



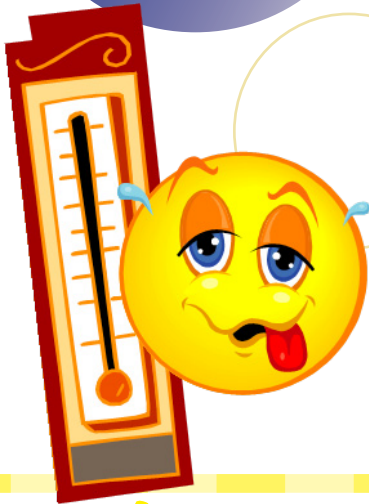
# NEWS & NOTES

Summer special

## Beat the heat!

### Main Office

2042-48 Arch Street  
2nd Floor  
Philadelphia, PA 19103  
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8:30a - 5:00p. M-F



**When summer temperatures climb, extra care must be taken to stay healthy by avoiding heat stress. Here are some reminders and tips for staying cool and safe.**

### Drink lots of water.

Drink cool water every 15 to 20 minutes, even if you're not thirsty. The more active you are, the more you should drink. Avoid coffee or alcohol. Caffeine and alcohol cause your body to lose water, which can be a threat to your health in hot weather.

### Stay air-conditioned.

Spend more time inside, where it's air-conditioned. If you don't have air conditioning, go somewhere that does: a friend's house, senior center, public library or the mall. If you can't get out, stay on a lower floor where it's cooler and open the windows. Use a fan only if the outside air is cooler than the inside air. Also, keep curtains or blinds closed during daylight hours to block out the sun.

### Take a cool shower.

A cool shower or bath can be more effective than using a fan.

### Dress cool.

Wear loose, light-colored clothing and a wide-brimmed hat during peak sun. Loose-fitting clothes allow air to circulate and help the body throw off heat.

### Avoid the sun.

Sunburn affects your body's ability to cool itself and causes loss of fluids. If you must be outdoors, apply sunblock SPF 15 or greater. Stay in shaded areas when possible, or use an umbrella. Best of all, plan outdoor activities in the early morning or evenings, when temperatures are cooler.

### Call a neighbor.

Have a friend or neighbor check on you twice a day during heat waves

### Pace yourself.

Rest often in cool or shaded areas. Limit physical activity during periods of high heat and sun.

### Eat light.

Avoid hot foods and heavy meals, which only add heat to your body. Also, use your stove and oven less to keep room temperatures lower. If you must heat food, use a microwave. Add cool foods like watermelon, cantaloupe, Jell-O™ or other fruits to your summer diet.

## LISA'S LEMONADE

If you want lemonade, of course you can always rush to the grocery store and purchase those powdered or bottled variants. But nothing beats the all-time favorite homemade lemonade! When you know what goes into your own lemonade – of course, fresh lemons – you are assured that your beverage is packed with vitamins and minerals your body needs, and without those preservatives and colorings some of the ready-made variants have.

### Ingredients

2 cups sugar  
1 cup hot water  
2 cups fresh lemon juice  
1 gallon cold water  
1 lemon, sliced  
Mint sprigs, for garnish



### Directions

In a 1 gallon container, place sugar and hot water, and stir until sugar dissolves. Add lemon juice and cold water to render 1 gallon. Stir until well mixed. Pour lemonade over glasses of ice, squeeze slice of lemon on top of each, and garnish with a sprig of mint.





# Philadelphia Farmers' Markets

The Food Trust operates a network of farmers' markets throughout Philadelphia that helps sustain regional farms and serves more than 125,000 people. All of The Food Trust farmers' markets accept ACCESS cards, Pennsylvania's electronic SNAP/food stamp swipe cards, to ensure that everyone has access to affordable, nutritious food.



## Philadelphia Market Schedule:

### Tuesday

**West Oak Lane**  
Ogontz and 72nd Avenues  
2 p.m. to 6 p.m.

### Wednesday

**Broad & South**  
Broad and South Streets  
2 p.m. to 7 p.m.

**Cliveden Park**  
Chew Avenue and Johnson Street  
2 p.m. to 6 p.m.

### Thursday

**Clark Park**  
43rd Street and Baltimore Avenue  
3 p.m. to 7 p.m.

**Fairmount**  
22nd Street and Fairmount Avenue  
3 p.m. to 7 p.m.

**Oxford Circle**  
Oxford and Summerdale Avenues  
2 p.m. to 6 p.m.

**Palmer Park**  
Frankford Ave and East Palmer Street  
2 p.m. to 6 p.m.

**Cecil B. Moore**  
Cecil B. Moore Avenue between Broad Street and Park Walk  
2 p.m. to 6 p.m.

### Haddington

52nd Street and Haverford Avenue  
1 p.m. to 5 p.m.

**Schuylkill River Park**  
25th and Spruce Streets  
3 p.m. to 7 p.m.

### Friday

**Germantown**  
Germantown Avenue and Walnut Lane  
2 p.m. to 6 p.m.

**Haddington**  
52nd Street and Haverford Avenue  
1 p.m. to 5 p.m.  
Opens July 23rd.

**The Radian**  
3925 Walnut Street  
12 p.m. to 5 p.m.

### Sunday

**Headhouse**  
2nd and Lombard streets  
10 a.m. to 2 p.m.

### Saturday

**Clark Park**  
43rd Street and Baltimore Avenue  
10 a.m. to 2 pm.  
Open year round!

**Fitler Square**  
23rd and Pine Streets  
9 a.m. to 1 p.m.  
Open year round!

**Headhouse**  
2nd and Lombard Streets  
10 a.m. to 2 p.m.

**Mill Creek**  
49th and Brown streets  
11 a.m. to 2 p.m.

**Overbrook Farms**  
63rd Street between Sherwood Road and Overbrook Avenue  
10 a.m. to 2 p.m.

## need RECIPES?

[www.buylocalpa.org/recipe](http://www.buylocalpa.org/recipe) - [www.localharvest.org/newsletter.jsp](http://www.localharvest.org/newsletter.jsp)  
[www.thefoodtrust.org/php/headhouse/recipes/archive.php](http://www.thefoodtrust.org/php/headhouse/recipes/archive.php)

# FREE Summer Fun in Philadelphia

## PHILADELPHIA MUSEUM OF ART

On Sundays from 10AM-5PM,  
you can visit the museum FREE!

Recently the layout has  
changed and there is more art  
than ever before to enjoy.

## FRANKLIN INSTITUTE

A great place for children  
and the inner child in all of us.  
Fun educational exhibits await.  
Admission is FREE every third  
Wednesday of the month  
but call ahead to verify.

## PENNYPACK PARK MUSIC FESTIVAL

every Wednesday evening from 7-9:30PM. Bring a lawn  
chair or a blanket and settle in for some FREE music  
fun! More details at [www.pennypack.org](http://www.pennypack.org).

- 7/14 - Bands paying tribute to **Lynyrd Skynyrd**  
and the **Allman Brothers**
- 7/21 - Bands playing tribute to **English Rock** and  
the **British Invasion**
- 8/4 - **Irish Music** night
- 8/11 - Bands playing tribute to **Heart** and **Van  
Halen**
- 8/18 - Bands playing tribute to **Billy Joel**
- 9/1 - Bands playing tribute to **Bob Segar** and  
**Hollywood**
- 9/15 - Bands playing tribute to **Tina Turner**

**PENNS LANDING RIVER EVENTS** - 215-922-2FUN or  
[www.pennslandingcorp.com](http://www.pennslandingcorp.com) for details and more FREE activities!

- **“Screenings Under the Stars”** Thursdays through JULY  
(8:30PM)- {none July 29} and AUGUST (8:00PM) a different movie  
plays on the big screen
- **Smooth Jazz Fridays** - every Friday in August beginning  
at 7:30PM there is a free jazz concert featuring a different  
jazz artist
- **Multicultural Experience** - Experience the world without  
extensive travels plans!
  - \* **Hispanic Fiesta** - July 10 & 11, 2PM-8PM
  - \* **Global Fusion Festival** - July 17, 12PM-8PM
  - \* **ACANA African Festival** - August 7, 2PM-8PM
  - \* **Festival of India** - August 15, 12PM-6PM
  - \* **Caribbean Festival** - August 22, 2PM-8PM
  - \* **Mexican Independence Day** - September 12, 1PM-7PM
  - \* **Russian Mosaic Heritage Festival** - September 19, 12PM-6PM
- **Interactive Arts Concert** - July 24, 5PM, a performing arts  
concert where audience participation makes the show
- **Sounds of Gospel Concert** - Aug 28, 3PM-9PM

## 150 FREE EVENTS IN PARKS THROUGHOUT THE CITY

sponsored by Philadelphia Green and the Pennsylvania  
Horticultural Society. Complete event listing  
and more details at [www.PHSONline.org](http://www.PHSONline.org).

Here a few we thought were interesting:

### Campbell Square at Belgrade and Allegheny

7/21 - Irish American Night

8/24 - Movie Night - Cloudy with a Chance of Meatballs

9/1 - Kids' Night and talent contest

### Clara Muhammad Square at 47th and Lancaster

7/17 - Movie night at dusk

8/3 - National Night Out Celebration

8/7 - Muslim Day of Sadaqah/Charity, 11AM-4:30PM

### Carroll Park at 58th and Girard

Summer Concert Series - Thursdays, 6PM-8PM, July 1 - Aug 28





2042-48 Arch Street  
2nd floor  
Philadelphia, PA 19103  
www.columbuspm.org

Columbus Property Management & Development, Inc.




### ARE YOU PREPARED?

Fire is devastating, especially when it happens in your unit or spreads to your unit! Recently some CPM tenants have experienced the devastation and loss that fire brings. Personal possessions such as clothing, furniture, and bedding were destroyed.

Could you afford to replace everything if this happened to you?

Did you know that your landlord's insurance only covers the property and does not reimburse the tenant for personal property loss? Renter's insurance has the capability of protecting your property and your liability (depending on the policy you choose). It can protect you in the event of fire as well as other unfortunate events such as theft, vandalism and other personal property losses. To obtain renter's insurance, contact any insurance agency in your area. The cost is low and the peace of mind is priceless.

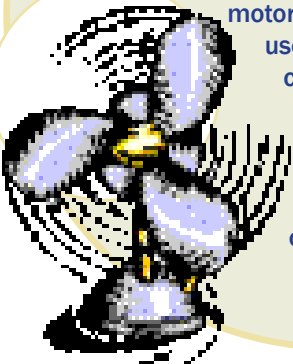
**PLEASE REMEMBER:**

**CPM will NOT open your apartment/house door if you lose your keys or lock them inside your unit. Therefore, please provide an extra set of keys to someone who you trust and can reach at any time. Otherwise, you will have to call a locksmith to have your door opened. This is inconvenient and expensive.**

### Window Fans

When the temperature outside is comfortable (especially at night) use a window fan instead of the air conditioner.

If your air conditioner has an "outside air" control to bring in fresh air, use it without turning on the cooling section. The compressor motor in the unit is the big energy user, not the fan. Be sure to close the "outside air" control when operating the compressor (cooling position) so that the compressor is cooling only room air.



## THINK YOU HAVE BED BUGS??

...Call us immediately!!

- Bed bugs will NOT go away on their own.
- Treating the problem early can prevent infestation.
- Call maintenance if you suspect you have bed bugs in your home

### REMEMBER: PREVENTION IS KEY!

Be careful what you bring into your house.

- **Luggage/Clothing** - When traveling, be sure to inspect mattresses and bed linens in your room. Dark spots are a sign of bed bug infestation.
- **Second Hand Furniture** - Inspect for black or brown bugs that are about the size of an eraser—BEFORE bringing it into your household. They can live anywhere there is a crevasse. Just because they are called bed bugs doesn't mean they will only be found in beds.
- **Mattresses** - Put fabric or vinyl encasement around your mattress to prevent bugs from reaching the area.

