

Forest Park Leaflet

Notes & News

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

Notes from The Office

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

The office will be closed on the 2nd 3rd and 4th of July to celebrate Have a Happy and Safe 4th of July

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 the compliments on the new entrance by Building # 1. What a difference it has made for all of us at Forest Park !!

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 <i>Happy 4th of July Office Closed</i>	5	6 <i>Pest Control Building #5 Remis is late add \$25</i>	7	8 <i>Rent is Due</i>	9 <i>Office closed</i>
10	11	12	13 <i>Pest Control Blading # 6</i>	14	15	16 <i>Rent is really late Add \$25</i>
17	18	19	20 <i>Pest Control Blading # 7</i>	21	22	23
24	25	26	27 <i>Pest Control Blading # 8</i>	28	29	30
31						

TORCH FOR AMERICA

She has been known as the *Great Goddess of Liberty* and *Liberty, Enlightening the World*, but now she's just known as the *Statue of Liberty*. Everybody knows her.

It all began in 1865 when French historian Edouard de Laboulaye proposed to build a monument celebrating liberty and the friendship between his country and ours. It was conceived and financed as a gift from the people of France, not the government. Bedloe's Island was chosen as the site for the statue mainly because of the star-shaped Fort Wood that was there.

In 1884, the statue was completed in France, then taken apart. It was packed in 214 crates and reassembled on the island, now known as (since 1956) Liberty Island. And the rest, as they say, is history.

More Fun Facts

★The statue's nose is 4 feet 6 inches long. Her mouth is three feet wide. Her right arm is 42 feet long. Her shoe size (she wears sandals) would be 879.

★The sculptor was Frederic Bartholdi and Gustave Eiffel (yes, that Eiffel) designed the interior iron skeleton—before his Tower.

★She holds a tablet inscribed, *July 4, 1776*, in Roman numerals.

★Seven spikes come out of her crown, because seven was a lucky number in antiquity.

★Originally, the statue was brown. Now it's green, the natural patina of copper.



☆☆☆☆☆☆

Three Hot Weather Health Hazards

and the top ways to beat them

The hazard: SONBURN
Treat it: Take ibuprofen and apply an anesthetic spray or a cold compress to ease pain and reduce swelling.
Prevent it: Always wear a broad-spectrum SPF 15 or higher sunscreen, even on cloudy days, and reapply every two hours.

The hazard: BLISTERS
Treat it: Cover the blister with a bandage and let it heal naturally. If the blister breaks, keep it clean and apply an antibiotic ointment such as Neosporin and a Band-Aid.
Prevent it: Blisters are caused by sweaty feet rubbing against shoes, so check for the proper fit. Use a Band-Aid or moleskin on sensitive spots.

The hazard: PRICKLY HEAT
Treat it: Keep areas affected by this fine bumpy rash as dry as possible. You can use calamine lotion to relieve the itching, but it may delay the healing process.
Prevent it: Stay in on very hot days or if you must go outside wear loose, light clothing and apply baby powder to areas prone to prickly heat like the crooks of elbows and knees.

Source: Fitness

Culinary Tricks That Can't be Beat!

Lumpy old **brown sugar** can be made usable again by running it over a cheese grater.

Pour broth through a coffee filter in order to produce a clear **clarified broth**.

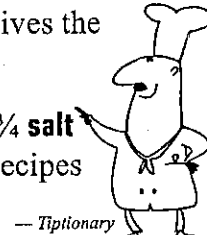
For **hard ice cream** that can't be scooped and there's no microwave, peel away the carton and cut into slices.

You'll have **whiter rice** if you add a teaspoon of lemon juice to the cooking water.

Use a new, clean metal shoe horn to scrape kernels off an **ear of corn**. It's the perfect shape for the job.

A **peppermint stick** makes a delicious stirrer for hot chocolate or tea. Gives the drink a nice minty taste.

Keep a shaker filled with $\frac{3}{4}$ **salt** and $\frac{1}{4}$ **pepper** since most recipes call for salt *and* pepper.



— Tiptonary

Change for the Good

Your pocket may hold coins that are worth a pretty penny. Look for these coins.

COIN	YEAR	VALUE
Penny	1909S VDB	\$500
Penny	1914 D	\$450
Penny	1943 (copper)*	\$40,000
Quarter	1932 D	\$160
Quarter	1932 S	\$85
Half Dollar	1964-67	\$2

*Most 1943 pennies were made of steel.

— The American Numismatic Assoc.



CHILL OUT WITH

ICE CREAM

Our love of frozen desserts predates our reliance on refrigeration. One of the first records referencing ice cream is from 1782, when the French envoy served it at a party in Philadelphia to honor the new republic. It was a taste of things to come: One estimate has Americans eating 48 pints of ice cream per person each year. So if you like ice cream, you'll love this easy-to-make **Warm Chocolate Sauce**. Combine $\frac{2}{3}$ cup 2% milk, $\frac{1}{2}$ cup dark corn syrup, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup unsweetened cocoa in a saucepan over medium-high heat; stir with a whisk. Bring to a boil. Reduce heat and cook 3 min., stirring frequently. Remove from heat. Add $\frac{1}{2}$ oz semi-sweet chocolate chips, $\frac{1}{2}$ Tbs butter and 1 tsp vanilla; stir until chocolate melts. Makes 1 $\frac{3}{4}$ cups. 99 calories for 2 Tbs.

Unusual HoliDAYS in July

1st, Jokes Day; 2nd, I Forgot Day; 3rd, Stay Out of the Sun Day; 4th, Sidewalk Egg Frying Day; 6th, Fried Chicken Day; 8th, Video Games Day; 10th, Don't Step On a Bee Day; 11th, Cheer Up the Lonely Day; 12th, Pecan Pie Day; 15th, Tapioca Pudding Day; 16th, International Juggling Day; 26th, Aunt and Uncle Day; 28th, Milk Chocolate Day and 30th, Father-in-Law Day.