

# Kids Korner



Although it was difficult for 10-year-old Brian Gelb to part with his supreme champion goat, the parting made it a bit more acceptable by knowing the goat was going for a good cause. Mrs. Walter Helstand bought the goat then donated it back to be resold at the Elizabethtown Fair. The money was given to the Chiques Church of the Brethren's Disaster Relief Auction to help those in need. Brian is the son of Earl and Sandy Gelb of Manheim.

## Kids At The Fair



Above, Oble the Clown delights kids of all ages by twisting balloons into animals or into a knight's armour.



At left, Amber Sheesley, 16 months, enjoys the petting a calf at the petting zoo at the Elizabethtown Fair while Kendra Olson, 2, watches.



Dana Haldeman, 2, is intrigued by the many sights of the Elizabethtown Fair held last week.



At the Schuylkill County Fair, Brandon Creyer, 2-year-old son of Mark and Kay Creyer, delights in this 4-H'er of the future.

## Smart Stuff

WITH TWIG WALKINGSTICK

### Why do I sweat?

Hot weather and sweat just go naturally together. Your body needs to stay at 98.6 degrees Fahrenheit. When you play, your body gets warm. And when you run and play on hot, sunny days, you get warm even faster. That's when the sweating comes in.

Sweat is your personal, built-in sprinkler system. Running through a water sprinkler soaks you with water and makes you feel cooler. Sweat — a mixture of water and salts — does the same thing. When your body temperature goes above 98.6 F, your sweat glands send sweat to the skin. As it dries, your skin becomes cooler.

When it's really hot outside, though, you need to be extra careful. Playing in hot weather for a long time causes your body to slowly sweat less — it's like your body gets tired of keeping its temperature at the same spot. If this happens, your body overheats. You feel dizzy and weak, have a headache, feel like you're going to throw up, and can't concentrate. Doctors call this heat exhaustion. In extreme cases, it can turn into heat stroke. People with heat stroke have super high temperatures, are really confused, can go into a coma, and even die if not treated quickly.

But you don't have to stay inside all summer to avoid the heat — just play smart. Drink a lot of water, take breaks in the shade, and try to avoid playing from noon to 2 p.m. — the hottest time of the day!

Scientifically yours,

Twig

