



your car and drive — hot, tired and cross — to your appointment.

Running late is always a pain, but it's even worse when it's broiling outside. Allow enough time to get to your appointments without having to hurry. You will stay cool and calm and you won't drive yourself or your friends crazy.

Also, if you have to run a lot of errands during the day, don't do them when you are limited on time. Getting in and out of a hot car, walking up and down a hot sidewalk and dealing with harried clerks who wish they could be at the beach is not the best way to accomplish your deeds. Take your tasks slow and easy and if you have to hurry, let your car do the driving while you stay calm. Yelling at other drivers or stoplights only makes *you* more tense and irritable, not them.

Eat Light

When you come home from a hot day at school or at the office, the last thing you want to do is eat a hot and heavy fried meal. So take another approach and eat cool. Go to the grocery store and stock up



Ways to Beat the Summer Heat

by Staci Finch

