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HOW TO PREPARE YOUR HOME FOR A HEAT WAVE

Extreme heat can prove deadly, especially for the elderly, young [children](#) and people who are sick or overweight. But even healthy people are at risk for the ill effects that often accompany a heat wave.

- Put up outdoor awnings or louvers. This can help reduce the heat entering the house by as much as 80 percent.
- Hang shades or drapes to block out direct sunlight from rooms.
- Identify other places where you can go to stay cool, such as the library, the mall or movie theaters - if you do not have air conditioning in your home.
- Plan outdoor activities for the early morning or later in the evenings, when temperatures are at their coolest.
- Take a training course on how to recognize and treat heat stroke and other heat-related emergencies.
- Stock up on bottled water, since you need to drink more during extreme heat. Men are more susceptible to heat-related illness than women because they become dehydrated more quickly.
- Cool your home with window air conditioners or ceiling fans.
- Insulate your home properly to conserve electricity and help the air conditioning to act efficiently.
- Install weather stripping on outside doors and windows to prevent the cool air from escaping.
- Use storm windows year-round to keep the heat out.
- Use an attic fan to take warm air out of the attic and cool down the house.



Courtesy of [Ehow.com](http://www.ehow.com)
http://www.ehow.com/how_4024_prepare-home-heat.html

RECIPE OF THE MONTH

**FRUIT PIE WITH
CRUMB TOPPING**
(8 servings)

- 5 cups blueberries
- 3/4 to 1 cup granulated sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 1/2 Crumb Topping
- Easy Pie Crust



Preheat oven to 400 degrees. Combine 5 cups blueberries or other fruit with 3/4 to 1 cup granulated sugar, 3 tablespoons flour, 1 tablespoon lemon juice, and 1/8 teaspoon salt. Pour into pie shell; sprinkle with 1/2 recipe Crumb Topping.

Place on foil-lined baking sheet in lower third of oven; reduce heat to 350 degrees. Bake until fruit bubbles and crust browns, 1 1/2 hours. If topping begins to brown too quickly, tent with foil. Let cool 6 hours.

Courtesy of [MarthaStewart.com](http://www.marthastewart.com)
<http://www.marthastewart.com/recipe/fruit-pie-with-crumb-topping?backto=true>