Summer…
...the good...

Check out these calendar/event sites to cure the summertime blues...assemble a trivia team, dine at a farm, or discover a new festival......carpe diem!

- **Davis Dirt**: Comprehensive Music/Arts/Food
- Davis Patch Events
- Davis Trivia Nights
- Davis Farmers Market Event/Music Calendar
- Eventbrite
- Yolo Count Visitors Bureau Calendar
- And...of course our Summer Brown Bags featuring Feldenkrais, Stress Relief and Yoga!

...the bad...

**Buggy Bugs**

While you are out enjoying that summer barbeque, you will inevitably be under assault from garden buddies...the buggy type! Some insects are merely irritating, while others can be downright dangerous. Review the article, Bug Bites...Which ones you Should Worry About to identify a real threat from an itchy ankle. If you find yourself with an unbearable itch, take an over-the-counter antihistamine and apply calamine lotion (alternatively, witch hazel) several times a day. Looking for a natural remedy?...try broken aloe leaves, honey, cucumber slices or apple cider vinegar applied to the itchy site.

**Poison Oak**

Poison Oak, a bushy shrub or a climbing vine (often found intertwined with blackberries), is widespread in Northern California. Poison Oak has leaves that look like oak leaves, usually three leaflets but sometimes up to seven on each leaf group. Contact with any part of the plant can cause a rash. You can also contract it secondarily from dogs who have run through the poison oak and then rub their happy bodies on you! Most people (sensitivity varies) develop a rash within a few hours, days, or weeks., and it will last about 10 days. The best way to prevent skin irritation is to pour rubbing alcohol over the exposed skin followed by lots of cold water within five minutes of exposure. If you don’t have rubbing alcohol, wash with lots of cold water, and if you don’t get to it quickly, still treat with lots of cold water (which will dilute the offending oil) to at least prevent the rash from spreading. Watch this short video on identifying poison oak so you can avoid this summer bummer.

...and the ugly

**Summer feet** often have an ugly side; heel pain, foot cramps, sunburn, infections, blisters, and calluses. Some tips from the American Podiatric Medical Association:

- Wear sandals or flip-flops at the pool, beach or spa (even the hotel room) instead of going barefoot to protect from injury, plantar warts and various truly ugly, nasty infections....and don’t forget the sunscreen!
- Hikers should keep toenails trimmed short and have a supply of moleskin or blister pads to protect against blisters.
- To put your best foot forward, have a foot-care toolkit including clippers, pumice stones, emery boards, and emollient-enriched cream. For the prettiest healthy feet try 7 days to Sandal-Ready Feet.