

1:50.82 DEXTER WOODFORD 76	4:03.86 MIKE OFFNER 75	5:57.63 HAMILTON ANDERSON 76	7:47.35 DAVID MC AFEE 80	11:24.54 ALBERT GILSDORF 80	50 M. FREE M E N 85-89	50 M. FLY M E N 85-89
1:53.39 FRANK TILLOTSON 75	4:08.08 JERRY EVERALL 75	6:32.68 MAX LUNA 75	7:57.48 LLOYD OSBORNE 81	1:25.15 ALFRED GUTH 81	44.65 GUS LANGNER 89	1:14.96 AL KALLUNKI 89
1:55.01 CHARLES SALLIE 78	4:23.61 JACK MATTINGLY 76	7:17.62 STANLEY WOJCIK 75	8:46.84 JOHN M. BURNSIDE 80	1:35.91 DON NEEFE 81	48.40 GUS LANGNER 86	NO SWIMMERS
1:55.63 MIKE OFFNER 75	4:24.28 DEXTER WOODFORD 76	400 M. I.M. M E N 75-79	8:46.86 HERB EISENSCHMIDT 83	1:36.50 HAROLD HOFFMAN 82	56.25 JOE KAUFMAN 86	200 M. I.M. M E N 85-89
1:57.00 JOHN WITTIJER 75	4:48.01 CARL THORNBURG 77	7:48.38 KELLEY LEMMON 87	9:01.68 BILL SHOTT 80	100 M. BRST M E N 80-84	100 M. FREE M E N 85-89	5:33.20 THOMAS CURETON 86
1:57.90 JACK KEEFE 75	4:57.50 FRANK TILLOTSON 75	8:53.49 DICK WESTERFIELD 75	10:29.98 JACK HOEY 80	2:04.84 AL KALLUNKI 84	1:43.03 GUS LANGNER 88	NO SWIMMERS
2:03.01 CARL THORNBURG 77	5:02.28 JERRY DONOVAN 76	9:24.69 CARL THORNBURG 77	11:40.53 JOHN NEWTON 81	2:11.95 DAN DOTTERWEICH 91	1:51.57 GUS LANGNER 86	50 M. FREE M E N 90-94
200 M. BACK M E N 75-79	5:03.23 GEORGE POLLOCK 76	9:44.33 WILLIAM GRANT 76	800 M. FREE M E N 80-84	2:17.74 BILL SHOTT 80	2:06.00 JOSEPH REINERS 88	59.88 COLLISTER WHEELER 84
3:34.86 ARTHUR HARGRAVE 82	5:17.62 WILLIAM GRANT 76	9:57.04 JESSE COON 79	15:53.13 GUS LANGNER 85	2:30.03 HAROLD BARR 80	2:15.79 JOE KAUFMAN 86	1:19.95 PAUL E. SPANGLER 91
3:29.38 EDWARD SHEA 75M	5:32.92 CARL WAXMAN 78	12:14.42 JOSEPH RUDOLY 75	16:09.14 DAVID MC AFEE 80	2:32.92 HERB EISENSCHMIDT 83	200 M. FREE M E N 85-89	2:11.55 TONY LOPEZ 90
3:29.67 DICK WESTERFIELD 75	50 M. FLY M E N 75-79	50 M. FREE M E N 80-84	16:24.91 LLOYD OSBORNE 81	3:03.06 ALFRED GUTH 82	3:48.91 GUS LANGNER 88	100 M. FREE M E N 90-94
3:56.36 DAVID MALBROUGH 77	41.25 KELLEY LEMMON 87	36.62 GERSON SOBEL 90	19:34.57 JOHN M. BURNSIDE 80	3:24.77 ALBERT GILSDORF 80	4:12.59 GUS LANGNER 86	2:14.06 COLLISTER WHEELER 84
4:05.45 CARL THORNBURG 77	45.09 EDWIN MOLPAW 75	36.62 GERSON SOBEL 80	1500 M. FREE M E N 80-84	200 M. BRST M E N 80-84	4:56.91 JOE KAUFMAN 85	NO SWIMMERS
4:15.86 JACK KEEFE 75	45.16 WILLIAM GRANT 76	39.84 FRANK BELLAIRE 80	28:54.95 GUS LANGNER 83	4:43.91 AL KALLUNKI 85	400 M. FREE M E N 85-89	200 M. FREE M E N 90-94
4:15.92 N. SOMPAYRAC 76	46.56 JESSE COON 79	40.31 LLOYD OSBORNE 81	24:34.61 BILL SHOTT 80	4:47.86 DAN DOTTERWEICH 81	8:14.50 GUS LANGNER 88	NO RECORD
4:16.57 FRANK TILLOTSON 75	47.20 KELLEY LEMMON 78	40.65 DAVID MC AFEE 80	38:20.35 JOHN M. BURNSIDE 80	4:52.88 BILL SHOTT 80	8:49.06 GUS LANGNER 86	6:03.12 PAUL E. SPANGLER 91M
4:24.90 FREDERICK NAUFF 79	49.23 JACK MATTINGLY 76	43.63 BILL SHOTT 80	50 M. BACK M E N 80-84	5:29.40 HERB EISENSCHMIDT 83	800 M. FREE M E N 85-89	1500 M. FREE M E N 90-94
4:26.43 CHARLES SALLIE 78	52.69 WOODY BOMERSOCK 77	43.96 DAN DOTTERWEICH 81	45.69 ART HARGRAVE 87	5:33.06 JIM PENFIELD 82	17:11.21 GUS LANGNER 88	NO RECORD
4:30.69 JOHN WITTIJER 75	57.54 MIKE OFFNER 75	44.89 JIM PENFIELD 82	50.27 JACK HOEY 80	5:42.77 HAROLD BARR 80	17:46.86 GUS LANGNER 86	52:41.53 PAUL E. SPANGLER 91M
50 M. BRST M E N 75-79	1:07.71 MAURICE ANNES 75	45.87 JOHN M. BURNSIDE 80	55.99 HERB EISENSCHMIDT 83	6:24.20 ALFRED GUTH 81	1500 M. FREE M E N 85-89	50 M. BACK M E N 90-94
43.61 BENNETT ALLEN 89	1:07.76 ART KAUFMAN 76	46.83 LEE STARR 81	57.09 JIM PENFIELD 82	7:28.90 ALBERT GILSDORF 80	33:08.42 GUS LANGNER 89	1:16.30 TOM LANE 89
45.58 JERRY EVERALL 75	1:12.84 CARL WAXMAN 78	51.48 JACK HOEY 80	57.59 LEE STARR 81	50 M. FLY M E N 80-84	NO SWIMMERS	1:53.45 TONY LOPEZ 90
45.75 BENNETT ALLEN 76	100 M. FLY M E N 75-79	100 M. FREE M E N 80-84	1:02.92 BILL SHOTT 80	53.20 JIM PENFIELD 88	50 M. BACK M E N 85-89	100 M. BACK M E N 90-94
48.01 MIKE OFFNER 75	1:48.44 KELLEY LEMMON 87	1:28.22 GERSON SOBEL 90	1:17.09 HAROLD BARR 80	57.56 JOHN M. BURNSIDE 80	1:01.44 THOMAS CURETON 86	5:04.51 LUDWIG MAGERER 82
48.71 EDWIN MOLPAW 75	2:05.44 JESSE COON 79	1:28.22 GERSON SOBEL 80	100 M. BACK M E N 80-84	1:00.20 BILL SHOTT 80	1:12.13 JOE KAUFMAN 85	4:29.54 TONY LOPEZ 90M
51.04 JACK MATTINGLY 76	2:06.62 WILLIAM GRANT 75	1:34.05 DAVID MC AFEE 80	1:50.05 ART HARGRAVE 87	1:08.51 HERB EISENSCHMIDT 83	1:19.72 GUS LANGNER 86	200 M. BACK M E N 90-94
56.44 FRANK TILLOTSON 75	2:11.10 CARL THORNBURG 78	1:36.29 LLOYD OSBORNE 81	1:53.94 JACK HOEY 80	1:17.59 BILL STINSON 81	100 M. BACK M E N 85-89	8:59.53 TONY LOPEZ 90
57.75 DEXTER WOODFORD 76	3:00.05 ART KAUFMAN 76	1:39.51 FRANK BELLAIRE 80	2:01.67 HERB EISENSCHMIDT 83	1:18.49 JACK HOEY 80	2:18.74 REGINALD HARRISON 89	8:59.53 TONY LOPEZ 90
58.60 GEORGE POLLOCK 76	3:25.21 MAX LUNA 75	1:45.58 BILL SHOTT 80	2:11.66 LEE STARR 81	1:38.09 ALBERT GILSDORF 80	2:35.13 JOE KAUFMAN 85	50 M. BRST M E N 90-94
1:00.10 ALLAN DELAY 75	3:53.52 STANLEY WOJCIK 75	1:50.21 DAN DOTTERWEICH 81	2:15.04 JIM PENFIELD 82	100 M. FLY M E N 80-84	2:55.11 GUS LANGNER 86	1:36.87 TOM LANE 89
1:04.30 JOHN WITTIJER 75	200 M. FLY M E N 75-79	1:54.44 HERB EISENSCHMIDT 83	2:44.19 DON NEEFE 81	2:43.61 AL KALLUNKI 85	200 M. BACK M E N 85-89	2:36.99 TONY LOPEZ 90
100 M. BRST M E N 75-79	4:04.13 KELLEY LEMMON 87	1:59.78 JACK HOEY 80	200 M. BACK M E N 80-84	2:27.76 BILL SHOTT 80M	5:15.15 THOMAS CURETON 86	100 M. BRST M E N 90-94
1:39.69 KELLEY LEMMON 87	4:56.05 JESSE COON 79	2:46.49 HAROLD HOFFMAN 82	4:04.79 HERB EISENSCHMIDT 87	2:55.69 BILL STINSON 81	5:24.01 JOE KAUFMAN 85	5:16.03 LUDWIG MAGERER 82
1:42.54 BENNETT ALLEN 76	5:19.34 CARL THORNBURG 77	200 M. FREE M E N 80-84	4:14.73 JACK HOEY 80	200 M. FLY M E N 80-84	6:46.43 GUS LANGNER 86	NO SWIMMERS
1:43.37 KELLEY LEMMON 78	7:04.59 JOSEPH RUDOLY 75	3:31.79 GUS LANGNER 83	4:20.37 HERB EISENSCHMIDT 83	5:56.13 AL KALLUNKI 85	7:57.06 VICTOR F SAGUES 86	50 M. FREE M E N 95 +
1:46.77 JERRY EVERALL 75	7:39.05 MAX LUNA 75	3:32.27 DAVID MC AFEE 80	4:42.92 LEE STARR 81	6:18.65 BILL STINSON 81	50 M. BRST M E N 85-89	1:20.52 TOM LANE 89
1:49.96 MIKE OFFNER 75	200 M. I.M. M E N 75-79	3:34.57 GERSON SOBEL 80	4:53.09 JIM PENFIELD 82	7:06.00 BILL SHOTT 80	1:01.47 AL KALLUNKI 89	1:35.88 TOM LANE 96
1:58.93 DEXTER WOODFORD 76	3:30.50 KELLEY LEMMON 87	3:41.34 LLOYD OSBORNE 81	50 M. BRST M E N 80-84	200 M. I.M. M E N 80-84	1:19.01 GUS LANGNER 86	50 M. BACK M E N 95 +
2:00.96 EDWIN MOLPAW 75	3:43.54 KELLEY LEMMON 78	4:02.98 BILL SHOTT 90	54.29 AL KALLUNKI 84	4:22.70 HERB EISENSCHMIDT 87	100 M. BRST M E N 85-89	1:18.91 TOM LANE 89
2:08.72 FREDERICK NAUFF 79	4:01.10 DICK WESTERFIELD 75	4:11.47 HERB EISENSCHMIDT 83	49.49 BILL SHOTT 80M	4:41.33 HERB EISENSCHMIDT 83	2:25.85 AL KALLUNKI 89	1:19.29 TOM LANE 96
2:12.26 CARL THORNBURG 77	4:20.99 CARL THORNBURG 78	4:17.90 JOHN M. BURNSIDE 80	55.46 JIM PENFIELD 82	5:02.65 BILL SHOTT 80	3:07.09 GUS LANGNER 86	50 M. BRST M E N 95 +
2:14.33 GEORGE POLLOCK 76	4:24.91 WOODY BOMERSOCK 77	4:28.34 FRANK BELLAIRE 80	56.96 DAN DOTTERWEICH 81	6:02.00 BILL STINSON 81	200 M. BRST M E N 85-89	2:03.52 TOM LANE 89
2:17.10 FRANK TILLOTSON 75	4:27.52 WILLIAM GRANT 75	4:56.65 DON NEEFE 81	1:02.23 HARRY BARR 80	400 M. I.M. M E N 80-84	5:35.03 AL KALLUNKI 89	NO SWIMMERS
200 M. BRST M E N 75-79	4:29.50 JESSE COON 79	400 M. FREE M E N 80-84	1:06.03 HERB EISENSCHMIDT 83	10:44.82 AL KALLUNKI 84	NO SWIMMERS	
3:50.51 KELLEY LEMMON 87	4:56.89 CHARLES SALLIE 78	7:23.09 GUS LANGNER 83	1:06.43 JOHN M. BURNSIDE 80	11:20.13 BILL SHOTT 80		

SWIMMING

by Pulitzer-Prize Winner
Dave Barry

Swimming is one of the best forms of exercise, provided you remember to follow these simple safety rules:

1) NEVER SWIM IN A LAKE OR RIVER.

These contain snapping turtles, which have no natural enemies and therefore grow to the size of motel units, plus they tend to be irritable because they mate for life. Lakes also contain giant lake-dwelling carp, which will watch you from the gloomy depths with their buggy eyes, wondering with their tiny brains whether you would fit into their mouths.

2) NEVER SWIM IN THE OCEAN. The ocean contains creatures that make the giant lake-dwelling carp look like Bambi.

3) NEVER SWIM IN A SWIMMING POOL.

People pee in swimming pools. Oh, I know you don't pee in swimming pools, and I certainly don't, but somebody does, which promotes the growth of bacteria, which is why swimming pool owners are always dumping in toxic chemicals, to the point where there is virtually no actual water in the pool, just toxic chemicals and dead bacteria and old pee. This is why, as you may have noticed, the actual owner never gets into the pool. He's always off pretending he has to do something important involving the filter.

WATER DOWN EXTRA FAT

Water joins exercise and a sensible diet in the fight against fat. Studies have shown that increasing the amount of water you drink can reduce fat deposits. Conversely, decreasing water intake can cause fat deposits to increase.

If the kidneys don't get enough water, some of their work must be done by the liver. One of the liver's primary functions is to break down stored fat into usable energy. If the liver has to take over some of the kidneys' work, less fat can be metabolized. As a result, more fat remains stored in the body. Cold water is absorbed into your system more quickly than room temperature water. Some studies suggest that drinking cold water can actually help burn calories.

Drink at least two quarts of water every day; more if the weather is hot and dry or you are exercising. The overweight person needs an additional eight ounces of water for every 25 pounds of excess weight. The water you drink can take off fat and add years to your life.

FOR ALL THOSE BORN BEFORE 1945

We are Survivors!! Consider the changes we have witnessed:

--We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic contact lenses, frisbees and the PILL.

--We got married first and THEN lived together. How quaint can you be?

--We were before radar, credit cards, ballpoint pens; before pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes and before man walked on the moon.

-- In our time, closets were for clothes, not for "comming out of." Bunnies were small rabbits and not Volkswagens. Designer Jeans were scheming girls named Jean or Jeanne and having a meaningful relationship meant getting along well with our cousins.

--We thought fast food was what you ate during Lent, and Outer Space was the back of the Riviera Theatre.

--We were before House-husbands, gay rights, computer dating, dual careers and computer marriages. We were before day-care centres, group therapy and nuring homes. We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yogurts, and guys wearing earrings. For us, time sharing meant togetherness - not computers, or condominiums; a chip meant a piece of wood, hardware meant hardware, and software wasn't a word!

--In 1940, "made in Japan" meant junk and the term "making out" referred to how you did on your exam. Pizzas, MacDonalds and instant coffee were unheard of.

--We hit the scene when there were 5 and 10 cent stores, where you bought things for five and ten cents. For one nickle you could ride a street car, make a phone call, puy a pipsi or enough stamps to mail one letter and two post-cards. You could buy a new Chevy Coupe for \$600 - but who could afford one? A pity too, because gas was 11 cents a gallon!

--In our day, cigarette smoking was fashionable, GRASS was mowed, COKE was a soft drink and POT was something you cooked in. ROCK MUSIC was a Grandma's lullaby and AIDS were helpers in the Principal's Office.

--We were certainly not before the difference between the sexes was discovered, but we were surely before the sex change; we were made to do with what we had. And we were the last generation that was so dumb as to think you needed a husband to have a baby!

--No wonder we are so confused and there is such a generation gap today!

--BUT WE SURVIVED!!! What better reason to celebrate?

(Reprinted from Wavelengths, Canadian Masters

Newsletter)

A Christmas Poem

'Twas the night before Christmas and even at the pool, not a swimmer was swimming...the water was cool. The Kickboards were stacked by the equipment room door, the lane ropes were wound up, snakelike, on the floor. The pool buoys were nestled, all snug in a rack, and I was about to go out through the back.

When out from the locker room came such a howl, I jumped to my feet, quickly grabbing a towel. Off to the showers I ran like a sprinter, reached for the doorway, got stuck by a splinter. And what did I spy in that locker room scene, but eight tiny reindeer in a warm-up routine...with a red-suited leader so well-built and trim, that it took me a moment to recognize him.

As quick as a wink, the deer jumped to their feet while he whistled and shouted and called out a beat. "Do windmills and situps...now stretch to the right.. 'cuz we have to travel the whole world tonight!"

They came out on deck and jumped into the pool, he gave them their workout, it sounded so cruel. But into the water they dove, one by one, and certainly looked like they were having fun. The backstroke, the breaststroke, they did every lap with antlers bulging from under their cap.

As I peeked out from the place where I hid, I saw St. Nick, himself, dive in like a kid. His arms how they rippled, his muscles how taut, it was easy to tell that he worked out a lot. He lapped Dasher and Dancer and Prance and Vixen, went past Comet and Cupid and Donner and Blitzen.

He spooked not a word, but his intervals made; and when he was through on his towel he laid. After donning his warm-ups and large stocking hat, they were out of the building in two minutes flat!

He sprang to his sleigh with the start of a gun and away they all went to spread good cheer and fun. But I heard him exclaim as he drove out of sight, "Happy Holidays to Alland to All a Good Night!!!"

FROM THE EDITOR

Remember, SWIM-MASTER will be retired at the end of 1991. Twenty years is a long time and hopefully, the needs will be met by someone. Just in case you wish the remaining issues, the following price list is made available.

CODE #	USA	FOREIGN
191	\$ 8	\$ 13.50
291	\$ 7	\$ 12.00
391	\$ 6	\$ 10.50
491	\$ 5	\$ 9.00
591	\$ 4	\$ 7.50
691	\$ 3	\$ 6.00
791	\$ 2	\$ 4.00
891	\$ 1	\$ 2.00

SWIM-MASTER



June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305



swim today...

swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XX - No 1

JAN 1991

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- JAN One Hour Postal Swim, 4913 Kingston Dr., Annandale, VA 22003
5 SCY - Daniel H Davis, 104 Ardmore st, hamden, CT 06517
13 SCY - Michigan Masters - Vicki Hallmann (313) 293-6611
19 SCY - PNA - Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023
19-20 SCM - OMS, 2380 sw Chelmsford Ave, Portland, OR 97201
19-20 SCY - Tampa, FL - University of South Florida (313) 961-9126
20 SCM - Mike Bemis, Fidalgo Pool, 1603 22nd, Anacortes, WA
27 SCY - Michigan Masters - William Reid III (517) 592-8908
-
- FEB 2 SCY - Barbara-Ann Ellison, 1501 NE 62nd St, Ft. Lauderdale, FL 33334
3 SCM - SDI, 1135 Garnet-K, San Diego, CA 92109
8-9 SCY - Jerry Scheibner, Routel, Box 204, Spangle, WA 99031
8-10 SCY - Mardi Gras - Dick Bower, 600 Haring Rd, Metairie, LA 70001
10 SCY - Michigan Masters - Bob Isbister (313) 459-6364
16 SCY - SHOF Pool, Ft. Lauderdale - Stu Marvin, 501 Seabreeze Blvd, Ft. Laud. FL 33316
16 SCY - Charlene Fitzgerald, 3641 Lydius St, Schenectady, NY 12303
16-17 SCY - Charleston, SC (803) 225-6447
23 SCY - Michigan Masters - Richard Tenhoor (616) 866-6328
24 SCY - Pentathlon - SDI, 1135 Garnet-K, San Diego, CA 92109
-
- MAR 2-3 SCY - Spartanburg, SC (803) 225-6447
2-3 SCY - Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228
9 SCY - Pentathlon - Meadows Park Pool - Boca Raton, FL (407) 395-9564
10 SCY - Alicia Coleman, 24 The Point, Coronado, CA 92118
15-17 SCY - Tom Harmon, 2806 Atlantic Ave., Ft. Pierce, FL 34947
16-18 SCY - Dynamo - Lisa Watson, 804 Howell Ct, Duluth, GA 30136
17 SCY - Michigan Masters - Charles Enright (517) 832-9628
23-24 SCY - Greensboro, NC (919) 855-8715
30 SCM - SDI, 1135 Garnet-K, San Diego, CA 92109
-
- APR 5-7 SCY - St Petersburg 21st Annual - (813) 896-0250
6 1000/1650 - Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228
12-14 SCY - PNA Champ - Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023
13-14 SCY - Michigan Masters State Meet - John Howsen (616) 345-9622
14 SCY - SDI, 1135 Garnet-K, San Diego, CA 92109
-
- NATIONAL AND INTERNATIONAL**
MAY 16-19, 1991 USMS SC NATIONALS, NASHVILLE, TN
JUL 11-17, 1991 4TH PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, TOKYO JAPAN
JUL 18-22, 1991 4TH PAN PACIFIC MASTERS WATER POLO & SYNCHRONIZED SWIMMING CHAMPIONSHIPS, GUAM
AUG 22-25, 1991 USMS LC NATIONALS, ELIZABETHTOWN, KY
SEP 18-22, 1991 USMS NATIONAL CONVENTION, LOUISVILLE, KY
JUN 27-JUL 5, 1992 4TH WORLD MASTERS SWIMMING CHAMPIONSHIPS, INDIANAPOLIS, IN USA
 Heidi Neuburber, 901 W New York St, Rm 204, Indianapolis, IN USA
JULY 1993 THIRD WORLD MASTERS GAMES - 1993 Secretariat, World Masters Games III, PO Box 65708
 St. Paul, MN 55165-0708