

Beat the Heat!

By Senator Lisa Boscola

As June ends and July begins, summer is ready to make its presence known. Temperatures will begin climbing rapidly, with highs expected to reach around 90 degrees, marking the start of what could be our first heat wave of the season.

Thanks to the Pennsylvania Public Utility Commission & Department of Health for reminding residents of useful #WaysToStayCool, conserve energy, and manage household utility expenses. Simple actions can significantly enhance comfort and safety.

BEAT THE HEAT

Stay Cool during the Heat Wave

- Use fans to circulate air
- Block sunlight with blinds
- Cook outdoors
- Keep windows closed

#WaysToStayCool #SaveInPA

PAPUC
PENNSYLVANIA PUBLIC UTILITY COMMISSION

#BeatTheHeat

- Drink** plenty of water - don't wait until you are thirsty!
- Avoid** drinks with caffeine, alcohol or large amounts of sugar.
- Know** the symptoms of heat stroke and heat exhaustion.
- Stay** indoors in air conditioning as much as possible.
- Never** leave your children or pets in a vehicle.
- Limit** outdoor activity and rest often in the shade.
- Wear** light-colored and loose fitting clothing, a hat, sunglasses and sunscreen.
- Check** on those who may be more at risk from high temperatures.

pennsylvania
DEPARTMENT OF HEALTH

CONSERVING ENERGY DURING THE SUMMER

- CHECK YOUR THERMOSTAT**
The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill (every degree you raise your thermostat above 72° can save up to 3% on cooling expenses).
- CLEAN IS "GREEN"**
Clean and replace air conditioner filters regularly and make sure air circulation paths are clear.
- POWER OFF**
Turn off non-essential appliances and lights to reduce power use and unwanted heat.
- DON'T COOL UNNEEDED SPACE**
Close off unused rooms and adjust air vents or thermostats to avoid unnecessary cooling expenses.
- KEEP THE HEAT OUTSIDE**
Seal cracks and openings to prevent warm air from leaking into your home.

puc.pa.gov #WaysToStayCool **PAPUC**

Protect Your Pets from Extreme Heat

By Senator Lisa Boscola

Hot weather ??? can be dangerous for our pets. As temperatures rise, I encourage everyone to know the law and take a few extra steps to keep their furry family members safe this summer.

A little extra care can make all the difference in keeping our pets healthy and safe.

★ State Senator ★
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Pennsylvania Laws

Protecting Pets in Hot Weather

TETHERING LAW

Tethered dogs MUST have access to water and shade outdoors.

TETHERING LAW

Dogs may not be tethered for more than 30 minutes at a time in 90+ degree heat.

HOT CAR LAW

Law enforcement can rescue pets locked in hot cars.



Penalties for animal neglect can range from fines to jail time.

76TH ANNUAL PLAINFIELD FARMERS' FAIR

PLAINFIELD FARMERS' GROVE ROUTE 191 • 5 MILES SOUTH OF BANGOR

MONDAY • JULY 14
6:30 to 8:30 PM Pre-registration for all exhibitors
1:00 to 7:00 PM Registration & Placing of Exhibits (except livestock & baked goods)
5:30 PM Open Sheep Show & Market Goat Show
6:00-9:00 PM Entertainment - "Joe Keppel" - Magician
7:00 PM 4-H Fashion Revue
7:30-10:30 PM Entertainment - "Time Whys" Oldies music
7:30 PM Old School Promotions Kiddle Power Wheels Competition
Demolition Derby to follow Admission \$10.00 (children under 6 are free) Check the Old School Promotions Facebook page for schedule and time.

TUESDAY • JULY 22
9:00 AM Judging of Entries begins
9:30-11:00 AM Placing of entries in baked goods including Great American Apple Pie, Chocolate Cake/Cookies, Fruit/Vegetable Bread contests.
1:00 to 9:00 PM Entering of livestock entries
1:00 p.m. Judging of baked goods, including Apple Pie, Chocolate Cake/Cookies, Vegetable/Fruit Breads.
6:30 PM Tractor Pull Call 610-730-7820 or 484-223-9000 Admission \$ 5.00
7:00 PM Opening Ceremony
7:00 to 9:30 PM Entertainment "Christopher Eckhart Music" - Gospel/Oldies

WEDNESDAY • JULY 23
9:30 AM Open & Youth Dairy Show
5:00 PM Bar-B-Q Chicken "while supplies last"
6:00 & 7:00 PM Presentation by Pocono Wildlife Rehab Center
6:00-9:00 PM Complimentary Pony Rides (children under 50lbs.)
6:30 PM ITTP Truck and Tractor Pull Admission \$10.00 (children under age 6 are free) Call 610-730-7820 or 484-223-9000
7:00 PM Pie Eating Contest
7:00-9:00 PM Kids Photo ID & Fingerprinting
7:30-10:00 PM Entertainment - "October Rose" - Country Music

THURSDAY • JULY 24
9:00 AM-1:00 PM Stear Entries
5:00 PM Bar-B-Q Chicken "while supplies last"
5:30 PM Open Sheep Show & Market Goats
6:00 PM Spinning Demo by Second Saturday Spinners
6:00 & 7:00 PM Presentation by Pocono Wildlife Rehab Center
6:00-9:00 PM Entertainment - "Balloons the Clown"
Complimentary Pony Rides (children under 50lbs.)
6:30 pm ITTP Truck and Tractor Pull Admission \$15.00 (children under age 6 are free) Call 610-730-7820 or 484-223-9000
7:00-9:00 PM Kids Photo ID & Fingerprinting
7:30 pm to 10:30 pm Entertainment - "Steel Creek" - Country Music

FRIDAY • JULY 25
9:00 AM Open Steer Show
1:00 PM Judging Goat Show
5:00 PM 4-H Swine Show
5:30 PM Open Sheep Show & Market Goat Show
6:00-9:00 PM Entertainment - "Joe Keppel" - Magician
7:00 PM 4-H Fashion Revue
7:30-10:30 PM Entertainment - "Time Whys" Oldies music
7:30 PM Old School Promotions Kiddle Power Wheels Competition
Demolition Derby to follow Admission \$10.00 (children under 6 are free) Check the Old School Promotions Facebook page for schedule and time.

MARK YOUR CALENDAR FOR NEXT YEAR JULY 21-25, 2026

NO BACKPACKS OR COOLERS

NO PETS

General Fair Admission \$2.00 Under 12 FREE

FREE PARKING

PLAINFIELD FARMERS' FAIR
PLAINFIELD FARMERS' GROVE
JULY 22-26
WWW.PLAINFIELDFARMERSFAIR.COM

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