

# August 2026

## BEAT THE HEAT EDITION



### Three Tips to Beat the Heat:

1. If you're thirsty, then you're already dehydrated
2. Keep extra water on hand, you'd be surprised how much more you'll drink when it's hot!
3. Water in the mornings or evenings to not scorch your plants or lawns!

Important Date to Remember:  
August 18<sup>th</sup> - Board Meeting

### Quick Tip:

Take breaks in the shade and wear light colored clothing!

DID YOU KNOW YOU CAN LOSE 1 QUART OF WATER PER HOUR WHILE WORKING IN THE SUN AND HEAT?

### **Don't forget your pets!**

Make sure they have plenty of cool water and shade too!