



Vol 2 # 22 JUNE 02, 2009 **VOICE OF THE CAP NCS NV WING** weekly journal  
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## KEEP COOL THIS SUMMER

[livestrong.com/](http://livestrong.com/)

### 1. Spot the Warning Signs

Sun stroke, also known as heat stroke, is a heat-related illness that can occur when outdoor temperatures reach 90 degrees or higher. Children, the elderly and those with chronic illnesses are usually more susceptible, but anyone who spends lots of time outdoors in extreme heat can fall victim. Symptoms include a body temperature of 103 degrees or higher, rapid breathing, a fast pulse and skin that is dry, hot and red. Dehydration, confusion, dizziness and nausea are further signs of sun stroke.

### 2. Find First-Aid Fast

Move the victim into a cool, shady area or into a place with air conditioning. Experts recommend loosening tight clothing and applying cool, wet towels or ice packs to the body to lower its temperature. Other sun stroke treatments include fanning the victim, spraying her gently with water or giving her small amounts of water to drink. Try getting the person to drink half a glass of water every 15 minutes for a quick recovery. Ultimately, the person should lay down and rest, but if this isn't possible, simply observe the person for any behavioral changes.

### 3. Know When to Call 911

Seek emergency help immediately if the person cannot breathe, begins vomiting or falls unconscious. The person may refuse to drink any water because he feels too ill, which means the sun stroke is worsening. Send for an ambulance or get the person to the hospital right away. Sun stroke at its worst can cause brain damage and even death.

### 4. Take These Precautions

If you're outdoors in hot weather, you should take several sun precautions. Wear lighter clothing so that the sun's heat reflects away from you. Dark colors are more likely to absorb heat. Eat smaller meals and drink water often to stay energized. Do not drink alcohol or caffeine in hot weather, as they cause dehydration. Limit any vigorous outdoor activity, such as jogging or mowing the lawn, to early in the morning or later in the evening when the temperatures cool down. However, if you have an outdoor job, take plenty of breaks to avoid sun stroke. If you don't have to go out in the extreme heat, stay indoors. During extreme heat spells, check on any neighbors who live alone, especially if they're elderly, to ensure they're staying cool.

### 5. Pets Need Protection Too

Pets are susceptible to sun stroke too. Get emergency medical attention from a veterinarian if your pet is panting excessively, showing signs of sluggishness and vomiting. Place your pet in a shaded area of the yard with lots of cool water to drink. Or, better yet, bring your pet inside so that he can take advantage of the cool air conditioning or fans.

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SEE CALENDAR BELOW

NOTE TWO MAJOR SQUADRON ACTIVITIES

✓ JUNE 30 **OPEN HOUSE** Put the word out to everyone to visit us.



✓ JULY 4 **SummerIn Patriotic Parade**

We need maximum Squadron participation for both these events!!



# JUNE 2009



**ROCKETRY AWARDS**

**COLOR GUARD**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>JUNE</b>	2 6:30p Weekly Meeting	3	4	5	6 8a SUI-Inspection 9a Squadron assist for 2SOS assumption of command
7	8	9 6:30p Weekly Meeting	10	11	12 SAREX	13 SAREX
14 SAREX	15	16 5p Cadet Staff Interviews 6:30p Weekly Meeting	17	18	19	20 8a Orientation Flights
	22	23 5:30p Achievement Testing 6:30p Weekly Meeting	24	25	26	27 8a NRA Qualification Firearms Training
28	29	30 6:30p <b>Squadron OPEN HOUSE</b>	1 <b>JULY</b>	2	3	4 8a Summerlin <b>4th of July</b> Patriotic Parade