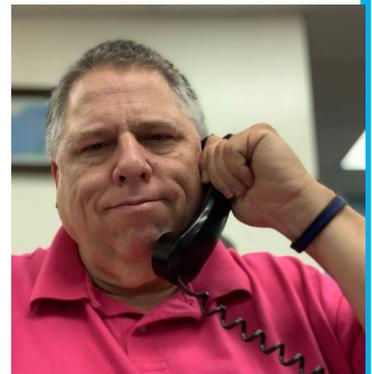




Introducing PARK Roanoke's New Office Administrator

Many of you who have parked in the Church Avenue Garage know Rich already. He has worked as an attendant since 2017. And, you may have seen his many costumes that he has worn to entertain customers. We are pleased to announce that Rich has been promoted to Office Administrator. His is the face that will greet you upon entering the office. His role is to assist in taking payments, helping set up new accounts, and validation accounts as well as handing out hang-tags. He stated that "I always loved the customers, but before I could only waive Hi and Goodbye; and, now I can interact more with customers on a one-on-one level." "Its very rewarding." Rich is about to become a grandfather. Be sure to ask him for photos!

PARK Roanoke is pleased to be able to promote their employees. Many of our valued employees have recently risen to management positions. To learn more about PARK Roanoke, call our office 540.343.0585 or visit www.PARKRoanoke.com



RIDE Solutions and the Virginia Department of Rail and Public Transportation have launched a new, statewide ridematching system to help commuters explore their transportation options. The new system, part of the Commute!VA statewide network, provides a suite of instant ridematching tools on mobile devices and through the www.ridesolutions.org website to help citizens connect to carpool, transit, and bike commuting opportunities.

RIDE Solutions is a commuter services program operated by the Roanoke Valley -Alleghany Regional Commission in cooperation with the New River Valley Planning District Commission, the Central Virginia Planning District Commission, and the West Piedmont Planning District Commission. It provides multimodal trip planning services for citizens and employers throughout Central and South-west Virginia. Learn more: visit www.ridesolutions.org



Thank you for parking with us. We appreciate your business!

Did You Know?

July 29, 1958: Congress created the National Aeronautics and Space Administration to sponsor and coordinate the nation's space exploration efforts.

July 29, 1969 First Moon Walk.

July 5, 1946: The bikini is showcased for the first time

July 6, 1885 Louis Pasteur successfully gave the first anti-rabies vaccination to nine-year-old Joseph Meister, who had been bitten by an infected dog.

Learn more at [History Extra](#)

Important Notice:

Our offices will be closed on Monday, September 2, 2019 in observance of Labor Day. Meters will be free on this date; all garages and lots except for Market Garage will be free; and, there will be no on-street, "timed" enforcement on this date. All other on-street signs and restrictions will be in effect.



Payments for Monthly Parking and for Citations may be paid on-line or over a toll free telephone line.
www.PARKRoanoke.com/payments or dial
1-888-272-9829 Use Jurisdiction Code 6246
A nominal processing fee of \$1.95 to \$2.45 applies to credit/debit card payments.

PARK Roanoke
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July Heat Safety Tips From PARK Roanoke

It's that time of year again—we are in the middle of the hottest days of the summer season. Protect your co-workers, family, friends, and especially watch out for children, elderly, and your pets.

- **Drink more fluids** regardless of your activity level. Don't wait until you're thirsty.
- **Don't drink fluids that contain large amounts of sugar.**
- **Sports drinks can help** replace the salt and minerals you lose when you sweat.
- **Wear light weight,** light-colored, and loose-fitting clothing.
- **Electric fans** make dealing with the heat more comfortable, but when temperatures are in the 90s, fans will not prevent heat related illness.
- Some of the best ways to **cool down** is by taking a **cool shower** or just by moving to a cool air -conditioned place.
- **Protect yourself** from the sun by wearing sunglasses, wide-brimmed hat, and apply sunscreen.
- **Identifying Different Heat Related Illnesses:** - Heat Stroke: Symptoms include dry skin, dizziness, and a rapid strong pulse. With heat stroke, body temperature can rise up to 106° and can be life-threatening.
- **Heat Exhaustion:** Can happen before a heat stroke with symptoms of heavy sweating, nausea, light-headedness, rapid breathing, and a fast weak pulse.
- **Heat Cramps:** Muscle pains or spasms that happen during exercise and also includes heavy sweating as well as feeling weak or light-headed. - Heat Rash: Skin irritation from excessive sweating.
- **Treating Heat Related Illnesses:** - Treat a person by having them rest in a cool place, have legs slightly elevated for heat stroke and exhaustion. Give them a sports drink like Gatorade® or PowerAde®, or water if sport drinks are not available. Spray the person with water to help cool them down more and massage away muscle cramps.



Reference: www.cdc.gov and www.nlm.nih.gov

www.PARKRoanoke.com