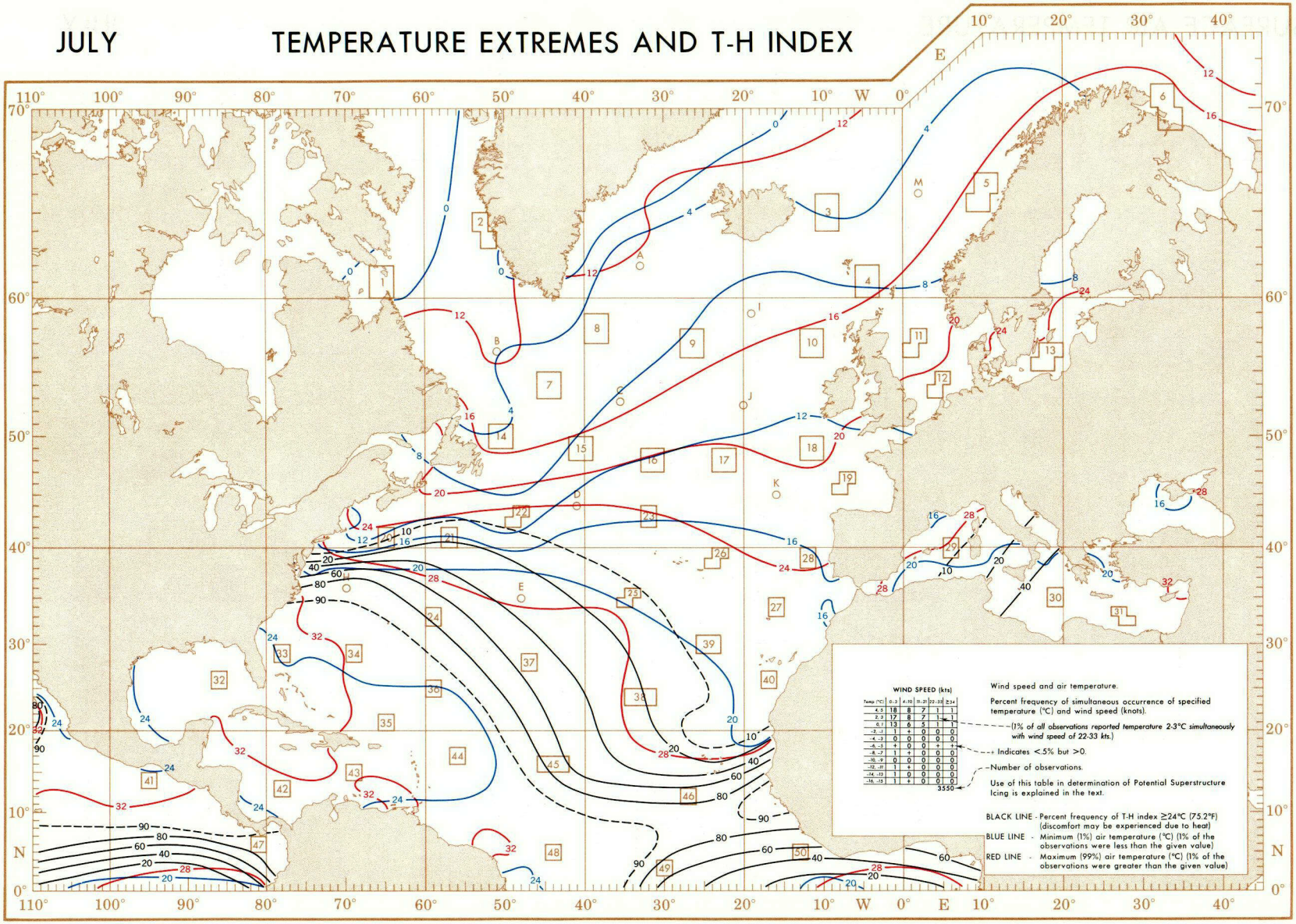JULY TEMPERATURE EXTREMES AND T-H INDEX