

SUMMERTIME SUFFERING / In Australia's Wilmington, there's no sign of snow

In Wilmingtons everywhere, heat is on

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Maguel Gary wouldn't mind a little of the rain that was expected to hit Wilmington, Ill., on Thursday.

As local temperatures continue to reach into the mid-90s, Mr. Gary said he can envision pulling out his lawn chair and relaxing while the cool drops hit his body.

But forecasters say keep dreaming. There's no relief in sight from the heat wave.

"It looks like it's just the same old business," said Neil Stuart of the National Weather Service in Wilmington. "It will be hot and dry in the mid-90s."

"Most people won't even see a drop of rain for the next few days," he said.

But take heart. Lots of Wilmington residents across the United States are suffering together.

Wilmington, Ohio; Wilmington,

Vt.; and Wilmington, Del., are all catching the heat, with temperatures in the high 80s.

The only Wilmington residents getting a break from summer heat are those in Wilmington, Calif., along the Pacific Coast just south of Los Angeles. They have temperatures in the upper 70s and low 80s.

Then there are the folks in southern Australia's Wilmington, who are really beating the heat. It's winter there now, and temperatures generally fluctuate between 45 and 62 degrees in July, according to figures compiled at the National Climatic Data Center in North Carolina.

Although it is winter there, the coastal area has yet to see any snow.

If local Wilmington residents feel like Mother Nature's treating them badly, they might consider the residents of Wilmington, Ill., who are bracing themselves for rain — lots of rain.

Hot weather safety tips

The National Weather Service advises older adults, people without air conditioning and construction workers to be particularly careful to keep cool in hot weather. The National Oceanic and Atmospheric Administration offers these tips on beating the heat:

■ **Slow down.** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of day.

■ **Dress for summer.** Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperature.

■ **Drink plenty** of non-alcoholic fluids. Your body needs water to keep cool, so drink plenty of fluids even if you don't feel thirsty. People who have epilepsy, kidney or liver disease; are on fluid-reactive diets; or have a problem with fluid retention should consult a doctor before increasing fluid intake.

■ **Do not drink** alcoholic beverages.

■ **Do not take** salt tablets unless specified by a doctor.

Heavy rain plaguing portions of the Midwest is causing flooding and crop damage along the Mississippi River.

Local temperatures today are expected to reach into the mid-90s. Factor in the humidity and it should

feel like 105 degrees.

Meteorologist Al Hinn said local residents may find some relief from the heat on area beaches, where the water temperature is about 83 degrees and producing a slight breeze.