

FLAGLER BOCC HEADLINES



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The CDC website states: If cardiac arrest happens to someone nearby, don't be afraid – just be prepared! Follow these steps if someone is in cardiac arrest:

- Call 9-1-1 right away. If another bystander is nearby, save time by asking that person to call 9-1-1 and look for an automated external defibrillator (AED) while beginning CPR. AEDs are portable machines that can electrically shock the heart and cause it to start beating again.
- Give CPR. Push down hard and fast in the center of the chest at a rate of 100 to 120 pushes a minute. Let the chest come back up to its normal position after each push. The American Heart Association (AHA) recommends timing the pushes to the beat of the song 'Stayin' Alive.' This method of CPR is called 'hands-only' and does not involve breathing into the person's mouth.
- Continue giving CPR until medical professionals arrive or until a person with formal CPR training can take over.



FLAGLER COUNTY HEALTH & HUMAN SERVICES STAFF CERTIFY TOGETHER FOR CPR

It's a good thing to know – “whether you're a brother or whether you're a mother” – the Bee Gees song “Stayin' Alive” is precisely the right rhythm for performing CPR, cardiopulmonary resuscitation, the emergency procedure that can help save a life when breathing or the heart stops.

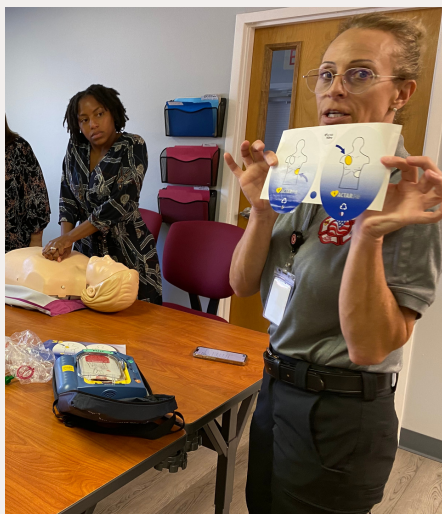
The Flagler County Health and Human Services Department spent a day in June (in two shifts) certifying or recertifying for CPR in classes taught by Community Paramedic Tracy Farmer. The Basic Life Support training will allow the department, whether singly or in 3-person teams, to provide potentially life-saving support until paramedics and a fully supplied ambulance arrive on the scene.

“The bottom line is that if a person has no pulse, doing something is better than doing nothing,” Farmer said. “If you aren't comfortable doing breaths, then do the compressions.”

The purpose of CPR is to assist people during cardiac arrest, when the heart stops beating or is ineffective in circulating blood to the brain and other vital organs. The American Red Cross has changed its guidance over the years. Typically, CPR has included a combination of chest compressions to mimic a beating heart and breaths to provide oxygen. It now has been determined that compressions can be effective without breaths. The recommended “Stayin' Alive” rate is 100 to 120 compressions a minute.

The Center for Disease Control (CDC) encourages getting some education about CPR as preparation is key. According to its website, CPR can double or triple the chance of survival if it is performed in the first few minutes of cardiac arrest.

Flagler County Fire Rescue teaches public CPR classes on the first Saturday of each month. There is nominal cost of \$5. Preregistration is required and can be done by contacting Fire Rescue Lt. Jon Moscowitz at 386-313-4251 or by email at CPRtraining@flaglercounty.gov.



'TUNE IN' TO MEETINGS

JULY 10: BOCC REGULAR MEETING AT 9 a.m.
JULY 11: PLANNING AND DEVELOPMENT AT 6 p.m.
JULY 12: TOURIST DEVELOPMENT AT 9 a.m.
AUG 7: BOCC REGULAR MEETING AT 9 a.m.

LIVE STREAM

www.youtube.com/flaglercounty/live



VARN PARK TO REOPEN IN TIME FOR THE FOURTH OF JULY HOLIDAY

Varn Park will reopen on July 1 – in time for the Fourth of July holiday. The park has been closed for three months as Flagler County is in the midst of emergency sand operations.

“The contractor will have completed the two projects that staged in that area by June 30 and all of the equipment will be removed from the parking lot,” said County Engineer Faith Alkhatib. “We appreciate how patient everyone has been. We know people love to come to this park for beach access.”

Work will shift north and will be staged out of Old Salt Park, 16th Road in The Hammock, but that park will not close until July 5. The first segment of the FEMA emergency dune project will take about six weeks and cover an area from the south end of MalaCompra Park to an area about halfway between Old Salt Park and Jungle Hut Park.

Officials urge beachgoers to be aware in that area as there will be a steady stream of dump trucks and other heavy equipment operating out of Old Salt Park.

“Please be careful. We apologize for any inconvenience to our residents and visitors who love to visit our beaches,” said County Administrator Heidi Petito. “We are fortunate that the contractor was able to work in a nice little respite for the holiday. This work is critical for all of Flagler County, and we appreciate everyone’s continued patience.”

'DO DATE' EVENTS

07/04/23: **UNITED FLAGLER 4th Community Celebration**
FIREWORKS display at 9 p.m. at the Airport
Flagler Beach Parade at 10 a.m. on SR A1A
Flagler Beach Music & more 11 a.m. to 5 p.m.
Declaration of Independence at 7 p.m. | Airport

BREAKERS

PRINCESS PLACE PRESERVE 'HOMINY BRANCH TRAIL' CLOSED FOR WORK

The Hominy Branch Trail at Princess Place Preserve will close until mid-July for habitat restoration of about 70 acres. The work will not affect the remainder of the park, which visitors are welcome to come and enjoy.

The upland pine restoration project will be completed under a grant and in partnership with the U.S. Fish and Wildlife Service. The land management activities will include mechanical mulching to create safer conditions for prescribed fire and to allow a more open understory that is accessible by ground-dwelling native species, like the gopher tortoise, for habitat and forage.

“The natural community affected is a scrubby flatwood and sandhill mosaic that has been impacted by exclusion of natural fire across the landscape,” said Public Lands and Natural Resource Manager Michael Lagasse. “Without periodic natural fire, vegetation has grown up without the natural fire cycle and that negatively affects native plant and animal diversity.”

BRING THE FAMILY OUT FOR THE UNITED FLAGLER 4TH

Flagler County and the cities have been working together this year for one UNITED event on the 4th of July.

The daylong celebration begins with the Stars and Stripes parade hosted by the Rotary Club of Flagler Beach. The parade will start promptly at 10 a.m.

From 11 a.m. to 5 p.m., everyone can relax, take in the beach, and enjoy music and entertainment.

The main event: Fireworks Over the Runways at the Flagler Executive Airport. Gates open at 5 p.m. Local dignitaries will read the Declaration of Independence at 7 p.m. on the main stage, followed by the fireworks display at 9 p.m.

There is no charge for entry, parking, or participation. Food and drinks will be available for purchase. No glass bottles are permitted.

The main location for parking will be on Fin Way off Belle Terre Parkway South. Parking on Fin Way is highly encouraged. Overflow parking will be available at FPC, but be prepared to walk.