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## RENE VIRGENS IS HERE TO HELP

Rene came to work at The Grandview 12 years ago to provide valet services. Before his tenure here he worked for South Parking Valet company for 15 years working forty hours per week parking cars. With Magnum Parking Solutions, he has chosen an extended work shift, four days, Monday through Thursday, 7 AM-11:00 PM. in order to have a three-day weekend.

In describing his duties and activities, Rene explained that his valet activities begin as soon as he enters the premises. When he sees arriving vehicles he opens the car door, greets the visitor and determines where to park the vehicle depending on the length of the visit. Throughout the day he answers the valet phone from residents and guests requesting their car be brought to the front door.

Rene assists residents who are returning from shopping with bundles by securing a grocery cart and delivers their purchases to the resident’s unit. When asked how many condo residents have no assigned parking space, he explained that between 15 and 16 units must depend upon the valet to park their vehicle. It takes strategic planning to make room for all parking requests. In a typical day Rene is responsible for parking and redelivering between 40-50 vehicles.

When asked about any challenges presented in his valet duties, Rene described that the two level garage is small and has very tight parking spaces. “Fortunately, I have a lot of experience and I am able to help park residents’ cars in their space when needed or requested.” Do you have any suggestions for improving valet services? Rene replied, “that it would be helpful if residents and guests have a little more patience with me, especially when I am occupied retrieving a car at the same time that someone else has requested delivery of theirs. I have to maneuver a way out of the parking space, and it does take a few minutes. A bit more patience would help.”

Are there any negative issues in providing valet services? Rene replied that “he likes least when he is dealing with a dirty car.” “I try to help everyone with respect and satisfaction in every way. He often aids residents manipulate garage door openers and provide requested assistance to visitors and guests. “Most guests and residents are polite and appreciative of the services I provide.”

In his extended weekends Rene explained that he likes to relax and spend time with his family. He enjoys going to the beach and to the movies. Rene appears to enjoy his work and displays a happy smile as he races from place to place serving residents and guests. Thank you Rene.

# FOOD PESTICIDES

The publication, Consumer Reports, has issued the results of its testing and analysis of the US Department of Agriculture data concerning the presence of pesticides in fruits and vegetables. The Consumer Reports analysis concluded that “pesticides posed a significant risk in 20 percent of the foods” they examined. But they concluded that “pesticides presented little to worry about in nearly two-thirds of the foods including nearly all of the organic ones” Problems were detected in bell peppers, blueberries, green beans, potatoes and strawberries.

Another study conducted by The Environmental Working Group (EWG) found pesticides in 95 percent of the tested samples of the following produce: strawberries, spinach, kale, collard and mustard greens, peaches, pears, nectarines, apples, bell and hot peppers, cherries, blueberries and green beans.

EWG concluded that there was less pesticide residue in avocados, sweet corn, pineapple, onions, papaya, frozen peas, asparagus, honey dew melon, kiwi, cabbage and watermelon.

Some important strategies consumers can use to remove pesticides from produce are: Place produce in a strainer running flowing water over them. (No need for wash items). Wash fruits and vegetables from Farmer Markets, grocery stores or home grown.

Always wash blueberries; Dry them; frozen blueberry packages need not be washed.

Wash grapes only in amounts to be presently used; organic grapes less likely to have pesticides.

Peeling apples, potatoes, carrots removes some pesticides, not all.

Brush scrubbing the skins of apples, potatoes or carrots helps reduce pesticides. Lettuce and other greens should be washed and water drained.

When purchasing produce, determine if they were imported, since some pesticides banned in the US may be used in other countries. Organic produce is safer but may be much more expensive. Watch for sales and price reductions.

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