

# The Mentonian



Summer 2014

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### Pool Hours

#### Lap swimming:

6:30am - 8:00am

#### Open hours:

8:00am - 9:00pm

**The Homeowners  
Association (HOA)  
Board is made up of  
community members  
who volunteer their  
time to make Mentone  
a great place to live**

Irv Lampert,  
President

Kim Stricklan,  
Vice President

Paul Chandler,  
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## Summer Safety and The Pool

Summer is here! School is out so let's go to the pool! Sounds like a great idea, but a little safety can pay huge dividends. Here are a few basics.

Sunscreen The Florida sun is strong, so use sunscreen. Did you know if you don't let sunscreen dry BEFORE you get in the water, it washes off in just a few minutes? Let sunscreen soak into the skin for about 10 minutes, then take the plunge. Sunscreen that washes off in the pool clogs the pool filters. Sunburns and clogged filters aren't good! Oh, and re-apply every 2 hours.

Staying safe in the water Drowning is responsible for more deaths among children ages 1-4 than any other cause except birth defects. These easy tips can save a life.

- There is no lifeguard at our pool, so keep close watch on little ones.
- If children can't swim, they can still enjoy the water, safely, with a lifejacket. What? Lifejackets in a pool...are you for real? Yes...floatie toys are fun, but they don't take the place of wearing a life jacket.

Keep glass out of the pool area It's a cut hazard, violates pool rules, and if it gets in the pool, it must be closed until cleaned, which can be up to 3 days.

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## Maintenance Matters



Everyone loves a beautiful, green lawn. But the heat of summer can burn up grass. Many Mentone lawns are St. Augustine, so that's our focus for these tips. Deep, infrequent watering is more efficient and will encourage grass roots to grow deeper. Water grass two days a week (assuming no rainfall) with ½ to ¾ inch of water, and run sprinklers early in the morning to minimize evaporation loss. If the grass blades turn from dark green to gray-blue or the blades start to fold lengthwise, you need to water.

Keep mower blades SHARP for St. Augustine grass, and keep the mower on the highest setting. Taller grass results in a more extensive root system. To know if your blade is dull, look at the blades of grass, do they look clean cut or torn? Torn means a dull blade.

Weeds can be a nuisance, but be aware of using pesticides on St. Augustine. Because it has a broader leaf blade, standard "broadleaf" weed killers will kill the grass. Do not use pesticides containing 2,4-D on St. Augustine. Some name brands recommend the active ingredient Atrazine. To be safe, CAREFULLY read the entire pesticide label before applying to your lawn.

# Summer Safety and The Pool

(continued from page 1)

Sanitation Do we really need to talk about this? Yes, it's an awkward subject, but important. Let's take a True or False quiz.

- It's okay to pee in the pool, chlorine will take care of it. **FALSE**  
When chlorine combines with urine, they form a group of chemicals called chloramines. This by-product causes a strong chlorine like odor and irritates eyes and lungs.
- Chlorine will kill the bacteria in fecal matter. **FALSE**  
Cryptosporidium, a germ causing diarrhea, is found in fecal matter of people who are infected, and it can live for days in a properly chlorinated pool. When fecal matter gets in the pool, the Alachua County Health Department mandates it must be closed until the disinfectant levels return to normal.
- The pool has a strong chlorine smell, so it's clean. **FALSE** The strong smell is chloramines, which means the chlorine is being overloaded. A clean pool will have crystal clear water and no strong smell.

Consuming alcohol Is not allowed at the pool.

*Just a reminder – violating the pool rules can result in your key fob being deactivated. Stay safe, follow the rules, and have fun!*

## More Summer Safety Tips



Keep Hydrated It's easy to get distracted and forget to drink enough water. Make sure to stay hydrated when working outside in extreme heat. Parents, make sure little ones get plenty to drink, as well.

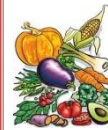


Drive Slow It's great to see everyone out and about, but summer vacation means the kids are home all day. We're all in a hurry to get to work in the morning, and get home at the end of the day. But take an extra minute and slow down. Kids out playing can chase a ball into the street in a split second. Also, be aware of cars parked in the street, causing a blind spot. Remind teenage drivers to focus on the road and slow down, as well.



Fireworks Walking around the neighborhood during July 4<sup>th</sup> is amazing. Families are out, waving sparklers and shooting bottle rockets to the sky. Here's some quick safety tips:

- Once you light a firework, DO NOT hold it in your hand.
- Have an adult light fireworks.
- Only light only one firework at a time.
- Point fireworks away from houses.
- Sparklers remain hot for a while after they burn out. Place used sparklers in a bucket of water or sand.
- Think about pets and fireworks. Animals have sensitive ears and can get stressed. Keep pets indoors.
- Most important – ooh and aahh and enjoy the show!



## What's Cooking?

Bruschetta  
(serves 2-3)

- 4-6 Roma tomatoes, coarsely chopped
- 1 Tablespoon each fresh basil and oregano, minced
- 2 cloves garlic, minced
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup grated parmesan cheese
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup olive oil
- Salt and pepper to taste
- Baguette, cut at an angle,  $\frac{1}{4}$  -  $\frac{1}{2}$  inch thick slices

Place baguette slices in a single layer on a cookie sheet. Drizzle with olive oil and add salt and pepper to taste. Bake at 325°F for 10 - 12 minutes, until crisp.

In a large bowl, mix tomatoes, basil, oregano, garlic, and cheese. Add olive oil, a bit at a time, and mix, until it reaches the consistency you'd like. Add salt and pepper to taste. Let Bruschetta stand for an hour or two to blend the flavors.

Place a spoonful of Bruschetta on each baguette slice and enjoy with a glass of great Italian wine!

## Be active in your community

Join the Mentone Social Committee to help with our few events held during the year. Photographers and volunteers please email [social\\_committee@mentonecommunity.net](mailto:social_committee@mentonecommunity.net)

Next event: Ice Cream Social  
(Aug 9 - tentative)

## Your Community needs You!

## Pool Reminder

The pool closes promptly at 9:00pm daily. At that time, key fobs and the exit button in the pool area are turned off, meaning anyone still in the pool area is locked in until morning.