



Hunter Mill District Supervisor Cathy Hudgins
and
South Lakes High School Athletics



Help Support Our Troops

Your letters of support
to our troops are most
welcome!



U.S. Navy Commander Halle Dunn, pictured above, grew up in Reston and is a South Lakes graduate. CDR Dunn is holding a flag that flew at the base and is on its way to SLHS.

Supervisor Cathy Hudgins and South Lakes High School, along with assistance from Reston Youth Association, and Reston Soccer Association, are teaming up to bring a taste of home to a unit of 78 soldiers and sailors in Afghanistan.

We will have collection boxes to receive your donations and letters at:

- NOVEMBER 8th - SLHS VARSITY FOOTBALL GAME
- Hunter Mill District Office, 12000 Bowman Towne Drive, through November 15th.
- Check the Hunter Mill District website for additional collection opportunities - www.fairfaxcounty.gov/huntermill

A listing of requested and suggested items is on the back.

For additional information, please contact the Hunter Mill District Office at 703-478-0283, or email at huntermill@fairfaxcounty.gov.

Items List for Provincial Reconstruction Team Ghazni

WINTER ITEMS

- Hats
- Fleece Blankets
- Athletic socks / wool socks
- Sweatshirts / sweatpants
- Cigars
- Holiday decorations
- Holiday light strings – multi and single colored

FOOD

- Beef Jerky / Slim Jims
- Sunflower Seeds & Pumpkin Seeds
- Tuna & Chicken Salad - In Foil Pouches, Or Ready-To-Eat Kits; No Cans
- Protein Powder & Protein Bars
- Girl Scout Cookies
- Home Baked Anything – brownies; cookies
- Rice Krispie Treats (Store-bought only)
- Little Debbie® & Hostess® cake products
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers - Small Packs
- Powder Drink Mix (Gatorade, Kool-Aid, Crystal Light)
- Ground Coffee/Starbucks Coffee
- Chocolate
- Hot Chocolate packets,
- Herbal teas
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz
- Salted Peanuts / Salted Mixed Nuts
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies
- Gum / Hard Candy individually wrapped in large bags
- Dry Soup: Ramen Noodles / Cup-O-Soup
- Microwavable Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese
- Oatmeal Packs - Instant
- Cereal - Small, individual boxes
- Condiments, Spices; Sugar; Salad Dressing -no glass jars
- Caffeinated -to stay alert- gum or candy

TOILETRIES:

- Pillow
- Baby Wipes - travel size
- Hand Sanitizer - travel size
- Body Wash, Liquid Soap, Facial Scrub and Cleanser
- Loufa Sponges/ Buff Puffs/ Washcloths
- Shampoo / Conditioner - travel size
- Hair Gel
- Combs / Brushes / Bobby Pins - original packaging, please
- Lip balm / Chap Stick / Carmex / Blistex
- Hand & Body Lotion/Moisturizer - travel size
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Deodorant - travel size
- Razors - disposable or "Intuition" or "Mach 3" types
- Shaving Cream in Tubes / Shaving Soap
- Baby Powder & Foot Powder - travel size
- Tissues - individual packs; travel size only
- Bug Spray / DEET / Skin-So-Soft
- Mouthwash travel size
- Toothpaste & Toothbrushes & Dental Floss
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Cotton Swabs / Q-tips
- Cotton Balls
- Band-Aids, Gauze Pads, First Aid Kits / Ace bandages, Icy Hot or Bengay cream
- Moleskin
- Shoe Insole Cushions - gel kind is best
- Tylenol, Motrin, Advil or Aspirin Packets
- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins - multi-vitamins are always needed

ENTERTAINMENT AND SPORTS:

- Board games - Risk; Axis and Allies; Monopoly; Settlers of Catan
- iTunes® Gift Cards
- Batteries - AA, AAA, C & 9 Volt are the most requested
- DVD Movies - new or used - recent releases preferred
- 35 mm disposable cameras
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones
- Electronic handheld games
- Pens & mechanical pencils, small note pads
- Stationery & Envelopes; blank cards to send home
- Double-sided tape, small crafts kits, scrap-booking items
- Day planners / Calendars / Small, Pocket Calendars
- Game Books: Crossword Puzzles / Word Search Books / Math Puzzle / MAD LIBS / Logic Problems / Sudoku
- Yo-Yo's, Dominoes, Playing Cards (new), Poker Chips & Mats, Dice
- Dart Boards regular or magnetic - any size
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks

THE BEST THING TO SEND: LETTERS OF SUPPORT

NOTES:

- No glass jars, cans or aerosols
- Preferred sizes: M, L, and XL
- There are 78 people at PTR Ghazni - 8 women, 70 men
- No hotel samples, please