



# WAVE MAKER

October, 1985

## UPCOMING SWIM MEETS AND DC MASTERS EVENTS

To obtain entry forms for out-of-town meets, call Tony Young.  
H-469-8955 W-828-1282.

Oct. 12,13	Oak Ridge, TN
Oct. 26	York Masters
Nov. 2	DC Masters, Montgomery College
Nov. 24	Middle Atlantic Masters, U. of Delaware
Dec. 1	Terrapins 1650
Jan.	DC Masters One Hour Swim
Jan.	DC Dept. of Recreation
Feb. ?	Maryland Masters
March 15	DC Masters Pentathlon
Mar. 28-30	Middle Atlantic Masters, U. of Delaware
May 15-18	Short Course Nationals, Ft. Pierce, FL
June	Terrapins 1500
July	DC Dept. of Recreation
August	DC Masters East Coast Regional
Aug. 21-24	Long Course Nationals, Portland, OR
Dec. 15	JCC Chanukah Meet

## ADDRESS CHANGES/TELEPHONE NUMBER CHANGES

One more time. DC Masters swimmers are responsible for letting Dave McAfee know of any changes in addresses and telephone numbers so the roster can be kept up to date. Please help out and send in any changes so those who want to contact you to ask you to volunteer to help out at meets, parties, and other activities in which you could have an interest, will not waste their time on the telephone discovering that you have moved or changed jobs. Yes, Dave's address is on the roster, and is correct. Bert Kassell, President

## 1986 SHORT COURSE NATIONALS

FLASH!!! Short course Nationals, Ft. Pierce, Florida. Thursday, May 15 to Sunday May 18, 1986. Fort Pierce is one hour by car north of West Palm Beach, and one hour south of Melbourne.

Rooms are reserved at the Holiday Inn, Oceanside. It's right on the ocean, and best of all, we've got them to sell us rooms for \$40 per night FOR THE ROOM. This hotel has been scoped by "business associates" of Dick Cheadle who advise that the facility is more than adequate.

Put the dates on your calendar now -- will ask for reservations in

February or March when the winter blahs have set in and Florida sun seems to beckon.

We need EVERYONE to regain our title from New England Masters. Plan on it!!

#### UPCOMING BOARD MEETING

On Monday, October 7 there will be a meeting of the DC Masters Board of Directors. All members interested in helping to run the club are urged to attend. The purpose of this meeting is in part to set up the program for this year's club activities. It will start at 7:30 at the home of Dave and Eileen McAfee at 510 E. Broad St., Falls Church. If you plan to attend, call the McAfees at 532-7775.

#### SPRINTS

We are very sorry to hear that Kim and Bob Hansen will be leaving DC to go to California where Bob will begin work with Rockwell. They have both provided DCM with exciting swims and swimming tips and will be missed.

From USA TODAY, September 9, "...SAN FRANCISCO -- Diddo Clark of Lafayette, 35, completed feat once thought impossible -- swimming 4 round trips in 1 day between Fisherman's Wharf and Alcatraz ..."

Congratulations to Nancy and Frank Clark who were awarded the well-deserved Potomac Valley's Swimmer of the Year award at the Potomac Valley banquet on September 21. They received this award not only for swimming success but also for the service they have provided to masters swimming both in North Carolina and helping to run meets around the country.

#### HAPPY BIRTHDAY, DC MASTER

Hope the following members have wonderful birthday celebrations in October.

Ron Greger, 41	Scroggie Wiley, the BIG 65
Jim Densmore, the BIG 30	Ray Chen, 52
Pam Locke, 23	Jill Hoover, 32
Mike Makarczyk, 26	Lucy Brown, the BIG 55
Mary Anderson, 32	Bill Fite, 73
Deborah Jenkins, 23	Allen McCorkle, 37

#### 1985 SHORT COURSE TOP TEN RESULTS

An impressive thirty-four DC Masters placed in the top ten in their age group in one or more events. In addition, seven DC Masters had the top time in the country in at least one event. Jacki Hirsty led the country in 30-34 50 free and 100 free. Elaine Hochuli, 30-34, had the fastest 200 and 400 IM. Joann Leilich, 45-49, was the speediest in all breaststroke events. Jayne Bruner, 50-54, led the 50 and 100 free, 50 backstroke, all the breaststrokes, 50 and 100 fly, and the 100 and 200 IM. Quite a record. For DC Men, Matt Kanzler, 25-29, beat the nation in the 200 breaststroke; Tom Wolf,

30-34, won all the backstrokes and the 400 IM; and Kelley Lemmon, 70-74, had the fastest time in the 50, 100, and 200 free, and all the IMs.

Here is a complete list (we sincerely hope) of DC Masters in the Top Ten. Thanks to Ann Svanson for compiling the list.

Elaine Hochuli (9)	Mike Makarczyk (6)
Jacki Hirsty (3)	Matt Kanzler (2)
Jan Brand (1) First Time?	Jim Densmore (1)
Sue Schaffer (3)	Tom Wolf (6)
Nancy Kirkendall (2)	Don Wagner (1)
Joann Leilich (8)	John Flanagan (6)
Jayne Bruner (15)	Dave Audley (2)
Betty Griffin (1) First?	Tom Anderson (1)
Mimi Lee (9)	Dave Lyons (6)
Helen Hummer (4)	Jim Myerberg (1)
Nancy Clark (8)	Ken Bergquist (1)
Rita Shephard (9)	Chuck Bechtel (5)
	Art Smith (5)
	Dale McGinley (1)
	Skip Monsein (3)
	Ed Emes (6)
	Ken Flynn (2)
	Frank Murphy (4)
	Kelley Lemmon (12)
	Bert Kassell (2)
	Bill Fite (7)
	Dave McAfee (10)

Congratulations to all!!! One of the most interesting accomplishments was Nancy Kirkendall at 42 managing to place in the Top Ten in an event in the 45-49 age group. Nancy said that she might consider adding the years in order to get the placing.  
USMS CONVENTION IN SEPTEMBER, PHOENIX, AZ

Art Smith provided this summary of some of the points of interest from the recent USMS Convention. Joann Leilich will be providing a more detailed report soon for Potomac Valley swimmers.

1. Short course starts will be used for all events (including long course).
2. Relay age groups are now "sum of the ages" of the competitors. Groups are (a) up to 119 yrs, (b) 120 & over, (c) 160 & over, (d) 200 & over, (e) 240 & over, and (f) 280 & over. These age groups are effective as of January 1.
3. '87 Nationals--Short Course, Stanford, Palo Alto CA. Long Course, Woodland, TX. (only bidder)  
Stanford won overwhelmingly over Industry Hills, Irvine, CA, and Tuscon, AZ.
4. At Nationals, the heat and event numbers of the heat in the water must be prominently displayed so all swimmers can see them.

SUGGESTION: Now that the relays are by the new method, and the permutations and combinations are numerous, one of you computer buffs out there should think about writing a program for us that will develop the fastest relays in each bracket. Sure would be nice to not have to do it by hand (right, Sue Schaffer?)

#### ADDITIONS TO LAST MONTH'S RESULTS

As will happen, some of our members were left out of the write-ups of recent meets. We are glad to have omissions brought to our attention and to include them in the next edition.

In the two-mile lake swim, TOM CORNELL placed 66th overall, with a 53:29; this was 7th in his age group.

WAYNE ZIMMERMAN raced in the 1500 meter free in Rockville. His 20:22 placed him second overall and first in his age group. Yes, he too was in that hot first heat.

If you have been left out of meet results, please call the article's author or Jill Hoover. As the authors are volunteering to undertake reporter duties as well as swimming their own races, they might be expected to miss a few. Next time to make sure that you are included, volunteer to write the article.

#### FOURTH ANNUAL MANHATTAN ISLAND MARATHON by Jim Gray

I am a DC Masters swimmer and was the only one from DC this year to compete in and finish the Fourth Annual Manhattan Island Marathon--28 and one-half miles around Manhattan Island. Art Smith and others have participated in the Manhattan in past years.

The race started at 7:40 AM on July 28, 1985 at 96th Street and the East River and proceeded up the Harlem River to Spuyten Duyval and then down the Hudson River to the Battery and then north up the East River to 96th again. The Marathon attracted swimmers from Australia, England and Canada as well as Texas, Colorado and California. It was won by Shelly Taylor, 23, of Australia, the first woman ever to win this marathon. Her time was 7 hours and 42 minutes. My time was 9 hours 1 minute. I was 23rd. The water was 72 degrees and comfortable. The water is polluted and was cleaner than in past year. I took tetanus and gamma globulin shots before the race.

EDITOR'S NOTE: When Jim is not practicing for such feats, he is a Professor of Psychology at American University.

## RAY CHEN COLLAPSES AT MEET ON AUG. 4

by  
R. "Still Alive" Chen

On the second day of the long course meet of Aug. 3 and 4, I caused some ruckus by passing out after my heat of the 800M free. The Wheaton Rescue Squad came in about 5 minutes, but I was awake already, and they did not seem overly impressed and departed. Some background on this embarrassing mishap:

In early July I had swum a poor 1500 M, being taken to the cleaners by 65 y.o. Mimi Lee, so I joined a Masters workout group at Rockville Municipal Swim Center. I felt much better conditioned due to the workouts, but missed a week near the end of July due to vacation. Still, when I did the 800 M, I now actually beat Mimi (my yardstick for conditioning). After bounding out of the pool, I was resting on a bench when I noted a feeling of impending fainting, and a heart irregularity. I immediately lay back flat, and all symptoms went away. A couple of minutes later, I got up to talk to Dick Cheadle and some other people, and the next thing I remember was waking up and looking up from the ground at a lot of concerned faces.

Apparently, my fainting had prompted the call, "Is there a doctor in the house?" Of the 2 MD's, one was out cold, and the other was Dave Lyons, who was in the middle of his heat of the 800M. They stopped him to tell him somebody had died. (Dave later was able to swim his 800 M in an excellent sub-10 minute time. You may recall he won the 500 yd free at the Nationals in the 40-44 group.) Tony Young, the meet manager, begged me to scratch my 100 Br, 200 Ba and 400 IM, which I did, choosing instead to help time the rest of the meet. Having twice been meet manager of this meet myself, I can appreciate that Tony really did not need anyone to croak.

The cause of the fainting episode was probably lack of warm-down and "orthostatic hypotension". When the muscles relax, the blood vessels have less support, and blood tends to gravitate downward, depriving the brain of oxygen. Heart rhythm disturbances are well known to occur also under these conditions. Paradoxically, my improved conditioning may have contributed to the problem, because I was able to swim harder, use more effort, and thus require greater relaxation for recovery.

I felt perfectly OK coming home that Sunday, but some puzzling symptoms were to crop up in the next couple of weeks. On Tuesday, I had an EKG (electrocardiogram) at work, and there were some features which could or could not have been abnormal so I was advised not to exercise pending evaluation by a cardiologist. Also, my blood pressure was slightly high, 143/95. On Saturday, I had a sudden dizzy spell and could not stand. This condition improved on drinking lots of water and eating some salt, which I may have overly restricted due to the borderline high blood pressure. In the following week, however, I had intermitted episodes of dizziness interspersed with general weakness and, on one occasion, shaking chills.

All my blood chemistries and blood counts turned out to be normal, including hematocrit, white count, platelets, BUN, Na, K, Cl, CO<sub>2</sub>, LDH, CPK, cholesterol (204) and triglycerides (77). I was attached to a Holter EKG monitor, which took a recording of my electrocardiogram for 24 hours. There were episodes of premature contractions, but they were temporally unrelated to the dizzy spells. The cardiologist felt that the number of irregularities was still within normal limits (although they were high for me). By the 3rd week in August, my symptoms of weakness, dizziness, and palpitations were slowly getting better. I realized then that I had not really done any exercise in a long time. I then started to jog gingerly, and swim about 500 yds a day. No symptoms ever occurred while exercising, so I gradually increased the exercise. By the time my maximal stress treadmill test was scheduled on Aug. 28, I was running 2.5 miles in the morning and swimming 1200 yds in the evening.

The treadmill stress test was an interesting experience, but I did not have any symptoms by that time, and it was not surprising that when my heart rate reached 170, which is the age-predicted maximum for age 51, there were no abnormalities on EKG.

My blood pressure was down to 130/78, and a few cardiologists decided my EKG was perfectly normal.

The crazy symptoms which cropped up a week after fainting were probably due to enforced and sudden cessation of exercise in a person who usually runs 3 miles a day and swims 2600 yards 5-6 days a week, with tennis, etc. thrown in. Everything got better when exercise resumed.

I was very touched by expressions of concern from many people, and I hasten to say that I do not plan to check out soon. It was very inconsiderate of me to faint. The last time I disrupted a meet was in 1972 when my shoulder dislocated (old ski injury), and I had some trouble getting the bone back in the socket. Speaking of sockets, do you remember the meet where we had to stop and look for some guy's glass eye which had fallen out onto the bottom of the pool?

I should emphasize that it is wise to warm down after a hard race, but this is not always easy if you have to make way for the next heat. The thing to do is either to go to the practice pool or lie flat.

#### NORTHERN VIRGINIA SENIOR OLYMPICS

Eight members of the DC Masters Swim Team participated in the N.V. Senior Olympics, held at Wakefield Park on Friday, Sept. 13. The DC Masters scored a total of 15 firsts, six seconds and three thirds in the four events offered.

Since starting blocks were not used, times were not strictly comparable with those of a regular swim meet. Bert Kassell came in second in the 50 yd. Breast and Back and first in the 50 yd. Free with a :33.64, the fastest time for all age groups (55 and over). It was good to see Frank Miller and Carroll Delaney back in the water. Frank has had eye and foot surgery and Carroll some heart problems during the past year. Carroll won the 50 yd. Back in :46.89 and Frank was first in the half-mile in 18:27.31. Tilly Huber was first in the 50 yd. Free and the half-mile, second in the 50 Breast and Back.

Mary Lathram was first in all of the three events she swam. Bill VanBalen was first in the 50 Free and half-mile, second in the 50 Back. Dave McAfee was first in all four events and was especially pleased with his 15:15.88 time for the half-mile.

Nellie Brown, who at age 92 is the oldest swimmer in the entire US Masters program, swam the 50 yd. Free in 1:47.42. Nellie holds a place in the All Time Top Ten in a total of 12 events - all freestyle and back stroke distances. Her current swim will place her in the Top Ten for age 90 and over.

## 1985 LONG COURSE NATIONAL--PROVIDENCE, RHODE ISLAND

The New England Masters hosted a fine long course meet at which 34 DC Masters swam. In addition to running the meet smoothly and with enthusiasm, the New England Masters also managed to pull off a rare feat at Nationals--a great banquet with a wonderful band, lobster and clams, and a fun atmosphere. In addition to running the meet, the home team also won the meet. By all accounts, however, DCM came in second in the women's, men's, and combined totals. All DC Masters were aided by the work of Steve and Karen Shaffer who took everyone's splits, provided support and feedback on the races, and managed to maintain an constant upbeat attitude despite days spent watching us tear (and some of us linger) down the pool. Thanks Steve and Karen. A complete listing of everyone's times, placings and comments follows; but first the awards.

BEST CHEERING--WHISTLE CATEGORY--Denise Wood. Many a DC Master swam faster to Denise's whistle. JUMPING CATEGORY--Elaine Hochuli. Elaine demonstrated her enthusiasm for the team vertically. MOST CONSISTENT--Karen Sullivan. Karen could often be found on the deck cheering some teammate on.

LEAST APPRECIATE OF TEAMMATES' CHEERING--Dick Cheadle. Dick was uncontested in this category. He claims that he wanted to jump out of the pool during the breaststroke of the 400 IM and deck his "supporters". Next year, Dick, dead silence.

BEST SHAVEDOWN--Dave Lyons went for it all, even his beard. Walked right by roommate Art Smith, who didn't recognize him. Honorable Mention--Dale McGinley. After an unspectacular 200 back, Dale was talked into shaving, which he proceeded to do in the men's locker room. Later that day, he did a great 50 back to lead off the winning men's 45+ relay.

MOST INCREDIBLE SWIM--Art Smith. Even after years of serious training, Art is still improving his times. Took 1.5 second off his best 100 backstroke time.

MOST BORING RACES--Tom Wolf's backstroke and IM races, Joann Leilich's breaststroke races, and any race by Jayne Bruner. Without superior peripheral vision, one could not keep an eye on these DC Masters and their nearest competitor at the same time.

CHAMPAGNE RELAY AWARDS--BEST EXPECTORATION--Matt Kanzler. If you ever need advice on swimming the Champagne Relay, ask Matt. MOST HUNG UP--Sue Skiff, the rope set up as the turning point for the relay tried to strangle Sue; but once again exhibiting her new calm approach to Nationals, she got out of it. MOST CLASS--Tom Wolf, sipping his champagne after the team had finished with a commanding lead.

TONGUE-IN-CHEEK--Dick's impromptu remark to Art after the 45+ men won the medley relay by a whooping .16 seconds, "I could have gone faster but I didn't want to rub it in."

BEST PRACTICAL JOKE--Frank Murphy's coming to the party all excited because "I managed to get you reinstated in the 1500" after Dick had threatened the computer with bodily harm if it wouldn't relinquish his name.

TIMES AND PLACES OF DC MASTERS SWIMMERS AT THE NATIONALS

WOMEN	TIME	PLACE		TIME	PLACE
Dianne Magee 27			Christine Ruppert-Prosch 34		
50 Free	:32.40	19	50 Back	:36.42	5
100 Breast	1:35.95	10	100 Back	1:20.45	4
Denise Woods 27			50 Fly	:31.66	3
200 Free	2:33.37	9	100 Fly	1:12.79	2
400 Free	5:15.84	8	100 Fly		2
50 Fly	:35.55	10	Elizabeth McCorkle 35		
100 Fly	1:26.73	15	50 Free	:33.58	11
200 IM	3:01.83	15	50 Back	:39.44	2
1500 Free	21:04.46	4 (est)	50 Fly	:36.31	7
Karen Sullivan 28			200 IM	3:12.77	9
400 Free	5:11.92	5	Susan Schaffer 37		
50 Back	:37.08	7	50 Free	:39.57	18
100 Back	1:17.30	4	50 Back	:42.30	10
200 Back	2:47.25	4	200 Back	3:19.99	6
400 IM	5:54.08	4	100 Fly	1:30.76	4
1500 Free	21:06.06	5 (est)	200 IM	3:12.74	8
Kim Hansen 29			Mary Parker 38		
50 Free	:31.48	14	50 Free	:33.52	10
100 Free	1:12.59	12	50 Fly	:36.87	10
200 Free	2:37.20	10	200 IM	3:23.22	12
50 Back	:39.01	12	Ann Vollmer Svanson 39		
100 Back	1:29.27	15	200 Free	2:46.42	9
Elaine Hochuli 30			400 Free	5:58.12	8
50 Fly	:31.27	2	50 Back	:41.42	8
100 Fly	1:10.43	3	100 Back	1:33.16	5
200 Fly	2:38.78	1	200 Back	3:12.54	5
400 Fly Free	5:03.20	3	1500 Free	23:09.88	5
200 IM	2:45.28	4	Joann Leilich 46		
400 IM	5:42.87	2	50 Free	:34.70	3
Susan Skiff 30			200 Free	3:02.84	4
50 Back	:34.55	1	50 Breast	:39.86	1
100 Back	1:15.31	1	100 Breast	1:28.07	1
200 Back	2:48.59	2	200 Breast	3:12.79	1
50 Fly	:30.80	1	200 IM	3:09.98	2
100 Fly	1:09.64	2	Jane Bruner 51		
200 IM	2:38.79	2	100 Free	1:11.49	1
Jill Hoover 31			200 Free	2:44.04	1
50 Breast	:46.02	10	100 Breast	1:31.63	1
100 Breast	1:40.99	10	200 Breast	3:26.35	1
200 Breast	3:39.10	10	200 IM	3:05.13	1
50 Fly	:38.32	7	400 IM	6:50.96	1
200 Fly	3:37.09	8	Lorraine Murphy 67		
200 IM	3:18.32	14	50 Free	:55.18	10
Jacki Hirsty 32			100 Free	2:12.73	9
50 Free	:28.07	1	50 Back	1:04.26	8
100 Free	1:01.25	1	100 Back	2:25.97	9
200 Free	2:17.75	2	50 Breast	1:20.76	7
400 Free	4:50.85	2	50 Fly	1:14.63	6
200 IM	2:40.30	3			

Mary Lathram 70  
 50 Free :52.04 4  
 100 Free 2:03.19 2  
 400 Free 9:55.33 3  
 50 Back :59.74 3  
 200 Back 4:43.08 3

Nancy Clark 71  
 50 Free :43.05 1  
 100 Free 1:40.88 1  
 200 Free 3:48.11 1  
 400 Free 8:13.03 1  
 50 Back 1:01.30 4  
 1500 Free 32:31.99 1

Rita Shephard 76  
 100 Free 2:17.50 3  
 400 Free 10:00.53 2  
 100 Back 2:39.33 2  
 200 Back 5:22.26 3  
 50 Fly 1:43.98 1

MEN TIME PLACE  
 Ned Cahoon 27  
 50 Free :25.79 3  
 100 Free :58.09 6  
 100 Fly 1:05.27 2

Matthew Kanzler 28  
 50 Free :26.14 7  
 50 Breast :32.06 1  
 100 Breast 1:10.84 1  
 200 IM 2:22.41 1  
 400 IM 5:10.59 1

Thomas Wolf 30  
 50 Back :27.98 1  
 100 Back 1:00.40 1  
 200 Back 2:12.36 1  
 200 Breast 2:44.08 2  
 200 IM 2:16.04 1  
 400 IM 4:56.46 1

Robert Hansen 30  
 50 Breast :33.42 3  
 100 Breast 1:15.03 2  
 50 Fly :27.11 3  
 100 Fly 1:01.61 3  
 200 Fly 2:28.56 7  
 200 IM 2:24.57 5

Don Edgell 33  
 50 Free :27.60 8  
 100 Free 1:01.08 7  
 200 Free 2:18.87 7  
 400 Free 4:58.02 9  
 50 Fly :31.17 9  
 200 IM 2:43.98 14

David Audley 38  
 100 Free :59.18 4  
 200 Free 2:10.75 2  
 400 Free 4:42.77 4  
 1500 Free 19:03.34 2 est  
 Kenneth Bergquist 41

50 Free :28.36 8  
 200 Free 2:24.73 5  
 50 Fly :31.07 9  
 100 Fly 1:09.27 10  
 200 Fly 2:41.91 8  
 200 IM 2:45.57 10

David Lyons 42  
 100 Free :58.24 1  
 200 Free 2:11.96 1  
 400 Free 4:49.65 2  
 100 Fly 1:04.57 1  
 200 Fly 2:38.72 4  
 1500 Free 19:59.41 9 est

Arthur Smith 46  
 50 Back :33.21 1  
 100 Back 1:13.46 1  
 200 Back 2:43.82 1  
 50 Fly :31.55 1  
 200 IM 2:49.26 4  
 400 IM 6:04.63 3

Charles Bechtel 47  
 50 Free :28.77 5  
 100 Free 1:04.20 4  
 200 Free 2:26.34 4  
 50 Back :35.40 5  
 100 Back 1:18.05 5  
 200 Back 2:56.09 5

Lee Bettis 47  
 50 Free :30.43 9  
 100 Free 1:08.29 7  
 50 Back :37.21 9  
 100 Back 1:22.09 7  
 200 Back 3:05.78 8

Dick Cheadle 47  
 50 Free :32.18 13  
 50 Fly :32.82 7  
 100 Fly 1:24.76 6  
 400 IM 7:08.81 9

Dale McGinley 48  
 400 Free 5:41.71 9  
 50 Back :34.69 3  
 100 Back 1:17.72 3  
 200 Back 3:01.08 6  
 200 IM 3:07.09 11  
 1500 Free 22:59.04 9 est

Lawrence Cohen 50  
 50 Free :31.37 8  
 100 Free 1:11.33 6  
 200 Free 2:46.18 9  
 200 Fly 3:35.45 6  
 200 IM 3:14.31 6  
 400 IM 7:18.52 5

Frank Murphy 67			
50 Free	:35.14	5	
100 Free	1:20.68	5	
200 Free	2:56.04	2	
400 Free	6:22.13	2	
100 Back	1:44.72	4	
1500 Free	25:37.92	1	
Bert Kassell 72			
50 Free	:35.93	3	
100 Free	1:30.21	3	
200 Free	3:43.65	2	
50 Back	:57.86	9	
50 Fly	:55.44	5	
Kelley Lemmon 73			
50 Free	:32.74	1	
100 Free	1:13.95	1	
200 Free	2:58.66	1	
400 Free	6:28.28	1	
50 Fly	:42.13	1	
200 IM	3:35.55	1	
David McAfee 76			
50 Free	:39.16	4	
100 Free	1:30.68	4	
200 Free	3:25.60	3	
400 Free	7:25.45	2	
50 Back	:53.92	4	
1500 Free	29:42.99	2	

RELAYS

WOMEN, MEDLEY			
25+ A	2:15.14	3	
Skiff, Magee, Hochuli, Hirsty			
25+ B	2:26.31	8	
Sullivan, Hansen, Prosch, Wood			
35+ A	2:28.41	2	
Bruner, Leilich, Parker, McCorkle			
65+ A	4:20.74	2	
Lathram, Shephard, Murphy, Clark			
WOMEN, FREE			
25+ A	1:56.34	1	
Hirsty, Prosch, Hochuli, Skiff			
25+ B	2:07.56	6	
Sullivan, Hansen, Wood, Magee			
35+ A	2:10.48	2	
Svenson, McCorkle, Parker, Bruner			
65+ A	3:30.80	2	
Clark, Lathram, Murphy, Shephard			

MEN, MEDLEY			
25+ A	1:50.98	1	
Wolf, Kanzler, Hansen, Cahoon			
35+ A	2:11.89	6	
Bettis, Bergquist, Lyons, Audley			
45+ A	2:13.31	1	
McGinley, Smith, Cheadle, Bechtel			
65+ A	3:03.72	4	
McAfee, Murphy, Lemmon, Kassell			
MEN, FREE			
25+ A	1:42.06	3	
Cahoon, Kanzler, Wolf, Hansen			
35+ A	1:51.72	3	
Lyons, McGinley, Audley, Bergquist			
65+ A	2:23.04	2	
Lemmon, Kassell, Murphy, McAfee			
MIXED, MEDLEY			
25+ A	1:58.03	1	
Wolf, Kanzler, Skiff, Hirsty			
25+ B	2:05.41	5	
Prosch, R. Hansen, Hochuli, Cahoon			
25+ C	2:20.14	12	
McGinley, Magee, K.Hansen, Edgell			
35+ A	2:18.34	6	
McCorkle, Bergquist, Lyons, Parker			
35+ B	2:33.26	10	
Schaffer, Audley, Cheadle, Svanson			
45+ A	2:15.33	1	
Smith, Leilich, Bruner, Bechtel			
65+ A	3:18.47	3	
Lathram, F.Murphy, Lemmon, Clark			
65+ B	4:12.04	8	
McAfee, L.Murphy, Kassell, Shepherd			
MIXED, FREE			
25+ A	1:47.39	1	
Kanzler, Wolf, Skiff, Hirsty			
25+ B	1:56.05	4	
Edgell, Bergquist, Hochuli, Prosch			
25+ C	2:06.31	6	
Bettis, Wood, Sullivan, Cohen			
35+ A	1:57.62	3	
Audley, Parker, McCorkle, Lyons			
45+ A	2:02.64	1	
Smith, Leilich, Bruner, Bechtel			
65+ A	2:42.35	1	
F.Murphy, Clark, L.Murphy, Lemmon			

BY ESTIMATING THE 1500 RESULTS WE THINK WE MAY HAVE A GRAND TOTAL OF 1236 POINTS. Cheerfully submitted by Eileen McAfee, Secretary.

## NATIONALS

### COMMENTS FROM PARTICIPANTS--FEMALE VERSION

by Jill Hoover

JAYNE BRUNER had her first experience swimming with a full complement of teammates. "I loved it! It made the weekend so much more fun. The support of my teammates and coach helped me to faster swims than I had ever had before. The relays were even more fun than individual swims. I feel that the greatest contribution I made to my new team was the exchanges on the champagne relays! My goal this year (short course and long course seasons) was to improve my 200 IM, 200 Free, 200 Breast and 400 IM. To do this I swam a middle distance program with an increase in yardage that is too shameful to put into print. The program was successful. I had personal best time improvement ranging from 2.5 to 17 seconds in those events. Along the way I collected National Records in the short and long course 200 breast and 200 IM. Much to the chagrin of my coach I also threw in a few National record swims at the 50 and 100 distances. He keeps telling me sprinters are wimps. I'm thinking 50's and 100's and 3000 yards/day sounds great for next year. He's already talking the 1500. The battle will begin the first day of practice. If I lose this one, I will not only be a sore loser, but a prime candidate for most tired swimmer of the year." Wimp Bruner.

NANCY CLARK's five first places and speedy times speak for themselves. Commenting on the team's performance, "To blow our own horn--with only 37 swimmers we sure did well to take second. I'm pleased with the team spirit that has developed over the last couple of years. I look forward to when I'm really old getting a helping hand from the young 50 year olds who are 30 now. I'll try not to be too demanding!!"

ELAINE HOCHULI had an outstanding set of races for herself. The best meet she's ever had. Her secret--excellent training and improved mental attitude. "Prior to each race I felt relaxed, almost no nervousness, and had all my attention focused on the race. In the past (particularly at Nationals) I used to be very nervous, got too wound up and gungy, and was easily distracted by unimportant things (not related to the race). I'm not sure how I have achieved this new relaxation. I noticed the change at the 1985 Short Course Nationals. When I figure out what I am not doing right I'll let you all know." We'll be waiting, Elaine. With three personal best times and the other three almost personal best times, a first and two seconds, we could use your counsel.

JILL HOOVER was very excited to place seventh with her best time ever to place. I credit Dave Lyon's advice that I really didn't need to breathe for helping me drop two seconds. The only disappointment of the meet was that my breaststroke didn't show up making the 200 very painful. Highlight was the great cheering of my teammates. During the 200 IM, I thought that although we would not win the meet, we certainly had the best team spirit. (When one is going for 14th place, one has time to think such thoughts.)

MARY LATHRAM had a good meet. She thought it was great to have the North Carolina contingent--Rita and the Clarks. Helped Dave McAfee celebrate his birthday. She felt good about most of her times in her new age group. One of Mary's highlights was Art's excellent lessons in how to attack a lobster.

JDANN LEILICH--The most memorable swim at Providence for Joann was the Mixed Medley Relay -- seeing Manual Sanquily on the starting block to her right gave her a few extra butterflies. Then glancing right for

the last 25 meters, sure enough, she saw a round, balding head slide by her (similar to being passed on the right while driving your auto). Joann's split was 39.4 -- her fastest LC 50 Breast! Thank you to Dick Cheadle for the party arrangements, Tom Wolf for Videos, Sue Schaffer for an inspiring and "challenging" (to Joann) 200 IM swim, and all those persons with cars and vans for rides "to and from".

DIANNE MAGEE was a big help in the 200 Medley Relay, where she had to go against a former Olympian. Her comment "Out of shape!! Need to train desperately." Glad to have you, Dianne.

BETTY McCORKLE had been working out at Yorktown High School mostly 25's and 50's. This resulted in some great looking sprints including a second in the 50 back. Her strokes were as graceful as ever.

MARY PARKER at her first Nationals wasn't a bit nervous before her first event. In fact, she stayed calm throughout the whole race. Of course, the fact that she was back at the hotel sleeping probably had a lot to do with it. What a way to start a meet. After that she had nowhere to go but up. Which she did, especially with her freestyle which got faster with each race ending with a 31.8 50 split. Mary was an important member of three second-place relays and took an individual 6th in the 50 back (which felt good for 40 meters). She enjoyed the friendly atmosphere of the meet.

DENISE WOOD was most pleased with her 1500. She can't say it felt GOOD, but she was awfully glad to finish! Taking 39 seconds off her previous time can't hurt her impression of the race. In addition to the 1500 her highlights included dropping 5 seconds off her 500 free, not dying in the 100 fly and dropping 5 seconds off the 200 IM as a result of Steve Shaffer's excellent breaststroke advice.

SUE SCHAFFER swam faster than she thought she could being 5 months pregnant. She had fun being a special case. Although pregnant she could still manage a come-from-behind victory in the 100 fly for 4th place. She did say, though, that she picked the wrong Nationals to be pregnant, since competition in the 35-39 women was generally weak for the first time in years.

RITA SHEPHARD credits Bob Husson for much of her success, including a first and three seconds. He coached her for the last six weeks, pacing, turns, etc. Her backstroke was 14 seconds faster. She was tired for the 400 free after a very long day, but she was pleased with her pacing; however, Bob was disappointed that she didn't win. (Lay off, Bob) "My biggest thrill was to hear the D.C. voices cheering me on in my butterfly. The party was great, especially the cheeses. Thanks a lot to the refreshment committee."

SUE SKIFF waited a long time for her first individual golds at Long Course Nationals, but one she began, she went crazy, winning the 50 back, 100 back and 50 fly. She also looked great placing second in the 100 fly, 200 IM, and 200 back. She made her backstroke wins look easy winning by over a body length. She credits a more relaxed attitude to her change in fortunes.

ANN VOLMER SVANSON placed well, although of her first five events, she only improved one of her last years times. BUT she saved the best for last going 37 seconds faster than in June for the 1500 Free. She says that it was easier swimming with Jane Murphy-Sherman, whom she competed with in New York. Her split in the 200 free relay was also her best. "Great Party!!! Thanks Dick and Joann--my muscles are still sore from laughing (thanks, Kelley)."

The following women also swam well at nationals. Sorry we missed

getting more of their reactions from them. KIM HANSEN helped the 25+ B relays to an eighth and a sixth (free). KAREN SULLIVAN, although not particularly fond of big meets, did very well with three fourths. She was particularly pleased with her 400 IM. JACKI HIRSTY as usual aced her competition in the 50 and 100 free. In addition, she was on the record-setting 25+ mixed relay. CHRIS RUPPERT-PROSCH swam a valiant and intelligent 200 fly for second place despite less training than in other years. She showed that one can successfully combine motherhood, career, and swimming. LORRAINE MURPHY demonstrated her versatility by swimming each stroke. Previously mostly a freestyler and backstroker, she placed 7th in the breaststroke and 6th in the 50 fly.

## THE MEN

by Frank Murphy

It's not possible to sum up in a few paragraphs all the excitement and achievements of your DC Masters males at the Providence Nationals. They did well and pressed the home team, New England Masters, very hard. Take for example the 45-49 heat of the 100 meter backstroke. Art Smith blew everyone out of the water with a first place in 1:13.46. But Dale McGinley was just as dramatic. Seeded in lane 8, he duelled with some very heavy competition and placed third. Chuck Bechtel came in fifth and Lee Bettis got seventh. We had half the top places in a highly competitive event!

Herewith is a sampler alphabetically of comments to show why your team had such a good time and placed so well.

DAVE AUDLEY (38) got second in the 1500 with a 19:03.34. Has perfected the technique of humming a tune while distance swimming. It helps his pace. Dave Lyons says he'll imitate.

CHUCK BECHTEL was a relay star with an excellent come-from-behind anchor leg in the men's medley relay and anchoring the national-record-setting mixed medley.

KEN BERGQUIST (41) did not comment on his races, although a fifth in the 200 free speaks for itself. Those of us who observed Ken (and it is easy to observe Ken with his distinctive strokes) thought that he looked very strong throughout the meet. Ken also added to the team lore with excellent filming of the trials and tribulations of the champagne relay.

LEE BETTIS (47) had four personal bests and placed in three events. This was enough to keep him smiling about the meet and to attack the pool with renewed vigor. Lee had an unfortunate false start in the 1500 when he slipped and fell in. He had decided that he didn't need his super track start for the 1500, but unfortunately hadn't practiced a more traditional start. He claims that he really wanted to swim the 1500, but actions speak louder than words.

NED CAHOON (27), a New York resident, was instrumental in the success of the DCM men's relays, joining Tom, Matt, and Bob for an easy win in the 200 medley relay and a very-close-to-first third in the free relay.

LARRY COHEN (50) placed in 6 events. Enjoyed meeting his DC Masters teammates.

DICK CHEADLE (47) got more support (he needed it) than the rest of the team put together when he swam the 400 IM. He was spurred on by no less than 5 naiads. His terse comment at the end should be compared to "Don't give up the ship" and "I Have Just Begun to Fight". His historic statement was, "I'm scratching the 1500 tomorrow." Dick and

Joann arranged a great party, for which we were all grateful. Due to possible copyright and litigational problems, Dick has asked us not to mention his sixth place finish in the 100 fly, seventh finish in the 50 fly, and fine gold medal winning performance in the 200 Medley Relay. So we won't.

DON EDGELL (33) swam next to Bumpy Jones in the 400 free. Thanks to some highly professional split signals from Karen Sullivan and Art Smith, swam a perfectly paced race and a lifetime best time.

BOB HANSEN (30) competed tough, despite not having been able to work out as much as usual over the past year. He looked good in his several close races and on DC Masters successful 25+ relays.

MATT KANZLER (28) had four firsts and would have had an official fifth, but he was DQ'd by a NEM judge in the 200 breast. His expert opinion is that the pool was neither fast nor slow, just average.

BERT KASSELL (72) Please check his birth certificate. He's too laid back for a septuagenarian. Sexagenarian would be OK. Bert looked very strong, particularly on the relays where he strikes fear into the hearts of opponents and teammates alike. Bert got third in both the 50 and 100 free.

KELLEY LEMMON (73) Our Kelley got 6 firsts, again, including personal bests on the 50 fly (where he had tough competition) and the 100 free. He swam the 50 free in 32.74! He carried all of us in the relays. Some of us won golds simply because of his outstanding talent.

DAVE LYONS (42) came incognito, without underbrush. Dave was impressive, getting 6 personal bests. Among them was a 25.7 50 m as leadoff in a relay. Dave specialized in the come-from-behind victory. In the 100 fly, he was at least three body lengths behind with less than 25 meters to go, but he passed about four and won.

~~DAVE McAFEE (76) had a birthday during the meet and got four firsts, a second and a third. He was a year older, but significantly faster in the 400 and 1500 free.~~

DALE MCGINLEY (48) collected a bunch of points for the team, including a first place in the 200 medley relay, along with Art, Chuck and Dick.

FRANK MURPHY (69) In addition to winning the 1500, those of us who are Frank-watchers (Frank was too shy to write his own blurb) were impressed with his strong, smooth freestyle stroke in the 200 and his improvement in breaststroke technique.

ART SMITH (46) Although we received no official comments from Art, his four first places speak for themselves. One exciting moment for Art came when he had beaten all the expected competition in the 200 back only to discover that lane 1 had beaten his time by about 20 seconds. In typical Smith fashion Art went over to congratulate the swimmer on his tremendous improvement and found out that the swimmer was a reseeded 25+ man.

TOM WOLF (30) got five national records personally and contributed to a national record in the mixed 200 medley. His 100 m backstroke in 1:00.40 is a world record.



AF

TEAM T-SHIRTS AVAILABLE

Navy blue Hanes 50/50 with logo on front - like banner. Available in short sleeve for \$5.00 or long sleeve for \$8.50. Also available for any team member who participated in the 1984 Long Course Championships on the back of the shirt will be printed free of charge "1984 National Long Course Champions". Please specify. Send orders with check payable to DC Masters, to Ann Svanson, 1312 Seaport Lane, Alexandria, VA 22314. We have to have orders for at least a dozen shirts before any will be printed up and if there is going to be a delay in the orders you will be advised.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Size (Circle) S M L XL

\_\_\_\_\_ I participated in 1984 LC Championships

EDITOR'S NOTE: The photograph on the previous page was received from two separate sources, both purporting to be from the Providence Journal-Bulletin. One was in a business envelope with the Providence Journal return address on it, the other in a plain brown envelope postmarked Burke, Virginia. Let's leave it up to the reader to decide which is the genuine article.

MASKED INTRUDER DISRUPTS NATIONALS

by Eric Almeida  
Journal Bulletin Sports Writer

Providence...August 19

The rhythm of the grind-it-out heat by heat meter by meter of the National Masters Long Course Swimming Championships currently being held at Brown University was abruptly shattered Sunday when a masked intruder (see the security camera photo) leaped up onto an empty starting block in the 6th heat of the men's 200 meter freestyle relay and proceeded to sprint 50 meters freestyle. The first awareness the spectators had that anything was wrong was when the intruder reached the wall and no one jumped in to go the other way.

"There's always some nut who wants to grab the spotlight", Thomas Savage, Director of Security for the meet was quoted as saying, "at a big meet like this you can always bet something's going to happen.".....Savage continued, "Judging from his behavioural pattern I'd guess the guy was some kind of psychopath. I'm glad nobody tried to stop him."

Brown University is offering a \$200 reward for information leading to the arrest and conviction of the daring masked sprinter. If you see the man, take no action yourself. Call Crimestoppers, (703) 425-1699. All information received will remain confidential.

# Mastering his destiny with confident strokes

## Former battalion commander had toughest race 41 years ago

By ERIC ALMEIDA  
Journal-Bulletin Sports Writer

Kelley Lemmon, 73, swims for enjoyment. He likes staying fit, and feeling the thrill of competition.



LEMMON

"It was a matter of necessity back then," he said. "I don't care to remember it very often."

Lemmon, who swims for the Washington, D.C., Masters, is in Providence for the United States Masters Swimming National Long Course Championships at Brown University's Smith Swim Center, which began Saturday and conclude tomorrow.

When asked about the incident on the Seine, the memories returned for Lemmon.

His mind went back to August, 1944, when he led an infantry battalion, part of General George Patton's 3rd Army. The Allies had just broken out of their bridgehead in Normandy, and the 3rd Army was beginning a headlong rush across northern France. The German forces were in disarray.

"We had just come through the Fontainebleau Forest, and reached the bank of the Seine," he said. "I was at the front of the advance, and I saw that the opposite bank was pretty much undefended, and there was an opportunity to establish a bridgehead there."

★ ★ ★  
A GROUP of rowboats was tied up together on the German side of the river, and Lemmon saw the boats as a means of transporting his troops across. But there was no easy way of getting to them.

"Our engineers' boats were too far back in the advance to bring them up before the

Germans arrived," he said, "so I decided that the only good option was to swim across."

Lemmon stripped off his gear and dove in. As a former standout swimmer at the U.S. Military Academy at West Point (class of 1937), Lemmon didn't find the crossing that difficult. The problem was obtaining the boats before a German patrol arrived and mounted a defense.

## Spotlight: Kelley Lemmon meets swimming's challenges

"When I reached the boats, I took the rope which held the boats together, tied it around my waist, and started back," he said.

★ ★ ★  
FORTUNATELY, THE other end of the rope was not secured to the bank, and Lemmon was able to tow the line of about a dozen boats across. German soldiers were in the vicinity, but not close enough to hit him with rifle fire. The crossing was a slow and tiring one, but Lemmon completed it. His troops crossed on the boats and established a bridgehead.

Lemmon made the army a lifelong career after the war (retiring as a major general in 1970), but he put his swimming into retirement. It wasn't until 1980 that he resumed the sport.

"I was on a fitness kick, and was spending a lot of time lifting weights at a fitness center," he said. "One day, some friends convinced me to go down to the pool."

"I did three or four laps, and was hooked."

★ ★ ★  
THE SOUND physical condition that Lemmon maintained in the army (he spent

—Journal-Bulletin Photo by JAMES J. MOLLOY  
*KELLEY LEMMON swims for enjoyment now, but he met his biggest swimming challenge 41 years ago.*

most of his time in the infantry) has served him in good stead in masters swimming, as has his rigorous training regimen, which consists of an hour and a half of swimming, five or six days a week. In the 70-74 age bracket, he holds national records in the 50-meter freestyle, 100-meter freestyle, 200-meter freestyle, 400-meter freestyle, 200-meter individual medley and 50-meter butterfly.

On Saturday, Lemmon looked relieved when the discussion turned away from the war. He much preferred talking about masters swimming to military achievements. And he would choose Smith Swim Center over the Seine any day.

Ann Svanson sent me an interesting article for translation into layman-understandable English. The paper is entitled: "Muscle Changes During De-Training: What happens to muscle composition after training is stopped?" The authors are 6 people headed by Dr. Dave Costill, a well-known exercise physiologist and a top ten Masters swimmer in the 45-49 group. Since many collegiate swimmers take a month off after their conference championships, the question arises, "Is this good practice? Do the muscles go soft during the layoff?" The authors did a study to answer these questions.

Eight highly trained swimmers averaging 21 years of age and used to swimming 10,900 yards a day were the subjects. Their muscle composition and blood chemistries were measured during training and each week for 4 weeks after training was abruptly stopped. Somehow or other, Dr. Costill and associates persuaded the swimmers to have needle biopsies taken each week from their deltoid muscles. What this means is that a hollow needle is stuck into the muscle and a small piece (35-55 milligrams) is removed for microscopic and biochemical study. In addition, each week the swimmers did a 200 yd free at 90% followed by having their blood taken for measurement of lactic acid concentration.

The scientists found that after only 1 week of inactivity, there was a big drop in the muscle respiratory capacity, or  $Q_{O_2}$ . (The  $Q_{O_2}$  is the amount of oxygen which can be used by a given amount of muscle in an hour, and is a measure of how efficiently muscle can burn fuel.) This quantity went from 5174 to 2559 after only 1 week, and stayed low in weeks 2 and 4. For comparison, non-swimmers who never trained, had  $Q_{O_2}$  values averaging 1849. Another finding was that the de-trained swimmers had higher lactic acid levels after their 90% effort 200 yd free. Whereas they averaged levels of 4.2 when fully trained, after 1 week, the level was 6.3, and after 4 weeks, it was 9.7. This meant that the effort was more anaerobic and less aerobic. In other words, the body was less efficient in moving oxygen to the muscles, because with enough oxygen, less lactic acid would have formed. In addition, with better circulation, lactic acid is moved out more efficiently and metabolized.

The authors mention other people's data showing that de-training has little effect on the whole body oxygen uptake capacity of swimmers, expressed as  $VO_{2max}$ . This quantity is similar to the  $Q_{O_2}$ , but refers to the whole body; it is usually measured by having a person exercise on a treadmill. A highly trained person can move a lot of blood and oxygen through the lungs and will have a high  $VO_{2max}$ . The question then arises, how can the  $Q_{O_2}$  fall by more than 50% and there is no change in  $VO_{2max}$ ? The answer is probably that the  $VO_{2max}$  decreases more gradually and is a reflection of muscles used in running. If the  $VO_{2max}$  were measured using only the shoulder muscles, there would be a drop in the swimmers.

The main conclusions derived from this study are: 1. muscle respiratory capacity drops markedly in 1 week after cessation of training. 2. oxygen transport is measurably decreased after 1 week and is still falling at 4 weeks. Glycogen content of the muscles was also noted to fall on de-training.

The implied significance of these findings is that it is not good to stop training altogether. Ann Svanson says that this "might be of interest to many of our swimmers, as I know many of them take several weeks off after Nationals -- or at other times!"

While the paper is a very good one, I wonder whether the swimmers also recovered very rapidly from de-training. Perhaps it is even good to de-train and then re-train. When you carbohydrate-load, you are supposed to first deplete your system of glycogen and then suddenly eat a lot of spaghetti. The body tries

to replace the glycogen and ends up storing a greater-than-usual amount. This "overshoot" phenomenon could conceivably operate when swimmers de-train and then re-train. However, we will have to await more studies from Dr. Costill or others. Parenthetically, one hopes that similar studies can be done without taking muscle biopsies frequently from such trained athletes. There are modern techniques using nuclear magnetic resonance and positron emission tomography which could possibly spare the subjects this kind of trauma.

## DOWN UNDER

by Carlyle Carpenter

I can't believe it.....I cannot believe it.....Talk about frustration!!...I just can't believe it!.....All the way to Nationals to find out you can't deck-enter....A bitter pill to swallow indeed!!...Anyway, once I got my blood pressure back down somewhere close to normal, I did manage to enjoy the meet. It was tremendously exciting right from the beginning: watching Tom Wolf blow down the last 50 meters on his way to a National Record in the 200 back was awesome. The hairs on my arms would have stood straight up, if they hadn't been shaved off....So many people did so well, I was really proud of my teammates.....Joann blasting to pieces the National Record in the 100 breast, Art Smith taking four national championships, even my old buddy Dick Cheadle looked great on that gold medal winning medley relay. It was kind of sad watching the Lane 5 groupies torturing Dick throughout a difficult 400 I.M, but hey, that's life....I thought the team party was one of the classiest of its kind that I'd ever been to. I don't know who set it all up, but somebody did a hell of a job.

Speaking of Dick Cheadle, I ran into Dick a few nights ago at happy hour at the bar in the Fish Market in Old Towne. He was telling me again about the new show....I got to laughing so hard I couldn't breathe...OK, intermission is over and all the people have filtered back to their seats...Act II, Scene I...the house lights dim....the curtain opens and the stage is just jammed with people...maybe a thousand people on stage...they're all wearing racing suits and hand paddles and they're just mushed all together, face to face, no room to move a muscle.....Its the Lone Star Masters Precision Drill Team!!!....For the next fifteen minutes the audience is roaring while they try to get their act together. And in the background the Mormon Tabernacle Choir, directed by John Brannigan, is singing "Momma, Don't Let Your Babies Grow Up To Be Cowboys" in A Sharp Major, with Augmented 7th...Well, Dick and I came within a hair of getting bounced out of there, we were carrying on so. He is still sky high on the show and working very hard on it. If I get any kind of update on it I'll put it in my next column.

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Thanks very much for this month's contributors, Carlyle Carpenter, Frank Murphy, Eileen McAfee, Ann Svanson, Ray Chen and especially to first-time contributor Jim Gray. Glad to get some new blood. Deadline for the next WAVEMAKER is FRIDAY, OCTOBER 25. Send article to Jill Hoover, 2509 Arlington Blvd, No. 302, Arlington, VA 22201.  
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