

What's the best way to beat the heat, without using energy?

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Ho'okele Staff

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Diverse Views

What's the best way to beat the heat, without using energy?

**Gunner's Mate 2nd Class
Dameiono McMillan**
*Navy Operation Support
Center (NOSC), Charlotte,
N.C.*



"When I'm at home, I'll open the windows and try cool off that way. If I'm outside I'll go to the pool to cool off also or just find a shaded place."

**Airman 1st Class
Vanessa Alorzo**
*561st Network Operations
Squadron, Det. 1*



"Try going to the pool or the library. The library almost always has air conditioning, and you can catch up on some studying or pick up a book."

Peter Aguinaldo



- Three Cs of driving during rush hour are pretty simple

*Joint Base Pearl
Harbor-Hickam*

"Stay hydrated. Drink water all day."



Tech. Sgt. Anthony Gomez
HQ PACAF

"How about going to the beach, hanging out in the shade somewhere, or just doing nothing so you don't even use your physical energy."

**Electronics Technician
3rd Class Ernest Charging**
USS Port Royal (CG 73)

"Go outside each day to cool off, and get used to it."



*Provided by David Underwood Jr.
and MC2 Nardel Gervacio*

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Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil