



# THE BLAZE

Working Learning Acting TOGETHER



## Dear Parents and Students

I'm pleased to write this week's BLAZE article in Mr. Moody's absence, as he is attending the ACAM-IS board meeting in Macau. I hope each of our families had a restful October holiday last week and enjoyed the pleasant weather that Tianjin offers this time of year. October is a significant month in China, beginning with the celebration of the founding of the People's Republic and marking the transition to cooler temperatures and the beauty of autumn.

This month is particularly busy at IST, with important events such as our first Parent-Teacher Conferences and UN Day approaching. And of course, we also have many sports events taking place. While Mr. Moody will share more details about these events soon, I'd like to highlight a few initiatives designed to support parents in navigating their children's education.

As we enter this period of reflection and refinement of our organizational systems, I want to draw attention to our Emergency Phone Tree. Next Monday, we will distribute Emergency Phone Trees for all community groups. This system is crucial for communicating urgent information to all IST families, ensuring that messages are received and understood promptly. It is especially important on "FOG DAYS," when visibility may prevent buses from safely transporting students to school in the morning. For less time-sensitive communications, we utilize e-notifications and WeChat messaging.

In addition to the Emergency Phone Tree, we have recently held sessions on various topics, including the use of Artificial Intelligence (AI) at IST and guidance for parents of older students navigating the Diploma years. I also led a discussion on the significance of sleep in maintaining a healthy lifestyle. These initiatives reflect our commitment to fostering a collaborative community that supports our students' educational pathways.

Another important event in the IST calendar is the upcoming Literacy Lab workshop that will be hosted at school this coming Saturday and Sunday. Students and teachers from different schools in the area will come to IST to learn about the incredible benefits that our Literacy Lab offers to students. The Literacy Lab is a unique feature at IST, and we have found that students and teachers from all over the region are deeply interested in learning how they can implement a similar program in their own schools.

Finally, I want to remind parents to help us monitor your children's health as we transition into the new season. Each year around this time, we see an increase in minor illnesses. While perfect attendance is important to many students, we encourage all parents to remember that if your child begins to show symptoms of illness, it's best for them to stay home and rest rather than come to school feeling unwell and fatigued.

I hope you all have a lovely weekend, and I thank you for your continued support as we work, learn, and act together at IST!

Warm regards,  
Michael Conway  
Secondary Principal / Deputy Director

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# THE BLAZE

Working Learning Acting TOGETHER

## IST Library & Information Literacy Center

### Our Mission

The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

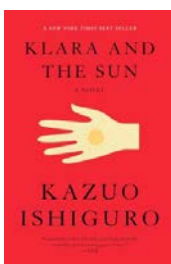


### New German Books

The library has new German-language books available! The new books include nonfiction books, picture books, graphic novels and chapter books for younger and middle-grade readers. Stop by the IST library and checkout one of the new books! A big thank you to IST German teacher Birgit Stolte for helping us order the new books.



### Parent Book Club



Our next Parent Book Club selection is the novel *Klara and the Sun* by Kazuo Ishiguro. We will meet in the library to discuss the book on **Thursday, November 7<sup>th</sup>**, in the IST library. The library has copies of the book in English, Chinese, German, and Korean. A digital copy in English or Chinese is also available upon request.

All interested parents are welcome to join us for a book discussion, coffee, and treats, even if you haven't had a chance to read the book.

Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30



## **Monday 7 October**

### **IST vs Wellington HS Volleyball Girls**

In a home match against Wellington, the IST girls' volleyball team showcased their depth and adaptability. The second team started strong in the first set, putting up a good fight while using the time to familiarize themselves with plays and tactical game plans. It was a tightly contested set, but they managed to stay in control and secure the win.

In the second set, the rest of the team rotated in, providing everyone the chance to gain valuable experience. This shift resulted in a loss for IST, as they faced challenges against Wellington's improved performance.

For the decisive third set, the starters returned to the court, determined to clinch the victory for IST. Their experience and teamwork paid off, ensuring a strong finish to the match and solidifying IST's win.

### **IST vs Wellington HS Volleyball Boys**

In a home match, IST faced off against Wellington in a thrilling volleyball showdown. With key starters missing from the IST lineup, strategic shifts were necessary to maintain team dynamics. The first set saw IST taking control effortlessly, securing an easy victory as Wellington struggled to find their rhythm. However, the tide turned dramatically in the second set, as Wellington came back with renewed determination and focus, fiercely competing for every point. Though the second team of IST faced challenges against Wellington's improved defense, they gained valuable experience that will undoubtedly benefit them in future matches.

With the momentum shifted, Wellington seized the opportunity to win the second set, leading to a decisive third set. As their confidence surged, they fought hard to reclaim the match. The final set showcased some outstanding serves from IST, pushing them to their limits. Both teams displayed grit and resilience, but it was IST's ability to dig deep that ultimately sealed the match. A hard-fought contest, this game highlighted not just the competitive spirit of both teams but also the importance of adapting and learning under pressure.

## **Tuesday 8 October**

### **Wellington vs IST MS Football Girls**

The girls performed admirably in the absence of their coach, playing with heart and demonstrating impressive commitment and determination. Their positioning and coverage on the field were solid, making it difficult for Wellington to break through our defenses.

However, early in the second half, Wellington managed to score twice. Despite this setback, the girls continued to fight hard and created several chances to find the net. Unfortunately, our efforts were prevented by the opposing goalkeeper and the size of the goal.

Key takeaways for our next match include focusing on making the field smaller and improving our ball control and passing. The final score was 2-0, but the team's spirit and resilience were commendable!



## Wellington vs IST MS Football Boys

Zesheng proved to be an excellent captain during our latest game, leading the team with confidence and skill. Alessio, our new goalkeeper, had a commendable first outing, showcasing his potential between the posts.

As a team, we are continuously reflecting on our performance. We excelled in holding our positions, applying pressure, marking our opponents, and going for the ball. However, one area we need to improve is our shooting accuracy. This will be a key focus in our next practice session.

Despite having the most ball possession, we faced a tough loss with a final score of 4-1. We'll regroup and work on our shooting to come back stronger!





## How to play Padel

### Everything you need to know (Beginner's Guide)

Padel was originally invented in Acapulco, Mexico, by Enrique Corcuera in 1969. It is currently most popular in Spain and its former colonies, specially Mexico, Argentina and Chile.

In recent years, it has also gained relative popularity in European countries such as Italy and the Nordic countries, although it is now beginning to spread rapidly across Europe and to other continents.

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#### What is Padel?

Padel is a racquet sport that generally follows the rules of tennis, but it has four walls like squash which makes it different. It's played inside an enclosed court, so there are less limits to where you can hit the ball.

If you are already playing tennis and enjoy it, chances are that padel will also appeal to you. The foundation of the game is based on [good positioning](#) and strategy, using [speed and accuracy to place the ball](#) where it will put your opponent under pressure.

#### Quick Facts about Padel

- Padel is played in doubles. A normal Padel court is designed for four players and is roughly 25-30% smaller than a tennis court. There are also single courts, but it's less common.
- Padel rules are similar to those of tennis, but you serve underarm. Points are calculated the same as in tennis with points, games, and sets. [Tiebreak](#) is used to separate teams at 6-6.
- [Padel balls](#) are smaller and has less air pressure than tennis balls.
- Padel racket: Solid with no strings. The racket has to be perforated.

Video with Chinese subs: <https://www.douyin.com/video/7160959063583362343>



## Padel explained in 2 minutes

“What is Padel” (or Padel Tennis), by [The Padel School on YouTube](#).

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## The Padel Court

The court is enclosed and is surrounded by walls of glass and metallic mesh.

The ball can bounce off any wall but can only hit the turf once before being returned.



*IST's Padel Court, located near the back gate.*

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## Padel equipment

### The padel racket

Generally, padel rackets are made of carbon fiber or fiberglass. More advanced players normally prefer rackets with carbon fiber whereas beginner players would be more suited to start with bats made out of fiberglass.

Padel rackets are available in [different shapes](#):

- Round
- Drop-shaped
- Diamond-shaped



A round padel racket is a popular choice for most players, from beginners to expert competition level players, and is often referred to as the control racket. It's simple to use and provides good control, precision, and speed.

[The sweet spot is more central](#), making the racket easier on hand while still providing a nice sensation.

A diamond-shaped padel racket is designed to provide power and speed, and it is typically used by advanced, offensive players.

The sweet spot on a diamond-shaped racket lies near the outer edge. Because the racket is slightly more difficult to use, it is ideal for more advanced players.

A drop-shaped padel racket (also called a hybrid racket) combines the characteristics of the round and diamond-shaped rackets, and is suitable for players who are more all-round.



## Padel balls

One of the most common misconceptions is that a [padel ball](#) is the same as a tennis ball. It is not!

A padel ball is slightly smaller and has less pressure which alters how high the ball will bounce.

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## Quick rules to get started

- The lines on the court are used only at the serve (service line).
- The serve may not bounce up in the fence but it may bounce up in the glass walls.
- If you are the server, you have two serves to complete the serve. The first serve, and the second service. Missing both gives away a point to the opponent and is called "a double fault" (two consecutive service faults) as in tennis.
- The points count (15, 30, 40, game) works the same way as in tennis.
- Playing volleys are allowed but not directly on the return of the serve.



- The serve is hit diagonally underhand and should bounce in the opponent's server box.
- You can hit the ball in the glass wall on your own half of the field before it reaches the opponent's half of the field.
- You must not hit the ball in the fence on your own side.
- You can let the ball bounce in the fence and glass wall before you hit it.

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### The scoring system / point system

The scoring system for padel is exactly the same as for tennis. You normally play a game in best of three (best of three sets is the official rule) or five sets, and count points (within a game), games (within a set), and sets.

If the score is 40-40 (also called deuce) in a game, you will need to win two more points to win the game. The first point won is referred to as the advantage, and the second point wins the game.

If you first win the advantage, meaning 40 (advantage)-40, and then lose the next point, the score goes back to being 40-40.

There's also an alternative rule called "[The Gold Point](#)" (or El Punto de Oro in Spanish) where no advantage is played. This was first introduced in 2020 on the World Padel Tour to add more excitement and create shorter games.

The first team to get six games wins the set. If the score in a set is 6-6, you play a [tie break game](#) to decide who the winner of the set is.

During tie-break, the points "zero", "1", "2", "3", etc., are called. The "tie-break" will be won by the first players to win 7 points, as long as it is with a 2 point advantage. If necessary, the tie-break continues until this margin is obtained.

The "tie break" will be started by the player whose turn it is to serve, according to the order followed in the set. This player will only have one serve taken from the right side of court.

The following two points will be served by the players of the opposing team respecting the previous order of service and serving from the left. After this, the players will serve two consecutive points until the end of "the tiebreak" always respecting the aforementioned order of service.

### Winning the game





You and your partner win the game when you have won two sets (in a best of three sets game) or three sets (in a best of five sets game).

### How to win the point in Padel

- You win a point each time your opponent hits the ball directly into their own net.
- You win a point each time the ball bounces twice on the ground in the opponent's half of the field.
- You win a point if the opponent hits the ball in his own fence.
- You win a point if the opponent knocks the ball out of the court, for example, if it comes outside the court itself or goes directly into one of the walls.
- You win a point if one of your opponents is hit by the ball, e.g. you smash the ball in the back on a player. That's your point!

### How to lose the point in Padel

- You lose a point if the ball first hits the wall before it touches the ground. However, you may shoot the ball into your own wall after it has bounced.
- You lose a point every time the ball bounces more than once on your own half of the field. This also applies to the serve.
- If the ball goes directly into the net on your own side, you also lose a point.
- If ball hits your racket twice in a shot, you lose a point.
- You also lose a point if the ball hits either you or your teammate.
- You lose a point if you do two consecutive server misses (a double fault).
- If you or your opponent touches the net in any way, either with your body or with your racket, you lose a point.

### How to serve

When you're on the serving team, the game is started by serving the ball from the right side of the court.



The serve must bounce once on your side of the field before you hit it to the opponents court.

You serve diagonal to the other side and must hit it to the left of the center service line (serving from the right).

Hitting the so called service box to the left in this example. Hitting the central line or back line of the service box is counted as a good serve.

“SERVE in padel? The technique of the very first padel shot” by [HELLO PADEL ACADEMY](#) on YouTube.

You score a point if the opponent fails to hit the ball back over the net.

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## Frequently Asked Question about the Rules of Padel

### How do you score points in padel?

If one of your opponents fails to return the ball over the net and your ball is good, you win the point. If your opponent miss (e.g. miss the ball, hit the ball into the net or back wall) you win the point. If your opponents miss two straight service, you win the point.

### Can you hit the fence in padel?

You can't hit the fence on your own side in padel. But you can hit the fence if you for instance smash the ball onto your opponents side of the court and onto the fence.

### Can you hit the back wall in padel?

Yes. You can hit your own back wall in padel. You can however not hit the ball into your opponents back wall without the ball bouncing on their side of the court first.

### How do you score in padel?

You score if your opponent miss (e.g. miss the ball, hits in net), or if you win the ball.

### Is padel easier than tennis?

Not necessarily, but it is a slower game than tennis. It's quite easy to learn but takes a lifetime to master.

### Is the point system in Padel the same as in Tennis?

Yes, points are taken exactly the same in Padel as in tennis.

### What is the highest level of play in padel?



The best padel players in the world compete on what is known as the World Padel Tour (WPT).

### Can you hit the ball from out of the court in Padel?

Yes! This is one of my favorites. As an amateur, you don't get the chance to pull off one of these very often, but out-of-court plays in tournaments are fairly common.

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### Conclusion

Now that you know the basics of how to play Padel, it's time to put your skills to the test! In order to win the game, you'll need to know how to score points and understand the rules of serve.

Make sure you practice as much as possible so that you can dominate your opponents.

Good luck on the court!

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### IST PADELS and PADEL Balls

IST has purchased four rackets that students can borrow from the PE office. Students can check out the rackets during school hours by following these rules:

- Present your ID at the PE office.
- Return the rackets and ball immediately after use.
- If you lose the ball, you must replace it.
- If you damage a racket due to improper use, you will need to buy a replacement of the same brand and model.





## Secondary News

We're excited to showcase the incredible posters created by our Green Team to raise awareness about sustainability, climate change, and renewable energy. Their creativity and passion shine through in these impactful designs. We look forward to future contributions from the Green Team, which will offer practical suggestions on how we can all live more sustainably for the benefit of our planet. Thank you for your support!





The student cartoon by Jiyun Lee, Jiyoan Jung, Jeong Min Park, Yeseo Choi, and Eunsung Cho, is part of a CAS project for the IB Diploma Programme. Our cartoon is made to collaboratively identify and critically engage with global issues, enhancing their awareness of illnesses, medical emergencies, and global issues as a whole while effectively disseminating essential information to raise awareness and promote understanding of medical topics among diverse peers.

## Allergic Rhinitis



Illustrated by Eunsung Cho G10  
Written by Jeong Min Park G11



### Credit Box

- <https://www.nhs.uk/conditions/allergic-rhinitis/>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/rhinitis>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9021509/>



## IST PARENT FORUM



Oct. 16 Wednesday 2024  
10:05-12:00

10:05-10:40

Ms. Sarah McCord  
"Supporting English  
Development at Home"  
Han Teacher's Center

11:25-12:00

- Ms. Bec Alosi & Mr. Casey Grove  
"Benefits of Studying the Arts"  
Han Teacher's Center
- Ms. Mariana Suarez  
"Inquiry and Learning"  
Elementary Meeting Room
- Ms. Ellie Chuah  
"What's the IB Diploma"  
Han Teacher's Center

10:45-11:20

Mr. Joe Schaaf  
"Toddle"  
Han Teacher's Center



*PFO Meeting  
Please come and  
join in!*

**Wednesday  
16th October**

8:15 - COFFEE AND WESTERN SNACKS

9:00 - WELCOME AND PFO UPDATE

9:10 - DIRECTOR & PRINCIPAL INTRODUCTION

9:30 - IB Students sharing CAS projects

9:45 - UPCOMING EVENTS WITH PFO

10:00 - PARENT EDUCATION FORUM



Meeting held in the Teacher's centre on 2nd floor in Han building.  
Take the big black staircase to the left of the library.



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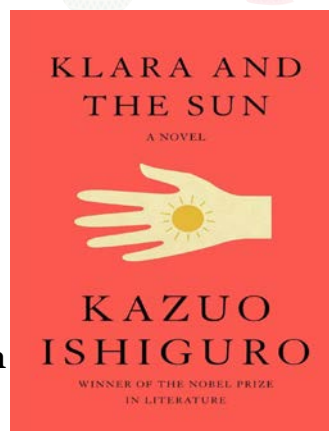
Come along to our monthly meet ups to discuss books and enjoy coffee & cakes!

This month's book is *Klara and the Sun* by Kazuo Ishiguro. The library has copies in English, Chinese, German and Korean.

Our next meeting is November 7th at 8.30am in the Library.

Even if you haven't read the book come along.

Book suggestions welcome. Hope to see you there!







### Weekly Menu 14 Oct~18 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	Cheese Sandwich Fruit Cut
Fried Rice with Egg 鸡蛋炒饭 Cauliflower with Tomato Sauce 番茄菜花 Vegetable Sticks 蔬菜条 Allergy: egg, soya sauce	Pork Dumplings 猪肉白菜水饺 Sweet Corn and Vegetables 玉米粒炒蔬菜 Vegetable Sticks 蔬菜条 Allergy: flour, pork, soya sauce, green garlic	Stir Fried Chicken in Pita Bread 荷叶饼夹鸡肉 Stir Fry Potatoes 炒土豆丝 Vegetable Sticks 蔬菜条 Allergy: soya sauce	Baked Fusilli w/Beef Balls 螺旋面配牛肉丸 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: beef, onion, tomato sauce	Pork Stew 卤肉饭 Vegetable Sticks 蔬菜条 Plain Rice 米饭 Allergy: soya sauce
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 710	Protein 蛋白质 (g) 25	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 20

### Weekly Menu 21 Oct~25 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Steamed Dumplings Fruit Cut	Banana Bread Fruit Cut	UN DAY	Ham Sandwich Fruit Cut
Macaroni and cheese 芝士通心面 Sweet Corn and Broccoli 玉米粒西兰花 Vegetable Sticks 蔬菜条 Allergy: flour, cheese	Sauteed Chicken with Broccoli 西兰花炒鸡肉 Vegetable Sticks 蔬菜条 Plain Rice 米饭 Allergy: soya sauce	Kimbab 韩式饭卷  Vegetable Sticks 蔬菜条 Allergy: egg, soya sauce		Spaghetti with Bacon 意式培根面 Stir Fry Zucchini and Corn 西葫玉米 Vegetable Sticks 蔬菜条 Allergy: wheat, cream, cheese
Fruit of the Day	Fruit of the Day	Fruit of the Day		Fruit of the Day
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 722	Protein 蛋白质 (g) 26	Carbohydrate 碳水 (g) 102	Fat 脂肪 (g) 19

### Weekly Menu

14 Oct~18 Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Cottage Pie 土豆蔬菜派 Stir fry Vegetable 炒时蔬 Allergy: milk, cheese	Grilled Chicken with Eggplant with Pesto Sauce 罗勒煎鸡排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: chicken, breadcrumb	Pan-fried beef balls with gravy 牛肉丸配肉汁 Stir fry Vegetable 炒时蔬 Mashed Potatoes 土豆泥 Allergy: beef, pepper, onion	Pork Stewed with Plum Sauce 西梅猪排 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 Allergy: cream, milk	Fish and Chips 鱼条薯条 Stir fry Vegetable 炒时蔬 Allergy: fish
Stir Fried Eggplant 红烧茄子 Tofu Stewed 蔬菜炖豆腐 Plain Rice 米饭 Allergy: soya sauce	Thai Spicy Diced Pork 泰式猪肉丁 Stir fry Vegetables 炒时蔬 Plain Rice 米饭 Allergy: soya sauce	Pork Chop Curry 咖喱猪排 Stir fry Cabbage 炒洋白菜 Steamed Rice 米饭 Allergy: curry paste, pork, garlic	Kung Pao Chicken 宫保鸡丁 Stir Fried Green Beans 干煸豆角 Steamed Rice 米饭 Allergy: chili, leek, soya sauce	Pork Stew 台式卤肉饭 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 Allergy: soya sauce
Fried Udon 日式乌冬面 Fried Eggs 煎鸡蛋 Allergy: egg, sesame, soya sauce	Noodles with Beef in Tomato Sauce 番茄肥牛面 boiled Vegetable 煮蔬菜 Allergy: wheat	Stir Fried Chicken in Pita Bread 荷叶饼夹炒辣鸡肉 Cucumber Salad 黄瓜拌面藕 Allergy: wheat, soya sauce	Stir Fried Rice Noodle with Shrimps 星洲虾仁炒米粉 Stir Fried Vegetables 泰巴蔬菜 Allergy: shrimp, garlic	Noodle with Chicken soup 川香鸡面 boiled Vegetable 煮蔬菜 Allergy: soya sauce
	Noodle in Tomato Soup 番茄面	Vegetables in Pita Bread 饼夹蔬菜	Stir Fried Rice Noodles with vegetables 素炒米粉	Noodles with Vegetables Soup 蔬菜汤面
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	White Fungus Sweet Soup 银耳红豆羹
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	Fruit Tart 水果塔
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 780	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 105	Fat 脂肪 (g) 23



## DIARY DATES

Monday - October 21, 2024  
Scholarship Announcement

Tuesday~Wednesday - October 22~23, 2024  
Parent-Teacher Conferences (Afternoon)  
Fall Book Fair

Thursday - October 24, 2024  
UN Day

Monday~Friday - October 28~November 1, 2024  
Library Week

Friday - November 1, 2024  
Dress-Up Day

## SPORTS DATES

Saturday, 12 October  
ISCOT HS VB Tournament-Boys @ IST; Girls @  
TEDA

Saturday, 12 October  
ISCOT MS Badminton Tournament@TIS

Wednesday, 16 October  
ISCOT Cross Country (G3-12)(12:00-  
15:30)@IST

Thursday, 17 October  
MS Football v TIS Boys & Girls @ IST

## WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2024-2025 SCHOOL YEAR

Please take note of the following dates:

### Season 1 Sport Schedule

- ☺ Starts Monday, 2 Sep and ends Friday, 15 Nov
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Kennedy – Athletics Director (byron\_kennedy@istianjin.org.cn)
- ☺ Mr. Silvis – Activities Director (ben\_silvis@istianjin.org.cn)
- ☺ Ms. Guo Ying – Activities Officer (CCA's) (ying\_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang – Activities Officer (Sports) (durian\_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.