

bucket buoy



Dear Fellow Lifeguards:

August 12, 2007

I want to start this week's edition with a congratulation to the Junior Lifeguard Program staff. The showing that the Juniors made at the Nationals was nothing short of phenomenal. By Bob Adler's count there were **121 top ten finishes** including 13 first places, 11 second places, and 12 third's. Even though only (only?) 55 JBLC Juniors went to the Nationals so many of them placed in the top ten in multiple events that the domination of the JBLC Juniors was clear to everyone. Although in Junior LG competitions scores are not kept everyone knew who were the top dogs. Talk about impressive!

Without denying the Juniors the homage due them I do want to speak about the individuals that made all this possible. Scott Reigel, Bob Adler, Tommy Curtin, Cary Epstein and a host of dedicated volunteers that have sheperded this program over the years into what it is today. These are the true heroes of the Lifeguard Corps. They give their time, expertise and money to build something that will have effects for generations (in spite of the often lukewarm cooperation of the State). Each one of them individually has done more than all the whiners we hear so often put together. I extend my thanks to all of you.



Join the USLA and this cool shirt can be your's too

IN HONOR OF A FATHER

By Tom Donovan

On Sunday, July 15th, David Russell (RM4) went to RM2 to take his first row in the dory that is dedicated to his Dad, Frank Russell. Frank was the long-time Captain at RM2, and probably the best boatman in the history of the JBLC. It was David's 49th birthday. He was joined by Mike Scanlon and launched by the current RM2 Captain, Dave Spence.



Some of those wonderful volunteers making lifeguards for life

UNION UPDATE

The elections of 2007 seemed to have come to a close this weekend with preliminary results of the contested position of JB Trustee going to Cary Epstein. The amendment of the constitution/ By-Laws also passed and will go into effect immediately.

Under the amended By-Laws the new Executive Board will take their positions as soon as the elections are officially counted (should be by tomorrow) and will assume all their duties at the same time.

I would like to congratulate Cary and thank all the other members for stepping up to do a very difficult job in even more difficult times. We have fought long and hard for this union and there are many who are bent on destroying it, both inside and outside the Corps. There is an old saying "The price of Freedom is eternal vigilance." The same goes for any employee organization. Don't ever let your guard down. Pay attention to the smallest violation. Get to know the rules better than they do. And always be willing to stand up and fight for your members.



Jr's with the plastic dummies preparing for a future new hire



Bought by LG contributions to honor Captain Russell

NATIONAL RESULTS

This weekend 12 JBLC members took the trip to Myrtle Beach to compete in the LG Nationals. This was done on their own time with their own funds, which can be annoying when you see the support that other municipalities give their National Teams. (For example watching the LA County Lifeguards load a trailer truck with 18 surfboards, 10 surf skies and 6 surfboats that they shipped across the country to support their team.) But that is another story.

In spite of all the adverse conditions the non-supported JBLC faced (such as record breaking heat during the events with heat indexes up to 124 degrees) they still managed to perform quite well. Matt Caines (WBHO) came in 5th in the Nation in the Open Run-Swim Run, Claude George came in 2nd in Senior Beach Flags and Scott Zanville came in 3rd in Senior Beach Flags. Claude also finished 11th in the Nation in Open Beach Flags and our team for the Open Line Pull missed the final heat by one place while 2 of our teams missed the final heat by one and two places respectively in the Flat Tow.

Finally, our female 4 x 100 yard Soft Sand Run Relay finished 8th in the Nation while our male 4 x 100 yard Soft Sand Run Relay finished 11th in the Nation. Thanks to all for making us proud!

(over)

RACES AND TRIATHLETES

Don't forget that the Interbeach Races start this Thursday at RM2. We have some new events and some more relays so it promises to be a good time. The food has already been ordered for the party afterwards and it is the usual Jimmy Fig special (although he will be driving to North Carolina at the time and can't join us).

Then Sunday has another event that many Lifeguards will be participating in – The annual Tobay Triathlon.

This would be a good place to see the amazing talent that the JBLC has when it comes to Triathletes. Just to mention a few (although they are not all competing in Tobay) All-American Brian McDonald, Jenn Hahn (if you are not ahead of her off the bike, forget about beating her), Cary Epstein and Brad Smith (both training for next years Lake Placid full Ironman), Rich Barkan (who did this year's Lake Placid's 2.4 mi. swim, 112 mi. bike and 26.3 mi. run with virtually no training and still was in the 14 hour range), Tommy Meehan and Ed Peters (who have been doing triathlons since they were invented), Ray Carraro (whose name I am sure I misspelled but who usually wins his age group) and a host of other's I am sure I am forgetting. Best of luck to all next Sunday.



And this is only one of the three pools at EBHP filled with Jr's

OCEAN TO SOUND RELAY

Hey Roy, I was just wondering if in this weekends *Bucket and Buoy* you could include a segment for me.

I am trying to get people to join a Jones Beach team for the Ocean to Sound relay. It takes place September 9, 2007 and it is free to sign up for, but, you are required to raise \$250.00 for the team. It is an 8 member, 50 mile relay from Jones Beach to Oyster Bay. All profits will go to the Lymphoma & Leukemia Society to go towards research. It is officially called the "Run for the Cure"

Anyone who is interested can contact me Colleen Brown at cebrown@loyola.edu or by cell 631 332 9908. I think this is a great event and anyone who likes to run will enjoy doing this!!!



Without the volunteers these Jrs would be home watching TV

IN FAVOR OF LIFE

This is an article carried in the May 7, 2007 issue of *Newsweek* written by Jerry Adler. It is about a whole new way of looking at clinical death.

Consider someone who has just died of a heart attack. His organs are intact, he hasn't lost blood. All that's happened is his heart has stopped beating—the definition of "clinical death"—and his brain has shut down to conserve oxygen. But what has actually died?

As recently as 1993, when Dr. Sherwin Nuland wrote the best seller "How We Die," the conventional answer was that it was his *cells* that had died. The patient couldn't be revived because the tissues of his brain and heart had suffered irreversible damage from lack of oxygen. This process was understood to begin after just four or five minutes. If the patient doesn't receive cardiopulmonary resuscitation within that time, and if his heart can't be restarted soon thereafter, he is unlikely to recover. That dogma went unquestioned until researchers actually

looked at oxygen-starved heart cells under a microscope. What they saw amazed them, according to Dr. Lance Becker, an authority on emergency medicine at the University of Pennsylvania. "After one hour," he says, "we couldn't see evidence the cells had died. We thought we'd done something wrong." In fact, cells cut off from their blood supply died only hours later.

But if the cells are still alive, why can't doctors revive someone who has been dead for an hour? Because once the cells have been without oxygen for more than five minutes, they die when their oxygen supply is *resumed*. It was that "astounding" discovery, Becker says, that led him to his post as the director of Penn's Center for Resuscitation Science, a newly created research institute operating on one of medicine's newest frontiers: treating the dead.

Biologists are still grappling with the implications of this new view of cell death—not passive extinguishment, like a candle flickering out when you cover it with a glass, but an active biochemical event triggered by "reperfusion," the *resumption* of oxygen supply. The research takes them deep into the machinery of the cell, to the tiny membrane-enclosed structures known as mitochondria where cellular fuel is oxidized to provide energy. Mitochondria control the process known as apoptosis, the programmed death of abnormal cells that is the body's primary defense against cancer. "It looks to us," says Becker, "as if the cellular surveillance mechanism cannot tell the difference between a cancer cell and a cell being reperfused with oxygen. Something throws the switch that makes the cell die."

With this realization came another: that standard emergency-room procedure has it exactly backward. When someone collapses on the street of cardiac arrest, if he's lucky he will receive immediate CPR, maintaining circulation until he can be revived in the hospital. But the rest will have gone 10 or 15 minutes or more without a heartbeat by the time they reach the emergency department. And then what happens? "We give them oxygen," Becker says. "We jolt the heart with the paddles, we pump in epinephrine to force it to beat, so it's taking up more oxygen." Blood-starved heart muscle is suddenly flooded with oxygen, precisely the situation that leads to cell death. Instead, Becker says, we should aim to reduce oxygen uptake, slow metabolism and adjust the blood chemistry for gradual and safe reperfusion.

Researchers are still working out how best to do this. A study at four hospitals, published last year by the University of California, showed a remarkable rate of success in treating sudden cardiac arrest with an approach that involved, among other things, a "cardioplegic" blood infusion to keep the heart in a state of suspended animation. Patients were put on a heart-lung bypass machine to maintain circulation to the brain until the heart could be safely restarted. The study involved just 34 patients, but 80 % of them were discharged from the hospital alive. In one study of traditional methods, the figure was about 15 %.

Becker also endorses hypothermia—lowering body temperature from 37 to 33 degrees Celsius—which appears to slow the chemical reactions touched off by reperfusion. He has developed an injectable slurry of salt and ice to cool the blood quickly that he hopes to make part of the standard emergency-response kit. "In an emergency department, you work like mad for half an hour on someone whose heart stopped, and finally someone says, 'I don't think we're going to get this guy back,' and then you just stop," Becker says. The body on the cart is dead, but its trillions of cells are all still alive. Becker wants to resolve that paradox in favor of life.



F 6 rookie party required a writable white T-shirt for all rookies

THE COMICS

"You gotta do something," Farmer John told the sheriff. "Speeders are killing my chickens." The next day, workers erected a sign near the farm: "*Slow- School Crossing*".

Three days later, John called again. "That sign's not helping. Folks ignore it." So the sheriff sent out workers with a new sign: "*Slow- Children at Play*".

Three days later, Farmer John picked up the phone again, "Can I make my own sign?" The sheriff agreed.

Three weeks later, the sheriff called to check on John. "How's the new sign working out for you?" he asked. "Great!" the farmer replied. "Not one chicken has been killed since I put it up."

Thinking such an effective sign might be useful elsewhere, the sheriff went to see it. The new sign read: "*Nudist Colony- Go slow and watch for chicks*".