



YOUR MANAGERS' REPORT

Aug/Sept 2006

The Worth Ross Tenant Newsletter Service

Your Worth Ross & Associates Team!

Contact Us: (214) 522-9100

Worth Ross
Broker Owner, Ext. 202
worth@worthross.com

Kevin Curran
Agent, Ext. 212
kevin@worthross.com

Oliver Roberts
Agent, Ext. 207
oliver@worthross.com

Chris Vogel
Agent, Ext. 215
chris@worthross.com

Melissa Zacha
Agent, Ext. 216
melissa@worthross.com

Jere Becker
Agent, Ext. 214
jere@worthross.com

Jamillah Gardner
Work Order Supervisor, Ext. 204
jamilla@worthross.com

Jayne Morin
Accounting, Ext. 205
jayne@worthross.com

Ping Liu, CPA
Accounting, Ext. 211
ping@worthross.com

Terri Chamness
Association Mgr., Ext. 201
terri@worthross.com

worthross.com



THE DOG DAYS OF SUMMER

Record heats have affected the majority of the US in July 2006, and are often referred to as the "dog days of summer." The news media has reported many heat-related illnesses and deaths. Many blame the effects of global warming. Whatever the reasons for the extreme heat, it is important to remember that summer is "far from over" and you need to take extra precautions during these severe times to protect yourself and your family.

When it comes to your residence, you can do simple things to help keep cool.

- Start early by closing doors and windows to keep any cool morning air in. Shut doors and windows; use window coverings to cover windows and block out the hot sun.
- Use any fans available and if necessary, purchase table-top or floor fans to assist with rising temperatures.
- If health permits, keep your air-conditioner at 78°.
- Change any appropriate filters - clogged filters reduce the efficiency of air-conditioners and can even cause them to break down.
- Keep an extra supply of ice on hand. If the power goes out, it can help with keeping everyone cool and prevent spoiling in your refrigeration.

Take extra personal precautions with your health.

- Drink lots of water - stay hydrated. If you grow tired of water, drink juices or other drinks as long as they do not contain caffeine.
- Avoid caffeinated drinks, such as coffee, colas, etc, because they can "dehydrate" you rather than re-supply the water you need in your body.
- Eat fresh fruits and vegetable - not only are they nutritious, but they contain water, which increases hydration.
- Wear lightweight clothes and loose fitting outfits. Wearing light colors helps deflect the light.
- If you do not have a source of recreation that will truly cool you off, "stay indoors." Sometimes it does not help to go out in the heat to go swimming, boating, or participate in other outdoor activities - it may increase your body temperature instead..
- Think cool and reduce your pace - when it's hot, slow down and above all, remain as calm as possible.
- Take regular breaks when you are working or doing any activity.
- Know and recognize the signs of heat-related illness - it can save your life or someone you know. *You will find more information on the signs on page two.*



**Worth Ross
Management Co. Inc.**
4145 Travis St., #204
Dallas, TX 75204
(800) 522-9119
(214) 522-9100
Fax: (214) 528-6889
worth@worthross.com
worthross.com

Report Your Maintenance On The Internet!

Did You Know?

Did you know that you could report your maintenance on our updated Web Site? It's easy, just go to www.worthross.com and choose Resident Information, and then, Maintenance Form. Just fill in each item, tabbing from one to another, and send. We will send a confirmation e-mail to you.

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Dallas, TX 75204

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Recognize the Signs of Heat-Related Illnesses

Many times heat-related illnesses or deaths occur because people are unaware of the warning signs. Here are the American Red Cross definitions of heat-related illness.

- **Heat cramps:** these cramps are muscular pains and spasms due to heavy exertion such as exercising and normally occurs in the abdominal muscles or legs.
- **Heat exhaustion:** this occurs usually when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating.
- **Heat stroke:** This is life-threatening and is often known as "sunstroke." The body temperature system, which cools the body, stops working properly. If you suspect heat stroke, get help as fast as possible; you could save their life or your own.

Early warning signals for heat-related illness

- Headaches
- Dizziness, weakness, or exhaustion.
- Nausea
- Skin is either clammy and pale or dry and hot

Signals for heat stroke:

- Vomiting; shock or loss of consciousness
- Hot, dry skin and/or high body temperature
- Rapid, weak pulse and/or rapid, shallow breathing.

What to do?

- Cool the body as quickly as possible
- Administer fluids
- Get HELP - do not hesitate, call 9-1-1.