

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 under 90 pounds should drink 5 ounces every 20 minutes *during* the activity. Children over 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.

From the Office of the City Clerk...

Cristina G. Whelan, CMC

City Council Meetings

Monday
Jun 6, 2011

&

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.