

## MAJOR TOPICS & OTHER ISSUES

### JULY AWARENESS MONTH

- 1st - 31st Cord Blood
- 1st - 31st International Group B Strep
- 1st - 31st Juvenile Arthritis
- 1st - 31st National Clef & Craniofacial
- 1st - 31st UV Safety

### AUGUST AWARENESS MONTH

- 1st - 31st Children's Eye Health and Safety
- 1st - 31st National Immunization
- 1st - 7th World Breast Feeding

### SEPTEMBER

#### AWARENESS MONTH

- 1st - 30th Fruit & Veggies - More Matters
- 1st - 30th Leukemia & Lymphoma
- 1st - 30th National Alcohol & Drug Addiction Recovery
- 1st - 30th National Atrial Fibrillation
- 1st - 30th Cholesterol Education
- 1st - 30th National ITP

- 1st - 30th National Pediculosis/Head Lice
- 1st - 30th Sickle Cell
- 1st - 30th National Yoga
- 1st - 30th Newborn Screening
- 1st - 30th Ovarian & Prostate Cancer
- 1st - 30th Whole Grains
- 13th Celiac Disease Cancer
- 15th National School Backpack
- 18th - 24th National Farm Safety
- 18th - 24th National Rehabilitation
- 18th National HIV/AIDS & Aging
- 19th Get Ready Day
- 21st World Alzheimer's Day
- 23rd - RAINN Day
- 24th - Family Health & Fitness Day USA
- 27th - National Gay Men's HIV/AIDS
- 28th - National Women's Health & Fitness Day
- 28th - World Rabies Day
- 30th - Sport Purple for Platelets Day

### COMMITTEE MEETINGS

PLEASE CONFIRM LOCATION & TIME WITH BOARD OFFICE

- Transportation - 1st Tuesday
- Youth & Education - 1st Wednesday
- Land Use - 2nd Monday
- Public Safety - 2nd Thursday
- Health - 3rd Thursday
- Parks - 4th Thursday

### "311 TEXTING"

THE CITY PROVIDES NON-EMERGENCY INFORMATION TEXTING. CUSTOMERS CAN "TEXT" A QUESTION ABOUT CITY SERVICES TO SHORTCODE 311NYC (311692) AND RECEIVE AN IMMEDIATE RESPONSE.

### RECOGNIZE THE SYMPTOMS OF TOO MUCH HEAT

CALL YOUR DOCTOR OR GO TO THE EMERGENCY ROOM RIGHT AWAY IF:

- YOU HAVE HEART OR LUNG DISEASE AND YOU DO NOT FEEL WELL
- YOU HAVE SYMPTOMS OF HEAT ILLNESS, SUCH AS:
  - HOT, DRY SKIN OR COLD, CLAMMY SKIN
  - WEAKNESS
  - DIZZINESS
  - NAUSEA OR VOMITING
  - SHORTNESS OF BREATH OR TROUBLE BREATHING
  - CONFUSION, HALLUCINATIONS, DISORIENTATION

HEAT ILLNESS CAN BE LIFE-THREATENING.

The 2013-14 NYC Public School year will begin on Monday, September 9, 2013

### BLOCK PARTY

According to the Street Activity Permit Office (SAPO):

**Block Party** - A Block Party is a street activity requiring the closure of a single block of a street, or a portion thereof, for a single day intended for a community-based, not-for profit organization, association, or the like, which has an indigent relationship to the specific street, community or both.



**NATIONAL NIGHT OUT**  
 HOSTED BY THE 105TH PCT & COMMUNITY BOARD #13  
**FREE ! FOOD, GAMES, PRIZES, AMUSEMENTS, GIFTS AND LIVE DJ**  
**ALLEY POND PARK**  
 AUGUST 6, 2013\* 5PM - 9PM  
 UNION TURNPIKE & WINCHESTER BOULEVARD

### SMOKE-FREE PARKS AND BEACHES

Mayor Bloomberg signed a bill that prohibits smoking within New York City's parks, beaches and pedestrian plazas. By supporting this legislation, we welcome the chance to improve the beauty of the city's public outdoor spaces, and ensure an even healthier and cleaner experience for New Yorkers.

Law's Effective Date May 23, 2011

Public Spaces Covered by the Smoking Ban Smoking will be prohibited in the following areas:

- All New York City parks except median strips
- Beaches and boardwalks
- Public golf courses
- Sports stadium grounds
- Pedestrian plazas such as those at Times Square and Herald Square.
- Smoking continues to be prohibited in playgrounds, pools and inside stadium

### Health Impact

Studies suggest that sitting 3 feet away from a smoker outdoors can expose you to the same level of secondhand smoke as if you were sitting indoors with a smoker. Secondhand smoke can trigger asthma attacks, increase the risk of blood clots and hurt blood vessels. The new law will reduce people's exposure to secondhand smoke outdoors. New Yorkers are exposed to secondhand smoke at higher rates than the national average. In fact, 57% of New Yorkers who do not smoke have elevated levels of cotinine in their blood compared to 45% of non-smokers nationally. Cotinine is residue left by exposure to secondhand smoke. There is no known safe level of exposure to secondhand smoke, and smoke-free parks and beaches will help to eliminate a source of secondhand smoke.

### WAYS TO PROTECT YOURSELF FROM HEAT

1. Use an air conditioner during a heat wave.
2. If you do not have an air conditioner:
  - Go to a cool place like a neighbor's house, library, shopping mall, or NYC Cooling Center
  - Keep your windows open to let fresh air in
3. Drink water even if you do not feel thirsty. Avoid drinks with alcohol, caffeine or lots of sugar.
4. Check on your neighbors to make sure they are keeping cool.
5. Stay out of the sun. If you must be in the sun, wear:
  - A hat to protect your face and head
  - Thin, light-colored, loose-fitting clothes to cover as much skin as possible
  - Sunscreen (at least SPF 15)
6. Avoid physical activity.



### LIQUOR LICENSE RENEWALS

**Secrets**  
 245-11 Francis Lewis Blvd  
 Rosedale

**Lucky Food Mart. Inc**  
 248-27 Union Turnpike  
 Bellersode

**Skyline Diner**  
 271-27 Union Turnpike



**DRINK WATER**