

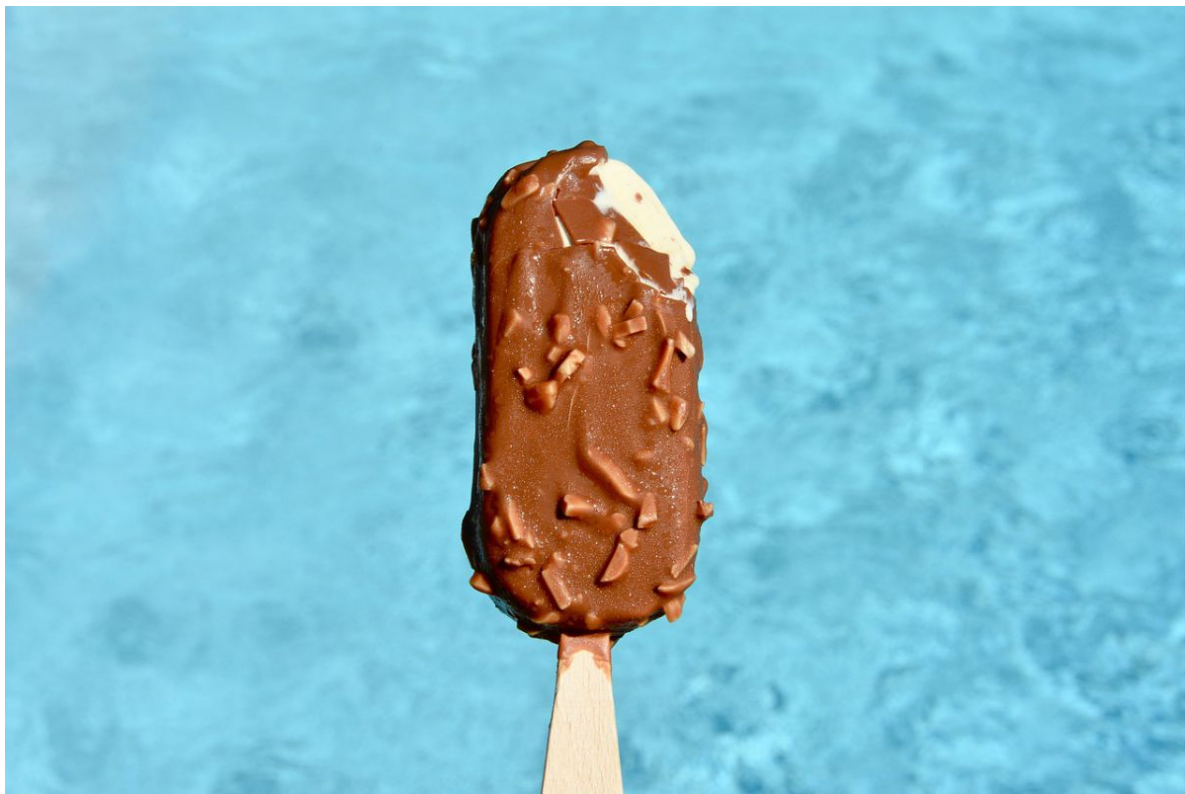
Tuesday, July 9, 2024

LNR is Back at Bistecca Tomorrow



After taking off last week for the Fourth of July holiday, the Lewisville Noon Rotary club will be back at Bistecca for our regular weekly meeting at noon tomorrow. Our own Tom Schwolert is hosting this week's featured speaker, Shawn Small of [Wonder Voyage](#), a faith-based non-profit that leads pilgrimages and mission trips all over the world. We look forward to seeing you on Wednesday!

Four Tips to Stay Cool During a Heat Wave



Summers in North Texas are notoriously brutal, and so far, this year is no different. The ten-day forecast calls for temps in the high 90s, and without proper prevention, the heat can take a toll on your health. Here are four quick tips to make sure you stay cool as a cucumber (and out of the ER) as the mercury rises:

1) Stay hydrated. When it's hot, you sweat. Taking in enough water is crucial when your body is working overtime in the heat. Not to be too graphic, but the color of your pee is an accurate indicator of whether you are sufficiently hydrated. Ideally, your urine should be nearly clear. Pee darker than straw means your body is running



Club Meetings

The Lewisville Noon Rotary club meets Wednesdays at noon at Bistecca - An Italian Steakhouse 2300 Highland Village Rd. Highland Village, TX 75077

Events

July 13th
Adopt A Spot July 2024
August 3rd
Adopt A Spot August 2024

Years of Service

John Kazor
06-30-2009
15 Years
Thomas R. Emmet
07-14-2021
3 Years
Jim Baker
07-07-2022
2 Years

Birthdays

Rachel Roberts
July 13th
Kyle Shipp
July 16th
Audrey L. Stansbury
August 1st
Melanie Robinson
August 4th

Matt Michel
August 8th

Delila Susan Bowman
August 8th

sufficiently hydrated. Ideally, your urine should be nearly clear. Pee darker than straw means your body is turning dry, which can be dangerous. Be sure to drink plenty of water throughout the day--aim for a glass of water every hour--to stay well-hydrated. Also, avoid alcoholic drinks or ones laden with sugar, as those can hinder absorption and act as natural diuretics.



2) Eat cooling foods. In the summer, we naturally gravitate toward fresh fruit, salads, and other foods that taste best a little chilly. Not only does raw produce help keep the body cool, but fruits and veggies are packed with nutrients to boost your immune system. Save protein-packed fare like burgers and steaks for the evening, after the temperatures drop, as these require more metabolic energy from your body. Sticking with smaller meals throughout the day also helps moderate your core temperature, since larger meals take longer to digest.

3) Watch your calories. It's tempting to cool off in the summer with sweet treats like slushies, popsicles, and ice cream. But adding extra pounds can make your body work harder to stay cool and puts extra strain on your heart. If you want something both sweet and chilly, try a tall glass of fresh-squeezed lemon juice in water with a packet of Stevia, popsicles made in your freezer using low-sugar fruit juice, or a delicious fruit smoothie with ice or Greek yogurt (and minus the "turbinado," which is a fancy name for brown sugar).

4) Protect yourself from the sun. Whether you enjoy fishing, kayaking, or just lounging on the beach, summertime means fun in the great outdoors. Sunshine is beneficial for the body, since it boosts your Vitamin D. But don't overdo it when it comes to catching some rays. Wear lightweight, long-sleeve tops made of cotton or linen, protect your head and face with a straw hat or baseball cap, and try to stay in the shade if you're outside for longer periods. Although it seems counter-intuitive, coconut oil is a remarkably effective sunscreen, and can also help a mild sunburn heal without blistering or peeling. Just apply to exposed skin every 2-3 hours when you're outdoors, or with the same frequency to treat an existing sunburn.

By following these four simple steps, you can get maximum enjoyment from summer in North Texas without losing your cool because you're hot and bothered by the temps!

Speakers

Club Officers

Sue Bowman
President

Melanie Robinson
Secretary

Alex Buck
Treasurer

Steven Cox
Rotary Foundation Chair

Dwayne Middleton
Membership Chair

Leslie Thompson
Communications Chair

Rachel Roberts
Sergeant-at-Arms

Eyad Salloum
Past President