



Rio Grande Electric Cooperative, Inc.

UP DATE



July, 2005



A Message From The General Manager/CEO

By Daniel G. Laws

There are things I never get too much of, like the smell of freshly cut grass, for example. Every time I catch wind of that smell, I am immediately transported back in time to elementary school on a spring afternoon. As the grounds personnel would mow, I would sit looking out the window and wish I was outside helping mow or doing anything except being in school.

Something else I never get too much of is the playing or singing of the national anthem; it almost always brings tears to my eyes. Hearing it reminds me of many a Fourth of July celebration and the stories of sacrifice that made my celebration possible. I am very aware that freedom comes at a terrible price. Those who paid that terrible price gave so much for me, but required little from me. I never forget to be thankful.

“Life, liberty and the pursuit of happiness” are words that evoke strong emotion in Americans. I am sure you would agree there is little more American than these words, which are more akin to holy writ than a national ideal. These are words that define who we are as Americans and what matters most to us. Ironically, they are also words that represent a strange sort of dichotomy. On the one hand, they are words which represent life — on the other, they are words of death.

This triad, which serves as the underpinning of our American way of life, is also the central theme of every July 4th celebration. By the time you read this, Independence Day 2005 will be a fond memory and as joyous as our celebration was, it was made all the more joyous by the fact that our independence is intact. In fact, it is more than intact, it is flourishing!

Independence is the natural outflow of life, liberty and the pursuit of happiness. In some ways, I suppose you could liken it to seasoning, forever flavoring our lives, enriching and deepening our American experience. Independence permits us to go where we like without fear of reprisal, worship as we please, work where we want, and pursue any endeavor that does not infringe on the right of another American’s independence.

It is no surprise that electric cooperatives were born as a result of that independence. There was a time, in the not so distant past, when those who sold electric energy for profit did not see rural America as profitable enough to extend electric service outside the city limits. So, you had lights to the edges of towns and darkness beyond. Children growing up in rural Texas continued to do their homework by the light of coal oil lamps, while classmates in town had electricity. Chores could only be characterized as drudgery without the benefit of electric energy.

Fierce independence forged electric cooperatives, and that same independence keeps them strong. Let me encourage you to take part in your electric cooperative. Be willing to serve on nominating committees, advisory committees, and even on the board of directors. Rio Grande Electric Cooperative, Inc. exists to bring you the best service possible at the lowest possible price — that’s your **“Home Team Advantage”**.

WildBlue Equipment Is On The Way. . .we think.

By the time this magazine reaches you, the long-awaited first shipment of WildBlue equipment could finally be en route to RGEC, if what we have been told is true.

Though RGEC placed the first orders several months ago, the manufacturer has apparently been unable to keep up with demand. We continued to order additional units as more and more of you signed up for service. These orders should be received (we are told) very soon.

We sincerely apologize for the long delay in getting satellite internet to you, but it truly has been due to circumstances beyond our control. Our staff has called and e-mailed until "blue in the face" trying to get the illusive equipment. Our installers traveled across the country to attend certification classes in order to be ready when the equipment arrived. We were ready (and knew you were too)!

Now, we are told that the price of the equipment is being raised, but those who subscribe to WildBlue through the Co-op will not see an increase. We will honor our \$250 advertised equipment pricing and will absorb the price increase, making WildBlue an even better value.

Please continue to be patient, as we will be installing equipment as fast as we possibly can! You can help speed the process along by being present on time when installation is to take place at your location so that installers can do their work quickly and move on to the next site.

Another way you can help is by making sure your computer files are backed up prior to the arrival of our installers.

We appreciate the offers from some of you who are willing to pre-lay cabling. Unfortunately, the terms of our arrangement with WildBlue dictate that all work must be conducted by those who have been certified.

Those who pre-registered with RGEC for WildBlue service will be receiving the WildBlue Customer Agreement in the mail. Please sign and return the contract to us as soon as possible to avoid further delay in receiving your satellite internet service.

Along with the Customer Agreement, you will have the option of selecting which method of payment you would prefer. Your WildBlue service can be billed on the same statement as your RGEC electric usage, or you may opt for credit card or automatic bank draft payments. Please complete the appropriate form, and return along with the Customer Agreement.

Equipment can also be billed on your regular RGEC statement, if you choose. You have the option of making a one-time payment of \$250 (+ tax), or having the amount broken down into five monthly payments.

We have received calls from some of you who say they signed up for service on the WildBlue web site. If this is the case, you probably received an email from WildBlue stating that service will not be available until September. This applies only to the "retail distribution" of WildBlue. Cooperatives have the ability to make the service available sooner. If you have not registered with the Co-op, please do so now, so you can take advantage of our reduced equipment rates. Retailers will be charging much more for the equipment and installation.

If you have any questions regarding WildBlue satellite internet, or scheduling your installation date, please call the Co-op at 1-800-749-1509.

Again, we appreciate your patience, understanding, and loyalty to the Co-op. We believe that WildBlue will be worth the wait.

RioNet Internet Service Brings You



**True two-way satellite internet service without phone lines!
No software to install - the intelligence is in the modem.**

Minimum download speeds:

512 Kbps	Value Pak	\$49.95 per month
1.0 Mbps	Select Pak	\$69.95 per month
1.5 Mbps	Pro Pak	\$79.95 per month

Equipment Cost \$250

(This is about 1/2 of the actual cost of the equipment!) RGEC members can pay in installments of \$50 per month. Standard installation included. Non-standard installation may be subject to additional fees.

ISP services included. All email services and 24/7 technical support, so you won't have to pay another provider!

2 Year Contract Required.

TO REGISTER, CALL 1-800-749-1509

**Check out RGEC on the web at:
www.riogrande.coop**

View your usage history, account information, and pay your RGEC bill quickly and securely online.

Call our Consumer Accounting Specialists at 1-800-749-1509 for your own personal password.

Director Election Process: Nominating Committees Selected

The selection of nominating committees is the first step on the road to election of new directors, and serving on a committee is a very important way members can be of service to the Co-op. The board of directors uses the yearly Member Involvement Survey as one way of selecting nominating committee members.

Committee members must choose wisely those candidates whom they believe would devote the time and attention necessary to fulfill their obligations as a director, should they be elected.

For Director District 5, Margaret Ann Kelly, Jack Harrington, and Jimmy Fritz will select the nominees. Kelly will chair the committee responsible for selecting candidates to run for the seat currently occupied by Jack Skiles of Langtry. Mr. Skiles is not eligible to run again, due to term limitations.

Jerry Andrews chairs the committee for Director District 6, with Chico Banner and Rowdy Holmsley filling the other seats on the committee. The District 6 seat on the board of directors is currently held by board secretary Hugh Childress of Ozona, who is eligible for, and will be seeking reelection.

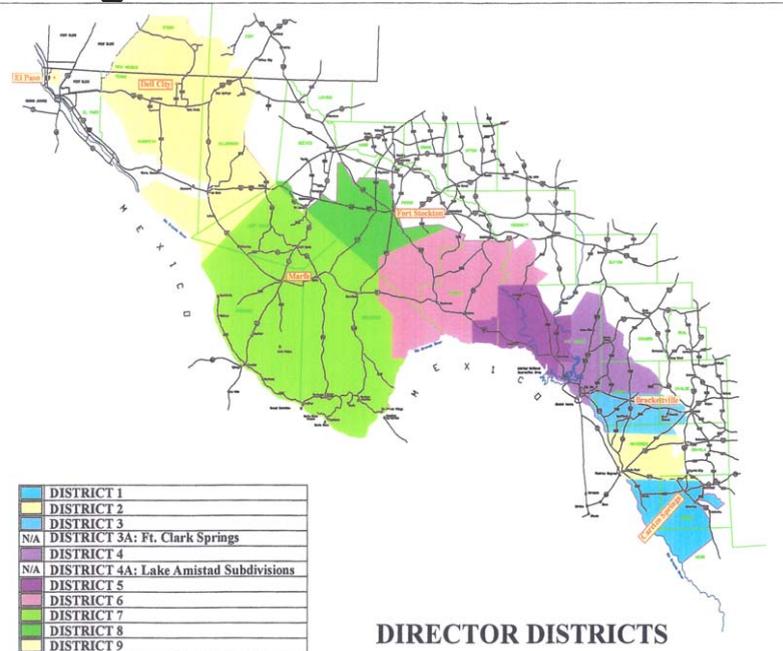
The Director District 8 committee is comprised of George Riggs, D.A. Herral, and Georgia Stone King, with Riggs serving as committee chair. Lowell Woodward, who serves as board treasurer, currently occupies the District 8 seat on the board of directors, and is eligible to serve again, if elected.

In Director District 9, Jack Baldwin, Joel Muniz, Gregg Gardner, Craig Gentry, and Lanny Wallace will select nominees for the board seat currently held by Art Gonzalez, who is serving a term as the board's vice-president, and who is eligible to serve again, if elected. Baldwin will chair the committee to select candidates for District 9.

While candidate selection by a nominating committee is one way a Co-op member can run for a position on the board of directors, there is also another way.

Petition To Be On The Ballot. Any eligible member of the Cooperative may have his or her name placed on the ballot for the director election by filing by petition. To do this, a petitioner must have fifteen (15) of his fellow Co-op members from his own director district sign a petition, which must be filed at the Cooperative's Headquarters Office in Brackettville, by August 31, 2005. All potential candidates, whether selected by the nominating committees, or filing by petition, must sign a certificate of eligibility, and complete all required paperwork.

Candidates Profile. All candidates who meet eligibility standards, submit the required paperwork, and submit a biography and photo prior to August 31, will appear in the Candidates Profile, which is sent to all members of the Cooperative. Due to the amount of time required for printing and mailing, we encourage you to submit your materials as early as possible. If you have any questions regarding what type of information to include, please call the Co-op. We will even send you a copy of the previous Candidates Profile, to show the type of information past candidates have submitted.



Ballots will be tabulated by the firm of Eide Bailly, LLP, and the results of the director election will be announced at the Annual Meeting.

Make Plans Now To Attend
The Co-op's

60th Annual
Membership Meeting

Saturday, October 8, 2005
Alpine Civic Center,
Alpine, Texas

Lots Of Food, Fun,
Special Entertainment, and Door Prizes
Bring The Kids!

We have activities for them, too!

GRAND PRIZE DRAWING:
1998 FORD F-150 (4 X 4) Pick Up

**You Must Be Present
To Be Eligible For All Prizes!**

RGEC Member Services

Turtle Meters	Auto-Draft Payments
Security Lights	Credit Card Payments
E-Billing (Online)	Use of Copy Machines
Pre-Paid Metering	RioNet Internet Service
Free Energy Audits	Co-op Power Credit Card
Facsimilies (fax copies)	Discount at La Quinta Inns
In-house Certified Electrician	Budget (Equalized) Billing

**RGEC offices will be closed
Monday, July 4.**



**You can always reach
the Co-op by calling
1-800-749-1509.**

**Visit us online
at
www.riogrande.coop**

Catarino "Cat" Aranda is just one of the many people at RGEC working for you every day. Cat is a lineman in the Carrizo Springs Operating Area.

Statement of Nondiscrimination

Rio Grande Electric Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provision of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States, on the basis of race, color, national origin, sex, religion, age or disability shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's non-discrimination compliance efforts is Daniel G. Laws, General Manager/CEO. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file written complaint with this organization; or the Administrator, Rural Utility Service, Stop 1510, 1400 Independence Avenue, SW, Washington, DC, 20250-1510; or the Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410; or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible. Date Adopted: January 1, 1994. *This notice appears annually in the July edition of RGEC's Up Date member news pages, as well as in newspapers throughout RGEC's service territory.*

**We Support
Our Troops!**

**Have A Happy & Safe
4th of July!**

APPLE CUSTARD PIE

CRUST:

1 1/2 cups of flour
1/2 teaspoon of salt
1 stick of butter

FILLING:

3 apples, peeled and sliced
2/3 cup of sugar
1 teaspoon of cinnamon

For crust, mix flour, salt and butter with a fork (or in food processor) until mixture resembles coarse meal. Press firmly on the bottom and sides of buttered pie plate. Place sliced apples on crust, sprinkle with 2/3 cup of sugar and 1 teaspoon cinnamon.

Bake at 375 degrees F. for 20 minutes.

CUSTARD:

1 egg
1/2 cup sugar
1 cup of evaporated milk
Beat egg, sugar and milk. Pour over apples and return to oven for 30 minutes.

All the recipes we normally feature here are from Co-op members who submitted them for the Co-op Cookin' Cook Book, but we didn't have a special apple pie recipe for our 4th of July Americana-themed page, so this was borrowed from the Texas A&M University horticulture web page, www.aggie-horticulture.tamu.edu.





Evaporative Coolers Can Save \$\$

Your air conditioner probably uses more electricity than any other appliance in your home. If you live where summers are hot and dry, evaporative coolers, also known as “swamp coolers”, can provide a low-cost alternative to air conditioning.

Evaporative coolers can cool your home for about one-third the cost of air conditioning. They work best in areas that are hot and dry. Evaporative cooling is the most environmentally friendly way to cool your home, because they do not require the use of ozone-depleting refrigerants. These coolers use the age-old technique of evaporating water to reduce the air temperature of your home, but in doing so, they also raise the humidity of your indoor air.

Although increased humidity is acceptable in some areas, it can be a problem if your home is already too moist. If you live where there is high humidity, an evaporative cooler will not be able to reduce the heat in your home as efficiently, and can add to that “muggy” feeling.

There are new models of evaporative coolers that introduce less humidity into your home. These two-stage coolers include the normal wetted pads through which air passes as it is pulled into the home. But they also include a closed heat exchanger that pre-cools the air without adding moisture. The two-stage cooling produces drier air than older model coolers. Many newer evaporative coolers are also constructed with plastic housings and pumps, so they do not rust like the older models. The best new evaporative coolers use less water because of new designs in their drain systems.

Temperatures Delivered by Evaporative Coolers

Cooling Performance

How well an evaporative cooler works is determined by the temperature and relative humidity of the incoming air, as you can see by the chart. The blue shaded boxes show the temperatures and humidity levels at which evaporative coolers work best.

		% Relative Humidity																
		2	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80
Air Temperature	75	54	55	57	58	59	61	62	63	64	65	66	67	68	69	70	71	72
	80	57	58	60	62	63	64	66	67	68	69	71	72	73	74	76	76	77
	85	61	62	63	65	67	68	70	71	72	73	74	75	76	77	79	81	
	90	64	65	67	69	70	72	74	76	77	78	79	81	82	83	84	86	
	95	67	68	70	72	74	76	78	79	81	82	84	85	87				
	100	69	71	73	76	78	80	82	83	85	87	88						
	105	72	74	77	79	81	84	86	88	89								
	110	75	77	80	83	85	87	90	92									

Will an evaporative cooler work in your area?

To get an idea of what an evaporative cooler would do in your particular area, we obtained a partial climate profile for some of the areas we serve. Because relative humidity reports are only kept at larger airports, Larry Eblen of the National Weather Service’s Austin Bureau was kind enough to give us some close approximations.

Chart information from Ed Phillips, Arizona Almanac

Even if the combination of heat and humidity do not allow for optimum results in your area, you can still achieve a temperature reduction, which may provide an acceptable comfort level. For example: An evaporative cooler used in Marfa on an average July day, would reduce the temperature from nearly 90 degrees to a much more comfortable 78 degrees.

Sources: John Krigger, Saturn Research Management, Cheri Pitts, Essick Air (www.essickair.com), Larry Eblen, National Weather Service, energyoutlet.com

Location	Avg. July Temp.	Avg. July AM Relative Humidity	Avg. July PM Relative Humidity
Brackettville	95.5	73%	60%
Carrizo Springs	98.3	73%	60%
Dell City	97.4	65%	38%
El Paso	94.5	61%	29%
Fort Stockton	95.8	71%	53%
Marfa	88.9	66%	45%

Did You Know? The higher the temperature, the more water (actually water vapor) the air can hold. For example, air with a temperature of 32°F can hold about 0.16 ounces of water. Air with a temperature of 80°F can hold about an ounce of water.

Planned Outages For Substation Maintenance

Planned outages are a necessary part of conducting maintenance and repairs to equipment. When possible, work is conducted without interrupting service, but worker safety is of paramount importance, and therefore, a planned outage is sometimes necessary.

In mid-June, a planned outage was necessary in the areas served by the Co-op's Comstock Substation. A substation is where the high transmission line voltage is "stepped down" to usable distribution voltage. Although we always try to keep planned outages to the shortest time possible, sometimes situations arise which take more time than was initially estimated. On the other hand, some planned outages are of a much shorter duration than we estimate.

In layman's terms, the work conducted at the Comstock Substation involved the replacement of current transformers, which measure the system load in a particular substation. Over time, these current transformers can degrade, allowing dust and moisture to invade the sensitive electrical equipment. The current transformers at the Comstock Substation had been in place since 1987, and a routine substation inspection revealed that two of the three current transformers at the substation were exhibiting symptoms of wear. During the planned outage, all three current transformers were replaced, to avoid the need for an additional outage to replace the third at some time in the future.

Substation inspections are conducted on each of Rio Grande's substations monthly by RGEC's Technical Services staff. During inspections, regulators, transformers, reclosers, metering equipment, and grounding of fences is checked. Even the electrified snake guards are checked, because a snake in a substation can cause an enormous amount of damage to electrical equipment, and result in a prolonged outage. During the substation inspection process, transformer oil levels and temperature readings are checked. A temperature variation could indicate potential problems farther up the line.

At the Brackettville Substation, current transformers were replaced while the substation was undergoing major repairs due to a bird strike last year. Though still operational, these current transformers, like the ones at the Comstock Substation, were exhibiting signs of weathering, which could allow moisture and dust to infiltrate the sealed transformer.

The Brundage Substation was completely rebuilt last year. It received a complete make-over from the ground up. The wood structure had degraded over time, and while the individual components of the substation were still functional, all new equipment was installed to prevent the need for a future outage to replace or repair portions.

Dell City's substation received current transformer replacements last year, too, and the Presidio Metering Point received new equipment the previous year.

The remaining substations in RGEC's system will continue to be monitored, and equipment replacement conducted as necessary.

Regardless of how it may seem when you are sitting in the dark, we always attempt to keep the downtime to a minimum when a planned



Working on the Comstock Substation June 15, 2005.

outage is necessary. Recently, Co-op members served by the Del Rio Substation experienced a planned outage of about ten minutes in duration. This was necessary because of some issues involving our power supplier's transmission system, which is not RGEC's, but from which our system receives power.

In another recent instance, a power supplier's representative called the Fort Stockton Area Office and asked Supervisor Fred Rangel when he wanted to take a four-hour planned outage in order for some switches to be replaced in the transmission system. Rangel promptly responded that he did not ever want to take a four-hour outage.



HELP US KEEP YOU INFORMED

To help RGEC's staff with the notification process when a planned outage is necessary, please update your telephone contact and/or email information. We always attempt to notify everyone affected by planned outages, but often find that telephone numbers we have on file are not current.

It just takes a minute or two of your time to call and let us know your phone number has changed, or to tell us your mobile phone number.

If you are an absentee property owner and have a manager on the premises, it would be helpful to have the manager's contact number, as well. We find that some of the calls received by RGEC's staff during a planned outage are from ranch managers who were not aware of the situation, because the contact information was a telephone number in another city or state.

Thank you!

He said that if the power supplier needed that length of time to conduct repairs to their equipment, they should have to pay to bring in a mobile substation, so our members would not be without power for an extended period. The representative responded by saying something to the effect of, “we could deal with a four-hour planned outage now or wait until the switches burned up and deal with a longer outage.” At that point, Rangel brought in the big guns, and involved RGEC’s GM/CEO Dan Laws.

It now appears that the power supplier has decided to pay for a mobile substation to be used, which will prevent an extended outage.

“You may think we just willy-nilly take substation outages, but Mr. Laws and I are RGEC members just like you,” said RGEC’s Director of Operations Clinton Brown, “and we understand what a burden it places on you. Sometimes, the substations must be shut down to perform maintenance or to make repairs. We apologize for the inconvenience this causes, and RGEC personnel do try to call as many members as possible, if we have enough advanced warning of the outage.”

It takes everyone working together quickly and efficiently to conduct substation repairs. Linemen, groundmen, technical services personnel, and electricians all work in unison to get your power back on as quickly as possible.

Photos by Frank Rodriguez, Technical Services Supervisor



PLAY IT COOL WITH THE HEAT INDEX

About 237 Americans succumb to the taxing demands of heat every year, according to the National Weather Service. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6°F. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself.

When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop. The Heat Index (HI) is the temperature the body feels when heat and humidity are combined. The chart above shows the HI that corresponds to the actual air temperature and relative humidity. This chart is based upon shady, light wind conditions. Exposure to direct sunlight can increase the HI by up to 15°F. (Due to the nature of the heat index calculation, the values in the table have an error +/- 1.3°F.) See next page for related tips.

Temperature in degrees F.

	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	124	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

- Yellow-- 90-95 degrees:** Heat cramps or heat exhaustion possible.
- Orange --105-130 degrees:** Heat cramps or heat exhaustion likely; heatstroke possible.
- Red-- 130 degrees & up:** Heatstroke highly likely.



BOARD ACTION

RIO GRANDE ELECTRIC COOPERATIVE, INC. Summary of Board Meeting Minutes May 18, 2005

A Meeting of Rio Grande Electric Cooperative, Inc.'s Board of Directors was called to order at the area office in Fort Stockton, Pecos County, Texas at 7:58 a.m. May 18, 2005. The following directors were present for the meeting: Frank Archuleta, Jimmy Ballew, Hugh Childress, Bill Cowden, Art Gonzalez, Chris Lacy, Margarita Nelson, Jack Skiles, Howard Wakefield, Bill White, Cindy Whitehead and Lowell Woodward. Also present for the meeting were General Manager/CEO Daniel G. Laws and Executive Assistant to the GM/CEO Martha Gerardo.

Approved	April 20, 2005 Minutes, As Corrected
Heard	Financial Reports
Approved	Renewal of Risk Insurances With Federated Rural Electric Insurance Exchange For June 1, 2005 Through May 31, 2006
Approved	Selection Of The Nominating Committees For Director Districts 5, 6, 8 And 9, As Presented
Presented	Fort Stockton's 1st Class Lineman Jaime Ramirez With The Clutch Player Award
Heard	General Manager/CEO Report
Heard	Committee Reports
Approved	General Manager/CEO And Director Expenses
Approved	March 2005 New/Revoked Memberships
Reviewed	Check Register And Arrears Report
Adjourned	2:03 P.M.

Note: The summary above is provided so that members can follow the activities of the board, and is not intended to be exhaustive. Should you wish to know more detail on a particular item or items, please contact the director for your district or the general manager/CEO's office.

BOARD OF DIRECTORS



*W. H. Cowden, President	District 7
P.O. Box 3006	
Kent, TX 79855	432-259-3133 (H)
*Art Gonzalez, Vice-Pres.	District 9
P.O. Box 306	
Dell City, TX 79837	915-964-2814 (H)
*Hugh Childress, Secretary	District 6
P.O. Box 943	
Ozona, TX 76943	325-392-3848 (H)
*Lowell Woodward, Treasurer	District 8
P.O. Box 1327	
Alpine, TX 79830-3320	432-837-7308 (H)
Frank Archuleta	District 9
P.O. Box 221	915-964-2464 (H)
Dell City, TX 79737	
Jimmy Ballew	District 3
P.O. Box 559	
Bracketville, TX 78832	830-563-2869
Larry W. Jones	District 2
8587 Fm 2691	
Carrizo Springs, TX 78834	830-374-9774
*Chris Lacy	District 7
P.O. Box 918	
Fort Davis, TX 79734	432-426-3380 (H)
Margarita Nelson	District 1
HC2 Box 53	
Carrizo Springs, TX 78831	830-876-5237
*Jack Skiles	District 5
P.O. Box 164	
Langtry, TX 78871	432-291-3270 (H)
*Howard B. Wakefield, Sr.	District 3A
P.O. Box 1237	
Bracketville, TX 78832	830-563-2989 (H)
William White	District 4A
HCR 3, 253 Packsaddle Circle	
Del Rio, TX 78840	830-775-5053
Cindy Whitehead	District 4
P.O. Box 1559	
Bracketville, TX 78832	830-563-9751
Daniel G. Laws, General Manager/CEO	
P.O. Box 240	
Bracketville, TX 78832	830-563-2444 (W)
830-563-9717 (H)	

* Certified Credentialed Director



Preventing Heat-Related Illness

The Red Cross recommends the following steps to prevent heat-related illness:

- Stay indoors as much as possible.
- Wear lightweight, light-colored clothing when out in the sun.
- Slow down.
- Avoid strenuous activity.
- Drink plenty of water, even if you do not feel thirsty.
- Avoid alcoholic and caffeinated beverages, which dehydrate the body.
- Eat smaller meals, more often.
- Avoid foods that are high in protein, because they raise metabolic heat.
- Avoid taking salt tablets.

The heat poses serious health risks to many of our senior citizens. As the body ages, it is less able to adjust to temperature extremes.

Because they may not feel the heat, older people may not take the proper precautions and may become dehydrated or suffer from heat-related illnesses.