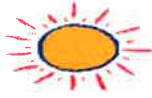




City of Kimball High Points July 2018



Ways To Keep Cool When it's Hot



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

- Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
- Wear loose-fitting clothing, preferably of a light color.
- Cotton clothing will keep you cooler than many synthetics.
- Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
- Fans can help circulate air and make you feel cooler even in an air-conditioned house.
- Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
- Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
- Take frequent baths or showers with cool or tepid water.
- Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
- I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
- Avoid caffeine and alcohol as these will promote dehydration.
- Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
- If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
- Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.
- Don't forget that pets also need protection from dehydration. If you see an animal in a car exhibiting signs of heat stress, call your local police department immediately.



The City of Kimball has received many complaints of the amount of feral cats in the community. We remind residents to be responsible and neuter their animals and please keep your cats at home. Ordinance

93.15f refers to nuisances "interfering with the comfort of others". Ordinance 95.02 refers to animals running at large. Both of these ordinances apply and can result in fines if not in compliance. The City of Kimball Police Department has 2 live animal traps if someone wishes to trap & release to relocate to other premises where **PERMISSION HAS BEEN RECEIVED.**



Administrator Dan Dean presents James Schnell a plaque for his many years of service, both as Mayor and on the City Council.



The Kimball—Banner County Fair runs August 6—13 at the Kimball-Banner County Fairgrounds. See a complete schedule of events on our website: kimballne.org; residents; things to do; county fair.