St. Pete Beach eNews

The Official Electronic Newsletter of St. Pete Beach

July 3, 2014

MARK YOUR CALENDAR

July 4th Fireworks
@Upham Beach
around 9pm
~
Summer Dive In Movies
July 11, Cars 2
Doors open at 8 pm, cost $4
Aquatic Center

POOL INFORMATION

Water temp. always 82°!

HOURS

Adult Lap Swim
Monday-Friday
7a-10a
M-Th 11a-4p (1 lane)
6-7p (3 lanes)
Fri. 11a-6p

Open Swim
Mon.-Fri.
10-11a
(Activity Pool Area Only)
M-Th 11a-4p, Fri 11a-6p
Sat.10a-3p
Sun. 12-3p

Water Aerobics
Tues./Wed./Thurs.
10:15—11am
$5 SPB Res./$6 Non-Res.

UPCOMING MEETINGS

Held at City Hall
~
Finance & Budget Review Committee
July 7, 9 @ 1pm
and July 10 @ 9am
~
City Commission
July 8th @ 6:00pm
~
Recreation Advisory
July 9 @ 9am
~
Special City Commission
July 10 @ 4pm

~4TH OF JULY FIREWORKS - The City will have a fireworks display on Friday, July 4 around 9pm. The fireworks will be staged on Upham Beach, therefore this portion of the beach will be closed to everyone, except essential personnel at 5pm. Please leave the fireworks to the professionals. Remember to throw your trash away!

~SUMMER DIVE-IN MOVIES - Bring your noodles, floats and chairs to lounge by the pool while watching a movie on our inflatable screen out under the stars. Snacks, drinks and glow jewelry will be sold. No outside coolers or food allowed. Doors open at 8:00 pm Admission is $4.00 per person. The schedule for the Summer Dive-In Movies is: **July 11-Cars 2**, July 18-The Lego Movie, July 25-Nut Job, August 1-Happy Feet, August 8-Despicable Me 2. Event will be cancelled in inclement weather.

~COMMUNITY MEETING IN PASS-A-GRILLE - Join us at a community meeting for the Pass-a-Grille Pathway to the Future Project. Tindale-Oliver & Associates will reveal their findings and talk about next steps toward addressing the issues identified through the public outreach process. Thursday, July 17th at 6:00 pm, Warren Webster Building, 1500 Pass-a-Grille Way, St. Pete Beach, More info at www.stpetebeach.org

~LIBRARY NEWS & EVENTS- Monday, 11:00 am-1:00 pm, Pinellas County Healthcare Navigator information table; Monday, 5:30 pm, Book & Film Discussion for ages 8+, *A Wrinkle in Time* by Madeline L'Engle; 2:00-4:00 pm, Wednesday Wonderings, for ages 9-12 (robots); Thursday, 11:00 am, Mother Goose Story Time for ages 0-3 (sight); Thursday, 2:00-4:00 pm, Thursday Thrills (sound); Thursday, 4:00 pm, *I Want to Be a Skeeter Reader*, skill-building for beginning readers; Friday, Library closed in honor of Independence Day.

~PASS-A-GRILLE PATHWAY TO THE FUTURE PROJECT - Thank you to everyone who has contributed so far to this project. Check out all of the comments we received at the Workshop and Design Fair http://www.stpetebeach.org/component/k2/item/55.html and let Chelsey know if you have any additional input cwelden@stpetebeach.org.

~FROM THE SHERIFF'S OFFICE - Please lock your car doors and stow valuables out of sight. Check out the Sheriff's website for access to programs and services to learn how to protect yourself, your family and your possessions. To contact our Community Policing Officer call 582-5721.

~NOTES FROM COMMISSIONER RICK FALKENSTEIN DISTRICT 2: LETS WALK AND TALK - On Saturday June 28 was my first Walk and Talk. I met many nice residents during this walk . On Saturday July 5,2014 I will be walking 58th and 59th avenue, 2nd street east and all of the fingers. Iam hoping this will give residents of district 2 an opportunity to talk.Bring to the Walk and Talk any topic. I would like to hear from our District 2 residents ideas besides Property taxes, on ways we can generate revenues and keep our taxes lower. I do understand some of our citizens can not be in the heat, I will be happy to meet with you in a cooler location.

SUNSET TIMES: July 3 -7 8:31 pm, JULY 8 -11 8:3

Ask your friends and neighbors if they receive the ST PETE BEACH eNEWS.

CITY OFFICES CLOSED FRIDAY, JULY 4TH IN OBSERVANCE OF INDEPENDENCE DAY

City of St. Pete Beach Recreation

Presented By

Seminole Landshark Youth Triathlon Team & St. Pete Beach Recreation

Kids Splash & Dash Aquathon Ages 6-15

Entry Info

Entry Fee: $25 .00 (plus a $10 one day USA Triathlon Membership in not a current member)

Make checks payable to:
FRPM

Send form and payment to:
Jim Sheets
1047 Honeysuckle Road
Largo, Florida 33770

The race is limited to 200 participants, register early!

Race Distances

Age	Run -	Swim
6 - 10 yrs.	1k -	100 yards
11 - 15 yrs.	2k -	200 yards

All Participants will receive a race t-shirt, finishers medal, and post race pool party. There will not be timing or awards for this fun non-competitive event.

Race Information

All participants must pick up race packets on Saturday, July 12 between 7:00 am & 7:45 am

This Race is USAT Sanctioned , Please bring your Valid USAT Membership

Saturday, July 12, 2014 8:00 a.m.

St. Pete Beach Community Center
7701 Boca Ciega Drive, St. Pete Beach, FL (727) 363-9245

2014 'Splash & Dash! Registration Form

First:_____ M.I._____ Last:_____

D.O.B._____ Age:_____ Sex: _____Phone:_____

Address:_____City: _____Zip: _____

E-mail:_____ T-Shirt Size: YS___ YM ___ YL ___ AS ___ AM ___ AL ___

I, the parent/legal guardian of the named child on this form, do hereby assume all risks and hazards incidental to my participation in activities, use of the equipment and facilities or my child's participation in activities, use of equipment and facilities of the City of St. Pete Beach Community Center, and I do hereby agree to waive, release, absolve, defend and hold harmless the City of St. Pete Beach, its employees, officers, agents, volunteers, and elected officials from any and all claims, damages, losses or injuries of any kind, resulting from the participation in activities, use of equipment and facilities of the City of St. Pete Beach Community Center. This release includes a release for any and all losses or injuries arising our of any act or omission or negligence, either active or passive of the City of St. Pete Beach, its employees, officers, agents volunteers, and elected officials. This release is given and signed of my own free act and will.

Signature of Parent/Legal Guardian:_____ **Date:**_____

Hot Weather Can Kill You

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

Take these precautions to avoid heat illness:

• Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.

• Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine which can contribute to dehydration.

• Dress in lightweight fabrics that provide ventilation. Light colors are cooler than dark colors which absorb the sun's heat.

• Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.

Know the symptoms of heat illness:

• Heat cramps are caused by heavy sweating which can deplete the body of salt. They may be accompanied by hot, moist skin and a slightly elevated body temperature. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.

• Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting.

Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.

• Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behavior, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness:

• Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.

• For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.

• For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible.

Immerse him in water or use ice to cool his body. Call for an ambulance immediately.

Other hot weather hazards:

• Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sunblock with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.

• Too much bright sunlight can cause temporary eyestrain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.