 2005. This was tried in California with very good results.

**PLANNING** The USMS structure change to an Executive Director and four Vice Presidents will provide better project accountability with less overlap of efforts among the various committees.


**COMMUNICATIONS** Change of the national USMS magazine publisher will broaden the scope of articles to better include fitness and non-competitive swimmers. Editorial content will become the property of USMS, permitting posting and archiving on the USMS website.

**FINANCE** The committee produced a balanced USMS national budget for 2005, with no dues increase.

**Note:** Minutes of all meetings held at the 2004 Convention are posted on the USMS.ORG website.



## GOOD NEWS FOR SWIMMERS

Despite swimming's low-impact rep, your water workout can strengthen your bones. A study from Israel's Wingate Institute in Netanya indicates that women who frequently swim laps have greater leg bone mass than nonswimmers. Weight-bearing activities like running are the best way to build bone, lead researcher Bareket Falk notes. But flip turns work too. 

—Taken from 11/04 issue of *Self Magazine*

# PHYTOCHEMICALS: TAKING A CLOSER LOOK

By Edward H. Nessel, R.Ph, MS, MPH, PharmD.

You're food shopping. You're in the cereal aisle and decide to read the ingredients label on your usual morning fare. You might not be a scientist, but you consider yourself worldly and educated; the following list of chemicals could probably scare you off from the purchase: isoflavone, terpenes, indoles, phenolic acids. These are not artificial additives, they are naturally-occurring chemicals found in fruits, vegetables, beans and whole grains...biologically-active chemicals our bodies can use as part of their disease-fighting arsenal. These substances are called phytochemicals (phyto is Greek for plant). Some phytochemicals found in plants not commonly used for food, such as digitalis and quinine, have been used for medicinal purposes for centuries. The anticancer and the anti-inflammatory effects of many of them, however, are only just beginning to be explored.

## PHYTOCHEMICALS AS PROTECTORS OF TISSUE AT THE CELLULAR LEVEL

Though the role of phytochemicals in metabolism has not been absolutely deciphered as yet, enough has been elucidated to put these "organic safeguards" into the frontline of research to find natural substances to shield against biochemical processes that could harm the body. A main reason for this is the ability of phytochemicals to stop the conversion from healthy tissue to cancerous at so many different stages of cellular metabolism and to extinguish the "flames of inflammation" throughout various parts of the body.

Isothiocyanates, found in cruciferous vegetables such as broccoli, cauliflower, cabbage, and kale, switch on enzymes that actually detoxify carcinogens at an early stage; they also increase the anti-oxidant defenses of cells. Diallyl sulfides in garlic and onions can stop the growth of cancer cells at a later stage. Saponins, found in beans and other legumes may prevent cancer cells from multiplying by influencing genetic material in the cells. Ellagic acid, a type of phenolic acid found in strawberries and raspberries, reduces the genetic damage caused by carcinogens in tobacco smoke and other air pollutants.

Two phytochemicals have received a lot of media attention of late. One is lycopene, the substance that makes tomatoes red. A member of the vast carotenoid family, which contains more than 600 active compounds (including the

well-known beta-carotene in addition to lutein, and zeaxanthin, which are found in leafy greens); lycopene has shown promise in protecting the prostate gland from developing cancer. The other is cocoa. This age-old substance from beans has many active chemical constituents that allow true dark chocolate and cocoa powder to produce several effects at the cellular level. In fact the isolated chemicals in cocoa powder span the gamut of chemically-induced cellular activity. We see polyphenols and flavonols that act to keep inflammation and destructive oxidation under control, especially of the coronary arteries where the processes of "hardening" are prevented or at least delayed to a great extent; we also see the xanthine class of chemicals that are made up of caffeine and theobromine which stimulate the heart, dilate the arteries that feed the heart and relax other smooth muscle tissue like the bronchiole tree to ease breathing. Good news for dark chocolate lovers...true dark chocolate has near-medicinal properties for the heart. But this does not hold for milk chocolate, chocolate syrup, nor any combination of such.

The phytochemical properties of soy foods are another hot media topic at present. For many years, research has suggested that soy may be an effective cancer fighter because of the presence of isoflavones which has shown to block estrogen receptors in breast tissue. Asian women consume much more soy than most American women in their diets and suffer far fewer breast cancer cases. But this must be weighed appropriately with the fact that too much of a good thing can be harmful. Some research has shown that excess soy can produce harmful effects. It is best to take in a balanced diet that includes soy along with several other phytochemicals in moderate amounts.

Supported by grants from the American Institute for Cancer Research (AICR), scientists have furthered the research on several phytochemicals. We can now see how carnosol (found in rosemary) fights breast cancer tumors in laboratory rats; whether curcumin (found in the spice turmeric) is effective against skin cancer, and the way green tea elements keep inflammation and cellular damage down to a minimum.

A rather remarkable phytochemical, maybe the single most potentially-beneficial plant-origin substance yet discovered is resveratrol, a type of polyphenol found in the skin of grapes and in wine. It has

been shown to be able to inhibit platelet adhesion in red blood cells, thus preventing clots that could occlude coronary and cerebral arteries. Resveratrol is also being studied (with early positive results) as a cancer preventative by being able to inhibit human cancer cell growth in the breast, blood and lung as well as being able to block general tumor growth in rodents. It has also been shown to inhibit skin cancer growth in mice. And it is the center of attention due to its inhibitory effects on human leukemia cell growth.

## PHYTOCHEMICALS FROM WHOLE FOOD SOURCES

Although there is still much that is unknown about phytochemicals, what researchers do know from many human population studies worldwide is that people who eat large quantities of fruits and vegetables have reduced cancer risks and less inflammatory reactions throughout the body.

What about supplements? Logical thought-extension would be that if some is good, a lot would be better...not always the case with biology. More and more we are seeing concentrated forms of phytochemical isolates being pushed onto the health-food market for ease of administration. It seems to be human nature to look for the easy way to get results...in this case take a few capsules, powders, tablets, and drinks instead of consuming five or more different vegetables and fruits daily to get a good natural phytochemical mix into the diet.

A good example of the concentrated form of a phytochemical working well in the body is the enzyme bromelain. Normally found in tropical fruits (most concentrated in fresh pineapples), it has biological activity to both aid digestion and to help damage tissue recover from intense physical activity. Many high level athletic teams are now utilizing bromelain in concentrated capsular form for muscle recovery, and with good results. But there are instances where concentration is deleterious to good health.

Several years back it was discovered that natural beta-carotene worked well as an anti-oxidant to keep cells from becoming destroyed due to intense activity where oxygen and other elements did the damage. Several forms of concentrated beta-carotene came on the market but proved to be more harmful than helpful. Two major studies actually proved that several smokers developed more lung cancer with beta-carotene concentrate (cap-



Jersey Area Masters Presents:

## The 1<sup>st</sup> Annual Holiday Classic SCM Meet with Unofficial Team Championships

Saturday, December 11, 2004  
The College of New Jersey, Ewing, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 074-006

- Facility:** The College of New Jersey Aquatic Center opened in 1987 as one of the finest indoor aquatic facilities in the northeast. Measuring 126 feet by 67 feet and costing over \$4.5 million to construct the TCNJ pool is divided by a moveable bulkhead separating the diving well from the main pool. The diving well measures 67 feet by 48 feet and has 2 one-meter and 2 three-meter diving boards as well as 3 lap lanes. The main pool can measure 25 yards or 25 meters and has 8 lap lanes.
- Schedule:** 10:00am general warm-up. 11:00am start for the 1500m freestyle. 12:30pm (est.) second general warm-up. 1:00pm meet resumes as scheduled.
- Warm-ups:** No diving is permitted during warm-up except in the designated one-way sprint lane(s). There will be a separate warm-up pool available throughout the meet. Diving is not allowed in the separate warm-up area at any time.
- Entry Limit:** Swimmers may register for a maximum of 5 events, not including relays. Distance events, 400 meters or longer, will be limited to the first 24 entries. If signing up for multiple distance events, please list event priority so that we can provide the chance to swim a distance event for all who wish to compete.
- Check-in** The 1500, 800 & 400 meter freestyle and 400 IM require positive check-in. Those not checked in by the deadline will be scratched. Swimmers must check-in for the 1500 freestyle by 10:30am. Check-in for the 400 freestyle and 400 IM will close at the end of the second warm-up session. The 800 freestyle check-in will close at the completion of the 400 IM.
- Seeding:** All 50-100-200 meter events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat. Heat sheets will be available prior to the meet. Distance event heat sheets will be posted around the pool approximately one hour before the event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. through 90+. Relays: Total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. All male or all female relays are permitted. Mixed relays must consist of two men and two women. Swimmers can only swim on one relay per event, for a total of two relays.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must be 19 years of age on the date of the meet and must include a copy of their USMS card with their registration.
- Awards:** Swimmers may swim for their workout group or USMS team. All workout groups will be scored as teams for purposes of team awards. Distinctive awards will be given for first through third place teams. Medals will be awarded for first through third place in individual events and relays in all categories (age-group, sex, etc.). Ribbons will be awarded for fourth through sixth place in individual events.
- Scoring:** Individual Events: 1<sup>st</sup> through 6<sup>th</sup> place 7,5,4,3,2,1, Relays 1<sup>st</sup> through 6<sup>th</sup> place double points.
- Registration:** **All entries must be received by December 6, 2004. No deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers.
- Entry Fees:**
- |                    |   |
|--------------------|---|
| Pool Surcharge:    | \$10 per swimmer (Including relay only swimmers)                        |
| Individual Events: | \$5 per event   |
| Relays:            | \$10 per relay (relay entries due by the end of second warm-up session) |
- Questions:**
- |                    |  |
|--------------------|--|
| Meet Information:  | Darek Hahn, 609-947-3780 or by e-mail at <a href="mailto:dhahn@jerseyareamasters.com">dhahn@jerseyareamasters.com</a>        |
| Local Information: | Rob Barrish, 609-799-2778 or by e-mail at <a href="mailto:rbarrish@jerseyareamasters.com">rbarrish@jerseyareamasters.com</a> |

## Jersey Area Masters Presents:

# The 1<sup>st</sup> Annual Holiday Classic SCM Meet - with Unofficial Team Championships

Saturday December 11, 2004

The College of New Jersey, Ewing, NJ

Warm-up: 10:00am

Meet Starts: 11:00am



## Individual Meet Entry Form

Deadline: **Received by December 6, 2004**  
(A copy of your USMS card must be included with your entry)

Mail Entries to: Derek Hahn, Meet Director  
102 Manlove Ave.  
Hightstown, NJ 08520  
609-947-3780  
[dhahn@jerseyareamasters.com](mailto:dhahn@jerseyareamasters.com)

Make Checks Payable to: **Jersey Area Masters Swimming**

**Do not forget to attach a copy of your USMS card!**

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:		
Address:			Daytime Phone:		
USMS number:		Team (may be workout group):		Evening Phone:	
Birth date:	Age:	Sex:	E-mail address:		

### RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned 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 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 DAMAGES 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. (Rule Book Article 203.1)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please enter your **best short course meters time** for each event you wish to swim (put "NT" in the blank for No Time). For distance events please mark which events are your priority (1 for #1, 2 for #2, etc.) we will try to accommodate everyone swimming as many distance events as possible.

#:	Priority:	Event:	Entry Time:	#:	Priority:	Event:	Entry Time:
		WARM-UP:	10:00am	10.		100 IM	_____
1.	_____	1500m Free	_____	11.		200 Back	_____
		-- ½ HOUR WARM-UP --		12.	_____	400 Free	_____
2.		100 Breast	_____			-- 15 MINUTE BREAK --	
3.		200 Fly	_____	13.		50 Free	_____
4.		100 Free	_____	14.		200 Breast	_____
5.		50 Back	_____	15.		100 Fly	_____
6.	_____	400 IM	_____	16.		200 IM	_____
		-- 15 MINUTE BREAK --		17.		100 Back	_____
7.		50 Breast	_____	18.	_____	800 Free	_____
8.		50 Fly	_____	19.		200 Medley Relay	Deck Entered
9.		200 Free	_____	20.		200 Freestyle Relay	Deck Entered

## PHYTOCHEMICALS: TAKING A CLOSER LOOK

sules) than with the natural foods containing this phytochemical. A possibility here could be the fact that some phytochemicals might need to react with others in a natural food source to prove beneficial; by themselves in concentrated form, they could be toxic. We've seen this with vitamin A for years. In a sentence: "designer foods" or supplements don't make up for a bad diet.

Research started by the National Cancer Institute (NCI) to study the effects of various phytochemicals was dubbed the Designer Foods Research Project when it was first announced in 1989. Today in this area we see the technology to be far ahead of the science. By this I mean that chemical constituents can be isolated, modified, amplified and combined in food through plant breeding, bioengineering and food processing, but before we get to the next stage we need to know: what compounds work, what combinations are best, and at what concentrations.

### THE TAKE HOME MESSAGE FOR EVERYONE

Although soy foods, cruciferous vegetables and citrus fruits are developing reputations as phytochemical powerhouses, these are only the most studied foods to date. Scientists are learning more about phytochemicals that exist in all plant-based foods every day. Eating a wide variety of vegetables, fruits, whole grains and beans is more important than concentrating on particular foods, in order to get the full gamut of phytochemicals found in nature.

### RECOMMENDED WAYS OF INCREASING INTAKE OF PHYTOCHEMICALS:

(a) variety with vegetables is more important than quantity...do not select one type of vegetable all the time even if it is a favorite. Broccoli is very nutritious, but you don't have to eat it every day. Also, try carrots, cauliflower, leafy greens, winter and summer squashes, green and red peppers, onions, snow peas, red cabbage...the list is almost endless. Also, don't feel you have to eat a wide variety every day; it is your weekly consumption that is important. Aim for at least three serving of vegetables per day.

(b) eat more fruits...a glass of juice at

breakfast is nice, but how about some peaches, blueberries or bananas atop hot or cold cereals? A fruit salad with lunch or a juicy orange as a midday snack works well as does a bowl of ripe strawberries after dinner. Multiple-fruit "smoothies" after a vigorous workout, mixed in either skim or soy milk can help the body rejuvenate. Other great-tasting choices are cherries, melons, kiwis, plums, figs, mangos, pineapples and grapes. Aim for at least two servings per day.

### PHYTOCHEMICAL FAMILY & MAJOR FOOD SOURCES

#### Diallyl Sulfides

onions, garlic, chives

#### Carotenoids

Carrots, cooked, tomatoes, leafy (beta-carotene, lycopene, lutein, zeaxanthin) greens, sweet potatoes, apricots

#### Flavonoids

Tea, coffee, citrus fruits

#### Indoles

Cruciferous vegetables (broccoli, Cabbage, kale, cauliflower, Brussels Sprouts)

#### Isoflavones

Dark chocolate, soybeans (tofu, soy milk)

#### Isothiocyanates

Cruciferous vegetables

#### Phenolic Acids

Dark Chocolate, berries, citrus fruits (ellagic acid, ferulic acid apples, whole grains, nuts

#### Polyphenols

Dark chocolate, green tea, grapes, Wine

#### Saponins

Beans and other legumes

#### Terpenes

Cherries, citrus fruit peel, rosemary (perillyl alcohol, limonene, carnosol)

As we become more sophisticated in our search for what causes damage at the basic cellular level, it is ironic that we need to look at the basic forms of life around us (plant kingdom) for possible cures and/or preventatives. Some wonderful discoveries should come from this research that will benefit us all in the near future. The adage still holds: We are what we eat.

Continued from page 2

## EXERCISE STALLS EFFECTS OF AGING ON THE HEART

### EXERCISE KEEPS HEART YOUNG

In the study, which appears in the Sept. 13 online edition of *Circulation: Journal of the American Heart Association*, researchers compared the stiffness and pumping ability of the heart in 12 healthy but sedentary seniors, 12 Masters athletes, and 12 young, sedentary adults (average age 29).

The Masters athletes, with an average age of 68 participated in endurance sports such as swimming and track and were nationally ranked competitors. The sedentary adults (average age 70) had not participated in regular endurance exercise throughout their life.

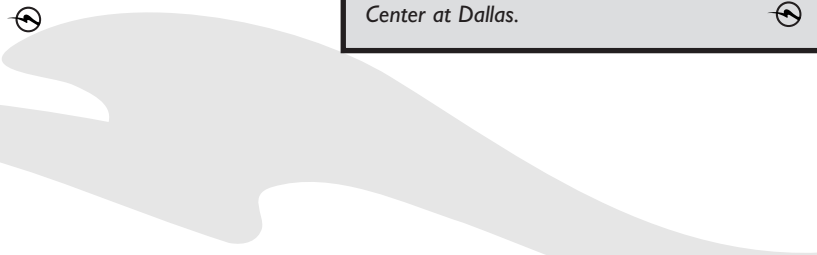
Researchers looked at whether stiffness of the heart and pumping ability worsened with aging alone or if physical inactivity also contributed to this process.

"We found that the older, sedentary individuals' hearts were 50% stiffer than the Masters athletes, which we expected," says researcher Benjamin Levine, MD, professor of internal medicine at the University of Texas Southwestern Medical Center at Dallas, in a news release. "But what we didn't expect was that the hearts of these senior athletes were indistinguishable from those of the healthy younger participants."

The pumping ability of the Masters athletes' hearts was the same as that of the younger adults less than half their age.

"It appears that lifelong exercise training completely prevented the stiffening of the heart muscle that has been thought to be an inevitable consequence of aging. We found that it is aging in addition to being sedentary," says Levine.

SOURCES: Arbab-Zadeh, A. *Circulation: Journal of the American Heart Association*, Sept. 13, 2004 online edition; vol 110. News release, University of Texas Southwestern Medical Center at Dallas.





# DOES STRETCHING PREVENT INJURY?

EXPERTS DEBATE THE MERITS OF THIS FITNESS MANTRA.

By Randy Dotiga

HealthDay Reporter SATURDAY, Sept. 11 (HealthDayNews)—It's the mantra of the exercise gurus everywhere: Stretch before you exercise, stretch after you exercise, and you'll avoid injury.

Sounds like good advice, but a growing body of research suggests it's wrong.

While stretching doesn't seem to be harmful in general, it typically isn't worth the time or effort, said Dr. Stephen Thacker, co-author of a new study examining research on stretching. "It's not so much that stretching will injure you. It's that it doesn't do anything," he said.

But the views of Thacker and others are far from widely accepted, and many exercise experts continue to recommend that athletes and weekend warriors devote some time to stretching.

"The jury is still out," said Werner W.K. Hoeger, director of the Human Performance Laboratory at Boise State University.

At issue is whether the stated purpose of stretching—to boost flexibility, thus reducing the chance of injury—is ever actually accomplished. U.S. researchers set out to find the answer by examining six previous studies that explored the benefits of stretching. They reported their findings in the March 2004 issue of the journal *Medicine & Science in Sports & Exercise*.

"What we found was that stretching prior to competition or other physical activity did not prevent injury," said Thacker, director of the Epidemiology Program Office at the U.S. Centers for Disease Control and Prevention. "We also found that stretching prior to activity could have a bad effect. You might not jump as high or run as fast."

Thacker acknowledged his study didn't look at two areas where stretching might be beneficial—in the short periods between competitive events and during physical therapy. But the time between competitions doesn't have much to do with typical exercise, he said. "That's not right before you're going to go run your 5K or play in your basketball game," he added.

Overall, the researchers said there isn't enough firm evidence to recommend stretching or fully reject its usefulness.

But they did find plenty of evidence that warming up—actually exercising muscles instead of stretching them—helps boost flexibility and performance. "If you're a jogger, start slow," Thacker said. "If you're a golfer, start with some easy golf swings."

But even flexibility might not be all it's cracked up to be. A 1999 study of 303 military recruits found that both the most flexible and the least flexible were at highest risk of injury.

Not surprisingly, stretching still has plenty of defenders. The problem with existing research is that it isn't strong enough to

debunk stretching, Hoeger said. Ideally, researchers would follow a few thousand people for several years to see how stretching affected them, he said.

"The problem we have is that that kind of research is very time-consuming and lengthy," he said. "A lot of people haven't shown an interest."

To make matters more complicated, no one knows what the ideal level of flexibility is for, say, a quarterback or gymnast, Hoeger said.

Some activities—like gymnastics, dance, diving and swimming—seem to require more flexibility, while sports like basketball and volleyball don't, he added.

Hoeger recommends that people continue to stretch. "We need to keep in mind that flexibility should be an overall component of your conditioning program."

These stretching tips come courtesy of the Women's Heart Foundation:

- The proper way to stretch is slow and relaxed. Don't bounce because this can cause you to pull the muscle you're trying to stretch.
- Don't overstretch cause it might cause damage. Only stretch to the point of mild tension, and ease off if the stretch feels painful.
- Maintain the stretch for a minimum of 15 seconds each, without bouncing. Breathe slowly and naturally.

## THE FAIRER AND FASTER SEX? WOMEN PREDICTED TO OUTFRAN MEN AT THE 2156 OLYMPICS

By Miranda Hitti

WebMD Medical News—Sept. 29, 2004—The battle of the sexes may hit a turning point in 2156. That's when a woman runner may outpace male competitors at that year's Olympic Games.

So say researchers including Andrew Tatem of the zoology department at England's University of Oxford.

Tracking winning times in the 100 meter sprint held at Olympic Games over the past 100 years, Tatem and colleagues noticed that women runners are getting

faster and faster, gaining ground on their male peers.

If that trend keeps pace, a woman should win the 100 meter race at the 2156 Olympics with a time of 8.079 seconds.

And the men? They'll be a few fractions of a second back, clocking in at 8.098 seconds by the researchers' predictions.

It probably wouldn't be a head-to-head showdown, since men and women compete separately right now.

Some experts say drug use is powering

women's gains, noting that improvements in the timed event have slowed with the advent of drug testing.

But others say the gender gap can only narrow as more women around the world get the chance to compete.

"Only time will tell whether in the 66th Olympiad the fastest human on the planet will be female," write the researchers in the Sept. 30 issue of *Nature*.

SOURCE: Tatem, A. *Nature*, Sept. 30, 2004; vol 431: p 525.



Continued from page 1

## MORE RECORDS

65-69

**Jane Fisher (68)**  
100 Breast 1:58.33

**Men: 65-69**

**Jerry Katz (66)**  
50 Fly :32.30  
100 IM 1:21.00

80-84

**George Melick (80)**  
100 Back 1:44.28



## LIGHT THOSE CANDLES!

Happy birthday to the following 42 people with birthdays in November:

Austin Newman	85-89
Edward Breisacher	70-74
Norma Fallon	65-69
Joel Pitt	60-64
Barbara Rosenbaur	60-64
Joseph Perrine	60-64
Arlene DePolo	55-59
Alan Fidler	55-59
Robert Cenker	55-59
Eileen Nessel	55-59
Tom Geiman	55-59
Robert Nissen	55-59
Irene VanVranke	50-54
David Allred	50-54
Jack Wilson	50-54
Paul Gondek	50-54
Steven Levine	50-54
Harry Sievers	50-54
Donald Denny	50-54
Paul Swanson	50-54
Morris Hawn	45-49
Margaret Estlow	45-49
Thomas Gortych	45-49
Peter Kalibat	45-49
Carol Mateo	45-49
Joann Spranz	45-49
Susan Lawson	45-49
Laurie Kramer	45-49
John Naylor	40-44
Randy Miller	40-44
Julie Canfield	40-44
Herb McCaffrey	40-44
Michael Stewart	35-39
Bridget Nastasi	35-39
Joseph DeVico	35-39
Matthew McKenna	30-34
Sukbin Song	30-34
Zachary Wilson	25-29
Sonja Koppenwallner	25-29
Kathryn Brower	25-29
Karen Scott	20-24
John Delooper	20-24



**“IN THIS WORLD, A GOOD TIME TO LAUGH IS ANY TIME YOU CAN.”**

—LINDA ELLERBEE

## 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 at donfink@comcast.net, workouts T at 8pm & H at 5:30am.
- 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.
- Jersey Area Masters**, Princeton Fitness and Wellness, workouts Mon-Thurs 7-8 or 8-9:30 pm. Email or call Darek Hahn before you come; 609/947-3780, DHahn@princetonlightwave.com
- Lakeland Hills Masters Team** Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html
- Madison YMCA** Contact: Jon Seigel; 973/822-YMCA, ext. 228 or marinersSwimming@aol.com or www.marinersswimming.com. Workouts are M & W 8:20-9:30pm.
- Monmouth Swim Hawks** Monmouth University, West Long Branch Workouts are T & F mornings from 7am-8am. Call Murray Simon at 732/229-7623.
- 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 Ellen Weirich; 732/445-04562 or ezera@rci.rutgers.edu. 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 www.recreation.rutgers.edu/aquatics
- Stevens Sting Rays** Contact: Cheryl Lee 201/216-8039. Workouts are M, W, F 7:30-9 pm; T & H 6-7:30 am and 8-9 pm; Sun 10-12.
- 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

- Newark YMCA** Contact: Joy Henderson; 973/624-8900, ext. 6811. Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.
- 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 pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts are M-F, 5-6:45 am at the Princeton DeNunzio Pool.
- 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
- TCNJ Masters**, The College of New Jersey in Trenton. Workout times are Mon-Fri 11-2 pm and 7-9 pm and Sat-Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com



**NJ LMSC**  
451 Sweet Hollow Road  
Bloomsbury, NJ 08804



**ADDRESS:**



## MEET CALENDAR

### MEETS OUTSIDE OF NEW JERSEY

#### NOVEMBER 20-21

**VMST FALL MEET, FORT EUSTIS AQUATIC CENTER, NEWPORT NEWS, VA.** Contact Charles Cockrell; 757/865-6250, cockrells@usms.org or go to [www.vaswim.org](http://www.vaswim.org)

#### NOVEMBER 21

**SCM METRO SWIM CHAMPS/FALL CLASSIC, NASSAU COUNTY AQUATIC CENTER.** Go to [www.metroswim.org](http://www.metroswim.org)

#### DECEMBER 10-11

**ANDREW FISHER & DOUG IRGANG SCM MEET, ASPHALT GREEN, NYC.** Contact Eddie Lary; 212/369-8890 X 317 or [elary@asphaltgreen.org](mailto:elary@asphaltgreen.org)

### CHAMPIONSHIPS

#### JANUARY 1-31, 2005

**2005 USMS ONE HOUR POSTAL CHAMPIONSHIPS,** Contact Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, [goldstein@mind-spring.com](mailto:goldstein@mind-spring.com)

#### APRIL 22-24

**COLONIES ZONE SCY CHAMPIONSHIPS, GEORGE MASON UNIVERSITY, FAIRFAX, VA.**

