Heat illness. There are three basic types of heat-related illness: heat cramps, heat exhaustion, and heat stroke. While both heat cramps and heat exhaustion can be debilitating, heat stroke is a severe medical emergency.

One of the first steps in preventing exertional heat-related illnesses from occurring is the recognition of various signs and symptoms associated with heat illness. There are three basic types of heat-related illness: heat cramps, heat exhaustion, and heat stroke. While both heat cramps and heat exhaustion can be debilitating, heat stroke is a severe medical emergency.

HEAT CRAMPS
Muscle cramping and tightening are a result of a loss of fluid and electrolytes (sodium and potassium) from the body due to increased sweat loss. The loss of these electrolytes and the fluid loss disrupts the normal sodium-potassium pump that is necessary for muscles to contract and relax. The result is uncontrolled muscle contractions, usually in the calves, hamstrings and quadriceps, that can be very painful. Treatment for this condition includes removal of activity, fluid and electrolyte replacement, cooling the body temperature, light stretching of the involved muscle, massage and ice to the cramping muscles.

HEAT EXHAUSTION
Heat exhaustion is a result of exercising in a hot environment without proper fluid replacement. The signs and symptoms include profuse sweating, mild hyperthermia (body temp <104 degrees F), headache, dizziness, nausea and pale, clammy skin. Athletes suffering from heat exhaustion must be removed from activity, cooled until body temp is <101, and rehydrated through sport drinks and water. If the athletes breathing, heart rate and temperature do not normalize after fluid replacement, transport to a hospital should be considered.

HEAT STROKE
Unlike heat cramps and heat exhaustion, heat stroke is a medical emergency. An athlete suffering from heat stroke has lost the ability to regulate his or her body temperature. Their sweating mechanism shuts down, the core body temperature is > 104, their skin is red, hot and dry, and they may suffer unconsciousness. The focus of treatment is cooling the body. Immersing in cold water, applying ice bags and getting the athlete to the hospital are paramount. Heat stroke can be fatal.

The best way to treat these heat-related injuries is to prevent them from occurring. Prevention is based on having a good plan for replacing fluids and being able to identify risk factors that may predispose an athlete to heat illness.

Risk factors can be both intrinsic and extrinsic. Intrinsic factors include fitness level, body fat content, level of acclimatization and overall health. Extrinsic factors may include environmental conditions, duration of exercise and availability of fluids. Controlling both the intrinsic and extrinsic risk factors will reduce the chances of suffering heat illness. Simple suggestions include exercising earlier in the morning or later in the evening, carrying fluids in a pack during exercise, decreasing your exercise time on hot days, exercising in shaded areas or taking breaks during your activity to replace fluids and cool your body.

One of the most important strategies is to have a plan to maintain hydration levels. Waiting for your thirst mechanism to kick in is too late to properly rehydrate. Dehydration more than 2% of your body weight has a detrimental effect on performance.

Proper hydration strategies include:
• Drink water or sports drinks continuously throughout the day
• Avoiding caffeine, alcohol or carbonated beverages
• Drink a minimum of 16 oz. of fluid (water or sports drink) two hours before exercise
• Drink 10-12 oz. of fluid 15 minutes before exercise
• Drink approximately 32 oz. of fluid for every hour of exercise. Avoid beverages with >8% carbohydrate
• Drink a minimum of 20 oz. of fluid for every pound lost during exercise

Beating the heat will require good planning, quick recognition and treatment of heat stresses and, most important, proper fluid replacement strategies.
DEPARTMENT NEWS

Wedding Bells
Congratulations to Alisa Rawls, who married Ryan Minshall on July 4 (and is now Alisa Rawls Minshall). The two, who met while students at Elon, were married at Alisa’s parents’ house in Summerville, S.C.

Alisa, an administrative assistant for Olympic sports, is in her sixth year in the department of athletics. Ryan, who grew up in Chapel Hill, is self-employed.

Best wishes to the Minshalls!

New Tar Heel
Congratulations to men’s basketball assistant Jerod Haase and wife Mindy, who welcomed son Garrett Robert Haase on July 24. Garrett joins big brother Gavin, who will turn 3 in September.

Look for a photo of Garrett in next month’s newsletter.

New Photo of a New Tar Heel
John and Michelle (Greco) Brunner welcomed daughter Gianna Marie on July 1, which was pushing deadline for the last department newsletter. With a month of picture-taking time under her belt, Gianna is ready to make her photographic debut.

Congrats again to the Brunner family!

Familiar Face, New Place
Emily Cozart, Assistant Director of Tickets, is moving to the Rams Club as Assistant Director of Membership. As part of the Rams Club staff, she will focus her efforts on membership services—assisting donors via phone and email, maintaining web pages and email blasts, managing Student Rams programs, and assisting with correspondence and publication efforts.

For more on Emily, who starts with the Rams Club on Aug. 10, see the Department Media Guide on page 3.

Happy Birthday in August to...

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Meet the Heels, Kick Off Kids Club

**• Sports Marketing**

*Carolina Football will host “Meet The Heels” Saturday, Aug. 22nd at Kenan Stadium. Gates for the general public open at 5 p.m. and the team will be introduced by Woody Durham at 6 p.m. Players will be available for autographs beginning at 6:15 p.m.*

A Carolina Kids Zone will be located in the east end of Kenan Stadium with inflatable games and other activities for kids of all ages and will remain open until 7 p.m. Free Carolina football trading cards, schedule cards and posters will be available while supplies last. Concession stands and restroom facilities on the south side and at field level will be open. Public parking is available in the Cardinal and Jackson parking decks off Manning Drive.

*Carolina Kids Club Day with Women's Soccer is scheduled for Sunday, Aug. 30th at 3 p.m. The Tar Heels will host UNC-Greensboro that day. Please email questions to: carolinakids@uncaa.unc.edu*

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**Please send newsletter comments, suggestions and corrections or submissions for future issues to Dana Gelin at dgelin@uncaa.unc.edu or 962-0083**
After a couple of months of solo spotlights, the Department Media Guide bounces back with a trio. Thanks to Emily Cozart, Karlton Creech and Jason Freeman for stepping into this month’s newsletter spotlight!

**Emily Cozart**

**Assistant Director of Tickets**

*That’s her title right this second, anyway. See page 2 for news on the Rams Club’s newest hire.*

Born and raised: Born in Chapel Hill and grew up in Brevard, N.C.

Education: Undergraduate degree from the journalism school at UNC; just about finished with my master’s in sport administration from UNC (changed my thesis topic a couple of times)

Family: Mother, Liz; father, Sim; and brother, Ben

Athletic background: Tennis, basketball, soccer teams throughout high school; men’s basketball manager in college; and now I stick to running and co-rec softball.

Before your current position: Two years in the men’s basketball office before going back to graduate school full-time for a year.

Job description: Multitude of tasks, but basically assist in management of football and men’s basketball tickets, director of women’s basketball and women’s soccer tickets, and oversee ticket scanner operations and interns.

What’s something about your job that people would be surprised to know? Most people don’t realize that ticket office employees make six figures. I’m surprised that hasn’t been addressed, yet.

What’s the best thing about your job? Working with just about every office in our athletic department and helping to connect fans with Carolina Athletics.

Favorite pastimes: Being able to sit back and actually watch our men’s basketball team when we play on the road; spending time with friends and family; traveling to various National Forests and Parks; reading.

--- See COZART, page 4

**Karlton Creech**

**Rams Club Director of Tickets and Parking**

Born and raised: Born in Chapel Hill

Education: NC State, 1995, B.A. in political science

Family: Wife Staci (Aber) – UNC ’97 and former member of the women’s golf team

Athletic background: Played football in high school

Before your current position: Began working for UNC athletics in 1991 as a part time employee at Finley Golf Course while in school. After graduation in 1995 worked as an intern and then full-time employee in the ticket office. Left UNC in 1998 to work for the Wolfpack Club at NC State. Returned to UNC and the Rams Club in 2004.

Job description: Oversee ticket assignments for the Rams Club and work on other special projects.

What’s something about your job that people would be surprised to know? I don’t have many surprises

What’s the best thing about your job? Having the honor to work alongside very talented people that I consider friends

Favorite pastimes: Playing golf and traveling

Favorite restaurant: Jujube

Favorite book: The Match

Last movie you saw and grade you’d give it: Staci made me watch Confessions of a Shopaholic ... C-

Biggest pet peeve: Not really a pet peeve person

Dream job: Caddy at Pinehurst #2

Greatest athletic achievement: Helped struggling Chapel Hill H.S. become a playoff football team my senior year. (As you can tell by that answer, I haven’t been athletic for some time now.)

What would you do with a completely free day? Breakfast at Merritt’s, golf in Pinehurst, a great dinner and then wind down on the front porch at the Pinecrest Inn.

If you could have dinner with anyone, who would it be and why? I would have a circa 1997 ticket office reunion … lots of good friends and fun

What’s a little-known talent that you have? My talents are so little-known I haven’t found one yet

What would be your dream vacation? A golf trip with Staci, probably to Scotland and Ireland

If you won the lottery, what’s the first thing you’d buy? Staci and I would endow a women’s golf scholarship to repay her education and help create the same great opportunities and experiences that she and I have had here in Chapel Hill for someone else.

--- See FREEMAN, page 4

**Jason Freeman**

**Assistant Equipment Manager for Football**

Born and raised: In Barnardsville, N.C.

Family: UNC ‘98

Athletic background: I played golf and ran cross country in high school. I still run, golf, and play softball in my spare time.

Before your current position: I was a student manager with the football team for 3 ½ years.

Years in current position: 10

Job description: I assist in ordering and maintaining all equipment we use. I also assist the players and coaches in needs ranging from fitting helmets and shoulder pads to daily practice needs.

What’s something about your job that people would be surprised to know? I pack a 24-foot Ryder truck full of equipment for every road game. We have to be prepared for any problem that may arise.

What’s the best thing about your job? I get to watch the game from the best spot in the stadium.

Favorite pastimes: Grilling out, weekend trips to the mountains or beach, and outdoor concerts and movies.

--- See FREEMAN, page 4
COZART: continued from page 3

Favorite restaurant: If I’m not paying: Il Palio; if I am paying: Margaret’s Cantina  
Favorite book: The Four Agreements by Don Miguel Ruiz  
Favorite TV show: Any college sports games, NFL football, House, Operation Repo  
Last movie you saw and grade you’d give it: Pumping Iron: A  
A fun fact about you: That I’ve actually seen Pumping Iron  
Biggest pet peeves: Dishonesty and apathy  
Dream job: Brewmaster at a micro-brewery  
Greatest athletic achievements: Working three Final Fours the past three years (men’s and women’s basketball); winning our conference championship in soccer my junior year of high school; beating Barnes Towing/Cliff’s Meat Market in co-rec softball.

What would you do with a completely free day? Fly-fish along the North Fork in the morning, hike and lunch on the Blue Ridge Parkway in the afternoon and a few beverages in the evening with my friends.

If you could have dinner with anyone, who would it be and why? Both of my grandmothers, who passed away within the past year. I just really miss them.

What’s a little-known talent that you have? I have a knack for winning the ticket office NFL Fantasy Football League every year.

What would be your dream vacation? Hike the Pacific Crest Trail from Seattle, Wash., to Portland, Ore., followed by a week-long trip to Maui to relax.

If you won the lottery, what’s the first thing you’d buy? A suite at the Bank of America Stadium for Carolina Panthers games; create an annual college scholarship for eligible students from my hometown high school; invest whatever is left over.

• Human Resources

N.C. Tax Free Weekend

The weekend of Aug. 7-9 is the annual Sales Tax Holiday for the state of North Carolina. Tax exemptions will be offered on the following items:
• Clothing, footwear and schools supplies of $100 or less per item
• Sports and recreation equipment of $50 or less per item
• Computers of $3,500 or less per item
• Computer supplies of $250 or less per item

Items NOT covered by the sales tax exemption include: clothing accessories, jewelry, cosmetics, protective equipment, wallets, furniture, items used in a trade or business, or rentals. For additional information, please check the following N.C. Department of Revenue web site: www.dor.state.nc.us/taxes/sales/salestax_holiday.html

Training Spotlight

Training and Development, along with OASIS, would like to highlight the following course offerings:
• Introduction to Word 2007
• Microsoft Access

Spaces are available in these programs and there is still time to register. To register on-line, please see the links below.
• Introduction to Microsoft Word 2007: Aug. 12, 10-11 a.m.  
• Microsoft Access: Every Tuesday from Sept. 1-Oct. 6, 9 a.m. to 10:30 a.m.  
  www.abcsignup.com/req/event_page.aspx?ek=0052-0006-428cd4da761a4b9e8e5ec13aff438f

FREEMAN: continued from page 3

Favorite restaurant: Frank’s Roman Pizza in Asheville, N.C.  
Favorite book: The Shack by William P. Young  
Favorite TV show: LOST

Last movie you saw and grade you’d give it: Up, A+

A fun fact about you: My nickname as a kid was “Freebird.”

Biggest pet peeve: Tardiness

Dream job: NASCAR driver

Greatest athletic achievement: I struck out 15 of 18 batters I faced in one game.

What would you do with a completely free day? I would hop in my car and ride up to Asheville and spend time with my family.

If you could have dinner with anyone, who would it be? The President of the United States

What’s a little-known talent that you have? I can do some cool tricks on a yo-yo.

What would be your dream vacation? Hawaii

If you won the lottery, what’s the first thing you’d buy? A private jet to fly me anywhere at a moment’s notice.
Honor Roll

Tar Heels Earn All-ACC Academic Honors For Spring

All-ACC Academic honors for spring sports are starting to roll in. Look for more in next month’s newsletter, but already announced are golf, tennis and lacrosse. To be eligible for consideration, a student-athlete must have earned a 3.00 grade point average for the previous semester and maintained a 3.00 cumulative average during his/her academic career.

Congratulations to the Tar Heels honored!

Golf: A total of six UNC golfers, three from the men’s team and three from the women’s team, earned All-Atlantic Coast Conference Academic honors for the 2009 season. Senior Sydney Crane earned a spot on the women’s team for the fourth time in her career.

On the men’s side, Chase MacFarland, a junior from Savannah, Ga., was selected to the All-ACC Academic team for the third time in his career. Henry Zaytoun III, a sophomore from Raleigh, was selected for the second consecutive year, while freshman Patrick Barrett, from Pinehurst, N.C., was chosen for the first time.

On the women’s side, Crane, from Jamestown, N.C., was joined by junior Kate Thomas, from Murwillumbah, Australia, and freshman Allie White, from Lancaster, Ohio.

Lacrosse: Five Tar Heels were named to the 28-player men’s team. UNC is represented by sophomore Michael Burns (Medford Lakes, N.J.), sophomore Ryan Flanagan, freshman Tyler Morton (Denver, Colo.), freshman Mark Staines (Gambrills, Md.) and senior Grant Zimmerman (Cockeysville, Md.). Burns was honored for the third year in a row, while Flanagan was recognized for the second time.

Four Carolina student-athletes were named to the 30-player women’s lacrosse team. Junior Kristen Taylor (Manlius, N.Y.) was honored for the third year in a row, while sophomore Corey Donohoe (Jarrettsville, Md.) was recognized for the second. Making the team for the first time were sophomores Taylor Chumney (Moorestown, N.J.) and Meredith Newton (Severna Park, Md.).

Tennis: North Carolina’s Sophie Grabinski and Katrina Tsang represented the Tar Heels on the 24-person list for women’s tennis. Grabinski is a senior from Carmel, Ind., while Tsang is a junior from Raleigh.

Tsang, who was named to the academic team the second year in a row, also earned All-ACC honors in 2009.

Jolly Nominated for Good Works Team

UNC’s Kyle Jolly is among a hard-working and committed group of college football players who will take the field this fall knowing that the impact they have on their teams and communities has nothing to do with touchdowns, tackles or receptions. Jolly is one of 106 student-athletes nominated for the Allstate AFCA Good Works Team, which honors college football players who make outstanding contributions in the areas of volunteering and civic involvement.

"Allstate and the AFCA have created a partnership of common interests and both organizations are proud to honor the off-the-field achievements of college football players and at all levels," said Guy Hill, vice president of sales and service for Allstate. "Allstate shares a genuine commitment to the community with these 106 student-athletes, and we encourage them to continue their benevolent efforts."

The total of 106 nominations submitted by sports information directors across the country on behalf of their teams surpassed all previous single-season nominee totals in the 18-year history of the award. The 2009 class of nominees represents 41 states, including Washington, D.C., and 45 college athletic conferences.

From these nominees, a special voting panel consisting of former Good Works Team members and prominent college football media members will be responsible for selecting two 11-player Good Works Teams - one composed of players from the NCAA Football Bowl Subdivision, and a combined team representing players from the NCAA Football Championship Subdivision, Divisions II, III, and the NAIA.
Tar Heel Men’s Fencing Selected for ACC Sportsmanship Award

The North Carolina men’s fencing team has been honored as a winner of the Atlantic Coast Conference Sportsmanship Award for 2008-09. The conference honors one individual male, one female and one team per school year.

Individual winners were Thomas Sensing, a member of the Wake Forest men’s track and field team, and Maggie Bernard, a member of the Clemson women’s cross country team. The winners were selected from a group of institutional nominees, which were submitted by Student-Athlete Advisory Committees (SAACs) and their advisors at ACC schools. Winners were determined by a review of the overall ACC SAAC. The UNC fencing team and Bernard will now be considered for the NCAA’s 2008-09 National Sportsmanship Award.

To be considered, nominees must have demonstrated consistently good sportsmanship and ethical behavior in daily participation in intercollegiate athletics, as well as maintaining good citizenship outside of the sports-competition setting and remaining good academic standing.

The Tar Heel fencers were recognized based on an team act of sportsmanship at the men’s Mid-Atlantic Collegiate Fencing Association (MACFA) championship on Feb. 22. (The MACFA includes only men’s teams, and the UNC women’s squad does not currently compete as part of a conference.) Competing in Easton, Pa., UNC claimed its first MACFA title in its second season in the league, but gained more attention for a runner-up trophy it brought home.

Midway through the day, a Stevens Institute of Technology sabre competitor fenced against an opponent from Hunter College. At the end of the bout, both fencers and the official signed a scoresheet on which the scores had inadvertently been switched. (The Stevens fencer won the bout, but the scoresheet reflected Hunter as the winner.) No one noticed the mistake at the time. Once signed by the participants and the official, a scorecard is final and cannot be changed.

When it was time for the day’s results to be tabulated, the Stevens coach noticed the error, realizing that his fencer had won that particular bout. The Hunter competitor also acknowledged that the Stevens fencer had won, but at that point, according to U.S. Fencing Association rules, the correction could not be made. The Stevens coach filed a protest, but it was denied.

With that scorecard in place, UNC and Stevens tied for the team sabre title. The Tar Heels won the tie breaker, which is based on touches scored, making Carolina the winner of the sabre trophy for the event. Had the Stevens-Hunter bout been scored correctly, however, Stevens would have been ahead in points and would have won the trophy outright.

Upon hearing of the situation, Tar Heel coach Ron Miller gathered his team and explained what had happened. "How do you feel about it?" he asked his student-athletes. "You’ve probably been on both sides of a situation like this." Then he asked his three-member sabre squad: "Are you content to accept the first-place trophy?" The immediate answer was, "No." Says Miller, "Our sabre guys knew what they wanted to do and the rest of the team supported them."

Because the official results were not altered, UNC was presented with the sabre trophy in the post-competition awards ceremony. But at the conclusion of the ceremony, Carolina’s sabre competitors - John Powell, Bobby Ziechmann and Kevin Ziechmann - gave their first-place medals and trophy to Stevens in exchange for the second-place hardware.

In addition to the team crown, the Tar Heels brought home first-place trophies for epee and foil.

Miller says the team has been surprised by the positive attention they’ve received for the decision, which really wasn’t much of a decision at all. "The student-athletes knew right away what we should do," Miller says. "It makes me proud that they moved ahead without hesitation and did the right thing."

Nogueira Picked for Mary Garber Award as ACC’s Female Athlete of the Year

UNC’s Casey Nogueira, who led women’s soccer to a national title last fall while earning national player of the year honors, and NC State golfer Matt Hill, the 2009 NCAA individual champion, were named the 2008-09 Atlantic Coast Conference Female and Male Athletes of the Year.

Nogueira is the recipient of the Mary Garber Award, named for the former Winston-Salem Journal reporter and a pioneer for women in the field of sports journalism. That award was established in 1990 to honor the league’s top female athlete. Hill receives the Anthony J. McKevlin Award as the league’s top male performer. That award, named in honor of the former sports editor of the Raleigh News & Observer, has been presented since the formation of the ACC in 1954.

The two awards were determined in voting by 49 members of the Atlantic Coast Sports Media Association from a group of 24 nominees (12 male, 12 female from ACC member schools) that included 16 first-team All-Americans, four national players of the year and 11 individuals who won individual NCAA championships or led their teams to national crowns.

Nogueira, a rising senior from Raleigh, N.C., is the first UNC woman to win the Mary Garber Award since Cindy Parlow, also a soccer player, was honored in 1999. She led the nation last fall with 25 goals, including both scores in the Tar Heels’ 2-1 win over Notre Dame in the 2008 NCAA finals. Seven of her goals were game-winners during UNC’s 25-1-2 season that ended with the school’s 20th national championship. She was a consensus All-America pick and winner of five national player of the year awards.

Nogueira finished first in Garber Award balloting with 18 votes to top a strong field of nominees. Duke freshman tennis player Mallory Cecil, who led the Blue Devils to a national championship while also winning the individual NCAA title, received 13 votes as runner-up for the honor. Kim Williams of Florida State, the 2009 NCAA champion in the indoor triple jump and outdoor triple jump and long jump, was named on seven ballots.

Hill is the first golfer ever to receive the McKevlin Award. In addition to becoming the Wolfpack’s first NCAA golf champion, he is just the second golfer in NCAA history to win conference, regional and national titles in the same year. The other was Tiger Woods in 1996.

Hill received 20 votes as the McKevlin Award winner. Florida State football player Myron Rolle, who earned All-America honors as a defensive back while also being named a Rhodes Scholar, was second in the balloting with nine votes.