



## 15 Ways To Keep Cool When It's Hot

(article source Melissa Conrad Stoppler, MD)

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, over-tired feet.
7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans.
11. If you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid caffeine and alcohol as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a

chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

### Sheriff reminds citizens of 24 hour phone number

Sheriff Wayne McCutchen wishes to remind all Coke County citizens that the Sheriff's Dept. phone is answered 24 hours a day. The number to call is (325) 453-2717.

### Millican, Holt wed in ceremony

On Saturday evening, May 21, 2011, Cayla Rena' Millican and Jerrod Mitchell Holt were united in marriage on Lake Nasworthy at Caines Cove in San Angelo, Texas. Minister Don Davis of Sterling City officiated the ceremony.

Cayla is the daughter of Troy and Susan Millican of Sterling City and Jerrod is the son of Tommy and Rhonda Holt of Big Lake.

Grandparents of the Bride are Jewell Wallace and the late J.C. Wallace, Lawana and Foy Askins all of Robert Lee and the late Elton Millican.

Grandparents of the groom are Betty Keeler and the late S.D. Keeler of Zephyr, and the late John and Marj Holt of Big Lake.

Matron of Honor was Jordanna Franklin, lifelong friend of the bride. Bridesmaids were Whitney Riley, life long friend of the bride, Jessica Smith, cousin of the bride, Heather Holt, sister of the groom, and Nancy Parker, college friend of the bride.

Heath Holt, brother of the groom served as best man. Groomsman were Cody Strube, Rusty Adams, Cameron Lee, and Jack Alan Joyce, all lifelong friends of the groom.

Flower girls were Sage Powell and Bailyn Moore. Jett Joyce served as Ring



Mr. and Mrs. Jerrod Holt

Bearer.

Ushers were Ross Parker, Calen McPhaul, Whit Braden, Wilson Stokes and Quay Oglesby.

Special music was provided by family members of the bride: Buddy Wallace, Tyler Wallace, Kate Wallace, and Joel Smith. A prayer of Blessing was led by Jacky Wallace.

Lindsay Wallace, cousin of the bride served at the Guest Registry table.

A rehearsal dinner was hosted by the Groom's parents, Tommy and Rhonda

Holt, at Zentner's Daughter Steakhouse.

After a honeymoon trip to the Bahamas, the couple is now residing in Big Lake.

The couple and their parents want to let all of the

family and friends know how thankful they are for helping them celebrate this very special day. We ask God's Blessing for Jerrod and Cayla, as they begin their new life together.

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