

on the coolest foods you can find. Try vegetables, fruits, exotic cheeses, breads and anything else you can find that doesn't have to be heated. Take home your haul and get going.

Salads are great cool foods, but they don't have to be made of just lettuce and tomatoes. Invest in different vegetables like artichoke hearts, fresh avacados, brussel sprouts, zucchini, cauliflower, fresh broccoli or rhubarb stalks. You now have a salad to beat all salads.

Before you begin preparing this work of art, take a hint from restaurants and put a plate in the freezer. Your salad will stay cooler and not get limp as easily. Now you can make that salad. Also make a bread and cheese tray and you will have the best cool meal in town. And for dessert? What else but ice cream!

Of course, it may not be time for dinner, or you may not want anything more than a cold drink. Throw away the soft drinks, because there are cool summer drinks that Diet Coke can't hold a candle to.

Along with those soft drinks,

get rid of your instant tea canisters. It's time for sun tea. Sun tea is as refreshing as instant and tastes a lot better. Just take a gallon container full of water and a couple of bags of your favorite tea and set it out in the sun before you leave for the day. By the time you get home, you will have sun tea. Pour over ice, add a slice of lemon or lime, and you are ready to go.

If you don't want tea, don't worry because there are still plenty of refreshing drinks that don't contain artificial sweeteners. For one, there is always tap water. Pour it over ice and add a slice of lemon,

lime or orange and ordinary water becomes a refreshing drink. Plus, there are always Perrier, the childhood favorite Kool-Aid and lemonade.

Cut Your Costs

It's one thing to enjoy the air-conditioned buildings where you are shopping, studying or working because you don't have to pay the electric bill. But keeping your own thermostat at 70 degrees all summer can cause heart failure when bills are due. Never fear — there are ways to keep your house cool without keeping your checks hot.

First, keep your curtains closed when you're gone. Open shutters and drapes are invitations for hot sunlight to come in, heat up your house and run up your electric bill.

On cooler nights, you don't have to run your air conditioner at all. Instead, you can use the fan-and-open-window approach. Set a fan in front of an open window and turn it on. You can keep cool and also keep money in your bank account.

It's that time again, time to think of ways to beat the summer heat. No problem.

