



Kitchen Tal

Sun City Texas Pickleball Club Newsletter

FROM THE PRESIDENT

June



Barb Patterson

"Barb, Barb," I hear from the sidelines as I'm about to serve the ball.

"What's up?" I ask, worrying that someone has been injured on another court.

"Four teenagers are playing on Court 23," is the answer I receive. Whew, no one is injured, so now I guess I just have to go chase some kids off a court.

I walk over to Court 23 and sure enough four kids are playing, no grandparent in sight. When I ask if they are guests of a SCTX resident, one says that his grandmother lives here and is on her

way. I let them know that they'll have to stop playing until grandma gets here. They leave the court complex a few minutes later, without a grandparent ever showing up. Who knows whether grandma is a Sun City resident or not?

The next morning at the courts, someone comes to get me because there is a cyclist riding his bike on the sidewalk next to the courts. So I get to play "Court Cop" again and ask him to please walk his bike to the restroom.

What is my point in telling you these stories? Well, it's my plea for help from club members. It's not just the club president or a club board member who can nicely ask others to comply with rules of the Community Association and the Pickleball Club. ANYONE is allowed to do that.

I've had members come up and tell me stories of seeing teenagers playing three weeks ago at the courts. This does no good at all. When I ask if they said anything to the kids, I get a blank stare.





FROM THE PREZ (CONT.)

I know that some of you do take it upon yourselves to check on whether people are really residents or ask cyclists to walk bikes or ask guys to please wear shirts on the courts (yes, we do still have the shirtless issue!) And we appreciate you taking that initiative.

We have signs at Northpoint that explain specifically what actions to take if you suspect a group of non-residents are playing. I normally ask if they are residents and just moved here since I've never seen them before. If they say they are, I welcome them and ask which neighborhood they live in. When I get a good answer (one couple told me they live in the neighborhood over by CVS, so I knew they were lying), then I apologize and tell them they look too young, and that's why I had to check. Everyone usually goes away happy at that point.

As our last club president, Ed Cahill, used to say, "If you see something, say something." It's one small way that everyone can pitch in and help.

TREASURER'S REPORT

SUBMITTED BY D'LES LONGINO



APRIL 2024 FINANCIALS

We began April 2024 with \$24,636.40 in our checking account. In the month ending April, we had income of \$1,340.00 from renewed and new memberships (\$540.00) and the spring special event (\$70.00) and social dinner (\$730.00). After expenses of \$3,605.50, VBO expense for special events \$36.00, player

development \$173.19, Arlo cameras \$17.03, Court Reserve \$231, Admin supplies payback (\$28.15), spring special event \$787.05 and spring dinner \$2,389.38, we ended April with a balance of \$25,542.37.





CLUB ANNOUNCEMENTS

WELCOME NEW MEMBERS!

FIRST NAME	LAST NAME
LeAnne	Beltson
Stuart	Beltson
Paula	Bengel
Bruce	Cole
Susan	Cole
Amy	Copps
Paul	Copps
Karen	Curtis
Gail	Davis
Tommy	Davis
Cathy	Donaldson
Loyce	Engle
Brooke	Evans
Jennette	Hernandez

FIRST NAME	LAST NAME
Allison	Holstein
Dan	Holstein
Robert	Kaltenbacher
Tracie	Kaltenbacher
Barbara	Kowalski
Mark	Kowalski
Jeff	Kruse
Sally	Metzger
Jack	Oster
Linda	Rainsdon
Randall	Rhyne
Susan	Rhyne
Leslie	Richardson

	T
FIRST NAME	LAST NAME
Steve	Richardson
Stephanie	Rossow
Craig	Smith
Kari	Smith
Ron	Stein
Dorothy	Thorp
Scott	Usinger
John	Vicenik
Sheryl	Vicenik
Gary	Williams
Patricia	Williams
Caroline	Willingham
Cheryl	Wimberly
Mike	Zimmermann



At press time, total number of club members is 1651.





CLUB ANNOUNCEMENTS (CONT.)

Mackenzie and Matthew Boyett's Baby Shower

Some of Matt's students and friends gathered at the Cowan Creek Pavillion on Sunday afternoon April 28 to throw Matt and Mackenzie a baby shower. They are expecting a baby boy sometime around the second week of June.

A great time was had by all 40 or so attendees (including Matt and Mackenizie's moms from Tennessee). Games were played and gifts were unwrapped with much fun and laughter. Marliene Sotak made three different types of cupcakes (45 in total) and the party committee was Liz Blount, Marliene Sotak, Barb Aegerter, Terry Howarth, and Jan Fambro.



Prize winners Matt, Leslie Vanderpool, Judy Esposito and Ric Hutchinson



Group photo - note the smiles!



Marliene and some of her cup cakes



Matt and Mackenzie enjoying some refreshments Infant Style



Event Organizers: Liz Blount, Marliene Sotak,, Barb Aegerter, Terry Howarth, Jan Fambro, Matt and Mackenzie





CAPITAL IMPROVEMENTS

By Liz Blount, Vice President

The Pickleball Club established a Capital Projects Committee to address the concerns raised by members in our surveys for ongoing improvements to our facilities as the club expands. We heard your concerns and suggestions.

The committee, in cooperation with the Pickleball Club's board of directors, developed a long-term Grand Vision to accommodate the growing popularity of pickleball and growing club membership. The plan will be carried out in phases, as fundraising allows, and includes capital improvements for courts at Texas Drive, the Retreat, and Northpoint. Examples of potential projects include:

*Texas Drive

- ·Replacing flagstone patio area with permeable pavers for a more level walking surface and to address tripping hazards
- ·Replace/update the covered spectator area and add fans

*The Retreat

·Install dividers between courts

*Northpoint

- ·Install shade coverings over 2 sets of 4 courts (open play courts and teaching courts)
- ·Convert a significant portion of the open space for additional parking (estimated 65 spaces)
- ·Install 4 additional courts in the remaining portion of the open space
- ·Cover additional courts
- *These projects are suggestions and are subject to any or all necessary approvals such as engineering plans, okays from the Community Association, etc.

An additional survey was sent out in April to address these concerns and options for our members. Thanks to the over 500 people that responded.

Drumroll please....

As the summer heat is starting to bear down, how does a little shade sound to cool down the courts? Want to test the difference? Enjoy the shade at the picnic tables at Northpoint vs the heat on the courts.





CAPITAL IMPROVEMENTS (CONT.)

The first project, with majority support in the April survey, was covering courts 17-20 at Northpoint with a shade cloth structure at an approximate cost of \$194,000. This project maximizes the number of members who can enjoy the coverings. The club has approached the CA for partial funding as Pulte will no longer be constructing additional facilities in Sun City. The application requests the CA allocate 40% of the cost (\$77,600) with the club committing to raising 60% of the cost (\$119,400). If approved, funding would occur in 2025. Based on findings from the April survey, a \$50 increase in yearly dues for 2025 will be put forth at this fall's annual meeting with the funds earmarked for the shade structure at Northpoint.

Why Northpoint? It is our teaching and tournament facility and, due to its size (number of courts), the most heavily used of the three pickleball facilities.

The Pickleball Club's 2024 budget has been amended to include a line item for capital projects. This change means fundraising can begin today for the shade structure. We are in the process of establishing a contribution button on our club site and we will send out a blast when that is available for your contributions.

A committee is coming together to brainstorm additional fundraising ideas. Do you want to take part in the future of the club? If so, join us in ensuring this first project of the club's long-term Grand Vision is a success. We can assure you that you will have fun along the way. Let's do this!



Not our exact design but similar





RULES, RULES, RULES



Question: Team A hits the ball over the net. The ball bounces back over the net without anyone from Team B touching it.

Answer: The rally ends in favor of Team A. Team B MUST touch the ball and will need to cross the plane of the net to do so. What is the situation? SEE RULE BELOW!

Lydia Blaakman

Rule: SECTION 11 - OTHER RULES

11.I. Plane of the Net. Crossing the plane of the net prior to striking the ball is a fault. After striking the ball, a player or anything the player is/was wearing or carrying may cross the plane of the net. The player may not touch any part of the net system, the opponent's court, or the opponent while the ball is still live.

11.I.1.**Exception:** If the ball bounces into a receiving player's court with enough backspin or wind aid to cause it to return to the other side of the net, the receiving player may cross the plane of the net (over, under or around the net post) to hit the ball. It is a fault if the receiving player (or anything the receiving player is wearing or carrying) crosses the plane of the net before the ball has first crossed back over the plane of the net to the opponent's side. It is a fault if the player touches the net system, the opponent's court, or the opponent while the ball is still in play.

Question: Can I be in the NVZ before the ball bounces? Several of my students have been told in open play that it is a fault if they enter the NVZ before the ball bounces.

Answer: I would ask the students, at what point is that a fault? Players may be in the NVZ at ANY time, ie. to anticipate a shortdink, to take a nap, eatlunch, text, take a call... Ok with the exception of anticipating a short dink, I'm kidding. You get the point. See rule below:

Rule: SECTION 9 - NON-VOLLEY-ZONE RULES

9.E. A player may enter the non-volley zone at any time except when that player is volleying the ball.





RULES, RULES, RULES (CONT.)

- **9.F.**A player may enter the non-volley zone before or after returning any ball that bounces.
- **9.G.** A player may stay inside the non-volley zone to return a ball that has bounced. There is no violation if a player does not exit the non-volley zone after hitting a ball that bounces.
- **9.H.** There is no violation if a player returns the ball while their partner is standing in the non-volley zone.

Question: If the ball is found to be cracked immediately after a point is scored does the point have to be replayed?

Answer: Do the players agree or disagree that the cracked ball impacted play? This is the determining factor.

Rule: SECTION 11 - OTHER RULES

11.E. Broken, Cracked, Degraded, or Soft Ball. If any player suspects the ball is or

must continue until the end of the rally. In officiated matches, players may appeal to the referee before the next serve occurs to determine if a ball is degraded, soft, broken or cracked. If, in the judgment of the referee, a broken or cracked ball impacted the outcome of a rally, the referee will call for a replay with a replacement ball. If both teams agree that the ball is degraded or soft, the ball will be replaced, but there is no replay of the prior rally. In non-officiated matches, if both teams agree, players may replace a degraded, soft, broken, or cracked ball before the next serve occurs. In only the case of a broken or cracked ball, if the



<u>players agree</u> the cracked ball impacted the prior rally, a replay occurs. If the players do not agree that a cracked ball impacted the outcome of the prior rally, the prior rally stands as played. If both teams agree that the ball is degraded or soft, the ball will be replaced, but there is no replay of the prior rally.





TRAINING & DEVELOPMENT

By Ric Hutchinson, Director of Player Development

The Heat is On!!!

After a very mild May it looks like we are going to get some heat in June. Please note that most (but not all) training classes will be held from 7:00 – 8:30 am through at least September.

Skill Level Again!!!



Rodney and Me

We don't get no respect. When you get to the section in this article on Pro Clinics for June you'll notice that there are 0 (none, nada, zilch) 4.0 Pro Clinics scheduled for June. This is due to the fact that although I have REPEATEDLY asked that everyone respect the specific skill level requirements of each clinic when registering, I have been REPEATEDLY ignored. **Therefore, going forward - 4.0 skill level clinics will be**

restricted to those players with a Self-Assessed skill Rating of 4.0 in their CMARS profile <u>AND</u> the registration will be subject to approval.

I have done my best to avoid this, since it means more work for the Player Development team, but apparently to no avail. The problem is two-fold:

First when Matthew develops a clinic for players with 4.0 level skills and it is filled with players with Self Assessed Skill Levels of 3.0 and 3.5 (and believe it or not) 2.5 who do not have the ability to perform the 4.0 level drills, it is a WASTE OF HIS TIME.

Second, when players with 4.0 level skills attend a clinic and find that the majority of the people participating don't have the skills to perform the drills that are being taught it is a WASTE OF THEIR TIME.

If you are a Sun City player with a skill level of 4.0 or above I hope that you will give us another chance and register for the upcoming 4.0 Clinic in July. **Remember**, in order to register for a 4.0 pro clinic, the Self-Assessed Skill Rating drop down box in your CMARS profile must be set at 4.0 or above.





Ball Machines

We continue to have problems with the care and treatment of our ball machines. Please remember that the machines and the battery packs can be easily damaged when they are handled carelessly. If you have questions about how to disconnect or reconnect the battery packs to the chargers please call Tim Shutte at the number posted inside the storage shed.

In addition, some folks are using the machines without reserving them because they know the lock combination. We changed the lock combination in May and will continue to do this at least monthly. Please do not pass the combination on to other members. We are also investigating automated locks that use a one time code that is supplied with your reservation. The one time code is only good for a short time frame.



On another note, it seems that the ball machines must be very hungry. I say that because I am adding 25 – 50 balls to the hoppers each month. I wonder if the machines would lose their appetite if members who use them were required to provide their own balls. It's a thought!

Loaner Paddles

As some of you know the club provides loaner paddles at each court site. We provided boxes to keep them out of the weather and racks to keep them organized. We try to make sure they are in good shape and playable. For some reason they keep disappearing from Texas Drive and showing up at North Point. If you use one of them, please make sure you put it back in the box where you got it.





Ok, now for some positive things.

New Member Orientation Class

In order to provide our new (and not so new) Club members with information about our Club we have developed a New Member Orientation (NMO) class. This class will be offered to all club members 1 to 2 times per month depending on demand. NMO is scheduled for approximately 60 minutes and includes a variety of topics including

- Club overview
 - Board Members and areas of responsibility
- Description of Club facilities
- Club Play Opportunities
- Emergency procedures
- Personal Safety Issues
- Pickleball equipment options
- Overview of the Pickleball Club webpage
- Log in and live walkthrough of New Member portions of the Club webpage
- Brief discussion of Court Reservation policies, Court hours and Club paddle rack system
- Training opportunities
- Differences between Sun City/Club website and CMARS
- Log in and live walkthrough of CourtReserve/Court Management and Reservation System (CMARS).
- Questions

New Member Orientation classes are currently offered on the following dates:

New Member Orientation Presentations - June & July 2024

	,			
Date	Room	Time		
Saturday, June 1, 2024	Mesquite Room	1:15 - 2:30 pm		
Friday, June 28, 2024	Mesquite Room	1:15 - 2:30 pm		
Saturday, July 6, 2024	Mesquite Room	1:15 - 2:30 pm		
Friday, July 19, 2024	Mesquite Room	1:15 - 2:30 pm		

The Mesquite Room is located in the Legacy Golf Pro Shop Building.





To register for a class:

·For the next class. From the main page of the **Pickleball Club** website Look for Upcoming Events And click on New Member Orientation.

Or

·For other classes going forward. From the main page of the **Pickleball Club** website click on Calendar in the left navigation menu.

Then

·Review the calendar for class dates, click on the New Member Orientation Class you wish to attend and complete the registration process. (The class will show closed when the maximum number of participants is reached)

OngoingProgram Updates

Beginner Training (BT). This month we completed Beginner Training Class 129. My thanks to all the volunteer instructors who give their time to make these classes possible. Between January 1 and May 1st of 2024, 88 members have completed our Beginner Training Classes. Here is the photo of the graduates of BT Class 129.



Back Row: Mae Lopez Instructor, Toby Zinnecker, Dave Schunk, Instructor, Brian Telle, Barbara Houk, Joe Bury, Gilbert Estrada, Mark Ferris, Lisa Jay, Lana Stokes,

Middle Row: Don Thurwell, Laura Thurwell, Jan Baldwin, Instructor, Hannah Nguyen, Instructor Front Row Kneeling Michael Green, Laura Johnson, Nancy Telle, Penny Estrada

Supervised Novice Play (SNP): SNP classes continue to be very popular and to fill quickly. We currently have 30 active SNP players, with 32 more registered for Beginner Training.





Advanced Pickleball Strategy (APS): June APS classes will be offered on 4 June and 25 June. All June classes will start at 7:00 am. Registration will be through CMARS and will open 14 days prior to each scheduled class at 5:00 pm.



Train the Trainer Classes.

Our next class is scheduled for 7 October. We have modified the training program this year to shorten the initial training time from 3 days to 1 day and to add specific on-the-job training for our instructors in training.

This program is a prerequisite for the progressive development of our volunteers who will apprentice as assistant instructors and potentially work their way to joining the Supervised Novice Play, Beginner Training and Skills and Drills programs. For more information or to register for this class, contact Ric Hutchinson, Player Development Director, at novicehutch@gmail.com.

Club Pro Clinics. The response to the Pro Clinics continues to be amazing. Remember, if you like the clinic and it is full, please register for the waitlist. All Clinics will start at 7:00 am until further notice.

Pro Clinic #	Instructor	Pro Clinic Name	Date	Skill Level	Cost per Person	Courts/Time	Registratio	on Opens
	Matthew					NP 14-16		
24-29	Boyett	Control the Pace	1 June-24	3.5	\$25.00	7:00 – 8:30 am	18-May-24	5:00 PM
	Matthew					NP 14-16		
24-30	Boyett	Playing Clinic	6 June-24	3.0	\$25.00	7:00 – 8:30 am	23-May-24	5:00 PM
	Matthew					NP 11-13		
24-31	Boyett	Defend the Lob	27 June-24	2.5	\$25.00	7:00 - 8:30 am	13-June-24	5:00 PM
	Matthew	Red, Yellow and Green				NP 11-13		
24-32	Boyett	Light Volleys	29-June-24	3.0	\$25.00	7:00 – 8:30 am	15June-24	5:00 PM

2024 Club Pro Clinics

Club Teaching Professional.

Available Hours. Our Teaching Professional, Matthew Boyett uses Court #23 at North Point, Monday through Saturday from 7 am – 10 pm. If you prefer evening lessons, please contact him. He also schedules make up sessions for inclement weather days on Sundays. For more information on Matthew, his contact information and rates, go to the Sun City Texas Community Association Private Lessons (sctexas.org) or head on out to Court #23, peak through the fence and see him in action.

Take Advantage of Our Pro. Many of you have asked me how you can continue to improve your pickleball skills after you have completed our Club training programs. The answer is to contact Matthew and take a lesson.





SPECIAL THANKS

A Big thank You !!! To Brian Loynachan.

In October 2022, Brian took over Ball Machine Coordinator duties, with Mike Murphy assisting him. Since that time, he has worked tirelessly to keep the machines working and teach club members how to operate them. The May class was Brian's last as he is stepping down as Ball Machine Coordinator. We thank him for all his hard work and dedication. When you see him on the courts make sure to say thanks. In the meantime Mike Murphy has agreed to take over for Brian and Rick Piland has agreed to assist him. Tim Schutte has added the ball machine maintenance tasks to his already full plate.

COURT ACTIVITIES

By Terry Kennedy, Director of Court Activities

Court Usage

Do You Want to Play in the 2024 Men's or Women's Round Robin Tournament 9/6-9/7 and 9/13-9/14? We are half way through the qualifying weekends Only 15 weekends left

To qualify you must play three times
In the 2.5, 3.0, 3.5/4.0 skill level weekend round robins
Between March 8th and September 1st

As of May 23, we have:

16 – 2.5 qualifiers

84 - 3.0 qualifiers

76 – 3.5/4.0 qualifiers

We have room for 84 players each weekend





FROM THE MAINTENANCE TOOL SHED

By Tim Schutte, Maintenance Director

Thank you to those of you that have made me aware of maintenance issues, I really appreciate it as I cannot keep on top of all three locations by myself.

For those that may not be aware, you can make me aware of any maintenance issues at any of the three locations.

Email: MaintenanceSCTXPickleball@gmail.com

Text Message: 540-454-1178

You can also leave a Voicemail at that number. I cannot hear over the phone, so I will never pick up a call, but feel free to leave a VM message.

Please include the following:

What is the problem?

What court or area is the problem at?

If you believe it is urgent or not, it is always helpful. Urgent means if not fixed ASAP someone could get injured could impact multiple people.

NOTE: Some maintenance requests may have to be forwarded to the Community Association (CA) to be resolved. If that is the case I will respond and let you know.

Upcoming Events - Next 6 weeks (or so)

Jun 1 -New Member Orientation

Jun 5 - BYOBB&D at Northpoint

Jun 28 - New Member Orientation

Jul 3 – **No** BYOBB&D this Month

Jul 6 -New Member Orientation

Jul 19 -New Member Orientation





COACH'S CORNER



Hey everyone, Matthew Boyett back again for another Coach's Corner. I wanted to talk about a very important aspect of your game that you may be avoiding all together, the warm up! A proper warm up gets you prepared for the game you are about to play. Here are two of my favorite warm up drills to not only improve your game but also help improve the fundamental aspects of your game.

The Puppet Master

This is a cooperative dink drill that helps work on control in two different ways. Both players are at the kitchen and must keep the shots within that. One player is the "puppet master". It is this person's job to move the other around by hitting the dinks all around the kitchen. Really aim at the left and right foot and build from there. The other person is the "puppet". They are getting moved around and it's their job to control the pace of the drill. This person is trying to put the ball right in front of the other player but trying to make the ball bounce. The puppet needs to make sure the point is not getting out of control. Switch roles and make each other move!

Slinky Drill

Both players start at the kitchen line. One player will gradually work their way back to the baseline while hitting drops the whole way back. An easy goal to set is do not move back until you are able to get the drop to bounce from that spot. The player at the net controls the drill and gets the ball back to the player moving back. This player needs to hold their position at the kitchen line and not move back. Once that player makes it to the baseline, play out a live point working back up. Once back at the kitchen, the other player will now gradually work their way back.





Nutrition Newsflash:



Hydration

Hello Sun City Pickleballers –Mackenzie Boyett, registered dietitian here for another taste of nutrition tips! This month, I wanted to touch on

hydration. As we have likely all felt here recently, the Texas heat is ramping up for the summer. Due to the extreme heat and humidity, it's best to make sure to stay on top of our hydration levels. Hydration is a crucial part of not only everyday health, but also athletic performance. Dehydration can occur quickly and once it sets in, it is not easy to "catch up" with. Also, if we aren't properly hydrated, cramping can occur (which is NO fun!)

If you're waiting to hydrate until the "day of" a pickleball play-day, camp, tournament, or another fun way to pickle, you're too late. Adequate hydration needs to occur days before. Think: **DRINK EARLY, AND DRINK OFTEN!**

Hydration does not only imply just plain water, but also crucial electrolytes and minerals for heart and muscle function. These include:

- ·Sodium (this is the MAIN electrolyte lost with sweating)
- ·Calcium
- ·Chloride
- ·Potassium
- ·Magnesium

If you're looking for an electrolyte beverage, here are some of my favorite options to try out: Liquid IV, Pedialyte (NOT just for babies!), Gatorlyte, LMNT, and DripDrop. I do not recommend coconut-water based beverages such as Body Armor and Prime as they do not contain enough sodium content. If you enjoy these, try pairing with a salty snack such as pretzels.





Nutrition Newsflash: (cont.)

Side note: **DON'T** be afraid of some sugar in your electrolyte drinks. It actually helps to efficiently deliver the needed nutrients for fuel and hydration. Also, some carbohydrates are recommended for fast fuel!

Here is a recipe for making your OWN sports drink:

- ·8 oz 100% fruit juice
- ·20 oz water
- \cdot ¼ ½ tsp of salt (I would opt for ¼ tsp if you're a light sweater and ½ tsp for moderate to heavy sweaters!)

For nutrition coaching inquiries, send an email to thriveandbalancenutrition@gmail.com

We celebrated last night with a couple of "Adult Beverages"

Metamucil & Ensure





TOURNAMENT NEWS

USA Pickleball Road to Nationals Rockwall, TX

Mixed Doubles

Mary Lou Artim and Dan Dick	3.5	Gold	75 - 79
Kathy Carr & Steve Frank	4.0	Bronze	70 - 74
Men's Singles			
Dan Dick	3.0	Gold	75 - 79
Steve Frank	4.0	Bronze	70 - 74
Men's Doubles			
Terry (TL) Luttrell and Dan Dick	3.5	Gold	75 - 79
Steve Frank & Dave Mikalonis	4.0	Bronze	70 - 74

Cedar Park Paddle Battle

Women's Doubles

Sharon Campbell & Dana Padula 3.5 Silver 60 - 65

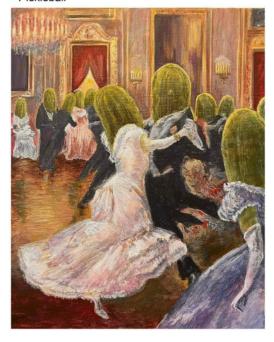


Remember: Please send tournament results to the club e-mail: SCTXPICKLEBALL@GMAIL.COM.





Pickleball





I couldn't figure out why the pickleball kept getting larger and larger...

...then it hit me!

2024 SCTPC BOARD MEMBERS



Barb Patterson President



Liz Blount Vice President



Peg O'Toole Secretary



D'Les Longino Treasurer







Tim Schutte Maintenance Director



Terry Kennedy Director of Court Activities



Pete Nadolski Communications Director







PARTING SHOT

How to Avoid Mixing Your Metaphors

It's not rocket surgery.

First, get all your ducks on the same page.

After all, you can't make an omelette without breaking stride.

Be sure to watch what you write with a fine-tuned comb.

Check and re-check until the cows turn blue.

It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans: you can burn that bridge when you come to it, if you follow where I'm coming from.

Concentrate! Keep your door closed and your enemies closer. Finally, don't take the moral high horse: if the metaphor fits, walk a mile in it.

I am always looking for photos for the parting shot. If you have something, send it to me at sctxpickleball@gmail.com