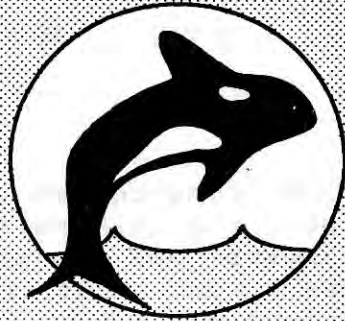


the
**WET
SET**



**PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS**

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THE PNA NEWSLETTER

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THE MAY BOARD MEETING WILL BE HELD THE FOURTH TUESDAY OF MAY WHICH IS
MAY 24TH AT THE TACOMA Y. YOU OR YOUR TEAM REP SHOULD BE THERE!!!!!!!!!!!!

May 1, 1988

Dear PNA Swimmers;

I would like to welcome you all to the long-course season. For those of you who thought Champs were the culmination, you may be right, but some of us don't know any better and are about to tackle the whole 50 meters! We can start with short course meters in Canada, then on to South Kitsap for the first long course meet of the season. Don't stop now!

Congratulations to the Husky team for winning the Division 1 championship, to Mercer Island for Division 2 and to Federal Way for winning Division 3. Read the total results in this Wet Set.

Good luck to the swimmers headed to Austin, Texas for Nationals! We know you will do a great job, after all, look whom you represent!

Due to a mixup in communications, the April Board meeting was unusual. Susan Dearborn called to apologize for the mixup, and I apologize for my failure to make sure we were talking about the same month!

Love,

Ronoi

Dorothy:

Please also note in the newsletter:

The timers, office staff, clerk, etc of Cascade Swim Club have all remarked on the thanks and appreciation which they received from the PNA swimmers. That made a difficult job worthwhile.

Thanks to the Meet Committee for reminding us to thank the volunteers. It is appreciated!

Jan Kardas

PNA BOARD MEETING
April 26, 1988

The meeting was called to order at 7:15 p.m. in the mail box area of Sue Dearborn's housing complex. It was the first outdoor PNA meeting. The meeting was called to order by Lowell Johnson in the absence of the president and vice president. The president joined the meeting later and carried out the official business of the PNA. Those in attendance were: Warren and Dorothy Kleist, Tom Taylor, Marietta Hunziker, Debbie Lewis, Jeanne Pyle, Alison Eliason, Robin O'Leary, Hugh Moore, Walt Reid, Wayne Methner, John Eliason, Forest Brooks, Forrest German, Lowell Johnson, Ann Berman, Joann Brislin, Kiko Kimura, Amy Rust and Rondi White.

Lowell introduced a spokesman from the American Heart Association who gave a report on the upcoming "Swim for Heart" fund raising event. She will be contacting the PNA reps to tell them about the event and explaining the mechanics of it. Lowell also introduced a representative from the "Lake Washington Swim", a swimming fund raiser for developmental disabilities.

The minutes of the March meeting were approved as submitted.

Records: Walt has compiled the PNA Top Ten records and they are ready for distribution at the banquet. The short course records for the past season are also done.

Publicity: Judy Harrison has resigned as committee chair due to increasing business demands. The new committee chair will be Jeanne Pyle from the Tacoma YMCA.

Tom Taylor gave an update on the proposed pool negotiations and asked swimmers to contact the King County Council members as soon as possible in support of a pool.

Meets: Joann reported the results of the survey that was passed out at the PNA Champs meet. Bellevue Athletic Club will host a long course meet July 31. South Kitsap will host a long course meet in June. There were a number of comments about the recent PNA Champs meet. Over-all people agreed the meet was fine considering the difficult circumstances faced by Cascade. Dissatisfaction was expressed about the call for timers on both days of the meet -- should not occur at a championship meet; things were unorganized Sunday morning -- no backstroke flags and major lane line problems; breaks were scheduled at awkward times; the entry forms said there could be two swimmers to a lane for the 1650 but this was not allowed during the meet because of a lack of timers. It was suggested the PNA might need a tighter meet contract with the host clubs to ensure certain minimum PNA meet requirements are met. Discussion occurred over late entries at the champs meet. There is a problem of how to handle the late entries, whether late swimmers can or should swim exhibition, how swimmers should be notified their entries are late and their swim will not count. Motion was made and passed to table the discussion of late entries and how to handle those swimmers who do not meet the entry deadline until a future meeting.

Forest Brooks will check to see how much signs would cost to inform swimmers there is no diving from the blocks during the warm up time at meets.

Fitness: The "Swim Across the PNA" event is finished. Awards will be distributed at the banquet.

Social: There are currently 50 people signed up to attend the banquet.

Due to increasing darkness, cold and swarms of hungry mosquitoes, the meeting was adjourned at 8:40 p.m. The next meeting will be May 24 at 7:00 P.M. at the Tacoma YMCA.

Dolores A. Lewis

PNA ANNUAL BANQUET...A QUICK REPORT

The banquet was again a big success with approximately seventy members attending and having a good time of fellowship. Tom Taylor, a super MC, kept things moving at the right pace, with between set breaks to sip coffee or whatever. Linda Cazin, who put the affair together was given a well deserved round of applause.

Rondi White presented trophies for the Dawn Musselman Award; first, second and third place trophies for each of the three divisions of teams competing in the PNA Champs. Awards were also given to the "Swimmer of the Year" from each of the teams.

Jane and Hugh Moore gave out the awards for those who entered the SWIM ACROSS THE PNA for fitness swim.

Walt Reid and Kathy Casey gave out certificates of award covering the Top Ten for National, Regional, and PNA. Also Walt again did an outstanding job of compiling the 1988 PNA RECORDS AND TOP TEN book, and I do mean 'book'!

The evening was topped off with a well known celebrity, Tom Foley, in a skit that had everyone rolling the aisles with laughter and joining in. It was great. Those who took the brunt of "THAT'S REAL SICK" were Jim Penfield, Maxine Carlson, Jane Moore, Terri Highland, Kathy Casey, Ann Gindroz and Rondi White.

That Tom Foley really has a flair for comedy. If you didn't attend we missed YOU and you missed a really fun time.....see you next year!

Warren Kleist

NOTICE

FOUND AT PNA CHAMPS:

1. A wedding band set, found Sunday AM in the women's locker room at Northshore Pool.
2. Envelope with money. Jan Kavadas will release upon identification of the amount. Otherwise, Cascade thanks you for the donation.
3. Pin - Central Masters State Meet 1982.

See JAN KAVADAS, or give her a call at 206 775-5814.

Marc Francis Twight, son of Jan Kavadas and "WILD THINGS CLIMBER OF THE YEAR 1986" will present a slide, music, lecture presentation at the Vertical Club, 8:00 P.M. on May 11th. Tickets are \$4.00, call 622-4111 or 283-8056 for information.

WE HAVE A NEW PUBLICITY CHAIR...JEAN PYLE. She can be reached at 206 572-2671.

John Maher of Olympia would like a ride to Canadian Nationals - 943-3715

DIVISION 1 POINTS

HSKY	HUSKY MASTERS	2911
TACY	TACOMA YMCA	2247
CSC	CASCADE SWIM CLUB	1093.5

DIVISION 2 POINTS

MISC	MERCER ISLAND SWIM COALITION	1110
MTEK	MT. BAKER MASTERS	1044
BEST	BELLEVUE EASTSIDE SWIM TEAM	961.5
TGRS	TIGERS	754
ST	SUMNER TRITONS	549
BAC	BELLEVUE ATHLETIC CLUB	511
ORCA	TEAM SEATTLE ORCA SWIM CLUB	490

DIVISION 3 POINTS

FWM	FEDERAL WAY MASTERS	477
FS	FORT STEILCOOM	415
SKM	SOUTH KITSAP MASTERS	360
NKIT	NORTH KITSAP MASTERS	313
FISH	FIDALGO ISLANDER SEAHAWKS	311
BMST	BANGOR MASTERS SWIM TEAM	200
OPM	OLYMPIC PENINSULA MASTERS	164
GRNL	GREEN LAKE CAIMANS	72
WAC	WASHINGTON ATHLETIC CLUB	64
EMSC	EVERGREEN MASTERS SWIM CLUB	58

The first SWIM ACROSS THE PNA was held from October 1, 1987 to May 31, 1988. Forty-three entries were received. As of April 30, 1988, thirty-eight swimmers had sent in results. Following are the results.

- Mount Vernon (30 miles): Gloria Masters, John Masters, Marion Mueller.
- Everett (60 miles): Carolyn Baldwin, Maryan Burke, Lee Holm, Nancy Kalinski, Marja Styra.
- Seattle (90 miles): Forest Brooks, Lee Carlson, Lisa Farin, Michael Jackson, Dorothy Kleist, Warren Kleist, Cynthia Rosik.
- Tacoma (120 miles): Cathy Brooks, Terri Highland, Mark Kroll, John Underbrink.
- Olympia (150 miles): Carolyn Behse, Martin Brotnov, Vernon Bryant, Kathy Casey, Marion Chadwick, Gene Crossett, Patricia Dotson, Harold Johanson, Jan Kavadas, Bruce Lomax, Monica Susan Mayes, Hugh Moore, Jane Moore, Shirley Olson, Linda Risler, Amy Rust, Lib Rust, David Schmalz, Ian Thompson.

Awards were presented at the PNA banquet. If you have not received your award, please contact Jane Moore at 941-3100. Congratulations to all entrants. Hope you're looking forward to swimming across another part of the PNA next year.

CHOLESTEROL: WHAT IS IT AND WHY IT IS IMPORTANT by Jane Moore

Almost five million American adults have diagnosed coronary artery disease (CAD). Many others may have undiagnosed disease. CAD is responsible for more than 500,000 deaths in the United States each year. A major cause of CAD is elevated blood cholesterol. Lowering blood cholesterol will decrease the risk of CAD-related heart attack. In a recent large study, each 1% decrease in blood cholesterol led to a 2% decrease in CAD risk. The single best way to decrease this level is to decrease cholesterol and saturated fats in the diet.

Cholesterol is a waxy, fat-like substance produced by the liver and found in many animal products. Cholesterol is required for normal functioning of cell membranes. It insulates nerve and brain tissue and helps waterproof the skin. It is also used to make certain hormones. Because cholesterol is necessary to a healthy body, it is manufactured in the liver. The liver makes enough to meet the body's needs, so when a high dietary intake is added, excess levels result. This excess cholesterol is deposited in blood vessels, causing narrowing or blockage. This narrowing or blockage is called atherosclerosis. Atherosclerosis decreases the blood supply to the heart and other parts of the body and so increases the chances of a heart attack or stroke. Clogged vessels can also cause circulatory, vision and kidney problems.

Other major risk factors which increase the chances of heart attack or stroke are age, heredity, cigarette smoking, obesity, lack of exercise, high blood pressure and diabetes. Presence of more than one risk factor greatly increases the risk of disease, so it is very important to control those which can be changed easily if multiple risk factors are present. Even if you feel fine, you may have an elevated cholesterol level or other risk factors. A heart attack or sudden death may be the first sign of trouble in many people.

Cholesterol is carried through the body by two types of proteins. Low-density lipoproteins (LDL) seem to encourage or form the cholesterol deposits in blood vessels. High-density lipoproteins (HDL) are believed to coat the inside of artery walls and provide a protective layer that prevents build-up of fatty deposits. HDL also serve as scavengers to help remove the fatty deposits that do occur. Lowering the LDL and raising the HDL seems to protect from CAD.

Blood cholesterol measurements reflect the amount of cholesterol in the body. Those people with elevated levels can benefit from dietary changes. Some may need additional medication to lower the blood cholesterol. If you don't know your blood cholesterol level you should have it tested. To be most accurate, the test should be done when you have had nothing at all to eat or drink for twelve to fourteen hours. HDL as well as total cholesterol should be measured. The ratio of total cholesterol to HDL cholesterol is probably the best predictor of future CAD. For lowest risk, you should have a high amount of HDL as compared to the amount of total cholesterol. This ratio should always be less than 5.0 for men and 4.0 for women and preferably less than 4.5 in men and 3.5 in women. Women naturally have higher levels of HDL. People who exercise regularly also usually have higher HDL levels. HDL levels are decreased by certain medications, cigarette smoking and birth control pills.

	TOTAL CHOLESTEROL LEVEL	LDL LEVEL	HDL LEVEL MEN/WOMEN
DESIRABLE	<200 mg/dl	<130 mg/dl	>44/>57
ORDERLINE	200 - 240	130 - 160	40-44/50-57
ABNORMAL	>240	>160	<40/<50

If your levels are desirable, test should be repeated at least every five years. If levels are not desirable, dietary changes should be made and test repeated in six months and annually thereafter.

Many fats in the diet contribute to increased cholesterol levels. These are the saturated fats which are found in animal products (meat, eggs, butter, milk, cheese) as well as some plant sources (coconut oil, palm oil, cocoa butter). Saturated fats are usually solid at room temperature. Eating large amounts of cholesterol-rich food also increases blood cholesterol. These foods are egg yolks and organ meats (liver). In occasional cases, the excess blood cholesterol is due to an inherited defect in cholesterol production and breakdown.

Polyunsaturated fats (corn, sunflower, safflower, soybean or cottonseed oils) do not cause increased blood cholesterol levels. Monounsaturated fats (olive, peanut or canola oils) may actually lower blood cholesterol levels. Poly- and mono-unsaturated fats are usually liquid at room temperature.

Recently, a new type of polyunsaturated fat, omega-3 fatty acids, has been discovered in fish. Omega-3 fatty acids appear to offer additional protection against atherosclerosis. They are found especially in more fatty fish (salmon, tuna, mackerel, herring) and shellfish.

The average American diet contains 40% of all calories from fat and 17% from saturated fats. The American Heart Association recommends about 33% total and 10% saturated fats. A cholesterol intake of not more than 300 mg per day is also recommended. So, making changes in your diet can lower the cholesterol in your body.

Think "low-fat" in food selections and cooking methods. Eat more fish and skinless poultry and less red meat. Use less fried food, "fast food", and commercially baked products. Eat smaller portions of meat and more meatless main dishes. Use lowfat or skim dairy products. Avoid egg yolks: each contains 250 mg of cholesterol, nearly an entire day's allowance. Egg substitutes or egg whites can be used for baking.

When shopping, check the ingredient list on the label to identify products with saturated fat. Names to avoid are palm oil, palm kernel oil, coconut oil, lard, beef tallow, hydrogenated or partially hydrogenated vegetable shortening, butter, cream, and cocoa butter. Also avoid products that do not list exact ingredients ("contains vegetable oil"). These are likely to contain saturated fats. Check closely products which claim "no cholesterol". These are also likely to contain saturated fats.

Further information on low fat, low cholesterol diets is available from the American Heart Association (632-6881 in Seattle) and from several books including The New American Diet by Connors & Connors and The Don't Eat Your Heart Out Cookbook by Piscatella.

Region XII Championships.....A light-hearted report

Nineteen PNA swimmers trekked to Spokane for Regionals at Whitworth College. A million thanks go to those good natured souls who allowed Kathy to hoodwink them into a relay. Special thanks go to Steve Schmidt, Mark Kroll, Walt Reid, Karen Jost, and Ann Gindroz who hauled themselves out of the 400 IM and back up on the blocks for the 200 medley relay; and to Dave Addleman, the drop-dead sprinter, who was promised 4 hugs and a kiss if he'd swim the 800 mixed free relay (I owe him one more hug). We discovered there was no PNA record in that event for 35+ so we threw one together along with Terri Highland who had never raced the 200 free before and Gordon Gray who kindly consented to do it right after his 100 IM. More thanks go to Tom Foley who did the fly leg of the 200 medley relay right before his heat of the 200 backstroke. Tom is still wondering how Walt survives life with Kathy. Dorothy Kleist swam the breaststroke leg of that medley relay 2 seconds faster than her 50 free the day before!

As I continued to equal my worst times, conning these good souls into relays was the highlight of my meet. Another special thanks goes to Spokane for putting on such a fine meet. Extra special thanks go to Debbie Kroll (wife of Mark) and Carl Highland (husband of Terri) who spent most of the meet taking care of the PNA responsibility as timers on lane 2. Thankyou all!

Kathy Casey

UNITED STATES MASTERS SWIMMING, INC.

REGISTRATION APPLICATION - NOV 1, 1987 to OCT 31, 1988

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS:

THIS IS A RENEWAL MY 1987 USMS NO. IS _____ PLEASE PRINT OR TYPE INFORMATION NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1987 REGISTRATION:
 ADDRESS NAME _____ CLUB/DIST. _____
 OTHER _____ (PREVIOUS)

LAST NAME _____ FIRST NAME _____ INIT _____
 STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AREA CODE + TELEPHONE _____ DATE OF BIRTH _____ AGE _____ SEX _____

LOCAL AFFILIATION _____ DATE OF APPLICATION _____

TEAM _____ UNATTACHED

CLUB (NATIONAL LEVEL ONLY)
 PNA HUSKY UNATTACHED

OFFICIAL USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: DAVID R. ADDLEMAN
 4030 SO. 158TH LANE
 SEATTLE, WA 98188
 (206) 246-9540

USMS FEE \$5.00	LMSC FEE \$10.00	TOTAL FEE \$15.00
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SENIORS (65+): \$10.00

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

 APPLICANT'S SIGNATURE

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IN THE FIGHT AGAINST HUNGER**

YES, YOU CAN COUNT ON ME!

You can count on me for the following:

_____ **COUNT ON ME** to take pledges.

_____ **COUNT ON ME** for my donation of \$ _____ bill me
_____ enclosed _____

_____ **COUNT ON ME** to make a regular monthly
donation to Northwest Harvest of
\$ _____.

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ **ZIP** _____ **PHONE** _____

Make your check payable to:
"NORTHWEST HARVEST"

Please indicate on your check:
"Swim Against Hunger"
Thank you.

SUPPORT

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"SWIM AGAINST HUNGER"

**A SOLO 19.5-MILE
MARATHON SWIM
OF LAKE WASHINGTON**

JULY 20, 1988

**On July 20, 1988, Terri Highland
will attempt to become the first
woman ever to swim the 19.5-mile
length of Lake Washington.**

**THIS MARATHON SWIM
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FOR**



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DID YOU KNOW:

- ... Hunger in Washington state is severe. Over 615,000 people in Washington live at or below the poverty level.
- ... Over 500,000 people (almost 10% of the population) in Washington rely upon a food bank every month to supplement their diet.
- ... King County has more people using food banks than any other area in the state despite having one of the lowest unemployment rates.
- ... Children, the elderly and the unemployed are the greatest recipients of food bank donations. 1 of 5 children (1 of every 2 black children) live in poverty.
- ... Abuse of food bank services is almost non-existent.
- ... Most people using food banks have jobs but simply earn too little to make ends meet.
- ... Northwest Harvest, a 501c non-profit corporation, distributed almost 10-million pounds of food last year to over 240 food banks statewide.
- ... Northwest Harvest is supported entirely by the private sector through corporate and private donations.

**YOU CAN HELP
BY BECOMING A VOLUNTEER
IN**

**TERRI HIGHLAND'S
"SWIM AGAINST HUNGER"**

THE CHALLENGE

The length of Lake Washington has never been swum by a woman. Lake Washington has been swum just four times previously, in 1927, 1928, 1952 and 1986. All previous swims have been accomplished by men.

On July 20, 1988, Terri Highland will attempt to swim the 19.5-mile length of the Lake following the same south to north course swum by Chuck Kriebel, the Redmond, Washington, marathon swimmer who set a record time of nine hours twenty-one minutes fifty-eight seconds in 1986.

A forty-one year old Master's swimmer from Issaquah, Terri Highland will attempt to become the first woman, and oldest person to swim the Lake.

This swim is being made as a benefit for Northwest Harvest which provided over 10-million pounds of food to 240 Washington state Food Banks during 1987.

**SHOW YOUR SUPPORT FOR
TERRI HIGHLAND'S**

"SWIM AGAINST HUNGER"

**MAKE YOUR CONTRIBUTION
TODAY**

Thank you for your support!