

✖ We are having great weather and a few hot sizzling days to deal with ahead.

Here are a few ways I suggest to stay cool (and stay healthy).

1. Try to keep your house as cool as possible by closing windows and blinds during the day. Open them at night to soak up all that cooler air.
2. Drink lots of water – to keep your bodies cooling system functioning.
3. Avoid caffeine and alcohol as they are dehydrating.
4. Come to the Gathering Place here at Stillwaters for cool air and fun activities.

For a list of 15 “cool” ways to stay “cool” check out:

<http://www.medicinenet.com/script/main/art.asp?articlekey=52796>.

The article, called “15 ways to keep Cool when it’s Hot” by Melissa Conrad Stoppler, MD is a great list to read through.

### **Update on my backyard Birds:**



Mom Swallow taking care of babies

I had the most amazing experience this morning! In all my years of bird watching and admiring I have never seen baby birds leaving their nest for the first time. For the past week the babies in my back yard have been hanging out the window of the house and calling for mom and dad to come feed them. This morning as I was watching their activities I noticed that mama was up on the roof of the house (not her usual spot) talking to her babies. Pretty soon one

baby pushed his way out and next thing I knew he flew off. Before I knew it three baby swallows had flown out of the nest and along with mom and dad, had flown away. An amazing process to see!

### Quote of the week:

Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers. – Charles W. Eliot

### Happenings this week:




STP Riders descend on Lewis County

Saturday, July 12th: Seattle to Portland (STP) is coming to town tomorrow and from about 9 am Saturday until early Sunday morning the streets of Centralia and Chehalis will be filled with out of town visitors and lots of bicycles. If you want to avoid clogged traffic and busy restaurants you should stay home this weekend. If you enjoy a crowd and want to see the fun, come to the campus of Centralia Community College during the day Saturday.

**Saturday, July 12th:** The Toledo Lions Club Presents The Annual Cheese Days Car Show at the Toledo Middle School football field. There will be raffle drawings, T-shirts for purchase, also Silent & Live auctions, music, food, crafts, vendors and more! Bring the whole family for a day of fun!

**Wednesday, July 16th:** Riverside Fire Authority will be here at Stillwaters Estates at 6:30 p.m. to present information on the upcoming Maintenance and

Operations Levy. This levy is critical to maintain minimum Fire services in our area. Your vote is important so come to the presentation here at the Gathering Place at 6:30 p.m. to hear all about the levy.

 **Weather:** The Old Farmer's Almanac says warm with Thunderstorms possible this weekend and sunny and hot the rest of the week. WeatherBug.com says sunny through next week with temperatures in the low 90's by Monday. Stay cool!