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Ventura County Events:

Wings Over Camarillo Air Show

August 18-19
Camarillo Airport

Santa Barbara Arts and Crafts Show

Every Sunday
Cabrillo Blvd
10am - 6pm

Camarillo Music In the Park Constitution Park Music starts at 7:30pm

August 11
Super Freak

August 25
Channel Island Chamber
Orchestra
"Magical Musical Tour"

Tips To Beat The Heat



The scorching summer heat is hard on our bodies, our moods, and our electric bills. Don't let the temperature get you down, though. These tips will help you keep cool even if it feels like the sun is out to get you.

Drink More Water

You know how important it is to stay hydrated all year round. When you're sweating a lot, either because of exercise or the summer heat, drinking enough water becomes even more important. As the CDC suggests, think of your body like an air conditioner:

Whenever your body heats up from physical activity or the hot weather outside, your internal air conditioner turns on and you begin to sweat. And remember, now that your air conditioner is using its coolant (your sweat), it is important to refill the tank — by drinking lots of H₂O.

Optimize Your Fans

Did you know that if you face your fan out, rather than in at night, your room will stay cooler and you might be able to sleep more comfortably? If you have a ceiling fan, run it counter-clockwise (the "summer" higher-speed setting) for optimum cooling.

Avoid Using The Oven

Summer might be a great time to eat outdoors, but some foods aren't that enjoyable when heated by the sun. To keep your food cool, use empty milk cartons to make ice blocks to place your food on. When it's too hot to cook, consider making cold soups or relying on electrical appliances instead of using the oven.

***For Lease**

Westlake Village

32102 Sailview Lane
4 Bedroom, 3 Bath
2076 sq. ft.
\$4300

***Real Estate Sales** **Sell your home for 4%**

***Recent Buyers** **Agent Sales**

Ventura

865 Garnet Ave
\$580,000

Ventura

1841 Shannon
\$565,000

For more information regarding the above properties or if you are considering buying or selling a home, please contact:

Chris Marsh
805 630-4925



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(Tips To Beat The Heat) cont.

Exercise Even In The Heat

Just because it's hot out doesn't mean you have to stop exercising. You can get used to exercising in the heat and use common sense strategies such as switching to water sports, avoiding the sun when it's strongest, and exercising in short bursts.

Optimize Your Windows

You might not need to run your air conditioner if you pay a little more attention to your windows in the summer. Close the windows and use insulated drapes to keep the sun out during the day and open them at night when the sun is down. Open opposing windows or windows on the top and bottom floors for maximum air flow.

Cool Your Car Down Quickly

This Japanese trick will get your oven-like car closer to a bearable temperature. Roll down one window and open and close the opposite door a few times to quickly cool down the car.

Stay Cool While You Sleep

Summer heat is worst when you're trying to get some shuteye, because a higher body temperature makes it harder to fall asleep. If you feel like an insomniac in summer, cool your head with a special pillow like the Chillow, sleep on top of a wet sheet.

Know Your Body's Best Cooling Points

Finally, if you're stuck in the heat and can't find get to a cooler place, know your body's best cooling points, e.g., your wrist and neck. By applying a ice cubes wrapped in a towel (or any other cold object) to these pulse points, you'll cool down more quickly and effectively.

Don't Miss The Ventura County Fair

Seaside Park at the Ventura Fairgrounds

August 1-12 2018

www.venturacountyfair.org

Member of the National Association of Residential Property Managers

