



The Webb County Link

A Publication Of The Webb County Public Information Office

June 2011

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Important Dates

- * 7/4 Fourth of July Holiday County Offices Closed
- * 7/11 Commissioners Court Meeting 9:00am
- * 7/11 Jury Duty 7:45am

4th of July Notice

Due to extreme weather conditions, the Webb County Commissioners Court declared a state of disaster. The declaration bans the sale, use, & discharge of fireworks through July 5th. Please celebrate our nation's independence with the safety of you and everyone around you in mind.



Employee Fairs

HEALTH FAIR

Employees joined in on the Mardi Gras celebration during the annual Health Fair hosted by the Administrative Services Department. The fair provided blood screenings, blood



pressure readings, eye exams, and many more informational services that the Webb County family enjoyed and participated in.



SAFETY FAIR



Following the success of the Health Fair, the Safety Fair followed, guns a-blazing, with a Wild West theme. Several vendors participated, showing employees safety practices they can implement both at work and at home.



Judge Solomon Casseb Bust Unveiling

Webb County Judge Danny Valdez, joined by Judge Solomon Casseb's family, unveiled the Solomon Casseb Bust on the first floor of the Justice Center. The keynote address was given by Mr. James Pearl of the Lamar Bruni Vergara Trust and close friend of the late judge. Mr. Pearl described Judge Casseb as a dedicated attorney, jurist, and humanitarian who devoted his life to the betterment of the world. Through Judge Casseb's work, millions of dollars were given to various charitable, civic, religious and educational groups.



Commemorating the Webb County Courthouse's 100th Anniversary

The Sociedad Historica de Nuevo Laredo presented a commemorative frame in honor of the Webb County Courthouse's recent 100th Anniversary. Commissioner Rosaura "Wawi" Tijerina and Commissioner Jaime Canales were on hand to receive the distinguished piece of art containing a sonata written by Mr. Jose Martinez Verdines entitled Sonata a la Honorable Corte del Condado de Webb. Mr. Joe Moreno, from the Webb County Historical Commission, read excerpts from a news article published in the *Laredo Weekly Times* in 1909, detailing the Court House's opening night. The frame will be installed in the courthouse for all to see.



Keeping Cool

Over 50 kids from the Larga Vista area enjoyed a refreshing day splashing and playing at a local city water park as Commissioner "Wawi" Tijerina and Larga Vista Community Center hosted their 1st Annual Summer Camp Splash Park Trip. Community center staff members and three student volunteers were on hand providing supervision and ensuring that the kids enjoyed a memorable and fun-filled day.



Commissioner Jerry Garza

Webb County Commissioner Jerry Garza was recently elected President for the 78th South Texas County Judges and Commissioners Association which is made up of county judges and commissioners of 67 South Texas Counties. Commissioner Garza has been a member of the association for several years and has quickly moved up the ranks. Two years ago, he was elected 2nd vice-president and last year was elected 1st vice-president.

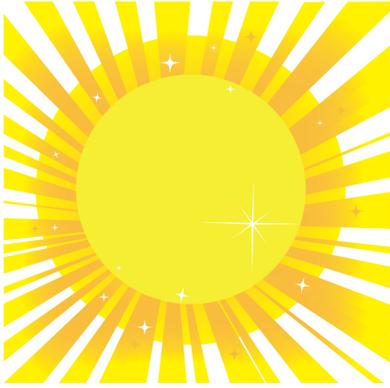


All County Golf Team Recognized

Webb County Commissioners Court presented certificates of recognition to students from several local high schools on being named to the All-County Golf Team. Nominations were made by the Casa Blanca Golf Course and the Laredo Junior Golf Association. Julian Palacios from United High School was also recognized as Coach of the Year by the golf course and golf association.



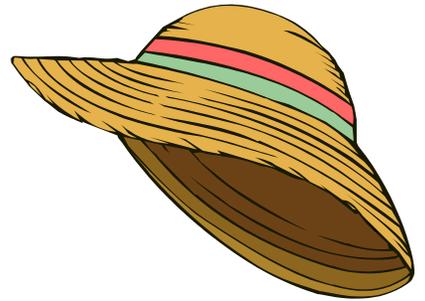
Submit your department stories for next month! E-mail your story along with any pictures to webbpio@webbcountytx.gov. Stories will be edited for style, grammar, and length. Please be advised that, due to space limitations, we cannot guarantee that all stories will be publicized.



Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.



If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

This information provided by NCEH's Health Studies Branch (www.cdc.gov/nceh/hsb). For more information, visit www.bt.cdc.gov/disasters/extremeheat, or call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (Español), or (866) 874-2646 (TTY).