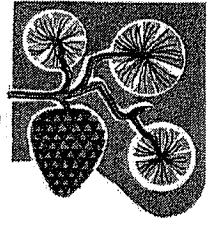


July 2015



Nisqually Pines Community Club

www.nisquallypines.com

**Nisqually Pines
Community Club**

8903 Pepperidge Lane SE
Yelm, WA 98597

Phone: 360-458-7370
Fax: 360-458-7157
Hours of operation:
Monday - Friday, 7:30 to 5 pm

**Fireworks are allowed on the 4th of July
ONLY!!**

**PLEASE BE COURTEOUS TO YOUR NEIGHBORS AND
CLEAN UP YOUR MESS.**

“Due to dry conditions, please use caution and be safe when setting off fireworks.”

Important Dates:

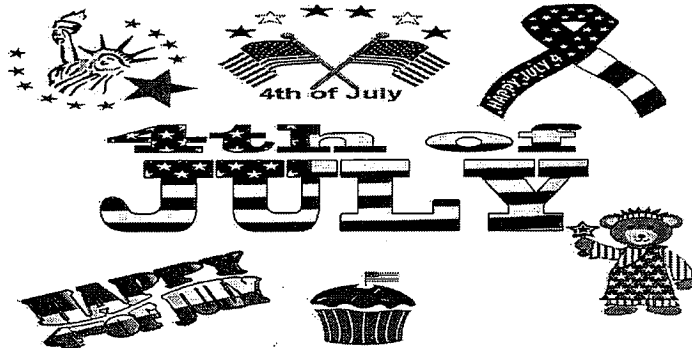
July 2nd
Events 6:00pm
Board Meeting 6:30pm

July 3rd Office Closed

July 14th
Adjudication 7pm

July 15th
Finance 6:30pm

HAVE A SAFE & HAPPY 4TH OF JULY



**Annual Town Meeting & Picnic
August 8th at 11:00am**

The Pines will provide hot dogs, hamburgers, drinks & all the condiments.

**Theme: Beach Party and Potluck
Please bring a side dish**

Volunteers are needed to help out contact the office if you are able to help



July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Events 6pm Open Board 6:30pm	3 Office Closed	4
5	6	7	8	9	10	11
12	13	14 Adjudication 7pm	15 Finance 6:30pm	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

A Word from our Staff

Office Manager: *Charity Mayerl*

Email: cmayerl@nisquallypines.com, Phone: 360-458-7370 Fax: 360-458-7157

Please remember residents, you are responsible for your guests. Please make sure they follow the rules.

Office Assistant & Property Standards: *Paulette Howard*

Email: propertystandards@nisquallypines.com, Phone: 360-458-7370, Fax: 360-458-7157

Summertime is here! Remember to keep your lawns mowed and your yards tidy :-)

Water Department: *Julie Rhey-Baumann*

Email: waterdept@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

Back flow test was done on June 24 & 25

Please contact Water Manager for water shut-off.

Thank you,
Water Manager
Julie Baumann

Maintenance Department: *Bob Smith and Joe Zeiler*

Email: maintenance@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

It's mowing season please remove trash cans from easement and avoid parking on easements!
Please respect the safety of our Maintenance crew and drive slowly by them when they are working in the easements. Thank You!

Updates

Property Standards

Last month the following warnings or fines were issued:

- 1 Courtesy Letters
- 5 debris
- 10 parking on easement
- 1 2nd dwelling
- 1 eyesore
- 0 dog's running loose
- 50 tall grass
- 1 basketball stand
- 2 fines
- 5 maintain easement
- 1 unauthorized vehicle
- 1 Certified Letter
- 30 Thank you notes were sent to members for coming into compliance.

94.1A.018 What will happen if uncontrolled weeds, vegetation, and dry grass are not maintained and become a fire hazard? During the summer months when it is hot and dry and the fire danger is high, grass and vegetation that is not maintained and over fifteen (15) inches tall and dry and brown in color and easily combustible will not be permitted. The following will occur;

- (1) Owners of property with such grass and vegetation will be sent a certified letter advising of the grass and immediate fire hazard.
- (2) They will be advised that the grass must be cut and removed within ten (10) days of the date of the letter.
- (3) They will be given a list of names of persons who will cut and remove the grass for a reasonable fee.
- (4) If the property is occupied and the owner does not comply, they will automatically be fined and it will be added to their account.
- (5) If the property is vacant the Pines will hire a contractor to cut and remove the grass or vegetation, all costs will be assessed against the property owner. This includes any legal fees or costs associated with having law enforcement (Thurston County Sheriff), if necessary, at the time of removal.

1st offence: \$100 2nd offence: \$250 3rd offence: \$500 4th offence: \$1000

June Event Updates

Nisqually Pines Ballot Count Results
652 Ballots Mailed Out 168 Ballots Returned

Dennis Lingle: 134 Yes 9 No 25 Abstain
Sherry O'Dell: 119 Yes 21 No 28 Abstain
Cory Parsons: 122 Yes 16 No 30 Abstain
Port Orford Repaving: 100 Yes 61 No 7 Abstain
2 New Gas Lawnmowers: 107 Yes 57 No 4 Abstain
Replace Ramp at Clubhouse: 107 Yes 53 No 8 Abstain

Congratulation
Dennis Lingle, Sherry O'Dell and Cory Parsons

THANK YOU BALLOT COUNTERS

Rob Parkhill, Theresa Donovan, Jeff Donovan, Julia Iannielli, Michael Johnson, Donna Cole, Phyllis Myers, Fran Wilson, Dana Brown and Francis Armstrong

Dumpster Days Information

There were approximately 50 residents that used the dumpsters. We opened at 9am and were full by 5pm on Saturday.

Dumpster were filled mostly with mattresses, box springs, couch's, loveseat's. Even though they had been broke down they still take up a lot of room. Please do not wait for dumpster days .These items fill up the dumpster fast and the remaining residents who would like to use them are not able too.

Thank you for understanding!

Big THANK YOU to the Stewarts who brought water and ice for everyone. It was extremely hot that day.

THANK YOU VOLENTEERS:

Rob Parkhill, Joe Crawley, Will Elmore, Charity Mayerl, Jimmy Long and Larry Martin

NEXT DUMPSTER DAYS IN SEPTEMBER: TBA

Board News

Board of Directors

Joyce Clapham-President, Office and Adjudication Contact

Sherry O'Dell-Secretary , Pool and Clubhouse

Dennis Lingle, Treasurer

Cory Parsons, Water, Maintenance, Security and River Park

Board Updates

It is with great sadness we announce the resignation Madelon "Tonie" Barton from the board of directors due to personal reasons and health issues. Tonie has been a huge part of the successes of the last year and we are sad to see her go. We are glad you are remaining on the finance committee!! We wish you a speedy recovery!!!

Welcome Dennis Lingle to the board of directors-we are glad to have you on board! Dennis brings supervisor and human resource experience to our group. His knowledge of budgets will be a great asset to our board of directors and finance committee.

Community Members, we thank you for listening to our concerns and for voting to repave Port Orford and replace our mowers. These will not affect your dues as the money is already there! **THANK YOU!**

Once the budget for 2015-2016 is done the board of directors is hoping to start working on updating our current Resolution 94-1. We really need the memberships input and encourage you to come out to a meeting! Community suggestions can also be submitted to the office. Meetings to start in September!!

Updates

Treasurer's Report:

Ending Balance for May 2015

General Fund: \$169,521.80

Long Range Plan: \$348,591.61

Water Loan 1 Fund: \$97,903.11

Emergency Fund: \$20,096.42

Key Bank USDA Loan: \$208,211.49

Gold Money Market: \$165,611.48

CD #1: \$51,554.73

CD #4: \$90,304.08

CD #5: 26,672.42

Twin Star Savings: \$86,706.47

Grand Total \$1,265,173.61

Committee Happenings

Adjudication

June meeting cancelled. Next meeting July 14th. Members: Mary Risch, Phyllis Myers, Theresa Donovan, Rob Parkhill

Contact: Joyce Clapham, Sherry O'Dell

Closed meeting, not open to anyone not directly involved.

Looking for residents in good standing to volunteer on Adjudication Committee

Get an application at the office-Renters can be on Adjudication with the approval of homeowner

Finance

July 15th 6:30pm - Agenda: Current P & L, 2015-2016 Budget

Members: Joyce Clapham, Tonie Barton and Mary Risch, Dennis Lingle

Finance is working on preparing the 2015-2016 Budget, closely watching numbers and updating the needs/wants list for future needs. We worked on road bids and new mower bids last month, created an article for newsletter for upcoming June ballot.

Please join us for our next meeting, Wednesday July 15th at 6:30pm

Interested in helping on the Finance Committee-Get an application at the office

Must be a member in good standing

Events

Need volunteers to help organize for up coming events. Contact the office if you are interested! Next meeting: July 1st 6pm Next event: Town Meeting and Summer Picnic, August 8th Time: 11:00am

Members: Charity Mayerl, Rob Parkhill, Mary Risch,

Contacts: Joyce Clapham and Sherry O'Dell

Most of our committees are small and consist of the same volunteers, please come and listen to what they are working on and see if maybe you can help!

ATTENTION DOG OWNERS:

Dogs must be on leashes at all times when outside their fenced yards.

This includes in all park areas, including river park, little lake park, playground, clubhouse park area and office area.

Please make sure you are cleaning up after your pets!

Pet feces are toxic!!

Thank you!

Pet Summer Safety Tips

Dogs in Hot Cars: Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to between 100 and 120 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 160 degrees in less than 10 minutes.

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads.

Ensure your pet has access to plenty of fresh water and a way to cool off. Never leave pets in parked vehicles. If you notice that your pet is in distress, visit your veterinarian right away.



Good Morning

www.peta.org

www.animalbehaviorcollege.com

River Park hours

The River Park is for members and their guests only

Any vehicle found in the River Park parking area without a Nisqually Pines Pass will be towed at the owners expense. Parking is allowed only in the park. Any vehicle on or near the road will immediately be towed.

Open year round

Winter Hours are 8 am to 7:30 pm approx.

Summer Hours: 8 am to 9pm

River Monitor starting July 1-Sept 7

Park open until 9pm

No lifeguard on duty - swim at your own risk.

No alcohol permitted on the premises.

No fires or over night camping!

Per Fish and Wildlife Dept. ONLY Catch and Release fishing is allowed on the Nisqually River!!

PARK TRAIL

The trail from Heather to the River Park is "Use at your own risk" due to the storm damage and erosion.



LITTERING:

Please do your part in keeping our community clean. Littering effects our community and the value of our homes.

FACT: 9,250 bags of litter are picked up from valley freeways each month totaling about 1.2 million lbs.

Classified Ads

Handy Man

Roof repairs or replacement
Skylight replacement, roof cleaning
Call Wes Craney
360-970-4480

Affordable prices, honest
& efficient.

I'm experienced in painting, texture,
flooring, tiling, carpeting, sheet
rock, etc.

Also outside work: welding, trim-
ming, cutting trees, landscaping,
lawn mowing, pressure washing,
deck repair & mechanic.

Call 360-970-1992

House Cleaning

Jody's house cleaning services
I will clean anything in your home!
I have excellent references
Call Jody at 360-400-3119

For Sale

Old Trunk \$50
Ring Size 7 \$40
Garden Table \$200
(360)464-0993

Caregiver

w/30+ years Experience

Has openings, will work days,
nights, over nights and weekends.

Trained and Experienced with per-
sonal care, dementia care, respite
and hospice care.

Call Carol 360-339-1846

Certified in home Provider

Seeking Clients or housekeeping jobs

Rides to appointments or chores

Honest and dependable

Will work by the hour or the job

Call Julie 253-380-5290

For Sale

6' chest freezer
4 yrs. old works great
\$100
Jon Jensen
458-9750

For Sale

14ft Boat motor, trailer,
seats, lights, lifejackets &
live well

\$2,200

Metal Detector \$60

Treadmill \$75

Phone (360)960-1526

For Sale

Craftsman Industrial recipro-
cating dual speed saw

\$30

Craftsman hand held sander
and 3 belts 4" wide

\$50

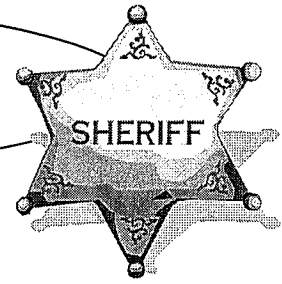
Canner \$60

Canning jars-talk to seller

Phone(360)458-4843

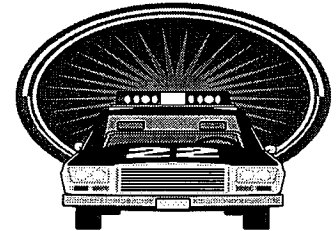
To advertise here
contact the office
staff 360.458.7370

Police Blotter



May

- 20- Routine Patrol
- 22- Routine Patrol, harassment on Bay resolved, suspicious vehicle near Pines entrance, suspicious vehicle on Mariana
- 23- Routine Patrol, complaint child abuse, interrupted possible domestic violence on Mimosa unfounded, prowler complaint Wisteria
- 24- Routine Patrol, civil matter Thuja, suspicious vehicle Silverbell
- 25- Routine Patrol
- 29- Routine Patrol, traffic stop on Briar & Holly no helmet
- 30- Routine Patrol
- 31- Routine Patrol



June

- 1- Routine Patrol, vehicle prowler
- 3- Routine Patrol, civil service & ejection Pepperidge, attempt to contact wanted person Thuja
- 5- Routine Patrol, citizen contact at HOA Building, found wallet, meth/warrant arrest River Park
- 6- Routine Patrol, suspicious car at river park
- 7- Routine Patrol,
- 9- Routine Patrol, burglary on Thuja
- 11- Routine Patrol, suspicious vehicle Briar, suspicious person Heather/Port Orford, drunken person Thuja, able to contact Thuja
- 12- Routine Patrol
- 13- Routine Patrol,
- 16- Routine Patrol, front door not secure Pepperidge, gate open Wanda, Back slider open Briar, civil standby on Thuja domestic violence order picked up properly
- 17- Routine Patrol

Routine Patrol means house checks, Clubhouse, River Park, Office and area patrol. If you see something suspicious, call 911. Don't wait until the next day and call the Pines Office. **Please note that if you call the Sheriff and they aren't in the Pines on our time, their response time will vary on type of emergency. **

The non-emergency number for the sheriff is 360-704-2740 Please lock doors and don't leave valuables in your vehicles. If you are going on vacation, you can have the sheriff check your house to make sure it is secure.

Fill out a vacation request form at the office.

PUGET SOUND ENERGY

Call 811 Before You Dig

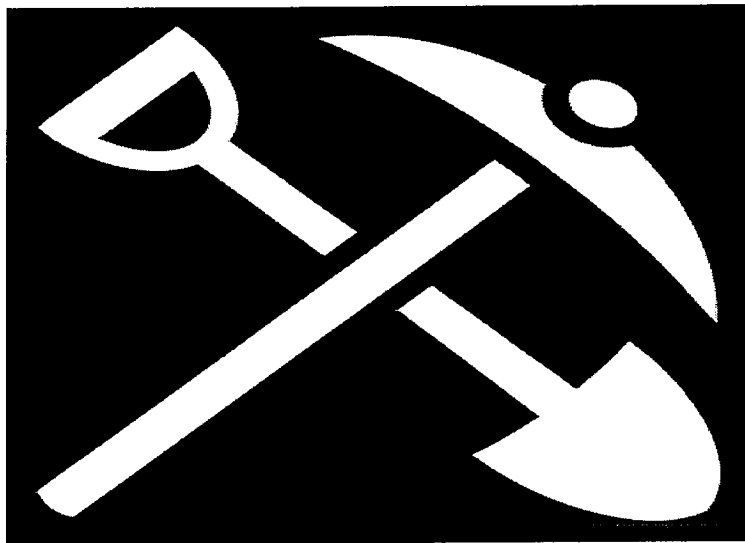
As summer approaches, you may have plans to start construction and landscaping projects. Your friends at Puget Sound Energy want to remind you about the importance of calling 811 at least two business days prior to any digging. It is the law, and utility-owned lines are located for free.

Whether you are planning to use your employees or hire a contractor, smart digging means calling 811 before each job. Outline your dig area in white paint so that the utilities will know where to mark. Even homeowners digging on their own property must call, if digging deeper than 12 inches.

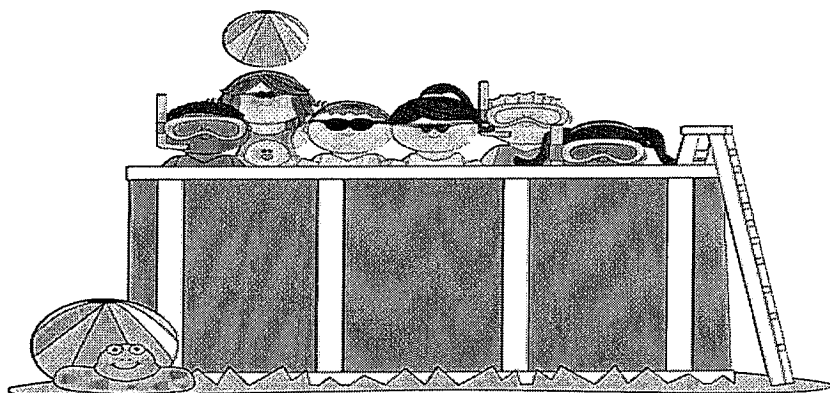
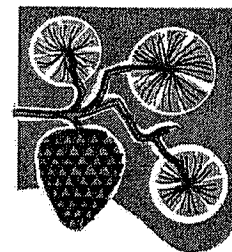
Don't take a chance. Call 811 before you dig, then dig by hand within 2 feet of the markings.

Visit their [Safety](#) page to learn more about gas and electric safety, and our [Business Services](#) page for all your energy needs.

For questions, please email businessaccountservice@pse.com



July Events



POOL

Guests costs \$4 per person. Please try to bring exact change.

Thank You!

See pool rules at Nisqually Pines

Website:

www.nisquallypines.com

HOURS

Operating Hours!

May 23-June 7

Weekends Only

June 12-Sept 7

Daily

12 noon-8 pm

SCHEDULE

12 noon-3 pm General Swim

3pm-4pm Senior Swim
(40 and over)

4pm-7pm General Swim

7pm-8pm Adult Swim

Pool & Accidents

Rule #6: Due to stringent health regulations, a minimum of 24-hr chemical treatment is required when the pool is fouled by human waste. This is an expensive treatment. Charges incurred for accidents of this nature will be billed to the property owner sponsoring the family member, renter or guest. Charges will include, at a minimum, cost of chemical, cost of required testing, attendant wages, and certified pool operator (CPO) for the time the pool would normally be open. Parents are reminded that they are responsible for the actions of the children and guest while using any club facilities.

Rule #29: Approved swimmer diapers are allowed. **NO EXCEPTIONS!**

Conserving Water

Summer is right around the corner. Where we will want to fill our pools and plant our gardens.



Here is a tip to conserve your money. Due to the timing of our meter reading, fill half the pool before the 20th of the month and the other half after the 22nd of the month. That way you won't get hit with it all on 1 bill. Please don't throw the hose into the pool, rather duct tape it to the to the top rim of the pool.

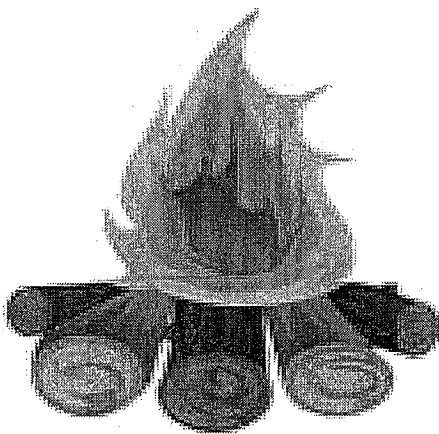
Water your garden in the early morning or in the evening. Watering in the middle of the day can burn your plants or just evaporate.

Thurston County Outdoor Burning

ORCCA Board of Directors

In light of your comments and further reflection, the ORCCA Board of Directors, during their June 10th meeting, voted to accept a staff recommendation that fees **NOT** be implemented. The Board also agreed that **NO FEES** will be implemented for the Outdoor Burning Program. As a result of this Board decision, the Public Hearing previously scheduled for July 8, 2015, concerning a resolution to impose a fee has been cancelled. There will be a separate Public Hearing on that date (10am, July 8, 2015) to address a Regulation Change that strengthens the enforceability of the free burn permit program.

The venue for the July 8 Board Meeting & Public Hearing on the Regulation update is still being finalized. Details will be posted on the Agency website asap, www.orcca.org.



Created by NPCC Staff and Board of Directors.
If you have anything you would like to see more or less of,
please let us know!!

Deadline is the 20th of the month.

"Your Local Re/Max office"

RE/MAX COUNTRY
Property Management & Real Estate Services



206 West Yelm Ave. Yelm, WA 98597

Michelle (Micki) Easterly
Property Manager/Realtor

253-831-2680 / 360-400-3475
www.YelmWaRealEstateAgent.com

Paid Advertisement

Nisqually Pines Community Club

Board Meeting

May 13, 2015

Minutes

Please silence all cell phones

Roll call of Board Members; Sherry O'Dell, Tonie Barton, Cory Parsons Joyce was excused

Closed Session; 6:34—7:03 PM Talked to property owner about an existing problem

Back in Session 7:10

Minutes; Read by Sherry O'Dell M/S/C

Treasurers Report; Read by Tonie Barton

Unfinished Business;

Twin Star; Read amount for higher interest on Checking account. Decision is to wait until an answer about taxes was resolved.

Mowers; Cory Parsons Kawasaki Best

Asphalt/ Striping-- On hold at this time

New Business; None

Dept. Checkins;

Water maintenance and security- Cory Parsons

Nothing bad. Talked to Officers everything is good.

Pool and river Park- Tonie Barton

Pool opens May 23rd. Saturday Sunday and Memorial Day. Opens 12th of June, full time, Open until Labor Day

Committee Reports.

Adjudication- Phyllis Myers

1 Case. \$100.00 fine for Vandalism in the River Park, Fined Stayed

94-1 Tonie Barton

Read and decide, Committee for 94-1

Upcoming events-

Yard Sales June 6-7, Let Charity know who will be selling so we can put their address on the map.

Ballot count June 10, 6 P.M. Need Volunteers to count

Clean-up June 13-14 (need volunteers) under power lines, in newsletter, what to dump and not to dump.

Community Comments; none

Closed session; A decision was made to postpone a fine until Nov. 2015 and other conditions as well. The house and property must be cleaned up, repaired and fixed up to a sellable condition. The house must be put on the market.

Adjourned 8:13

Tonie Barton 06/10/15 _____ *Sherry O'Dell*

Tonie Barton

Vice- President Date

Sherry O'Dell Secretary

Date

6-11-15

Consumer Confidence Report 2014

Spanish (Español)

Este informe contiene información muy importante sobre la calidad de su agua potable. Por favor lea este informe o comuníquese con alguien que pueda traducir la información.

Is my water safe?

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come from?

Your water comes from 3 ground wells located between Pepperidge Ln. and Port Oxford Blvd, where the Bonneville power corridor runs overhead. The wells draw from an old Tertiary, and Quaternary aquifers that run through this area. The 2 larger wells draw from the Tertiary, which is high in Iron and Manganese. These 2 wells pump to a filtration building, where chlorine is injected at inlet of each wells piping, there the chlorine binds with the particles to stay in the filters beds till flushing. While the clean water runs through to the storage tanks.

Source water assessment and its availability

There are 3 wells, 2 storage tanks, 1 filtration building, and a booster station which are all behind the fenced areas with locked doors, gates and posted signs. This is the well head protection zone, keeping it clear of any contaminants. There is a cone of depression that goes out beyond this area into the community. 1yr, 5yr, and 10yr zones, So basically anything you put in the ground has the potential to reach the water supply. So please be mindful to dispose of your containments in the proper manner. Also it is very important to have your septic pumped every 5 yrs. This is the most common contamination to a water system.

Did you know that the average U.S. household uses approximately 400 gallons of water per day or 100 gallons per person per day? Luckily, there are many low-cost and no-cost ways to conserve water. Small changes can make a big difference – try one today and soon it will become second nature.

- Take short showers - a 5 minute shower uses 4 to 5 gallons of water compared to up to 50 gallons for a bath.
- Shut off water while brushing your teeth, washing your hair and shaving and save up to 500 gallons a month.
- Use a water-efficient showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
- Water plants only when necessary.
- Fix leaky toilets and faucets. Faucet washers are inexpensive and take only a few minutes to replace. To check your toilet for a leak, place a few drops of food coloring in the tank and wait. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it or replacing it with a new, more efficient model can save up to 1,000 gallons a month.
- Adjust sprinklers so only your lawn is watered. Apply water only as fast as the soil can absorb it and during the cooler parts of the day to reduce evaporation.
- Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce next month's water bill!
- Visit www.epa.gov/watersense for more information.

Cross Connection Control Survey

The purpose of this survey is to determine whether a cross-connection may exist at your home or business. A cross connection is an unprotected or improper connection to a public water distribution system that may cause contamination or pollution to enter the system. We are responsible for enforcing cross-connection control regulations and insuring that no contaminants can, under any flow conditions, enter the distribution system. If you have any of the devices listed below please contact us so that we can discuss the issue, and if needed, survey your connection and assist you in isolating it if that is necessary.

- Boiler/ Radiant heater (water heaters not included)
- Underground lawn sprinkler system
- Pool or hot tub (whirlpool tubs not included)
- Additional source(s) of water on the property
- Decorative pond
- Watering trough

Source Water Protection Tips

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfectant By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
TTHMs [Total Trihalomethanes] (ppb)	NA	80	5.1	NA		2014	No	By-product of drinking water disinfection
Haloacetic Acids (HAA5) (ppb)	NA	60	3.2	NA		2014	No	By-product of drinking water chlorination
Inorganic Contaminants								
Nitrate [measured as Nitrogen] (ppm)	10	10	0.7	NA		2014	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Typical Source	
Inorganic Contaminants								
Copper - action level at consumer taps (ppm)	1.3	1.3	0.02	2014	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	
Lead - action level at consumer taps (ppb)	0	15	4	2014	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	

Unit Descriptions	
Term	Definition
ppm	ppm: parts per million, or milligrams per liter (mg/L)
ppb	ppb: parts per billion, or micrograms per liter (µg/L)
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required, but recommended.

Important Drinking Water Definitions	
Term	Definition
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.



Join us for a Christmas in July Bazaar
to benefit the American Cancer Society,
Relay For Life

Saturday July 18th, 10am to 4pm
Nisqually Pines Clubhouse
16949 Port Orford Blvd, Yelm

Vendors to include:

Party Lite Scentsy Mary kay & Papparazzi
Clever Containers Jamberry Yunique
Cosmetics
Homemade items Pampered Chef Origami Owl
Momma Bears Bakery K& N

There be other fun ways to support Relay For
Life!

For more information or sign up to be a vendor
contact:

Charity 360-400-0082


[Home](#)
[Hospitals](#)
[Doctors](#)
[Health Insurance](#)
[Nursing Homes](#)
[Diets](#)
[Health & Wellness](#)


Protect Your Kids From the Heat

HealthDay | June 29, 2014 | 9:00 a.m. EDT

[+ More](#)

HealthDay

 By Robert Preidt, *HealthDay Reporter*

SUNDAY, June 29, 2014 (HealthDay News) -- Parents need to be aware that hot weather can pose a serious threat to children and must take steps to protect their youngsters, an expert says.



In extremely hot weather, children's play time should be restricted to early morning or late afternoon, Dr. Eric Kirkendall from Cincinnati Children's Hospital Medical Center recommended in a medical center news release.

Parents also need to monitor children's physical activity to make sure they don't overexert themselves.

"Keep them well-hydrated with water, and take frequent breaks to allow them to come inside and cool off," Kirkendall said.

Hot weather puts children at risk for three types of problems, he noted. "Heat stroke, heat exhaustion and heat cramps are reactions caused by exposure to high temperatures combined with high humidity," Kirkendall said. "The most serious of these is heat stroke."

Heat cramps typically occur in the abdomen and legs, especially the calf or thigh muscles. There is no fever. Symptoms of heat exhaustion include pale skin, profuse sweating, nausea, dizziness, fainting and weakness. Children with heat exhaustion require medical attention.

Symptoms of heat stroke include hot flushed skin, high fever (over 104 degrees F), confusion and other altered mental states, and seizures. This is a life-threatening emergency and 911 needs to be called immediately, Kirkendall said.

Keep the child as cool as possible while waiting for emergency crews to arrive. For example: move the child to a cool, shady place or an air-conditioned room; fan the child; sponge the child's entire body with cool water. If the cool water makes the child shiver, stop.

If the child is awake, give him or her as much cold water as they can drink. Don't use fever medicines, because they do nothing to treat heat stroke, Kirkendall said.

More information

The U.S. National Library of Medicine has more about heat illness.

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