



**Congratulations to our well-deserving
2017 recipient of the Sally Loyd
Sportsmanship Award, Florence
Senkowsky!**

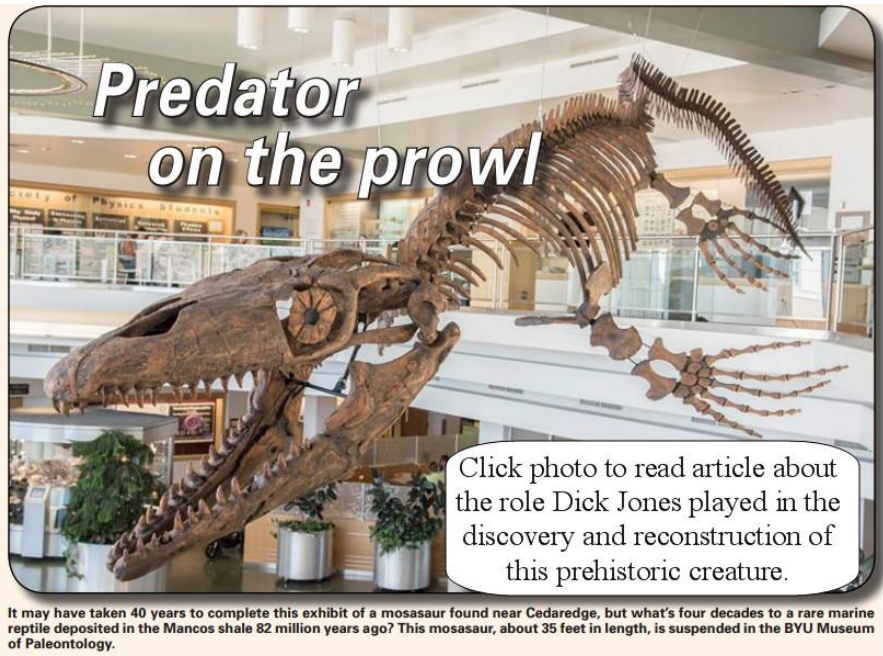


**Congratulations to
CJ Tompkins
for attaining the
rank of
Ruby Life
Master**



In 2015, the question was asked in Europe: [Is Bridge a Sport? The High Court will decide.](#) It has been decided! Click [here](#) to read the article. <http://elpasobridge.com/wp-content/uploads/2014/05/Europe-is-bridge-a-sport-w-pic.pdf>





Predator on the prowl

Click photo to read article about the role Dick Jones played in the discovery and reconstruction of this prehistoric creature.

It may have taken 40 years to complete this exhibit of a mosasaur found near Cedaredge, but what's four decades to a rare marine reptile deposited in the Mancos shale 82 million years ago? This mosasaur, about 35 feet in length, is suspended in the BYU Museum of Paleontology.

<http://elpasobridge.com/wp-content/uploads/2014/05/Prehistoric-skeleton-Dick-Jones-DCI08-23S4p006.pdf>

Get your heart pumping with water workouts



FITNESS
ANGIE FERGUSON

Summer is in full swing and the dog days are definitely here. Oppressive heat and humidity can derail good intentions of even the most dedicated exercisers. So instead of fighting the heat, embrace it, and join the growing number of baby-bombers who have already learned that the water provides one of the best full-body, muscle-toning workouts around. Water exercise — also known as water aerobics, water walking and water jogging — has really blossomed in the past decade. Once thought of as an activity only for seniors, water exercise is gaining popularity with exercisers of all ages and genders. It rivals resistance training because water resists motion in all directions and

provides the same heart-pumping cardiovascular workout running does but without the impact. In fact, depending on the depth, water will displace your weight 70-90 percent. Therefore, men and women, young and old are learning that the pool is a gym where strength training works better, calorie burning is higher and it is practically impossible to hurt yourself. **How it's done** Water aerobics differ from swimming because all movements are performed in a vertical position and no swimming skills are required. Since doing exercise in the water displaces your body's weight 70-90 percent, a person weighing 100 pounds only weighs between 10-30 pounds in the water. This weight displacement has always appealed to patients with disabili-

ties such as arthritis and fibromyalgia. More recently, however, athletes are finding these water workouts to be a great way to supplement their training while decreasing the impact and jarring on their knees, backs and joints. Water exercise provides 12 times the resistance of similar land-based programs. This means that every time you bend your arm or lift your leg in the water, you are working against a resistive force 12 times greater than if you performed the same movement out of the water. Also, when you return your arms and legs to their starting positions, the water again provides resistance but this time to the opposing muscle groups and inherently promotes muscular balance. In addition to the more obvious benefits, the water also provides a very stable, supportive and forgiving environment. This can be very attractive for those who battle with balance, stability

or any motor-skill deficit. But perhaps the most appealing quality of water exercise is the cooling effect it has on the body. When you exercise in the water, the water is continuously cooling your body, maintaining a lower body core temperature and decreasing your risk of overheating or heat exhaustion. Not only are you not covered with sweat, but this cooling process has a very positive effect on training zones as well. If your body can stay cool and within its training zone, you have a greater likelihood of burning fat more effectively in each workout. *Angie Ferguson is an exercise physiologist from Fort Myers, Florida. She is a USA Triathlon Advanced Level 2 coach, USA Cycling coach and has a Specialty in Sports Nutrition certification. For more training tips, read her blog at www.triathlontrainingisfun.com or contact her at www.geardup.biz.*



Excellent [article](#) on the benefits of water exercise.



Kudos to Kay White who recently was nominated to the ACBL Goodwill Committee. Click [here](#) to read the nominating letter. Congratulations, Kay! - well deserved.



Unit 159

American Contract Bridge League

2216 East Yandell, El Paso, TX 79903

April 20, 2017

At a meeting of the Board of Directors of Unit 159, American Contract Bridge League, held on April 9, 2017, Kay White was selected to be Unit 159's nominee for the Goodwill Award.

Since joining the Unit, Kay quickly began to be referred to as the little dynamo who just gets things done. She volunteered to be the Membership Committee Chair and has actively and enthusiastically worked to enhance all aspects of the membership experience for our members. Her efforts included improving the Unit Directory, individual recognitions, and responsibility for planning this year's Membership Game. Above and beyond her committee work she has actively contributed to our successful Sectional tournaments by working on flyers and assisting the hospitality committees. However, the truly amazing thing about Kay is that whenever she sees anything that needs to be done, she just does it cheerfully.

Peter S. Peca, Jr, President