

every Thursday 7 p.m.

Hoopeston American Legion

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Phone/Fax (217) 283-9348 Lourdine Florek, owner

Thursday, June 28, 2012

Hoopeston's only locally-owned daily news publication

P.O. Box 441, Hoopeston, IL. 60942

www.justthefacts.net

CDC suggestions for dealing with today's hot temperature

With the area under a heat advisory until 7 p.m. tonight, residents are urged to use caution when dealing with the heat. The Centers for Disease Control list the following tips:

Drink plenty of fluids: Increase fluid intake, regardless of activity level. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask 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.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body. These are necessary and must be replaced. Those who must exercise are urged to drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals lost in sweat. Those on a low-salt diet should talk with a doctor before drinking a sports beverage or taking salt tablets.

Wear appropriate clothing and sunscreen: Wear as

Sponsored by United Community Fund of Grant Township,

Hoopeston Star Lodge #709 & Hoopeston Chamber

Tuesday, July 3

Hoopeston Civic Center

Serving fish, shrimp chicken nuggets

plus sides & beverage. All you can eat

\$8.50 adults/\$5.50 children under 12

little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing.

If outdoors, wear a wide-brimmed hat, along with sunglasses, and use sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) 30 minutes prior to going out. Continue to reapply it according to the package directions.

Schedule outdoor activities carefully: Try to limit outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

Pace yourself: If unaccustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay cool indoors: If possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library. Call your local health department to find heat-relief shelters

See CDC on other side



Celebrate the Fourth in Style!

Centerpieces, place mats, runners, door swags, candles, ribbon, figures and more!

Flowers & Gifts by Mully Culbert 702 W. Main, Hoopeston (800) 523-1344 Open 7 Days

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299

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516 N. Dixie Hwy., Hoopeston (217) 283-5186 Open Sundays



Orange & 4th Ave., Hoopeston

Thursdays \$1 beers **Tacos by Norma Montez** 5-8 p.m.

The Karate Club

Bill & Susan McGee upstairs of Multi Agency 206 S. First Ave., Hoopeston

(217) 497-3916

(217) 497-7307

Briefly

Community meeting

Alderwoman Sue Comstock is holding a community meeting at 7 p.m. Thursday, June 28 at city hall. Residents are encouraged to attend and voice their concerns, questions and thoughts about civic issues.

Dental van to be at park

HALO Project, a Healthy Community Initiative Sponscreening meets school dental screening requirements.

For more information, call Kathy at 217-442-6587 or visit www.provena.org/usmc/halo.

H-EL Class of '77

Attention H-EL Class of '77 members: please return your registration information for the July 14 class reun-

sored by Provena United Samaritans Medical Center Foundation, in partnership with Colgate-Bright Smiles Bright Futures, and Orland Park Dental Services, will host "Smiling Faces Dental Days" on June 28-30. The dental van is scheduled to be at McFerren Park in Hoopeston from 1-4 p.m. June 28. Children 3-18 will receive a free dental screening and goody bag with dental supplies. Parents/guardians must accompany children. The

CDC continued from other side

Hoopeston Fire Department was

ion. We hope to see you there!

Police News

Fire Calls

Parkview Court home.

Marching Band camp

Hoopeston Area Marching Cornjerkers rookie band

camp will be held from 8 a.m.-noon July 16-20. The

camp is for incoming freshmen and students new to

Band camp will be held 8 a.m.-5 p.m. July 30-August

A 23-year-old Hoopeston woman reported at 12:30

p.m. Tuesday that someone took her purse from her

called at 9:51 p.m. Tuesday to a report of an audible

fire alarm at Centennial Manor. No injuries or dam-

3 and is required for all marching and color guard mem-

marking band, including color guard members.

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. Use your stove and oven less to maintain a cooler temperature in your home.

Use a buddy system: When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. Check on those 65 or older twice a day and monitor those at high risk.

Do not leave children or pets in cars.

Provide plenty of fresh water for your pets, and leave the water in a shady area.

Weather



Heat advisory through 7 p.m. Thursday. High today 103, low 75. Tomorrow, hot. High 97, low 74.

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

Parent Preview Night is at 7 p.m. Friday, Aug. 3.

Senior citizens to meet

Rossville senior citizens are invited to the fire station at 1 p.m. Thursday for the monthly senior citizen gathering sponsored by Rossville Community Organization. Everyone is welcome!

Just ducky

Ducks for the annual 4th of July Duck Race in Rossville may be registered June 29 from 1-8 p.m. at Casey's.

Ducks may be purchased July 4 at Chrisman Park.

Change in meeting date

Hoopeston Public Library's Mary Hartwell Catherwood Reading Group will meet at 1:30 p.m. Monday, July 9 in the library's lower level meeting room. This date is a change from the previously published schedule.

Classifieds

APARTMENTS FOR RENT

Layden Manor Apartments, Hoopeston. 2 bedroom, upstairs apartment, many updates. washer/dryer hookups. no pets. \$400 per month. Call Dawn: 217-304-1761.

Hoopeston - One Bedroom apartment all utilities and appliances included \$425 rent & \$425 deposit 217-516-8309

Hoopeston - Newly redone Large 1+ Bdrm apt, large living rm, formal dining rm, laundry on site, all utilities & appliances included. \$525 rent & \$525 deposit. 217-516-8309

2 BR duplex for rent. Garage. Fresh paint. Remodeled bath, spacious living room. Great location. Stove and Fridge included. Must have references. \$375 mo. plus deposit. Call (217) 304-3477 for an application before 8 pm. Available July 1.

HELP WANTED

Do you have a passion for serving seniors? RN, LPN needed. CNAs all shifts. Dietary manager and kitchen staff, too! Apply online at www.autumnfieldshoopeston.com.

RUMMAGE SALES

HOOPESTON: 804 E. Maple. Fri. 7-5, Sat., 7-11. Computer desk, printer, furniture, men & women's clothing, girls clothing (0-12 mos.) baby items, holiday décor, misc.

HOOPESTON: 521 E. Seminary. Sat., 8-12. Antique bed frame, lawn mower, tools, clothes 1/2 price, and more!

Call (217) 283-9348 or email publish@justthefacts.net to place your ad!



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