



Beat the Heat!



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It's August and that means it's time to be cool in school.

Ways to stay cool and have fun:



Kool-Aid – Did you know this month is Kool-Aid's birthday?

Spray bottle – This month it's a good idea to have a clean spray bottle, filled with water. When you are overcome by the heat simply spray your legs, arms, neck, and face. It's amazing how quickly you will cool off.



Lemonade – Have old-fashioned lemonade filled with ice cubes, or make lots of it and set up a lemonade stand in your neighborhood.

Water Wars – It's always fun to get all of your friends together and have a water balloon or water gun war. Just remember to clean up all of the burst balloons.



Ice-pops – Create your own ice-pops by (with parent supervision) pouring your favorite juice into Dixie cups, putting a Popsicle stick in each cup and putting the cups in the freezer. Wait a few hours and you'll have nice, healthy, cold treats!

Sprinklers – Don't laugh. You are never too old to run through the sprinklers. Don't let your neighbors see you, though.

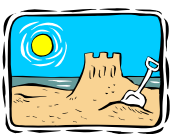


Slip'n'Slide – Ask your mom if you can make a trip to K-mart and pick one up. Find a grassy area, lay it out, add water and a little biodegradable soap, take a running leap and have fun.

Water the lawn – Early evening is a good time to water down those thirsty plants. Of course, if a little spills on your feet, that is ok.



Dog/Car Washing – This is a fun way to keep cool, have fun, and perhaps even to make a dollar. Ask your neighbors if you can wash their dogs for a dollar or their cars for 5 dollars and have a fun, wet, moneymaking time.



Beach Party – Huntington Beach and Doheney Beach have great areas for swimming and fire pits. Go for a dip, or set your beach chair in the water to cool off during the day and keep an eye on the kids. After dark it is always a fun family (and neighbor) time to cook hotdogs over the fire pit, along with S'mores. After the snacks, you can play Red Rover. If you don't know how... just ask Miss Armenta. Be sure to bring

along old blankets and towels so you don't get cold wet sand all over the car. Hot chocolate tastes really good when you are cold at the beach, at night.



Air Conditioning – Think about it... It's a hot day, you're lying on the couch trying to stay out of the sun and you're bored to tears. Why not go see a movie in a nice cool air-conditioned theatre? Or spend the day at the mall? Just think of all the fun or interesting places you could go to keep cool and make it happen.



Vacation fun – Riding in the car for hours, or on a plane, etc. can be really boring, especially if it is hot and long. Here are a couple of games you can play with your family, or whoever is along: look for objects that begin with the letters of the alphabet. i.e. "I see an avocado tree." "I see a barn." "I see a cow." You can alternate until it is your turn. Whatever letter is next is your task to find. All objects must be outside the car. Obviously, Q, X and Z may be omitted. Another COOL game to play is another alphabet game, but this is different. You choose a place you will go. i.e. "I'm going to MARS (or Seattle, or Hawaii) and I'm going to take a (this object must start with an A). The next person will say, "I'm going to MARS (or wherever) and I'm going to take an (whatever the first person said that began with A) AND a (B word). The next person will continue with going to... and going to take an A, a B and a C object. So on, and so on. As the alphabet gets longer, people tend to remember by associating with the person who said the letter and it gets tougher and tougher. This game is great for memory and concentration. It is also a lot of laughs!



Swimming – One of Ms. Armenta's favorite things to do is take a dip in her pool to cool off. There are also the very fun alternatives of going to the beach or Wild Rivers too. Ms. Armenta takes her nephew to Wild Rivers every summer.



Windows – Another favorite thing of Ms. Armenta's is taking a drive down the Pacific Coast Highway with the windows down. This gives everyone a chance to enjoy the cool ocean breeze and the beautiful Southern California sites.



Bucket Races – Play relay games with water supplies! Ms. Armenta recommends trying relay races with a bucket full of water. The team with the most water in their bucket at the end of the relay race wins. This is another great way to beat the heat, have a blast, and get soaked.



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