With a heat advisory in effect, try your best to keep cool with these tips from MSU Extension:

- Limit your time outdoors to morning or evening
- If you are exercising outdoors, drink two to four glasses of water per hour and take breaks to rest in shaded areas
- Be sure to always wear sunscreen with an SPF of 15 or higher
- A wide brimmed hat will not only protect you from the sun, but will also help to keep you cool

Try the below recipe for Country Fair Style Lemonade to help you cool off:

- ½ cup water
- ¼ cup sugar
- 2 fresh lemons
- 2 cups ice cubes, plus extra for serving
- 1 cup ice water

Optional garnish: limes, mint leaves

**Directions:** Bring the water and sugar to boil in a small saucepan until sugar dissolves completely. Juice 1 ½ of the lemons, reserving ½ of lemon for garnish. Mix the lemon juice with the sugar syrup and chill in refrigerator. Blend ice in blender until crushed. Place half of ice in cocktail shaker along with half of the chilled lemon syrup and ½ cup of ice water. Pour entire mixture into a tall glass. Repeat with remaining ingredients for second glass. Enjoy!

**Thursday, July 25th**

Please make sure windows in your office are easily accessible by removing objects from the ledges before this date. Additionally, make sure to move items away from windows that could possibly be damaged by water, such as books, papers, or electronics. Cleaners are expected to be here throughout the day.