

# Weather

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a Cirque du Soleil contortionist — though Sagar joked he hoped no one would be in Savasana, or “dead body pose.”

“When all the newscasters are on TV saying, ‘It’s going to be so hot, you’re going to die,’ We say: So what? I think the heat makes us feel stronger.”

The South Bay’s strength is being tested by temperatures that reached 93 in Morgan Hill on Monday and are expected to hit 95 to 100 degrees in San Jose today. The Bay Area Air Quality Management District has issued another Spare the Air Day for today because of the unhealthy smog concentrations.

The hot streak is expected to taper off each day throughout the week, with temperatures dropping to the low 80s by the weekend.

“We usually see periods of above-average temperatures in early fall,” said forecaster Steve Anderson of the National Weather Service in Monterey.

For those not inclined to spend a day drenched in their own perspiration, there are indeed cooler (and saner) alternatives.

Many public buildings with air conditioning earn the title “cooling center” during these roasting days. Typically, these spots are libraries, senior centers and even City Hall lobbies, some of which serve snacks and are open a few hours longer than normally scheduled.

At the George Shirakawa Community Center, about a dozen seniors escaped the heat Monday by playing a game of ma-

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“Oh m “There ar you how n that room.

Even if outside.

Staff Writer contributed. Contact Lisa 408-920-500



DAI SUGANO - MERCURY NEWS PHOTOGRAPHS

Prini Jain, 5, of Cupertino enjoys her swimming lesson Monday at the International Swim Center in Santa Clara.

# Hot? Be cool

## Search for relief is on as mini-heat wave continues today

By Lisa Fernandez and Sandra Gonzales  
*Mercury News*

With South Bay temperatures flirting with triple digits today, the first full day of fall, the signs of a heat wave are everywhere: cooling centers opening, teachers hauling fans into stuffy classrooms and kids bounding through the fountains at their local parks.

Then there’s Abhinav Sagar and his Bikram Yoga Santa Clara studio, where the heat is purposefully cranked up. He’s expecting a full house today.

“You know, it gets to about 110 degrees inside the studio,” said Sagar. Bikram practitioners believe the heat helps rid the body of toxins, so they happily swelter while holding poses that would amaze even

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Gene Arnold, 84, of Santa Clara, spends time inside the air-conditioned Santa Clara Senior Center on Monday.

### ONLINE EXTRA

Go to <http://weather.mercurynews.com> for the latest South Bay forecast

### COOL OFF

Cooling centers are opening across the county for people to find relief from the heat. To find a center in your neighborhood, go to:

<http://www.pge.com/myhome/edusafety/seasonal/coolingcenters/map/index.jsp>

A LOOK AHEAD



WEDNESDAY  
Sunny  
H: 88-92 L: 58-63



THURSDAY  
Sunny  
H: 85-90 L: 56-61



FRIDAY  
Sunny  
H: 86-90 L: 58-61



SATURDAY  
Sunny  
H: 85-90 L: 56-61