

Spring '92

WISCONSIN MASTERS!

IT IS ESSENTIAL THAT YOUR NAME ON YOUR ENTRY FORM BE IN THE EXACT SAME FORM AS IT APPEARS ON YOUR REGISTRATION CARD. If you register as William B. Smith your entry form must also say William B. Smith and NOT Bill Smith! PLEASE PLEASE PLEASE MAKE SPECIAL NOTE OF THIS!!!!!!!!!!!!!!

WARM UP PROCEDURE

During the warm up time before a meet begins it is very important that everyone follow specific warm up rules which are as follows:

1. Feet first entry into EVERY lane EXCEPT the designated sprint lanes. That goes for each end of the pool - no diving period!
2. Circle swim and try to find a lane that has swimmers of about your ability.
3. Artificial aids (kickboards, fins, etc.) are not allowed during warmups.
4. NO starts of any kind - including backstroke - are allowed in the circle swim lanes.
5. Starts are allowed in designated sprint lanes - usually the outside lanes (1 and 6 or 8). At our Tosa meets usually just lane 1 is designated as the sprint lane.
6. No "return" swimming in the designated sprint lanes. These lanes are for one way ONLY!

These rules have been set up to ensure a SAFE and efficient warm up period for all swimmers.

The Long Course Top Ten has been published and many WMAC members have once again attained Top Ten rankings. Also - several more who should be included were for some reason left off the rankings. A letter has been sent to the National Top Ten recorder listing these omissions. So this report could (and should) change - but I will pass along the listings as they stand as of now.

Women:

- 45-49 Nancy Kranpitz, 9th-200 fly
- 55-59 Doris Klitzke, 2nd-200 fly; 3rd 100 fly; 5th-50 fly & 200 IM; 8th-100 free; 9th-50 free.
- 60-64 Dorothy Kanehl, 7th-200 breast.
- 65-69 Betty Kendall, 10th-50 free
- 80-84 Elizabeth John, 3rd-200 breast; 4th-50 breast; 5th-100 breast & 400 free; 7th-200 free; 9th 100 free.

MEN:

- 60-64 Bob Kueny, 2nd-200 fly; 4th-200 breast; 5th-100 fly; 6th-200 IM & 400 IM; 7th-100 breast & 1500 free.
- 65-69 Perry Rockwell, 3rd-50 & 100 fly; 5th-100 free; 10th-50 free.
- 70-74 Lynn Surles, 8th 50 free.
- 75-79 Herb Howe, 1st-1500 free; 4th-400 & 800 frees.
HERB'S 1st PLACE FINISH EARNS HIM A SPOT AS AN ALL-AMERICAN!
HERB ALSO HOLDS THE NATIONAL RECORD IN THE 800 FREE
(13:35.96) AND 1500 FREE (25:41.55) CONGRATULATIONS, HERB!
- 80-84 William Kirar, 7th 50 free & 50 back; 9th 100 free.

QUIZ: Who was the 1937 State AAU 1 and 3 meter diving champion in WI?

For some unknown reason the following people SHOULD have been included in the LC Top Ten but were not. We have formally inquired as to the reason for these exclusions.

Dorothy Kanehl (60-63) 50 & 100 breast
Gladys Olsen (65-69) 200 fly, 400 IM
Betty Kendall (70-74) 400 free
Bob Kueny (60-64) 50 breast
Michael Sablica (70-74) 200 fly, 400 IM
George Trawicki (75-79) 200 fly, 400 IM

Relays that made the LC Top Ten:

Women 200 Free - 160+ (Nancy Kranpitz, Edith Jacobsen, Candy Christenson, Kristin Koeffler) 10th
200 + (Joy Brantly, Fran Zeumer, Doris Klitzke, Dorothy Kanehl) 9th
200 Medley-240+(Maisie Sciborski, Dorothy Kanehl, Doris Klitzke, Betty Kendall) 4th
Men 200 Free - 240+ (Don Kilb, Bob Kueny, John Bauman, Harlan Drake) 5th
200 Medley - 240+ (same 4 guys) 10th
Mixed 200 Free - 280+ (Arno Ledebuhr, Fran Zeumer, Lynn Surles, Betty Kendall) 4th
Mixed 200 Medley-280+ (Fran Zeumer, Herb Howe, Dorothy Kanehl, Lynn Surles) 6th

CONGRATULATIONS TO ONE AND ALL ON A JOB WELL DONE!

The following WMAC members have attained Top Ten ranking in the SC meter tabulation. This season ran from January 1 - December 31, 1991.

WOMEN: 30-34 Jennie Bourguignon, 7th-50 back, 8th 100 back
35-39 Cynthia Maltry, 6th-100 back; 7th-200 back & 50 fly; 8th-50 back & 100 IM.
40-44 Edith Jacobsen, 5th-400 IM; 10th 200 fly.
45-49 Nancy Kranpitz, 5th-100 fly; 8th-100 free; 10th-200 IM.
65-69 Shirley Hasselbacher, 6th-100 IM; 7th-50 fly & 50 breast; 9th-50 free.
70-74 Josephine Pallin, 3rd-50 back; 5th-100 back; 7th-50 free; 8th-100 free.
Fran Zeumer, 6th-50 breast & 50 fly; 9th-100 IM.
MEN 35-39 Harold Larson, 10th-50 back.
50-54 Gary Bezella, 7th-100 free; 9th-50 free.
60-64 Morgan Beyers, 3rd-800 free; 4th-200 back; 6th-100 back.
Harlan Drake, 6th-800 free.
Thomas Michelson, 3rd-200 fly; 8th-400 IM; 10th-200 back.
John Bauman, 4th-200 fly; 6th-400 IM; 8th-200 back; 10th 200 breast.
65-69 Don Kilb, 9th-100 fly
70-74 Lynn Surles, 5th-50 free & 100 free; 6th-400 free.
John Pallin, 10th=100 breast
200 Free Relay - 160+ (Dave Farrell, Jon Miniachi, Dave Polacheck, Tom Meehan) 10th

CONGRATULATIONS! ALL OF THESE SWIMS CAME OUT OF THE NEENAH-MENASHA YMCA SHORT COURSE METER MEET IN NOVEMBER. THANKS, AGAIN, TO EDIE JACOBSEN FOR GETTING THIS MEET OFF THE GROUND AGAIN THIS YEAR!

1990 USMS National Convention Workout
@ University of Pittsburgh

Wednesday September 19

Workout by: Clay Evans
Southern California Aquatic Masters
(213) 390-SWIM

Warm up: 10 Minutes Choice

4 x 150a/125e/100r Swim Free @ 2:00
1st length of each swim is Head-up
Descend

6ae/5i/4r x 100 Free @ Fastest Interval Possible
(:03-:09- seconds rest)

1 x 200ae/150ir Kick Choice

1 x 50 Choice Easy

4ae/3r x 100 Swim Free @ Same or Faster Interval

1 x 300a/250e/200i/150r Kick Choice

2 x 100 Swim Free @ Same or Faster Interval

1 x 50 Choice Easy

1 x 100 Swim Free EAST!!!!

1 x 50 Choice Easy

1 x 600a/500e/400i/300r Pull Free
1a/2e/3i/4r Breaths per length on even laps

? x 25 Sprint Free Swim (Eliminator Set)
Last 2 finishers of each 25 are "kicked-out"

Total Distance
a = advanced = 3,200 + Warm-up & Eliminator Set
e = experienced = 2,950 + Warm-up & Eliminator Set
i = intermediate = 2,650 + Warm-up & Eliminator Set
r = rookie = 2,200 + Warm-up & Eliminator Set

1990 USMS National Convention Workout
@ University of Pittsburgh

Thursday September 20

Workout by: Michael Collins
Davis Aquatic Masters (916) 758-7212

Warm up: ae - 200 Free + 100 Back + 100 Breast
i - 150 Free + 75 Back + 75 Breast
r - 100 Free + 50 Back + 50 Breast

5ae/4i/3r x 100 Swim to Kick Choice
(Interval = 1st swim + :15 Rest) Add :05 to interval each repeat
#1 Swim #2 75 Swim-25 Kick #3 50-50
#4 25-75 #5 Kick (i - Skip #1; r - skip #2 & 4)
Kick underwater if Fly, Breast or Free w/ 4 breaths per length

3 x (4ae/3ir x 50 Free Drill @ :15 RI (Rest Interval))
1st set - Single Arm Free (25L/25R) Non-Stroking Arm at side,
breathing away from stroking arm. Work on body roll for
timing of the breath.
2nd set - Full Catch-up Free - Breathe every stroke to both sides.
3rd set - Good Form Free Swim - Breathe every 3rd stroke. Count
strokes for each 50. Add stroke count to swim time for
total number. Descend number by taking fewer strokes &
swimming faster. (example #1 44 strokes + :40 = 84)

8 x 200ae/150i/100r Swim (Interval = 1st Swim + :15)
Last 50 of each repeat is Non-Free (stay in same stroke)
Descend 1 to 4, and 5 to 8

1 x 100 Swim Easy Choice

6 x 75a/50eir Pull @ :15 RI
In cycle of 3
#1 and 2 Breast: #3 Free

4 x (4 x 25 @ :15 RI)
#1- Kick #2-Build #3-Easy #4-Fast
One cycle in each stroke - IM Order

Total Distance
a = advanced = 4,050
e = experienced = 3,900
i = intermediate = 3,150
r = rookie = 2,550

1990 USMS National Convention Workout
@ University of Pittsburgh

Friday September 21

Workout by: Todd Samland
Omaha Masters (402) 551-8062
Masters Aquatic Coaches Assoc.(MACA)

President

Warm up:
200 Choice Swim

300 Choice Kick

4 x 100 Free Swim @ :10-:15 RI
1st 25 of each 100 bilateral breath every 5th stroke

1 x 400 Choice
Odd lengths - Drill; Even lengths - Swim

Drill Set:
4 x 50 Kick/Swim Free @ 1:00
1st 25 of each - Kick w/o board, rolling from stomach to back
every 8 kicks
2nd 25 of each - Good Form Swim

4 x 50 Kick Swim Free @ :55
1st 25 - Kick on side w/o board, switch sides every 8 kicks
2nd 25 - Good Form Swim

Main Set:
5 x 100 Free @ Swim 2:00
Ascend set (Start out fast and reduce speed by 100's)

"Drop Out 50's"
30 x 50 Free @ Descending Interval
3 @ 1:45, 1:30, 1:15, 1:10, 1:00, :50, :45, :40, :35, :30
No extra breaks between sets of 3. Continue until you can no longer
make the interval.

Warm down:
1 x 200 Choice Easy

Total Distance
3,900 Yards

1990 USMS National Convention Workout
@ University of Pittsburgh

Saturday September 22

Workout by: Dr. Jim Miller
Virginia Masters (804) 272-2513

Warm up:

1 x 200 Free Easy

1 x 600 Swim Free
Every length divisible by 3 is single arm Back
Every length divisible by 4 is single arm Fly

Drills:

12 x 25 Drill - Discussed by coach
3 lengths each Drill

Main Sets:

12 x 100 Swim
#1-3: 25 Free/50 Fly/25 Free
4-6: 25 Free/50 Back/25 Free
7-9: 25 Free/50 Breast/25 Free
10-12: All Free

1 x 150 Choice Swim Easy

12 x 75 Swim (IM sequence)
#1 - 25 Fly/25 Back/25 Breast
2 - Back/Breast/Fly
3 - Breast/Free/Fly
4 - Free/Fly/Back
Repeat 4 times

3 x 200 Free Swim + 100 IM Swim

Warm Down:

1 x 200 Easy Drill using all stroke

Total Distance
4,450 Yards

MASTERS STROKE CLINIC

APRIL 5, 1992

The Northwestern University coaching staff is pleased to offer a one day stroke clinic for all interested Masters swimmers. The clinic strives to assist in the development of each participant's swimming talents through mechanical/skill improvements (strokes, starts, turns), training enhancement, motivation, and the enjoyment of the sport.

- Clinic Highlights:**
- underwater filming of strokes
 - above water filming of strokes
 - personal stroke analysis by Bob Groseth
 - classroom instruction by N.U. Coaches
 - in-water demonstration by nationally ranked N.U. swimmers
 - stroke drills

Camp Director: Keith MacDonald - NASA Head Coach
(708) 491-4829

Coaching Staff: Bob Groseth - N.U. Men's Head Coach
Jimmy Tierney - N.U. Distance Coach
Nationally ranked N.U. swimmers

When: Sunday, April 5, 1992

Where: Norris Aquatics Center (state meet site)

Time: Sunday 8:00 A.M. - 4:30 P.M.

Cost: \$75.00...The fee includes a Wildcat Camp T-shirt, written critique of your strokes, and a list of stroke drills to increase stroke technique.

Deadline: Registration deadline

Return this application to: Keith MacDonald/Norris Aquatics Center
2379 Sheridan Road Evanston, IL 60208

Please make all checks payable to: Northwestern Aquatic Swim Assoc.
(checks will be refunded if less than twenty people sign up)

name:	birthdate:	team:
street:	city:	zip:
home phone:	bus. phone:	shirt size:

Athlete's Release

"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. I hereby waive any and all rights in claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against 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 as a condition of my participation in Masters Swimming."

(Signature)

(Date)

1991 Registrations - National as of July and Wisconsin as of Dec., 1991.

WOMEN	MEN	TOTAL	%	AGE GROUP			WISCONSIN		
				19-24	25-29	30-34	WOMEN	MEN	TOTAL
891	779	1670	6.7	5	4	9	5	4	4.0
1874	2122	3996	15.9	8	8	16	8	8	7.2
2090	2778	4868	19.4	14	21	35	14	21	15.7
1667	2565	4232	16.8	18	23	41	18	25	18.4
1208	2367	3575	14.2	14	25	39	14	25	17.5
681	1532	2213	8.8	5	16	21	5	16	9.4
455	873	1328	5.3	50-54	8	8	8	8	3.6
331	588	919	3.7	55-59	4	3	7	3	3.1
308	516	824	3.3	60-64	5	14	19	5	8.5
261	398	659	2.6	65-69	2	10	12	2	5.4
175	289	464	1.9	70-74	4	4	8	4	3.6
83	177	260	1.0	75-79	1	4	5	1	2.2
32	52	84	.3	80-84	1	2	3	2	1.4
10	14	24	.1	85-89	1	1	2	1	1.4
2	5	7	.02	90-94	1	1	2	1	1.4
1	1	2	.001	95-99	1	1	2	1	1.4
10069	15056	25125	100.0%	Totals	81	142	223	100.0%	
40.0%	60.0%	100%			36.3%	63.7%	100%		

November 16, 1988. A cold, near winter evening in northern Wisconsin. Construction worker Dave Hackert is finished for the day. Chilled, he slips on his lined hard hat and begins to drive home. The roads appear clear and he nears County Highway A between Phillips and Phelps in Price County. But suddenly, while shifting gears, his car hits black ice and he begins to lose control.

Back track in time to 1981. A young, immature Dave Hackert is about to flunk out of UW-River Falls. His carefree and abusive lifestyle has been noticed by Charles M. Jones, a professor who teaches and lives from a Christian point of view. He consults with Dave and encourages him to improve his lifestyle through swimming even though Dave has never really swum before. He emphasizes to Dave that his body is the Lord's temple - take care of it and it will see you through. Dave decides to turn his life around. He not only begins a swimming program while at UW-River Falls but continues it when he later moves to the Milwaukee area where Mike McGuire and Anita Hargarten get him formally involved in the USMS program. The abused body is being transformed into a fit body.

A split second of loss of control and Dave's car crosses the center line. Like a pool ball being hit by the cue ball, Dave's car, hit on the passenger side, is displaced from the highway and deposited into the ditch. A semi fully loaded with wood chips runs over the other vehicle from behind killing the driver.

Trapped in his car, Dave is horrified and badly hurt. Both bones in his lower right arm are broken. His small intestines are lacerated and his diaphragm torn. One lung has already collapsed and the other will collapse during his transfer from Park Falls Hospital to Howard Young Medical Center in Minnauqua. His pelvis is fractured. His hepatic artery (main artery from the liver) is severed. The main artery to his heart is leaking. But he is conscious and will not lose consciousness in part due to his hard hat (which doctors say saved his life). But more importantly - prayer, inner strength and peace from within helped him to focus on staying calm. He remembers the message of Prof Jones - a message he has been living for seven years. He concentrates on feeling better and he feels it working.

At Howard Young Medical Center Dr. Sidel works tediously on Dave. Immediate surgery repairs the leaking artery to the heart. But his blood "turns over" three times. A second surgery is required to replace the hepatic artery. A vein from Dave's left ankle supplies the needed blood vessel. A third surgery is required on his broken arm and nerve damage almost costs him that arm. But the body that Dave had abused in the early '80's is not the body the doctors now try to put back together. This is a healthy, cardiovascularly fit, fine tuned body as a result of nearly seven years of dedication to swimming and a healthy lifestyle. He heals quickly. Stitches are removed in 3-4 days and Dave is hospitalized less than three weeks.

January 1, 1989, just six weeks after the accident and still on pain pills, Dave removes his portable arm cast and slips into the pool for 1 lap. Daily and dilligently he increases his swimming. In one week he is off pain pills. By summer he has recovered to the point where he not only swims in the Fox Lake, IL., Challenge (a 4 mile straightaway swim) but places third.

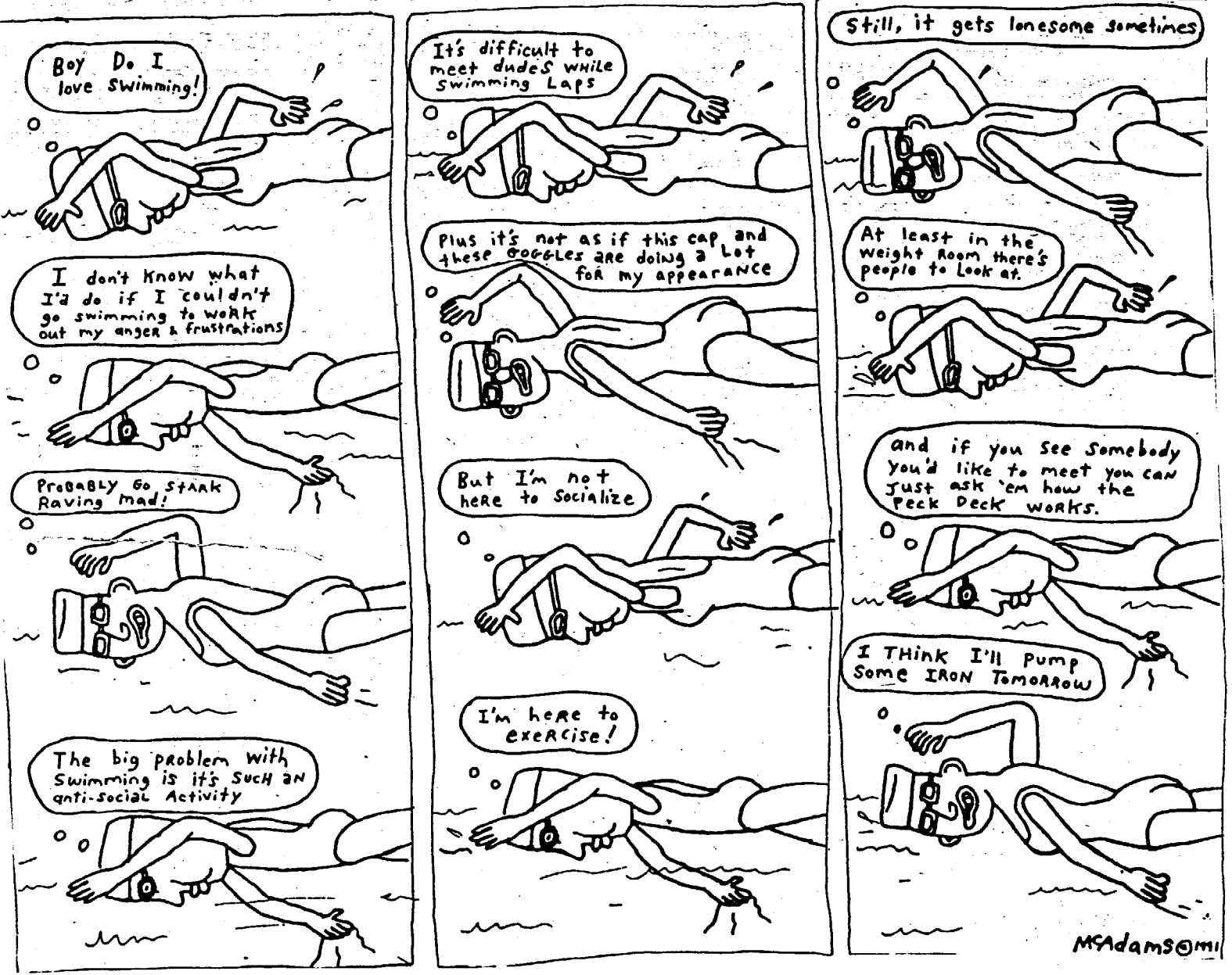
You won't find Dave Hackert's name among the All-Americans, National Champs, or even the Top Ten. He is not an exceptionally gifted or talented athlete. You WILL, however, find Dave working out regularly, improving his times and at a lot of USMS competitions, not only swimming but helping to run the meets. Dave is a person who saw a need to change his lifestyle and was guided into swimming as the way to accomplish the physical aspect of that change. He knows that swimming and the resultant healthy lifestyle has given him a second chance at life. He knows that were it not for Prof Jones' attention and Mike and Anita's coaching the outcome of that November accident would have been different. He is living proof of the value of a healthy and fit body and mind. He is what Masters swimming is all about - and we in WMAC are grateful that he is a part of our organization.

FOOTNOTE: Is there a "Dave" in your community whose life could be touched by swimming? Why not bring "him" to practice with you today?

Answer to quiz: Lynn Surles

Out of curiosity I drove to LaCrosse (3.5 hrs from Milwaukee) to participate in this meet. I was the only WMAC participant. However, there were quite a few other Wisconsin swimmers in attendance from the LaCrosse and Madison areas. The pool at UW-LaCrosse is deep and fast. I swam three events plus two relays (entry fee \$3.00 - total). Competition from Minn. was outstanding (we got whopped), Iowa was a no-show. Relay teams were made up of swimmers from the respective states rather than from clubs, therefore, I swam with people from LaCrosse and Madison in the relays. This was a fun meet and its too bad more Wisconsin swimmers did not participate. How about next Year?
John Bauman

LEATHER McADAMS



MORE ON TRAINING

Terry Laughlin has outlined five secrets to getting more from your workouts:

1) Warmup with a purpose. Avoid the "no brainer" warmup that just raises blood flow, heart rate, and respiration. Since warmup should be done sub-maximally, always do it with a specific improvement objective in mind. Fists closed and opened, stroke counting, single arm drills, etc. Apply the same principles to warmdowns at the end of workout.

2) Go on a drill diet. Include at least 20% stroke drills and technique work in your total workload. The lower your skill level, the higher should be your percentage of drillwork. One hour of focused technique work to improve efficiency by 10% can be far more effective than 10 hours of conditioning to improve endurance by 1%.

3) Vary your training stimulus. Get more adaptation from training by varying both repeat distances and work:rest ratio. On repeats, include every distance from 25 to 1000 yards and more. Do a distance day once every 3 to 5 workouts, but also do some days where every repeat is 100 yards or less.

Vary intervals as well, from very short to very long rest. At least once in every 3 to 6 workouts, do a set in which the intervals are so challenging that you begin with some doubt as to whether you'll be able to complete them successfully. Short rest is also a great simulator of racing demands since the ability to maintain pace on short rest contributes greatly to your ability to hold a faster pace in races.

Similarly, don't get stuck in an interval rut of doing everything with just 10 to 30 seconds rest. Do at least 1 or 2 sets weekly with a work:rest ratio of 1:1 and above, or work:active rest in the same proportions (e.g. 50 EZ-50 Fast, 100 EZ-50 Fast, 150 EZ-50 Fast).

4) Test yourself. Have a coach or teammate time you for something at least once every 3 to 4 workouts. You'll reach a higher level of intensity and get more attuned to how you respond to race and time-trial pressures.

5) Have a purpose. Start each week with a well-defined goal for a weakness or priority you'll focus on improving that week--whether it's achieving more consistency in repeats, working on negative splits, or improving your pushoffs. On a longer horizon, understand the logic or the cumulative effect of all sets done in a week or month relative to training objectives for that time of year.

"Swim Smarts"

Have you ever wondered what other people do in their workouts? Lynn Surles lists the following as some of his favorite workout ideas:

500 warmup
2 x 200; 4 x 100; 4 x 50; and 4 x 25 all on :30 rest interval
Early in the week before a meet he will push HARD one of each set and do the others at 80-85%.

For a set of "all-out" 50's he takes 5 deep breaths and goes again.

Besides being an excellent swimmer himself, Lynn teaches swimming at a YMCA to ability level swimmers beginning to swim team. In addition he is varsity diving coach at Germantown High School.

Tom Meehan works out at 5:30 AM and does:

3 x 500 (1 warm up and the other 2 trying to maintain 6 1/2 strokes per pool length)
12 x 25 Kick (5 count rest)
1 broken 75 fly (5 sec rest at each 25)
2 x 250 free
Dive 50 free, 25 fly, 25 free.

The workouts listed elsewhere in this newsletter were distributed at the USMS Convention in September which Edie Jacobsen attended. Thanks, Edie, for sharing these with us.

WISCONSIN MASTERS SWIM COMMITTEE, INC.
11616 W Greenfield Ave - Apt 23
West Allis, WI 53214

The Wisconsin Masters Swim Committee, Inc., holds an annual meeting in early fall, usually right after the national convention, to elect officers, set annual individual and club membership fees and to establish a swim meet schedule. Any registered Master swimmer is welcome to attend. The usual procedure is to send a meeting notice to all registered teams and anyone else who, in the past, has expressed an interest in attending. Average attendance is five people, including three officers. If you are interested let me know, and I will include your name on the meeting notice next time.

John Bauman
Chairman

The International Transplant Games What an Experience!

By Wynn Topley

It was August and at the age of 50 I was going to Europe to represent the United States at the World Transplant Games. The games were scheduled August 26th - 31st in Budapest, Hungary and I had trained extensively to swim in five individual events and two relays.

When the team gathered at JFK airport for the flight to Europe there was a lot of enthusiasm. I had a chance to meet several of my teammates from previous Transplant Games competitions. Some of us got to know each other in the past at functions planned by the Medical College of Wisconsin (MCW) transplant program staff at Froedtert Memorial Lutheran Hospital and the Milwaukee County Medical Complex.

The trip to Hungary was spectacular. As we drove through Budapest, I learned it is actually two cities, Buda and Pest. The area was in need of a facelift. It was clean, but after suffering through wars and 45 years of communism, the buildings and roads had fallen into disrepair.

The swimming competition at the World Transplant Games was phenomenal. I was expecting to win at least a few gold medals, but that was not to be on this trip. I ended up with a silver and three bronze medals in the 34-nation competition. I felt extremely lucky to get those. The man who won four gold medals and a silver was a former Olympic swimmer with the Hungarian team. He is a 60 year old kidney transplant recipient. The only thing I can hope is that by the 1993 World Games the Hungarian slows down.

Fellow teammate Rocky Rauch of Lake Geneva (County Medical Complex bone marrow transplant recipient) turned in a spectacular performance to win a bronze medal in the shot put. I still laugh at Rocky's wife Trudy and her efforts to win over the Hungarian people. She had a hand puppet and it seems as though everyone in Hungary would start to smile when Trudy and "Giraffy" got going.

Kurt Underholzner of Madison, a kidney transplant recipient, won five gold medals and a silver. It was an unbelievable performance for Kurt in the biking and track events.

I think the games dramatize the fact that the only difference between transplant patients and other people is that transplant patients have had more surgery.

What a trip and what memories! I'm so grateful that the people of Milwaukee, Froedtert Hospital, the County Medical Complex, Children's Hospital of Wisconsin and Medical College of Wisconsin were generous enough to support our efforts. I'd like to pass along a special thank you to Marsha Jahn of the Sandoz Corporation for her phenomenal volunteer efforts to raise money over the past couple of years. Her efforts and those of the many other volunteers helped make this trip possible.

I'd also like to thank the Lord and all of you who have anything to do with making this world a happier and healthier place to live.

(Wynn Topley, 50, lives in Park Ridge, Illinois. He underwent his second kidney transplant operation in 1988. MCW transplant surgeon Mark Adams performed the surgery at Froedtert Hospital.)

Wynn Topley is a former WMAC member and we thought many of you would remember him and enjoy reading this article about him.

From:
Transplant Times
Dec, 1991



Congratulations to the following Wisconsin swimmers who participated and placed in the Minnesota sponsored Postal Pentathlon:
Taking first place and setting new records:

Edie Jacobsen, 40-44, Ironman
John Bauman, 60-64, Ironman
Shirley Hasselbacher, 65-69, Sprint

Taking first:

Harold Larson, 35-39, Sprint

Taking second:

Nancy Kranpitz, 45-49, Middle Distance
Thomas Michelson, 60-64, Ironman
Fran Zeumer, 70-74, Sprint

Taking 5th:

H.L. Greisbach, 60-64, Sprint

Taking 6th:

John Maniaci, 40-44, Sprint

Taking 8th:

Dave Farrell, 35-39, Sprint

SUGGESTIONS FOR A HEALTH SNACK:

1. Peanut butter on celery, crackers, apple, banana, lettuce - as a dip
2. Celery stuffed with cream cheese, cottage cheese, processed cheese spread, peanut butter, egg or tuna salad
3. Eggs - deviled or hard-cooked
4. Thin slices of meat rolled around cheese
5. Tuna, egg, ham or chicken salad on crackers or vegetables
6. Carrot curls, cucumber coins
7. "Ants on a Log" Celery filled with peanut butter & dotted with raisins
8. Ready-to-eat cereals mixed with raisins and/or nuts
9. Cones filled with cereals, fruit chunks, cereal mix, yogurt
10. Cottage cheese "banana split"- a scoop of cottage cheese, surrounded by bananas & strawberries, topped with nuts and cherry.

Source: DuPage Health Department- Nutrition Dept.

WHY AM I SO TIRED?

Ref: Bodywatch
Dr. Holly Atkinson
Medical Journalist

Follow these guidelines to boost your energy:

- *MOVE WITH ENERGY RHYTHMS. Get to know your daily highs and lows and learn to accommodate them. Most people experience an "afternoon slump": Sometime between 1 and 4 P.M. Do less demanding tasks during your low periods.
- *CHOOSE THE RIGHT FOODS. Proteins are "wake-up" foods, whole carbohydrates are "relaxers." High-fat meals are FATiguing. Design meals according to you needs- fish for dinner on a night you're in the spot light and spaghetti when you want to relax. And, don't fad diet, it's exhausting.
- *GET PLENTY OF EXERCISE. A regular program of aerobic exercise is one, if not the best, energy booster. Pick an activity you enjoy and schedule it into your calendar.
- *IMPROVE YOUR SLEEP. Set up a regular schedule. Get up at the same time every morning, even on weekends to prevent Monday morning "jet lag." Beware of sleeping pills. They often make matters worse.
- *DISCUSS PROBLEMS AND FEELINGS. Keeping feelings and conflicts buried is exhausting. Studies show that people who confide in others are healthier than people who don't express their feelings.
- *DON'T TRY TO DO IT ALL. Learn to say "no" and set limits. Streamline your obligations and lower your standards-- especially when it comes to housework take time out to improve your endurance.
- *BALANCE WORK AND LOVE. Freud said that the twin pillars of a healthy life are love and work (pleasure and master). Giving too much to relationships or to work is draining; strike a balance.

*HERE IS A LITTLE HUMOR: The old gentleman was aging rapidly. "your hearing is getting worse," announced the physician during a checkup, "and you must cut out all smoking, drinking and sex," "What!" cried the fellow. "Just so I can hear a little better?"

SOMETHING TO THINK ABOUT

Author unknown



Are you an active member,
The kind who would be missed?
Or are you just content
That your name is on the list?
Do you attend the meetings
And mingle with the flock
Or do you stay away
And criticize and knock?
Do you take an active part
To help the work along?
Or are you satisfied to be
The kind who just belongs?
Do you ever work on committees
To see there are no tricks?
Or leave the work to just a few
And talk about the cliques?
So come to meetings often
And help with a hand and heart.
Don't be just a member
But take an active part.
Think this over, member.
You know right from wrong.
Are you an active member
Or do you just belong???



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