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Surviving the Texas Heat

By Wendy Rojo

This year has brought record-breaking temperatures throughout Texas, with highs constantly in the 100s. We know the weather is serious when people cheer for a 95-degree day. The heat is excruciating, unbearable, and dangerous. Most importantly, the heat is debilitating.

According to the World Health Organization, constant exposure to heat can result in short-term and long-term effects on our bodies. Short-term effects include heat cramps, exhaustion, or heatstroke. Long-term effects include a greater vulnerability to certain bacteria or an increase in illness susceptibility. The World Health Organization also recommends spending anywhere from two-to-three hours in a cool place.

During these hot times, it is impossible to overlook those who face the daily challenge of how they will stay cool today. According to the *Dallas Morning News*, 15 cities in the Dallas-Fort Worth area are dealing with more than double the amount of heat-related calls than last year. MedStar Mobile Healthcare is also dealing with double the number of calls related to heat than the ones received last year. A large part of the heat-related calls are to public roadways and streets.

Health officials constantly warn us to not be outside during peak hours of the day when the heat is at its worst or to take cold showers when the heat becomes unbearable. However, these are not options for every individual living through this Texas heat.

Luckily, various organizations aim to help all those in need during this summer heat. OurCalling launched their “Beat the Heat” campaign in which various teams



Streetside Showers providing free showers and hygiene products to Stewpot clients.

Facts to know about people experiencing homelessness and extreme weather

People experiencing homelessness made about one-tenth of emergency room visits to two San Diego hospitals from 2012 through 2019.

Source: American Journal of Public Health

During the months of May to September, homeless patients visited emergency rooms 1.29 times more during the most extreme two-day heat waves studied.

Source: American Journal of Public Health

The strongest risk of emergency room visits occurred during daytime heat waves.

Source: American Journal of Public Health

In Phoenix, at least 130 homeless people were among the 339 individuals who died from heat-associated causes in 2021

Source: Associated Press

attempt to reach out to the unsheltered homeless. They are opening their place as a cooling location and are providing individuals with some cooling essentials.

The Stewpot recently partnered with Street Side Showers to provide free showers to our clients. So far, 79 people have received showers at our location. These services are essential during the heat. Street Side Showers just recently turned five years old and, on their website, they have nine locations in Texas where they offer free showers. They also provide showers at three Florida locations.

Dallas County Health and Human Services also aims to help low-income residents. Its Comprehensive Energy Assistance Program provides utility assistance, equipment repairs, and equipment installation. Dallas County also has cooling stations located at all recreational centers and public libraries.

These resources offer relief for many living in the DFW region; however, the offerings are not easily accessible to all individuals in need. According to the Texas Tribune, in the last decade, at least 45 people die each year in Texas due to the heat. The Texas Tribune also states that at least 10 people have died so far from the heat. And it reports that Dallas first responders received more than 300 heat-related calls as of mid-July.

As temperatures increase as we head into August, The Stewpot only hopes to reach more people facing the heat and inform them of the resources available to them. Throughout this edition, we will highlight various resources that are available to beat the heat.

Wendy Rojo is managing editor of STREETZine.

STREETZine

STREETZine is a program of
The Stewpot.



The **STREETZine** is a monthly newspaper published by The Stewpot, a ministry of the First Presbyterian Church of Dallas. The Stewpot provides services and resources for people experiencing homelessness or who are at risk of being homeless. The organization also offers opportunities for a new life.

As part of this ministry, the **STREETZine** seeks to raise awareness about the issues surrounding homelessness and poverty. The monthly publication also offers financial opportunity for Stewpot clients who sell the paper to Dallas residents. Vendors are able to move towards economic self-sufficiency by using the money they receive from selling copies to purchase bus passes, food, and necessary living expenses. Clients also receive stipends for contributing articles to **STREETZine**.

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The Pastor's Letter: A Heart Song for Showing Up

By The Rev. Amos Disasa

This essay is excerpted from a sermon that Rev. Disasa delivered at the First Presbyterian Church of Dallas on July 3, 2022.

The rainbow is universally known as a sign of hope, potential, unity, good luck. Like you maybe, as soon as I see one, I'm inclined to stop and stare. Now, you need to understand that on a normal day, one without a rainbow, I've got an unshakable tendency to reframe things, like the weather, as signs that today is going to be a good day.

The weather doesn't care about me, but I still take the temperature, and the absence or presence of precipitation, to be a sign of confirmation that I should do the thing I was planning on doing all along. I'm one of those people who has a positive, self-serving read on all the omens.

Now, imagine what happens to me when I see a rainbow. You give me a rainbow and there is no telling what I might decide to do next. I'll start snapping pictures, making wishes, and thinking about the leprechaun's big pot of gold. Then, I'll conclude that this rainbow, up in the sky, not anywhere close to me and that a whole bunch of other people can see, is mine. It was made for me. It's my rainbow.

You give me a rainbow and there is no telling what I might decide to do next.

But don't let the soothing colors and the stretching arc fool you. Rainbows are not what you think they are.

You can't make a rainbow out of nothing. That's the conclusion of the extensive rainbow research that I did in preparation for this sermon. You need at least water, light, and a human or animal that can see.

The water is best if it comes in the form of mist. The light is best if it comes from the sun. And, finally, you

need a person at the right place at the right time.

Vision is necessary to make the refraction and reflection of the light through the mist turn into a band of colors. A rainbow without a person is just a band of light with no color.

Psalm 42

- 1 *As a deer longs for flowing streams,
so my soul longs for you, O God.*
- 2 *My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?*
- 3 *My tears have been my food
day and night,
while people say to me continually,
"Where is your God?"*
- 4 *These things I remember,
as I pour out my soul:
how I went with the throng[a]
and led them in procession to the house
of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.*
- 5 *Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help and my God.*
- 6 *My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.*
- 7 *Deep calls to deep
at the thunder of your torrents;
all your waves and your billows
have gone over me.*
- 8 *By day the Lord commands his steadfast
love,
and at night his song is with me,
a prayer to the God of my life.*
- 9 *I say to God, my rock,
"Why have you forgotten me?
Why must I walk about mournfully
because the enemy oppresses me?"*
- 10 *As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
"Where is your God?"*
- 11 *Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help and my God.*

The New Revised Standard Version.

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Executive Director's Report

By Brenda Snitzer

Record breaking heat...yes, we all know. Double-digit days that have been over 100 degrees.

The last time I remember it being this hot was the summer of 1980. I was working at camp, so we had to stay inside our cabins after lunch until 4 p.m. It was too hot for the children to be outside. That was miserable – having to be indoors when everyone wanted to be outdoors.

Of course, today I have a different perspective. I understand that the heat is not only miserable, but also a matter of life or death for folks experiencing homelessness. The same is true for those living in poverty who might not have air-conditioning or whose unit breaks and they can't afford to fix it.

The Stewpot is now providing showers twice-a-month for folks to get cooled off and cleaned up. We offer the

showers on the second and fourth Thursdays of the month.

But that's only two days every four weeks. Otherwise, they have to be at one of our partner shelters or at Our Calling to get a cooling shower and attend to their hygiene.

Most unsheltered people only have day-service locations to go to, such as The Stewpot. Extreme weather, when it dips below freezing and stays over 80 degrees even at night, can be a relentless hardship for those experiencing homelessness, as well as seniors and those living in poverty.

The City of Dallas does provide cooling stations for those folks who can get to them (see location information in this issue). The public libraries and recreation centers are also great places to go (a number of them are cooling stations). For those that can help, providing funds for water bottles or to help pay for utilities for AC at our various shelters really helps.

Some articles in this issue by

individuals with lived experience tell the story about what it's like to live through these temperatures without a shelter. For many of us, we just run from AC location to AC location and hope our cars, work sites, and homes stay running cool through these temps. Pray for those who don't have that privilege and think of ways you can support the groups that help the less privileged. Caring for one another is a gift from God.

Some articles in this issue by individuals with lived experience tell the story about what it's like to live through these temperatures without a shelter. For many of us, we just run from AC location to AC location and hope our cars, work sites, and homes stay running cool through these temps.

Blessings to all.

Brenda Snitzer is the executive director of The Stewpot.

To find a Dallas-area cooling station, go to or call one of these Dallas recreation centers:

Anita Martinez Rec Center 3212 N Winnetka Ave 214-670-4109	Eloise Lundy Rec Center 1228 Reverend CBT Smith St 214-670-6781	Jaycee Zaragoza Rec Center 3114 Clymer 214-670-6188	Lake Highlands North 9940 White Rock Trail 214-670-7794
Arlington Park Rec Center 1505 Record Crossing 214-670-6326	Exall Rec Center 1355 Adair St 214-670-7812	John C. Phelps Rec Center 3030 Tips 214-670-7525	Larry Johnson Rec Center 3700 Dixon 214-670-8495
Bachman Rec Center 2750 Bachman Dr. 214-670-6266	Exline Rec Center 2525 Pine Street 214-670-8121	Juanita J. Craft Rec Center 4500 Spring Ave 214-670-8391	Martin Weiss Rec Center 1111 Martindell Ave 214-670-1919
Beckley Saner Rec Center 114 W Hobson Ave 214-670-7595	Fireside Rec Center 8601 Fireside 214670-0959	K. B. Polk Rec Center 6801 Roper 214-670-6308	Nash-Davis Rec Center 3710 N. Hampton Rd 214-670-6194
Campbell Green Rec Center 16600 Park Hill Dr. 214-670-6314	Grauwlyer Rec Center 780 Harry Hines Blvd 214-670-6302	Kidd Springs Rec Center 711 W. Canty 214-670-7535	Park in the Woods Rec Center 6801 Mountain Creek Pkwy 214-671-0218
Churchill Rec Center 6906 Churchill Way 214-670-6477	Harry Stone Rec Center 2403 Millmar Dr 214-670-0949	Kiest Rec Center 3080 S. Hampton Rd 214-670-1918	Pleasant Oaks Rec Center 8701 Greenmound 214-670-0945
Cummings Rec Center 2976 Cummings 214-670-6876	Janie C. Turner Rec Center 6242 Elam Rd 214-670-8277	Kleberg-Ryle Rec Center 1515 Edd Rd 214-670-8648	Ridgewood Belcher Rec Center 6818 Fisher 214-670-7115

Sleepless in Dallas

By Poppy Sundeen

Summer nights in the heat

“It didn’t used to be this hot,” says Colleen Pryor, referring to the current record-breaking heat. Her experiences coping with the dual challenges of heat and homelessness date back to less extreme summers. She wonders how she’d fare in the current furnace of 100-plus-degree days with little relief at night.

“Back when I was living in the shelters, there were times when I had to work late and couldn’t get back in time to get in.” That left her on the street overnight, sometimes in hot, sticky weather. “I met other homeless people who would help me out by giving me a spot to sleep, but I never could sleep too well outside.”

Cooler sleeping options presented other challenges. “Sometimes I’d buy a bus or train ticket and ride as long as I could,” knowing she might be awakened at any moment. “I don’t think they [transit authorities] liked people sleeping there, and they’d tell you to wake up.”

Sleeping with one eye open

In addition to the discomfort of sleeping outside or on public transit, Colleen recognized the vulnerability. “I never had any problems with anybody. Most people are nice, but some aren’t so kind. You have to sleep lightly.”

Colleen knew a man who slept outside near a transit stop each night, until someone came along and set him on fire. “He showed me the scars from the burns on his back.”

While Colleen wasn’t a victim of violence while on the street, it took its toll on her rest. “I never got much sleep outside, and I’d be really tired at work.”

The heat of the day

Daytime offers more air-conditioned options, such as the public library and stores. On the other hand, the

heat is much more brutal. With summer afternoon temperatures all too often breaking the century mark, there’s an ever-present danger of heat exhaustion.

A recent trip to the store reminded Colleen of the need to be vigilant. “I got back and wasn’t feeling good. I think I hadn’t had enough water.” Staying hydrated can be critically important in extreme heat.

When Colleen was without a home, she often sought refuge from the day’s heat at a convenience store in the Bachman Lake area. “I had a job and some money, so I’d go inside and buy something to eat or drink and sit a while inside. The owners were nice, and they didn’t mind homeless people going in there.” Later, she’d rest at the tables outside the store and try to get a little shuteye.

Finding a cool place to stay

For roughly a decade now, Colleen has had homelessness behind her. “I rent a room from two sisters.” One of them is a co-worker at the airport car rental office where Colleen is employed.

“For several years, I worked at a car auction. Some other homeless people worked there too.” When one of them learned that a rental car company was hiring, he passed the tip along to Colleen, and both of them got jobs. That’s how Colleen met the woman who sublets a room to her.

Pursuing a lifelong passion

When Colleen isn’t working, her mind is on her art. A member of The Stewpot Art Program, she spends part of every Thursday painting. Currently, she’s working on a painting of lily pads in the style of Claude Monet. “It looks easy,” she chuckles, “but it’s not.”

Colleen’s interest in art began at an early age. “I was always into art. I remember making a sculpture in ninth grade out of things from my dad’s workshop — nuts and bolts and pieces of metal.” Using a soldering gun, she fashioned a man, dog and tree. “I had a good time doing that.”

After graduating from Bryan Adams High School in Dallas, Colleen worked in photo labs. “I worked in the art department at one of the labs.



Photo of Colleen Pryor. Courtesy of Betty Heckman.

It was before digital, and we’d do photo retouching by hand.”

Words from the wise

At 66, Colleen has survived dozens of Dallas summers, though few as hot as this one, and she’s learned to keep a cool head in the heat. Her advice to anyone in a homeless situation is to go inside and avoid the 100-plus daytime temperatures.

At 66, Colleen has survived dozens of Dallas summers, though few as hot as this one, and she’s learned to keep a cool head in the heat. Her advice to anyone in a homeless situation is to go inside and avoid the 100-plus daytime temperatures.

And overnight? “I’d suggest going to a shelter,” says Colleen. “I didn’t always like staying at the shelter, but they’re not bad, and some have programs that can really help people.” She points out that in a summer like this one, anything’s better than being out in the heat.

“The summers back when I was in a homeless situation were not as hot. I could bear up under that.” As to this summer, she happy not to face the challenge.

Poppy Sundeen, a Dallas writer, is a member of the STREETzine editorial board.

Continued from page 2

But when we see the light, our eyes are designed to capture it and send the signal to our brains. They interpret the light coming through water so that we see seven colors stacked in a band from top to bottom: red, orange, yellow, green, blue, indigo, and violet.

God's watery elusiveness

It's true that Psalm 42, which is today's text, is full of metaphors and a rainbow isn't one of them. But Psalm 42 is a soulful, urgent heart song on the watery, elusiveness of God.

First, God is to the psalmist like water that can't be found. The first two verses include these words: As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirsts for God, for the living God. My tears have been my food day and night, while people say to me continually, "Where is your God?" Like a lone deer galloping desperately through dry land in search of a stream from which to sip, the psalmist only has tears of longing and loneliness from which to sip.

The tears are not enough to satisfy the psalmist's thirst. The tears are an optical illusion that torments the psalmist. The watery tears flow as a steady reminder that signs of God's presence have dried up.

But then in verse 7, the metaphor of water is suddenly reversed. Now there is too much of it. Wave after wave of longing for God billow over the psalmist. This water thunders from the deep, like a flood that runs over the top of levees. This water is too much.

I don't know about you, but I'd like to see a rainbow somewhere in this

psalm. I need to see a signal from God reminding us that God's got the water under control. I looked for it in the obvious places, but the psalmist is determined to keep it real. In a single song, the water is both absent and ever present. The water is longed for and regretted.

This is a heart song for hard times. There is no rainbow but that didn't stop the psalmist from showing up to sing an honest song of hope.

There is no rainbow but that didn't stop the psalmist from showing up to sing an honest song of hope.

Like we said earlier, a rainbow needs three things to be seen: water, light, and someone to see it. But even when we see the rainbow, the optical illusion disguises its true nature. What we think is the color of red, orange, yellow, green, blue, indigo, and violet is actually the color of water, which the psalmist tells us is the color of God. It's a color that can only be seen if we show up.

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Looking for the water

Psalm 42 reminds me of an old story that's told about a well in a remote village.

The well was constructed by hand. It

took many days of digging, by a crew chosen from the strongest and most agile villagers. Everyone assumed that if they dug long enough they would find water in the ground.

They dug 15 feet. No water. They dug another 15 feet. No water. They dug another 15 feet. No water. Eventually they'd dig 60 feet down, but they never found water. After many weeks of digging they gave up and determined that they would wait for the water to come to them.

Every morning, the men, women, and children would gather at the well, each would say a silent prayer, and one of them would lower a bucket into the well and pull it back up. They performed this ritual day after day. The water never came, but still they gathered in defiance of the obvious, if anyone dared to state it.

Then, on the fourth day of the sixth month of the year, when the rains didn't come on schedule, they lowered the bucket together in the morning. When they pulled it back up, the bucket was full. The whole village burst into dance and song. They could not believe that the empty well was now full.

In the middle of the celebration, one of the children looked up at her mother and asked the most obvious question — why? Why had the well just now delivered water after remaining dry for so long?

The mother looked down at her daughter and said simply, because we never stopped looking for it.

Reverend Amos Disasa is senior pastor of the First Presbyterian Church of Dallas.

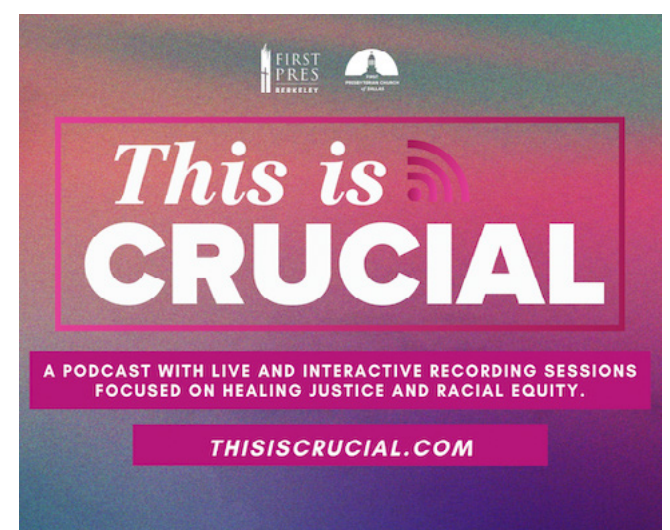
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Heatwaves Worsen Mental Health Conditions

By Laurence Wainwright and Eileen Neumann

Heatwaves have a huge impact on our physical and mental health. Doctors usually dread them, as emergency rooms quickly fill up with patients suffering from dehydration, delirium and fainting. Recent studies suggest at least a 10 per cent rise in hospital emergency room visits on days when temperatures reach or exceed the top five percent of the normal temperature range for a given location.

Soaring temperatures can also make symptoms worse in those with mental health conditions. Heatwaves – as well as other weather events such as floods and fires – have been linked to a rise in depressive symptoms in people with depression, and a rise in anxiety symptoms in those with generalised anxiety disorder – a disorder where people feel anxious most of the time.

There is also a link between daily high temperature and suicide and suicide attempts. And, roughly speaking, for every one Celsius increase in monthly average temperature, mental health-related deaths increase by 2.2 per cent. Spikes in relative humidity also result in a higher occurrence of suicide.

Humidity and temperature – both of which are changing as a result of human-induced climate change – have been causally linked to a rise in manic episodes in people with bipolar disorder. This state of the illness causes significant harm and can result in hospitalisation for psychosis and thoughts of suicide.

Further problems are posed by the fact that the effectiveness of important drugs used to treat psychiatric illness can be reduced by the effects of heat. We know that many drugs increase the risk of heat-related death, for example, antipsychotics, which can suppress thirst resulting in people becoming dehydrated. Some drugs will work differently depending on the body temperature and how dehydrated

Facts to know about people experiencing homelessness and extreme weather

Patients experiencing homelessness who are younger or elderly and required a psychiatric consultation are particularly vulnerable to heat waves.
Source: American Journal of Public Health

In Phoenix, a city known for excessive heat, the number of heat-associated deaths among the homeless population almost doubled from 2019 to 2021.
Source: Maricopa County (Arizona) Government

Nationwide, heat contributes to some 1,500 deaths annually, and advocates estimate about half of those people are homeless.
Source: Associated Press

Insomnia can increase due to intolerable sleeping conditions.
Source: The Homeless Hub

the person is, such as lithium, a very potent and widely used mood-stabiliser, frequently prescribed for people with bipolar disorder.

Fuzzy thinking, aggressive behaviour

Heat can also affect the mental health and ability to think and reason of people without a mental health disorder. Research shows that areas of the brain responsible for framing and solving complex cognitive tasks are impaired by heat stress.

A study of students in Boston found that those in rooms without air conditioning during a heatwave performed 13 per cent worse than their peers in cognitive tests and had 13% slower reaction time.

When people are not thinking clearly due to heat, it is more likely they will become frustrated, and this, in turn, can lead to aggression.

When people are not thinking clearly due to heat, it is more likely they will become frustrated, and this, in turn, can lead to aggression.

There is strong evidence linking extreme heat with a rise in violent crime. Even just a one or two degree Celsius increase in ambient temperatures can lead to a 3-5 per cent spike in assaults.

By 2090, it is estimated that climate change could be responsible for up to a 5 per cent increase in all crime categories, globally. The reasons for

these increases involve a complex interaction of psychological, social and biological factors. For instance, a brain chemical called serotonin, which, among other things, keeps levels of aggression in check, is affected by high temperatures.

Hot days can also exacerbate eco-anxiety. In the UK, 60 per cent of young people surveyed said they are very worried or extremely worried about climate change. More than 45 per cent of those questioned said feelings about the climate affected their daily lives.

There is still a lot we don't understand about the complex interplay and feedback loops between climate change and mental health – especially the effects of heatwaves. But what we do know is that we are playing a dangerous game with ourselves and the planet. Heatwaves, and the effects they have on our mental health, are important reminders that the best thing we can do to help ourselves and future generations is to act on climate change.

Laurence Wainwright is departmental lecturer and course director in Sustainability, Enterprise and the Environment at the University of Oxford. Eileen Neumann is a postdoctoral research associate in Neuroscience at the University of Zurich.

Courtesy of The International Network of Street Papers

To Everything There is a Season

Words in this puzzle can be diagonal, forwards, backwards, up or down.

A	G	R	A	D	U	A	T	I	O	N	E	L	P	O	S
G	E	A	N	L	A	U	G	H	U	S	P	O	R	T	S
N	B	O	R	N	H	T	I	E	L	D	A	T	O	N	C
I	A	T	Y	C	A	U	V	R	O	A	C	Y	M	I	A
T	W	A	R	N	O	M	O	U	R	N	A	M	T	O	T
A	V	A	R	I	I	N	V	E	R	C	P	L	A	N	T
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S	P	E	A	K	H	A	R	V	E	S	T	R	O	U	R
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MOURN

DANCE

RAINY

TAX

EMBRACE

SILENT

SPEAK

MEND

SCATTERSTONES

BUILD

LAUGH

HARVEST

MATING

SPORTS

PROM

SEARCH

WINTER

SPRING

SUMMER

AUTUMN

WAR

PEACE

LOVE

HATE

WEDDING

HUNTING

PLANT

WEEP

GRADUATION

BORN

Writers' Workshop Essays

Editor's Note: Each Friday morning at 10 a.m., The Stewpot hosts a Writers' Workshop. During the sessions, participants address selected topics through prose or poetry. In this edition of STREETZine, we feature the essays of writers and the poetry of one of our regular participants.

Heat

By **Darin Thomas**

Texas heat is extremely hot. This summer has certainly shown that. And living in a shelter can be like living in a furnace.

My room at The Bridge in downtown Dallas does have some air conditioning, and that helps keep me cool at night. It also helps me when I stay there during the day.

But like all people, I like to get out. In Texas in summer, you have to find a cool spot. Sometimes I go down to the pavilion area in my shelter. It too has AC, but that area is also used for dining. So, I have to move on during those periods and head back into the parts of the shelter that do not have air conditioning or fans. Or I may go out and walk around downtown. In other words, back into the furnace.

Since my shelter doesn't have many cold water fountains, I have to go to a nearby 7-11 to get ice. That helps me stay cool when it feels like living in a wood fire.

Not having a car means you walk to where you need to go. That gets really warm, too. For example, four times a week this summer, I walked about 20 minutes across downtown to the community college where I was taking classes. Once I got there, I could cool down. But getting there and back was a hot, hot walk.

Being in this Texas heat is crazy. You have to drink a lot of water and have a cool, wet towel. I sometimes filled up my water bottle while at school so I could stay hydrated.

And you have to eat healthy food. You need both plenty of water and good food to work with during the day. You also need to dress right. Dressing for the Texas heat requires wearing shorts, a T-shirt, and footie socks.

Heat can be a good thing as well. The heat and sun helps your body get tan and open up your sweat glands.

Just drink lots of water, though. Water helps you and your body work.

Darin Thomas, a STREETZine vendor, is a participant in the Writers' Workshop.

Living in Summer Conditions

By **Gershon Trunnell**

The past few years the summer has been at record temperatures. Deaths have increased due to the heat and its impact on our health. Heat exhaustion is common among people in Dallas experiencing homelessness. I know of at least six people in July who suffered heat exhaustion.

I cope with the heat by staying hydrated. I also eat more fruits and veggies. And I cut down on smoking. (Hopefully, permanently quitting.)

Being alone most of the time, I don't have the problem of dealing with other people's attitudes or much stress. Staying calm helps keep you cool.

But when it is extremely hot, people get more edgy. Misery loves company. People also turn to alcohol without drinking enough water. That can lead to not only dangerous conditions but also it heightens emotions.

If I can't be inside, I find shade or use an umbrella, keep a hydrating beverage with me, and practice self-control.

Texas is what I call a bipolar state, due to the constant change of weather conditions. I do my best to be prepared for the potential change of weather. You have to stay cool, calm, and collected.

Gershon Trunnell is a Stewpot artist and a participant in the Writers' Workshop.

Handling Summer Heat on the Streets

By Mukund Kanu Patel

First of all, I maintain my trust, belief, and faith in my Lord Jesus Christ by praying incessantly, meditating on the sky and my surrounding, reading the Bible daily and taking notes on a daily basis.

Next, I dress appropriately for the day taking a spare of clothes while I am out and about.

Third, I drink at least 72 ounces of water daily and eat small healthy meals for breakfast, lunch, and dinner. I also eat a light afternoon snack and a snack before bedtime around 9:30 p.m. I sleep peacefully from 10:00 p.m. to 4:00 a.m. I always carry water and a washcloth as wetting the washcloth and applying it behind my neck cools me down in a flash.

Fourth, I try to avoid excessive perspiration by maintaining a slow, steady stride to avoid excessive loss of fluid (sweat) and insensible fluid loss. Also, I take breaks as needed — sitting or lying down. Avoidance of caffeine in excess, i.e. coffee, tea, soft drinks and chocolates is very important and I try not to overdo anything, especially physical activity. Wearing a loose cap and light, loose clothing is very important for me.

Finally, I avoid worrying or stressing about anything. If things are not going my way, I accept them just as they are because I cannot control anyone or anything. The only think I can try to control is myself.

Lastly, I apply sunscreen (SPF 50) liberally three-to-four times daily to avoid sunburn and a heat stroke as this will further worsen my dehydration.

Hydration, thus, is a key element in battling the summer heat by way of water, 7-Up, fresh fruit juices, Gatorade/Powerade and, on rare occasions, energy drinks. Maintaining hydration prevents painful cramping from setting in.

If none of the above strategies work, or I begin to find myself lightheaded or dizzy, I call 9-1-1 for assistance and go to the emergency room for medical treatment of dehydration: IV fluids.

In summer, I have handled the summer heat by following God's guidance, seeking His will in all that I do. My Lord and Savior Jesus Christ provides me with everything I need, including with wrestling the summer heat.

Thank You, Jesus. Hallelujah and amen.

Dr. Mukund Kanu Patel is a participant in The Stewpot's Writers` Workshop.

A View from Nature The Pied Piper of Duck Creek

By Vicki Gies

Often times, when I was homeless, I would go to different parks or lakes or any place that would have a lot of trash cans so that I could pick up aluminum cans and turn them in for extra cash. I would also take a loaf of bread to stop and feed the ducks or other birds when I'd take a break to rest.

One such place was Duck Creek in Garland. The creek is about five miles long with lots of picnic tables and trash cans. After gathering cans one day, I was on my way back to the bus stop and I noticed a small flock of geese close to the end of the walk. I looked around to see if anyone was watching me — no one was — so I started making goose noises, kind of like a honking sound. To my surprise, they all looked up and started walking in my direction.

Now, I've studied different kinds of animals all my life, so I already knew that geese can be mean, and yes, they have serrated edges on their beaks, and they will bite! But when they got closer to me, I took my remaining bread slices and started feeding them.

When I was down to my last piece of bread, the thought crossed my mind that I may need to defend myself somehow. When the lead goose took my last piece of bread, I held up the empty bag to show them that I was all out of bread. I backed up a couple of steps to see if they were going to charge me, but to my surprise, they turned around and started walking the other way.

Standing there watching, with my mouth open wide, I thought about a line from that 1960's song, "Follow me, I'm the pied piper." I guess they knew that I meant no harm. I was still singing that song when I got to my bus stop!

Author's note: I once had a friend who got bitten on the ankle by a very unfriendly goose! Her ankle swelled, and she couldn't wear shoes for a week! Maybe she should've had a bag of bread with her!

This story is dedicated to the 1960's song "The Pied Piper" by Crispian St. Peters. Written below is the chorus of that song.

*Hey come on, babe
Follow me, I'm the Pied Piper
Follow me, I'm the Pied Piper
And I'll show you where it's at
Come on babe
Can't you see, I'm the Pied Piper
Trust in me, I'm the Pied Piper
And I'll show you where it's at*

Vicki Gies is a STREETZine vendor and frequent STREETZine contributor.

Writers' Workshop Essays

Living in Heat

By Larry Jackson

Ecclesiastes 1:1-9 says there is nothing new under the sun. Living in this heat during the summer months is difficult. Heat is a powerful-draining element. Heat can change the landscape of a region, especially during a drought. The caveman was the first to take advantage of the heat that comes from fire. This discovery not only allowed the caveman to survive but kept his home warm and pleasant for him to prepare his food. The fire gave him light to move around. The discovery of heat was the way to go into the future.

During the present heat wave, the task is to survive the heat. Under my current health condition, I must be very careful. With my high blood pressure, I respect the importance of staying cool. I must limit my exposure because a power so strong as this heat can drain the life out of things — from plants to animals, from land to lakes, and from plants to trees.

Humans have gotten used to the heat and use it to their advantage. They live in high-temperature settings, using many different formulas. To this day, I use some old-fashioned methods. I work during the early hours of the morning or the late hours of the day. I find enjoyment in these practices. Minimizing my exposure to the danger of heat is at the top of my list, being aware of its draining power.

Controlled heat, of course, can replenish life, especially on a cold and freezing night. Humans have learned how to use heat as a cooking tool. I love to bake a pie.

God knew the power of heat and its effect. To protect the children of Israel in the desert, the book of Exodus says, God used a cloud by day and a pillar by night. Under this same heat and my condition, I could face a major problem. A stroke, a seizure, a heart attack, or death. So, I must keep myself fully hydrated. I do this by adding the right electrolytes to keep my energy at peak level. I must respect the draining power of heat.

Larry Jackson is a STREETZine vendor and a Writers' Workshop participant.

To Everything There is a Season Puzzle Key

	G	R	A	D	U	A	T	I	O	N			P			
G				L	A	U	G	H		S	P	O	R	T	S	
N	B	O	R	N	H	T				D			O		C	
I			Y	C		U				A			M		A	
T	W	A	R	N		M	O	U	R	N					T	
A		A		I	I	N				C	P	L	A	N	T	
M	E					A			P	E	A	C	E		E	
S	P	E	A	K	H	A	R	V	E	S	T				R	
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Stewpot Artists

In the Heat

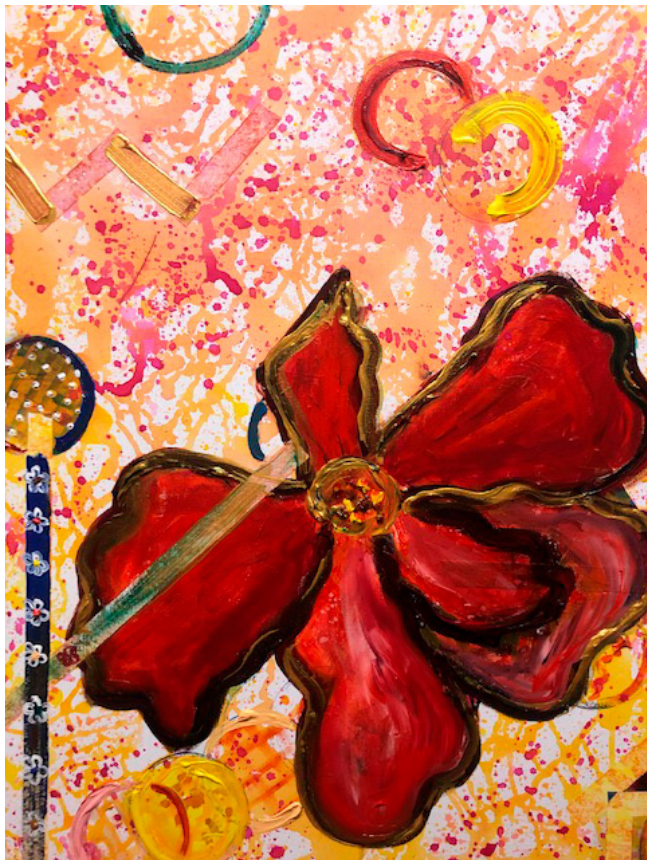
By Gershon Trunnell

It is so hot out here. I sweat as soon as I feel the heat.
I need to calm down, cool off, take a load off my feet.

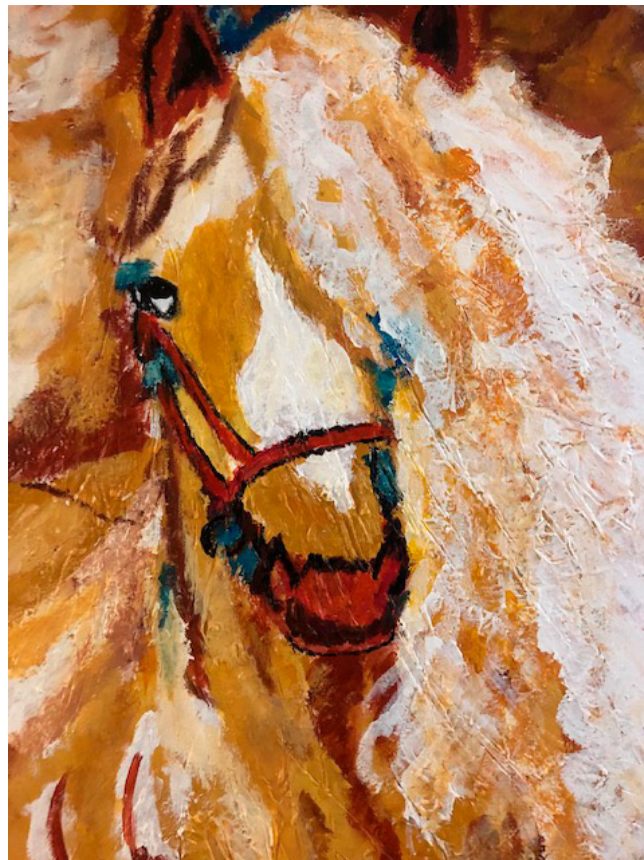
How I would love to feel the wind breeze and shade from
the trees.
They would help keep my mind at ease.

I pray that my temper never gets as high as the
temperature degrees.
Before it is too much to take, let me find a good seat.

And hydrate mind, body, and soul while I'm out here in the
heat.



**Teresa
Zacarias**



**Stephen
McGee**



**Cornelius
Brackens, Jr.**

Street Newspapers - A Voice for the Homeless & Impoverished

What is **STREETZine**?

STREETZine is a nonprofit newspaper published by The Stewpot of First Presbyterian Church for the benefit of people living in poverty. It includes news, particularly about issues important to those experiencing homelessness. **STREETZine** creates direct economic opportunity. Vendors receive papers to be distributed for a one-dollar or more donation.



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Solicitation by coercion; solicitation near designated locations and facilities; solicitation anywhere in the city after sunset and before sunrise any day of the week. Exception can be made on private property with advance written permission of the owner, manager, or other person in control of the property.

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VENDOR #