

► Discover the important role bats play in the South Texas ecosystem during "Bat Loco," 9-11 a.m., Aug. 13, at Medina River Natural Area, 15890 Hwy 16 South. Suggested donation: \$3 per person, \$5 per family.

## Staying Safe in the Sun

Dehydration is a big concern during summertime as it can lead to heat exhaustion, and in more serious cases, heat stroke.

Follow these tips to stay safe in the sun:

- Eat plenty of fruits (berries, apples) and veggies (dark leafy greens, peppers, tomatoes).
- Stay hydrated with water and electrolyte drinks. Drink before you feel thirsty because by the time thirst kicks in, your body has already lost too much salt.

- Wear sunscreen.
- Avoid alcoholic, sugary and caffeinated drinks.

Persons over the age of 65, those on heart or blood medication and overweight people are most susceptible to heat stroke. Discuss any new exercise programs with your doctor before starting.

And remember to plan strenuous activity early in the morning or in the evening when it's cooler.

## New Ops Centers Open for Business



The "nucleus" of a rapidly-growing area of the city is now up and running. SAWS officials and field crews gathered at the West Side Operations Center, June 15, to cut the ribbon and declare the new facility — and its twin site, the North Side Operations Center — officially open. The new centers will improve response times for both day-to-day and emergency situations. The facilities will serve as home base for all Distribution & Collection crews currently dispatched from Mission Road and Northwest service centers, along with associated Fleet and Supply staff. Select line cleaning, televising, and concrete and asphalt crews from East Side Service Center are also relocating to the new sites. From right: **Robert R. Puente**, SAWS President/CEO; **Kathy Luna**, President-Rainbow Hills Homeowners Association; **Berto Guerra**, SAWS Board chairman; **Rey Saldaña**, Councilman-District 4; **Ina Minjarez**, State Rep. District 124.

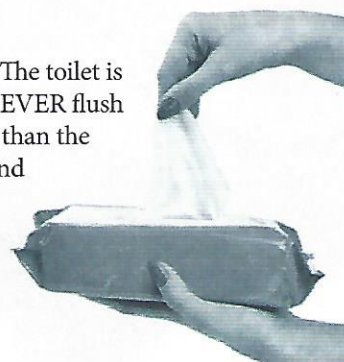
## Keep Wipes Out of the Pipes

Did you know up to three-fourths of San Antonio's sewer spills are caused by grease and debris in the sewer main?

A big part of the problem is so-called "flushables" like baby, personal cleansing and disinfecting wipes. Why? Because even though these may not clog your toilet, they won't break down in the sewer system. Instead, they clump together with grease in the pipe and cause a messy, smelly sewer overflow.

How can you help? The toilet is NOT a trash can. NEVER flush ANYTHING other than the three Ps: pee, poo and (toilet) paper.

Remember:  
#WipesClogPipes!



### First Saturday at the Alamo

Aug. 6  
The Alamo  
300 Alamo Plaza  
[thealamo.org/visit](http://thealamo.org/visit)

### Dog Days

Aug. 6-7  
San Antonio Botanical Garden  
555 Funston  
[sabot.org](http://sabot.org)

### Yoga at Your Park

Aug. 23  
Mission Espada  
10040 Espada Rd.  
[mobileomtx.com](http://mobileomtx.com)

### How to Start a Community Garden

Aug. 27  
Green Spaces Alliance  
4901 Broadway, Suite 211  
[greensatx.org/events](http://greensatx.org/events)