

St. Clair Shores Times

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How to Stay Hydrated this Summer

“The Heat is On”

With summer temperatures hovering in the mid to high 90’s, the heat index has been nudged up into triple digits. And it’s only expected to get worse. While anyone who spends a great deal of time outdoors can become dehydrated, the elderly, children and athletes are most at risk.

Long-time Floridians understand the need to stay hydrated to avoid heat exhaustion and other heat-related illnesses. But a reminder never hurts. Here’s how you can protect yourself and your family from dehydration:

Drink fluids even if you aren’t thirsty; by the time



you feel like you need a drink, it might be too late.

Drink water or sport drinks; these drinks will replenish salts you may lose by sweating

Avoid drinks containing alcohol and caffeine; these drinks stimulate the production of urine which promotes dehydration.

Acclimatize slowly. Increase your exposure to the heat over time to allow your body to acclimatize.

Take periodic breaks in the shade or indoors.

Keep a drink handy. Make a point to have fluids available whenever you’re out.

And Speaking of Water....

Fines for violating water restrictions are deep. Make sure you’re following the rules.

At www.smithcounty.org you’ll find the latest times for:

- * Car washing
- * Chemical Treatments
- * Establishment Irrigation for New or Replacement Lawns and Landscaping
- * Lawn Watering Schedule

- * Landscape (non-lawn) Watering Schedule
- * Pressure Washing



President's Message

It's been a busy first quarter and a lot has happened. We've got a new landscape committee and speed bumps have been installed in Stilton Manors.

With improvements in mind, I'd like to thank the previous members of our landscape committee for their commitment and drive in further improving our common areas. You may have noticed the new

magnolia trees and the replacement mulch in many of our medians. You may have also noticed the new boxwood hedge surrounding some of our pool areas. These improvements are the handiwork of our previous landscape committee. On behalf of the association, please accept our thanks for a job well done. I know our new committee members will carry on in

the same vein.

I'm also impressed and proud of the speed and agility with which Marian Gray and her team have responded to requests for speed bumps. But I cannot say I'm surprised. Marian, we appreciate your leadership and your team's fine work.

I wish you all a healthy and happy summer!

Sam Gluden

"You may have also noticed the new boxwood hedge surrounding some of our pool areas."

Speed Bumps on Tampa Shores

The installation of speed bumps on Tampa Shores Avenue in Stilton Manors was completed last Friday.

We've already heard from many of you in Stilton Manors that traffic on this road has slowed down considerably as a result of the new speed bumps.

If residents in other areas are interested in petitioning for speed bumps, please call Marian Gray at 555-5555 or e-mail her at mgray@xxxx.xx.com.

The following areas are scheduled for speed bumps in July: Hill Street in Brandywine Estates and Dover Avenue in Gateridge.



Welcome New Residents

We're delighted to welcome some new residents to our association. If you see some new faces, be sure to say "hello" and offer any assistance.

New households include:

Stilton Manors: The Carlins

Brandywine Estates: The Thornes

Imperial Keys: The Browns

Gateridge: The Templetons



Landscape Committee

I am pleased to announce the names of our new landscape committee members:

- Joe Dalton
- Jerry Martin
- Deb Readinger
- Cindy Person

The landscape committee is responsible for the landscaping and maintenance of the

common areas in the St. Clair Shores Civic Association. The common areas include the entrance area, medians, and the pools and their surrounding areas. The committee is tasked with notifying the management company and the Board of situations that require correction. The committee also makes

recommendations for equipment and services to enhance the pool and common landscape areas.

If you have any questions or concerns or suggestions about the association's landscaping, please call Joe Dalton at 555-5555 or e-mail him at jdalton@xxxxxxxxxx.com.

Don't Miss
the
St. Clair
Shores
Farmers'
Market



Safety Workshop to Provide Answers

Have I got enough flood insurance?

Do home alarm systems prevent break-ins?

How do I use a home generator?

Where is my water turn-off valve?

Do I need a swimming pool cover?

Get answers to these questions and more at a safety workshop to be held in the clubhouse on Saturday, June 23, at 7:00 p.m..

Topics to be covered include: Home Security, Pool Safety, Generator Safety, Homeowners Insurance, Pond Safety, Neighborhood Security, among others.

Speakers will include representatives from Jamestown County Emergency Management, Jamestown County Sheriff's Department, Water Solutions, Inc., Home Depot and others.

Bring your questions! Come for the information and hand-outs. Stay for the food, fun and door prizes.

Sunday, July 11
8:30 a.m. – 1:30 p.m.
Central Square

In Memoriam

As most of you know, Bill Knight, our previous association president died last Wednesday after a long illness. His wife, Mary, and their children would like to express their appreciation to you – their neighbors and friends –

for the many kindness extended and the thoughtfulness shown over the last few months.

Several of you asked about donations. Mary informed us that donations may be made in care of the American Cancer

Society in Bill's name.

On behalf of the St. Clair Shores Civic Association, I know I speak for all of us when I say that we will miss Bill. He made a huge impact on each of us and our neighborhood. Thank you, Bill.

St. Clair Shores Civic Association

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The St. Clair Shores Civic Association was organized in May 1983.

St. Clair Shores residents are invited to attend the monthly association meetings at the clubhouse. Meetings are held at 7:30 p.m. on the second Monday of each month; if it's a holiday, there will be no meeting that month. For more information, call Betty Fields at xxx-xxxx.

Calendar

June

June 23rd Safety Workshop. Clubhouse, 7:00 p.m.

July

July 4th Independence Day, Fireworks, Central Square, 9:00 p.m.
July 11th Farmers' Market, Central Square, 8:30 a.m. – 1:30 p.m.

September

September 1st Labor Day
September 22nd First Day of Autumn

October

October 7th National Night Out, Central Square, 5:00 – 8:00 p.m.
October 13th Columbus Day

Cut Energy Costs

There are plenty of ways to keep your house cool and your electricity costs down during the dog days of summer. Here are just a few of them:

* Keep your thermostat between 78 and 80 degrees during the day. You can typically cut your bill by 4 percent for each degree.

* Turn your thermostat up at night or, if possible, turn it off.

* Utilize your ceiling fans; they use a lot less electricity than your air conditioning system. Make sure your fans are set on 'forward' to blow air down.

* Have your air conditioning system

checked periodically, at least once a year, ensure it is working at maximum efficiency.

* Close the vents in rooms you aren't using.

Keep your blinds and drapes shut to keep out the sun. This will keep your air conditioning system from working so hard.