# City of Willcox Newsletter May 2011

## **Library Renovation Enters Final Phase!**

Tom Miner, Library Director

With City Council approval now granted, the Library Renovation Project has begun its second and final phase. The first step toward that goal was to award the bid for the Solarium Room, which will abut to the long wall of the entry vestibule, and the Library building. An entrance will be made into the middle of the space, through a former window on the East side. Having that 390sf addition will provide many opportunities for the Library: an additional meeting room, a **place for activities** such as recreational reading, special programs, creative displays of artwork and other items of interest, have a normal conversation, get a snack or a soda, play a game, eat a brown bag lunch, use your own laptop, and, create a warm, relaxing atmosphere for our patrons.

Next, we will apply a fresh coat of paint to the entire Building exterior and to touch up and preserve the beautiful Murals that have faded over time, plus, add some **new** ones to the South and West sides. After that, the next step will be to replace the old carpeting, and match it to the new carpeting in the previously renovated areas. We would like to install tile in the high traffic areas. The next step would be installing a new video surveillance security camera system; and finally, the last step would be to landscape the open space at the front of the Library, install ADA sidewalks and walkways, and create a "green space" for outdoor reading and relaxation, with benches, tables and chairs, and a nice tree.

# **Dehydration and Heat Illness Prevention Tips**

Jeff Stoddard, Safety Officer

## What is dehydration?

Dehydration is the excessive loss of fluids from the body. It happens when the total amount of fluids lost through sweating, urination, diarrhea, and/or vomiting is greater than the fluids taken in. Anyone regardless of age can easily become dehydrated while playing a sport or participating in any type of physical activity. Dehydration can make any person more susceptible to a heat-related illness, such as heat cramps, heat exhaustion, or heat stroke. A dehydrated person needs fluid replacement immediately.

#### Signs of *dehydration* may include:

- Thirst
- Dry or sticky mouth
- Headache
- Muscle cramping

- Irritability
- Extreme fatigue
- Weakness
- Dizziness
- Decreased performance

## Signs of *heat exhaustion* may include:

- Nausea
- Feeling faint or dizzy
- Heavy sweating
- Rapid, weak heartbeat
- Dark-colored urine
- Cool, moist, pale skin
- Cramps
- Headache
- Fatigue

# BRIEF COMPARISON OF HEAT STROKE AND HEAT EXHAUSTION Heat Stroke

Most severe, life-threatening, a medical emergency (call 911 immediately)

- Dry, flushed hot skin
- Very high body temperature
- No sweating
- Life-threatening

#### Heat Exhaustion

Serious, requires prompt attention

- Moist, pale, cool skin
- May have elevated temperature
- Heavy sweating
- May become life-threatening (call 911 immediately)

### How to prevent dehydration in children:

- Drink 12 ounces of fluid (such as water) 30 minutes *before* the activity begins.
- Children <u>under</u> 90 pounds should drink 5 ounces every 20 minutes *during* the activity. Children <u>over</u> 90 pounds should drink 9 ounces every 20 minutes *during* the activity.
- Have mandatory fluid breaks don't wait for the person to tell you he/she is thirsty.

• Everybody should drink fluids *after* physical activity to make up for fluid loss.

## What to do when dehydration and/or heat illness occurs:

Treatment of dehydration and heat illness should take place immediately. Depending on the severity of the situation, immediate medical attention may be needed. If heat stroke is suspected, or there is any concern for someone experiencing any heat-related illness (for example a person with heat exhaustion who is not quickly improving) call 911 right away while making every effort to cool the patient.

- Move the person to a cool place.
- Have the person drink cool water or a sports drink, such as Gatorade (should drink only if alert, awake, and not having any vomiting).
- Raise the person legs 8-12 inches.
- Cool the body with water. For example, sponge the person head face and trunk with cool, wet cloths.
- Fan the person.
- Keep the person from physical activity until cleared by the doctor.

## Willcox Swimming Pool Schedule 2011!

Dave Bonner, Director of Public Services & Works

Come and enjoy our city pool for the summer of 2011. The pool will be offering:

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-Day Swims on Tuesday – Sunday 1:00pm -6:00pm,
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- -Night Swimming on Saturdays from 7:00-10:00pm.
- -Lap Swims on Tuesday Friday from 6:00-9:00am,
- -\$ 1.00 day on Sunday's Kids 6 & Under Free!
- -W.A.S.A Free Days on June 14th, July 12th, & August 2nd (MUST show W.A.S.A. Card).
- -Swim Lessons on June 7<sup>th</sup> 17<sup>th</sup> 1<sup>st</sup> Session,

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June 28<sup>th</sup> –July 8<sup>th</sup> 2<sup>nd</sup> Session,
July 18<sup>th</sup> - 29<sup>th</sup> 3<sup>rd</sup> Session,
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NO LESSONS ON MONDAYS; Tuesday-Friday from 9:00 -10:00am & 10:30 - 11:30am. -Swimming Passes: 15 Passes for \$25.00 - Save \$5.00, and 30 Passes for \$50.00 - Save \$10.00!

If you have any questions please contact us at 520-384-2101 or 384-6447

# From the Office of the City Clerk...

Cristina G. Whelan, CMC

# **City Council Meetings**

Monday Jun 6, 2011

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Monday Jun 20, 2011

7:00 p.m.

City Council Chambers 300 West Rex Allen Drive

NOTE: There will be a Budget Work Session and Special Meeting held on Tuesday, May 31, 2011, at 6:00 and 7:00 PM at the City Council Chambers.