



**August 2005**

### **CITY COUNCIL ROUNDTABLE**

The next Duncanville City Council Citizens Roundtable is set for Tuesday, August 30, 2005 at 7:00 P.M. at the Library/Recreation Center meeting rooms.

This is your opportunity to meet with the City Council to give your input on the direction of the city and to have your questions answered.

Plan on attending this open event.

### **VOLUNTEERS**

We need volunteers for City Events and Special Center programs.

Community Service Hours are available for students who need hours for School, Church, or Teen Court. For additional information on how to sign-up for community service hours, please call the Recreation Center front desk at 972/780-5070.

"2006 High School Seniors" now is the time to sign-up and complete your hours. We will have volunteer openings for our After School program. Volunteer hours during the School year are from 3p to 6pm Monday through Friday. Evening volunteer hours from 5pm to 8pm are also available. Spaces are limited. Please apply at the Center Front Desk.

## **NATIONAL NIGHT OUT August 2nd**

**Neighbors, Police Nationwide to Step Out Against Crime  
Target Joins National Night Out as Sponsor**

WYNNEWOOD, PA, / July 20 -- On Tuesday, August 2nd, citizens, law enforcement agencies, community groups, businesses and local officials in over 10,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide will join forces to mark the "22nd Annual National Night Out" (NNO) - which is sponsored by the National Association of Town Watch (NATW) - in partnership with Target and the U.S. Department of Justice. Nationally, over 34 million people are expected to participate in 'America's Night Out Against Crime' this year.

"The event just keeps getting bigger and better every year," said Matt Peskin, creator of the event and its National Project Coordinator. "National Night Out offers an extraordinary opportunity - or excuse - for citizens, community groups, law enforcement and local officials to get out, meet, greet and discuss local safety issues." He added, "We are honored to welcome Target as our national sponsor. They have already done a wonderful job in helping us to expand the NNO network."

The U.S. Department of Homeland Security recently announced its

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## **Booksale Starts August 12!!**

Everyone is invited to attend the Friends of the Duncanville Public Library's annual used booksale, which kicks off with a Friends member Preview Night on August 12 from 6-8pm.

The booksale will be held in Meeting Rooms 2 & 3 in the Library/Community Center at 201 James Collins Blvd.

Wanted are new homes for more than 10,000 items! Paperbacks, fiction, nonfiction, children's books, videos, and more will be priced from \$ .25 to a \$1 -- there is something for everyone.

Memberships will be sold to those interested in taking advantage of the Friends Preview Night. The sale then kicks in on Sat., August 13 from 10am to 5pm and on Sun., August 14 from 1 -5 pm.

Sale hours during the week of August 15-20 will be mostly 10-5, with the concluding sale date of Aug. 21 from 1-5pm.

So mark your calendar and plan on attending this wonderful event! All proceeds benefit the Duncanville Public Library.

To volunteer, call Jerry Hill at 972-296-0111. Your support is appreciated and we hope to see you there!

# City Information Index

## Duncanville City Offices

### GENERAL GOVERNMENT

City Manager's Office	972-780-5017
City Secretary	972-780-5004
Community Information	972-780-5043
Duncanville JobLine	972-780-5006
After Hours Calls	972-780-4959

### ECONOMIC DEVELOPMENT

Development Director	972-780-5090
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### POLICE DEPARTMENT

Chief of Police	972-780-5038
Community Relations	972-780-5027
Criminal Investigations	972-780-5037
Animal Control	972-780-5025
Police Records	972-780-5024

### FIRE DEPARTMENT

Fire Chief	972-780-4920
Assistant Fire Chief	972-780-4921

### FINANCE DEPARTMENT

Director	972-780-5005
Municipal Court	972-780-5055
Teen Court	972-780-5063
Water Billing	972-780-5010

### COMMUNITY SERVICES DEPARTMENT

Library	972-780-5050
Community Center	972-780-5070
Senior Center	972-780-5073
Director	972-780-5076
Special Events Coordinator	972-780-5086

### PUBLIC WORKS DEPARTMENT

Director	972-780-5015
Building Inspections	972-780-5040
Garage Sale Permits	972-780-5040
Health Officer	972-780-4963

### COMMUNITY INFORMATION

Radio	1250 AM
Internet	www.duncanville.com
Television	Charter Comm. Cable Channel 26

### SPECIAL INTEREST NUMBERS

<i>License Plate Renewal</i>	
Dallas County Govt. Center	214-653-7811
<i>Community Assistance</i>	
Duncanville Outreach	972-296-4986
<i>Chamber of Commerce</i>	
Chamber Offices	972-780-4990

### Mayor & City Council Phone Numbers

Mayor - David Green	972-780-0348
At - Large Dorothy Burton	972-296-8844
District 1 - Ken Weaver	972-780-9810
District 2 - Scott Cannon III	972-298-8098
Mayor Pro-Tem	
District 3 - Anthony Skinner	972-296-1642
District 4 - Grady Smithy	972-298-2775
District 5 - Johnette Jameson	972-780-8887

### Duncanville

## CHAMPION

is a monthly publication of the City of Duncanville. For information, call the City's Community Information Office at 972-780-5043 or e-mail at kbilbrey@ci.duncanville.tx.us

# National Night Out set for August 2nd

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participation this year. Materials and information from the Department's Ready campaign will be distributed to the public at NNO events across the nation. Homeland Security Secretary Michael Chertoff said, "National Night Out's efforts to create safe and prepared communities go hand in hand with the mission of the Ready campaign, to educate and empower American families and businesses to prepare for and respond to emergencies."

On the evening of August 2nd, between 7 and 10 p.m., along with the traditional 'lights on' and front porch vigils, there will be thousands of crime prevention block parties, cookouts, ice cream socials, parades, neighborhood visits by local police and sheriff's departments, flashlight walks, safety fairs, poster and essay contests, and neighborhood meetings.

"Target is sponsoring National Night Out because we share the same commitment - to promote safeness, and strengthen families in our local communities," said Laysha Ward, vice president, community relations, Target. "Our partnership helps National Night Out further spread their message of safety awareness to neighborhoods across the country."

### National Night Out is designed to:

- (1) Heighten crime, drug and violence prevention awareness;
- (2) Generate support for, and participation in, local anticrime programs;
- (3) Strengthen neighborhood spirit and police-community partnerships;
- (4) Send a message to criminals letting them know that neighborhoods are organized and fighting back.

"Project 365," is a unique component to the National Night Out campaign. On August 2nd, many cities and towns across America will target a "problem area" (crime, drugs, graffiti, gangs, etc.) in their community. During the next "365" days, the police and neighborhood groups will be working to solve or improve upon the problem. On National Night Out next year, they will announce the results -- and also select an initiative for 2006. Peskin said, "This is a great way to keep the spirit and momentum of National Night Out working throughout the year."

For more information, visit the Association's web site at [www.nationalnightout.org](http://www.nationalnightout.org) or contact Officer Eddie Edwards at 972-780-5027.



# Duncanville Digest

## Mayor's Open Line Friday

Mayor Green makes himself available on the first Friday of each month to the citizens to discuss concerns and ideas about the direction the city is going.

The schedule for August:

**August 5, 2005 - 8:00 a.m. - 10:00 a.m. at City Hall.**

## Water Conservation Information

**Retrofit all household faucets by installing aerators with flow restrictors to slow the flow of water.**

-For further water saving tips, please call the Duncanville Public Works Water/Wastewater Division at 972-780-4900.

# Extreme Heat - Are You Ready?

from the Federal Emergency Management Agency

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

## Know the Terms

Familiarize yourself with these terms to help identify an extreme heat hazard:

### Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

### Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

### Heat Cramps

Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

### Heat Exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

### Heat Stroke

A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

### Sun Stroke

Another term for heat stroke.

## Take Protective Measures

### Before Extreme Heat

To prepare for extreme heat, you should:

1. Install window air conditioners snugly; insulate if necessary.
2. Check air-conditioning ducts for proper insulation.
3. Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
4. Weather-strip doors and sills to keep cool air in.
5. Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
6. Keep storm windows up all year.

### During a Heat Emergency

The following are guidelines for what you should do if the weather is extremely hot:

1. Stay indoors as much as possible and limit exposure to the sun.
2. Stay on the lowest floor out of the sunshine if air conditioning is not available.

continued on page 7...see **Extreme Heat**



# Fun In Duncanville

## **SELF-DEFENSE/ANTI-KIDNAPPING**

Sessions: For ages 4 to 7: 6p-7p  
For ages 8 and up: 7p-8p  
Class meets: Every Tuesday & Friday  
Location: Recreation Center West Gym  
Registration Fee: \$10 on first meeting  
Class Fee: \$8 each class meeting  
Register at class  
Instructor: Diversified Youth Services  
Uniform is available but not mandatory.  
An Alert Child of Texas T-Shirt is available for purchase. For more info call 1-877/604-6697.

## **TEXAS DANCE AND CHEER**

Learn chants, jumps, dance routines & more.  
Sessions: ages 4 to 7: 1st session meets - 6p-7p.  
2nd session meets 7p-8p  
Class Days: Every Thursday & Saturday  
Saturday class meets from 1p-3p  
Location: Recreation Center West Gym on Thursday  
Recreation Center Aerobics Room on Saturday  
Registration Fee: \$10 on first meeting  
Class Fee: \$8 each class meeting  
Register at class  
Instructor: Diversified Youth Services  
T-shirts & shorts are available for order at class.  
Attire: T-Shirts, shorts or warm-ups and white-soled tennis shoes.  
For more info call 1-877/604-6697.

## **DISTINCT DANCE**

Class meets: Friday 5:30p - 6:30p  
Sessions: For ages 4 to 7: 5:30p - 6:30p  
For ages 8 and over: 6:30p - 7:30p  
Special Dance Group 7:30p-8:30p  
Location: Recreation Center - Aerobics Room  
Registration Fee: \$10 on first meeting  
Class Fee: \$8 each class meeting  
Register at class  
Instructor: Diversified Youth Services  
No required uniform for the classroom.  
We offer optional uniforms for purchase.  
For more info call 1-877/604-6697.

## **BODY RIGHT FITNESS**

This exciting class is designed for all patrons.  
You will be instructed on the best workout for your body structure.  
Class Session: 6 weeks  
Class meets: Monday through Friday  
Time: 6:00am to 7:00am  
Location of class: Community Center Aerobics Room  
Cost: \$250/session  
Register at the Community Center Front Desk  
Fitness Professional: Teddrick Scott  
Next class: September 6  
For additional information, please call 972/780-5070.

## **MORNING YOGA**

Learn basic yoga postures designed to celebrate the spine.  
Class meets: Tuesday, Wednesday, & Friday  
Time: 10a - 11:30a.  
A class for Restorative Yoga will be taught on the last Wednesday of every month.  
Recreation Center - Aerobics Room  
Class Fee: \$7 per class  
Register at Center - Front Desk  
Instructor: Carolyn Smith  
Attire: Comfortable clothes & tennis shoes.  
Bring a towel and sticky mat.  
For more info call 972/780-5070.

## **BEAUTY BASICS PLUS BRAIDS SEMINAR**

This seminar is open to the public.  
We will take a different way of looking at the total person, inside and out.  
When: August 2  
Where: Recreation Meeting Room #1  
Time: 6:30p-8:00p  
Instructor/Speaker: Charmon Barksdale. For more information, please call: 972-780-5070.

## **CROP 'TIL YOU DROP**

Monthly Crop 'Til You Drop Session  
Bring photos and work on your album.  
You must pre-register. Fees paid to instructor by Wednesday before the class is to meet. For more information, call 972/298-4006. Class will meet on Friday, August 26th, from 6pm to 11:30pm.  
Cost: \$10.00  
Hopkins Senior Center: Parkview Room  
Instructor: Kim Spurlock

## **BRIGHTER FUTURES PRESENTS: ONE TO ONE LEARNING PROGRAM**

Student Testing must be scheduled  
New class sessions forming  
This program is for Pre-K to Adults.  
Assessment testing is included in Learning program.  
Register for this class and schedule testing-day by calling Ms. Logan at 214/597-0101.  
Program Fee: begins at \$28/class meeting  
Class meets: Monday 5p-6p  
Class location: Center Meeting room  
Class Begins: August 29th, 2005  
Instructor: Donya Logan  
For additional information and concerns, please call 214/597-0101.

## **KARATE SCHOOL**

Learn serious self-defense oriented Shorin Ryu Matsamura Kenpo Karate.  
Instructors for children & Adults;  
Class meets: Community Center East Gym/Aerobics Room  
Youth age 7+: T/TH from 7:15p to 8:15p  
Adults: T/TH from 7:15p to 8:30pm  
Open: Sat 9-10:30am  
Cost: \$35/Month - Students, \$50/Month Adults.  
Family discounts are available.  
Instructors: Kris Howerton & Brady Cooper.  
For additional info: call 972/393-0782 or 214/789-3433.

## **LOST & FOUND**

We are asking that all members and patrons to check with our Front Desk Staff to locate items left at the center. Please pick up your left items as soon as possible. These items have been recorded in our lost and found book before placed on a table in the Recreation center entranceway each Thursday. Every Friday, items will be given to charity. Cell phones, keys, cameras, and jewelry are kept for 2 weeks before sent to charity. Please call the center at 972/780-

## **NEW PROGRAMS**

If you have any new ideas or a new program that can help the community. Please contact: Dwalan at 972.780.4971 or India at 972.780.4970



# August 2005

## **SHINING STAR AFTER SCHOOL PROGRAM PROGRAM INFORMATION** **Program Information**

- ☆ Program begins August 22, 2005 and ends June 2, 2006
- ☆ Hours of operation: Monday – Friday 3:00 pm - 6:00 pm.
- ☆ The program is open to the public for children entering 1st-6th grade during the beginning of each school year. (August Fall 2005)
- ☆ The program will not meet when school is out for holidays, staff development days, etc.
- ☆ After school enrollment packets are available at the front desk. Packets must be completed at the center front desk.

## **Payment Information**

- ☆ Cost: \$60 per month for the 1st child, \$50 per month for the 2nd child.
- ☆ Payment for the following month must be made prior to the end of the current month.
- ☆ A \$30 late fee charge will be added to any payment made after the end of the month.
- ☆ All payments are non-refundable or transferable.

## **What is needed to register?**

- ☆ Applications must be completed on site at the time of enrollment.
- ☆ Payment is required at the time of enrollment.
- ☆ There is a maximum of 30 spaces available per month.
- ☆ Registration is on a first come first serve basis, no spots will be held.

## **Where do I go to register?**

- ☆ After completing the after school enrollment packet, take it to the Center Front Desk for processing. Any Front Desk Attendant can register your child for the program.

## **What does the program offer?**

- ☆ Homework Assistance – 1 hour
- ☆ As part of Homework assistance - Tutoring in various subjects
- ☆ Educational activities (ex. Reading and Math related games)
- ☆ Arts & Crafts
- ☆ Physical Activities
- ☆ Outdoor activities when the weather permits
- ☆ Special Events – special guests speakers etc.

## **Recreation Center** **201 James Collins Blvd.**

Come join the fun at the Recreation Center!!!

Facilities include: double gym, game room, teen room, aerobics room, walking track, Fitness room, and meeting rooms.

### **Hours**

**6:30am-9pm Monday thru Friday**  
**9am-5pm Saturdays**  
**1pm-5pm Sundays**

Youth can use the designated snack room each afternoon from 3pm-5:30pm, Monday thru Friday.

Check with front desk for the correct room.

Pay telephones are available for patrons. The phones at the recreation center are for business use only.

Parking is available in designated parking areas.

Cars are not allowed to park attended or unattended in the fire lanes along the curbs of the building.

## **JAZZERCISE** **Aerobics, Tone, Stretch**

**Mon & Wed** Jazzercise Step  
6:30-7:30 p.m. in West Gym

**Tue & Thu** 6:20-7:05 p.m. in  
Aerobics Room

**Sat** Jazzercise 9:15a.m.-10:15 a.m.  
in West Gym

All classes emphasize low impact,  
high energy moves.

Tuesdays and Thursdays classes are  
great for beginners.

On Mon/Wed/Sat we strengthen and  
tone our muscles. Bring your weights  
and mat. Tube, step and stability ball  
provided.

Newcomer's Special:

Buy 2 months at \$75/get 1 week  
FREE.

\$8 walk-in.

Certified instructor: Sheilla (SHAY-  
la) Instructor Phone: 972-709-6441

## **GET IN SHAPE RIGHT WAY**

### **Do you want your own Personal Fitness Trainer?**

\$49.00 Per Session (1 Hour Sessions)  
10 sessions packages available  
Packages include:

- 1) Professional Assistance
  - A) Fitness Counseling
  - B) Postural Analysis
  - C) Core Training
  - D) Program Design
  - E) Joint Stabilization Training
  - F) Cardio & Resistance Training
- 2) Meal Planning - Dietary Guidance Counseling
  - A) Caloric Assessment Counseling
  - B) Body Fat Composition & Circumference Measurements

- 3) Goal Specific Supplement Recommendation

Set up a FREE 50 minute fitness  
consultation session.

To make an appointment please call:  
Gerald Jackson @ 214.564.8986 or  
for any other information call Dwalan  
Williams @ 972.780.4971

## **ROBIX FITNESS: AEROBICS & YOGA UNL'TD** Ages 16+ **Duncanville Community Center** **Aerobics Room**

**Mon/Wed:** Muscles 'n' Motion  
5:45p-6:30p

**Mon/Wed:** Step 'n' Motion 6:30p-  
7:45p

**Mon/Wed:** Yoga Fit 7:45p-8:45p

**Sat.:** Yoga-On-The-Ball 9:15a-10:15a

**Sat.:** Cardio Challenge 10:30-  
11:30a

## **Hopkins Senior Center** **Northside Room**

**Tues/Thurs:** Yoga-Fit 5:45p-6:45p  
**Tues/Thurs:** Circuit Express 7:00p-  
7:45p

PLEASE ARRIVE 15-MINUTES EARLY  
TO REGISTER @ THE CLASS.

For beginners, regular exercisers;  
Cost: \$7.00 walk-in; \$110/Season  
Pass unlimited; \$70/3-month  
unlimited; \$30/8 classes.

Cardio/toning classes: Bring exercise  
mat/hand/ankle weights/towel/  
aerobic shoes/socks

Yoga classes: Bring Yoga sticky mat,  
small blanket, towel & no shoes.

Instructor: Roseanna Needham-  
Dryden, B.S. Instructor Phone:  
972-709-1906

Email: fit\_in\_duncanville@yahoo.com

# Duncanville Teen Court Training Day Set for August 27th

Teen Court is looking for committed young people ages 14-18 that live in the Duncanville ISD to attend an all day training Saturday, August 27 at the Duncanville City Hall, to become attorneys, clerks and bailiffs.

Teen Court is a "hands on" service learning opportunity which allows both offenders and teen volunteers to better understand our system of justice. A youth referred to teen court appears before a jury of peers, volunteers from local secondary schools and returning youth that were previously defendants. Evidence indicates that young people stay out of trouble following a teen court appearance, and the program saves dollars of community expense.

Volunteer applications will be available at City Hall. Library, DHS Counseling Center, Ms Richey, Adamson, Davidson or Garner at DHS, or online at the City of Duncanville



**Judge Michael Immler directs teen volunteers during a Mock Trial at a previous training.**

## Places in the World at the Duncanville Public Library

Children's Librarian, Urla Morgan says, "This 2005 Fall Storytime will visit the spot, and the place, the house, the mountain and the cave as they are presented in picture books. Each program begins with the Picture People rhyme and ends with the Skinnamrink closing song. Audiences can count on a routine of participating with others singing, moving, acting, and listening to stories. "

Beginning September 6 and lasting through December 16, Duncanville Public Library weekly programs are: Nursery Rhyme Time (Every Monday at 10:15 AM), Home School Videos featuring United States Geography (Every Tuesday at 2 PM), Book Mobile Visits for Groups (Every Wednesday from 9 AM to noon), Library Storytime (Every Thursday at 10:15 except Thanksgiving), and Library Storytime for Groups (Every Friday at 10:15). Groups of five or more must call to schedule Wednesday visits or to attend Friday library programs.

Morgan especially invites Dads to bring their children September 6, Tuesday, at 7 PM to attend Dorayne Breedlove's celebration of Native American Culture with traditional storytelling. This first-Tuesday-of-the-month program is for the entire family and called Dad's Night Out to encourage the men in our lives to participate in library services. Duncanville Public Library is celebrating 50 years of library services this year.

### Duncanville Public Library Presents

A Spinning Fun Show  
Yo-yo, Spin Top & Spinabolo  
7 p.m. - August 2





### DID YOU KNOW...

Recycling can mean \$\$\$ for your organization?

Keep Duncanville Beautiful is eager to expand its printer cartridge recycling program in local churches. With minimal effort, church groups and other youth organizations can earn extra funds for activities while saving our landfills.

Recycling...it's the right thing to do.

**KEEP DUNCANVILLE BEAUTIFUL**

For more information, go to [www.duncanville.com/greenday](http://www.duncanville.com/greenday) or contact (972) 780-6090.

# Extreme Heat

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3. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
4. Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
5. Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
6. Limit intake of alcoholic beverages.
7. Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
8. Protect face and head by wearing a wide-brimmed hat.
9. Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
10. Never leave children or pets alone in closed vehicles.
11. Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

## First Aid for Heat-Induced Illnesses

Extreme heat brings with it the possibility of heat-induced illnesses. The following table lists these illnesses, their symptoms, and the first aid treatment.

Condition	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. Apply dry, sterile dressings to any blisters, and get medical attention.
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	Get the victim to a cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.) Discontinue liquids, if victim is nauseated.
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	Get victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet clothes. Fan or move victim to air-conditioned place. Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated. Seek immediate medical attention if vomiting occurs.
Heat Stroke (a severe medical condition)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Removing clothing. Try a cool bath, sponging, or wet sheet to reduce body temperature. Watch for breathing problems. Use extreme caution. Use fans and air conditioners.

## Additional Information

An emergency water shortage can be caused by prolonged drought, poor water supply management, or contamination of a surface water supply source or aquifer.

Conserving water means more water available for critical needs for everyone. Make these practices a part of your daily life and help preserve this essential resource.

# Cooking Safety

from the National Fire Prevention Association

Cooking fires are the #1 cause of home fires and home fire injuries. Most cooking equipment fires start with the ignition of common household items (e.g., food or grease, cabinets, wall coverings, paper or plastic bags, curtains, etc.).

## Facts & figures

1. In 2001, there were 117,100 reported home structure fires associated with cooking equipment, resulting in 370 deaths, 4,290 injuries and \$453 million in direct property damage.
2. Unattended cooking is the leading cause of home cooking fires.
3. Three in every 10 reported home fires start in the kitchen – more than any other place in the home.
4. Two out of three reported home cooking fires start with the range or stove.
5. Electric ranges or stoves have a higher risk of fires, injuries and property damage, relative to usage, than gas ranges or stoves, but gas ranges or stoves have a higher risk of fire deaths.



## Safety tips:

1. Always use cooking equipment tested and approved by a recognized testing facility.
2. Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven.
3. Keep cooking areas clean and clear of combustibles (e.g. potholders, towels, rags, drapes and food packaging).
4. Keep children away from cooking areas by enforcing a "kid-free zone" of three feet (1 meter) around the stove. Keep pets from underfoot so you do not trip while cooking. Also, keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto burner. Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.
5. Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated.
6. Always keep a potholder, oven mitt and lid handy. If a small fire starts in a pan on the stove, put on an oven mitt and smother the flames by carefully sliding the lid over the pan.
7. Turn off the burner. Don't remove the lid until it is completely cool. Never pour water on a grease fire and never discharge a fire extinguisher onto a pan fire, as it can spray or shoot burning grease around the kitchen, actually spreading the fire.
8. If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.
9. If there is a microwave fire, keep the door closed and unplug the microwave. Call the fire department and make sure to have the oven serviced before you use it again. Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved food carefully to prevent steam burns.

## AUGUST 2005

**\*\*August 1** - Duncanville City Council Meeting – 6:00 p.m. at City Hall. 203 E. Wheatland Rd.

**August 2** - National Night Out

**August 3** - Teen Court. 5:00 p.m. at City Hall

**August 5** - Mayor's Open Line Friday – 8-10 am – Council Chambers at City Hall. 203 E. Wheatland Rd.

**August 8** - Planning & Zoning Commission. 7:00 p.m. at City Hall. 203 E. Wheatland Rd.

**August 8** - DISD Board Meeting. 7:00 p.m. at DISD Administration Building

**August 9-12** - New student registration. 8:00 am – 4:00pm- all campuses

**August 16** - Duncanville City Council Meeting – 7 p.m. at City Hall. 203 E. Wheatland Rd.

**August 22** - Planning & Zoning Commission. 7:00 p.m. at City Hall. 203 E. Wheatland Rd.

**August 22** - First day of school.

**August 22** - DISD Board Meeting. 7:00 p.m. at DISD Administration Building

**August 27** - Teen Court Training. City Hall

\*\*Note change in night and time of Council meeting changed due to National Night Out on August 2.