

City Page July 22, 2010

Recycling After Two Years

Have you ever wondered how much recycling the city has produced in the past two years. If you answered more than 570 tons, you would be correct. That is the amount that has been recycled in Joshua since the program began two years ago. The number one recycled product? Newspaper. More than 239 tons of newspaper has been collected, and an additional 141 tons of other paper products.

Heat Related Injuries

Heat injuries are close cousins to their winter time counterparts. Where [hypothermia](#) is the reduction of normal body temperature by 2-1/2 degrees or more, heat injuries is when the body temperatures soars above normal, or the body loses it's ability to regulate heat due to exertion or exposure to a hot climate. Just like hypothermia, the very old, the very young, and those with circulatory disorders are more likely to get heat related injuries.

Every year heat related injuries kill experienced, well-conditioned hikers. In the United States Grand Canyon National Park claims five to ten people each year on average for heat related death, and hundreds of people are treated for heat related injuries. Just like it's cold weather cousin hypothermia, victims of dehydration, heat exhaustion and heatstroke tend to ignore their condition until it is too late.

Dehydration is a major contributing factor to heat related injuries. Proper hydration when outdoors in hot conditions is very critical in aiding the prevention of heat related injuries. Under normal conditions the body loses about one gallon of fluid a day through sweating, breathing, and going to the bathroom. Certain medical conditions, like severe diarrhea, can up the fluid loss too as much as six gallons of fluid in a day. When you engage in strenuous activity the amount of fluid loss greatly increases.

You should drink at least one quart of fluid for each hour you are out doing physical activity. Having your water bottle in your pack and drinking during breaks is not the best strategy. Continuous hydration by either carrying a water bottle or by using a hydration pack is much better strategy. Don't wait until you are thirsty.

When you get into a dehydrated state you are weak, dizzy, profoundly exhausted and can have problems thinking clearly. Feeling nauseous, being drenched in sweat, dark urine with a strong odor, and having cramps are also warning signs of dehydration. More severe dehydration can be indicated by taking a pinch of skin from the back of the hand, if the pinched fold stays up (the skin is no long pliable) you are becoming dangerously dehydrated.

Drinking lots of fluid with some a small amount of salt helps treat early dehydration. Severe dehydration requires medical attention, typically IV fluids are given.

Heat exhaustion is the next step beyond simple dehydration. Because of a large loss of body fluid, the circulatory system can collapse, causing a sudden drop in blood pressure, which can lead to unconsciousness. Because heat exhaustion is the next step past dehydration, it gives a lot of warning signs before its onset.

Increasing fatigue, severe cramps, weakness, inability to think properly or strange behavior, drenching sweats, dilated pupils, and nausea are all warning signs of heat exhaustion. A person with more severe heat exhaustion can have cold, pale, clammy skin, be agitated or disoriented, and can complain of profound thirst.

Heat exhaustion is a serious medical condition. The first step is to get the victim in a cooler environment, out of the sun at the bare minimum. Elevate the feet about twelve inches and have them lie down on a flat surface. Elevating the feet helps keep blood flowing to the brain. Apply cool clothes, wet compresses to the skin of the victim. Fan them down to help aid convection cooling. Do not use rubbing alcohol. Have them sip non-carbonated sports drinks like Gatorade or lightly salted water. Cool water will work fine if nothing else is available. Do not drink caffeine or alcohol as both effect the body's ability to regulate heat. Be careful not to cool the victim down to the point they get hypothermia (believe it or not, a common mistake in treating heat injuries). Medical attention should be sought out as soon as possible for victims of heat exhaustion.

Work Continues at the City Park

Better visibility of the park construction is now available following the removal of the fence and vegetation along N. Main Street that borders the park. The fishing pond is complete and is holding water from the past rains and workers are working to bring the utilities from across N. Main Street into the park. Construction on the concession and restroom facilities are ongoing as well as dirt work on what will be the new ball fields. Fencing work is set to begin early next week and parking lots should be ready within the next two weeks. For more updates and photos, please visit the city website at www.cityofjoshuatx.us

Code Enforcement and Building Inspections New Number

Code Enforcement and Building Inspections have relocated into another facility next door to City Hall. The number to contact that office is 817-558-7356.

Upcoming Meetings and Events

Joshua Planning and Zoning Meeting August 2, 2010 at 7:00 PM

Joshua Type A EDC Board Meeting August 10, 2010 at 6:30 PM.

Joshua Type B EDC/Park Board Meeting August 11, 2010 at 7:00 PM

Johnson County Elected Officials Dinner August 17, 2010

Joshua City Council Meeting August 19, 2010 at 7:00 PM