

# LEWIS COUNTY CHAPTER OF OLYMPIA MASTER BUILDERS



## Creative Ways To Keep Your House Cool This Summer



With record high temperatures sweeping through the Pacific Northwest earlier this month, there has never been a better time to find healthy, alternative ways to keep your house cool. If installing a new air conditioning unit is not in your budget right now, we have come up with a list of easy ways to keep your house cool and healthy when those hot days and nights roll in again this summer.

**1. Crank up the fans!** Fans create a wind chill effect that will make you more comfortable in your home. But be sure to turn them

off when you are not in the room. Fans create a wind chill that cools people, but not rooms.

**2. Seal the cool air in and keep the heat out.** Make sure the seals around your windows and doors are airtight - the same as you would do to keep the warm air in during the winter.

**3. Close the blinds or drapes during the day to block hot rays from the sun.** Blackout shades and curtains are the best choice for keeping that cool air in and there

are several eco-friendly materials out there to choose from!

**4. Splurge for a set of cooling Bamboo sheets and blankets.** The bamboo fabric is designed to absorb your body heat which keeps you cool through the night. Also consider a buckwheat pillow, which tends to be naturally cooler than cotton.

**5. Stock your house with houseplants.** Not only do they produce healthy air for us to breathe, they also release moisture into

the air and can reduce the temperature in your room to up to 10 degrees!

**6. Avoid using hot appliances.** Appliances like the oven, stove and toaster produce a lot of extra heat that will continue to linger in the air and add to temperature in the room.

**7. Plant trees outside in areas that provide shade through your windows and keep your roof cool.** Planting trees on the western and southern sides of your house, will provide the maximum

amount of natural shade.

**8. Swap out LED bulbs in place of the hot incandescent bulbs.** LED bulbs give off 70-90% less heat than regular bulbs. Who knew?

And if all else fails, eat spicy foods! They stimulate heat receptors in the mouth, enhance circulation, and naturally cause you to sweat, which cools your body down.

Please visit omb.org for a full online searchable list of Lewis County OMB members ready to assist you with any of the above projects!

## The 21st Annual Tour of Homes is Back – In Person!

The OMB Tour of Homes will take place in person on July 24-25th. This free community event is an opportunity to explore some of the finest craftsmanship in our region and to interact with the builders and remodelers behind the magic.

Watch for the 2021 Tour of Homes Guide release on July 21st, complete with site profiles and addresses at omb.org!

### Call For Vendors! The OMB BIG Home & Garden Show in Thurston County

Mark your calendars for the BIG Home & Garden Show on September 11th and 12th at the Thurston County Fairgrounds. Vendor booths are still available. Please contact Jenn at membership@omb.org for more information.