

FAS TLANE

LIGHT THOSE CANDLES!

We've decided to switch from aging up to regular gained-another-year-of-maturity(?) birthdays each month. So wish a happy birthday to the following 38 folks:

- Doris Steadman80-84
- Paul Kiell70-74
- Alfred Ferguson65-69
- Jeffrey Hall60-64
- Lawrence Seidman55-59
- Dennis Creter55-59
- Joel Stein50-54
- Beth Maloney50-54
- Farid Soliman50-54
- Dennis Friedman50-54
- Jack Frain50-54
- Albert Krone45-49
- Robert Danskin45-49
- Claudia Feeley45-49
- Alan Sawyer45-49
- Kristine Templeton45-49
- Kenneth Nichols45-49
- Wayne Rebarber45-49
- Jeff Bodenman40-44
- Bill Beaton40-44
- Julie Stewart40-44
- George Sproul40-44
- Gregory Schwartz40-44
- James Archer35-39
- Ann Monaghan35-39
- Cornelia Muehler35-39
- Doug Clark35-39
- Victor Egg30-34
- Mary Kuzmich30-34
- Joseph Ruberto30-34
- Cheryl Lee30-34
- Julie Porro25-29
- Gilbert Olvera25-29
- Justine Schramke25-29
- Karen Scott20-24
- Lisa Bettinger20-24
- Pui Wah Alice Kong20-24

ED NESSEL HEADS SOUTH TAKING A TOP HONOR WITH HIM



Ed Nessel and his wife, Eileen, are moving to Melbourne, Florida, where the weather is balmy and the pools are outdoors. We wish them both the best as we contemplate Masters swimming in New Jersey without Ed. He has made tremendous contributions to swimming in our state and at the national level over many years and he will be greatly missed. His dedication to swimming was recently recognized at the USMS National USAS Convention where he was awarded the prestigious Dorothy Donnelly Colonies Zone Service Award.

It's no wonder that Ed won the award. He has always been a very successful competitive swimmer but for the past 24 years in New Jersey, Ed has been a leader in developing Masters swimming. Ed has coached hundreds of adult swimmers, run numerous clinics, and has hosted many meets, indoors and outdoors, meters and yards. For the past several years, Ed has hosted many of the local meets that New Jersey has held.

Ed has been a member of the NJ LMSC board since 1997, and has served in many capacities, including LMSC Chairperson. Ed has been a continuous contributor to the monthly NJ newsletter, The Fast Lane, (as well as many other national publications, such as SWIM Magazine) providing articles on health and fitness.

Ed has voluntarily contributed in almost every possible aspect of supporting and promoting Masters swimming in New Jersey. In addition to all of the activities listed above, Ed has created the "Garden State Masters" logo and has had it printed on swimming caps, T-shirts, etc., all in an effort to motivate and encourage participation in the sport. Ed has truly given so much of his time and energy to United States Masters Swimming in New Jersey for over more than two decades. His passion for the sport never fades.

So get ready Masters swimmers in Florida—Ed's on his way. And to Ed: Don't forget your many friends in the Garden State because we sure won't forget you!

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STEADMAN MARTIN AND DAVIDSON MAKE IT ACROSS THE ENGLISH CHANNEL

Michelle Davidson, age 34 and a Garden State Master Swimmer, and Nancy Steadman Martin (age 50) recently completed solo swims of the English Channel. Nancy swam on August 10, 2004, and it took her 11 hours and 20 minutes to complete the swim. Michelle began her swim at 9:47 pm on August 14th and swam through the night to complete her swim in 13 hours, 45 minutes. They both have trained together these past years and swam a great deal of distance throughout 2003 & 2004 to get ready for the Channel. They both used the same boat pilot, Duncan Taylor. Nancy's crew consisted of her Mom, Doris Steadman (world-record holder in the backstroke events for the 70-74 and 75-79 age groups; and her brother Rick Steadman, who paced her for an hour during the swim and then swam with her on to the beach in France. Her other crew members were Dr. Michael Baden, the famous forensic pathologist, and Dr. Peter Dean, the coroner for the Queen of England.



NANCY'S FINISH AS SHE GETS BACK INTO THE BOAT AFTER STEPPING ON A BEACH IN FRANCE.

Michelle's mother, Cheryl Davidson and her sister, Misty Davidson, made up her crew. Misty swam at various points with Michelle during the swim for a total of 3 hours. Both women were very relieved that they made it because they didn't want to have to do it again! Nancy believes that they are the only two females from New Jersey to successfully complete the Channel, other than Gertrude Ederle, who made it across in 1926. Since Gertrude went from France to England, they are the only two females from NJ who swam from England to France. ☺



NANCY AND MICHELLE AT A TRAINING SESSION.

EXERCISE HELPS FIGHT FLU *By Miranda Hitti*

EXPERIMENTS WITH MICE SHOW PROTECTION FROM FLU DEATH

WebMD Medical News—Oct. 7, 2004 -- Worried about not being able to get a flu vaccine this year? Exercise may be the flu remedy you've been looking for.

Moderate exercise helped mice survive the flu in a recent lab test done by researchers at University of Illinois at Urbana-Champaign. They presented their findings at the 2004 American Physiological Society Intersociety Meeting in Austin, Texas.

After exposing mice to the flu virus, Jeffrey Woods, PhD, and colleagues randomly assigned some rodents to a four-day workout program with 20-30 minute daily exercise sessions. The mice stopped exercising when flu symptoms appeared, simulating typical human behavior. For

comparison, another group of flu-exposed mice didn't exercise at all.

The exercising mice were twice as likely to survive the flu as the sedentary group: 59% of exercising mice survived the flu, compared with 29% of those that did not exercise.

Mature exercisers (age 20 weeks) fared best. Eighteen out of 22 mature exercising mice survived the flu, compared with only 10 out of 22 sedentary mice of the same age. The protective benefit of exercise wasn't seen in younger mice aged 11-16 weeks.

It's worth noting that the mice weren't hard-core rodent "athletes." They only exercised moderately for a handful of days; none exercised regularly before the experiment.

Continued on page 4



ATHLETES IN THE ZONE: THEY'RE NOT NEUROTIC

By Jeanie Lerche Davis

INTERNAL CHATTER KEEPS TALENTED ATHLETES FROM WINNING

WebMD Medical News

Aug. 13, 2004—It's every athlete's nightmare: Choking under pressure. Some can rise to the occasion, while equally talented athletes crumble. Why? It's likely due to the amount of "chatter" in their heads, researchers say.

A new study—considered "groundbreaking" by some experts—shows that athletes who can get "in the zone" are better able to suppress or ignore negative thoughts, and have higher self-esteem and confidence.

Athletes with neurotic tendencies—who dramatize events as catastrophic—have more negative thoughts and a harder time hitting the zone. This intrusive chatter is distracting and results in the

athlete's "thinking, instead of doing," says researcher Roland A. Carlstedt, PhD, a clinical sports psychologist with Capella University in New York City.

He presented his findings at the recent American Psychological Association meeting held in Honolulu.

Carlstedt's study involved 250 athletes in basketball, baseball/softball, soccer, tennis, and golf and compared brain activity coping abilities with 40 nonathletes. He analyzed their performance at key moments in competition. He also gave each a battery of tests to determine various tendencies, such as hypnotic ability, neuroticism, and ability to cope and repress negative thoughts.

Those who were high in hypnotic ability showed an extraordinary capability to intensely focus on the task at hand. This can pay off in great performance. It can

also make athletes vulnerable to their internal thoughts; they can't shake the negative thoughts, so performance suffers.

Winning athletes possessed this hypnotic ability, but were not neurotic. They showed great skill in repressing negative thoughts and keeping their attention on the job at hand—a left-brain activity.

Those who crumbled also had the hypnotic ability, but their negative thoughts took over, especially at the most critical moments—a right-brain activity.

The ability to stop the transfer of intrusive thoughts—from the right brain to the left brain—is a crucial part of staying focused through crucial moments of competition, says Carlstedt. ☞

SOURCES: News release, American Board of Sport Psychology. American Psychological Association 2004 Annual Convention, Honolulu, Aug. 9, 2004.

BOOK REVIEW: SWIMMING TO ANTARCTICA *From Alice Phillips*

Despite its improbable title, this is not a work of fiction—Lynne Cox did swim one mile in the 32 degree waters off the South Pole, along with a lot of other amazing swims like the Cape of Good Hope and the Bering Strait, all of which are described in her book.

Cox narrates her stories at a remarkable level of detail given that her first major swim occurred in the English Channel back in the 1970's when she was fourteen. She claims to have a photographic memory, so she doesn't hesitate to describe water conditions, scenery, and body sensations as well as quote conversations she had all along the way. ☞

—Taken from 7/15/04 issue of Virginia Masters Swim Team (VMST) Newsletter

GRAPES MAY CUT CHOLESTEROL AND BLOOD FATS *By Miranda Hitti*

GRAPE COMPOUND SHOWS ACTION SIMILAR TO PRESCRIPTION DRUG, SAYS USDA

WebMD Medical News

Aug. 27, 2004—Looking to lower your cholesterol and blood fats? Help may be as close as a bunch of grapes.

Grapes contain a compound called pterostilbene that may reduce cholesterol and triglycerides—a type of blood fat—just as well as a prescription drug.

That finding was reported this week at the 228th National Meeting of the American Chemical Society by Agnes Rimando, PhD, of the U.S. Department of Agriculture's National Products Utilization Research Center in Oxford, Miss.

Rimando measured how strongly pterostilbene affected an enzyme involved in

regulating blood fat levels. In tests on rat liver cells, the researchers found that the grape compound's effect on the enzyme was equal to that of ciprofibrate, a drug used outside the U.S. to lower triglycerides and cholesterol. This drug is in the same class as drugs that are available in the U.S., including Lopid and Tricor.

In addition, pterostilbene outperformed resveratrol, a similar grape compound that's also shown promise in cutting cholesterol and blood fats.

Both grape compounds have also shown cancer-fighting properties in laboratory studies.

Grapes don't have the market cornered on pterostilbene. Blueberries also have it,

giving them fat- and cholesterol-fighting properties, Rimando reported earlier this week.

How many grapes do you have to eat to reap the benefits? No one knows yet.

But you can bet that researchers will head back to the grapevine for further studies.

SOURCES: American Chemical Society 228th National Meeting, Philadelphia, Aug. 22-26, 2004. News release, Agricultural Research Service, U.S. Department of Agriculture. WebMD Medical News: "Blueberries May Lower Blood Fat/Cholesterol." ☞

COACHES' CORNER: STRENGTH TRAINING

by Jerry Frentzos for the February 1999 District of Columbia Aquatics Club Newsletter

Swimming is finessing your way through the water with strength. The key word in this statement is strength. A couple of weeks ago we did a set that involved completing some push-ups in between 25 sprints. Some individuals had difficulty completing three push-ups.

Swimming helps develop strength, but there is a limited amount of strength gain due to the fact that swimming is an aerobic activity. The main benefit gained from an aerobic activity is cardiovascular improvement. To take your swimming to another level, you must perform some type of resistance training. This may involve the use of free-weights, nautilus type of equipment, or your own body weight.

Some may ask what is type of resistance training is best. The simplest answer is, "any type is better than none at all."

You want to concentrate most of your time to the abdominal muscles. These muscles will include external and internal obliques, transverse abdominis, and rectus abdominis. The muscles that counter balance the abdominal muscles are the erector spinae muscles that control the movement and stability of the spine and lower back. These muscles are the longissimus, spinalis, and iliocostalis muscle. Believe it or not these seven muscles are the most important muscles for swimming. Every stroke you take starts and finishes with the use of these muscles. These muscles are continuously performing an eccentric contraction (lengthening) and concentric contraction (shortening). The better these muscles are developed, the more effectively you can reach out in front, pull underneath your body, and finish your stroke.

"Why do I struggle so much with butterfly?" I hear this question A LOT! Have you ever noticed when swimming butterfly that the first part of the stroke

technique to break down is the length or the distance you cover per stroke. This is because you are very quickly reaching a state of fatigue in your stomach muscles. The weaker you are in the abdominal and lower back muscles, the faster you will lose your stroke. This is also true for breaststroke and freestyle. When I tell you to keep the distance per stroke, I am helping you concentrate on developing your abdominal muscles. The pain in your stomach is coming from the over use of weak muscles.

What can you do? Very simple—sit-ups, crunches, back raises, V-ups, kicks, and leg raises. When you perform these simple exercises, maintain control and do them slowly. Do not use body momentum to help you perform these exercises. If you can, only start off completing 3-5 at a time. Slowly increase the number as you get stronger. Starting with one is better than not starting at all.

The next set of muscles to concentrate on are your upper body and shoulder muscles. Swimming through the water is 70-80% upper body and 20-30% legs. When developing upper body strength for swimming purposes, you want to concentrate on swimming specific muscles, specific swimming movements and range of motion. **THE LAST EXERCISE YOU WANT TO PERFORM IS THE BENCH PRESS.** This will decrease your swimming ability. When you are in the water, what stroke has the same range of motion as the bench press? NONE! When you are pushing a large amount of weight (greater than 60% of your body weight) away from your body, you are destroying the rotator cuff muscles. When performing the bench press, too much of the weight is supported and stabilized by the rotator cuff muscles. These are the most important muscles for swimming. Have you ever wondered why so many swimmers have shoulder problems? One, because of poor stroke technique, and two, because of improper resistance training.


On the other hand, one of the best exercises for swimming is a push-up. The push-up only uses about 40-50% of your body weight with more of the weight evenly distributed to the rotator cuff muscles, deltoid muscles, and pectoralis muscles. Have you noticed that when you get fatigued from doing push-ups, you feel the fatigue evenly distributed between your chest and arms?

Other swimming friendly resistance exercises include any type of activities that require you to pull weight towards your body to simulate the front part of your stroke or push weight down and away to simulate the finishing of your stroke.

Upper body exercises include: pull-ups (palms facing away), chin-ups (palms facing you), dips, lat pull down, tricep extension, seated rows, standing lateral raise, bicep curls. When you perform these exercises, you should have a full range of motion. If you cheat and do not fully extend your muscles, you are conditioning the muscles to decrease the range of motion. This will decrease the length of your swim stroke.

Lower body exercises include: squat, forward lunge, leg press, calf raises, abductor/adductor machine, and calf raises. When performing leg exercises concentrate more on light weight and high repetitions.

To help keep the muscles conditioned for swimming, I recommend you lift before swimming so the muscles can be stretched out during swimming. At first this may be difficult to accomplish but if you maintain your distance per stroke, you will keep your range of motion. When you lift after practice, you are conditioning the body to decrease your range of motion and shorten your swim stroke.

Some type of resistance work is better than none. If you have to start off with only one push-up that is OK, at least it's a start. 

—Taken from District of Columbia Aquatics Club website:
www.swimdcac.org

EXERCISE HELPS FIGHT FLU Continued from page 3

"Our work has shown that moderate exercise for four consecutive days post-infection significantly increased survivability to influenza infection," write the researchers.

They plan to do follow-up studies with animals that had been exercising regularly, according to a news release.

The researchers also want to learn how exercise exerts its protective effect against the flu.

Meanwhile, a large clinical trial with human participants is underway at the University of Illinois' physical fitness laboratory, examining whether moderate exercise training can boost immunity

(including responses to flu vaccine) in older adults, according to a news release.

SOURCES: 2004 American Physiological Society Intersociety Meeting, "The Integrative Biology of Exercise," Austin, Texas, Oct. 6-9, 2004. News release, American Physiological Society.



30-Minute Fitness Swim Challenge

Presented by the O*H*I*O MASTERS SWIM CLUB

Sanctioned by the Lake Erie LMSC for USMS, Inc. #18-1011231

What is the 30-minute fitness challenge?

The 30-minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness level and may motivate you to compete in longer distance swims such as the one hour postal swim. See how far you can swim. You can do this on your own or you can do it as a team during practice. If you want to see the yardage by your name in the results, send in your yardage. There will be a commemorative certificate and/or T-Shirt available for those who enter.

When and where can I take the challenge?

You can take the challenge anytime in 2004. You can enter once in the first six months (January -June) and once again in the second six months (July-December) or for the entire year. Your whole team can take the challenge. Swims must take place in 2004. Your coach or other verifier can certify your entire team, if you do the swim during a practice.

You can swim in any pool 20 yards or longer. (If you swim in a meter pool and submit your distance, multiply the distance swum by 1.0926 and round down to the nearest five-yard increment. Submit the distance in yards.)

What are the rules for the challenge?

Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator or a lifeguard.

Floating and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Two or more swimmers may share a lane.

Measure your progress by submitting your distance. Count your distance while you swim, or ask a friend to help. An optional split sheet form is available to make it easier for anyone who may count for you. If you would like your swim to be even more accurate, a counter can time the event with a stopwatch and record your distance.

What are the fees and what do I receive for completing the challenge?

Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All fees are non-refundable. Make checks payable to O*H*I*O Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. All entries must be received by January 10, 2005.

You will receive an 8/2" x 11" commemorative certificate of completion sometime before February 10, 2005. Results will be posted on the USMS website under the fitness section. These results will show the names alphabetically of those that accepted the challenge, completed the 30-minute swim, and submitted an entry form. If you submit the distance you completed this will also be posted.

T-shirts are available at a cost of \$15 each. (International orders US \$20.)

Who may enter the 30-minute challenge and how can I enter?

The event is open to registered Masters swimmers. Enter by filling out the entry form on the next page.



30-Minute Fitness Swim Challenge

Presented by the O*H*I*O MASTERS SWIM CLUB

Sanctioned by the Lake Erie LMSC for USMS, Inc. #18-1011231

2004 USMS 30-Minute Fitness Challenge Entry Form
Sanctioned by the Lake Erie LMSC for USMS, Inc.

NAME _____ REG. NUMBER _____
(Print-As It appears on registration card) (Include COPY of 2004 USMS Reg.)
 ADDRESS _____ PHONE _____
 CITY _____ STATE _____ ZIP _____ GENDER M F
 E-Mail Address: _____ AGE _____ BIRTHDATE _____ (MM/DD/YY)
 CLUB _____ CLUB ABBR. _____

WAIVER: 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 THERE TO, I HEREBY WAIVE ANY AND 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. 1

I certify that I have read the rules of this competition. On _____ I swam continuously for 30 minutes at _____
(Date) (Pool name/City)

Swimmer's Signature _____ Date _____ Verifier's Signature _____ Date _____

I swam approximately _____ yards

I swam as part of a team practice _____ I swam this on my own _____

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) \$ _____

T-shirt Order: Indicate T-shirt Quantity Ordered: \$ 15/shirt \$ _____

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ \$ _____

International @ \$20/shirt: (includes shipping) \$ _____

Total (US \$) \$ _____

Include: PHOTOCOPY of Masters 2004 Registration Card,
and this Official Entry form

Check Payable To: O*H*I*O Masters Swim Club
Send Entries to: Tom Spence, PMB 112, 46 Chagrin Plaza,
Chagrin Falls, OH 44022 (Talltom13@mm.com)

Soon after I began doing research on athletes, I became convinced that champions were genetically gifted and made of "special stuff." Our studies with runners such as Frank Shorter, Alberto Salazar, and Bill Rodgers made it clear that they had done a good job of choosing their parents. When I returned to swimming in 1982, I shifted my sports-related research from running to swimming, expecting to find that the best swimmers also had the best physiology. Surprisingly, that was not the case!

What we found were many swimmers with exceptional strength and endurance who were only average performers, and a few individuals with average strength and endurance who were outstanding swimmers. That is, the best swimmers are exceptional because of factors other than their physiology talents, namely skill.

In many cases the best swimmers are the ones with the "best swimming mechanics." The qualities that contribute to swimming skill are termed "biomechanical" because they involve factors responsible for resistance of the body's movement through water (e.g., drag) and the efficient application of muscular force for propulsion. These factors of swimming biomechanics range from the shape and composition of your body to the sculling actions of your arm/hand action during swimming. It would be impossible to detail all of these factors in this column. Nevertheless, let me illustrate one factor with which we must all contend, but which may be only partly under our control: body shape and composition.

Having a body that is shaped like a javelin may be considered by some to be the "perfect body" for swimming, since it offers almost no resistance to movement through the water. But the fat content of

the body may be of equal importance, because it determines your buoyancy and the amount of energy you must expend to simply stay on the surface of the water. Being on the lean side means that you must work harder to stay high on the water. Though having a lot of body fat means that you float well, the added body mass adds resistance to your movement through the water.

What's the ideal body fat? That's hard to say since the percentage of fat in elite swimmers may vary from 6% to 25% of body weight. Women, in general, have a higher body percentage of body fat than men, giving them a buoyancy advantage. Female fat tends to be disproportionately distributed in the lower half of the body, giving a bit more lift to the legs which in turn reduces body drag. As a result, the amount of energy (calories per kg of body weight) needed for a woman to swim at the same pace as a thin man is significantly less.

So, why not make all male swimmers fatter? Since men tend to store a large amount of their fat above the waist, putting on more fat would shift their buoyancy forward, making their legs sink- which increases drag. This is easily demonstrated by the fact that most men can swim faster with a float between their legs than without it, whereas women experience little or no improvement when they add flotation to their legs. Thus, if I were put to the task of recommending the "ideal fat level" for Masters swimmers, I'd play it safe and suggest that the range for men be from 10% to 20% and from 15% to 25% for women.

Although there are a number of ways for you to determine your body fat percentage, you should be aware that there is no

perfect method. The simplest method involves the measurement of the thickness of fat stored under your skin with specially designed calipers. By sampling the thickness of skinfolds at selected sites on the body, it is possible to estimate the body's overall fat content. Since we all store fat in different areas of the body, this method cannot be considered perfect, but it will provide you with a point of reference and a general idea of your body composition.

Being too thin is usually not a major problem for most Masters swimmers (including me), but you should realize that dieting to lose weight may not result in large improvements in your swimming performance. To the contrary, losing fat generally means that you must use more energy each day than you are eating, putting you in a negative caloric balance. In addition to burning body fat, dieting also causes the body to use some of its protein for energy, which can result in a sizable breakdown of muscle protein. So, while you may lose some excess body fat by restricting your food intake, you can also lose muscle tissue, leading to a decline of muscle strength and swimming performance. Consequently, if you intend to lose weight to improve your swimming, make sure your dieting is done during periods of the year when your training can be at relatively low intensity and when you don't intend to compete. ☹

—Dr. David Costill is the director of Ball State University's Human Performance Laboratory and is current chairman of the USMS Sports Medicine, Health and Safety Committee. A Masters swimmer for the past 12 years, he has won numerous freestyle and individual medley championships. // This article came from the Sept/Oct 2004 issue of Swim Arizona, found on www.arizonamasters.org

TOP 20 ANTIOXIDANT-RICH FOODS

Trying to maximize your intake of disease-fighting antioxidants? According to a new list published by scientists at the U.S. Department of Agriculture (USDA), the following 20 foods contain the highest antioxidant concentration.

From highest to lowest:

1. Small red beans (dried)
2. Wild blueberries
3. Red kidney beans
4. Pinto beans
5. Blueberries (cultivated)
6. Cranberries
7. Artichokes (cooked)
8. Blackberries
9. Prunes
10. Raspberries

11. Strawberries
12. Red Delicious apples
13. Granny Smith apples
14. Pecans
15. Sweet cherries
16. Black plums
17. Russet potatoes (cooked)
18. Black beans (dried)
19. Plums
20. Gala apples

Antioxidants are naturally occurring nutrients that help prevent heart disease, cancer, and aging. Little is known about how antioxidants work and what affects their ability to function properly. Scientists believe that some antioxidants are more potent than others, and

their potency can be affected by how they're cooked or how they're digested. For example, the antioxidants in blueberries lose their potency when cooked, while the antioxidants in tomatoes become more potent when cooked.

So even though this list is a good guide for finding antioxidant-rich foods, it's best to hedge your nutritional bets by eating a wide variety of items. (Note that all of the foods listed above are acceptable on The South Beach Diet™, except for the russet potatoes. The fruits would be introduced into your diet in Phase 2.) ☹

2004 NJLMSC PICNIC WAS A HUGE SUCCESS



THE MASTERS SWIMMERS PRESENT STRIKE A POSE.



ED AND EILEEN NESSEL UNWRAP THE SET OF LUGGAGE THEY WERE GIVEN AS FRIEND LARRY SEIDMAN LOOKS ON.



BOARD MEMBERS (L-R) TOM BRUNSON, JUDY RAMIREZ, JACK FRAIN, ED NESSEL AND LINDA KUHN SHOW OFF ED'S NEWLY AWARDED PLAQUE.

Thanks to Jeff Jotz and Fred Gerlich for photos.

"HOCUS FOCUS: WHAT DID YOU LEARN?"

By Dave Samuelsohn

What did you learn from the 2004 Olympics? Did you follow the results online? Did you watch the coverage? Did you get up out of your seat for the big finishes?

Most of what Coaches know about swimming they learn from observing, analyzing and sometimes, by jumping in to try and feel what it feels like – in effect, reverse engineering the most efficient swimmers in the world to determine what makes fast swimmers, fast.

You just had a once-in-a-four-year opportunity to watch the world's most elite swimmers demonstrate their starts, turns, and amazing strokes, from above and below the water, in hi-definition. You heard Rowdy Gaines tell us what to look for and, presumably, you got to rewind or reverse Tivo and watch it all again.

So what did you learn? How does Jason Lezak get off the blocks so fast? Why does Shoeman's entry leave no splash? How much time does Natalie Coughlin spend on her back, or is she mostly on her sides? When exactly does Michael Phelps recover his head after breathing in the butterfly? Was it the same in the 100 as it was in the 200?

What was different about Amanda Beard's style of breaststroke? How many other styles did you see and what worked? Why does Ian Thorpe's kick look to be so much more an important aspect of his stroke than other swimmers? And how do I order a pair of those feet? Who's faster: Gary Hall or Grant Hackett? And what do you think goes through Jenny Thompson's mind – and heart – when she steps up for a relay?

What a great opportunity to observe and analyze, and maybe, jump in to try and feel what it feels like... What did you learn? ☺

—Taken from Aug. 2004 CT Master's newsletter, *The Golden Whale* found on www.connmasters.org

"OPPORTUNITIES ARE USUALLY DISGUISED AS HARD WORK, SO MOST PEOPLE DON'T RECOGNIZE THEM."

—ANN LANDERS

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

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

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

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

OCTOBER 31

GEORGE MASON UNIVERSITY SPRINT CLASSIC

NOVEMBER 6

YONKERS SCY FALL INVITATIONAL AT THE MARK TWAIN JHS POOL COMPLEX IN YONKERS. Check www.metroswim.org.

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

NOVEMBER 21

SCM METRO SWIM CHAMPS/FALL CLASSIC, NASSAU COUNTY AQUATIC CENTER. Go to www.metroswim.org

December 10 and 11

ANDREW FISHER & DOUG IRGANG SCM MEET, ASPHALT GREEN, NYC. Contact Eddie Lary at 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@mindspring.com