

Forest Park Leaflet

Notes & News

Notes from The Office

We will be doing some Parking Lot repairs soon Watch for more updates as we find out more info Parking will be disrupted for a few days while the work is getting done

School will be starting soon Let the office know if you need any copies of your paperwork

Remember to bring your pool tags when you come to the pool and make sure that you are here at the pool with your guests, they can not remain at the pool if you are not with them

Thanks for your cooperation with all of the projects so far this summer . We continue to strive to keep our community in good shape for you!!

Maintenance Concerns

We take pride in the condition and upkeep of our community. When you notice a need for maintenance in your apartment or within the community, we would appreciate being informed as soon as possible. Please call the office with any questions or problems concerning maintenance. Thanks for your help!

Laundry Courtesy

Don't you just hate it when someone leaves his or her clothes in the washer or dryer for a bazillion hours after the machine has stopped running? Could this person be you? Please keep an eye on your laundry, and remember to take it out when it's done so others can use the facilities. We recommend that you use a timer to remind yourself when your washer and dryer loads are done. Thanks for your cooperation.

Watch for Pedestrians

When driving through the community, please remember to watch for children and those residents who walk for exercise. It is very important to drive slowly in order to avoid any potential accidents. Thanks!

Office Hours

Monday—Friday 9:00am-5:30pm
 Saturday 10:00am-4:00pm

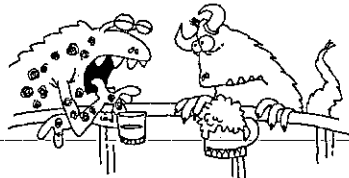
Important Numbers

Leasing office 682-8532
 Maintenance request 682-8532
 Lock outs 682-8532

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Rent is due</i>	2	3 <i>Pest Control Bldg # 9</i>	4	5	6 <i>Rent is late Add \$25</i>
7	8	9	10 <i>Pest Control Bldg # 10</i>	11	12	13
14	15	16 <i>Rent is really late Add \$25</i>	17 <i>Pest Control Bldg # 11</i>	18	19	20
21	22	23	24 <i>Pest Control Bldg # 12</i>	25	26 <i>Erin Feis Downtown on the Riverfront 5-11pm</i>	27 <i>Erin Feis Downtown on the Riverfront 11am-11pm</i>
28 <i>Erin Feis Downtown on the Riverfront 10am-5pm</i>	29	30	31			

THE FUNNY ZONE



"Working under kids' beds for over 17 years and today I found out they're outsourcing my job to some monster in China."

SIGNS OF THE TIMES

Here are just a few 'blunderful' signs found around the country.

At a Sante Fe gas station:

We will sell gasoline to anyone in a glass container.

In a Los Angeles dance hall:

Good clean dancing every night but Sunday.

In a clothing store:

Great bargains for men with 16 and 17 necks.

At a private school:

No trespassing without permission.

On a Tennessee highway:

Take notice: when this sign is under water, this road is impassable.

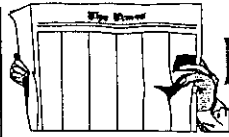
In a New York drugstore:

We dispense with accuracy.

On a Indiana shopping mall sign:

Archery tournament. Ears pierced

~Anguished English



In the News...

Celery, limes, parsnips and figs contain a compound that's a photoirritant, meaning that certain people develop a red rash when they eat or touch them then go out in the sun. If this happens to you, don't eat these foods whenever you plan to be outdoors.

Find out exactly how much fiber, protein, and overall calories your child should be eating daily by visiting MyPyramid.gov/preschoolers. Enter your child's age (2 to 5), gender and level of physical activity and out comes a plan tailored especially for him or her.

Sixty-seven percent of US adults say they've heard their cell phone ring or felt it vibrate when it actually hadn't - a phenomenon experts are calling "ringxiety." People who hear phantom rings use more monthly minutes (839 versus 448) than other cell phone users, so they may be in a state of constant expectation their phone will ring.

The Green Scene August Tips

★ **Catalogs** - If you always seem to have a stack on your coffee table, save some trees: Get off mailing lists and limit the number you receive at catalogchoice.org

★ **Air fresheners** - Many contain phthalates, which have been linked to health risks. Instead, grind lemons in your garbage disposal and put baking soda in trash cans. Better yet, open the windows and let the fresh air in.

★ **Closets/dressers** Keep pests out of clothes with pine or rosemary sachets. Mothballs contain naphthalene, a chemical classified as a potential carcinogen by the EPA. ~Woman's Day

4 Top Tips to Avoid a Car Crash

If you are going on a road trip this summer, keep these vital tips in mind.

Sliding on wet pavement

Your hands follow your eyes, so look where you want to go and steer into the direction of the skid to stop the slide and get the car moving straight.

Swerving to avoid an object or animal

Turn first, then apply the brakes. Doing both at the same time can lead to a rollover.

Blowing a tire

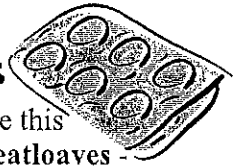
Ease off the gas gradually and keep the car as straight as possible until you're traveling slowly; pull off the road. Letting up on the accelerator quickly, jamming the brakes or pulling over suddenly could cause you to spin, roll over and run off the road.

Running off the road

Turn the wheel so the car is traveling straight and slow down as gently as possible. Slamming on the brakes or jerking the steering wheel to get back on pavement can cause the car to spin or perhaps flip over.

~Mazda Driving School

FIX IT IN SIX OR LESS



If you love meatloaf, you'll love this quick and easy recipe. **Mini-Meatloaves** - Heat oven to 375 degrees. Mix 1 pound lean ground beef with 1 package (6 oz) Stove Top stuffing mix, 1 cup water and 1 tsp garlic powder. Press meat mixture into 12 muffin cups sprayed with cooking spray. Make an indentation in center of each meatloaf with spoon; fill with a tablespoon of your favorite barbecue sauce. Bake for 30 minutes or until cooked through. Top each meatloaf with a little grated cheddar cheese; continue baking until cheese melts. ~Marie Muniz, Gilberts, IL

FOR A CHANGE OF PACE, YOU CAN ADD 1 TSP ITALIAN SEASONING TO THE MEATLOAF AND TOP WITH JARRED SPAGHETTI SAUCE AND MOZZARELLA CHEESE OR ADD 2 TSP CHILI POWDER AND TOP WITH YOUR FAVORITE HOT SAUCE AND MONTEREY JACK CHEESE.

If you have a recipe that can be made in 6 ingredients or less (salt, pepper and oil aren't counted) that you would like to share, send it to us at the address on the back page, or email it to nlpinc@hughes.net. Don't forget your name, state and where you live so we can give you credit!



Fashion (EMERGENCY) Fixes

Here are some quick fixes for mini clothing crises.

Fallen Hem - Use masking tape to hold up the fold temporarily.

Loose Button - Peel away the paper from a twist tie, and insert the wire through button and fabric; twist.

Stuck Zipper - Rub pencil lead or a bar of soap on the zipper's teeth.

Sweater Snag - Use a pin to push the snagged yarns back through.

Static Cling - Run your hands over a new dryer sheet; lightly pat down the charged-up fabric.

Dull Shoes - Rub a dab of hand cream over your shoes, then buff.

~Good Housekeeping