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Ventura County Events

Ventura County Fair
 July 31st to August 11th
 Ventura County Fairgrounds

**Kiwanis Annual
 Thousand Oaks BrewFest**
 August 4th 2pm - 6pm
 Conejo Creek Park North

**Thousand Oaks Police Dept.,
 Open House**
 August 13th 1pm - 7pm
 2101 E. Olsen Rd

**43rd Annual Wings Over
 Camarillo Airshow**
 August 17th, 18th
 Camarillo Airport

**Wild & Scenic Film Festival
 in Ventura**
 August 24th 5pm - 10pm
 2575 Vista Del Mar in Ventura

**23rd Annual Rotary Beer and
 Wine Festival**
 August 25th 1pm - 5pm
 Westlake Yacht Club

Beat The Heat And Stay Cool

We're quickly rolling into the month of August, and judging by July's heat, August will be a scorcher as well. While hot weather *is* nice, and you've never looked better than with that killer tan, it's very important to know how to keep yourself cool. Heat stroke or worse, *hyperthermia* are very real things. When your body produces way too much heat, or absorbs way too much heat, it can cause some serious damage. With that in mind, here are some tips on how you can keep yourself cool, even when it's heating up.

Drink lots of water



Hydration is key when your body is trying to maintain a normal body temperature. Sweating, though kind of unappealing sometimes, is your body's way of cooling you down. Contrary to popular belief, while iced water is your safest bet in cooling you down, things like soda or energy drinks will also help you cool down. Any liquid is better than no liquid. That being said, make sure you're not drinking coffee, as it's a diuretic and can have dehydrating effects.

Avoid the sun between 11am to 2pm

The sun is the hottest between 11am and 2pm, and sunburns are most likely to happen during that period. Limiting your exposure will limit your chances of overheating. If you can't get around not being outside during those hours, make sure you dress appropriately.

Dress appropriately

Wear loose, breathable (think: cotton) clothing and footwear that won't leave your feet sweaty. Hats are also crucial for blazing hot weather, keeping you cool by providing shade. Sunglasses will protect your eyes from damaging UV rays.

Refrigerate or freeze your bedsheets

Once you try this trick, you'll wonder why you haven't thought of it before. Place your bedsheets in your fridge or freezer for a half an hour before you sleep, and you'll never have trouble falling asleep because of the heat again. Also consider investing in soft gel packs that you can place underneath your sheets, or tucked between your legs (wrapped in a tea towel).

Welcome to Ventura Management!

The Oliver Family
Mike & Neeta Patel
The Christie Family
Barbara Jones

- Need to buy or sell your home? Ask how we can save you thousands!
- Know someone who needs help with property management. We can help!

Chris Marsh has been in the real estate business and serving the Ventura County area for over 25 years. He is well versed in all types of real estate matters



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Beat The Heat And Stay Cool (Cont.)

Cool down your “hot zones”

Your pressure points are your secret key to happiness! Applying a little ice pack or a bottle filled with iced water will help you cool down immediately.

These pressure points are:

- Ankles
- Behind the knees
- Wrists
- Elbow bends
- Neck
- Temples

Get spicy

Weird but true: spicy foods actually help you cool down. Spicy food increases your blood circulation, which in turn gets you sweaty. And, as we discussed before, sweating cools you down when the sweat cools down.

Eat a popsicle

It was the best way to cool down when you were a kid, and nothing has changed. Cool down by eating a popsicle!

Make a smoothie to cool down

Don't feel like a popsicle? An ice-cold smoothie will bring your temperature right down, not only because of its chilly factor, but also because it'll keep you hydrated. Smoothie hack: add liquids like coconut water or blend some wheatgrass in, both of which have hydrating properties.



Have more salads

How does a hot bowl of soup sound on this hot sunny day? Not so good? Choose chilled items for lunch instead. Salads are a great option, and you'll also be feeling healthier than if you downed a burger for lunch.

By following these tips, you'll be able to enjoy your summer without suffering through the heat. Remember to reapply sunscreen every few hours to make sure you reduce the risk of burning!

August Quote:

No one is useless in this world who lightens the burdens of another.

... Charles Dickens

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