

Potomac Valley Swimming



OFFICIAL'S NEWS MAGAZINE



VOL XI, NUMBER 2

"Si dubium, fidem athletam"

MAY, 2018

COME FLY WITH ME

ASHBURN, VA - It's been said that you can't do it all, yet, examples that you can live always seems to provide. Among the officials at PVS is a remarkable woman who is exemplifies the exception to the rule. Married to John V. Hall (Harvard, 1954) for over fifty years, Marie-Beth "Boots" Walsh Hall grew and prospered in a time when women were expected to dress their best, manage the house, and greet their working husbands with a cigarette, a drink, and slippers.

Her life began in theater at early age and, after graduating from Radcliffe, she continued performing in various roles in summer stock. At the end of one season, she met Jean Rosenthal, the light designer for the New York City Center Ballet; a woman considered one of the pioneers of theatrical lighting design. Boots' duties mainly revolved around being an errand girl, but the perquisites included the ability to be backstage at ballets and Broadway shows and a fifty-two week salary, a rarity in theater even to this day.

Bitten by the wanderlust bug, Mrs. Hall resigned from Ms. Rosenthal's Theatre Production Service, Inc. (TPS) company to join Pan American Airways as a flight attendant. As her seniority accrued, she bid trips to see most of the great museums of the world, archeological sites in the Middle East, game preserves in Africa, shrines in the Orient, and to pursue her love of golf on the world's most famous courses including Turnberry in Scotland. Her travels allowed her to rub elbows with people now considered American icons: Elizabeth Taylor, Jimmy Stewart, Gene Kelly, and Gary Cooper; with her favorite being Bob Hope.

Her love of flight wasn't all about travel. Pan Am training was said to be some of the most complete and exhaustive found anywhere and Boots learned to "shoot the stars" using a sextant while floating in an emergency boat, calculating longitude by measuring the sunrise, and actually cooking for the passengers on long-haul flights.



Marie-Beth Walsh Hall. (courtesy of Mrs. Hall)

Her professional experience allowed her to fly in some of the most recognized aircraft of early commercial aviation including being crew on the last DC-4 flight across the Atlantic and the first of the now famous Boeing 7 series of aircraft; hers being the 707.

(Please see [Boots](#), page 3)

ALL SWIM PARENTS DESERVE RESPECT

By Izumi Horikawa

POTOMAC VALLEY -We in the swimming community agree that the first priority should always go to our swimmers. Who's likely to be close to the top of the list? I would think the coaches because they work directly for the swimmers.

As an example, let's imagine a positive-check-in event that encounters a printer problem and, therefore, requires a last-minute printout of the heat sheet. I think it's safe to say that the first few copies should immediately be posted somewhere around the start end such that the swimmers can view it. What typically happens

(Please see [Parents](#), page 4)

OFFICIAL'S INSTRUCTION

Jack's Corner


A Most Famous Non-Call

By Jack Neill

If you've been a swim official for more than a dozen years, you undoubtedly remember the days when butterfly kicks were forbidden at any time in Breaststroke. It was in 2005 that FINA, the international governing body, instituted the rule change allowing a single butterfly kick during the pullout at the start and after turns. The rule has been tweaked several times since then, but the initial change was made in response to one of the most famous "non-calls" in Olympic swimming history.

At the 2004 Olympics, Kosuke Kitajima of Japan won the gold medal in both the 100 and 200 meter Breaststroke, defeating his rival Brendan Hansen of the U.S. in those races. TV replays of the 100 meter final clearly showed that Kitajima performed several butterfly kicks during his swim, which of course were illegal at that time—and still are. He had been documented doing the exact same thing at the World Championships the year before. But in both instances, he was seeded in a middle lane, making it extremely difficult for the stroke judges to see these kicks. Since you can't call what you can't see, he got away with it. And FINA, changed the rule a few months later.

But the story doesn't end here. American back-stroker, Aaron Peirsol, was highly critical of FINA and Kitajima for his illegal kicks, and complained very publicly at the Olympics. Four days later, Peirsol was disqualified after winning the 200 meter Backstroke for what we would describe today as a delay in initiating turn. Twenty minutes later, the DQ was overturned, with FINA saying the wording of the disqualification was unclear and inadequate.

Many thought his short-lived disqualification was payback for his public criticism of Kitajima and FINA. 

True or False Starts?

By Paul Jampole

Every starter has probably seen and called one, but still they cause confusion. If you don't believe me, try asking several starters to explain what a false start is and you'll see what I mean. I've heard everything from "when a swimmer moves their head in any way before the start" to "it's not a false start unless the swimmer moves their hips before the start" to "I can't explain it but I know one when I see one".

Let's begin with what the actual rules are. Section 101.1.2C of the USA Swimming 2018 Rules and Regulations states, "On the Starter's command 'take your mark', the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal."

Section 101.1.3A continues with, "Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the 'stand up' command and may step off the blocks."

The operative phrase in 101.1.3A is "swimmer starting before the starting signal..." Both the starter and the referee need to confirm that, in their judgment, the swimmer was starting the race and not simply making an incidental, non-disqualifiable motion such as a small head movement, moving their foot on a wedge, wiggling their butt, etc. There can be incidental non-disqualifiable motion, but the swimmer cannot start before the signal.

(Please see [STARTS](#), page 7)

Boots

(Continued from Page ONE)

However, her desire to experience everything didn't stop at being a crewmember. For eight years she was a licensed pilot flying with and without an engine; that's right, she flew



(L to R) Marie-Beth Hall, Susan Wilkins, Beverly Allewine, Amy Checonas, Andrea Chermack, Annabella Capitano (courtesy of private collection, Pan Am Archives)

sailplanes. She never tired of taking to the skies, but expecting her first child changed her course and, finally, the wings came off.

She lost that first child at the age of two months to Sudden Infant Death Syndrome and, undeterred, she was graced and delighted to have four healthy children and be a stay-at-home mother.

Married to a career naval officer and moving every couple of years made an additional career both impractical and, to her, frankly undesirable. She preferred to spend her years taking the children to museums, investigating pond water, counting tree rings, and constantly reading to and with them; a joy nonexchangeable with any other job.

When her youngest was in third grade she received an offer she couldn't refuse: a part-time job at the Energy Information Administration. Her husband had retired from the Navy and this afforded her the freedom to work three days a week as a writer/editor with some of the work being done at home; again, a rare occurrence during this period of American family life.

While at the Department of Energy, Mrs. Hall

met Jean Ebbert, a woman who had written two books on Navy spouses. Together they decided that a history of women in the Navy was long overdue. As they both worked part-time, it took ten years of research and interviews to publish when the Gulf War and the Tailhook scandal made headlines. These events were far too important not to include in the manuscript and, after two additional years, *Crossed Currents: Navy Women from World War I to Tailhook* was published by Brassey's.

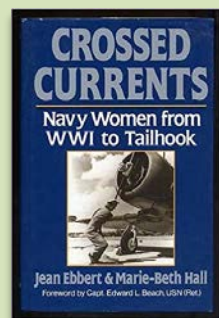
After publishing a third edition of their tome, the women were asked to contribute a chapter to the book, *Women in Military Service - In Defense of a Nation*, which was followed in 2002 by *The First, The Few, The Forgotten: Navy and Marine Corps Women of World War I*, published by the Naval Institute Press (the same people who published *The Hunt for Red October*.) For the research on this book, both women were appointed as Visiting Scholars at the Smithsonian Institution.

Their prolific knowledge of and experience with the subject lent their expertise to crafting in part, the dedication programs used at the Women in the Military Memorial at Arlington Cemetery and the Vietnam Women's Memorial in Washington, D.C.

And, as for swimming and PVS, one would begin to wonder where she found the time. For years she averaged over five hundred hours in various volunteer positions, which includes her current position as an instructor for a 102 team summer swim league. She was once the chairman of officials for Potomac Valley Swimming, a national championship official for both USA Swimming and Masters Swimming, and a member of several USA Swimming National Committees. She refereed the Virginia State High School Swim Championship four times and worked as an official at the NCAA Division I national championship.

When asked about her career, Mrs. Hall is

(Please see [BOOTS](#), page 5)



CONTINUUM

Parents

(Continued from Page ONE)

next is that a chief judge grabs the next eight or ten copies to distribute them to the stroke and turn judges. I would think the coaches should have next priority because they need to send the swimmers to the right heat and lane in a timely manner. We officials can wait for the next round of printing.

After the coaches, who would come next in our hierarchy? Officials? I think the answer is yes, and no. Officials have a formal certification from USA Swimming, but that is the only differentiation we have from other parent volunteers at meets who also dedicate much of their time and effort to the success of USA Swimming.

And, what about those parents who time? Their contribution is obvious.

Now, what about other parents who do not volunteer visibly at the meet? I think this is a forgotten group. Even if they don't work on deck, they might be bringing breakfast to the team's morning practices, they might be volunteering time to drive their child's friends to practices or meets, or they might be organizing efforts amongst the parent community to maximize swimmer performance. Raising children, who love swimming for itself, is a significant contribution to the sport. From a simple courtesy we extend to coaches, to the timers, or to ourselves, I believe we can respect each proud parent of USA swimming athletes for the visible, hidden, or future contributions they may make. All volunteers and staff, who support the swimmers, the teams, and the swim meets, including us, should receive the same levels of respect and appreciation. 🇺🇸

High Tech for Hy-Tek

By Barb Ship

Last year we introduced an online computer-based Timing System Operator Training. So far more than fifty people have completed the training program and many have gone on to become certified ETS Operators.

(continued next)

Hopefully, having this training available for you to do on your own time, at your own pace, makes it more accessible and easier to complete.

In an effort to make this same type of training available for Computer Operators, your official's committee is in the process of completing a similar web-based Computer (Hy-Tek) Operator Training. We hope it will be available very soon (if it hasn't already gone "live" when this edition of the news magazine is published). Watch for further information to share with other officials or potential officials.

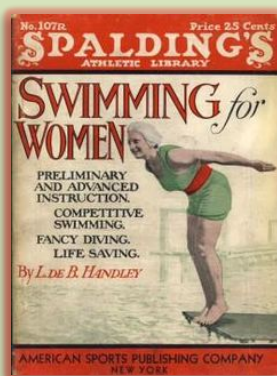
This training required more technical resources and the quality of the videos varies. In an effort to make this training as good as we can, please provide honest feedback to Barb Ship (barb@ships3.com). Any of the videos can be remade and the format can be changed if it isn't easily understandable.

The videos are short and topic-specific. Even if you are already a certified Computer (Hy-Tek) Operator, you may want to brush up on a particular skill or task. If there are other skills or tasks that you would like to learn how to do, email Barb Ship and she can create a video.

Thanks - your feedback helps make what we do better! 🇺🇸

Know Your Rule Book

Which of the following is NOT true --?



- a. For dual meets without relays, the minimum number of officials is four.
- b. The Place Judge is responsible for determining the official results.
- c. The Meet Director is responsible for the printing of meet programs.
- d. A dive re-entry is not permitted when swimming 5000y/5000m or longer. 🇺🇸

(Answer on [Page 11](#))

LETTERS TO THE EDITOR

MORE ON TRAINING

There is now posted on the Officials' Page of the website an article about mentoring apprentice officials. It also includes information on how to do a Stroke and Turn evaluation.

Here is the link:

<http://www.pvswim.org/official/training/MentoringApprenticeOfficials.pdf>

-Barb Ship

PVS AT TYR PRO SWIM SERIES - ATLANTA



(L to R) Trish Buswell, Robert Stevens, Xiaoping Bai, Jack Neill, Courtney Johnston, Jan van Nimwegen

-Tim Husson

PVS AT TYR PRO SWIM SERIES - MESA



(L to R) Bob Vincent, Rich McMillen, Ellen Colket, Joe Tiago, Tim Husson (not present, Amy Hsu)

-Tim Husson

THE PVS BUFFALO WINGS



(Whole lotta PVS. You know who you are.)

- Tom Allison

Boots

(Continued from Page THREE)

demure and quietly proud; however, despite the recognition she has received, she is most fulfilled by her children. Her eldest is CAPT Ian Hall (USN,



Ret.), married to Connie with two daughters, her second, CDR Eric Hall (USN, Ret.) flies for Delta, her eldest daughter Shannon, is an astrophysicist with the Johns Hopkins Applied Physics Laboratory, married to David with one daughter; and, her youngest, Meghan, is a teacher and school librarian

When you ask this remarkable woman how she was able to “do it all”, she credits her husband, without whose love and support for more than half a century she says she could not have gone on without. And the nickname “Boots”, well, as a little girl, she wanted a pair of red cowboy boots for her birthday. 🤠

10 Years of Service to PVS

MARCH: David Merkin (NCAP)



APRIL: Chris Myers (MAKO)

MAY: Lynn Oliver (SNOW)

5 Years of Service to PVS

MARCH: Christa Krukiel (RMSC)
Cheryl Smelson (NCAP)



APRIL: Jeff Beima (MACH)
Jie Feng (NCAP)
Bill Gould (RMSC)
George Karayianis (NCAP)
Mike Oehler (MSSC) (8+ years)



Bryan Schultz (NCAP)
Robert Shapiro (NCAP)

MAY: Kerry Chmielenski (NCAP)
Ling-Yu Chuang (RMSC)
Jeanine Cudahy (NCAP)
Elaina Moy (MAKO)
Maureen Romano (OCCS)
Susan Rossbach (SNOW)



Data Provided by Kelly Rowell. Photos by Dave DiNardo

Stroke & Turn Judges

- | | |
|-------------------------|------------------------------|
| Francine Barnett (RMSC) | James Bartolomeo (TOLL) |
| Alex Chin (RMSC) | Luan Do (FISH) |
| Tomas Donley (RMSC) | Dion Ferguson (MAKO) |
| Mike Ford (MACH) | Julia Fraher (OCCS) |
| Cynthia King (ASA) | Antonina Lyapunova (RMSC) |
| George Marmaras (SDS) | Michael McCarthy (AAC) |
| Charles Mitchell (MAKO) | Kathleen Powell (SDS) |
| Jian Ru (FISH) | Jennifer Sayasithsena (FISH) |
| Lexy Stevens (MAKO) | |

Chief Judge

Tom Allison (TIBU)

Starter

Rebecca Fayed (ASA) Craig Meledick (FAST)
Travis Wissink (NCAP)

Deck Referee

George Casimates (RMSC) Kristine Frohman (RMSC)
Paul Jampole (NCAP) John Kaneko (RMSC)
MacKenzie Kearney (MACH)

Meet Referee

Nathan Dean (FISH)

Administrative Official

KT Zamora (OCCS)

HyTek Operator

John Avelis (OCCS)	Candice Helmlinger (OCCS)
Steve Kaiser (RMSC)	Michelle Lanz (SDS)
Cindy Schwarz (SDS)	Todd Stowell (RMSC)
Jorge Zamora (OCCS)	

ETS Operator

John Avelis (OCCS)	Jenn Dean (FISH)
Jeff Schultz (RMSC)	Sean Trench (MACH)

Starts

(continued from Page One)

So, how does one tell the difference?

For this we return to 101.1.2C. The starter should not start a heat until all swimmers have attained the stationary starting position (often called becoming "set"). Again, the problem is



determining exactly when that is.

One way of looking at the "set" is a concept that USA Swimming includes in their current starter clinic charts. This idea is that of a virtual vertical plane established by the swimmer when they create their set position. In a forward start, the swimmer establishes the plane at the front of the block; and with their back for a backstroke start. Where the plane exists relative to the swimmer is established when their forward or backward motion has ceased. There is no plane if the swimmer is still moving forward or backward. Motion that breaks this plane prior to the start signal is a false start unless the swimmer is able to once again achieve the stationary starting position before the signal is given.

The key concepts for recognizing a false start are: (1) The swimmer achieves a stationary starting position (the "set"); (2) The swimmer leaves the stationary starting position and does not return to it before the start signal; and, (3) If this happens, the swimmer committed a false start and should be disqualified.

Of course, with anything related to starting it's never always quite that simple - there are always the "what if's".

USA Swimming has an excellent new set of "Situations and Resolutions – Starter and Deck

Referee", which contains multiple false start scenarios. These "resolutions" are on the USA Swimming site at the following link: <https://www.usaswimming.org/utility/landing-pages/officials/officials-education-and-training-resources>, then select *Situations and Resolutions* in the Officials Training Resources section.

The false start resolutions are scattered throughout the document so it might take a minute to find them all, but the material is good and walks you through a pretty comprehensive series of scenarios that may or may not result in a false start. Reviewing this material should make your false start handling easier and more consistent.

Running consistently through *Situations and Resolutions* is a gentle reminder to be a patient starter. If you give the swimmers enough time before "Take Your Mark" to get themselves ready to race and, when you calmly invite them to take their mark, you are far more likely to get a good response and send a set heat.

Here are links to two false start videos on YouTube. I encourage you to watch these and make your own judgements...false start or not?

<https://youtu.be/MYIzwlwS2s>

<https://youtu.be/6s-TdykxjU>

Scenario 1 –



"At an intermediate turn of a butterfly event, a swimmer approaches the wall and simultaneously touches the wall with one hand and the deck coping with the other. The ST raises their hand to signify an infraction. When queried by the CJ, the ST official declares that the swimmer didn't touch the wall simultaneously with both hands. Should the infraction be upheld?"

(Answer on [Page 11](#))

 DRY LAND

In the last issue of the News Magazine I discussed pasta. Who knew that such a discourse would become the most commented on article to date? Taking that as a compliment, I thought it might be nice to share a few of the recipes I have developed over the years to assist in keeping you or your athlete fed and your dinner table lively.

Anyone who's ever been invited to my house for a dinner party knows that I can sometimes be way over the top. From a linen setting to French service, I even own a book on napkin folding. I try to pair my meal with the appropriate wine or champagne and plating food (not my strongpoint, it truly is an art to make food look good on a plate) brings me joy to see people enjoy a meal.

I am constantly experimenting with different ingredients and flavors and, as my wife will tell you, there have been some epic disasters as in the time I stuffed a green pepper with ham, rice, and mustard; the resulting chemical reaction was worthy of a zombie apocalypse. The flip side of that coin is that there have been some great successes, such as my *Lemon Rosemary Chicken with Edamame and Onions*, *Broccoli with Pine Nuts*, *Scallops with Duck Bacon and Black Rice*, or even something as straightforward as my recipe for Cole slaw (which I must say...is yummy!).

I also have a love for extremely hot food, as in spicy hot. These past few months I have been experimenting with creating my own salsas and picante because of the expensive (at up to nine dollars a bottle) purchasing of exotic hot sauce. From an Internet greenhouse I recently received live pepper plants of the variety Bhut Jolokia Chile (ghost pepper), the Trinidad Scorpion Chile, and the infamous Carolina Reaper. Yes, I do like it

hot indeed. My most recent, Recipe #4, uses habaneros, and friends who were over for dinner loved it so much; they offered me funding to bottle it commercially.

My apology for the self-promotion, but it is exceptionally tasty.

For this article I've decided to reveal an appetizer suitable for summer, another dish that is so simple because it occurred by accident, and another, not for the beginning cook, but when made, my family literally fights over the leftovers, which is why I don't often prepare it.

Let's begin with the appetizer. It's called simply "Corn Dip".

You will need -

2 cans (≈ 15 oz. per can)
white corn

1 can (≈ 15 oz.) unsalted yellow corn

8 oz. shredded white, sharp cheddar

2 oz. shredded yellow, sharp cheddar

2 large finely chopped jalapenos (I use more, but's that me)

2 oz. Pecorino Romano grated cheese

Mayonnaise (I use Hellman's)

3 strips cooked thick-cut bacon (I use Smithfield because of the lower sugar content)

3 scallion stalks

1. Drain the corn well and place into a mixing bowl large enough to accommodate all ingredients and room for you to fold.
2. Fold in both cheddars being careful not to break the corn kernels.
3. Fold in the jalapeno, again being careful not to break the corn.
4. Fold in the Romano cheese. The ordering of how you fold in the ingredients is important due to moisture content and how things stick together.
5. Add two heaping tablespoons of mayonnaise to the mix. Carefully mix and coat the corn.

(Continued next page)



A Recipe Sampler for Official or Athlete (OK, coaches, too...)

By Steve Strazza

DRY LAND

6. The bacon should be cooked until crispy (but not glass shattering crisp) and paper towel'd dry of fat. Chop the bacon more finely than coarse, but not so fine as to be breadcrumbs. Add the bacon to the mix.
7. Add two more heaping tablespoons of mayo. Ensure things are blended well, but do not crush the corn.
8. Chop the scallion stalks into nice 1/8th inch pieces. Divide into thirds. Mix two thirds into the bowl.
9. In an oven safe 8x4 round (or equivalent volume), transfer the mix. Be sure to leave at least one inch of clearance from the top. Decorate the top with the remaining scallions.
10. Allow the mix to sit while you preheat the oven. 350°, non-convection, middle rack.
11. Bake 50-60 minutes. The sides will bubble, the top will brown, and the middle will rise and fall.
12. Allow to rest at least 10 minutes before serving as the mixture will be very loose upon leaving the oven. That will change.
13. Serve with tortilla rounds or eat it as a side to a hamburger or hot dog. Really. Serves 10-12.

The next recipe is the most complicated one because it requires kitchen technique. I developed this dish because I have a love of Thai food and basil. I can't say I created the idea (the Thai people beat me to it,) but the ingredients and preparation are trial-and-error tested. This recipe is called "Thai Steve's Chicken with Crispy Basil".

You will need –

- 4 – 4 ½ pounds of boneless, skinless chicken thighs (this recipe works just fine if you divide everything by two or four for smaller preps, but never use less than one teaspoon measure of the liquid ingredients)*
- 6 oz. fresh basil on the stem*
- 1 cup chopped shallots*
- 2 dry cups Jasmine rice*
- ¼ c water*
- 1 T (rounded) "Better than Bouillon" brand chicken stock. Use at room temperature.*

- ¼ cup chopped Thai chiles (or suitable hot pepper)*
- 4 t white sugar*
- 1 T (rounded) real brown sugar (not sugar with molasses added)*
- Peanut oil*
- 5 T oyster sauce*
- 3 T fish sauce*
- 4 T soy sauce*
- 1 T granulated garlic*
- Salt*
- Paprika*

1. Pick 12-14 good size basil leaves, trim the stem. Heat a few tablespoons of peanut oil to medium frying temperature. Flash fry each leaf individually, no more than 10 seconds in the oil at five seconds per side. If the leaf is curled, don't fret. It will flatten out in the oil. Drain on a paper towel. If the leaf turns brown in the pan, you over did it. The hot oil will stick to the leaf after placing it on the paper towel turning it into what looks like a piece of stained glass. They will be fragile when they cool off.
2. De-stem the remaining basil. Cut larger leaves into strips lengthwise. Don't leave the little leaves behind.
3. Cut chicken thighs into strips going against the grain, then cut each strip into bit-size pieces (about ¾ of an inch.) Salt toss the chicken. Paprika toss the chicken and allow to rest. The chicken should be evenly coated, but not heavily.
4. Start the rice by adding 1 T of peanut oil to the dry rice and stirring thoroughly over a medium heat (4 on an electric stove) and keep stirred until the rice becomes fragrant. Remove from heat. Allow to cool 5-8 minutes, and then add 3 ¾ cups cold water (I prefer filtered water) and a few pinches of salt. Return to stove. Cook uncovered on medium heat until rice begins to boil. Lower the heat to the lowest setting and cover. Cook until water level is no longer visible above rice. During cooking, rice may be stirred as long as you can see water. Once water is no longer visible, no more stirring, remove from heat, and set aside.

(Continued next page)

 DRY LAND

5. Mix liquid ingredients with the sugars and garlic in a bowl. This is going to smell inedible, but don't worry about it. Once the sugars are dissolved, add the bouillon. Mix thoroughly.

6. Pour the sauce into a small pot and begin the sauce reduction over low to medium heat. Keep stirred and allow the steam to escape. This may take longer than you think. You're looking for about 1/3rd - 1/2 volume reduction. Do not rapid boil. Wait until you can see the reduction before doing the shallots (next two steps.)

7. In a pot large enough to accommodate all ingredients, put 2-3 T of peanut oil and heat to frying temperature. Add the chicken and brown on all sides. The chicken does not have to be cooked 100%, but should be a nice color. Remove the chicken to a bowl leaving the fat behind.

8. Soften the shallots in the chicken fat with the pot covered over a low heat. Do not overcook. Brown shallots are overdone.

9. When shallots are ready, add the sauce reduction and raise the heat one or two points. When the sauce begins to caramelize, add the chilies, stir until they begin to wilt, then re-add the chicken and stir well. The chicken will give off water and the sauce will thin out again. Bring the heat up, cook about 10-12 minutes. Add the strip cut basil and continue cooking until it wilts, then remove from heat. Allow to stand three minutes in the pot.

10. Serve chicken over a bed of rice. Decorate with three of four of the fried basil leaves. Serve while hot. Serves 4-6 with leftovers.

This last recipe was born out of necessity. After ten faithful years of service, the hood vent above my stovetop gave it up and I have refrained from frying until I can replace it. It's amazing how many things you can't do when you don't have a vent hood and unfortunate it's major construction to replace it.

Anyway, one night I had defrosted some fish and like a dolt I realized I couldn't fry it. Normally, I'd egg wash it, bread crumb it, and off we go. What to do? This recipe is the "what to do" and it takes maybe five minutes of prep and twenty minutes to cook. What could be easier after getting home from the deck and you really don't want to order pizza? I call this recipe "Perched on the Perch".

You will need –

*1 1/2 pounds of ocean perch or flounder
(puh-leze don't use tilapia)*

1 pound of mixed, frozen vegetables

1 T extra virgin olive oil

Salt, fresh ground black pepper

Ground, dry dill

3 T unsalted butter

Granulated garlic

Himalayan salt (although table salt works as well)

Veggie straws (yep, the same ones you buy in the big bag at Costco)

1. Spray Pam on a pan and then lay the fish out, skin side down with enough room such that the pieces aren't crowded.

2. Lightly dust the fish with salt.

3. Lightly dust the fish with the dill, enough so that it looks like green sparkles on the fish.

4. Dust the fish with granulated garlic. Let the fish stand at room temperature while you pre-heat the oven to 350°.

5. Take a good handful of veggie straws and mash them up good, like bread crumbs.

(Continued next page)

Scenario 2 –


"At an intermediate turn of the backstroke, a swimmer rolls past vertical to the breast and extends their arm. In a continuous motion the swimmer then flips in the turn, arm remaining extended, and pushes off the wall being past vertical towards the back when the feet lose contact. The ST raises their hand to signal an infraction and, when queried by the CJ, declares a delay in initiating arm pull. Should the infraction be upheld?"

(Answer on [Page 11](#))

FINALE

Feed Me*Continued from Previous*

6. Start your vegetables over a medium heat. Bring them up to just above room temperature. Salt and pepper the vegetables to taste. Stir. Allow the heat to pick up until you hear them start to sizzle. Keep stirred.

7. While your vegetables are starting, melt your butter gently. You don't want too much separation or burning. Drizzle the butter over the fish in equal portions. A good even coating works best.

8. Sprinkle the crushed up veggie straws over the fish, just like breadcrumbs. Top surface only. Cover well, but don't make a mountain of crumbs.

9. When your oven reaches temperature, put in the fish. Add the 1 T of olive oil to the vegetables and stir well. Cook the fish about 15-20 minutes or until the flesh turns white. Don't dry out your fish. Keep your vegetables stirred. You can lower the heat on the vegetables (I use 2 on an electric stovetop.)

10. When the fish is done, plate a bed of the vegetables and place two or three pieces of fish on top. In my house, serves three. Maybe some fish is leftover, but the vegetables are usually gone.

And there you have it; three dishes to brighten up your table setting. Since the next news magazine isn't until the start of next season, maybe an article on how my peppers came out. Till then, bon appetite! 🍴

YOU MAKE THE CALL*(Scenario 2 ANSWER)*

No. A swimmer is not required to execute an arm pull. With a continuous motion through the turn, the arm position is irrelevant and there is no infraction. 🍴

YOU MAKE THE CALL*(Scenario 1 ANSWER)*

No. The butterfly rule states the touch must be simultaneous to "end of course". "End of course" is defined as "designated wall." "Wall" is defined as "vertical portion of the pool...deck and overflow gutter...front portion of the starting block or platform...touchpad". If the swimmer contacts any of those surfaces in combination simultaneously, it is a legal touch. Since the swimmer touched the vertical surface of the pool and the deck simultaneously, the touch is legal. 🍴

Know Your Rule Book*(Answer)*

- a. True. Rule 102.10.4
- b. False. Rule 102.14.2(D)
- c. True. Rule 102.9
- d. True. Rule 101.8.1(B) 🍴

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