

# The Veterans' View

but now is the perfect time to get ready to start in Spring 2021.

We've compiled a list to help you navigate through the process of obtaining and utilizing your VA benefits as well as the things you'll need to do with your school of choice. Get started now, and you'll save yourself the worry of trying to rush through the steps when Spring semester rolls around.

BEATING THE ODDS, PROPELLING OUR NATION'S HEROES FORWARD (A) 6

## All Uncertainty Aside...

Some of our participants may already be enrolled for their respective fall semesters; others may not be ready yet and that's okay,



# Hydration Station

by Julie Sanders

Proper Hydration is essential to good health and is a basic habit we should focus on, but did you know it needs more focus in the summer months than it does in the cooler months? This is because of the HEAT and the HUMIDITY! Excessive heat makes you sweat, and sweating is your body's mechanism to cool itself using the water you give it through fluids and foods. Even if you're not outside much, the extra heat you experience going outside to your car, to collect the mail, to and from air conditioned buildings depletes more of your body's water stores than, say, a cool day in November.

## Your body needs to sweat

Your body has a built-in thermostat that depends on water for fuel. To cool your body, sweat needs to exit from your pores and then evaporate from your skin. So, when the air is humid, sweat is unable to evaporate, causing

your body's temperature to rise, thus leading to a need for more fluids.

## Why am I so tired?

Did you know that if you often feel fatigued in the summer, it's a sign of dehydration? Inadequate hydration weakens the body's ability to control its internal temperature, and therefore cannot withstand heat as well as when it's fully hydrated. Other symptoms of dehydration are headache, dry mouth, extreme thirst, dark and infrequent urination, dizziness, and confusion.

## Drink up!

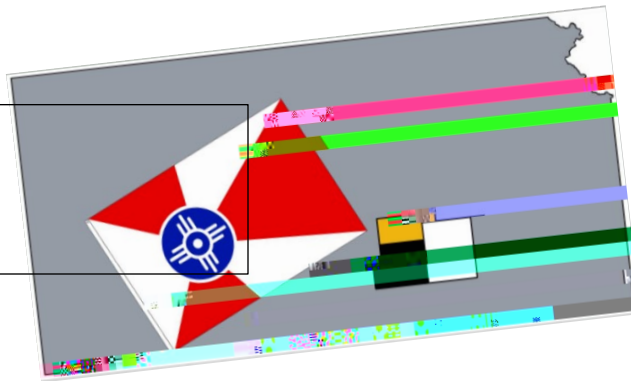
The best way to hydrate is with plain H<sub>2</sub>O, but seltzer waters and fruit infusion waters can be a nice switchup from regular water. Sports drinks are good too's if you've been playing sports or sweating excessively because they replace electrolytes lost through exertion. Water dense fruits and vegetables cucumbers, watermelon, and strawberries also help with hydration but should not be used as a substitute for water. Aim to drink 1 oz for every pound of body weight, and you'll feel better every day!

If you're not already in the habit of drinking enough water, you'll need some mental cues to make it a habit. Here are some ideas:

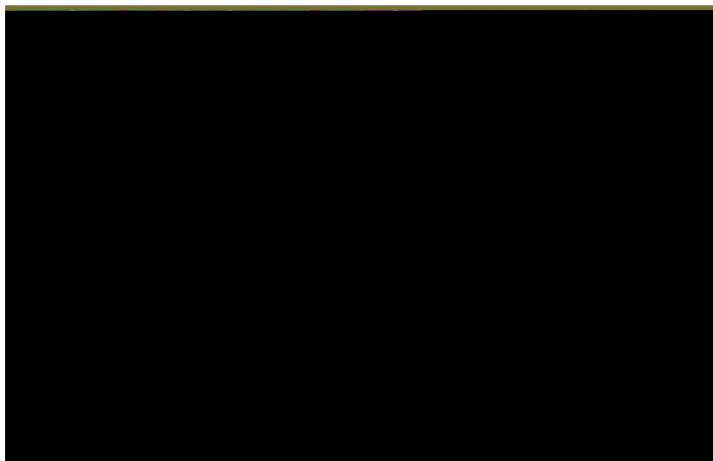
- x Always keep a refillable water bottle with you, and always refill it as soon as you empty it.
- x If you don't have a Fitbit or an app to remind you to drink water, associate certain daily actions with drinking water.
- x In the car, take a drink every time you stop at a red light.
- x When watching TV, take a drink every commercial break.
- x Take a drink every time you pick up your cell phone.

Aim to drink 1 oz for every pound of your body weight

# Community Connection



NOMINATE A VETERAN FOR KPTV'S VETERANS COMING HOME SERIES



## VISITING THE VUB OFFICE DURING COVID-19

VUB is here to serve our veterans, but with the utmost safety of our staff and visitors at the front of the line.

Appointments are mandatory and can be made one of three ways:

- Call 316.978.6742
- Request an appointment on our webpage: <https://www.wichita.edu/services/diversity/TRIO/upward>

