

Tips offered for dealing with hot weather

"Just because it is hot out does not mean you have to hole up with the air conditioner and the television

reruns," writes Dr. George H. Hulsey. "There is fishing, hiking and even running that needs to be done."

Hulsey maintains a general medical practice in Norman, Okla. and for the last 10 years has written a

regular column on wilderness medicine and has taught courses on that subject. The tips that follow

come directly from a column he wrote on avoiding problems from the heat during outdoor activities. We reprint them with his kind permission.

Slowly we are learning how to function well in spite of the heat of summer. The secret is to avoid dehydration, shed heat as you generate it, and use a little common sense when it is hot and humid.

Prevention is the best way to avoid the perils of heat stroke and the nuisance of heat exhaustion and heat cramps.

A simplified look at the way the body regulates heat gives some clues that can keep the outdoorsman from boiling his vital organs in his own juice.

During hot weather most of the excess body heat is sh-

ed through the evaporation of sweat. Evaporation of a teaspoon of sweat will cool five pints of blood one degree! This wondrous system works fine IF two requirements are met: the body's water supply is continuously replenished, and humidity and temperature are not so high that the cooling effect of sweating is not overwhelmed.

Physical activity in a hot environment creates extraordinary amounts of waste heat from working skeletal muscles. This is carried to the dilated vessels on the body surface where evaporation of sweat from the skin results in cooling.

So, what can the active outdoorsperson do to deal with the problem of heat stress? Here are some easy things that work:

- Drink water, lots of water; six to eight liters a day is not excessive.

- Try to stay abreast of sweat loss by sucking on the canteen every 10 minutes.

- Don't trust your thirst to tell you to drink water. You can get behind this way, especially in the mountains. Altitude can fool the brain; serious dehydration may result, leading to heat stroke and exhaustion.

- Avoid salt tablets. It is too hard to balance salt tablets and water without causing more problems that you prevent. This is the place to listen to your body.

- If you crave salt or have muscle cramps, take on more food. In general, we all eat too much salt. If we use less salt and gradually increase exposure to heat, the

body learns to conserve sodium and gets by on less.

- Sweating and strenuous activity create the need for additional minerals. Potassium can be replaced from fruit juices and by using a light salt which contains both potassium and sodium. Another mineral, magnesium, can be found in beer. This is rarely deficient in fishermen.

- Besides water, what are some other good fluids? Diluted fruit juices watered down two to three times are ideal. Tomato juice, V-8 and cold bouillon are fine at bedtime to replace losses.

- How do you know you are getting enough water? Make certain that you are putting out at least as much urine as you do under ordinary conditions.

- Avoid alcohol.

SANDY SWIM CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

Aug. 31 to Sept. 4, 1981	Maintenance
September 7, 1981	Labor Day
November 11, 1981	Veterans' Day
November 26, 1981	Thanksgiving Day
December 24, 1981	Christmas Eve
December 25, 1981	Christmas Day
December 31, 1981	New Year's Eve
January 1, 1982	New Year's Day
February 15, 1982	Presidents' Day
April 11, 1982	Easter Holiday
May 31, 1982	Memorial Day

OPEN ON THE FOLLOWING SCHOOL VACATION DATES FROM 1:00-4:00 P.M.:

October 9, 1981	Faculty In-Service
November 6, 1981	Parent-Teacher Conference
November 27, 1981	Thanksgiving Vacation
December 7, 1981	Parent-Teacher Conference
December 23, 1981	Christmas Vacation
December 28 - 30, 1981	Christmas Vacation
March 1, 1982	Parent-Teacher Conference
March 15 - 19, 1982	Spring Vacation
April 9, 1982	Parent-Teacher Conference

Softball meeting is Aug. 24

The city of Sandy is holding an important planning meeting for all softball team representatives on Aug. 24 at 7 p.m. at the Sandy Community Center, two blocks east of PGE.

The 1981 season is over and though it has been a season of ups and downs, thanks to a well-organized tournament league play ended in an upbeat way.

The leagues are getting

larger and more sophisticated. Thus, teams wanting to be guaranteed a spot in next year's league should make every effort to come.

The Sandy Recreation Division is looking forward to hearing team representatives' comments, which will help the league prevent

the mistakes of the past season while forging a better league next year.

According to Bill Knight-Weiler, Sandy recreation director, if the team coach or captain cannot attend this meeting, he or she should do their utmost to contact another person to represent the team's interest.

Sandy Swim Center schedule

EFFECTIVE SEPTEMBER 1, 1981 TO JUNE 12, 1982

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird Swim 7:00-8:00 AM		Early Bird Swim 7:00-8:00 AM		Early Bird Swim 7:00-8:00 AM	*ARC Swim Instruction 9:00-12:00
	Sch. Instr. 8:00-3:30	Sch. Instr. 8:00-3:30	Sch. Instr. 8:00-3:30	Sch. Instr. 8:00-3:30	Sch. Instr. 8:00-3:30	Public Swim 1:00-4:00
Public Swim 2:00-5:00	Comp. Swim 3:30-6:30 (SANDY HIGH SCHOOL & BLUE MARLIN COMPETITIVE PROGRAMS)					
	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	Adult Swim 6:30-7:00	
	Adult Night 7:00-9:00	Public Swim 7:00-9:00	Public Swim 7:00-9:00	Public Swim 7:00-9:00	Family Night 7:00-9:00	Public Swim 7:00-9:00

Prep of the Week:



Damon Hodge

Damon Hodge, 7, won three firsts and finished second in two other events at a recent North Bend Aquatics Club regional swim meet. He is a member of Sandy's Blue Marlins Aquatics Club. Congratulations, Damon!



Sandy

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Schedule, charges change at Center

The Sandy Swim Center will be closed Aug. 31 through Sept. 4 for maintenance. It will also be closed Sept. 7 for Labor Day. Rate increases will also be

going into affect in Sept. Class offering were announced recently. Swimming instruction for novice through Advanced Water Safety swimmers is being offered. Adult instruction, pre-competitive swim classes, and swimming for tiny tots are also available.

Bowlers meet Aug. 24

The Sandy Early Birds Bowling League will hold its organizational meeting Aug. 24 at 10 a.m. at Eastmont Lanes in Gresham.

For more information contact Helen Walker at 668-6548.

Red Lion tennis activities

The Red Lion Racquet Club is offering a number of tennis activities and lessons that will continue through the month of October.

According to Marji Palmer, tennis director, every Tuesday and Thursday from 9-11 a.m. is ladies day. Tennis lessons for juniors are given between 3-4 p.m., with group lessons being taught from 7-9 p.m.

Every Wednesday the Racquet Club features a men's night, which begins at 6 p.m. and continues until dark.

Tennis clinics are held each Saturday, beginning at 2 p.m.

On Sundays at 2 p.m. the club holds its weekly mixed-doubles round robin tournament. Prizes are awarded to the winners.

Last week's winners were Cecily Thompson of Zigzag and Pete Martin of Timberline Rim.

For more information contact the recreation office at Rippling River-Red Lion at Bowman's. All court facilities are open to the public by reservation only.

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