and thirst often occur. Getting out of the heat and drinking liquids with electrolytes help return the body to a normal state.

Heat stroke is a life-threatening situation. Victims may stagger, become irritable and lose consciousness. They may have seizures and vomit. Take the victim to a cool place and seek immediate medical attention.

Funkenbusch recommends the following:

- Drink a cup of water every 15-20 minutes to avoid dehydration. Avoid caffeine and carbonated and alcoholic beverages.
- Rest in the shade as needed. Work and rest cycles let the body get rid of excess heat, slow the heart rate and provide greater blood flow to skin.
- Wear a hat and light-colored, loose-fitting clothing.
- Slightly increase daily salt intake to replace salt lost by sweat.
- Review medications and their effect on the body during high heat periods. Diuretics and antihistamines are common drugs that affect heat resistance.
- Check your air conditioner for efficiency. If your home is not air-conditioned, use fans to move air through the home. Close blinds and shades. Sleep in a cooler part of the house such as the basement.
- Plan before you go to work. Take an adequate supply of water, shade devices and protective clothing. Take sunscreen if you work outside.
- Be a cool cook. Serve cold sandwiches, salads and other foods that do not need to be cooked or baked.
- Use the heat index rather than temperature as a measure of heat. Use air temperatures and humidity to estimate risk. Learn more about the heat index at www.weather.gov/ama/heatindex.

The annual Warren County Fair kicks off in just over a week, offering days of fun activities for all area families and celebrations of the agriculture community.

Fair Week kicks off July 3 with the annual county fair parade through Warrenton and Truesdale. The parade begins at 4 p.m., and will travel from Warrenton's Main Street east to Pinckney Street, then turn south toward Warrenton High School.

That same evening, any and all members of the community are invited to attend the coronation of the Warren County Fair Queen at the county fairgrounds, located in Warrenton on Fairgrounds Road, which is accessed via North Highway 47.

Tuesday and Wednesday are competition days for youth livestock exhibitors, who will be displaying farm animals, large and small, as they demonstrate their abilities as animal handlers and caretakers. On Thursday, hundreds of community members will attend the annual livestock auction, where buyers offer financial support for the youth exhibitors.

Carnival rides will also be available at the Fairgrounds for four evenings, Wednesday through Saturday. Rides are free after paying for admission to the fair.

Daily entertainment events are also free with admission from Wednesday through Saturday, July 6-9. There will be live music, truck and tractor pulls each evening from July 6-8, and horse barrel racing on July 7 and 8.

Fun ‘farm family’ events will be the theme of Friday evening, July 8, starting with a Clover Kids parade and an animal costume contest at 3 p.m. and 4 p.m., respectively, followed by the “Greatest Showman” adult livestock show at 6 p.m. and a Super Farmer Contest at 8 p.m.

Saturday, July 9, is the biggest day of the fair, starting with the fair’s ever-popular baby contest at 10 a.m. A cornhole tournament, washer tournament, and kids games and activities will follow in the morning and afternoon.

Jackpot animal shows will also take place throughout the day on Saturday.

Saturday evening’s events start with the always-exiting grease pig scramble at 5 p.m., followed by vehicle derby events at 6:30 and a professional rodeo at 8 p.m.

Admission to the Warren County Fairgrounds from Wednesday through Saturday will cost $20 for people 13 years and older, $10 for those 7-12 years old, and free for children 6 and under. Fairgoers can also buy a pass for an entire week of admittance for $50.

A full schedule of Warren County Fair events will be published in the June 30 issue of The Record.