



# Kitchen Talk



## Pickleball Association of Sun City Texas Newsletter

### 2015 PASCT Board Members

President Nancy Grafton	Vice President Judy Swain	Treasurer Gary Pinkston	Secretary VA Miller	Player Development Director Richard Bradley	Communications Director Kathy Carr
----------------------------	------------------------------	----------------------------	------------------------	------------------------------------------------	---------------------------------------

Volume 1, Issue 5

*Fun, Friends and Fitness*

June 1, 2015

## We Value Your Opinion

By Nancy Grafton  
PASCT President

In preparation for this year's presentation to the Sports Committee in August, we want to be certain that we don't overlook any concerns you might have with regard to the future of pickleball in Sun City Texas.

Last year, our presentation focused on several key areas that impact both our current and projected membership:

- the inadequate number of courts that service our existing levels of membership;

- the inability to expand the number of courts in the current location;
- the need for more courts to support the increased number of homes that are anticipated;
- sun shades for court 5.
- inadequate parking and court lighting; and

We also expressed the need to relocate the pickleball facilities to one area so that our membership is not split

among locations. With such a decision, there would be more parking areas for tennis, billiards, and CA events.

While all of these issues remain relevant for presentation to the Sports Committee in August, there may be some others that the Board has not yet captured. As an example, I was approached last night about a designated practice area for Simon, our new pickleball throwing machine.

Please take a few moments and add any items that you feel should also be discussed.

You may email your comments to me at [nancygrifton@sbcglobal.net](mailto:nancygrifton@sbcglobal.net).

Thank you,

Nancy Grafton  
PASCT President



### INSIDE THIS ISSUE:

We Value Your Opinion	1
This Just In	1
New Picklers (Members)	2
From the Ambassador	2
Shrimp Boil a Success	3
Help the Flood Victims	8
Support Kids' Camp	8
Simon Demonstrates Might	9
Q&A about Simon	10
Volunteer Spotlight	11
Introduction to Pickleball Dates	12
Upcoming Tournaments	12
New Ladder League	13
Spring League Results	11
Avoid Heat Stress	14
Job Interview - Joke	16

## This Just In...

By Chuck Flanagan  
North Austin Pickleball Ambassador

They're just unstoppable. A group of Sun City's own headed out to Monroe, Louisiana this past weekend to compete in the USAPA Mid-South Region Pickleball Tournament.

If they continue with the performance displayed over the last few days, they'll have to rent a U-Haul to transport the medals home from their next tournament. And our proud home town winners are:

Chuck Flanagan and his partner, Bob Roling from Hot Springs, AR won a Gold medal in the Men's Doubles, 65+ Age Group.

Joe Lish won a Bronze medal for Men's Singles, Age Group 70+. He also won a Silver medal for Mixed Doubles 70+ with his partner, Ginnie James from Houston, TX.

Jack Warner took home a Bronze Medal in Men's Doubles 75+ with his partner Dominick Greco, Lewisville, TX, as well as a second Bronze in Mixed Doubles 75+ his partner Kay Seamayer, Desoto, TX)



## Welcome New Picklers (Members)

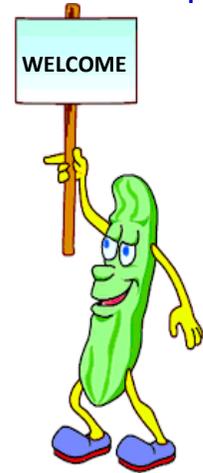
Judy Swain  
PASCT Vice President

Whoo Hoo! We currently have 398 active members in the Pickleball Club. Here is a list our new members who have joined the pickleball ranks within the last month.

Please welcome these folks when you see them on the courts. If they're wearing a hat, look for the little green pickle on it. They've been pickled – that is, they were sent a welcome letter from our club president along with a hat pin pickle to recognize their new membership.

### Welcome New Members

Terrace Allebach	Jannine Grant	Tamra Staab
Hannah Barnes	Tony Grant	Judy Truho
Leonore Chambers	Armida Inman	Rona Whitney
Stacy Dennis	TL Luttrell	Ronald Whitney
Janie Friz	Liz Merrick	Shirley Woodson
Ron Friz	Elgeva Sharar	



## From the Ambassador

By Chuck Flanagan  
North Austin Pickleball Ambassador



**Chuck Flanagan**

Let's talk about line calls for a bit. We all know who makes the call; that's covered by Rule 6, of the IFP rules. But what about those balls that go by so quickly that we don't see whether they are in or out? Well, that's covered in the rules also.

First, "6.D.2. The opponent gets the benefit of the doubt..."

However, it is acceptable to ask the opponents what they saw?

"6.D.8. Any ball that cannot be called "out" is presumed to be "in." The player cannot claim a "let" (replay) because the ball was not seen. The opponent's opinion can be requested, and, if the opponent says the ball was "in" or the opponent could not see it, the ball must be declared "in."

All of us should be playing the game to the best of our abilities and part of the game is the responsibility to make the line calls on our side of the court. We owe it to our

opponents (and to ourselves) to also make those calls to the best of our abilities. We should also recognize, and accept as fact, that our opponents are also trying their best. That means that whenever we disagree with a call, we should accept it without challenge (except to a referee in a tournament) and continue the game.

One final note: the game is being played between the players on the court. It's up to them to make (and accept) calls during the course of the game. (See Rule "6.D.3. Spectators should not be consulted...")

Mistakes will be made; we're all human and sometimes that ball comes by very fast. But we're trying, and that's what sportsmanship and fair play are all about.



**Ed. Note: Chuck talks the talk and walks the walk. Here he is from his Gold medal win in the Men's Doubles, 65+ Age Group at the USAPA Mid-South Region Pickleball Tournament .**

## First Ever Sun City Pickleball Club Shrimp Boil a Great Success

Let it not be said that Sun City pickleball players don't know a good deal when they see it. For 5 bucks apiece more than 125 club members, friends and family members gathered at Legacy Pavilion to take part in the Club's first ever Shrimp Boil. If their smiles are any indicator the time they had, it was great.



They came.



They stood in line. Some even danced while waiting.



They checked in.



They put their name tags on.

# Kitchen Talk – the Official Pickleball Newsletter of Sun City Texas

---



They sat down and had a cold one.



They smiled.



and smiled,



and smiled some more.



They waited to be called for dinner.



Hard working volunteers met them at the chow line.

# Kitchen Talk – the Official Pickleball Newsletter of Sun City Texas

---



More smiles.



Total giddiness.



This is Chuck smiling.



The Lish waiting for his dish.



Former Club president Jack Warner and wife, Dot.



Caught red handed having a great time and looking very guilty.

# Kitchen Talk – the Official Pickleball Newsletter of Sun City Texas

---



Volunteer of the Month, Phil Coraggio and wife, Denise.



Christina and Joe Torres chillin with new friends.



Never seen so many smiles. What's in that shrimp?



Miles and miles of smiles.



Working off the calories with some games.



Calling Team Number 6 – Joyce Cadwallader are you out there?

# Kitchen Talk – the Official Pickleball Newsletter of Sun City Texas

---



The Chef - Lonnie Ray.



The wonderful volunteers.



The piano player who made Billy Joel sound like an amateur.



And, of course, the satisfied customer.

## Let's Help the Flood Victims

By Mary Payne

As flood victims in the Sam Marcos, Wimberly and Blanco areas work to recover from the recent rains that devastated their homes and communities, the need for emergency food has increased exponentially.

Let's unite as a Club to support the Hays County Food Bank in its efforts to aid the flood victims who have been displaced by this disaster. Dig through your cupboards for any non-perishable items you can donate to this worthy cause. The most needed items are.

- High protein canned meals (ravioli, soups, spaghetti, tuna, salmon, chicken, beans & chili)
- Single serve meals that do not require refrigeration or cooked meals, ready to eat
- Single serve snacks such as raisins, granola bars and nuts
- Peanut butter
- Canned fruits and Vegetables

We have a collection table set up outside the courts today through Friday from 8 am to 11 am. If you can't make it down to the courts during the designated hours, you can drop off your donation at Stan and Mary Payne's house, 100 Everest Court, or Richard Bradley's house, 314 Cooper Lake Drive.



If you want to hold onto your peanut butter, but are willing to make a cash donation, you can send a check by mail to:

Hays County Food Bank  
220 Herndon Street  
San Marcos, Texas 78666

or make a donation on line at <http://haysfoodbank.org/donate/donate-funds>.

Thank you in advance for your generosity.

## Need More Volunteers to Help with Kids Camp



Hey, we're looking for additional volunteers to support Kids Camp this summer. Here's a great opportunity to introduce the sport we love to the future pickleball players of America.

The dates are Wednesday, 17 June and Wednesday, 24 June. The time you will be needed is 8:45 -12:15. You can work the whole time or just part of the time.

Contact Richard Bradley at [rbradley1963@gmail.com](mailto:rbradley1963@gmail.com) or give him a call at 573-528-0007 if you are available to support this fun event.

## Simon Demonstrates His Might at Ice Cream Social

By Kathy Carr  
Communications Director

If you head over to the pickleball courts, there's a good chance you'll hear some of the players whispering about **Simon**. They're saying things like, "he's amazing" or "he can dink that ball in the exact same spot every time" or "I wish I could play as consistently as Simon."

Though Simon sounds like the consummate pickleball player, 'he' is actually an 'it', and 'it' is a pickleball throwing machine. In fact, Simon is the only ball machine on the market today that is specifically designed for the game of pickleball.

On May 21, the Sun City Pickleball Club hosted an ice cream social to celebrate Simon's arrival. Club members, representing varying skill levels, demonstrated several of the practice drills that can be run with this unique machine. More than 70 players attended the event to witness Simon's extraordinary capabilities. They watched as it repeatedly sent slow and fast volleys, center and cross court dinks, overhands and ground strokes over the net with ease and precision.

Nancy Grafton, the Club's president, outlined the potential she sees for Simon within the Pickleball Club. She explained how volunteer mentors will use Simon on Monday mornings to teach Beginners basic pickleball strokes and court position. Simon will be integrated into the Intermediate Training Program so players can increase muscle memory and react automatically and with increased speed and accuracy. And the more advanced players will use Simon to prepare for leagues



*Simon, the Pickleball Machine, sends a center court shot to players on the opposite court during an equipment demonstration.*

and tournaments within and outside of Sun City.

The Club Board has established policy for the security, storage, scheduling and use of Simon. To ensure all members are afforded an equal opportunity to use the machine, they may only reserve Simon once a week between the hours 1 and 5

pm, Monday through Friday. Volunteer Equipment Managers will position Simon on the court and set its speed and feed to the appropriate setting for practice sessions. To maximize court usage, members are encouraged to show up five minutes before their start time, and to bring three other players with them

to practice.

It's said that "practice makes perfect". Somehow, no matter how much practice the Club's players get, bets are that Simon will be the only one who can consistently hit the ball in the same spot every time. Can't dispute the fact that "he's amazing."



*Nancy Grafton, Pickleball Club President, outlines the potential of Simon, the Pickleball Machine, for the Club.*

## Frequently Asked Questions about Simon

By Nancy Grafton  
PASCT President



I am thrilled to announce that today marks Simon's official launch on Pickleball Court Number 6. Over the last several weeks our Board members have written policy, volunteer members have trained as equipment managers and a scheduling system has been established to manage usage.

Even though Simon hasn't thrown his first official pitch, several questions have surfaced about the machine's use. I've addressed these in the box to the right.

We are charting new territory for the Pickleball Club with Simon. Over the next couple of months we can expect to go through some growing pains as we learn how the ball machine can best be employed to support our members. As a result of input from you, the equipment managers, our mentors and the Board, current policy will be tweaked as we gain experience with Simon.

In the meantime, I would encourage all members to go to the Club's Home Page. On the right side of the page you will see a box titled "Simon Reservations." Click on "Find Out More" at the bottom of the box." A page labeled "Simon Reservations" will come up

**Q: Why is Simon, the ball machine, only available from 1:00 - 5:00 on weekdays?**

A: During the summer months, prime Club Time is 7 a.m. until noon M-F with players returning in the early evening when temperatures are cooler. So that Simon reservations won't interfere with all the club members who show up to play during those times, using Simon on Court 6 only on weekdays from 1 - 5 p.m. will cause the least inconvenience. The only exception to this policy is that our Mentors will use Simon on Court 6 for Club Beginners on Mondays from 8 – 10 am.

**Q: Why isn't Simon available for use like the ball machine that the Tennis Club uses?**

A: The Tennis Club uses a reservation system for their court play (including the ball machine). This system requires those wanting to reserve a court (and the ball machine) to show up two days before the requested day of play at 5:00 in the evening when a lottery determines who gets what choice of courts (courts 7 and 8 are preferred for ball machine use).

Your Pickleball Board has set up a reservation system on line so that you can see when Simon is available and request a day and time to practice by email. You receive confirmation and show up at the time you requested. You get more time of your full hour on the machine, because the Equipment Managers currently set Simon up for the drills you want to practice, and move Simon around the court.

**Q: Will the Equipment Managers be the only ones trained to use Simon?**

A: The Board would like everyone who intends to use Simon to eventually be trained on operating the ball machine and the various speed, heights, special balls and ramps that are used before our volunteer Equipment Managers are no longer needed.

**Q: If I reserve Simon, why is it suggested that I invite three other players during my reservation time?**

A: Since Simon is new for all of us, we would like to expose as many of our members as possible to the benefits of using the ball machine. With the suggested number of four people under one reservation, that's potentially 16 members per day and 90 members per week that could be enjoying Simon. By Fall, we anticipate that Simon can be used by one person, or as many as you want to include.

with step by step Instructions on how to reserve Simon. Submit a reservation and come on down to Court 6 with three of your friends. See for yourself how Simon can help improve your game. I look

forward to hearing your feedback.

Lastly, I would like to recognize the coordinated efforts of our members who have volunteered to help

get Simon up and running. Here is a list of our Equipment Managers who will meet you on the court and get you set up to practice with Simon. Please thank them when you head to Court 6.

### PASCT Volunteer Equipment Managers

Cle Alexander	Phil Coraggio	Nancy Grafton	Peg O'Toole
Randy Bayne	Bill Crist	Don Hayes	Mary Payne
Richard Bradley	Brad Duffy	Larry Hudson	Mark Rothschild
Walter Bradley	Chuck Flanagan	Don Karl	June Sewell
Toni Briggs	Howie Frinsein	Conn Lenzo	Steve Timmons
Joyce Cadwallader	Jerry Fronczak	Jim Martucci	Jack Warner
Keith Cadwallader	Marty Gelfman	Lee Miller	
Bill Chalmers	Clark Grafton	Joe O'Toole	

## Volunteer Spotlight – Chuck Flanagan

By Kathy Carr  
PASCT Communications Director

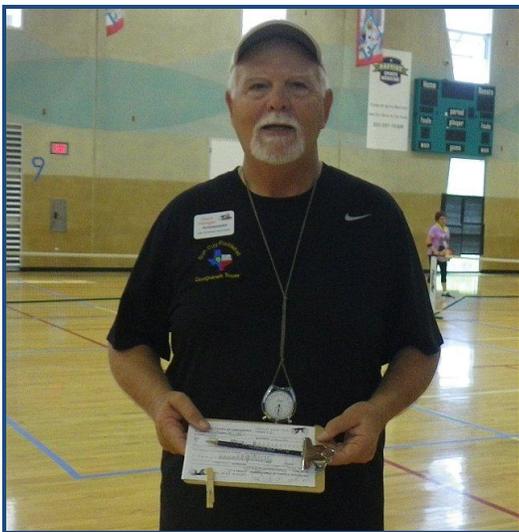
The only way to describe our June 2015 PASCT Volunteer of the Month is “larger than life.” Besides his commanding physical stature, Chuck Flanagan can beat any pickleballer throughout the entire state of Texas in naming the page, paragraph and line number of any rule in the International Federation of Pickleball Rulebook. If you read his column on page 2 of this newsletter, you know it’s true.

Chuck is recognized this month not for his brawn or for his knowledge of pickleball rules. He is recognized for his leadership, enthusiasm, and selfless dedication to the Sun City Pickleball Club. This is a guy who gives his heart and a whole lot of his time to the pickleball community.

Every month Chuck submits a relevant and informative column to Kitchen Talk. You can oftentimes see him on the courts working with players

to further their pickleball skills and improve their game strategy. Over the last several months, Chuck has been running drills for several Club members who qualified at the Texas State Senior Games in San Antonio last year, and are now readying to compete in the National State Senior Games in Minneapolis in next month. Anyone who has played against the likes of Mary and Stan Payne, Nancy Grafton, Bill Treadway or Pocket D’haeseleer can appreciate how far these folks have come under Chuck’s tutelage.

While Chuck is a volunteer mentor and equipment manager for Simon, his contributions extend well beyond Sun City. He helps with pickleball programs in Georgetown, Cedar Park and other area communities. He is a regular winner on the tournament scene, and when he’s not playing, he is volunteering to referee matches. So don’t ever bet him on a pickleball rule. You will lose.



*Chuck Flanagan, June 2015 Volunteer of the Month, referees a match at the Texas State Senior Games in San Antonio*

### Charles Philip (Chuck) Flanagan, III Biography

In early 1967, Chuck joined the Army. His first duty assignment as a 2LT was to the 6th Armored Cavalry Regiment at Ft. Meade, MD, where his unit was on riot control duty following the assassination of Martin Luther King, Jr., in April, 1968. Because of the tight riot alert schedule, he spent most of his free time on the base where he met his wife, Navy Lieutenant Jr. Grade, Elaine Brogden. This actually happened at the officers’ club Thursday night bingo. Chuck won \$25, made a date for the following Saturday, and Chuck and Elaine married four months later.

Following a 13 month tour in Korea, Chuck (now a captain) returned to the states and was assigned as a map and land navigation instructor at the Field Artillery school, at Ft. Sill, OK. A year later, he left active duty to finish his college degree. He and Elaine moved to Omaha, NE, where Chuck spent the next two years earning a degree. Also during this time he joined a local Army Reserve unit to earn extra money and to continue his service to the country.

After graduation, Chuck & Elaine moved to Texas where he got a job with the US Department of Health, Education, and Welfare, and he also joined the Texas Army Nation Guard. Chuck continued with this agency through several reorganizations, finally retiring in 1995. He also continued with his military career and was transferred to the Inactive Reserve following his promotion to Colonel, in 1994.

In the fall of 1995 Chuck and Elaine sold everything, bought a motorhome, and hit the road. Their goal was to see the USA and find that perfect place to retire. Along the way they stopped at various national forests and worked as volunteers in exchange for free campsites and the chance to check out the region’s potential as a retirement site. As you might imagine, this led to some interesting and fun opportunities. A couple of the more interesting jobs he did included: assistant bridge inspector (Payette N.F., ID), and elk feeder (Starkey Experimental Forest (OR)

In the fall of 2008, after more than thirteen years of wandering throughout the US and Canada, Chuck & Elaine bought a home and finally settled in Sun City. Here they have the time to settle back and relax. Well, sort of. Chuck currently is a softball club umpire; goes target shooting with the Hunt & Fish club twice a month; rides his motorcycle; and is an avid pickleball player, trainer, and USAPA ambassador who has helped with pickleball programs in Georgetown, Cedar Park and other area communities. He has served on the Pickleball Club Board and loves to play in tournaments.

## Introduction to Pickleball Class Dates

By Richard Bradley  
Player Development Director

Class dates for the calendar quarter ending in June are listed to the right and have been posted to the Club's micro site.

If you know an individual, club or neighborhood that would like to learn how to play pickleball, please advise them to contact

the club's Player Development Director, Richard Bradley at [rlbradley1963@aol.com](mailto:rlbradley1963@aol.com) to schedule a class.



Introduction to Pickleball Class Schedule		
June 20, 2015	Saturday	8:00 – 9:30 am
June 27, 2015	Saturday	8:00 – 9:30 am
Classes are held on Courts 5 and 6. Paddles, balls and instruction are provided by the club.		

---

## Upcoming Tournaments Outside Sun City

By Kathy Carr  
PASCT Communications Director

Here is a list of upcoming tournaments. It is only as accurate and current as the date and time it is brought to the editor's attention. If you are informed of any changes, please send an email to [kathy.carr@gmail.com](mailto:kathy.carr@gmail.com) so the listing, which is also posted on the Club's micro site, can be updated.

### Cedar Park Texas Athletic Amateur Federation Pickleball Championships

Cedar Park will host its inaugural Texas Athletic Amateur Federation Pickleball Championships 15-18 October 2015. Space is limited and will fill up fast. This is NOT a USAPA Sanctioned event and will not have court referees.

Location – Cedar Park Recreation Center

Fee - \$30 per team per event

Format – Double Elimination

Dates:

Thursday Oct 15 – Mens and Womens Doubles (50-59, 60-64, 65-69, 70 and up)

Friday Oct 16 – Mixed Doubles (50-59, 60-64, 65-69, 70 and up)

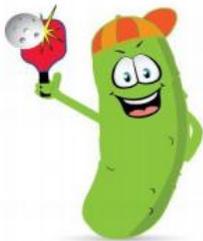
Saturday Oct 17 – Mens and Womens Doubles Open Division

Sunday Oct 18 – Mixed Doubles Open Division



To register Call [512-401-5516](tel:512-401-5516) or complete the on line registration at

[https://apm.activecommunities.com/cityofcedarpark/Activity\\_Search?detailskeyword=pickle&IsAdvanced=False&ddlSortBy=Activity+number&SearchFor=2&SearchLevelID=2&NumberOfItemsPerPage=50&IsSearch=true](https://apm.activecommunities.com/cityofcedarpark/Activity_Search?detailskeyword=pickle&IsAdvanced=False&ddlSortBy=Activity+number&SearchFor=2&SearchLevelID=2&NumberOfItemsPerPage=50&IsSearch=true).



If you happen to be out and about traveling throughout Texas or visiting other states and are interested in competing in a pickleball tournament, go to [www.pickleballtournaments.com](http://www.pickleballtournaments.com) and click on the tab labeled "Tournament". From here you can query upcoming pickleball tournaments by state or date. You can even register for these events on line. Check it out.

## New Ladder Leagues Tested this Summer

By Kathy Carr  
PASCT Communications Director

Due primarily to injuries and illness, our Spring Leagues were plagued with individual cancellations and league withdrawals. The pool of substitutes was not robust enough to keep up with the demand for players within specified ability groups.

Challenged to keep things going, the league director was forced to fill positions in the A League with B Level players, and, in some instances, B Level players were participating in both in the A and B Leagues.

To further exacerbate things, we had a large contingent of B Level members who wanted to play in a league, but only 4 available courts on which they could play. To make it work, the League Committee split the B Level players so that 8 of them

Competed on Tuesdays at 1pm, and the remaining 12 played the same day but at 2 pm. Unfortunately, individuals within each of these groups were never able to compete against the complete pool of 20 eligible players within their skill level.

The combination of these conditions caused lesser skilled players to become intimidated when facing more highly skilled players, and the higher skilled players to become frustrated by a lack of competition. If you stick with me, this really does have the potential for a happy ending.

Over the next 4 weeks, we're going to shake things up a little by testing what is called Doubles Ladder League. We'll have two ladders – a

High Division with 16 players rated 3.5 and above, and a Low Division with 16 players rated 3.0 and below. Players will be initially placed on a ladder based on winning percentages from Spring League and/or their own self-rating. Playing against others of comparable skill level, players will then move up or down the ladder based on their weekly winning percentage.

The beauty of this type of league is that players' winning percentages will seat them in a position on the ladder, where they will have a fair, competitive match against others of the same ability.

Another winning point is that a player can miss a week or



more (without penalty) because of their schedule, as long as they inform the League Director before the schedule is made out for the upcoming week. When they return, they can reenter their ladder using their existing winning percentage.

Not sure if this is the perfect solution for our leagues, but then again, I only promised the *potential* for a happy ending. Let's see what results the summer leagues will bring.

### Ladder League in a Nutshell

The format of play is designed so that players compete against others of similar skill levels. Your ranking on a ladder is based upon your winning percentage (the ratio of points won to total points possible). So, as an example, if you play 3 games to 11 points, and your scores are 11, 8, and 7, your total points (26) divided by possible points (33) would equal a winning percentage of 78%.

Players will move up or down the ladder based upon their winning percentage. The results of previous week(s) of play will be used for this calculation.

Each week, players are assigned to a court in groups of 4 in the order of their ranking on the ladder for match play. You are expected to play every week unless you inform the League Director that you will be absent.

All players play three games to 11 points (no requirement to win by 2) in a round robin fashion with the other three players of the foursome. At the start of the game, players decide who starts serving first and choice of side.

To minimize the effects of any factors that may affect outdoor play, players change sides of the court when one side scores 6 points. Cancelled matches are NOT be made up.

After all 3 games have been completed, players record their individual game scores and total on the score sheet and return it to the League Director. Scores will be posted to the Club's web site and to the bulletin board outside Court Number 2.

A player who is at the top position of a Ladder at the end of the league moves to the bottom of the next higher skill division on the following season's league. Similarly, a player who is at the bottom position of a Ladder at the end of the league moves to the top of the next lower skill division on the following season's league.

## Avoid Heat Stress

“Heat Stress in the Elderly”

Posted to the Center for Disease Control and Prevention web site

**Elderly people (people aged 65 years and older) are more prone to heat stress than younger people for several reasons:**



- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

**Heat stroke is the most serious heat-related illness.** It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

**Signs and Symptoms of Heat Stroke vary but may include the following:**

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

**Heat exhaustion is a milder form of heat-related illness** that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

**Warning Signs and Symptoms of Heat Exhaustion vary but may include the following:**

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

**You can follow these prevention tips to protect yourself from heat-related stress:**

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.



**If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:**

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.



***If you're not 65 yet, don't walk away yet. According to the National Institute of Health, middle aged (45 – 64 year old) men and women are more work-heat-intolerant and suffer more physiological strain during heat acclimation than younger individuals. Those over 65 are more likely to have a chronic medical condition that changes normal body responses to heat, and are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.***

## Job Interview for New Chief Samurai

Submitted by Leon Hananel

Once upon a time, a powerful Emperor of the Rising Sun advertised for a new Chief Samurai. After a year, only three applied for the job: a Japanese, a Chinese, and a Jewish Samurai.

"Demonstrate your skills!" commanded the Emperor.

The Japanese samurai stepped forward, opened a tiny box, and released a fly.

He drew his samurai sword and Swish! the fly fell to the floor, neatly divided in two!"

"What a feat!" said the Emperor. "Number Two Samurai, show me what you do."

The Chinese samurai smiled confidently, stepped forward and opened a tiny box, releasing a fly.

He drew his samurai sword and Swish! Swish! The fly fell to the floor neatly quartered.

"That is skill!!" nodded the Emperor. "How are you going to top that, Number three Samurai?"

The Jewish samurai, *Obi-wan Cohen*, stepped forward, opened a tiny box releasing one fly, drew his samurai sword and Swoooooosh! flourished his sword so mightily that a gust of wind blew through the room.

But the fly was still buzzing around!!! In disappointment, the Emperor said: "What kind of skill is that? The fly isn't even dead."

"Dead", replied the Jewish Samurai, "Dead is easy. But..., Circumcision...??"

