



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:



MEET CALENDAR

JULY 8-9

GARDEN STATE GAMES AT GCIT. Go to www.besmarttinc.com

JULY 9

2ND ANNUAL ASBURY PARK OCEAN MILE SWIM, 6:15PM ASBURY PARK. Call 732-449-3976 E-mail: [pnjria@verizon.net](mailto:pjnria@verizon.net) <<mailto:pjnria@verizon.net>>

JULY 16

9TH ANNUAL SWIM FOR THE DOLPHINS 1 MI. SWIM, WILDWOOD CREST. 609-465-5590. Application <http://www.marinemammalstrandingcenter.org/dolswimt.pdf>

JULY 24

MADDALENA'S DIVE IN FOR CANCER SURVIVORS, PROCEEDS TO BENEFIT CANCER PROGRAM. At Columbus Hospital in Newark. Meet held at Drew University in Madison. Entry enclosed.

JULY 30

31ST ANNUAL ANDREW B. MANNING OCEAN MILE SWIM, 6PM SEA BRIGHT. 732-842-4317 E-mail: sandyhookers@comcast.net Application: <http://www.raceforum.com/08/manning.pdf>

JULY 30

OCEAN CITY 1 MI. OCEAN SWIM 6:30 pm (609) 926-9191 or darrenhickman@hotmail.com Application: <http://www.lmsports.com/ocmasters.htm>

AUG. 6

JASON NESSEL INVITATIONAL, RAHWAY RIVER PARK, RAHWAY. Registration form available at <http://www.gmswim.org>.

AUG. 6

SOMERS POINT, 9:30 am, 1 and 2.6 miles much food/nice beach towel. Go to <http://www.rain-bowchannelchallenge.com/>

AUG. 13

MID SUMMER SUMMER OCEAN SWIM 1.5 MILE SWIM SEASIDE PARK, 732-341-9622 x2214 E-mail: jselli-to@ocymca.org, 8 am, includes hot breakfast

AUG. 13

ATLANTIC CITY AROUND THE ISLAND SWIM 22.5 MI. <http://www.acswim.org/>

AUG. 21

RAY LICATA MEMORIAL LONG BRANCH OCEAN MILE SWIM, 100 yards, 8am Long Branch 732-222-2932 E-mail raylicatamemorialswwim@yahoo.com www.RayLicataMemorialSwim.com

AUG. 28

10TH ANNUAL 1 MILE OCEAN SWIM AT MANASQUAN BEACH, 8am Manasquan. 732-681-4094 or tkrug@optonline.net or <http://www.raceforum.com/08/manasquan.pdf>.

AUG. 29

Brigantine Bayfest One Mile Bay Swim, Brigantine, NJ (609) 266-9826

SEPT. 3

ATLANTIC CITY PAGEANT OCEAN SWIM, 1.5 MI. ATLANTIC CITY, 609-347-5466 Application: <http://www.acbp.org>

SEPT. 4

JOHN DALY 1 MILE OCEAN SWIM, LONG BEACH, NY Application: <http://www.aquafitmasters.com/Events/Events.htm>

SEPT. 11

10K FOR THE USA SWIM, ATLANTIC CITY, NJ 609-653-0939 or sacassidy@comcast.net or www.acacswim.org

SEPT. 17

WILDWOOD CREST, 9:00 am, 2 miles. Go to <http://www.lmsports.com/splash.htm>

MEETS OUTSIDE OF NEW JERSEY

JULY 9

MANHATTAN ISLAND MARATHON SWIM 28.5 MILES NEW YORK, NY www.nycswim.org

JULY 10

METROPOLITAN MASTERS 5K OPEN WATER CHAMPIONSHIPS HUNTINGTON STATION, NY Application: <http://www.metroswim.org/entry-forms/20050710FSchnarr5KOWS.pdf>

JULY 16

RACE FOR THE RIVER 2.4 MILE SWIM NEW YORK, NY www.nycswim.org

JULY 16

COVE TO COVE SWIM, 1/2 MILE SWIM NYC. www.nycswim.org

JULY 16

2005 EASTERN STATES 2-MILE CABLE SWIM, CHRIS GREENE LAKE, CHARLOTTEVILLE, VA. Contact Dave Holland; 804/282-6224, dholland@rnc.edu

JULY 17

GREENWICH POINT ONE MILE SWIM, GREENWICH, CT. Go to www.gscevents.org

JULY 23

BUZZARDS BAY SWIM, BUZZARDS BAY, MA. Go to www.savebuzzardsbay.org/events.htm

JULY 31

PARK TO PARK 1 MILLER NEW YORK, NY www.nycswim.org

AUG. 6

BOSTON LIGHT 8 MILE SWIM BOSTON, MA OW; Contact: John Werner, Race Coordinator Cell: 617-835-1242, Work: 617 695 2300 x 103 Email: johnwerner@citizenschools.org Web: <http://www.bostonlightswim.org>

AUG. 7

METROPOLITAN MASTERS ONE MILE OPEN WATER SWIM CHAMPIONSHIPS, POINT LOOKOUT, NY. <http://www.aquafitmasters.com/Events/Events.htm>

AUG. 20

LITTLE RED LIGHTHOUSE 5 MILER SWIM, NEW YORK, NY www.nycswim.org

SEPT. 4

JOHN DALY 1 MILE OCEAN SWIM, LONG BEACH, <http://www.aquafitmasters.com/Events/Events.htm>

CHAMPIONSHIPS

JULY 22

SCM WORLD MASTERS GAMES, EDMONTON, ALBERTA, CANADA. Go to www.2005worldmasters.com

AUG 10-14

LCM USMS CHAMPIONSHIPS, MISSION VIEJO, CA. Go to www.mastersmvswwimming.org

OCT. 5-7

WORLD SENIOR GAMES, ST. GEORGE, UT. Contact 1-800-562-1268 or www.seniorgames.net

EASTLANE

RECORDS—THEY ARE A FALLING



Congratulations to **Patric Mills, 63**, who set new NJ State LCM records at the 2005 Merryman Invitational meet on June 19, 2005.

60-64
50 Breast 56.30
100 Breast 2:05.60

Congratulations to **Jim Dragon, 61** who set new NJ State SCM records: Phoenixville Winter Freeze, January 30, 2005

60-64
50 Free 27.78

Canadian Masters Championships, May 20-23, 2005

60-64
50 Breast 36.46
50 Fly 29.33

Congratulations to the following NJLMSC swimmers who set new NJ State records at Masters SCY swim meet at Seton Hall University on June 11, 2005 hosted by the Hall Masters.

Women 65-69
Jane Fisher
200 Back 4:44.82
100 Fly 2:33.47

Men 55-59
Tom Geiman
100 IM 1:02.86

Congratulations to the following NJLMSC swimmers who set new NJ State records at the USMS National SCY Championships on May 19-22, 2005.

Men 35-39
Steve Hiltabiddle, 38
100 Fly 52.77

40-44
Michael Barnes, 44
200 Back 2:14.31

Robert Gannon, 40
100 Back 59.02
200 Back 2:11.61

William Segal, 40
50 Free 22.44
100 Free 49.24
200 Free 1:49.48
50 Fly 24.24

Women 40-44
Laurie Ditommaso, 42
50 Breast 33.30
50 Fly 27.24
100 IM 1:03.65

50-54
Nancy Steadman-Martin, 50
1000 Free 11:50.53
1650 Free 19:52.29
200 Back 2:31.51
200 Fly 2:30.26
400 IM 5:23.04

60-64
Patric Mills, 63
50 Breast 47.00
100 Breast 1:43.47
100 IM 1:34.27

Barbara Rosenbaum, 63
200 Breast 4:10.47

STING-FREE SWIMMING

Chlorine-free swimming is the next big wave in pools. Green types are down on the chemical that gives summer its smell, in part because it irritates the eyes and lungs. The alternative: Pools filtered with ozone technology, which has been used in Europe for over 100 years. So far, most chlorine-free pools in the U.S. have been private—like the one actress Shannon Elizabeth showed off on MTV's Crips, noting that her dogs think it's a big water dish. But this season, swimmers can dive into the country's first public chlorine-free water hole, the municipal pool in Fairhope, Alabama. ☎

— From June '05 issue of *Health* magazine

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BABY NEWS

Sandy Carosi and her husband welcomed **Anthony James Carosi** into their family, born on March 8, 2005 at 10:12 pm (the last snow storm of this year) weighing 8 pounds, 5.6 oz. He joins his siblings **Andrew** (9), **Anna** (6) and **Amy** (3). Watch out for the Carosi relay team! ☺



LIGHT THOSE CANDLES!

Happy birthday to the following 80 July and August babies:

Julia Dolce	95-100	Amy Carrow	40-44
William VanPelt	75-80	Daniel Sexton	40-44
Marie McGowan	75-80	Laurie Ditommaso	40-44
Carol Eno	70-74	Mark Abate	40-44
Richard Flynn	65-69	Chris Cavanaugh	40-44
Jack Zakim	60-64	Juan Cardenas	40-44
Roseanne Kanter	55-59	Rebecca Kalibat	40-44
Arthur Deffaa	55-59	Austin Bailey	40-44
Thomas Koellhoffer	55-59	Lorna Cialdella-Morehead	40-44
Kate Reynolds	55-59	Joseph Nastasi	40-44
Sam Cynamon	55-59	Matt Sweeney	40-44
Richard Crossin	50-54	Melanie Fink	40-44
Barbara Appleton	50-54	Carol Tegen	40-44
Richard Cahayla	50-54	Ted Kiefer	40-44
Patricia Nagle	50-54	Michael Halfacre	35-39
Nancy Tiko	50-54	Ron Karnaugh	35-39
Nancy Steadman-Martin	50-54	Craig Prince	35-39
Mario Lepore	50-54	Melissa McCarthy	35-39
Robert Erlanger	50-54	Jennifer Harnett	30-34
Kathleen Hurley	50-54	Cary McConlogue	30-34
Lesley Suttle	45-49	Rhett Brewer	30-34
Arthur Bilenker	45-49	Mark Welsh	30-34
Marcia Postallian	45-49	Charles Manning	30-34
Patricia Horton	45-49	Gregory Gallo	30-34
Richard Popper	45-49	Mandy Aitken	30-34
Doug Myers	45-49	Shawn Buchanan	30-34
Lorraine Fitzsimmons	45-49	Alyssa Peterson	30-34
Charles Daniel	45-49	Louis DeLeon	25-29
Maribeth Fletcher	45-49	Holly Noonan	25-29
Benn Doyle	45-49	Tiffany Brennan	25-29
Louis Conte	45-49	Mark Brower	25-29
Michael Leddy	45-49	Kelly McNicholas	25-29
Donald Smart	45-49	Tamar Livne	25-29
Robert Schweitzer	45-49	Jacqueline Gephart	25-29
Karen Charen	45-49	Jennifer Neumann	25-29
Joseph Jankewicz	45-49	Margaret Singler	25-29
Alice Alonso	40-44	Sarah Conley	25-29
Thomas Murray	40-44	Daniel Drury	25-29
Deborah Kemp	40-44	Kara Keating	20-24
Fred Nitting	40-44		



“HE WHO LAUGHS, LASTS.”

—MARY POOLE

XI FINA WORLD MASTERS CHAMPIONSHIPS

The XI FINA World Masters Championships swimming competition will be between 4 August 2006 through 11 August 2006 in Stanford, California. The official web site <http://www.2006finamasters.org> is now up. Information on the web site includes:

- Dates and Schedule of the XI FINA World Masters Championships
- The meet qualification times
- Hotel availability and on-line booking

HOTELS

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line <http://www.2006finamasters.org/index.php?topic=hotels> or you can call 1- 800-826-4630 toll free (US), 01-310-590-4721 international 01- 310-649-3554 fax (24 hours) from 5 am to 6 pm Pacific time

To sign up for the FINA e-mail list, go to <http://seven.pairlist.net/mailman/listinfo/finamasters>

Many thanks. We look forward to seeing you in 2006

Michael Moore, Chairman

2006 FINA Masters World Championships
michael@2006FINAMasters.org
michael@mwmooore.org



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

The Atlantic Club Workouts are M, W, F 6-7pm, T & H 7-8am and Sat. 8-9am. Contact: Andreas Roestenberg at andreas@h2ovelocity.com or www.atlanticclub.com or 732/292-4372.
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
Blair Academy (in Blairstown) Different session for different ability levels. Contact coach Ed Dellert days at 973/764-5252 or eddellert@warwick.net.
Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink at donfink@comcast.net, workouts T at 8pm & H at 5:30am.
The Connection for Women and Families (Summit) Workouts are T & H 6:30-7:30am, W 7-8pm. Contact Amanda Stover or Steve Honoshowsky; 908/273-4242, amanda.stover@theconnectiononline.org.
Hoboken YMCA Workouts are M, T, W and Th 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, ext 22 or nacho_sanchez88@hotmail.com
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.
JCC Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. Contact Coach Melanie Fink at mfink38@comcast.net
JCC Metro West (Whippany) Workouts are H 8-9pm. Contact Coach Melanie Fink at mfink38@comcast.net
Jersey Area Masters, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30pm. 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 head swim coach Ed Foeri; 973/822-YMCA, ext 228 or Dave Wray, ext 230. Workouts are M & W 8:20-9:30 pm.
Metuchen-Edison YMCA Workouts are T & H from 8:15-9:30 pm. Contact Jay Muldoon at jmuldoon@att.com
Ocean County YMCA Masters Contact: Biran Kilpatrick; 732/341-9622, X 2210 or info@ocymca.org
Peddie Aquatics Association Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone and his email is pfmooch@hotmail.com (or call the Aquatics Director at 609-490-7564). The hours are M-F 8:00 PM - 9:30 PM.
Ridgewood YMCA Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at rymastersandrea@optonline.net
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.
Somerset Valley YMCA (Bridgewater) Contact Melanie Fink; 908/526-0688, mfink38@comcast.net
Sussex Tech Adult Career Center Workouts are Tues and Thurs 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tech.nj.us
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.bgcucaquatics.org; Updates: www.SwimMD.com
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

County College of Morris Contact Nicole Agresto, pool coordinator; 973/328-5257, nagresto@ccm.edu
Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811. Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.
Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are M, W & F mornings from 7am-8am. Contact Robert Vorhees, Aquatics Director, Monmouth University; rvorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon at 732/229-7623.
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.
Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenterymca.org
Princeton Area Masters Contact Tink Bolster; 609/924-4222 or contact Princeton Recreation Dept; 609/921-9480 and ask for Katy Herlihy. Workouts through Labor Day are M-F, 5:45-7:30 am and Sat. 6:30-8 am at the Princeton Outdoor Community Pool.
Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.
Sussex County Masters Contact: Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com
Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.
Montclair YMCA Contact Billy Wilkenson; 973/744-3400
Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldnj.org
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
Somerset Hills YMCA Contact Karley Dabry; 908/766-7898, ext 529.
Sussex County Technical School (Sparta) Tues and Thurs 6-7 pm. Contact Sharon Vogel; 973/383-6700, ext 255.
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

FORMATIVE (this new category refers to pools that have an interest in coached workouts but aren't there yet. Call if interested. Maybe you can get things going)

Sussex County YMCA Contact Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com
Greater Bergen County YMCA Contact David Allerd at blueridge81@yahoo.com
West Morris Area YMCA Contact Kathy Fisher; 973/388-1120 or kathy@wmay.com
St. Francis Community Center Aquatic Center (Brandt Beach, Long Beach Island) Contact Linda Behr; 609/494-8861, lbwehr80@aol.com
Ocean Club (Stafford Twsp, Manahawkin) Contact Kara Cassidy; 609/653-0939, karaswims@comcast.net
Newark YMCA Contact Janelle Uroff; 973/624-8900, ext 6811, swim@newarkymca.org



AGING SWIMMERS CAN STAY A STROKE AHEAD OF FATHER TIME

By Jack Williams; Copley News Service

One day or another, the tides of time will have us all swimming upstream. Until then, though, some middle-aged swimmers are having the times of their lives.

One of them is exercise physiologist Joel Stager. The 2002 US Masters sprint champ, Stager wondered why he was performing at a peak level in his early 50s – an age when many of his joint-challenged contemporaries were searching for the nearest whirlpool.

So, he decided to compare the physiological aging markers of competitive swimmers with those of the general population. What he found, in measuring such parameters as blood pressure, muscle mass and pulmonary function, was that in swimming 3,500 to 5,000 yards three to five times a week, competitive middle-aged swimmers were outdistancing Father Time. Call it anti-aging aerobics at its apex.

“We’re staring to find out that a lot of the decline (with age) is probably related to a decline in activity rather than aging per se,” said Stager, who directs Indiana University’s Counsilman Center for the Science of Swimming. “The hypothesis is that activity preserves physiological function.”

To reach their conclusions, Stager and his research team from Indiana University’s Human Performance Lab performed a battery of tests on 200 swimmers at the 2004 US Masters Swimming Championships in Indianapolis.

Typically, physiological capacity declines by one-half percent to 1% each year beginning around the age of 35. In elite Masters swimmers, however, the decline in some cases was being postponed for decades, Stager said.

The results were so intriguing that Stager, financed by a grant from US Masters Swimming, is conducting a follow-up study on the relationship between swimming, aging, and muscle mass and function. He’s particularly interested in the decline of muscle mass, which often is accompanied by reduced range of motion and quality of life.

While Stager has been focusing on hardcore, high-mileage types, he’s quick to point out that the fitness benefits of swimming reach all levels. “The health and well-being effects start with a minimal amount of swimming,” Stager said. “If you want the fitness effect, you’ll need to look at getting your heart rate up and boosting the intensity.”

For his part, Stager logs about 3,000 yards a day five times a week, a little less

than the typical Masters champion.

In delaying a decline in performance, or peaking in middle age, swimmers defy the norm found in virtually every other sport, weight-bearing or otherwise.

Think about it: no pounding on the joints, no harsh elements to contend with, the therapeutic buoyancy of water and the total body benefits.

While other aerobic sports such as running and cycling tighten the muscles and stress the joints, swimming tends to enhance joint flexibility. Its repetitive twisting movements, as your body turns from side to side during the basic crawl stroke, loosen and lubricate the neck, shoulders, hips and trunk areas. The gentle pressure of warm water against your skin causes blood vessels to dilate and enhances blood circulation. And the natural buoyancy of water reduces your land weight by about 90%, eliminating the forces of gravity and minimizing many joint and mobility issues.

Even asthmatics can exercise comfortably in the water because the air around a pool is generally very humid, making breathing more comfortable. ☺

— Taken from the *Hunterdon Observer*, 6/4/05

SWIMMING HOLES

Some of the coolest places to build your water skills are in the numerous swimming holes, rivers and springs found in the mid-Atlantic states. Many have been listed and written about at <http://www.swimmingholes.org/>, which also highlights areas scattered across the United States and parts of Canada. But if you go, be sure to bring a sense of caution and common sense. You very likely will have to rely on your rescue skills if anything goes wrong, an experience integral to water-based sports outside of lifeguard-monitored pools. ☺

— By John Mullen, *Washington Post*, 6/26/05

INJURED? KEEP MOVING, GENTLY *By Sally Squires/Washington Post June 14, 2005*

Sooner or later, almost everyone gets sidelined by an injury. From twisted ankles, tendinitis and pulled muscles to the more serious torn rotator cuffs, these injuries used to mean weeks of inactivity, which can lead to unwanted pounds that only complicate recovery.

These days, “we approach injury [for most people] much like we would with any athlete,” said physical therapist Thomas Papke, a spokesman for the American Physical Therapy Association. The Oakland Raiders “wouldn’t sit out eight weeks while they recovered...” said Papke, who consulted with the team when it was based in Los Angeles. “It’s appropriate to work through the healing cycle.”

But that doesn’t mean shooting up with cortisone or playing through pain. “Pain is a wonderful messenger to tell you when to stop,” said Papke, who runs Capital Metro Physical Therapy in Northern Virginia and the District.

What “working through the cycle” does mean is staying active in ways that permit your injury to heal. “When most people have an injury, it usually involves just one body part,” noted registered dietitian Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center. “There’s no reason you can’t exercise the rest of the body, although it will depend on the severity of the injury.”

It’s also important to eat well but not too much, since injuries often mean limiting activity, which means you’re burning fewer calories. Some people use an injury as a license to overeat. Others, worried about weight gain, cut back so much on calories, Bonci said, that they risk hampering healing. “You want to be selective about what you eat,” she said.

Here’s what Papke and Bonci, who is recovering from an arm injury herself, recommend. It’s prudent to follow any of these tips in consultation with your physician or health professional:

RICE it. Rest, ice, compression and elevation (RICE) is still the standard remedy

for a new injury, when inflammation is worst. After that, use heat. Seek prompt medical attention, especially for knee and other joint injuries. A 2003 study of people who had suffered anterior cruciate ligament tears in their knees found that secondary damage to the meniscus and cartilage in the knee was far more likely to occur without medical treatment. “Most of the problems that we deal with in our practice didn’t get help early on,” Papke said. The American Academy of Orthopaedic Surgeons advises to see your doctor if you have severe pain, can’t move the injured part of your body or your symptoms persist.

Keep Moving. The most painful injury phase “lasts about a week to 10 days,” Papke said. That’s followed by stiffness in the damaged area. Before that sets in, it’s important to start moving as much as possible. “So if you have a shoulder injury, rest that body part, but keep walking or biking or do breathing exercises or stretch other parts of the body,” he said. If you have a sprained ankle or twisted knee, there’s no reason you can’t continue to work out your upper body. Water exercises can be an option for those with weight-bearing or back injuries.

How long does recovery take? Expect about four to six weeks for muscles to fully heal, Papke said, noting that “tendons take up to 10 weeks to heal, ligaments [often implicated in sprains] take up to 12 weeks and bone about eight weeks.” During this time, ease into gentle stretches to help reduce stiffness, Papke said.

Let Pain Be Your Guide. If any activity hurts, stop immediately. If it doesn’t, keep moving. Small increments of activity—as little as five minutes—are fine.

Strive to Maintain Your Weight.

This isn’t the time to try to continue to shed pounds, according to Bonci. It’s nearly impossible to lose weight without also losing muscle, unless you’re doing regular weight training. Losing muscle is the opposite of what you want to do to repair injury and keep your metabolism high.

Add Protein. It helps optimize tissue and muscle repair, but there’s no need for protein supplements. Simply consume about 10 extra grams of lean protein per day. That’s equal to a cup of low-fat yogurt; 10 ounces of skim milk; an ounce of lean meat, poultry or fish; two-thirds of a cup of beans; 1.5 ounces of low-fat cheese or a couple of sticks of string cheese. To avoid weight gain, you’ll need to balance this with calorie reduction from less nutritious fare, such as sugary soft drinks, fried food, candy, cookies and the like.

Boost Vitamin C and Zinc. Like protein, they both help repair tissue. Foods rich in C, aside from citrus fruit, include broccoli, sweet peppers, tomatoes, potatoes and strawberries. Foods rich in zinc include oysters, crab, dark-meat poultry, yogurt, milk, almonds, peanuts, cashews, baked beans and chickpeas.

Try Turmeric. This yellow herb is best known as a common ingredient of curry powder, but there’s growing evidence to suggest that it has some of the same anti-inflammatory properties as Vioxx (no longer on the market) and Celebrex, without the side effects. Less inflammation usually means less pain. Bonci advises her patients to sprinkle a little turmeric onto salads, soups, vegetables, meat or poultry.

Reach for High-Volume, Filling, Tasty—and Healthy—Comfort Foods.

Mix guacamole with salsa for a tasty vegetable dip. To soothe nervous energy, Bonci recommends dipping into it with pickles, carrots and celery and other crunchy vegetables “that keep the mouth busy without engaging the hips.”

Salads, soups and low-fat smoothies with plenty of ice are satisfying without being high in calories.

Whipped or mashed potatoes (or sweet potatoes), without cream or butter, are a good comfort food. Eat whole-grain bread, pasta or rice; add plenty of veggies to the rice to dilute calories. Use fruit-flavored seltzer, ice and frozen fruit to make a slushy. ☺



MADDALENA'S DIVE IN FOR CANCER SURVIVORS SWIM MEET
Proceeds to benefit The Cancer Program at Columbus Hospital in Newark, NJ

WHERE: Drew University Madison, New Jersey

WHEN: Sunday July 24, 2005

TIME: (6:30am-1pm) Check in 6:30am, Warm-up @ 7am, Start @ 8am

Check-in: Swimmers will check in before the start of the meet. We would like each swimmer to swim "In Honor Of" a cancer survivor or "In Memory Of" someone who has had cancer. Swimmers can swim for someone they know or swim for a cancer survivor; a bio of a cancer survivor whom they will represent will be given to each swimmer at the meet. Members of the Columbus Hospital Support Group will be at the meet to show their support and gratitude for your contributions to the cancer program.

Lunch: There will be an informal lunch immediately following the conclusion of the meet for family, friends and participants. I hope that everyone will stay and join us.

*T-shirts and goodies will be presented to the swimmers upon check-in as a token of SINCERE APPRECIATION AND THANKS.

Fee: \$25 entry fee and an additional \$5 for each event. In addition, donations from the swimmers, family, friends and co-workers will be greatly appreciated. On behalf of the cancer program, we sincerely thank you for your time, support and contributions to this very worthy cause. Please note that your cancelled check will be your receipt.

Additional info: Drew University is an indoor 8 lane 25 yd pool and uses the Colorado Timing System. This meet will be RECOGNIZED according to USMS standards. **RECOGNITION NUMBER: 075-R05**

Our Goal: We are striving to raise money to make a difference in the lives of the community members in Newark, NJ who fight the battle of Cancer and its impact on daily living. Columbus Hospital holds events such as Cancer Survivors' Day, support group meetings, and they participate in Relay for Life sponsored by the American Cancer Society. Their Cancer Support group members gather together twice a month to support each other and bring comfort and friendship to each other while they continue to give all they have to fight this devastating disease that not only affects their lives, but the lives of their families as well. They are in need of people who will generously donate anything to build their funds for transportation to and from the hospital, provide programs within their communities, provide community services not otherwise financially supported, and help make their lives just a little more acceptable after the diagnosis of cancer. The funds raised by this event will support the hospital's commitment to the community and the cancer patients, who seek treatment at Columbus Hospital. We can succeed in making this possible.

Thank you in advance for your support and donations on behalf of cancer survivors. Our support group members have a tremendous amount of faith where they try to find peace in everyday life no matter what battle or struggle the day may bring. On behalf of Columbus Hospital's Cancer Program, **WE THANK YOU.**

RECOGNITION NUMBER: 075-R05
Entry Form

Name: _____
Last First MI

Address: _____
Street City

_____ State Zip Country

E-Mail: _____ **Phone#:** _____

Age: _____ **DOB:** _____ **Sex:** _____
(on 7/24/05) (M/F)

Emergency Contact: _____
Name Phone #

Club Name or Unattached: _____ **USMS #:** _____

T-SHIRT SIZE (please circle one): S M L XL

*****This will be the order of events. Check in 6:30am-7:45am. Entries must be postmarked by July 11th and received no later than July 18th *** THERE WILL BE NO DECK ENTRIES**
***** PLEASE REMEMBER to convert times into Yards *****
******Please check off the event on the left and write your time in on the line to the right. ******

_____ **500 Freestyle** _____

_____ **200 Individual Medley** _____

_____ **50 Freestyle** _____

_____ **100 Backstroke** _____

_____ **200 Breaststroke** _____

_____ **50 Butterfly** _____

_____ **100 Freestyle** _____

_____ **200 Backstroke** _____

_____ **100 Individual Medley** _____

*******BREAK*******

_____ **50 Breaststroke** _____

_____ **100 Butterfly** _____

_____ **200 Freestyle** _____

_____ **50 Backstroke** _____

_____ **100 Breaststroke** _____

_____ **200 Butterfly** _____

_____ **200 Freestyle Relay** _____

_____ **200 Medley Relay** _____

***** Please Mail all entries with checks payable to: COLUMBUS FOUNDATION**

Maddalena Mustillo
1055 Lorraine Ave
Union, NJ 07083-7006

Any questions, comments or concerns you can reach me by phone at (908)377-1076 or E-MAIL: CoolWaters3@aol.com