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SUMMER QUOTATIONS

- People don't notice whether it's winter or summer when they're happy. -- Anton Chekhov
- Oh the summer night, has a smile of light, and she sits on a sapphire throne. -- Barry Cornwall
- A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. -- James Dent
- Do what we can; summer will have its flies. -- Ralph Waldo Emerson
- Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you. -- Langston Hughes
- Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world. -- Ada Louis Huxtable
- Of all the wonders of nature, a tree in summer is perhaps the most remarkable; with the possible exception of a moose singing "Embraceable You" in spats. -- Woody Allen
- Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you. -- Erma Bombeck
- Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time. -- John Lubbock
- The summer night is like a perfection of thought. -- Wallace Stevens
- Ah, summer, what power you have to make us suffer and like it. -- Russel Baker
- In summer, the song sings itself. -- William Carlos Williams
- Deep summer is when laziness finds respectability. -- Sam Keen



Thunderstorm Safety

Along with summer's warm days come thunderstorms. Lightning is one of nature's most powerful and unpredictable killers. Golfing, swimming, boating, biking riding, mowing the lawn – almost any outdoor activity – can be dangerous if there's lightning around. So when you hear that rumble in the sky, heed these tips from the National Weather Service:

- If you can hear thunder, you're close enough to the storm to be struck by lightning.
- Listen to weather reports before you go outside for extended periods. Cancel picnics and such if thunderstorms are likely, or move the picnic indoors.
- If you're caught unexpectedly, move to a sturdy building or car (keep the windows up). Avoid small sheds, isolated trees, or convertible automobiles.
- If there's no shelter nearby, find a low spot away from trees, fences, and poles. In the woods, stay by the shorter trees.
- If you feel your skin tingle or your hair stand up, squat low to the ground on the balls of your feet. Put your hands on your knees and your head between them. Do not lie flat on the ground. Make yourself the smallest target possible.
- Move to higher ground if a flash flood or any flood seems likely. Abandon cars once a flood begins. Do not attempt to drive to safety. Most flash-flood deaths happen in cars.



Commissioner
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District 5



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<p>COVID-19 VACCINES</p> <p>Stay up to date with the latest developments and appointments at miamidade.gov/vaccine.</p>	<p>SAFETY FIRST</p> <p>Ensure your safety by social distancing, washing your hands, and wearing a mask.</p>	<p>STAY INFORMED</p> <p>Sign up for the D5 newsletter by emailing district5@miamidade.gov.</p>
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TEXAS CAVIAR

- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (15 ounce) cans pinto beans, rinsed and drained
- 2 (15 ounce) cans white corn, rinsed and drained
- 1 (4 ounce) can chopped green chiles, undrained
- 1 jalapeno chile pepper, seeded and finely chopped (Optional)
- 1 red bell pepper - cored, seeded and finely chopped
- 1 green bell pepper - cored, seeded and finely chopped
- 1 small red onion, finely chopped
- 1 bunch cilantro leaves, finely chopped
- ½ cup rice vinegar
- ½ cup olive oil
- ⅓ cup white sugar
- ½ teaspoon garlic powder

Directions

Step 1: Mix the black beans, pinto beans, white corn, green chiles, jalapeno pepper, red and green bell peppers, red onion, and cilantro together in a large bowl.

Step 2: To make the dressing, stir the rice vinegar, olive oil, sugar, and garlic powder together in a pan. Bring to a boil, then remove from heat, and cool. Pour dressing over bean mixture, and toss to mix evenly.



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THOSE LITTLE BUGGERS!

Ah, summertime! Barbecues, swimming, baseball, and bugs—lots of bugs! Nothing can ruin a warm summer evening faster than mosquitoes. Besides being annoying, mosquitoes can also be dangerous, carrying diseases like malaria, encephalitis, and West Nile virus. Short of not breathing or moving, there are some simple steps you can take to keep from getting bitten.

Start by getting rid of the mosquitoes around you. Mosquitoes breed in standing water. Remove any containers that can hold water from around the outside of your home. Dispose of all empty beverage containers, plastic wrappers, or toys that might hold even small amounts of water. Don't leave pet food dishes outdoors. Cover garbage cans tightly with their lids. Do not allow water to drip from outside water faucets. Keep doors and windows tightly closed if you do not have screens. Before you come inside, check your clothing and skin for any "hitchhikers."



Avoid mosquitoes if you can. Mosquitoes are most active at dawn and dusk. Avoid unnecessary outdoor activities at these times. Most bug "zappers" do not significantly deter mosquitoes and in fact can attract more of them. Avoid wearing dark clothing, especially blue clothing.

Finally, take care when you go out. If you must go into an area where mosquitoes live, take some precautions. Wear long pants and a long-sleeved shirt. Tuck your pant legs into your socks and tuck in your shirt. Wear a hat and tie a bandana around your neck. Repellents containing DEET can be used on your skin and clothing. Always use as directed. Check with your physician if you have any reaction to the use of DEET or if you are concerned about exposure to this type of repellent. Wash all repellent off of your skin when you come back indoors. Check with a physician before using DEET on children.

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