

Sweaty, Dehydrated AND Basically Dying

Students discuss best ways to cope with summer heat



Garin Clinton Nelson



Isabella Monzyk



Jackson Bloodsworth



Hayden IntVeld

During the summer in Iowa, temperatures can often be expected to heat up to well over 100 degrees. Between the blazing sun and high humidity, students had to deal with the hot weather during their months off from school. Whether they had to work outside for their jobs, mow their lawns or simply walk to and from their cars while out shopping, students all around town tried to find ways to beat the heat.

Some students enjoyed simply spending time indoors out of the sun. "During summer break, my favorite way to not get hot is to sit in the air conditioning and binge-watch Netflix," said **Garin Clinton Nelson ('21)**.

Others preferred spending time with friends, even if that meant braving the heat to hit the town. "I just like to drive around with people and get Azteca about two times a week," said **Isabella Monzyk ('21)**.

Some students liked going out for refreshing drinks on those

hot summer days. "My favorite summer drink right now is the Strawberry Acai Refresher with lemonade infused in," said **Jackson Bloodsworth ('22)**. Cold or iced drinks from Starbucks became especially popular during the summer months. "I really like getting a light iced Mocha Frappuccino from Starbucks," said **Hayden IntVeld ('21)**.

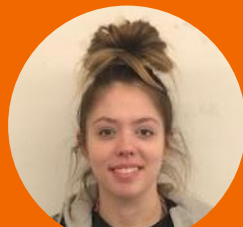
From having fun at the Mississippi Valley Fair to just wanting to get to sleep on a hot night, students had to learn ways to deal with the summer heat in order to enjoy their vacation. All in all, students found lots of great ways to keep cool during the summer, whether they chose to soak up the rays outside or keep cool on the couch. (T. Brown)

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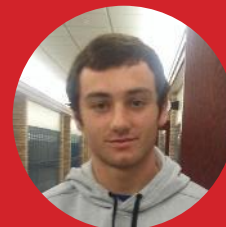
Totally Tan OR Pale Princess?



"I always get burned over the summer because I go outside, hang out with friends and play sports."
-Sarah Turner ('20)



"I go to the pool and lay out for a nice tan color. I also vacation a lot, so I'm always out in the sun. One time I even went and got a spray tan."
-Ashley Palmer ('19)



"I always wear short-sleeved shirts and get a farmer's tan."
-Carter Mahon ('19)



1.

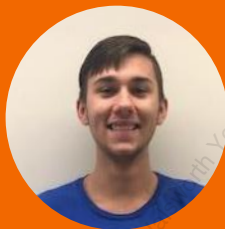
1. **Hold on Tight!** Over the summer, **Destiny Van Hecke ('19)** and **Josh Hann ('19)** tube on the Mississippi River to cool off on a hot day. Many students enjoyed cooling off in the water during the summer months, and some even braved the rocky waters and wildlife of the river. "I fell off the tube and got scared when I saw a snake. I thought I was going to get bitten," Hann said. (Contributed)

2. **Say Cheese** While jet-skiing over the summer, **Brianna Low ('20)** and **Lauren Peet ('20)** take a quick break. Many students enjoyed the water on the Mississippi River while others preferred cooling off in local lakes or a friend's pool. "I was terrified of falling off and getting caught in the current," Low said about jet-skiing. (Contributed)



2.

"My favorite way to stay cool is to make Tropical Sno because I worked there over the summer." -Chloe Logsdon ('21)



"I get a tan because I'm a Native American. My grandmother has a pool, so I go swimming a lot. I also play in the band, so I'm outside most of the time."
-Anthony Zawatzki ('20)



"I get tan over the summer because I spend a lot of my summer swimming and hanging out with my friends."
-Lynzie Durr ('20)



"I get sunburned really easily because of how pale I am, and it's just because I forget to put sun screen on, or I just don't feel like putting it on."
-Arielle Dean ('19)