

# West Lake Hills ECHO

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## A FOCUS ON HEAT EMERGENCIES HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

*By Concentra Urgent Care*



Heat emergencies fall into three categories of increasing severity:

**Heat Cramps, Heat Exhaustion, and Heatstroke.**

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### **SIGNS AND SYMPTOMS:**

#### **Heat Cramps**

- Sweating
- Pain in arms, legs, and abdomen

#### **Heat Exhaustion**

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### **Heat Stroke**

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### **CAUSES:**

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use

*(Continued on Page 2)*

# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Police Department .....	512-327-1195
Sheriff – Non-Emergency.....	512-974-0845
Fire Department Administration.....	512-539-3400
Travis County Animal Control.....	512-972-6060

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Bridge Point Elementary .....	512-732-9200
Barton Creek Elementary .....	512-732-9100

## UTILITIES

Water District 10 .....	512-327-2230
Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
New Accounts .....	512-402-1990
Austin Energy .....	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
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Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste .....	512-974-4343

## OTHER NUMBERS

City Administration .....	512-327-3628
Municipal Court .....	512-327-1863
Property Tax.....	512-854-9473
Appraisal District .....	512-834-9317
Chamber of Commerce.....	512-306-0023
City of West Lake Hills .....	www.westlakehills.org

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# ARTICLE INFO

The West Lake Hills Echo is mailed monthly to all West Lake Hills residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the West Lake Hills Echo please email it to [westlakehills@peelinc.com](mailto:westlakehills@peelinc.com). The deadline is the 15th of the month prior to the issue.

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## HOW'S YOUR "BRISKETIQUETTE?"

*This article was contributed by the National League  
of Junior Cotillions – Travis County*



With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

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## *Heat Emergencies (Continued from Cover)*

- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### **What to do in heat emergencies...**

#### **FIRST AID**

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### **DO NOT:**

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

#### **PREVENTION:**

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

#### **References**

*Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.*  
*DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.*

# Tadah!

*Can you believe this?*

**Your local Austin Music Teachers Association was just nominated the best in the country!**

The Music Teachers National Association just awarded your local association as being the 2014 State Affiliate of the Year or the best in our country! Why? Because of "programming for students" which includes 20 events and "community outreach" such as Youth Music Ambassadors which means the most opportunities for your child!

Also, our Dr. Martha Hilley right here in Austin at the University of Texas, was selected as the Teacher of the Year for Music Teachers National Association. We here in Austin nominated her for that award and then she was selected as that first at the state level and then nationally! Dr. Hilley's teaching sparkles with a fountain of electrically inspiring ideas. She also is a writer and deeply involved on a statewide level with the governing of our colleges. Her picture and caption supporting President Powers was on page 2 of the 7/13 Sunday Austin American Statesman.

In addition Dr. Sophia Gilmsom was just awarded silver in the Global Music Awards for her CD of the Goldberg Variations On Harpsichord and Piano by Johann Sebastian Bach. Dr. Gilmsom is the head of Piano Pedagogy at the university here. Perhaps the most outstanding concert I have ever been to was her performance of that work both on the piano and harpsichord. How totally different was the music on the two instruments!

To find a piano teacher in your area, go to [www.admta.org](http://www.admta.org), click on the link to "Community Resources" on the home page for our new "Find a Teacher" registry with descriptions of each teacher's program in their studios.

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**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)  
**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)  
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\*Source: Texas DFPS, Watch Kids Around Water

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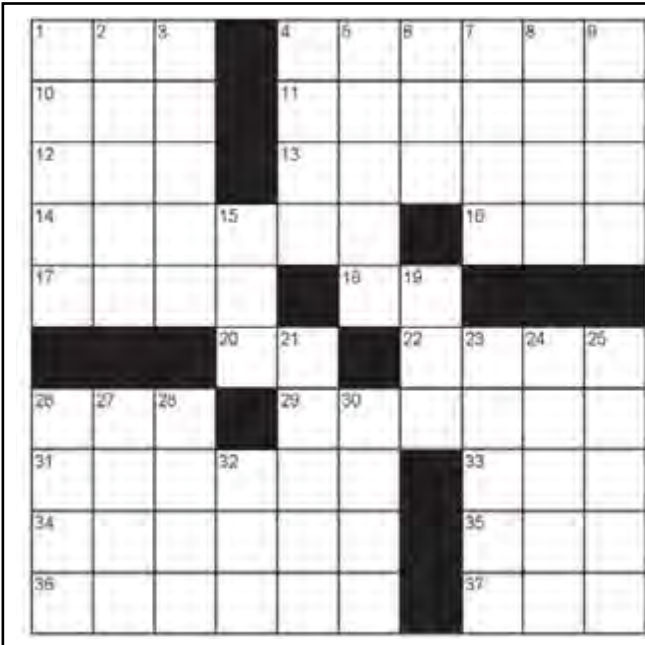


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10. Crow's cry
11. Gully
12. Rio de Janeiro
13. Sports car brand
14. List of errors
16. New Jersey's neighbor
17. In \_\_ (together)
18. Kilogram
20. Post script
22. Too
26. Concord e.g.
29. Addictions
31. Computer game
33. Killed in action
34. Ancient (2 wds.)
35. Antlered animal
36. Mourning
37. Ocean

### DOWN

1. Land
2. Milk's food group
3. Type of enemy
4. Loony
5. \_\_ havoc
6. Make a mistake
7. Stow
8. Greek stringed instrument
9. Defile
15. American College of Physicians (abbr.)
19. Chitchat
21. Book holder
23. Enjoys
24. Steps for crossing a fence
25. City
26. Prod
27. Prudent
28. Plane
30. Nearly horizontal entrance
32. Poet Edgar Allen

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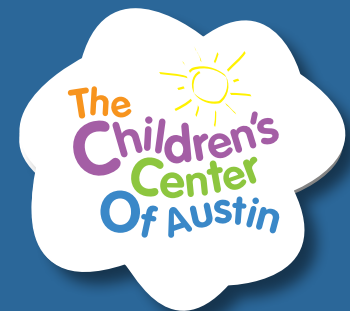
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