

HEALTHY FUN IN THE SUN

Most of us like to be outdoors during summer, whether we're working or playing -- and that's the time we need to pay most attention to the effect of the heat.

During any physical activity, your body loses water trying to keep you cool. You could lose as much as two quarts of water during an hour of strenuous activity. You can weigh yourself before and after a workout to see how much weight you lose in sweat. You should drink about two cups of water for every pound you lose.

It is important to provide lots of opportunities for your crew to replenish their body fluids. The best way to do that is with water or an electrolytic liquid like Gatorade.

Replacing fluids quickly will prevent overheating or dehydration. Symptoms include muscle cramping, dizziness and nausea. Here are some tips for staying fluid.

- ≈ Drink 8-16 ounces of water about 15 minutes before you start working or exercising.
- ≈ Take water breaks: drink 4-6 ounces of water every 15 minutes.
- ≈ After exercise or strenuous outdoor work, drink lots of water.
- ≈ If it's hotter than 90°, avoid strenuous activity during midday.
- ≈ Your body will become accustomed to heat during the summer. You'll sweat more to keep cool and actually need more water.
- ≈ Keep a water glass nearby to encourage frequent drinking during the day. And take along a bike bottle when you're going to be away from a water source for a while.
- ≈ Wear sun screen.

Make Your Reservations for Advertising Space in the new

THRU THE **GREEN**

NOW!

7-Point Writing Plan

To improve your writing, keep these seven points in mind?

- ✎ Establish your purpose by completing this statement: "What I want people to do as a result of reading this is..."
- ✎ State your main point by completing this sentence: "What I want to say is..."
- ✎ Visualize someone you know and write to that person.
- ✎ Don't waste time trying to write the perfect opening. If you're stuck, write something such as, "BRILLIANT OPENING GOES HERE," in all capital letters, and then move on.
- ✎ Resort to a similar device, such as "FIX THIS. IT STINKS," if you write something you feel is not quite right. The goal is to get the idea out, no matter how clumsy or stupid it sounds. When you go back to it, at least you have something to work with.
- ✎ Remember that readers recall metaphors, analogies, parables, etc., much more easily than other language. When you're writing about something, ask yourself, "What's it like? What's a good example? Can I make my point more effectively by using literary techniques?"
- ✎ Choose short, direct words over long, fancy ones. Don't "utilize" something -- "use" it. Don't "maximize an opportunity" -- "Make the most of it."

What Do you Know About Waste Oil?

by Leon Snethen

Waste oil is considered to be hazardous waste and is controlled by the state of California. In Santa Clara County, the code is enforced by the Department of Public Health, Toxics Control Unit.

The State code says you cannot store over 100 kilograms (220 lbs or 27 gals) of hazardous waste for more than 90 days without a hazardous waste facilities permit. If you are a small quantity

generator of less than 27 gallons of waste each year, you may accumulate up to that amount before your 90 day storage period begins. At the time that the maximum allowable of 27 gallons is reached, that date must be put on the label; the waste must then be disposed of within 90 days. Even though you may generate less than 27 gallons in a year, you must dispose of the waste at the end of the calendar year.

Each container of waste must have a hazardous waste label attached to it.

I would recommend every superintendent be familiar with this state code and check with their individual county for a **Hazardous Waste Generator's Information Packet**.

They didn't issue me a citation, but they did write me up for non-compliance. Save yourself the frustration.