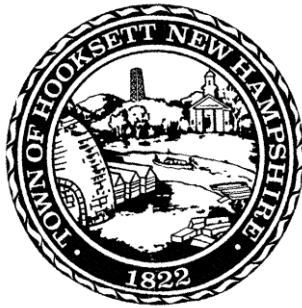


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"Treasure History
Welcome the Future"

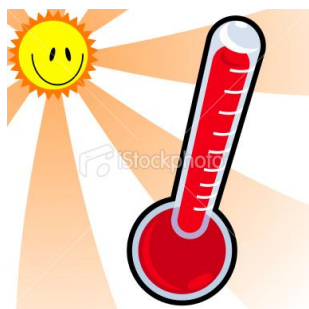
TOWN OF HOOKSETT NEWSLETTER

Town Council

The Town Council held their first meeting of the fiscal year on July 13th. We'd like to welcome our new members. The following are the current Town Council members:

Nancy Comai, District 6 – Secretary
Michael Downer, District 5
Vincent Lembo, Jr., At Large
James Levesque, District 3
Todd Lizotte, District 1
William Sirak, At Large - Chair
James Sullivan, At Large
Nancy VanScoy, District 2 – Vice Chair

Nominations were made to fill the District 4 Councilor seat. David Ross and Susan Orr were both nominated. The Council will make the appointment at their next meeting on July 27th. The Council also approved their meeting schedule for the year. Please log onto www.hooksett.org for a copy of the schedule.



Heat- Related Illnesses

Towards the end of next week, there is the possibility that we may experience the first "official" heat wave of the summer. The mid to long range forecast calls for several successive

days with temperatures ranging into the mid-90s with high humidity. Nightly lows will fall back only into the 70s offering little in the way of relief. Although many areas of the country routinely deal

with excessive heat, this could be an unusual and potentially dangerous event for central New England. All area residents are urged to be on the alert for the signs of heat related illness. This will

become especially important with our young and elderly population.

The effect of heat upon the body is a result of three factors: humidity levels resulting in 70% of heat stress, sun radiation causing 20%, and the temperature causing 10%. It is important to understand that the humidity level plays the most important role in heat induced stress and illness.

Generally, humans can control their internal temperature in the heat by sweating. However, under extreme heat and humidity conditions, the body cannot keep up and will suffer from heat stress. The elderly and young children, as well as those with chronic respiratory and heart conditions are more susceptible to heat related injury. Heat related illness usually occur in 3 forms: *Heat Cramps*, *Heat Exhaustion*, and *Heatstroke*.

Most *Heat Cramps* do not require special treatment. A cool place, rest, and clear fluids or juice should ease any discomfort. Messaging cramped muscles may also help.

Heat Exhaustion is a more severe heat illness. Heat exhaustion usually occurs after prolonged exposure to heat and/or heavy exercise in the heat resulting in increased loss of body fluids through heavy sweating. The signs of heat exhaustion include:

- Clammy, pale skin

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- Sweating
- Dry mouth
- Tiredness (Fatigue)
- Headache and/or dizziness

Anyone suffering from heat exhaustion needs to be removed from the heat immediately and given water to drink, loosen clothing, and apply cool compresses to the skin. Fortunately, heat exhaustion is not life threatening, and will resolve with rest, fluids, and cooling down. However, if left untreated, heat exhaustion may escalate into heatstroke, which can be fatal.

Heatstroke is a very dangerous and is a **potentially life threatening** form of heat stress or injury. Body temperatures can soar to 106 degrees or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical treatment is required to bring the body temperature under control. Factors that increase the risk for heatstroke include overdressing and extreme physical exertion in hot weather with inadequate fluid intake. The signs of heatstroke include:

- Very high body temperature
- Hot, red, and dry skin
- Absence of sweating
- A weak rapid pulse
- Confusion or hallucinations
- Seizures
- Loss of consciousness

Anyone suffering from heatstroke needs medical assistance as soon as possible! Immediately dial 9-1-1 for emergency medical help. Remove the victim to a shady area and cool the victim rapidly, using whatever methods you can. Do not give the person any liquids that contain alcohol or caffeine as this will interfere with the body's ability to control its internal temperature. If alert, give the person beverages to sip (such as Gatorade), or make a salted drink by adding a teaspoon of salt per quart of water. Give a half cup every 15 minutes. Do not attempt to give the victim anything by mouth, not even "sports drinks, if the person is vomiting or unconscious. Do not give the victim medications that are used to treat fever, such as aspirin. They will not help and may be harmful.

Take a sensible approach during periods of excessive heat and humidity. Limit your children's activities during heat and humidity waves. Never leave your children or pets in parked cars during hot weather. Be a good neighbor. Check in with your elderly relatives and friends to ensure their safety and welfare during heat events.

For additional information, please visit the following websites:

<http://www.bt.cdc.gov/disasters>

<http://www.nlm.nih.gov/medlineplus>

Summer Reading Programs, Activities & Prizes @ Your Library

The library is promoting lifelong literacy by organizing summer reading programs for community members of all ages. Visit us soon and learn how you can participate in a variety of fun and educational programs, activities and reading challenges. Help us reach our goal of 400 summer reading participants and win prizes donated by local businesses for reading! This year's summer reading program themes are "One World, Many Stories" for children, "You Are Here" for teens and "Novel Destinations" for adults.

Adult Events

Novel Destinations – Adult Summer Reading Program

Monday, June 20 through Tuesday, August 23

Visit the library and pick up your Novel Destinations Bingo Card. You can win gift cards to local restaurants, grocery stores and other businesses for participating! This lifelong literacy program has been made possible by our local sponsors: Hannaford, Robie's Country Store, Veano's Italian Kitchen, Ninety Nine Restaurant, Applebee's and Shaws. Ask a library staff member for more information and begin your trip to a novel destination today!