



Lourdine Osborne editor Friday, June 17, 1994 Hoopeston's only locally-owned daily news publication! (217) 283-9348 P.O. Box 441, Hoopeston, IL. 60942

## Beating the heat Cool shade, cold fluids needed during hot days

#### It's hot.

With temperatures in the mid 90s, the least bit of work is tiring, perspiring, and potentially dangerous.

Summer heat can pose health problems for small children, the elderly and those with breathing problems, according to Julie Mullen. nurse manager, acute care service, at Hoopeston Community Memorial Hospital.

Add high humidity levels to high temperatures and everybody suffers.

There are ways to beat the heat and keep safe from heat stroke.

First. whether working outdoors, or indoors without air conditioning, it is important to take frequent breaks to cool off, Mullen said.

Second, she said, those in hot situations should drink plenty of fluids, especially water.

Medical experts recommend eight to 10 eightounce glasses of watter daily "and that's not even on a hot day," Mullen said.

Fluid intake is especially important for those

### Briefly...-

#### Joint venture annouced

The Stipp family, owners of Hoopeston Fertilizer, and the Allhands family, owners of Watseka Bottle Gas, Wednesday announced a joint venture to provide propane gas services to Vermilion County and West Central Indiana. Effective July 1, the new venture will be called Jet Gas. It will be located at the Hoopeston Fertilizer plant on West Thompson Ave. who are active in the heat, like children who play outside. "They really need to drink a lot of water." she said.

Some beverages, such as tea and coffee, are not recommended because they are natural diuretics, helping the body expel water. "You do enough of that in the summer through sweating." Mullen said.

Another beverage often sought on hot days is also not recommended. "Beer is a no-no." Mullen said, because it, too, is a diuretic.

For those who don't like water, Mullen recommended flavoring it with a dash of lemon. or purchasing over-the-counter sports drinks. which replace electrolytes lost through perspiration.

Electrolytes are chemicals which keep the body's cells regulated.

Those who are in the sun should protect themselves from ultra-violet rays. <u>"Always</u> wear a sunblock," Mullen said.

To lessen the affect of the heat, Mullen sug-See HEAT on other side

Jet Gas will provide full propane gas services to residential, commercial, industrial and agricultural customers.

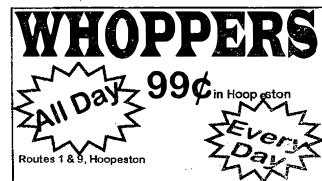
For more information, call (217) 283-5973. Class reunion, anyone?

Members of the Hoopeston Class of 1980 who are interested in a 15-year class reunion are asked to call Ginger Hall Grant at 283-6441.



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## Letter to the Editor

#### Dear Editor:

In a recent Just the Facts. you had an article on the curfew for the youth of this town. The police department said it was going to enforce this law and both parents and children would be held responsible.

Well, I have yet to see this be put in effect. Kids are still running the streets all hours of the night. Also, the recent rash of burglaries and break-ins appear to be youth-related by the description of the items taken and the vandalism done.

I'm not laying the blame for this on any one group. I'm sure the police department is trying to get this under control, but they need the help of

### **Obituaries**

**HUNT** - Funeral services for Ronald Hunt of Rossville will be at 3 p.m. Saturday at the Wolfe Funeral Home in Rossville. Burial will be in Mann's Chapel Cemetery. Visitation will be 1-3 p.m. Saturday at the funeral home.

**PENCE -** Donald B. Pence. 86, of Rankin, died at 9 a.m. Wednesday at Hoopeston Community Memorial Hospital. Funeral services will be 10 a.m. Saturday at the Rankin United Methodist Church. Burial will be in Bean Cemetery, Cleone, II. Visitation will be 4-8 p.m. Friday at the Knapp Funeral Home in Rankin. Memorials may be made to the Rankin United Methodist, Rankin Lions Club or charity of the donor's choice

### Heat continued from other side

gested wearing loose fitting, light colored garments.

Mullen had two other suggestions for beating the heat. "If people have the opportunity to use a swimming pool, that's great," she said. "And I don't see anything wrong with encouraging people who don't have air conditioning to visit the local mall." parents to make it effective.

I recently moved here from a metropolitan area because of the gang problem and I can tell you that if Hoopeston does not get a handle on this problem now, we are in for some big trouble.

I don't know how most parents in this town feel, but I would be grateful the curfew was enforced and kids held responsible for their actions by involving them in community work and any other kind of work the city could have them do.

It's time parents took control of children. After all, this is the future of our country and I. for one, am a little skeptical that the youth we have growing up now can be responsible enough to handle that future.

> Terri L. Sinclair Hoopeston



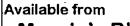
Valeriano Zarate, 20, 323 N. Sixth Ave., was arrested at 11:14 p.m. Wednesday for operation of an uninsured motor vehicle, failure to apply for plates, no safety glass and no red tail lights. He was issued notices to appear and was released. Susan Redden, 823 S. Market, reported Thursday that someone took her son's 15-speed bicycle. The bike has a black seat and green handle bars.

# In the hospital

Hoopeston Community Memorial Hospital June 15, 1994 Admitted: Howard Bray, Hoopeston. Discharged: Hazel Marie Wells. Hoopeston,



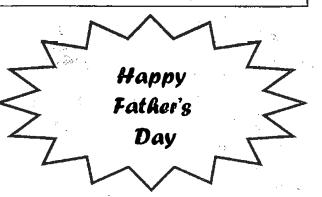
Partly sunny, hot and humid today. High in the low to mid 90s. Tonight, fair. Low in the mid 70s. Saturday and Sunday, partly cloudy. Highs near 94, lows near 74.



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# Are you entitled to an increase in your child support?

If your former spouse has had a significant increase in his or her income, you are likely entitled to have your child support increased accordingly. Your attorney can provide further details and assist you with a petition to the court.

> Calvin Hultquist Attorney at Law 227 S. Market, Hoopeston (217) 283-7711

