LAKE LUCERNE LEDGER



Water Safety Mythunderstandings

Summer is almost upon us and for many that means more time on the water boating, fishing, and kayaking. It is important to remember that as beautiful as Lake Lucerne is, safety should always be taken into consideration in, on, and around water. On average, over 3,400 people drown in the United States each year: it is important to remember that no one is drown-proof.

Myth: Drowning victims call for help... WRONG

Fact: Drowning is suffocation in water, it's a silent death.

Myth: Drowning victims are alone when they go under... WRONG

Fact: Drownings occur in the middle of crowds. Drownings are

often mistaken for play, as victims try to push themselves out of the water.

Myth: Drownings don't occur quickly... WRONG

Fact: Drownings can occur in as little as 20 seconds.

Myth: Victims are usually swimmers who went too far... WRONG

Fact: Drowning victims are usually poor swimmers or non-swimmers who never intended to enter the water.

Myth: Children are safe if they know how to swim and wear a personal floatation device... WRONG

Fact: Children can easily panic

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Upcoming Events

Lake Lucerne Estates <u>Civic Club Meeting</u>

All area residents are encouraged to attend at the Clubhouse. 7:30 pm, Thursday, May 17

Pig Roast

Be part of the celebration at the annual Fourth of July Pig Roast. Enjoy good food, friends, and fabulous fireworks! *6:00 pm, Wednesday, Jul 4*

Lake Lucerne Estates Civic Club (LLECC) Meeting

All area residents are encouraged to attend at the Clubhouse. 7:30 pm, Thursday, Jul 19

Lake Lucerne Estates Civic Club (LLECC) <u>Meeting</u>

All area residents are encouraged to attend at the Clubhouse. 7:30 pm, Thursday, Sep 20, 2018

Fall Clean-Up

Help keep your neighborhood looking sharp by joining others as we prepare for winter! 10:00 am, Saturday, Oct 6

Leaves of Three? Let It Be!

Summer is here, and that means cookouts, swimming pools, and.... poison ivy. Don't let poison ivy ruin your summer with these simple tips!

1. Leaves of three, let it be. Learn to identify poison ivy. Here in the South, it can grow as a vine or a shrub. It always has three pointed leaves. On some plants, the leaves have notched edges. On others, the leaves' edges are smooth. The plants sometimes have white

berries, which help it spread. Birds eat the berries and transplant the seeds on new areas along with their droppings.

2. The best way to avoid poison ivy, is to avoid poison ivy. Avoid places that you know it calls home. Cover up with closed shoes, socks, long pants, long sleeves, and gloves. Wash any clothes that come in contact with poisonous plants as soon as possible. 3. Poison ivy rash is an allergic reaction to the oil present on the leaves, stems, and roots of the plant, so cover up with closed shoes, socks, long



cks, long pants, long sleeves, anytime you might

come in contact with the plants. If you do get exposed, wash your skin with soap and warm

water right away to get the plant's oils off your skin...you'll likely have about 15 minutes to get the oil off before it's too late.

4. If it's too late, and you've got the rash, you should be sure to wash all

clothing, tools, pets, and anything that might've touched the plant. The oil from the plant is remarkably stable and can still cause a reaction months, even years, later if left on a lawn tool, golf club, or garden glove. But, also know that poison ivy is not contagious from person to person, or from body part to body part. To get the rash, you must

come in contact with the oils from the plant.

5. If you've got it, it can take a week to three weeks before you see relief. Calamine lotion is still a good remedy for the itching, and can help it heal faster. But, if you

have the rash on your face or other sensitive area, or your rash is severe, you should contact your doctor or visit an urgent care center. There are remedies available that require a prescription that can help.

Cinco de Mayo!

You might hear about Cinco de Mayo parties. But even though celebrations of Cinco de Mayo (which translates to the Fifth of May) originated in Mexico, the day is more popular in the United States!

So what does Cinco de Mayo celebrate? On the morning of May 5, 1862, 6,000 French troops stormed the Mexican city of Heróica Puebla de Zaragoza to bring it under French rule. The Mexican soldiers were outnumbered, but they fiercely fought back. By early evening, the French had retreated. Now the people of Puebla, Mexico, observe the holiday Cinco de

Mayo to celebrate this victory. The holiday is also widely celebrated in the United States. Americans use the celebration to honor the battle as well as Mexican culture.

In the United States, people attend parades with colorfully dressed dancers, listen to lively Mexican folk music called mariachi, and eat millions of avocados in traditional eats such as guacamole. Washington, D.C., even holds the Running



of the Chihuahuas, where Chihuahua dogs (a breed that originated in Mexico) race each other for fun. Cinco de Mayo might be celebrated on the fifth day of May, but it gets a ten on the fun scale.

Water Safety Tips

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and forget what they've learned. No one is ever "drown-proof," not you nor your kids. So never let children play unsupervised in, on, or near the water.

Myth: If my boat sinks I can always swim to shore... WRONG

Fact: Many people, including strong swimmers, can be overcome by hypothermia in cold water and drown. Cold water is dangerous, and the shoreline may be farther than it looks.

A life jacket should be warn at all times. And to ensure your life jacket works as intended, keep these tips in mind when fitting yourself or your child in a life jacket:

- 1. Life jackets are not like clothesyou DON'T grow into them.
- 2. They should be Coast Guard-approved and the correct size for your weight.
- 3. Life jackets should fit snugly. The shoulders of the life jacket should not come up above the nose or ears when pulled up or it will not stay on in the water.
- 4. If your child's weight exceeds the children's sizes, you must purchase an adult-sized life jacket for them.
- 5. Life jackets are important, but they are never a substitute for adult supervision.

And remember, drinking and boating is just as dangerous as drinking and driving.

By keeping these facts in mind, we should all have a fun, and safe summer!

Did You Know? Alaska is the state with the highest percentage of people who walk to work (8.9%)





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congratulations!