



Volume 7, Issue 11

PARK Roanoke's Newsletter©

www.PARKRoanoke.com

November 2019

Situational Awareness— Another way to promote safety..... by PARK Roanoke

Situational Awareness is the ability to identify, process, and comprehend the critical elements of information about what is happening around you. Simply put it means being aware of your surroundings and identifying potential threats and dangerous situations.

We all don't have to be James Bond or Jason Bourne to make this concept useful. For example, situational awareness comes into the picture when you are driving and hear a siren and then need to react or when you are walking and notice someone following you too closely. It's like listening to your instincts, observing, and taking a course of action to keep safe.

Here are some tips for office and parking safety: • Develop a 360 degree mindset. • Know what is happening on all sides of you, including above and below. • Take note of people and objects that are around you, particularly those things that will pass through your direction of travel. • Be keenly aware of unusual or suspicious behavior. Don't forget to dial 9-1-1. • Lock your vehicle doors and roll all windows up all the way. • Remove all valuables from the vehicle or secure them somewhere in the vehicle where they are unseen. • Park in a well-lit, high traffic area. • Avoid parking near dumpsters, woods, large vans or trucks as these objects may provide cover for an assailant.



For more safety tips, visit www.PARKRoanoke.com/safety

#NationalSituationalAwarenessDay



PARK Roanoke reminds drivers to be alert for Street Closures and parking restrictions due to Dickens of a Christmas events on these Fridays:

December 6, 2019

December 13, 2019

December 20, 2019

The city will post temporary signs alerting drivers to the restrictions needed for these events. Please be watchful as closures will affect many downtown streets.

 Thank you for
Parking with us!

PARK Roanoke Thanks All Veterans for their service to our country. We proudly employ many veterans.



Important Notice:

Our offices will be open and on-street parking will be enforced on Veterans' Day. Our offices will be closed on Thanksgiving Day, Christmas Day, and New Year's Day.





Payments for Monthly Parking and Citations may be paid on-line or over a toll free telephone line.

www.PARKRoanoke.com/payments or dial

1-888-272-9829 Option 3 and Use Jurisdiction Code 6246 A nominal processing fee applies to credit/debit card/echeck payments.

PARK Roanoke

P. O. Box 83

Roanoke, VA 24002

117 Church Avenue, SW

Roanoke, VA 24011

Phone: 540-343-0585

Fax: 540-342-6447

E-mail: parking@PARKRoanoke.com

IT'S EASY TO PARK ONCE AND ENJOY ALL THAT DOWNTOWN ROANOKE OFFERS!

Writer by Bus Debuts at Hollins University Reading

Chapbook of author Lucy Marcus' works now available for purchase or download at the RIDE Solutions website

Roanoke, VA., October 25, 2019 – RIDE Solutions and Hollins University hosted Lucy Marcus, the 2019 Writer by Bus, for a debut reading of works from her chapbook "Dandelion Wishes" this past Tuesday.

"Ms. Marcus' collection of short stories continues the tradition established by each of our previous writers of developing an engaging body of work that tells the story of public transportation and those it served in a compelling, thoughtful way," said RIDE Solutions Director Jeremy Holmes.

Marcus, a 2019 graduate of Hollins' MFA program in creative writing, was selected through a competitive process this past spring by RIDE Solutions, the Roanoke City Arts Commission, and the Greater Roanoke Transit Company to be the Writer by Bus. Tuesday's reading was the first public release of the material she developed as a result of her time with the program. She joined the reading remotely from her home in New York City.

"Writer by Bus, and the greater Art by Bus effort of which the program is a component, remains one of our favorite ways to educate citizens on the value of public transit," continued Holmes. "What better way to address head on the perceptions surrounding who rides the bus and why than to work with our valley's creative community to tell the full story of the neighborhoods and neighborhoods served by our buses."

In addition to Lucy Marcus, Tuesday's reading was joined by all previous Writers by Bus: Melanie Almeder, Meighan Sharp, Shari Dragovich, and Tim Thornton, each of whom read selections from their works.

Limited edition hardcopies of "Dandelion Wishes" can be purchased from the RIDE Solutions webstore at www.ridesolutions.org/store/, or downloaded free from www.ridesolutions.org/art-by-bus.

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 Southwest Virginia.

Submitted by Jeremy Holmes, Director, Ride Solutions

www.ridesolutions.com

Bikeshare by RIDE Solutions: zagster.com/ridesolutions

Facebook: facebook.com/ridesolutions

Twitter: @ridesolutions

Instagram: @ridesolutionsva



Let's Talk Turkey!

A Consumer Guide to Safely Roasting a Turkey From USDA

Fresh or Frozen?

Fresh Turkeys

Allow 1 pound of turkey per person.

- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- **Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing Your Turkey" for thawing instructions.

Frozen Pre-Stuffed Turkeys

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

Roasting Your Turkey

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily. Remove all stuffing from the turkey cavities.



Images from:
Geauxaskalice.com humormatters.com and baselines.com