

THE RIVERFRONT SCOOP

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THE RIVER FRONT MASTER

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Miami, Florida 33130

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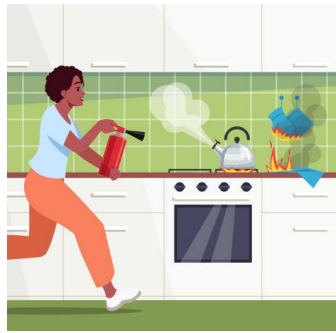


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What a Kitchen Fire Spray Can and Can't Do

The little aerosol fire spray in the kitchen drawer may not last as long as homeowners expect. According to Consumer Reports, the cans carry only about a three-year shelf life -- far less than the six to twelve years of a traditional extinguisher -- and they have no pressure gauge, so there is no way to confirm one is still charged. The date is printed on the can; note it and replace on schedule.



The sprays do have real virtues. There is no pin to pull, just point and spray, and they are rated for grease and cooking-oil flare-ups, which makes them easy to grab in a hurry. But they are a back-up, not a replacement. The label itself states the spray does not meet NFPA 10, the standard for a true fire extinguisher.

Why Plain Water Isn't Always The Best Drink In The Heat

For workers sweating through a shift outdoors or in a hot plant, the most surprising hydration advice is that plain water is not the drink that keeps the body hydrated longest. A University of St. Andrews study published in the American Journal of Clinical Nutrition tested 13 common beverages and found that milk and an oral rehydration solution held fluid in the body far better than water, producing roughly 25 percent less urine. The reason is sodium and a little sugar, which slow how quickly fluid leaves the stomach.



Water is still important, though. For short jobs, cool water is plenty, and the first rule is to drink before thirst hits. According to OSHA, workers in the heat should sip about one cup every 15 to 20 minutes, up to 32 ounces an hour during hard, sweaty work. The water should be cool, near 50 to 60 degrees, and kept close enough to reach easily.

The longer the work runs, the more electrolytes matter. OSHA advises adding electrolyte drinks for jobs lasting more than two hours, because heavy sweating strips out sodium and potassium. Losing too much can bring on muscle cramps or worse.

BACK-TO-SCHOOL SAFETY REMINDER

As the new school year begins next week, the Association would like to remind everyone that traffic in and around our community will increase, particularly during the morning and afternoon school hours.

Please help keep our community and neighboring streets safe by following these important reminders:

- ☐ **Drive slowly and obey all posted speed limits.**
- ☐ **Allow extra travel time** for increased traffic during school drop-off and pick-up hours.
- ☐ **Be alert for children** walking, riding bicycles, or crossing streets, especially near entrances, exits, and sidewalks.
- ☐ **Yield to pedestrians** at all crosswalks and intersections.
- ☐ **Avoid distractions** while driving. Please refrain from using handheld devices behind the wheel.
- ☐ **Watch carefully when backing out** of parking spaces, as children may be difficult to see.
- ☐ **Be patient and courteous** with fellow drivers, pedestrians, school buses, and crossing guards.

Together, we can help ensure a safe start to the school year for our residents, our neighbors, and the children in our community. Thank you for your cooperation in making safety a priority.



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MIAMI-DADE COUNTY - DISTRICT 5



My Miami and Miami Beach offices are open and ready to welcome you. If you have a concern, need assistance, or want to connect with County services, my team and I are here to listen and support you.

CONTACT US:

- ☎ 305-375-5924 ✉ district5@miamidade.gov
- 🌐 www.miamidade.gov/district05 📱 @CommissionerVickiLLopez
- 📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Open M-F, 9 AM - 5 PM)
- 📍 1700 Convention Center Drive, 1st Floor, Miami Beach, FL 33139 (Open M & W, 9 AM - 5 PM)

Mis oficinas en Miami y Miami Beach están abiertas y listas para recibirle. Si tiene alguna inquietud, necesita asistencia o desea conectarse con servicios del Condado, mi equipo y yo estamos aquí para escucharle y brindarle apoyo.

CONTÁCTENOS:

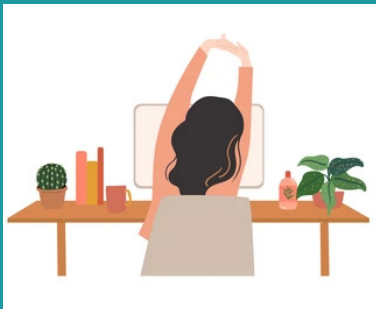
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A short walk can head off a workplace strain

Stress does not stay in your head. When the pressure climbs, muscles tighten and posture slips, and that tension sets the stage for the sprains, back pain, and other musculoskeletal injuries that sideline workers.

According to Safety and Health Magazine, a National Safety Council publication, one of the simplest defenses is to move. A brief walk, a few stretches, or some light exercise loosens tight muscles and resets posture. Stepping away from a workstation to talk with a coworker gives both the mind and the body a break.



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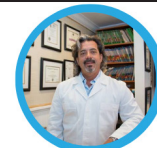


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