

# The Park News

Volume 8, Issue 3

July 2016

## Inside this issue:

<i>Staying Cool During The Summer</i>	1
<i>Annual Meeting Scheduled</i>	2
<i>POF Trash Service</i>	2
<i>Message from the Board</i>	2
<i>Calendar: August 2016</i> <i>September 2016</i>	3
<i>Calendar: October 2016</i>	4
<i>Animal Control Info</i> <i>Farmers Market</i>	4

## Staying Cool During The Summer

**Stay covered.** If you are outside, don't spend extended amounts of time without shade. The cooling effect of a tree is equivalent to ten room-size air conditioners operating 20 hours per day.<sup>[1]</sup> Under trees, umbrellas, tents, gazebos, or awnings are all great places to relax in the shade.

**Find a breeze.** If you live near a body of water, there is likely to be a breeze there. If you live in the mountains, the valley between them is likely to have a cool breeze.<sup>[2]</sup> If you don't have access to a breezy area, you can use a fan for the same effect.

**Drink water every 15 minutes.** You should consume 6-12 ounces of water every 15 minutes in the hot summer days. If you do this, you'll be aiming to drink a gallon of water a day. If you don't normally drink water, this may sound daunting. However, if you switch out soft drinks during lunch or your afternoon coffee with waters, you'll have no problem drinking a full gallon throughout the day.

**Avoid caffeine.** Caffeinated beverages, such as coffee, tea, and soda are detrimental to your hydration. They pull water from your body. You don't have to cut it out of your diet completely but limit yourself to one or two a day.

**Drink sports drinks.** Sports drinks were designed to hydrate you properly. They contain electrolytes (a mixture of carbohydrates, sodium, and potassium). These help replace the minerals that you lose when you sweat and help keep you hydrated. Plus, if you don't like the taste of water, sports drinks come in hundreds of flavors.

**Wear light colored clothing and a hat.** These will reflect the light away from your body. Dark colored clothing attracts the light and holds heat in, making your body temperature rise.

**Wear the right fabrics.** Lightweight clothes are the best choice when you're trying to keep cool. Of course if you're at the beach or at home, you can wear minimal clothing. But if you're running errands or going to work, you should wear linen, cotton, silk, or other breathable fabrics. Keep your clothing loose and breezy.

**Rest during the day.** The heat will exhaust you more quickly than cooler temperatures. Take time to rest during the day in a shaded spot to keep your body temperature down.



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# Message from the Board

To report a code violation of any kind such as un-mowed lawns or trash build up in a yard, or to report street lights that are out, call the city's Action Center at 918-258-3587 or email [action@brokenarrowok.gov](mailto:action@brokenarrowok.gov). Make sure to include the address of the property in question as well as your address and phone number so someone from the city can follow up with you.

**Next association meeting is scheduled for Monday October 3, 2016 @ 6:45pm. All Park on Florence homeowners are welcome to attend. Meetings are held at the South Broken Arrow Library.**

### Board Officers

*President: Mark Eley*

*Vice President: Bud Heck*

*Secretary: Mauri Neese*

*Treasurer: Julie Hogan*

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### Next Board Meeting

*Monday October 3, 2016*

*South Broken Arrow Library*

*3600 S. Chestnut Avenue*

*6:45 pm*

## HOA Notes

**Annual Park on Florence Meeting—Tuesday October 11 @ 6:45. This meeting will be for the election of officers for 2017.**

## Park on Florence Trash Service Schedule

Trash pickup is Tuesdays and Fridays

If a route cannot be completed on schedule, trash will be picked up first thing the following morning.

### Holiday Schedule

If a holiday falls on a Monday, the Tuesday pickup will be delayed until Wednesday. If a holiday falls on Tuesday or Friday, your trash will be picked up on your next regular pickup day.

# August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Farmers Market 2016

The 2016 Rose District Farmers Market provides buyers an opportunity for fresh produce from area gardens. The location this year will be at the corner of Dallas St. and First St. Market hours are 8:00am to noon every Saturday.

## Broken Arrow Animal Control

If you have a complaint of excessive barking dogs, loose dogs, cats, or if you have a problem with a wild animal such as a opossum, skunk, rabbits, etc, please contact the Broken Arrow Animal Control. 918-259-8311,

email: [www.baanimalshelter.com](http://www.baanimalshelter.com).

## Contact Information

If you would like to place an ad, sponsor an issue, submit an article or suggestion please contact the Editor, Mark Eley at [newsletter@theparkonflorence.org](mailto:newsletter@theparkonflorence.org).

If you live in the Park on Florence and you would like to make an announcement about a new baby, school or club event, community organization or your business, email us and we'll announce it in the next newsletter free of charge. Space is limited, first come first served. Ads must follow newsletter formatting requirements.

Contributors: Mark Eley, Sharon Pruitt.

# October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 HOA Meeting 6:45	4	5	6	7	8
9	10 Columbus Day	11 Annual HOA Meeting 6:45	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					