
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Team Rep Corner

By Kathy Montgomery

Recalling last Friday night's lip-sync pep rally, I imagine most of us are still feeling both pride and comfort in the behavior of the kids. Watching them put aside their natural shyness and self-consciousness in their performances, made me think they found themselves sharing a network of safety and love, found usually only among siblings and family. Congratulations to all our performers, and thank-you Carol and JoAnne for putting it all together for us again this year!

As this weeks' newsletter was going to print, our Mixed-Age Boys Relay and our 13-14 Boys Free Relay were at the All-Star Relay Carnival at Woodley Pool. Both teams went in seeded 12th. Check the board on Thursday to see how they did!

This Saturday we swim the tough Riverside Tsunamis at home. It is our last A-meet of the season. We will take a moment at the meet to honor our only graduating senior this year, Brian Pujanauski. Sorry Brian, but you may **not** do a cheer from the roof of the clubhouse. After the Meet, we will have a cookout at the pool. Hope to see you there!

Fox Mill Woods Fintastics vs. Cottontail - July 13, 2002

by John Callahan

The weather felt cool but Coach Shelley knew her swimmers needed to be hot. Fox Mill Woods was visiting the Cottontail Cobias in week four of the summer season. On the line: three straight wins and a piece of the division lead. "The teams are evenly matched. The

swimmers who have come to race this morning will lead their team to victory," Coach Shelley said.

In freestyle, neither team could break out to a significant lead. First place finishes were earned by **Andrew Gyenis, Bobbie Demson, Michael Hallock, Ana Demson, Scott Hubal** and **Sascha Reed**. Finishing second were **Leanne Hyer, William Byrne** and **Jennifer Dolson**. Third place points were added by **Stephanie Hallock, Andy Putch, Jason Happ** and **Lindsay Ward**. The Fintastics were off to a narrow 47-43 lead.

As in earlier weeks, The Fintastics began to build on the lead in backstroke. Finishing first were **Andrew Gyenis, Dan Traxler, Allison Pinegar, Michael Hallock, Matthew Montgomery** and **Lindsay Ward**. Second place honors included **Steven Robbins, Christopher Kearns, Suzanne Huycke, Zachary Kearns** and **Rob Burton**. Important third place points were delivered by **Patrick Cary, Stephanie Hallock, Leanne Hyer, Edward Reed, Rosie Montgomery, Thomas Burton** and **Julia Richmond**.

In breaststroke, our Fintastics found the Cobias to be a challenge. First placers from Fox Mill Woods included **Kristen Callahan, Matthew Montgomery** and **Kirsten Siebach**. Finishing second were **Suzanne Huycke, Brian Pujanauski** and **Jennifer Dolson**. Coming in third were **Alina Suyama, Dan Traxler, Katherine Leeds, Liam McLaughlin, Katie Callahan** and **Jennifer Callahan**. But all of the sudden, the Cobias were spanking the Fintastics, 141-129. Now Fox Mill Woods needed to regroup in butterfly so we stand a chance in the relays.

And just when we needed some points, our butterflyers raced out to four straight first place finishes. Winning their heats were **Bobby Demson, Kristen Callahan, Christopher Kearns, Ana Demson** and **Sascha Reed**. Taking second were **Scott Hubal, Kirsten Siebach, Rob Burton** and **Allison Kendrick**. Taking third were **Allison Pinegar, Edward Reed, Erica Demson** and **Jason Happ**. Fox Mill Woods had splashed back into contention and were now behind only 172-170.

The Fintastics needed to win the relays, 7-5, in order to prevail over the Cobias. After dropping the first two events, Fox Mill Woods reeled off six straight wins and victory was within reach!

We won both 9-10 100-meter medleys. The boys, including **Dan Traxler, Bobby Demson, Andy Putch** and **Steven Robbins**, narrowly triumphed with a time of 1:34.84 versus 1:35.07. The girls, including **Katherine Leeds, Kristen Callahan, Leanne Hyer** and **Allison Pinegar**, easily won with a time of 1:25.00.

We also won both 11-12 100-meter medleys. The boys, including **Christopher Kearns, Edward Reed, Kevin Pujanauski** and **Michael Hallock**, won with a time of 1:15.87. The girls, including **Katie Callahan, Ana Demson, Abby Clement** and **Suzanne Huycke**, won with a time of 1:12.12.

In winning the 13-14 medley relays, the boys swam against no competition. **Jason Happ, Scott Hubal, William Byrne** and **Zachary Kearns** won with a time of 1:11.37. The girls also won, but against real live competition! **Kirsten Siebach, Sascha Reed, Kayley Byrne** and **Lindsay Ward** won with a time of 1:09.93.

There were four events to go. We need just one more win! It would be up to the boys in the mixed age 200-meter freestyle relay. In a

thrilling race that was decided by less than a second, **Michael Hallock, Bobby Demson, Scott Hubal** and **Rob Burton** held on and won with a time of 2:12.06 versus 2:13.17.

Fox Mill Woods had another win under its fin, its third straight, the final score standing at 205-197. The swim team record to date was three wins versus one loss.

Coach Shelley said, "I asked my team to really race because we were so evenly matched against Cottontail. Every point mattered, no matter if it was first, second or third and our swimmers stepped up. It was great watching them battle it out, especially in the relays where Cottontail had several all-star relay teams. We are having a fantastic season. Let's see if we can take first place next week with a win!"

Our notable improvers this week included **Jack Brennan**, with a 6 percent gain in breaststroke; **Melissa Jarmas**, with a 9 percent improvement in fly; **Meagan McRoberts**, with a 6 percent gain in breaststroke and **Spencer Tiedge**, with a 6 percent improvement in breaststroke. Congratulations to many others who significantly improved their times this week!

The Monday Night Match-up: Fox Mill Woods vs. the Herndon Hammerheads

by Pat Ward

We enjoyed a lovely evening at Herndon Rec pool - lots of fast swims and the opportunity to go home before dark! Our team brought home 30 first place finishes! Even with a slightly smaller number of swimmers in attendance, we still achieved 62 personal bests. Some really standout improvements went to **Amanda and Jennifer Bailey, Brett Barlow, Christina Gill, Elizabeth Osborn, Allison Robbins, Jacob Rosenberg, Mary Stoney, Christian Tiedge, Colette Toma, Jackie Trautman** and **Kevin Wall**. There were many other very solid improvements in times. The results of continued

hard work by our coaches and swimmers are wonderful to watch.

Here are the meet results:

Freestyle

We watched as **Kevin Wall** grabbed first place in the 6 & under boys. **Jack Traxler** quickly followed with a third place and **Patrick Gyenis** took fourth. The 6 & under girls made a big statement with **Liana Pendleton** taking the blue ribbon, **Natalie Toma** claiming third, **Paige Humphrey**, fourth, **Colette Toma**, fifth and **Jackie Trautman**, sixth.

Our 7 - 8 year old boys and girls are looking so strong! The boys' event featured **Chris Fertal** zipping in for a first place, **Cory Pinegar** second, **Kirby Vitek**, third, **Jacob Rosenberg**, fourth and **Spencer Tiede**, sixth. The girls' event was ALL Fox Mill Woods as **Alina Suyama** claimed first place, **Abby Reed** taking a close second, **Leanna Muncy** grabbing third, **Mary Stoney** taking fourth, **Sarah Wall** taking fifth, and **Chloe Siebach** claiming sixth. The times were all close!

The excitement continued as **Dan Traxler** took second and **Steven Robbins** took fourth in the 9-year-old boys' event. In the girls' event, **Alison Jarmas** touched for second place, with **Allison Brouckman** (she's going to Broadway!) taking third, **Caroline Beury** grabbing fourth, **Amanda Bailey** taking fifth and **Elizabeth Osborn** claiming sixth.

Our 10-year-olds brought home blue ribbons - **David Rawlins** for the boys and **Lauren Angel** for the girls.

Our 11-12's are taking home lots of ribbons. **Jack Brennan** had a second place finish, followed by **Jeffrey Siebach** in third, **John Suyama** in fourth and **Will Happ** in sixth. The girls' event saw **Katie Callahan** with a second place finish, **Rosie Montgomery** with third, **Melissa Jarmas** with fourth, **Emily Chamberlin** with fifth and **Jennifer Tummarello** with sixth.

In 13-14 boys, **Steven Mathews-Rurak** swam in for second place. **Melissa Duvall** and **Anna Clement** took first and second respectively in the girls' event.

Backstroke

Jack Traxler claimed a first place finish followed by **Patrick Gyenis** in second in the 6 & under boys' event. In the girls event, **Natalie Toma** grabbed first place followed by her sister **Colette** in second and **Jackie Trautman** in third.

The 7-8 group was strong again. In the boys' event, **Brett Barlow** took first, **Harper McGrath**, second, **Timmie Rawlins**, third and **Jacob Rosenberg**, fourth. Our girls had a real race going as **Leeann Muncy** touched for second, **Alina Suyama**, third, **Emily Wade**, fourth, **Elizabeth Dubois**, fifth and **Christina Gill**, sixth. Great swimming, girls!

Our 9-10 swimmers did very well with **Andy Putch** taking first in the boys', and **Amanda Bailey** first for the girls, followed by **Dani Barlow** in second and **Elizabeth Osborn** in third.

Our 11-12 girls' event saw **Erica Demson** take first place and **Katie Callahan** third place.

Steven Matthews-Rurak was a first place finisher in the 13-14 boys event.

Breaststroke

Liana Pendleton brought home the blue ribbon in the 6 & under event.

In the 7-8 boys **Spencer Tiede** raced in for a second place finish, with **Will Savino** in third and **Chris Fertal** in fourth. **Stephanie Hallock** claimed second, **Margaret Murphy** third, **Catherine Muncy**, fourth and **Julia Horowitz**, fifth in the girls' event.

Andy Putch took third in the 9-10 boys, and **Allison Brouckman** had a first place finish in the girls.

Our 11-12 breaststrokers dominated with finishes as follows: **Jack Brennan**, first, **Jeffrey Siebach**, second and **Christian Tiede**, third in

the boys' event; **Erica Demson**, first, **Jennifer Tummarello**, second, **Emily Chamberlin**, third, **Kimberly Blauer**, fourth and **Catherine Murphy**, fifth.

Annie Brennan claimed third place and a personal best in the 13-14 girls' event.

Michael Leeds took first place and also a personal best in the 15-18 boys.

Butterfly

Andrew Gyenis showed them how it's done with his first place finish in the 8 & under. **Mary Stoney** had a big improvement in her time and a first place finish in the girls event followed by **Abby Reed** in third, also with a strong personal best.

In the 9-10 age group **Dan Traxler** and **Steven Robbins** took fourth and fifth places respectively for the boys, while **Lauren Angel** and **Alison Jarmas** raced in for first and second respectively.

Melissa Jarmas took first place in the 11-12 girls' butterfly.

Individual Medley

We saw first place go to **Andrew Gyenis** and third place to Steven Robbins in 9 & under boys and fourth place go to **Abby Reed** in the girls event.

In the 10-year old age group, **Bobby Demson** grabbed third place for the boys.

Kristen Callahan had a first place finish followed by **Katherine Leeds** with a second and **Allison Pinegar** with third.

The 11-12 boys had great swims in this event, but it was also marked by their great sportsmanship as they all remained in the water until all swimmers had finished. **Michael Hallock** took first place, **Edward Reed**, second, **Jeffrey Siebach**, fourth and **Jack Brennan**, fifth. **Suzanne Huycke** swam to a first place finish for the girls, with **Stacy Forsyth** in fourth and **Ana Demson** in fifth.

In the 13-14 girls' event, **Kirsten Siebach** grabbed first place with **Melissa Duvall** in second and **Anna Clement** in fourth.

Our older swimmers did well with **Justin Forsyth** and **Allison Kendrick** claiming first, **Rob Burton** and **Jennifer Callahan**, second, and **Michael Leeds**, third.

Our next (and final) Monday night meet will be at our pool with Fox Mill Estates on Monday, July 22nd. Our warm-ups will be at 5:00 p.m. Remember this meet will include an **Adult IM** (your choice of modified or regular) which will take place BEFORE the kids' IM events. Parents, come out and swim so your kids can cheer for you! (Mark Hubal and Peter Kendrick will be absent this year, so it's anybody's race!!)

Coaches Corner

By Shelley Gesker

It's amazing to me that I am writing this section again so quickly! Time has definitely flown this summer...we must be having fun :)

This past week was another hectic one and a successful one as well! After a second place finish at the Relay Carnival, we moved on to fun in the sun at Splashdown, rocked the house and had a blast at the Lip Sync contest, recovered from the talent and personalities that came forth at the Lip Sync (I was impressed and blown away), then quickly making the transition to a swim for a win against Cottontail (another "nail-biter") and finished off with a great Monday night meet against Herndon....not only were we done by 8:45, the IM'ers finally got to see what it is like to swim that event in the early *light* of the evening!

All in all, a week filled with personal accomplishment, challenges and goals met and fun had by all in the process!!! Life is good :)

Swimmers of the Week

Scott Hubal, Matt Montgomery, Zach Kearns and Jason Happ

This season has been a real bonding experience for the four of them. They have swum in all of the different strokes (with Thomas Burton & Steven M.-Rurak), changing from week to week depending on the needs of the team. They have swum outside their age group, aging up if that was what was needed. But, they did not stop there...they were sure to show their team spirit and determination to succeed, right down to the rubber bands in their hair! They have worked as a team to succeed as a team, leading them to a swim in the All Star Relay meet on Wednesday, July 17. Congratulations boys....job well done!

Andrew Gyenis

He was sure to get on the flight leaving Paris in time to get to the first Monday night meet...then skip right past the jet lag and swim to a record tying time in the 25 backstroke :) Since that evening, Andrew has continued to lead the 8 & under boys in their relay, his personal swims and his willingness to work hard at practice. Always asking for feedback and settling for nothing less than the best from himself with each and every swim. Andrew, you have definitely taken Division 7 by storm, helped your team to each of its victories and most importantly done it all with a smile :) Great job!

Anna Clement

Coming off a great summer last year, Anna has been determined to have a repeat performance. Since the beginning of the season she has worked hard on all of her strokes, been moved around between free, back and breaststroke and found success with each one! All the while, Anna has taken the time to really perfect her strokes and master that nagging butterfly :) She has kept her goals in site and gone after every one, including a try at IM this past Monday night. If you know Anna, you know the best part is that she is so grateful for any help or advice, and she does everything with a smile :) Anna, I'd have to say that you are having another great summer! Well done!

Madison Fosse

Madison is a new member of the FMW team this year, but hasn't missed the opportunity to jump right into things! From the get go she has made the transition from being an 8 & under (having aged up 2 weeks into the season), learned the flip turn, been persistent in learning the swimming "lingo" and pushed through workouts that seemed overwhelming at first. All of this helping Madison to drop a total of 12 seconds in her 50 free and 14 seconds in her 50 back since time trials and even be ready and willing to try the 50 breaststroke next Monday :) Go get 'em Madison!

Meagan Mc Roberts

Meagan can often be seen with beautiful braids in her hair and painted toe nails that would make any manicurist jealous (both done by Brigid Howland :) and giggling with her good friend Keely! But, when it's time to swim, Meagan pushes all that aside and goes after it. This summer Meagan has come in familiar with the FMW routine and really worked hard to get going. Since time trials, Meagan has dropped 2 seconds in her freestyle and 12 seconds in her 25 breaststroke! Working so hard at her favorite stroke and dropping so much time helped her swim herself into her first A-meet this past Saturday, as well as do a best time :) Great job Meagan!

Jennifer Leeds

Jennifer now has one year of college under her belt, but was willing to come back and swim another season here at FMW :) We were very happy to have her back, as Jennifer has always been a person with such strong determination and a phenomenal work ethic. Those qualities, along with Jennifer's willingness to be a true TEAM player have resulted in many benefits for FMW. This past Saturday, Jennifer even put her personal feelings about backstroke aside, knowing her team needed her to do it, and in the process swam a best time! Thanks for coming back Jennifer, it's been great!

Elizabeth Dubois

Elizabeth is new member of the FMW swim team, but you'd never know it. She has come and joined right in with her teammates and friends, working hard, learning the strokes, "Go-Game", Rabbit and the essentials of being an 8 & under at FMW :) Not only has Elizabeth worked hard, she has been tenacious in her pursuit of a legal breaststroke and mastering the butterfly. Since the start of the season, Elizabeth has dropped her freestyle time 3 seconds, her backstroke 5 seconds and successfully done a legal breaststroke! Elizabeth....I guess it's on to the butterfly from here :)

Chloe Siebach

Chloe is a veteran of the 8 & under contingent at FMW and has been a great leader for the new ones on our team this year. Continuing with her tradition from last year, Chloe comes to each practice with the most beautiful braids and hairstyles :) But, don't let those braids fool you....she is a hard worker and ready to race! Making sure she is getting all the details right, Chloe practices hard and has done very well this season, dropping time in her 25 freestyle as well as a 12 second drop in her 25 breaststroke from last season! And, she did not stop there, with a little encouragement from dad, she completed and did a great job in the 100 IM this past Monday! Keep it up Chloe :)

Katherine Leeds

Anyone who has older siblings knows it is not always easy to do your own thing. Well, Katherine has managed to do a great job and still keep with the family tradition of breaststroke :) Starting off the summer with good times, Katherine has not rested, but continued to push herself to improve and try new things! Since the start of the season, she has consistently dropped time in the 50 freestyle and 50 breaststroke events, as well as placing in them on Saturdays :) All of this has given Katherine the confidence to go out and try something new....IM! After this Monday night, we are sure glad she did, dropping 6 seconds in the event!!! Way to go, Katherine :)

Ana Demson

If you have ever seen Ana race, you know that she is giving it absolutely everything she has! You also notice how much she is willing to do for the team! Both of those wonderful attributes came together for her this past Saturday, bringing her two first place finishes in individual swims and helping her relay team to a first place finish as well. But, she didn't stop there, she stepped and lead off the Mixed Age Relay as well! Ana, you work hard at everything you do and expect nothing less than best from yourself....I'd have to say that your effort is paying off and we are benefiting from it all :) Job well done!

Abby Clement

This is the second season at FMW for Abby, and she certainly has made it a memorable one! Coming right in and finding her rhythm, Abby has swum free, back and breast each week and improved in all 3 areas since the start of the season :) Last Wednesday she also helped anchor her relay teams to 2 great finishes! Each day, Abby can be seen pushing herself during workout to get the most out of it and get better with every set. All the while, still giggling and having fun with the many friends she has here at FMW. To be able to mix work and fun and do so successfully....a very hard feat! Congrats Abby, keep it up!

Suzie "Wiggle Worm" Huycke

I'm sure many of you have noticed that there is no shortage of enthusiasm where Suzie is concerned, which is probably one of the reasons that Suzie is such a fun swimmer to watch! Always giving a 110%, Suzie manages to get herself going and improve with each swim. This past Saturday was no exception....swimming to a best time in backstroke and holding her own in breaststroke against Ashley Danner :) The constant smile and hugs for everyone are just an added bonus, and one we all love :) Great job Wiggly!

Katie Callahan

Keeping with family tradition, Katie has learned to swim breaststroke and swim it well :) So much so, we count on her every Saturday to "get up and go" in the event, as well as the relay.

Stepping in when needed in freestyle (this past Saturday), is typical of Katie, who is willing to swim what the team needs her to and will give it her all no matter what! Shooting for her goals and getting in to swim again IM this year, has Katie on a roll and we can't wait to see how she finishes that roll this summer!

Erica Demson

Erica is another FMW swim team member who can be seen wearing a smile on a daily basis....whether it be before practice, while getting attacked by a frog in the water, after a hard workout or just cheering for her teammates. This positive attitude is what helped her to break through and perform some best times this week, in backstroke and IM. Erica is also a constant in the 11-12 girls 50 fly, even swimming herself to a much-needed third place this past Saturday. She is a good example for all of us and just a really great kid! Great job Erica :)

Mary Stoney

To say Mary has worked hard so far this season would be an understatement. To tell you that she has already reached two of her goals would start to give you a better picture of it :) To know that she has swum herself into the Saturday meets and continues to lower her times is to witness it for yourself. Often seen hanging out with Ab-Dab and doing the "old Lady" off the diving board you can see her fun side. Watching her practice and race you can see the side of Mary that wants to work hard and get faster! Looks like mission accomplished... Good job Mary :)

Allison Robbins

It is Allison's first season on the team....but she had plenty of time last year to get herself psyched to give it whirl this year, as she watched brother Steven last summer. Allison knew what she wanted to do and has gotten in there and done it! Already having competed in the 8 & under 25 fly, Allison is asking to take on the IM next :) She is a very hard worker who is kind to her teammates and always wants to make sure that mom and dad see how much she is enjoying FMW swimming. Well, I think that enjoyment is written all over her face each and every day as she always comes in to practice smiling, saying

hello to everyone and ready to try whatever is on tap for practice that day. Keep it up Allison, you're doing a great job!

Chris Fertal

Chris is a nother new member of FMW this year....and we are very thankful he and his other friends have come. He has helped add to the awesome number of boys in the 8 & under age group and Chris, himself, has helped out his team on many an occasion when in a pinch! He is always at practice working hard, asking for help and wanting to know what it is he can do to improve his times. Persistent, Chris definitely is! Having been bit by the "breaststroke bug", Chris is bound and determined to get those feet up, out and around, legally so he can help his team and score points in that event. You have done a great job so far Chris, don't give up!

Lindsay Ward

Simply put, Lindsay is someone you can *always* count on! Whether it is coming to practice, helping with the younger ones, assisting her mom with the Lollipop Meet or crowns for the Scavenger Hunt, Lindsay is there to work hard and help out. The team has also depended on Lindsay constantly in the 50 free and 50 back over the years, and she has always come through. Very happy with her 50 free time this past Saturday, she got herself psyched about the faster swims yet to come. Lucky for us, we didn't have to wait long....having been stuck on a 39 for a year, this Saturday Lindsay was able to bust through that barrier, take second in the event and show us that there is still more speed left in her :) Thank you for all that you do Lindsay...keep it up!

Steven Matthews – Rurak

On any given morning you can see Steven getting warmed up for practice on his way to practice....riding his bike to FMW! He can also often be seen getting into the pool right away to help out with the lane lines, which his teammates love :) Steven is a very hard and diligent worker, who has helped his team out many times, swimming freestyle, breaststroke and the relays from week to week. Steven is not afraid to ask for help with his strokes, has been willing

to try the IM and is always encouraging to his teammates :) When you see him get going in his freestyle, you see someone who is giving his best at all times and is setting an example we all can learn from--give it everything you have and be happy with the effort :) Congrats Steven!

Melissa Jarmas

As of Monday night, Melissa has swum her way to 3 of her summer goals. As of this Saturday, Melissa will have swum her way to four of her goals...making an A-meet to be exact :) She has come into the season goal-oriented and ready to succeed. Never one to complain, but always looking to improve, Melissa has dropped her times consistently, and doesn't appear as if she will be slowing down anytime soon :) Lucky for us she's on our side! Go get 'em, Melissa!

Allison Kendrick

Allison has stepped up the responsibility of a 15-18 and embraced it! Not only being a mentor group leader, she has volunteered her time with the younger children, helps paint the posters for the meets, and can often be seen encouraging her teammates to get involved and *not* sit on the sidelines just watching! While doing all of this, she is training hard and remains a leader in the water during practices/meets. If you know Allison, you know she likes to have fun no matter what she's doing....fortunately for us, she feels like having fun here at FMW :)

Pep Rally

The last pep rally of the season takes place on Friday the 19th of July when we prepare for our meet against Riverside Gardens at FMW on Saturday. The 13-and-older crowd will depart early when they go off to their progressive dinner, but who needs 'em? We'll have our own fun playing relay games poolside. More food, more laughs, more chanting as we get ready to take on Riverside. See you there!

Volunteer News

Thanks to all of our volunteers who continue to pitch in to make our meets, pep rallies and practices so much fun.

Volunteers of the Week:

Jo Anne Richmond

Thanks to Joanne's shopping enthusiasm and expertise ourlip syncing swimmers received lots of cool prizes (at bargain prices!). And we've now come to look forward to her feature performance at the start of the evening - this year accompanied by the lovely and patriotic Hannah Cohen and Julia Richmond. Thanks, ladies!!

Jane Leeds

You all know how tricky it is to coordinate your own family's schedule. Try coordinating schedules for 75 families!! That is Jane's weekly task. And this is often marred by last minute cancellations and no-shows. On top of that Jane often fills in for others at meets. It's a non-stop job, but Jane does it with a smile and a joke and lots of help and support from her family. Please take a minute to recognize Jane's efforts and thank her.

Janet Osborn

We all look forward to this weekly newsletter to keep us informed, feature our children from time to time, or make us smile with a joke or two. Janet handles every bit of this publication - retrieving and coordinating lots of material from people, putting together the newsletter, taking it to be copied and delivering it to the pool. All while she works a demanding full-time job. Janet, this is a highlight of our swim team week - thanks for all you do!

[You are more than welcome! -Ed.]

Jokes

Q: What did one eye say to the other eye?

A: Between you and me something smells!

Q: What did one elevator say to the other elevator?

A: I think I'm coming down with something.