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WHAT'S UP CHARLESTON?

"I VOTED!" STICKER DESIGN CONTEST



The Charleston County Board of Voter Registration and Elections is introducing Charleston's first "I voted" sticker design contest.

Charleston County students enrolled in kindergarten through 12th grade can design stickers for the coming municipal elections.

Matt Dillane is the marketing and communications coordinator at the Charleston County Board of Elections and Voter Registration. He said involving the youth in the electoral process was the most important part of the competition.

Entries are accepted now through Aug. 15 by mail, Google Form, email or in-person at the office (4367 Headquarters Road). Submissions are placed in three grade groups: kindergarten through fifth grade; sixth through eighth grade; and ninth through 12th grade.

The board's executive leadership team will select the top five designs from each group and those finalists' designs will be uploaded to the board's Facebook page. The public can vote from Aug. 22 through Sept. 15 for their favorite design by liking the post.

The top design from each group will be produced and distributed at Charleston County early voting locations from Oct. 23 to Oct. 27 and Oct. 30 to Nov. 7. Voting locations will be announced on the Charleston County Board of Voter Registration and Elections website.

****For more info go to chsvotes.gov****

HEAT TO BLAST SOUTH CAROLINA OVER WEEKEND

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

- Confusion
- Dizziness
- Becomes Unconscious

Prolonged exposure to extreme heat puts people at risk of several different health concerns, including heat stroke and heat exhaustion. It can also exacerbate other underlying health conditions like asthma.

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Source: Heat.gov



RAINBOW FRUIT KEBABS

INGREDIENTS

- 6 strawberries
- ½ cantaloupe
- ½ pineapple
- 12 green grapes
- 24 blueberries
- 12 red grapes
- Greek Yogurt

DIRECTIONS

1. Cut up cantaloupe and pineapple into bite-sized pieces. Cut strawberries in half.
2. Skewer in order of the rainbow (strawberries, cantaloupe, pineapple, green grape, blueberries, red grape).

Chef Tips

Substitute fruits for other options in the same color family to take advantage of seasonal produce or customize to your tastes.

Credits: Epicurious

Tips for staying cool this Summer



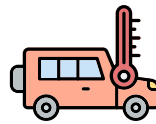
Drink plenty of water. One of your body's most robust cooling mechanisms is sweating, which rapidly lowers your body temperature. But it also drains you of water, so be sure to keep your bottle topped off and chilled. Don't drink it all at once either, it's better to consistently sip cool water than to down it in cups.



Wear loose, light clothing. If you're spending time in the heat, what you wear matters. Seek lighter colors, because they tend to reflect heat rather than absorb it, and stay away from tight clothing, which blocks airflow and traps heat against your body.



Avoid alcohol. Go for a mocktail instead, as alcohol dehydrates you much faster, making it easier for your body to succumb to the heat in dangerous ways. And too much of it can impair your judgment, making it easier to miss the warning signs of heat exhaustion and even heat stroke.



Be aware of your car's temperature. It's easy to forget just how hot it can get inside of your car, but vehicles heat up incredibly quickly, even in moderate heat, due to a miniature greenhouse effect. This can be especially dangerous for children.

August 2023 UPCOMING EVENTS

- **ArtWalk, August 4 2023**

Monthly first Friday art walks in downtown Charleston galleries.

- **Waterfront Music & Movies, August 4, 18, 25, 2023**

Free outdoor family movie and live music at Memorial Waterfront Park, Mount Pleasant.

- **Weekend Wine-Down, August 5, 12, 26 2023**

Weekly event at Deep Water Vineyard, Wadamalaw Island, with wine tastings, food truck and live music

- **Southeast Crab Feast, August 19 2023**

Seafood festival at Wannamaker County Park, North Charleston.

- **SC Reggae Jerk & Wine Festival, August 27 2023**

Annual festival of Caribbean food and music, with food and drink vendors, live music, arts and crafts, games and more.

OFFICE BULLETIN

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