

Surviving This Excessive Heat – and Other News

By Mayor Susan Sample

Remember when I last spoke about how one of the constants of living in our region was the threat of hurricanes? Well, another constant this time of year is the oppressive heat. Sometimes I wonder if the “H” in H-Town really stands for “Hot and Humid.” And Texas is just in the pre-heating stage of this summer season, which is why I want to stress the importance of heat safety.

It’s essential to stay hydrated by drinking plenty of water throughout the day. Even if you do not feel thirsty, it is important to monitor your fluid intake and to ensure that you replenish your body with water throughout your daily activities. Don’t forget to check on your pets, as well – they also need ample access to cool water to survive this extreme heat.

Additionally, try to limit unnecessary exposure to the sun during peak hours. Light, loose-fitting clothing can help you manage these scorching temperatures. If you must be outside, wearing sunglasses and applying sunscreen frequently are tried-and-true strategies to protect your body from the effects of the sun’s ultraviolet (UV) rays.

It is also crucial to recognize the signs of heat-related illnesses and dehydration before it is too late. Are you aware of symptoms for heat exhaustion and heat stroke? Below are some warning signs to be on the lookout for:

- Dizziness
- Nausea
- Headaches
- Confusion or disorientation
- Clammy skin
- Muscle cramps

These symptoms may indicate heat exhaustion or even heat stroke, and may require immediate medical attention. If you or someone else has these symptoms, please don’t hesitate to call 9-1-1.

Also, with hurricane season approaching, be sure that you are signed up for “West U READY” at www.westutx.gov/WestUREADY to receive the latest emergency alerts. Residents who sign up for “West U READY” will receive alerts in the event there is an emergency situation that poses an immediate risk to health, life, or property.

Poor Farm Ditch Funding

We have an exciting announcement regarding improvements coming to Poor Farm Ditch! Originally constructed in 1952, Poor Farm Ditch is long overdue for important upgrades to meet regional flood mitigation goals. This has been a high-priority project for me and the West U City Council over the past few years, and we are excited to announce that we have received federal, state, and regional support for this project. The City could not have accomplished this enormous feat without the assistance and cooperation of State Senator Joan Huffman, State Senator John Whitmire, State Representative Ann Johnson, U.S. Congresswoman Lizzie Fletcher, Southside Place Mayor Andy Chan, Harris County Commissioner Rodney Ellis, and the Harris County Flood Control District (HCFCD).

After over 20 years of dedication to find possible solutions, we are now in the planning stages of the collaborative Poor Farm Ditch project. Currently, this project is undergoing the final design concepts with the HCFCD to improve the flow of stormwater, and more details on the project's timeline will be shared in the coming months.

I remain committed to the improvement of our critical infrastructure and to West U's capacity to safely manage important flood control measures like the Poor Farm Ditch project.

Do you have questions regarding ongoing projects near you? Please visit www.westutx.gov/projects for the most up-to-date information.