

P. V. TIMES

Bradenton, Florida

JUL/ SEP -VOLUME 11- 3rd Qtr

It's Officially Summer Time

June 21st marked the official first day of summer.

The children are out of school and will be out more than usual. If you or your guest are driving throughout the community remember to **slow down**. Also the park privileges are for children under age 18. Please do not allow older children or guests to misuse the equipment on the playground.

Remember: Keep your children hydrated with plenty of water.

10 Steps to Staying Cool

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color. Cotton clothing will keep you cooler than many synthetics.
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
4. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
5. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
6. Some people swear by small, portable, battery-powered fans. There's even a version that attaches to a water bottle that sprays a cooling mist.
7. Avoid caffeine and alcohol as these will promote dehydration.

8. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

9. If you want to cut your air-conditioning costs, arrange to spend at least parts of the day in a public library, movie theater, or other public space that is cool.

10. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.

Lease Reminder

A resident is not allowed and/or cannot allow anyone to alter or repair anything in or on the unit. Manatee County Housing Authority will make repairs or make necessary arrangements to have the unit repaired.

WORD OF THE QUARTER

Enrich your vocabulary

em•bold•en

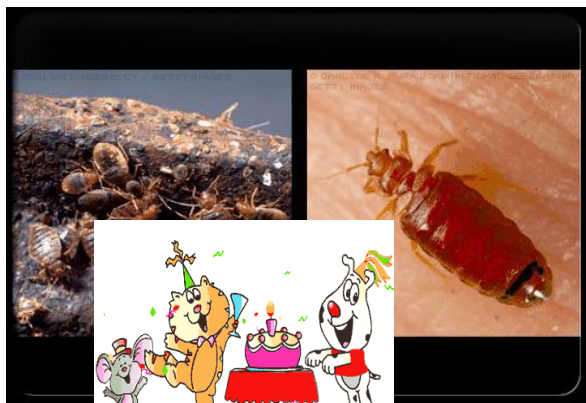
Give (someone) the courage or confidence to do something or to behave in a certain way.

RESIDENT ASSOCIATION

July's meeting will be on the 26th. We will begin promptly at 6:15 P.M. These meetings are very important and at times may enhance your living here at Pine Village. Mark your calendars!

OFFICE HOURS

Monday, Tuesday & Thursday
7:30 A.M. - 6:00 P.M.
Wednesday 7:30 A.M. - 2:00 P.M.



Closed Friday

Rent is taken from: 8:00 A.M. - 5:30 P.M.

WHO'S THE ENEMY?

There have been recent reports on the news and newspapers about bedbugs. One report stated that bedbugs were found in rental furniture.

If you are going to buy used furniture, mattresses or box springs, inspect them thoroughly for bugs.

Bedbugs are small, flat, wingless insects with six legs that, like mosquitoes, feed on blood from animals or people. They range in color from almost white to brown, but they turn rusty red after feeding. The common bedbug doesn't grow much longer than 0.2 inches (0.5 centimeters) and can be seen by the naked eye. Bedbugs get their name because they like to hide in bedding and mattresses.

ATTENTION

When pools are not in use please remember to empty and put away.

**DO NOT
LEAVE UNATTENDED!**

QUOTABLE QUOTES

Failure is success when we learn from it.

Malcolm Forbes

MAINTENANCE

- * Please roll up your water hose after use.
- * Residents who have window air conditioners must clean the filter at least once weekly.
- * Residents who have central air conditioners must change the filter at least once monthly.

Weatherization is still in the works. This means central air for those who have window a air conditioner.

Congratulations

Goes to Zeria Whitehead from your mother for making 4 A's and 2 B's on your last report card.
Way to go Z!

Congrats to Ms. Linda Young for participating in the Spring Fling. Ms. Linda was the winner of the gas card for donating the most clothing and also for volunteering your time.

Hats off to Ms. Kei'vonda Lane for graduating Paramedic training. Good luck on State board. The first step of success is the biggest.

3rd QUARTER HOLIDAYS *(office closed)*

July 4 ~ Independence Day

September 5 ~ Labor Day

Numbers to Remember

Manatee County Housing 941-756-3974
Lynn Reinhard Maintenance ext 129
Susan Cayer Case Mgr. ext 123
Jeanetta C. Taylor Case Mgr. ext 132

