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CDC: be cool, be well during summer's hot temperatures

Local temperatures this week are expected to be in the low 90s, coupled with high humidity. While the mercury will likely be higher later in the summer, weather conditions will not be comfortable for many residents.

To beat the heat, the Centers for Disease Control have the following tips:

Drink more fluids, 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 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:

- o Infants and young children

- o People aged 65 or older

- o People who have a mental illness

- o 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).

Pets need summer protection, too

The American Society for the Prevention of Cruelty to Animals lists the following tips to keep pets safe in summer weather:

- Never leave your pet alone in a vehicle. Hyperthermia can be fatal. Even with windows open, a parked automobile can quickly become a furnace in no time. Parking in the shade offers little protection, as the sun shifts during the day.

See PETS on other side

American Legion Post 384
502 E. Penn, Hoopeston

Pancake Day
Saturday, June 27
6 a.m. - 1 p.m.
Serving pancakes, Sausage & Eggs
All you can eat - \$5

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DRAG ME TO HELL: 4:15pm & (9:30pm) ANGELS & DEMONS: 7:00pm**
1 - Showtimes are Friday and Saturday only showtimes
BRING A COPY OF THIS ADVERTISEMENT WITH YOU FOR A FREE POPCORN OR SODA.

**The PIT STOP at
EAST LANES**

Tuesday	Chicken & Noodles
Wednesday	Ribeye Sandwich
Thursday	Swiss Steak
Friday	Cod & Ribeye
Saturday	Prime Rib

Standard Issue Band
Saturday, 8:30-12:30

Open Bowling 11 a.m.-Close Daily
Cost: \$2.75 (shoe rental included)
Open Bowling Saturday 1 p.m.-Close

719 W. Elm, Hoopeston (217) 283-6505



Children at play

Area youngsters took advantage of Saturday's great weather to participate in Drivin' the Dixie activities at McFerren Park. Above, Vicki Goodner mans the ring toss booth, part of Kids Corner activities sponsored by Hoopeston Regional Health Center. Bottom, youngsters throw inflatables into the stream of a Hoopeston Fire Department hose.

Briefly

VBS

First Church of God, 1004 East Orange, Hoopeston, will host Trek – Ex Vacation Bible School from 6-8 p.m. June 24-26th 6-8pm

Time To Register For Fall Soccer

Children ages Toddler-13 can register to play fall soccer at www.danvillesoccer.org. If you do not have internet

Pets continued from other side

- Always carry a gallon thermos filled with cold, fresh water when traveling with your pet.
- The right time for playtime is in the cool of the early morning or evening, but never after a meal or when the weather is humid.
- When the temperature is very high, don't let your dog stand on hot asphalt. Dogs' bodies can heat up quickly, and paw pads can burn. Keep walks during these times to a minimum.
- A day at the beach is a no-no, unless you can guarantee a shaded spot and plenty of fresh water for your companion. Salty dogs should be rinsed off after a dip in the ocean.
- Provide fresh water and plenty of shade for animals kept outdoors; a properly constructed doghouse serves best. Bring your dog or cat inside during the heat of the day to rest in a cool part of the house.
- Be especially sensitive to older and overweight animals in hot weather. Brachycephalic or snub-nosed dogs such as bulldogs, pugs, Boston terriers, Lhasa apsos and shih tzus, as well as those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.
- When walking your dog, steer clear of areas that you suspect have been sprayed with insecticides or other chemicals. And please be alert for coolant or other automotive fluid leaking from your vehicle. Animals are attracted to the sweet taste, and ingesting just a small

amount can be fatal. Call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435 if you suspect that your animal has been poisoned.

30th reunion

Hoopeston-East Lynn Class of 1979 will be having a 30th year reunion on July 11, 2009 at Turtle Run in Danville. Please contact Margaret Watson Norris at 217- 474-2081 to RSVP and get further details.

amount can be fatal. Call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435 if you suspect that your animal has been poisoned.

• Good grooming can stave off summer skin problems, especially for dogs with heavy coats. Shaving the hair to a one-inch length—never down to the skin, please, which robs Rover of protection from the sun—helps prevent overheating. Cats should be brushed often.

• Do not apply any sunscreen or insect repellent product to your pet that is not labeled specifically for use on animals. Ingestion of sunscreen products can result in drooling, diarrhea, excessive thirst and lethargy. The misuse of insect repellent that contains DEET can lead to neurological problems.

• Always keep matches, lighter fluid, citronella candles and insect coils out of pets' reach.

• Make sure that there are no open, unscreened windows or doors in your home through which animals can fall or jump.

• Stay alert for signs of overheating in pets, which include excessive panting and drooling and mild weakness, along with an elevated body temperature.

Classifieds

REAL ESTATE FOR SALE

8 Single Family rental units for sale. Good houses with many updates and good tenants. \$42,900/yr. in rents. Asking \$280,000. For more information, e-mail hoopestonrentals@yahoo.com. Serious inquiries only.

VEHICLES FOR SALE

2000 Chevy 1500 long bed, 80,000 miles, bed liner, AC, Great work truck. Asking \$5600. Call 217-772-1202.

Call (217) 283-9348 to place your ad!

Weather



Sunny today. High 92. Tonight, mostly clear. Low 71. Tomorrow, sunny. High 92, low 71.

For current weather conditions, call Hoopeston Weather Service, (217) 283-6221.