

just to avoid a temporary cognitive decline – but also to minimize any adverse, long-term effects of extreme heat.

Keep Your Cool in This Heat

Here are some ideas to help you stay safe and cope in extreme heat:

- Drink water, even if you don't feel thirsty. Carry water with you at all times.
 - Keep cool. Draw your blinds, use a fan, take cool showers, dress in light clothing. Do not rely on fans alone to keep you cool.
 - Limit your use of the stove and oven because it will make your house even hotter.
 - Plan ahead. Schedule activities in the cool part of the day and avoid being out in the heat. If you must go out, wear a hat and sunscreen (and take your water with you).
 - Plan ahead if you will be in a car. Hot cars kill. Never leave anyone in the car because the temperatures inside a parked car can double within minutes.
 - Check in on others who might be alone.
 - Check the local news for health and safety updates.
 - Experts also recommend avoiding alcohol which is dehydrating and caffeine which is a mild diuretic and causes you to eliminate any increased amount of fluid in your body.
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National Night Out was introduced in August of 1984 through an already established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations and volunteers across the nation. The first annual National Night Out involved 2.5 million neighbors across 400 communities in 23 states.

National Night Out grew to become a celebration beyond just front porch vigils and symbolic efforts among neighbors to send a message of neighborhood camaraderie. Neighborhoods across the nation began to host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and more. Sixty-seven cities in Oregon participate, including Salem.

Take a moment on Tuesday to say 'hello' to your neighbors!

On a recent Monday morning, the citizens of Kanawha County, West Virginia, came to check out a new chapter in the life of an old institution. After more than two years and \$32 million in renovations, downtown Charleston's public library reopened.



