



A message from Kathy Smith

Hope you're staying cool as it gets hotter outside. As the temperature rises, Fairfax County has some tips for how to stay safe and cool. You can read more below.

Right now, my office is accepting applications for Sully residents interested in serving on the Dulles Suburban Area Study Advisory Group. This group will meet for approximately twice a month for one year beginning in September to update the land use guidelines for our region. If you know of someone who would be a good fit, you can submit their name for consideration by emailing Laura Floyd at Laura.Floyd@fairfaxcounty.gov. You can always reach me at SupervisorSmith@fairfaxcounty.gov or by calling 703-814-7100.

Kathy

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Extreme Heat

To keep cool during extreme heat, Fairfax County encourages residents to follow this general advice:

- Never leave children or pets alone in a closed vehicle.
- Drink plenty of fluids: **Drink two to four glasses of cool fluids each hour.**
 - Your body needs water to keep cool. Drink water even if you don't feel thirsty.
 - **Do not drink caffeinated or alcoholic beverages** because they dehydrate the body.
- Keep cool indoors: If you can, **stay in an air-conditioned area.**
 - Ensure your home's cooling system is working properly before it is truly needed.
 - Resting for just two hours in air conditioning can significantly reduce heat-related illnesses.
 - Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities.
 - Electric fans may provide comfort, but with temperatures in the 90s, fans will not prevent heat-related illness.
- Avoid strenuous physical activities or reschedule outdoor activities for the coolest part of the day, usually the early morning. **Limit physical activity** until your body adjusts to the heat.
- **Wear sunscreen** to prevent sunburn. Sunburn makes it more difficult for your body to cool off.
 - Wear light-colored clothing, which helps reflect sunlight.
- **Eat light meals**, avoiding high-protein foods because they increase metabolic heat.
- **Don't take salt tablets** unless directed by a physician.
- When walking your pets, be sure not to walk on the cement if it is too hot.

Animal Shelter Corner



Bella and Canaan are two of the sweetest, easiest-going, most unique-looking dogs! They are siblings and best friends, so we are looking for a special adopter who is willing to give them both a home. Canaan is goofy to Bella's serious, but they are both friendly, cuddly, lovely dogs. They were surrendered because the owner could no longer afford to keep them. The owner said they are great with other dogs, did well with the small child in the home, and are crate trained. And did you see their eyes? One blue each, one brown each, and all four gorgeous! To see these two, visit the Animal Shelter at 4500 West Ox Road.

Donations Needed For Emergency Food Pantries

The Community Action Advisory Board's third summer food drive to benefit emergency food pantries in Fairfax County will take place August 1-31.

You can drop off items at the Sully Government Center: 4900 Stonecroft Blvd. in Chantilly.

The CAAB has opted to conduct this annual event during summer months when need in the county is high (since children and youth aren't in school) and supplies are typically low (awareness of need peaks during the winter holidays and giving season). This past year Food for Others, a CAAB contractor and the county's largest emergency-food supplier, has served more than 13,000 families and individuals.

MOST-NEEDED FOOD ITEMS

- Canned Chicken or Tuna
 - Canned Fruit or fruit cups (packed in juice)
 - Canned Tomato products
 - Cake/Cookie/Brownie Mixes
 - Cereal
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Chef Boyardee Pizza Kits
Complete Dinner Kits (includes meat)
Cooking Oil
Flour
Juice (100% juice, shelf-stable, 64 oz or individual boxes)
Mashed Potatoes
Pasta Sauce, Parmesan cheese (shelf-stable)
Pancake Syrup
Rice
Shelf-stable milk boxes (i.e. Horizon, Parmalat, Hershey's)
Snacks for lunches (crackers, pretzels, protein bars, popcorn, etc)
Spaghetti-Os/Ravioli
Sugar

NON-FOOD ITEMS – These items are difficult to get donated

Diapers, size 6
Laundry Detergent
Cleaning Supplies
Deodorant
Razors

NOTE: We *Cannot* Use items that have been opened, cans that are dented or ANY food that is past its expiration date.
