

# The Aloha Life Newsletter

## Helpful Advice and Fun Tips For Car Buyers & Car Owners

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### This Month In History

**1 - 1867 - The Dominion of Canada was established.**

**4 - 1776 - The Declaration of Independence was approved by the American Continental Congress.**

**6 - 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.**

**10 - 1973 - The Bahamas gained their independence after 250 years as a British Crown Colony.**



### Staying In Shape This Summer

By: Joseph J. Young

Staying in shape during the summer months can be hard, especially if you're on vacation. (Because who doesn't "cheat" a little on a diet during vacation, right?) But there are a lot of fun summer activities you can participate in that have all the benefits of traditional exercise without feeling like exercise at all. As long as you're smart, you can have fun in the sun while avoiding common summer injuries.

**Jump In:** Staying in shape is a lot easier in water. The water's buoyancy makes exercises like water aerobics easier on joints, and you can use something as simple (and as inexpensive) as a beach ball to add a little oomph to your workout. Besides: what list of outdoor summer activities DOESN'T include swimming? Swimming is perfect for staying in shape during the summer because it works every muscle in your body.

**Hit the Beach:** Even if you're not a water person, a day at the beach is a must for fun summer activities. Walking or jogging on sand adds resistance, which allows for a better workout. Not a runner? Try grabbing some friends for a game of Frisbee: it has all the benefits of aerobic exercise, but you'll be too busy having fun to notice. Just make sure that you liberally apply sunscreen throughout the day to avoid the worst of all summer injuries - sunburn. And stay hydrated! Nothing ruins outdoor

summer activities like a trip to the ER.

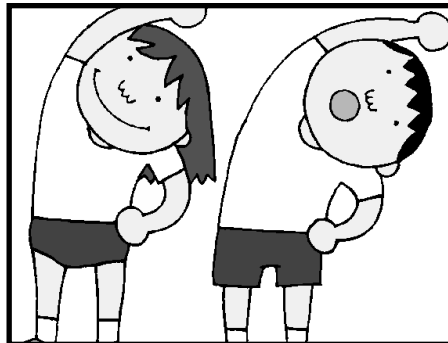
**Pedal On:** Looking for ideas for fun summer activities the whole family can enjoy? Bike rides are the way to go. If you're new to working out, pick a place that's closer to your home, or find a park with bike trails, so that you don't overextend yourself. A number of summer injuries come from people who give themselves too difficult of a ride, ending in muscle strains, muscle fatigue and dehydration. If you

have kids, make sure that you have regulation-sized helmets for you and your children, and that little ones are strapped in correctly to a carrier seat.

**Keep Climbing:** There are ways of staying in shape AND feeding your brain, and a nature hike is one

of them. Try contacting your local, county or state park to see what kinds of fun summer activities they have. Many offer nature hikes that range in difficulty, as well as summer-only programs for kids and adults alike. You can save some money by packing your own picnic lunch (and plenty of water), and many places have only small entrance fees, if they have any at all. They may even supply a map or "scavenger" list for particular plants and wildlife indigenous to the area, so you'll learn something while you're there.

Remember to have fun and stay safe this summer!



**"We Specialize In Helping Individuals & Families Find, Qualify For And Own The Vehicle Of Their Dreams With Little Or No Money Down Even With Less Than Perfect Credit."**

# Stay Safe This Summer: Preventing Heat Illness In Athletes

By: Ed B. Kravitz

Almost every year there is at least one report of an athlete who has suffered with a serious heat illness or a sudden death resulting from heat exhaustion or heat stroke. When someone is in extremely hot temperatures for an extended period of time, heat illness can occur, especially young athletes who are not conditioned to working out, practicing or competing in extremely hot temperatures. It is vital for coaches, trainers, parents and athletes to be aware of the ways to prevent heat illness as well as know how to recognize the signs and symptoms associated with heat illness.



## What are Heat Illnesses?

There are several different types of heat illness, each occurring in a different progression that if left untreated will lead to heat stroke, which is life threatening. It is important that coaches and trainers learn to recognize the types of heat illness and the signs and symptoms of each form.

- **Heat cramps** typically affect those who sweat profusely during strenuous activities, such as football practice or competition. The excessive sweating causes the body to deplete its moisture and sodium, which cause cramping. Heat cramps are also one of the first signs to be aware of for possible heat exhaustion.

- **Heat edema** is swelling of the feet

or hands during hot weather. The heat causes blood vessels to dilate, which causes the swelling. If heat edema occurs, the person must sit down, raise their feet and/or arms and avoid activity until the swelling goes down.

- **Heat rash**, sometimes called prickly heat, is common in young athletes who are in the heat and sun for long periods of time. Heat rash is caused by the sweat glands being blocked, so the sweat stays trapped below the skin, which causes redness and inflammation.

- **Heat stress** occurs when athletes are in a stressful situation while in hot temperatures. For example, if it is extremely hot, the game depends on the player's next move and they are physically exerted, it causes stress as well as overheating. Signs of heat stress include muscle spasms, hyperventilating or other problems breathing.

## Preventing Heat Illness

The first step to preventing heat stroke is to prevent heat exhaustion. It is extremely important to stay well hydrated. Coaches and trainers should have water or sports drinks available for athletes before, during and after practicing or competing. It is recommended that athletes drink at least 16 ounces of water or sports drink every hour to maintain the correct amount of electrolytes and hydration.

## Interesting Facts You Never Knew

*Did you know . . .* Birds need gravity to swallow.

*Did you know . . .* The most commonly used letter in the alphabet is E.

*Did you know . . .* Reindeer like bananas.

*Did you know . . .* The longest street in the world is Yonge street in Toronto, Canada, measuring 1,896 km (1,178 miles)

## MAHALO



Thank you Carlos for providing excellent service. We were afraid that we were going to be

“harassed” by one of those typical car sales person, but that totally was not the case. If you or anyone you know are looking for a great and reliable car, come and see Carlos. He’s a very pleasant person and will help you do what it takes getting you that car you are looking for!

**Alan & Lori Cardona**  
Mililani, Hawaii



## WINDWARD EXPRESS SERVICE

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## JULY SPECIAL

**This month only show this coupon and get \$5 Off your next oil change.**

(up to 5 quarts of oil, some vehicles slightly higher,  
expires July 31, 2016)

## IF YOU READ NOTHING ELSE . . . READ THIS!

Do you know of someone who is looking for a quality pre-owned vehicle or wants to upgrade their current vehicle? Even if they have little money to put down or they've had trouble qualifying in the past... I can help them! Send them my way and if we help them into a new vehicle you'll receive \$200 for helping solve their transportation needs.



**JERRY V.** Is an author and consumer advocate. He has spent his life fighting the negative stigma that plagues car dealers around the world. He does this by fighting for the consumer as a car dealer that advises people and helps them get the quality vehicle they want and deserve in an positive and safe environment.

*Jerry V.*  
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### Jerry's Corner

One thing is for sure... in Hawaii we love popping off firecrackers. But every year people are injured or fires started resulting in damage to property.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.

*Have a safe and happy 4th of July!*

# SUDOKU Puzzle

Quick SUDOKU rules . . .

To solve a SUDOKU puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes

9		5		6				4
7	3	6			4	8		
	1		9					
			2	4	6	7		
4	6	1				3	9	2
		8	1	3	9			
					3		8	
		7	4			2	3	6
6				2		4		1

## Prize Winner

Search This Newsletter For The Answer To The **Solio Sun-Powered Charger** and Submit Your Answer Online.



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# The Aloha Life

## NEWSLETTER

Helpful Advice and Fun Tips For CarBuyers & CarOwners



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**Get Expert Automotive Financing Answers & Solutions For Free.**

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### WIN A FREE

**W**hy am I giving away a *Solio Sun-Powered Charger*? Because everyone likes to win stuff. It's fun. And I want this newsletter to be fun for you. I also want you to read it. Ahhh . . . now you'll see my selfish motivation.

In order to win the *Solio Sun-Powered Charger* you have to answer the question below. In order to answer the question, you have to read this newsletter. I've hidden the answer somewhere in the contents of these four pages.

If you read the whole newsletter, I think you'll like it and you'll look forward to getting it every month.

Then when you are looking to buy a vehicle or know someone who is, you'll remember this newsletter and hopefully you'll give me the chance to earn their business. That's my master plan. So answer the question and you could be

**Here's The Question:**

*Where is the longest street in the world located?*

**Submit Your Answer And Win**

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CONTEST CODE ( WINDWARD AUTO )

Submit Your Answer By: July 31, 2016

## COMMUNITY CORNER

### Parents day is Sunday July 24th

**M**any Americans are unaware that our nation has a day of commemoration called Parents' Day, a perennial day of commemoration. According to the Congressional Resolution, Parents' Day is established for "recognizing, uplifting, and supporting the role of parents in the rearing of children." The establishment of Parents' Day was the result of a bipartisan, multiracial and interfaith coalition of religious, civic and elected leaders who recognized the need to promote responsible parenting in our society and to uplift ideal parental role models, especially for our nation's children. Since the creation of this annual day of commemoration, local faith communities, elected officials and activists throughout the nation have creatively launched many activities around the theme of Parents' Day designed to celebrate and strengthen the traditional, two-parent family. The National Parents' Day Council does not envision Parents' Day to be yet "another" day to honor parents, but rather a day when parents honor their children and the God-centered family ideal by rededicating themselves to manifest the highest standard of unconditional true love.

The National Parents' Day Coalition, a project

of the American Family Coalition Inc. is a nationwide network of racially and religiously diverse leaders focused on the promotion of Parents' Day activities. The Coalition works to promote Parents' Day in the following ways:

- Uplifts outstanding parental role models through the annual selection of Parents of the Year at the local, state and national levels.
- Focuses attention on the centrality of the parental role through educational programs that stress parental commitment and responsibility.
- Promotes family stability through programs that encourage fidelity between husband and wife and foster abstinence in young people prior to marriage.
- Encourages participation in Parents' Day activities by all levels of government, community groups, and faith organizations.

For more information go to:

[www.parentsday.com](http://www.parentsday.com)