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### Extreme heat predicted this week, hot weather tips listed

The National Weather Service has issued a special weather statement for central Illinois for the rest of the week. Temperatures in the upper 80s and low 90s will combine with high humidity to create heat indices of 110 degrees.

Such conditions can cause problems for people - especially the elderly and those with health issues - and pets. To beat the heat and stay safe, experts list the following tips:

• Never leave children or pets in a vehicle, where the inside temperature can quickly reach 120 degrees. However, experts warn, some pet owners now leave their vehicles running and the air conditioning on during quick stops. Animal lovers are asked to check for a running vehicle before calling authorities.

• Stay indoors in air conditioning, if possible. Slow down and avoid strenuous activity during the hottest part of the day.

• Stay hydrated. Drink plenty of fluids, but avoid those with caffeine or alcohol.

• Avoid extreme temperature changes.

• Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors that absorb the sun's rays.

• Use a buddy system when working outdoors. Take frequent breaks.

• Check on family, friends and neighbors who don't have air conditioning or who live alone.

• Those who don't have air conditioning may consider going to places that do during the hottest part of the day, such as stores, libraries and theaters.

Sometimes those who must be outdoors in extreme heat will suffer from heat exhaustion or heat stroke.

Signs of heat exhaustion include cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

Heat stroke, left untreated, is life-threatening. Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heat stroke. Move See HEAT on other side



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First Presbyterian Church of Hoopeston 915 E. Orange St. (217) 283-6229 Register for Fall Semester Classes begin September 6!

Small Wonders Preschool

#### **Class Options:**

3-yr-old class Tues, Thurs mornings - 2 day class 4-yr-old class: Mon.-Wed.-Fri. mornings - 3 day class 4-yr-old class: Mon.-Fri. afternoons - 5 day class - *NEW!* Beautiful Facility, Professional, Friendly Staff, Computers, Smartboard, Field Trips Julia Kaeb, Director



Whether your passion is events, kids, pets or something else, snap it and enter it in the

## Just the Facts

# Photo Contest June 21-September 21

Summer Snaps

1 photo selected each week to compete for a \$25 monthly prize. One photographer will win a

# **\$100 Grand Prize!**

Open to amateur photographers only. Limit 1 photo/week/person. Decision of the judges is final. By submitting photos, photographer gives Just the Facts all rights to photos. Entries must be less than 2 MB in size.

Email photos to publish@justthefacts.net and include "photo contest" in subject line, names of subjects in photo (if applicable), location and photographer's real (not screen/alias) name.

## Briefly

#### Abe Lincoln program

As part of its "Heroes" Summer Reading Program, Hoopeston Public Library will host Kevin Wood, Abraham Lincoln re-enactor, for "Heroes of History. The program will be 2-3 p.m. Thursday at the library, 110 N. Fourth St.

Limited seating is available for local events interested in the first-person presentation.

Wood, as Lincoln, will talk about his life and the history of the United States from Independence through the Civil War.

#### Youth soccer signups underway

Youth Soccer sign ups have begun for the 2016 Danville Area Soccer Association fall season. Hoopeston Area boys and girls ages 4-14 as of January 1, 2016 can sign up at: <u>www.danvillesoccer.org</u>.

Register before July 16 to avoid a late charge. Practices for Hoopeston teams in Hoopeston should

#### Heat continued from other side

the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

Animals can suffer heat stroke, too. Dogs with short snouts, such as the boxer and bulldog, are especially prone to it, as are obese pets, those with extremely thick coats and those with upper respiratory problems. Symptoms include heavy panting and unable to calm down, even when lying down; brick red gum color; fast pulse rate; and unable to get up.

Those who suspect their pet has heat stroke should take their pet's temperature rectally. If above 105 degrees, the animal should be cooled down. The easiest way to do this is with a water hose. Bring the temperature down to 103 degrees and take the animal to the veterinarian as soon as possible.

Tips to help pets stay cool include:

• Make sure they have plenty of fresh, cool water.

#### Weather

Mostly sunny today. High 86. Tonight, partly cloudy. Low 66. Tomorrow, chance of storms. High 87, low 71.

begin early August. First games are August 20.

Contact Kevin Jett, (217) 772-1971 or kjett4@gmail.com with questions or for registration assistance.

#### Breast cancer support group meeting

Hoopeston Breast Cancer Support Group will meet at 6 p.m. Thursday, July 21 at The Pit Stop at Fast Lanes Bowling Alley. For more information, call Pat Foster at (815) 984-4040.

#### Gospel music concert

Gospel Music at the Multi Agency (formerly Music in the Park in Rossville) will be held from 6:30-8 p.m. Saturday. Kenny Melton, of the Melton Family Singers and Judith Montgomery Family of Shoals, Ind., will perform. Please bring a couple of folding chairs, if possible. A freewill offering will be taken. For more information, call Richard Birkey, (217) 495-0011.

The Multi Agency is at 206 S. First Ave., Hoopeston.

• If your pets are outdoor animals, consider bringing them inside during the heat or make sure they have a shaded spot outdoors.

• Schedule walks during the morning or evening, avoiding the hottest part of the day. Be mindful of the surfaces your pets walk on. Pavement, blacktop and even sand can easily burn dogs' paws.

The hottest weather is expected to be Thursday and Friday, lingering into Saturday before a cool down.

#### Classifieds APARTMENTS FOR RENT

2 BR, 1 bath, 1,500 sq. ft. Dining room, living room, office. Great neighborhood. Heat, water paid by landlord. Stove, refrigerator included. Washer/dryer hookups available. \$550/mo. + deposit. No pets, no smoking. Call (217) 772-1203 for application.

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