

Boating & Water Safety For Kids Especially Important During Summer Months

Whether you are escaping the intense Georgia heat by getting out on the water by boat or enjoying summer pastimes like fishing or kayaking, safety should always be the number one concern.

Even small bodies of water have the potential to cause serious injuries or death - especially to children. The Centers for Disease Control (CDC) reports that each year in the United States, there are an estimated 3,960 fatal unintentional drownings, including boating-related drowning, equating to an average of 11 drowning deaths per day. There are twice as many non-fatal, non-boating related drownings - 8,080 per year, averaging 22 per day – and many of the incidents cause brain damage and serious, long-term

Fatal drowning is the second-leading cause of unintentional injury death behind motor vehicle crashes for children ages 1-14 and since children ages 1-4 have the highest downing rates, it is imperative that families discuss and exercise extreme caution anytime they are near or on the

Not being able to swim is not the only thing that makes drowning more likely to occur. While swimming lessons for children is helpful, it is important to remember other factors that make drowning more likely, according to the CDC:

Missing or ineffective fences around water - ensure that all home pools are completely enclosed by fences, even if the pools are small and portable. Children can drown in as little as a few inches of water and proper barriers can prevent kids from entering the water if a caregiving isn't paying attention.



Lack of close supervision - drowning can happen extremely quickly, even when lifeguards are present, which is why it is important to always have as many eyes as possible on your child at all

Not wearing life jackets - Georgia law requires that all children under 13 years of age wear a U.S. Coast Guard-approved life jacket on any moving water vessel and that all boats carry onboard at least one lifejacket for each passenger. (If your boat is over 16 feet in length, you are also required to carry a throwable floatation device on board). But using life jackets during any water activity - including swimming, kayaking, or shore fishing - can prevent drowning, which is why it's absolutely necessary to do so.

Drinking alcohol – Besides impairing balance and coordination, alcohol consumption seriously affects judgement and increases risk-taking behavior, and is involved in up to 70% of deaths associated with water recreation.

Using drugs or prescription medications -

Not many people may be aware that their commonly-prescribed medications for depression, anxiety, bipolar disorder, schizophrenia, and other conditions have side effects that can be similar to the effects of alcohol, such as difficulty thinking clearly and decreased motor skills, which can both increase the risk of drowning. Because of this, it's important for anyone on medication for these health issues to take extra precaution on or near

What do I do if a boating or water injury or fatality has occurred?

The effects of these types of accidents can be terrifying and extremely confusing to navigate through. If you or a loved one is facing the aftermath of a water-related accident, contact our office as soon as possible so we can sit down together and help you.















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Help Save A Life By Becoming A Lifeguard!

Clayton County Parks and Recreation is offering Lifeguard Training classes through November. After two days of instruction at the Jim Huie Recreation Center on Tara Blvd, you'll receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED that is valid for two years. Anyone aged 15 years or older may participate, as long as they can swim at least 300 yards, tread water for two minutes using only their legs, and complete a timed brick test. For more information, contact Vincent McPherson at (678) 215-8913 or email Vincent.McPherson@claytoncountyga.gov.



RECIPE OF THE MONTH

This classic Indonesian comfort food is sweet and savory and can even be served with shrimp or steak instead of chicken!

Bami Goreng (Sweet and Spicy Indonesian Moodles)

INGREDIENTS

- 8 Tablespoons oil, divided
- 3 boneless, skinless chicken breasts
- 2 Tablespoons ground coriander, divided
- 2 Tablespoons ground cumin, divided
- Salt and pepper to taste
- 6 Tablespoons, divided, of kecap manis (ABC sweet soy sauce) or see recipe below
- 2 carrots, sliced
- Bok choy leaves from one whole head
- 1 red peppers, sliced
- 1 large pack Bami noodles (thick, Asian noodles)
- 2 cloves garlic, minced
- 1 Tablespoon ground ginger
- l teaspoon red chili (or more if you like it spicy!)
- 1 large, sweet onion, diced

Ketcap Manis

- 1 cup soy sauce
- 1 1/4 cup brown sugar
- 1 tablespoon molasses (or 2 extra tablespoons brown sugar if you don't have)
- 3 cloves garlic, minced
- 2-inch piece fresh ginger, grated OR 1 Tablespoon ground ginger
- 1 teaspoon star anise
- 1 Tablespoon ground cloves

Mix all ingredients in a small pot over the stove. Stir, bring to a low boil, reduce heat, and simmer until thickened, 10-15 min. Makes approximately 1 1 /₂ cups.

Garnishes (optional)

2 sliced scallions/green onions

- Fried shallots or onions (store-bought French's works)
- Fried eggs

DIRECTIONS

- 1. Prepare chicken by heating 2 Tablespoons oil in a large skillet over medium high heat. Sprinkle chicken with 1 Tablespoon each coriander and cumin. Add salt and pepper. Drizzle 2 Tablespoons kecap manis over both sides of the chicken then cook until browned on both sides and cooked through. Remove from skillet, allow to rest, then dice and set aside.
- 2. In same pan, heat 2 Tablespoons oil, add veggies, season with salt and pepper, and sauté until tender. Remove from pan, set aside.
- 3. Rinse noodles under hot water until soft OR submerge in boiling for one minute. Set aside.
- 4. Heat 1 Tablespoon oil in a wok (or skillet) over high heat. Add garlic, ginger, and chili and cook until fragrant, then add onion and 1 Tablespoon each of coriander and cumin. Cook onion until translucent.
- 5. Add noodles and remaining 4 Tablespoons of kecap manis. Cook quickly, just until the kecap manis has been evenly dispersed and stains the noodles brown. Add chicken and veggies and stir until combined.
- 6. Transfer to a serving platter. Sprinkle with scallions, eggs, and fried shallots, if using:





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Joe and Jillian

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Raving Fan of the Month

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