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**Is it hot enough for ya?  
Sweltering temps expected to continue**

*By: Nathan Donato-Weinstein, The Press-Tribune  
Friday, June 23, 2006 3:46 PM PDT*

It's about to get fry-an-egg-on-the-sidewalk hot.

Summer began with a scorcher of a heat wave this week in what's shaping up to be an extended association with the century mark and beyond.

The mercury was expected to hit a sweltering 108 degrees Fahrenheit

today as a high-pressure system parks itself over the Sacramento Valley. That comes on top of a week of temperatures that have left residents searching for ways to avoid the stifling seasonal heat.

"It's awful," said Dee Dee Kabureck, getting a cold drink outside the Wal-Mart on Rocky Ridge Drive on Thursday. "It's making me sick. I'm getting



*nathan donato-weinstein/THE PRESS-TRIBUNE Brooke Engelbrecht, 18, serves up a cool scoop of vanilla at A Dash of Panache.*

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headaches."

The mother of three teenagers and a 10-year-old, Kabureck has her work cut out for her keeping out-of-school children busy at an age when the last thing they want to do is stay indoors.

"They swim, and later on they stay inside and I try to keep them occupied," she said.

She'll have a while longer to go. The National Weather Service was predicting a high of 109 degrees Sunday before some "relief" Monday and Tuesday. Temperatures those days will fall to 106 and 102 degrees Fahrenheit, respectively.

"There's a strong ridge of high pressure that's building over the West Coast producing above normal temperatures," said Karl Swanberg, a forecaster at National Weather Service's Sacramento office.

Swanburg said the temperatures, while high, aren't anything out of the ordinary for the Sacramento Valley. On average, the area sees 22 days of 100-or-higher temperatures a year.

"What becomes unusual is when we get these extended hot spells," he said.

For Austin Morgan, 8, the summer swelter means it's harder to play outside. "I nearly fell over," he said of a recent baseball game.

"We're just playing in water, staying inside, going to Sunsplash," mom Gina Morgan said.

The family is also making good use of personal misters, as well as a whole house fan that keeps air conditioner usage down.

"When it's morning we turn it on and suck in all the cool air, shut all the windows," she said.

But for those putting a lot of pressure on their AC units, this latest heat wave could mean a call to service companies like Clarke and Rush Mechanical.

There, the high temperatures weren't signaled by a thermometer, but by the phones ringing off the hook. Technicians are working overtime responding to a barrage of air conditioning-related calls.

"We're busy, but we're just going to get slammed come Monday and Tuesday with this hot weather that's finally here," Patrick Rush said. "It's going to be crazy."

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Rush said energy-conscious residents should make sure attic insulation is up to speed, so all that AC-

generated cool air doesn't go to waste.

"And if you don't have dual-pane windows, it's a good thing to look at," he added.

For those with a busted AC, there are other - and more tasty - options to cooling off.

Ice cream sales are up at Vernon Street's A Dash of Panache. The business just had to

replace 11 out of 16 tubs of the sweet stuff, a big jump from normal.

"When the temperatures go up we sell a lot more ice cream, smoothies and also our iced lattes," owner Scott Alvord said.

Saturday's 108 and Sunday's 109 predicted temperatures are each just two degrees cooler than the records set in 1925, said Swanberg, the NWS forecaster.

"We're going to get close but those numbers are pretty tough to beat," he said.

That's too hot for Roseville office worker Adrienne Record. Like many, she likes temperatures milder temperatures. There is, however, one advantage to the heat.

"It just means I get to sit in the pool," she said.

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