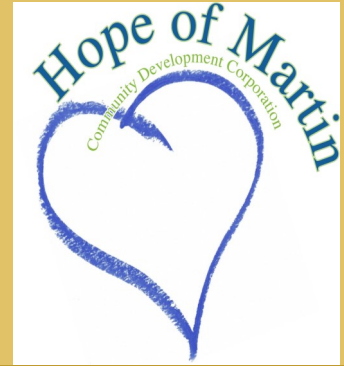


**Office Hours-Monday-Friday
8:00AM-2:00PM**

**Union City emergency number
731-446-9618**

**Martin emergency number 731-
588-5561**



Quirky Summer Health Tips

1. Eat for better hydration. With the dog days upon us, it’s hard to drink enough to stay hydrated. Luckily, you can get plenty of fluid though your food, especially summer’s fresh produce. One watermelon wedge equals 10 ounces of water. One medium peach equals 5 ounces of water and 1 cup sliced strawberries equals 5 ounces of water.
2. Window hazards; Yes you can still damage your skin though a glass window. So cover up when driving.
3. For a mosquito-bite itch, try pressing a warm spoon on the welt. Run a spoon under hot tap water and apply. Heat relieves the itch in 5 to 10 minutes.
4. Honey for scrapes; It’s sticky, gooey and not at all what you think you ought to put on an open cut. But researchers at the University of Auckland in New Zealand have shown that honey reduces healing time significantly when applied to wounds, because of its antibacterial and anti-inflammatory properties. Honey also reduces scarring, another study found. Simply spread it over the affected area, then carefully apply a bandage.
5. Stop shoe odor; Tea bags in you footwear? This sounds wacky, but believe it or not, it’s a great way to reduce odor in sneakers and other shoes. The tea bags absorb the moisture and the stink.
6. Cut clutter, cut craving; Your messy kitchen could be more of a problem than you think: It may be causing you to overeat. A Cornell University study showed that participants in a cluttered kitchen snacked on twice as many calories as people in a more orderly one, often reaching for sweets instead of healthier offering such as carrots. One possible reason? The stress you experience in a chaotic environment may interfere with your ability to exercise self-control.
7. No more sore throat; The summer cold has a fluffy new enemy: marshmallows. The gelatin in these campfire confections coats the throat and relieves irritation and pain. Just don’t eat them too hot.
8. The way to spray; It’s not enough just to apply bug spray and sunscreen for protection against Summer hazards. You need to make sure you do this in the right order. The U.S. Centers for Disease Control and Prevention says sunscreen goes on first, then the insect repellent. That’s because bug sprays work “by creating a field of repellency as they evaporate and leave the skin.

WHEN A GUEST BECOMES AN OCCUPANT

One of the more popular questions is “Why can’t I have someone who is not on my lease stay in my apartment?” The best answer to that question is because it is a lease violation. Every resident lease states: Section 5, part a:

The resident shall use the premises as a private dwelling for himself or herself and the persons named in of this Lease, with the exception of minor children born into the household.....

HOPE OF MARTIN

PO BOX 354

327 N. McCombs Street

Martin, Tennessee

38237

STORY CONTINUED..

During this tenancy, and shall not permit its use for any other purpose without the written permission of the landlord. The resident shall not: Permit any persons other than those listed above and minor children which are born into the household during tenancy, to reside in the dwelling unit for more than fourteen (14) days each year without obtaining the prior written approval of the Landlord. This requirement is not just an arbitrary rule, it is mandated by Congress. The regulation is in the Code of Federal Regulations (24CFR 966.4). So actually not only is it a lease violation it is prohibited by federal law.

Hope of Martin is subsidized with federal funds and residents pay rent based on family size and income. If someone moves in with a resident and are not added to the lease through normal procedure, basically they are cheating the Federal Government i.e. taxpayers. In addition, Hope of Martin is required to approve anyone living in apartments by screening financial and criminal backgrounds. Not only is it a lease violation, it puts neighbors in danger if the unauthorized person has a criminal history.

Best practice for residents is to abide by their lease and not allow anyone to reside in their apartment unless they are on the lease. Helping out friends or loved ones is commendable, but not at the expense of losing one's home. Please know that you can call the office at any time to ask questions about your lease or other Hope of Martin policies.