

## SWIMMERS OF

### THE MONTH

- Matt Wagoner

- Lucas Moran



### BIRTHDAYS

- Kyle Sturm 05/08

- Evan Foht 05/20

- Siddhant Jain  
05/21

- Kyran Young  
05/30



### Meets @ a Glance

#### May 9 – MFSC

Home Meet

#### May 16 – 17 WEST

– Waukesha South

#### May 29 – 31 BST

Schroeder YMCA

#### June 5 EBSC

Brook East (8U only)

#### June 13 – 14 SHOR

Schroeder YMCA

#### June 20 – 21 MFSC

Home Meet

#### June 26 & 28 LAKE

Schroeder YMCA

#### June 27 BST

Open Water State

#### July 12 EBSC

Wirth Park

#### July 17 – 19 WEST

Silver Meet

Waukesha South

#### July 24 – 26 12&U

State Schroeder

#### July 30 – Aug 2

13 & O State

Schroeder

#### Aug 7 – 9 Zones

Grand Forks, ND

# THE WATERLOG

swim 

MAY 2009

[HTTP://WWW.MFSWIM.ORG](http://www.mfswim.org)

## COACHES REPORT

Howdy!

The first month is behind us. It is great to have all the kids back in the water. This summer is packed with competitions and will feature something new: The Open Water State Championship. Open water swimming is starting to take off and will be featured in the 2012 Olympic Games. This particular state championship swim meet will have no time standards and should prove to be a great experience for everyone involved. The meet information is provided on the bulletin board at the pool, hope to see you there!

### Events:

April featured one meet. Our seniors traveled to Waukesha South and swam in the SWAT Meet. Although it was very early in the season we had multiple best times and gained more racing experience.

### Looking Ahead:

We will have three meets in the month of May. May 9<sup>th</sup> we host our annual Spring Sprints Meet. May 16<sup>th</sup> and 17<sup>th</sup> WEST hosts a meet at Waukesha South. Our first long course meet will be held May 29<sup>th</sup> – 31<sup>st</sup>, hosted by BST.

Keep up the great work in the pool. Everyone is doing an excellent job!

- Coach Scott Mueller



### *A Note on Meet Entry Fees*

With the Long Course season well underway, I wanted to take a moment to better explain Meet Fees. In February, all of our families were given a reservation form to reserve swims for the Long Course season. Although we know it is difficult to plan for June & July while still in February, it is truly the only way we can guarantee meet participation. As you know, the reservation form states ***"You are financially responsible for all swims you reserve"***. This is because our Club pays for all reserved swims upfront to enable our swimmers to get into the meets of their choice. For example, on March 10, 2009, our Club sent out 6 checks totaling \$3,125.50 to swim clubs for all swims reserved by our swimmers. This was a total of 1,134 swims. We realize life doesn't always go as planned and there are times when you have to remove your child from a meet. However, payment is still required because we have to replenish the monies paid out from the Club checkbook or we cannot continue to offer this convenience to our families. What can I do if I need to back out of my reserved swim you might ask? Here are some ideas...

#### *Try to Sell Swims*

To assist our families, I try to "sell" swims for them. Once I am notified by a family that their child cannot swim in a meet they reserved, I make note of the cancellation, notify the coaches and then keep my fingers crossed that other swimmers from our club will sign-up via the "Waitlist". I will do my best to try to sell your swims, but this is really dependent on other families signing up on the "Waitlist". Unfortunately, this doesn't always happen. Please contact me (via e-mail at [lsiehs@sbcglobal.net](mailto:lsiehs@sbcglobal.net)) as soon as you are aware that your swimmer cannot participate.

#### *Too Hard to Plan Ahead? Avoid Reserving Swims...Utilize the Waitlist*

My suggestion to our families who have a difficult time planning in advance is to utilize our "Waitlist". This allows you to sign-up closer to the meet date, however, the downfall is there is no guarantee your swimmer will get into the meet as some meets fill up quickly. To find out if your child was entered into a meet via the "Waitlist", you or your child will have to look at the **"Individual Meet Entries Report"** posted on the MFSC Bulletin Board at the pool. You do **not** receive notification from the coach. It is the responsibility of the family to see if your child was accepted into the meet. Swimmers entered into a meet via the "Waitlist" will receive their billing (via e-mail) the following Monday after the meet.

#### *Monthly Meet Billings*

I am currently collecting/tallying the May monthly billings. If you have not sent yours in, please do so **ASAP**. I will be sending out three more billings this summer (via e-mail) by the following dates: **June 1, July 1 & August 1 (including State meet swims & relay billings)**.

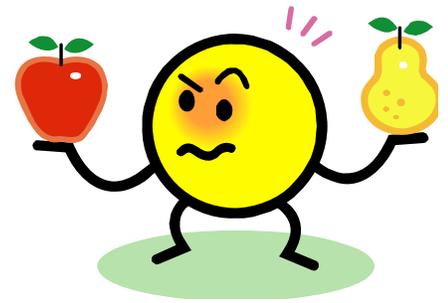
That's it for now...again, don't hesitate to contact me. I will try to help you in whatever way possible. Thank you.

Laurie Siehs  
MFSC Meet Entries Coordinator  
[lsiehs@sbcglobal.net](mailto:lsiehs@sbcglobal.net)  
262-251-1703 (home)  
262-627-0048 (cell)



### *MFSC BOARD MEMBERS*

- |                     |                    |  |
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| • President         | Alicia Bietz       | AMBietz@aol.com  |
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| • Public Relations  | Shelly Semanek     | shellsem@earthlink.net   |
| • Meet Entries      | Laurie Siehs       | <a href="mailto:lsiehs@sbcglobal.net">lsiehs@sbcglobal.net</a> |
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## Organic food: Is it worth the extra money?

Even though you wash your fruits and vegetables, some still contain pesticide residue. Nutritionist Joy Bauer tells you what to buy

Almost two-thirds of American consumers bought some type of organic food or beverage last year, up from about half in 2004. And they usually spend about 50 percent or 100 percent more for these organic products. But is it worth it? Yes and no. The U.S. Department of Agriculture has found that even after you wash certain fruits and vegetables, they still contain much higher levels of pesticide residue than others. This includes apples, berries, grapes, spinach, and potatoes. On the other hand, that's not true for bananas, mangos, or corn. Here are some facts to help you decide what organic, or natural, foods you should buy:

### What organic means:

- Animals have *not* been treated with: antibiotics, growth hormones, or feed made from animal byproducts.
- Animals must have been fed organic feed for at least a year.
- Animals must have access to the outdoors.
- Food hasn't been genetically modified or irradiated.
- Fertilizer does not contain sewage sludge or synthetic ingredients.
- Produce hasn't been contaminated with synthetic chemicals used as pesticides.

### What the labels mean:

- "100% Organic": Product must contain 100 percent organic ingredients.
- "Organic": At least 95 percent of ingredients are organically produced.
- "Made with Organic Ingredients": At least 70 percent of ingredients are organic. The remaining 30 percent must come from the USDA's approved list.
- "Free-range" or "Free-roaming": Misleading term applied to chicken, eggs and other meat. The animal did not necessarily spend a good portion of its life outdoors. The rule states only that outdoor access be made available for "an undetermined period each day." U.S. government standards are weak in this area.
- "Natural" or "All Natural": Does *not* mean organic. There is no standard definition for this term except with meat and poultry products. (USDA defines "natural" as not containing any artificial flavoring, colors, chemical preservatives, or synthetic ingredients). The claim is not verified. The producer or manufacturer alone decides whether to use it.

### The "Dirty Dozen": Must-buy organic foods

#### ***Fruit***

- Apples
- Cherries
- Grapes, imported (Chili)
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries



**Vegetables**

- Bell peppers
- Celery
- Potatoes
- Spinach

The U.S. Department of Agriculture found that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the “dirty dozen” fruits and vegetables, above, that they say you should always buy organic, if possible, because their conventionally grown counterparts tend to be laden with pesticides. They cost about 50 percent more — but are well worth the money.

**Other organic foods worth considering:**

- Milk
- Beef
- Poultry

Reduce the risk of exposure to the agent believed to cause mad cow disease and minimize exposure to other potential toxins in non-organic feed. These foods contain *no* hormones, and antibiotics — which have been linked to increased antibacterial resistance in humans — have *not* been added to the food. They often cost 100 percent more than conventional products.

**No need to go organic with these foods:**

**Fruit**

- Bananas
- Kiwi
- Mangos
- Papaya
- Pineapples

**Vegetables**

- Asparagus
- Avocado
- Broccoli
- Cauliflower
- Corn
- Onions
- Peas



These products generally do not contain pesticide residue.

### ***Seafood***

Wild or farmed fish can be labeled organic, despite the presence of contaminants such as mercury and PCBs. No USDA organic certification standards for seafood — producers are allowed to make their own organic claims.

### **Managing the high cost of organic foods:**

Why does organic cost more?

Growing the food is more labor-intensive. And even though organic food is a growing industry, it doesn't have the economies of scale or government subsidies available to conventional growers.

### **How to save money buying organic food:**

- Comparison shop in local grocery stores.
- Take advantage of local farmers' markets: Many farmers do not charge a premium.
- Order by mail: Products such as organic beef can be shipped nationally.

### **How to protect yourself from “non-organic” pesticides:**

#### ***Produce***

- Buy fresh vegetables and fruits in season. When long storage and long-distance shipping are not required, fewer pesticides are used.
- Trim tops and the very outer portions of celery, lettuce, cabbages, and other leafy vegetables that may contain the bulk of pesticide residues.
- Peel and cook when appropriate, even though some nutrients and fiber are lost in the process.
- Eat a *wide variety* of fruits and vegetables. This would limit exposure to any one type of pesticide residue.

• Purchase only fruits and vegetables that are subject to USDA regulations. Produce imported from other countries is not grown under the same regulations as enforced by the USDA. Examples are strawberries and cantaloupes from Mexico.

- Wait until just before preparation to wash or immerse your produce in clean water. When appropriate, scrub with a brush. Experts at the University of California-Berkeley report that this removes nearly all insects and dirt, as well as bacteria and *some* pesticide residues.
- Special soaps or washes are not needed and could be harmful to you, depending on their ingredients. Read the label! Cold water is perfectly fine.

#### **Meats/poultry/fish:**

- Trim the fat from meat, and fat and skin from poultry and fish. Residues of some pesticides concentrate in animal fat.