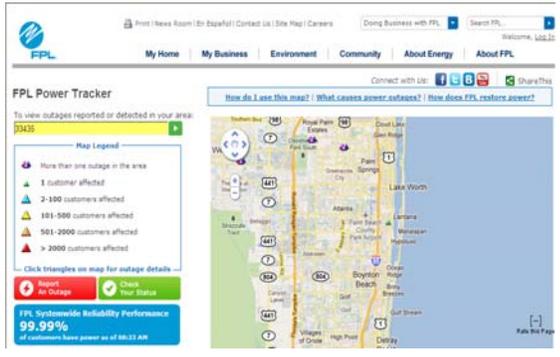




Ocean Ridge Tidings

A monthly email newsletter for the residents of Ocean Ridge

FPL Clearing Lines, New Tracking Website



FPL will be clearing lines in Ocean Ridge in the next few weeks. They will be clearing branches and limbs away from the power lines. To facilitate their efforts, they are asking for access to trees near power lines behind your property. If access to your property is required, a contractor will contact you personally or leave a note at your door in advance. If you have any questions or concerns, call Vegetation Management at 866-274-9098.

To report power outages, call 1-800-4-OUTAGE (1-800-468-8243) or report online at www.FPL.com. To view outages reported or detected in our area, go to FPL's new tracking website at www.fplmaps.com.

Local Children's Triathlon

Article & Photo By [Gina Roumain Benedict](#)

On June 17, 2011, local residents Kai (7) and Zoey (5) Benedict hosted a triathlon for their homeschool group. The 4-6 year old age group had a 25 yard swim, 1/2 mile bike, and a 1/4 mile run. The 7 and up age group had a 50 yard swim, 1 mile bike, and 1/2 mile run. To their surprise, 19 children showed up for the challenge! These kids exceeded all of their parent's expectations and completed the event with full smiles and desire for the next one! A big thanks for Officer Gina for securing the street! For more information about the homeschool group, check out the site at e3kidsclub.weebly.com.



March 1st —October 31st is Turtle Season

Comparison of 2010 vs 2011 Ocean Ridge nesting data as of 7/29/11

By Jacey Biery, PBC ERM

Turtle Season
=
Lights out!



	# of Leatherbacks	# of Loggerhead Nests	# of Green Nests	# of Nests All Species
2010	4	303	4	311
2011	11	411	32	454
% change from 2010	175%	36%	700%	46%

August 2011

Sun Mon Tue Wed Thu Fri Sat

Calendar will be updated as needed at oceanridgeflorida.com

1

[Regular Town Commission Meeting @6pm](#)

2

3

NO Book Club Meeting. Meets again in October.

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Sand Sifters Beach Cleanup 8-10:15am @ Oceanfront Park

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SeaAngels Beach Cleanup 8am-10:15am @ Ocean Inlet Park

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Ocean Ridge Police Department News

By Chief Christopher T. Yannuzzi

Criminal Activity

Here is a listing of the crimes/suspicious activity reported to ORPD in July for both Ocean Ridge and Briny Breezes:

Type of Incident	Date	Time Frame	Location	Synopsis
Recovered Stolen Vehicle	07/12/11	11:35 PM	Oceanfront Park, 6415 N. Ocean Blvd.	Routine patrol of Park after closing found abandoned stolen vehicle from PBSO.
Attempted Identity Theft and Bank account takeover	07/13/11	12:08 PM	6110 blk N. Ocean Blvd.	Suspect phoned Bank and attempted to gain access to account on-line.
Theft	07/14/11	10:55 Am	Oceanfront Park, 6415 N. Ocean Blvd.	Unlocked bicycle stolen
Theft	07/26/11	9:23 AM	6600 blk N. Ocean Blvd.	Jewelry discovered missing over a 6 day period.
Forgery/Theft	07/26/11	4:24 PM	5500 BLK n. Ocean Blvd.	Family member stole checks, forged signature, obtained cash.

Generosity Comes In Many Forms (Part 2)

Last month I reported on the famine to feast windfall that the Police Department experienced when residents Al Naar and Judith Kelly donated \$9,065 for the purchase of new Automated External Defibrillators (AED's) only to receive an identical grant from the Firehouse Subs Public Safety Foundation. Rather than lose the grant, Mr. Naar and Mrs. Kelly authorized the use of their donation for other Police Department needs.

The Department of Public Safety Support Group, Inc. has agreed to donate \$20,000 toward the purchase of a new Computer Aided Dispatch/Records Management System. A vendor has been selected for this \$100,000+ project.

Therefore, the combination of these two donations covers \$29,065 of the total cost.

On behalf of the entire Police Department, I want to express our appreciation for the generosity that has been displayed by Mr. Naar, Mrs. Kelly and the members of the Support Group.





Ocean Ridge Police Department News

By Chief Christopher T. Yannuzzi

Palm Beach County Water Restrictions

In March 2011, the South Florida Water Management District issued revised restrictions regarding landscape watering in Palm Beach County. Following a grace period, the Ocean Ridge Police Department began issuing citations for violations of these restrictions. Repeat violators face increasing fines.

July 2011 was the hottest on record and ALSO one of the driest. At this time, these restrictions are in full force, regardless of the fact that we have entered into the traditional "rainy season".

Please comply and feel free to call our non-emergency number - 561-732-8331 - to report any violations. A copy of the basic restrictions can be viewed on pages 6-7.

Storm Preparedness

On June 1st, we entered into the Hurricane Season that runs until November 30th. As this newsletter goes to print, there is currently a storm - Tropical Storm Emily – looming in the Atlantic Ocean and projected to be heading our way.

As a reminder:

- Since the storm has been named, NO TREE TRIMMING OR HEAVY LANDSCAPING should be done following the naming of a storm.
- Please review your storm plan and check your supplies.
- Monitor local weather/news sources for updated information.
- The Town of Ocean Ridge has a website that will be updated with storm information as needed. In addition, a recorded message is available via our Citizen Information Line at 561-738-6735.

Additional Storm information can be obtained via Palm Beach County Emergency Management's website at: <http://www.pbcgov.com/publicsafety/emergencymanagement/hurricanes.htm>
This site includes lists of stores and gas stations that have generator power, etc.

Sgt. Dan Tinfina Announces Retirement

After 34 years in law enforcement, 22 of which serving the residents of Ocean Ridge, Sgt. Dan Tinfina has announced his plan to retire effective September 1, 2011. On Tuesday, July 5, 2011, he was recognized by the Town Commission for his dedicated service.

Dan is our senior Sergeant. Over the years, in addition to being a shift supervisor, his duties have included handling the work schedule, training, and being the Field Training Officer.

His absence will be felt and we wish him the best as he leaves law enforcement to pursue new adventures. But, as Dan mentioned in his retirement letter, "It is better to retire too early, instead of too late." (Author: Ernie Zelinski)



Clerk Bock Warns Public of Financial Scams

News Release: August 1, 2011

Link source: <http://www.mypalmbeachclerk.com/news/8-1-2011-Clerk-Bock-Warns-Public-Of-Financial-Scams.aspx>

Scammers Target Elderly with False Claims of Money Owed to Them

WEST PALM BEACH, FL (August 1, 2011) – Clerk & Comptroller Sharon R. Bock is warning Palm Beach County residents to beware of two potential scams that have generated recent calls to the Clerk's office.

Two elderly callers to the Clerk's office said they were contacted by someone named Jose Suarez, who directed them to send him \$250 through Western Union. They were told that in return, Suarez would obtain probate case funds for them to which he claimed they were entitled.

When the victims called the Clerk's office with the case numbers that Suarez had given them, the case numbers turned out to be invalid.

In a separate incident, an elderly, out-of-state woman who was trying to sell her timeshare property was contacted by someone claiming to be a Palm Beach County courthouse employee. She was told to send \$649 through Western Union to Jose Suarez. In return, she was told she would receive \$27,343 from an alleged timeshare victim's fund.

"Employees of the Clerk & Comptroller's office do not contact people by telephone and ask for money to be wired to them," said Clerk Bock. "Be wary of any callers claiming you are owed money and asking for payment up front to help you get it."

In each of these cases, the victims contacted the Clerk's office rather than sending the money.

Anyone who believes they have been the victim of a scam should contact their local law enforcement agency.

For more information about the Clerk's office, please visit www.mypalmbeachclerk.com or call (561) 355-2996.

More Town Hall News

Coconut Lane Drainage Improvements

The Town Commission has approved a contract with Tenex Enterprises, Inc. to construct drainage improvements at the western end of Coconut Lane. This involves the construction of a pump station to eliminate the flooding problem we've had at the end of the road. The total cost is about \$420,000. This is the last major drainage problem in the Town. The Commission has consistently addressed the flooding problems over the past eight years and eliminated them. Construction should start within 60 days and will take about 6 months to complete. The Commission also approved replacement of the standby generator in the Tropical Drive drainage system which will allow us to remove more water faster in case of a power failure. The new generator will be installed in about 60 days. We appreciate the cooperation and patience we've had from the residents while making these improvements. Should anyone have any questions please call Town Hall at 561-732-2635.

June 2011



just the FACTs

This fact sheet is provided as a reference to encourage a greater understanding of the various issues related to managing water in South Florida.



South Florida Water Management District
3301 Gun Club Road
West Palm Beach, Florida 33409
561-486-8800 or 1-888-432-2845 in Florida
www.sfwmd.gov
MAILING ADDRESS: P.O. Box 24900
West Palm Beach, FL 33419-4900

Two-Day-A-Week

Landscape Irrigation Restrictions For:

- *Broward, Glades, Hendry, Martin, Miami-Dade, Monroe, Okeechobee and St. Lucie counties*
 - *Portions of Osceola County within SFWMD boundaries*
 - *Town of Windermere in Orange County*
 - *Cities within Lee County except Cape Coral*
 - *Palm Beach County except areas served by the City of West Palm Beach's Utility, which includes the towns of Palm Beach and South Palm Beach and the City of West Palm Beach*
- Landscape irrigation using reclaimed water is not restricted.

Existing landscaping

- Watering is not allowed between 10 a.m. and 4 p.m.
- Residents and businesses with odd-numbered street addresses may water lawns and landscapes on Wednesdays and Saturdays from 12 a.m. to 10 a.m. and/or from 4 p.m. to 11:59 p.m.
- Residents and businesses with even-numbered street addresses, no street address or irrigate both even and odd address within the same zones, including multi-family units and homeowners associations, may water lawns and landscapes on Thursdays and Sundays from 12 a.m. to 10 a.m. and/or from 4 p.m. to 11:59 p.m.
- For the most efficient use of water, residents should avoid irrigating during both time periods on the same day.

New landscaping, sod or other plantings

- New landscaping can be watered without regard to restrictions on the first day it is installed.
- Landscaping that has been in place from 2 days to 30 days can be watered on Mondays, Tuesdays, Wednesdays, Thursdays, Saturdays and/or Sundays during the hours allowed for regular landscape irrigation.
- Landscaping that has been in place from 31 days to 90 days can be watered on Mondays, Wednesdays, Thursdays and Saturdays during the hours allowed for regular landscape irrigation.
- Additional watering days can only be used to benefit new landscaping. An entire irrigation system zone may only be watered if it contains at least 50 percent new landscaping.

Applying lawn maintenance products

- Landscape irrigation for watering-in fertilizers, insecticides, pesticides, fungicides and herbicides is allowed for one application unless the need for more than one application is stated in the directions specified by the product manufacturer.

- Watering-in is allowed only during established watering days and times unless a professional licensed applicator has posted a temporary sign with the date of the application and the date of needed watering-in.

Frequently Asked Questions

- Restrictions apply to all sources of water for irrigation including wells, canals, ponds and lakes.
- Using a watering can or hand-watering with a hose and attached adjustable spray or trigger nozzle is allowed.
- Drip, bubble and micro-jet systems that apply water directly to root plant zones may be used anytime. Any low-volume system should not produce water runoff.
- Landscape irrigation systems may be operated once a week during restricted days and/or times for cleaning, maintenance and repair if an attendant is on site in the area being tested. Testing should not exceed 10 minutes per zone.
- Car, boat and other vehicle washing is allowed. Always attach an adjustable spray or trigger nozzle to the hose and wash vehicles over a non-paved, grassy or porous area.
- Residential and commercial water restrictions are mandatory and are enforced by South Florida Water Management District staff, local governments and law enforcement agencies. Residential fines vary by municipality, but typically range from \$25 to \$125 for a first offense. Civil penalties for violations of restrictions by District permittees and commercial users begin at \$1,500 and can increase depending on the severity of the violation.
- Violations of water restrictions may be reported to local law enforcement or city/county zoning and code enforcement agencies. Both have the authority to issue warnings and citations that can lead to fines. If you choose to notify your local law enforcement agency, please call their non-emergency number.
- Variances from restrictions that may allow you to change your watering days and/or times can be applied for through the South Florida Water Management District. The application form and instructions are online at: www.sfwmd.gov/waterwatch. Applications will be reviewed by South Florida Water Management District staff, and approval or denial is based on criteria listed in the Water Shortage Plan Rule. Water restrictions must be observed while a variance application is under consideration. For more information call (800) 662-8876.



A SINKING VEHICLE



WOULD YOU KNOW HOW TO ESCAPE?



Drowning Prevention Coalition of Palm Beach County
405 Pike Rd
West Palm Beach, FL 33411

561-616-7068
www.pbso.org/dpc

Escape The Vehicle Immediately!!!!

REMEMBER:

SOS GO

S = STAY CALM

Assess the situation, Slow your breathing

O = OPEN

Your Window(s) or Door(s)

S = SEATBELT RELEASE

Have An Escape Tool Available



- Keep an escape tool within reach (i.e. on key chain, mounted on the side of driver's side door, in a covered, center console) in order to quickly punch out a window and to cut seatbelt(s).
- When breaking a window, use the escape tool in the corner of the window where the side mirrors are located.

What If I Can't Escape Through The Window?

- You must wait until the car completely fills up with water in order for there to be an equalization of pressure inside the vehicle so you can open up the door.
- Keep your hand on the door handle at all times. Take a deep breath and release your seatbelt (either by using an escape tool or manually) as soon as the inside of the vehicle is almost full. Keep trying to push the door open.



What If There Are Passengers In The Vehicle?

- Once an escape route has been opened, each passenger should hold hands in a human chain and escape from the same route.
- Prior to heading to a particular destination, rehearse emergency escape and survival procedures with your passenger(s) and have a rescue/escape tool readily available.

What If There Are Children In A Car Or Booster Seat?

REMEMBER:

PO GO

P = PUSH SEATBELT RELEASE

O = OPEN

Your Window(s) or Door(s)

GO = GET OUT!!!

- Get out of the drivers seat immediately and get to the back of the vehicle. Cut your child(ren) out of their restraint, hold them by the hand, open the escape route and exit vehicle.
- Based on a limited study, certain car seats were sufficiently buoyant to float a child on the surface of the water. Thus, the car seat may be able to cut loose from the seatbelt and removed from the vehicle with the child still secured in the car seat.



DID YOU KNOW?

- ⇒ Motor Vehicle Crashes in canals are the 3rd leading cause of drowning in Palm Beach County. (Medical Examiner, District 15)
- ⇒ 10,000 vehicles go into the water each year in the U.S., with 300 fatalities. (Fatality Analysis Reporting System, 2007)
- ⇒ It only takes 6" to 2' of water to float a vehicle off its wheels. (Lifesaving Resources Inc.)
- ⇒ Wearing seat belts will increase your chances of surviving a crash in to the water. (Lifesaving Resources Inc.)
- ⇒ Vehicle's float time at the water's surface may be as little as 30 seconds, or as much as 4 minutes. (Lifesaving Resources Inc.)
- ⇒ If water depth is less than 14', the vehicle usually lands on all four wheels. Depths more than 14', usually results in the vehicle landing on its roof. (Lifesaving Resources Inc.)
- ⇒ Studies have shown that electric power may stay on for as much as 10 minutes or the battery can short out immediately. (Lifesaving Resources Inc.)
- ⇒ If a vehicle assumes an angled nose-down position in the water, water pressure against the doors can make them difficult to open. (Lifesaving Resources Inc.)

For More Information

www.lifesaving.com

http://saveyourlife.us/escape_sinking_car.html

- Rescue/Escape tools can be bought in such places as hardware stores, auto stores, and on the internet

The Drowning Prevention Coalition of Palm Beach County is Collaboratively Supported By:
The Palm Beach County Board of County Commissioners
Children's Services Council of Palm Beach County
Palm Beach County Fire Rescue

From the desk of Commissioner Steven L. Abrams



Palm Beach County Regional Alert and Notification System

The county's emergency managers have the ability to issue alerts and notifications utilizing the "Palm Beach County Regional Alert and Notification System." This Internet-enabled high-speed notification system allows the county and partnering agencies (police departments, Sheriff's office, health department) the ability to make over 6,000 telephone (voice) calls per hour; send unlimited email and text messages; and a large number of blast faxes.

In the past, the system has been used for a numerous reasons such as emergency notifications including hazardous materials spills, hurricane evacuations, lost children, crime watch notifications, and boil water orders. Because of the system's ability to go to street/household level, the kinds of alerts and notifications possible are unlimited based on the situation or the agency's needs. For example, the recipients can be narrowed down to a particular street, town, etc.

A new and exciting component that I am pleased to announce is the residential opt-in portal which allows individuals the ability to choose the type of alerts they wish to receive (i.e., weather, endangered adults, and/or crime and public safety).

The system can be customized to fit an individual's needs. For example, part-time residents will be able deactivate/reactivate alerts via the internet and all users will be able to register multiple phone numbers or email addresses. There is also a language option for Spanish-speaking residents.

The system is expected to be up and working sometime in early August. For more information or sign-up for the notifications/alerts, please contact Brian Duffy at bduffy@pbcgov.org or at 561-712-6327.

There are also separate notifications available from local municipalities such as Boca Raton, Delray Beach, Golf, or Highland Beach. Please contact them directly for more information.

Please contact me if I can be of assistance or if you have any comments and/or suggestions. I can be reached at sabrams@pbcgov.org or in my office at 561-355-2204 (West Palm Beach) or 561-276-1220 (Delray Beach).

Also, please visit my website at <http://www.pbcgov.com/countycommissioners/district4/> for updates and links to county divisions and other governmental agencies.

If you prefer to not receive future emails from us, please respond and advise accordingly.

From the Desk of Commissioner Steven L. Abrams

Mosquitoes can be a real problem this time of year, especially with all the rain lately. Below are some tips on how to minimize the mosquito population around your home.

If you need additional assistance or have any questions, please contact the county's Mosquito Control Department at 561-967-6480. In severe cases, inspectors will visit your home to help you locate and address the source of the problem.

- Remove standing water in old tires, buckets, drums, or any other containers.
- Check clogged gutters and flat roofs that may have poor drainage.
- Cover barrels and trash containers tightly with a lid or with 16-mesh screen.
- Empty plastic wading pools at least once a week. Store them indoors when not in use.
- Store boats covered or upside down.
- Level the ground around your home so water can run off. (Check with your local ordinances before changing the face of your property in any way).
- Fill in holes or depressions near your home that collect water.
- Treat standing water with products containing the bacteria *Bacillus thuringiensis, var. israelensis*.
- Fill in tree holes and hollow stumps that hold water.
- Stock your ornamental water garden with mosquito-eating fish (e.g. minnows, *Gambusia spp.*, goldfish, or guppies).
- Repair screening on windows, doors, porches, and patios.

"Zappers"

Some mosquito control methods do not do a very good job. For example, bug zappers do not work well to control biting mosquitos since they do not emit carbon dioxide. Various birds and bats will eat mosquitos, but there is little evidence that this cuts down on the number of mosquitos around homes. Electronic mosquito repelling devices don't stop mosquitos biting people either.

I am now on Facebook! The last one in my family, but the first Palm Beach County commissioner. It is my goal to use this social networking site as an additional outlet to communicate important information in a quick and efficient manner. It will also be a useful tool in case of an emergency, such as a hurricane. Reportedly, smartphones and PDA's are most likely going to be the best means of communication during this type of extreme condition.

To friend me, please click on the link below to access my FB page or search Steven L. Abrams from your FB page. If you have any suggestions or comments, please let me know.

See you on Facebook!

If you have any questions or require additional assistance, please contact my office. Thanks.

Commissioner Steven L. Abrams
Palm Beach County Board of County Commissioners
District 4

<http://www.pbceov.org/countycommissioners/district4/>





Dear Friend,

I want to address one of the County Commission's Charter Review proposals this month. Specifically, their suggestion to change some independent elected Constitutional Officers to "appointed" departments under Palm Beach County administration. The Constitutional Tax Collector and the Supervisor of Elections are two that have been targeted to be abolished and absorbed into county administration. The truth about this proposed change is it takes away your right to vote for and hold Constitutional Officers accountable. Under county government control, Constitutional agencies, such as the Tax Collector, would be one of 31 departments managed by the County Administrator.

The County Administrator is appointed by the Board of County Commissioners and is not directly accountable to the citizens.

Elected Independent Constitutional Officers derive our responsibilities, powers and authority directly from the Florida Constitution. That document gives these offices independent authority to carry out specific duties such as collection of property taxes. The county charter protects the powers and duties of Constitutional Officers as defined in Florida's Constitution and in state laws.

Should independent Constitutional agencies be absorbed into the county's administration it would unravel the separation of powers that is necessary to maintain a system of checks and balances in our county government system. Simply stated, without an elected Constitutional Tax Collector, the power to protect the due process rights of taxpayers from undue influence from the county will be eliminated. This is sometimes referred to as "sovereignty". Only a constitution, not a "charter", officer has that plenary power of office to protect the taxpayer. This protection would not exist under the proposed change.

Florida's Constitution created Constitutional Offices as separate and independent from the rest of county government. That means these Constitutional Officers are on the same level of government as the County Commission and with separate but equal powers. This separation ensures that the people that decide the tax rates, create the budgets, establish the fiscal priorities and spend your tax dollars (County Commission) cannot also invest the county's money and pay the bills (Clerk & Comptroller), assess your property's taxable value (Property Appraiser), collect your taxes (Tax Collector), protect the citizens (Sheriff) or manage our elections process (Supervisor of Elections).

It is bad public policy to allow "the fox to guard the hen house" for county finances. In fact, the Florida Legislature went as far as to write it into law "*property tax collection ... be free from the influence of local government that levy property taxes and receive property tax collection*", Florida Statutes, Chapter 2011-151.

I hope you agree with me and many others that we need to strongly oppose the efforts to end the right of citizens to elect Constitutional Officers. Abolishing the people's right to hold these important offices directly accountable to the voters is undemocratic. While the County Commission opted to forgo a formal Citizen Review Committee, it is accepting comments from the public. I encourage you to complete a Charter survey online at <http://www.pbcgov.org/charter>. Please speak up for voting rights.

Sincerely,

Anne M. Gannon

Constitutional Tax Collector

Sea Angels



SeaAngels are dedicated to help in cleaning up our beaches, waters and parks from the continual litter that threatens our wildlife and natural environment.

Come join the SeaAngels for a beach cleanup. We do give volunteer hours for students.

WHEN: Every last Saturday of the month

TIME: 8:00-10:30am

WHERE: 6990 N. Ocean Boulevard, Ocean Ridge

(Check in is at the picnic tables next to the snack bar)

For more information go to www.seaangels.org

or e-mail us at info@seaangels.org

Please join us so we can make a difference one piece of litter at a time.

Are You A

Grandparent Raising Grandchildren?



Join us in our **2011 Educational Program Series**

March 23	FREE	July 13 & 27
April 13 & 20		August 10 & 24
May 11 & 25		September 21 & 28
June 8 & 22		October 12 & 26

Learn about: legal issues, guiding behaviors & discipline, computers, resources, support, managing stress and much more.

Time: 10:00 am – Noon

Location:
Palm Beach County Cooperative Extension Service
University of Florida / IFAS
559 N. Military Trail
West Palm Beach



Call [561-233-1739](tel:561-233-1739) to sign up and for more information

**Family Bird Lost on July 2nd from Coconut Lane
in Ocean Ridge**

Cockatiel Goes by the Name of Gracie

Will not come to you; may land on you

If seen, please call immediately!

Peter, 267-797-6184



SAND SIFTERS BEACH CLEANUP
www.SandSifters.us



Important Information:

**Please Remember to Wear
a Hat, Apply Sun Screen &
Bring Plenty of Water.**

SAND SIFTERS

BEACH CLEANUP & TURTLE TALK

Saturday August 6, 2011

Oceanfront Park

6415 N. Ocean Blvd. (A1A)
Ocean Ridge, FL.
Just north of the Ocean Avenue Bridge.
Meet at the Pavilion in the Lower parking Lot

Sign-In 8:00 a.m. Event Ends 10:15 a.m.

Beach Cleanup & Turtle Talk
Our Friend Paul Davis from Palm Beach County's
Environmental Resources Management will
Talk, Display Real Sea Turtle Shells, & Walk
You Down to a Sea Turtle Nest. This Event is
Fun & Educational.

Community Service Hours Awarded.

Pre-Registration:
therecipeexchange@comcast.net or (561)734-9128.

Website: www.SandSifters.us

Facebook:
Sand Sifters Beach Cleanup

Sponsors:
The Sand Sifters
City of Boynton Beach Recreation & Parks Department
Town of Ocean Ridge
Palm Beach County Parks & Recreation Department
Palm Beach County Board of County Commissioners
Dave Wagner, Realtor Caldwell Banker (561)329-6796
RecipeExchange.com
Palm Beach Environmental Resource Management

Volunteer Opportunities

Sand Sifters Beach Cleanup & Turtle Talk!

What: Join the Sand Sifters for beach cleanup!

When: First Saturday of every month. Next cleanup: **August 6**

Where: Oceanfront Park, 6451 N. Ocean Blvd. On A1A, just north of the Ocean Ave. bridge in Ocean Ridge. Meet at the pavilion in the lower parking lot.

Time: 8-10:15am

Who: Individuals, schools, churches, clubs, businesses, organizations, and families are all encouraged to participate. All ages.

What's provided: Free parking, bags, gloves, and refreshments available to participants only. School and community service volunteer credit forms available.

What to bring: Please bring water, sunscreen and a hat.

Contact: Gary Solomon at 561-734-9128 / **Website:** www.SandSifters.us

Sea Angels Beach Cleanup

What: Join the Sea Angels for beach cleanup!

When: Last Saturday of every month. Next cleanup: **August 27**

Where: Ocean Inlet Park, 6990 N. Ocean Blvd. Check in is at the picnic tables next to the snack bar.

Time: 8-10:30am

Who: Individuals, schools, churches, clubs, businesses, organizations, and families are all encouraged to participate. All ages. Volunteer hours awarded for students.

What to bring: Please bring water, sunscreen and a hat.

Contact: info@seaangels.org / **Website:** www.seaangels.org

Baked Chicken and Rice w/Black Beans

Recipe: <http://www.myrecipes.com/recipe/baked-chicken-rice-with-black-beans-10000001873369/>

What You Need:

- 1pkg yellow rice mix (10oz)
- 1c chopped onion
- 1/2c chopped green bell pepper
- 1/2c chopped carrot
- 1tbsp olive oil
- 2c cubed cooked chicken
- 1 can black beans drained (15oz)
- 1 can diced tomatoes and green chilies, undrained (10oz)
- 2c grated Monterey Jack cheese (8oz)



How to Make:

Preheat oven to 350. Prepare rice according to package. Meanwhile sauté onion, bell pepper, carrot in hot oil in a medium skillet over medium heat for about 10mins or until tender. Combine hot cooked rice, onion mixture, chicken, beans, diced tomatoes and chilies, and 1 1/2 cups cheese in a large bowl. Spoon into a lightly greased baking dish; sprinkle with remaining 1/2c cheese. Bake covered at 350 for 30 minutes. Uncover and bake 10 mins more or until cheese is melted.