

# Chiropractic Corner

## Avoiding Dehydration

Summer is here and before you and your children head out into the heat for a day of work or play you need to know how to be protected from dehydration. Anyone who spends time in the summer heat without taking breaks and drinking water is at risk of dehydration. Children are at higher risk so, parents need to know what to look for to help keep their child safe as well as themselves.

Early signs of dehydration include fatigue, thirst, dry lips and mouth. Just like adults, if children drink only when they feel thirsty, they're already dehydrated. Thirst doesn't usually occur until at least 2% of a person's body weight has been lost, usually through sweating. As dehydration progresses cramping in the arms, legs and stomach can occur. If untreated this will soon progress into heat exhaustion followed by heat stroke. Symptoms of heat exhaustion include: dizziness, nausea/vomiting, headaches, weakness and muscle pain. Heat stroke occurs as the body reaches a temperature of 104 F and is associated with severe symptoms, including: seizures, disorientation or delirium, lack of sweating, shortness of breath, unconsciousness and coma.

Heat exhaustion and heat stroke require immediate care. Heat stroke is a medical emergency that, when untreated, can be deadly. Anyone with heat stroke should be rushed to the nearest hospital.

As always an ounce of prevention is worth a pound of cure. To prevent dehydration, make sure you and your children drink cool water early and often. Send your child out to play fully hydrated. Then, during play, make sure your child takes regular breaks to drink water, even if they are not thirsty. If you are working in the heat all day be sure to take frequent breaks for water and shade or get inside to cool down.

Dehydration is cumulative, meaning that after several days in the heat without proper hydration, all that sweating and water loss adds up. So keep track of how much you are drinking. A simple sign to keep an eye on is urine. Urine should be clear or light yellow if it is dark you are becoming dehydrated. This is something to keep track of with small children as well.

If you start noticing symptoms of dehydration or heat exhaustion get out of the sun and cool off. Drink plenty of cool water. Put a cool, wet towel on overheated skin. In cases of cramping, gentle stretches to the affected muscle should relieve the pain. Children with heat exhaustion should be treated in the same way but should not be allowed back in the heat on the same day. If you/your child doesn't improve, or can't take fluids, see a doctor immediately.

Summer is a great time for kids and adults to get out and have fun but don't forget to watch out for signs dehydration and excessive heat. Drink that water and stay cool.

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# Coopers Hill paving



Everett Brazil, III/The Red River Sun

The Coopers Hill reconstruction project, just northwest of Hollis, nears completion with a layer of new asphalt. The project will make the hill safer for traffic in the area.

# Robertson to serve on state board

Special to The Sun

CORPUS CHRISTI — Chuck Robertson, CFSP, who is co-owner of Robertson Funeral Directors in Memphis, was elected and sworn in to serve as Secretary/Treasurer for the Texas Funeral Directors Association during their 130th Annual Convention in June in Corpus Christi.

Chuck will continue every year to move up through the chairs and in 2018-2019 he

will be the President of Texas Funeral Directors Association.

The Texas Funeral Directors Association was established in 1886 and today they represent approximately 800 members. The association protects and promotes professionalism in the funeral industry, offering continuing education to its members and initiates positions on legislative issues affecting funeral service. For more information please visit their website at www.tfda.com.



# Area sees decline and growth in sales tax revenue

By Ginger Wilson  
The Red River Sun

AUSTIN — The release of June allocations by Texas Comptroller Glenn Hegar showed both decline and growth throughout the area.

Memphis experienced the largest decline at 10.27 percent. Their June allocation was \$23,633.43, compared to \$26,350.70 last year for the same period.

Childress fell 7.15 percent to \$82,751.42. Last year, their collection was \$90,323.39.

Wellington's \$18,969.60 was up 3.24 percent from the previous year's \$18,626.59.

The June report is for sales made in the month of April.

# JRCA presents report to City

By Ginger Wilson  
The Red River Sun

CHILDRESS — Following the successful opening rodeo in the Childress Event Center, JRCA Board Member Leslie Bruce presented a report to the Childress City Council at their monthly meeting on June 13.

"Overall, the rodeo went great," stated Bruce. "We heard a lot of great compliments about the facility as well as ways we can work to make it better for next year's event."

Bruce took the opportunity to praise the efforts of city employees to the council.

"Eddie Taylor and his staff deserve a huge pat on the back," he firmly stated. "From Eddie to Trent, Dareck, Anthony and Colby, they have taken some ridicule over the past few months, but could not have done a better job. They are consistently making things happen and it was noticed and acknowledged."

Bruce presented a check in the amount of \$1,420 to the city, for the rental of stalls during the three day event.

Others who helped make the first rodeo a success were Shaebre Nix, Brandon and Tesa Nix, Chad and Holly Cox, along

with Shirece Bruce. "We want to especially thank Clyde Martin," Bruce said. "We called him at the last minute and he came up and filled the arena for us."

Western Equipment and Dusty Whitaker provided equipment for the arena as well, helping put the center in the best light to hundreds in attendance.

The economic impact during the weekend of the JRCA event was a huge boost for the Childress economy. According to Childress Chamber Executive Director Susan Leary, the city benefited anywhere from \$35,000-\$45,000.

"We had 63 families stay in all the hotels except for two at an average room rate of \$110 per night."

Leary said the restaurant and convenience store business was kept busy all weekend as well with one restaurant reporting a 40 percent increase in business over the two days.

"One business noticed a 25 percent increase, which would have been more had they not ran out of food."

Childress Old Settler's manned the concession stand took in \$4,000 with a \$2,500 profit. Some stores noticed significant increases in their business with Justin Factory Outlet seeing a 200 percent increase

in business on Friday and 150 percent increase on Saturday. "It was a great weekend for most businesses," Leary expressed.

"We had a lot of business in town offer discounts to those in town for the rodeo if they showed their green wrist band. This was huge for our community."

Leary presented the Main Street report and asked the council to consider the possibility of the Chamber of Commerce and Main Street moving to the new Visitor's Center, once it opens.

Councilwoman Lee Ann Dean inquired about the move asking, "What are the intentions for the building you are in now?" Leary responded, "The Chamber owns that building and we are considering leasing it out to a retail business."

During resident comments, Steve Craig addressed the problem of weeds on the railroad right of way. "The weeds are to the point you cannot see anything," he stressed.

Code Officer Randy Hedricks responded, "I've called them to let them know there is an issue, but have not received a response."

After a lengthy executive session, the Council adjourned without taking action on any items.

# Van Baale gathers info for Springer

By Betty Johnson  
The Red River Sun

MEMPHIS — A meeting was held on June 24 at the Hall County Commissioners Courtroom. Sharon Van Baale, who is the District Manager for Drew Springer, State Representative of District #68 made a stop in Memphis and her purpose was to gather information about any problems that Hall County and the City of Memphis might be facing.

Several concerned citizens attended the meeting and different topics were discussed such as the expense of new computer programs that the state requires, mental health and indigent care, sales tax, Hall County Hospital District, Hall County EMS, Memphis Public Library and others.

Van Baale had good information to take back to Mr. Springer.

Those attending the meeting were Jackie Owens, Carolyn Morris, Shelby Hignight, David Eads, Rick Arnold, Robert Maddox, Daniel Downey, James Edwards, Pauline Johnsey, Ray Powell and Betty Johnson.



Betty Johnson/The Red River Sun

Sharon Van Baale is shown speaking with David Eads of the Hall County EMS.

Hollis Livestock Commission will be closed Saturday July 2nd for the upcoming holiday. Our next sale will be Saturday, July 9.

We appreciate your business and hope you have a fun and safe Independence Day!

Hollis Livestock Commission

**Childress Specific Chiropractic**  
*Dr. Overmiller is your answer to ...*

Headaches      Joint Pain  
Neck/Back Pain      Sports Injuries

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