RMA’s Mushball Madness

The iconic baseball poem *Casey at the Bat* begins “The outlook wasn’t brilliant for the Mudville nine that day.” RMA’s Mushball 14 may not have had a brilliant outlook either, but they did poetic justice to their first mushball tournament last weekend.

RMA brought together a team of engineers, planners, technicians, secretaries and analyst for a mushball tournament at Manzanita Park last Sunday, a fundraiser for North County Youth Recreation Association.
What is mushball? It’s like softball, except the ball is much softer and larger, 16 inches in diameter is the standard. There is no need for a glove and because the ball is so soft, it is difficult to hit very far.

The RMA team came into the tournament armed with some seasoned athletes, competitive spirit and a little name intimidation against their competitors (local contractors), calling themselves the “Bat Intentions.”

RMA Director Carl Holm, also a team member, provides this game by game commentary and color:

In game one, RMA-Bat Intentions came from behind in the bottom of the last (7th) inning to win 5-4 against Flores Landscape.

Game two was against Granite Construction. RMA-Bat Intentions again came from behind to tie the game 5-5 in the bottom of the 4th inning and the game ended with that tie score. After much deliberation about how to break a tie, it was determined that the last team to have the lead wins so RMA lost, despite offering to lift a red tag for Granite. This was a tough loss especially since first baseman Bora Akkaya fractured his pinky during this game (but finished the tournament).

Game three was against the Don Chapin Company. RMA was down 8-3 in the 4th inning, but managed a comeback only to lose 8-7 despite not one, but two double plays. The final stats:

- Game 1 – Win (6-5)
- Game 2 – Tie (5-5)
- Game 3 – Loss (8-7)

“All in all, not ‘bat’ for a bunch of pencil pushers, which shows how good team chemistry can go a long way,” says Holm. “In the office Monday morning, movement was slow but sprits were high.”

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**Check Out Health Fest May 1st**

What better way to treat yourself than to check out Health Fest which is happening May 1st.

Health Fest will take place from 10:00 a.m. to 2:00 p.m. at the Government Center at Schilling Place, and there will be lots of interesting demos and activities to enjoy.
Take a break from your work day, use your wellness hours with supervisor’s approval, and come for interactive sessions such as CPR, fitness demos, standing yoga and ‘Stop the Bleed,’ and browse information from more than 20 community agencies.

There will be games, raffles and more, plus this event is family friendly, so kids and spouses are welcome. Check out the demo schedule below, see you at Health Fest!

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<td>Body-weight Circuit (30 min)</td>
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**Natividad Earns Baby Friendly Designation**

Natividad’s renowned Neonatal Intensive Care Unit isn’t the only reason the facility is known as being a great place for babies.

Natividad has again received national recognition as a Baby-Friendly birth facility by Baby-Friendly USA, Inc. The designation acknowledges Natividad for offering mothers the information, confidence and skills needed to successfully start and continue breastfeeding.

The Baby-Friendly award is part of a global program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). Natividad was first designated as Baby Friendly in 2013.

To earn the designation, a hospital must complete a rigorous on-site survey and demonstrate it has correctly integrated all of the required “Ten Steps to Successful Breastfeeding,” including educating
pregnant women about breastfeeding, helping new mothers initiate breastfeeding within one hour of birth and fostering support for nursing mothers.

Natividad Women & Children’s Services delivered more than 2,200 babies last year.

“Breastfeeding can be challenging for some women, and having the right resources can make all the difference,” said April Ritchie, Women & Children’s Services Director.

Natividad offers a Lactation Clinic that provides breastfeeding support to expecting and new mothers, regardless of where the baby was born. You can find out more about what it takes to earn the Baby Friendly designation here.