

Free LOCAL AREA Guide

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Palm Beach County, FL



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Palm Beach County

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Community Services.....	833-273-9455
Cooperative Extension Services.....	561-233-1700
County Attorney.....	561-355-2225
Emergency Management.....	561-712-6400
Engineering / Public Works.....	561-684-4000
Environmental Resource Management.....	561-233-2400
Facilities Development & Operations.....	561-233-0200
Financial Management.....	561-355-2580
Fire & Rescue Emergency.....	911
Non Emergency.....	561-616-7000
Housing & Economic Development.....	561-233-3600
Human Resources.....	561-616-6900
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Inspector General.....	561-233-2350
Library.....	561-233-2600
Medical Examiners.....	561-688-4575
Palm Beach Transportation.....	561-725-0800
Parks & Recreation.....	561-966-6611
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Local Area Events

YEAR ROUND

- Food Truck Fridays - Palm Springs
- Palm Springs Farmers Market - Saturdays

JANUARY

- Annual Downtown Delray Beach Festival of the Arts
- Holiday Pops Concert - Boca Raton
- Martin Luther King Jr Day Celebration - Boca Raton
- Palm Springs International Film Festival
- South Florida Fair - West Palm Beach
- The American Express Tournament - Palm Springs
- Wellingtons Father Daughter Danse
- Winter Equestrian Festival - Palm Beach & Wellington

FEBRUARY

- Black History Month Leaders Forum - Wellington
- Gauntlet of Polo - Palm Beach
- Honda Classic - Palm Beach
- Wellington Classic BrewFest

MARCH

- BNP Paribas Open - Palm Springs
- Boynton Beach Spring Market
- Jupiter Irishfest
- Muscle on the Beach Car Show - Delray Beach
- Palm Beach International Boat Show
- Savour the Avenue - Delray Beach

APRIL

- Boynton Beach Firefighters Fishing Tournament & Chili Cook-Off
- Cajun Crawfish Music Festival - Jupiter
- Coachella Valley Music & Arts Festival - Palm Springs

APRIL (CONTD)

- Earth Day & Arbor Day Celebration - Wellington
- Easter Egg Hunt - Wellington
- Senior Health Fair - Boynton Beach
- Stagecoach Country Music Festival
- State of the City & Community Celebration - Boca Raton

MAY

- Memorial Day Celebrations - Boca Raton
- Boynton Beach & Area Wide
- Rock the Palza - Boynton Beach
- SunFest - West Palm Beach
- Taste of Boynton Beach

JUNE

- JUNETEENTH - "REDteenths Cultural Festival" - Wellington
- Summer in the City - Concert Series - Boca Raton
- Summer In paradise - Palm Beach
- Rock the Marina - Boynton Beach

JULY

- 4th of July Celebrations - Area Wide
- Boynton Beach Night
- Palm Beach Shakespeare Festival

AUGUST

- Access for All Abilities Showcase - West Palm Beach
- Annual Beaver Creek Art Festival - Jupiter
- Battle of the Bands - Boca Raton
- Beer Festival - West Palm Beach
- Florida Wedding & Bridal Expo - West Palm Beach
- Food Festival - West Palm Beach
- Food Truck & Music Series - Wellington

AUGUST (CONTD)

- Free Weekend Psychic Healing Arts Fair - Palm Springs
- Palm Beach Gun & Knife Show
- Rainbowpalooza Annual Childrens Art & Music
- Festival of Kindness - West Palm Beach
- Soul & Seafood Festival - Riviera Beach
- Spiny Lobsterfest - Palm Beach Shores
- Summer Soul Jamz Music & Arts Festival - Boca Raton
- Summer Plash BBQ Blast - Delray Beach
- VillageFest - Palm Springs
- West Palm Beach Antiques Festival

SEPTEMBER

- Boynton Beach Fire Rescuers Centennial Celebration
- Country Bash - Boynton Beach
- Delray Beach Downtown Annual Craft Festival
- Delray Beach Annual Picklball Open
- Fall Harvest Craft Fair - West Palm Beach
- September 11th Rememberance - Wellington & Area wide
- STEAM through September - Boca Raton
- Ultricon ComiCom - West Palm Beach
- West Palm Beach Antiques Festival
- West Palm Beach Fall Home Show

OCTOBER

- Annual Fall Craft Fair - West Palm Beach
- Boca Boo Days - Boca Raton
- Delray Beach Early Morning Witches Ride
- Downtown Delray Beach Halloween Town
- Fall Festival - Wellington
- Ford Boca Pumpkin Patch Festival - Boca Raton
- Modernism Week - Palm Springs
- Night Market - Boca Raton

OCTOBER (CONTD)

- Oktoberfest - Lake Worth Beach
- PirateFest - Boynton Beach
- South Florida Tacos & Treats Festival - Boca Raton
- Spookyville - West Palm Beach
- Trick or Treat - Delray Beach & Area Wide

NOVEMBER

- Annual Gem, Mineral, Bead, Jewelry & Fossil Show - West Palm Beach
- Dios De Los Muertos - Lake Worth Beach
- Hoilday Culture Celebrations - Wellington
- Holiday Tree Lighting - Boca Raton
- LagoonFest - West Palm Beach
- Murder Mysetry Dinner - Wellington
- Red, White & Boca-Veterans Day Celebration - Boca Raton
- West Palm Beach CATstravaganza

DECEMBER

- Annual Christmas Craft Fair - West Palm Beach
- Cheribundi Boca Raton Bowl
- Childrens Holiday Fishing Classic - Wellington
- Garden of Life Palm Beaches Marathon
- Holiday Boat Parade - Boynton Beach & Wellington
- Holiday Street Parade - Boca Raton
- Lighting of Delrays Beach 100ft Christmas Tree
- Merry in Mizner - Boca Raton
- Sandi Land - Palm Beach
- The Garden of Life Palm Beaches - West Palm Beach
- WinterFest - Wellington

** Events are subject to change*



Located in the southeastern region of Florida, Palm Beach County boasts a population of 1,492,191 residents, as recorded in the 2020 census, making it the state's third-most populous county. West Palm Beach, the county seat and largest city, is a hub of activity. The county's namesake, Palm Beach, is one of its oldest settlements, and it was officially established in 1909, after separating from Miami-Dade County. The modern boundaries of the county were finalized in 1963.

Florida's history dates back around 12,000 years, when Native Americans first began to migrate to the region. By the time the Spanish arrived, an estimated 20,000 Native Americans inhabited South Florida. However, their population significantly declined by the 18th century due to the devastating effects of warfare, enslavement, and European diseases. In 1513, Juan Ponce de León became the first European to set foot in what is now Palm Beach County, landing at the Jupiter Inlet. Among the early non-Native American settlers were African Americans, many of whom were former slaves or direct descendants of former slaves, who arrived in Spanish Florida in the late 17th century. These individuals found refuge among the Seminoles and fought alongside them against white settlers and bounty hunters during the Seminole Wars. Notably, the Battles of the Loxahatchee in 1838 took place in Palm Beach County, as part of the Second Seminole War.

Before Henry Flagler's arrival in the early 1890s, Palm Beach County was sparsely populated. As a prominent figure in Standard Oil, Flagler played a pivotal role in shaping the county's growth around the turn of the century. His initial investment in land on both sides of Lake Worth sparked a wave of interest, prompting other investors to follow in his footsteps. This influx of capital led to a surge in business activity, with existing enterprises expanding and new ones emerging. A significant milestone was reached on November 5, 1894, when West Palm Beach, the county's oldest city, was officially incorporated.

Cities

Atlantis - 2,142
 Belle Glade - 16,698
 Boca Raton - 97,422
 Boynton Beach - 80,380
 Delray Beach - 66,846
 Greenacres - 43,990
 Lake Worth Beach - 42,219
 Pahokee - 5,524
 Palm Beach Gardens - 59,182
 Riviera Beach - 37,604
 South Bay - 4,860
 Westlake - 906
 West Palm Beach - County Seat - 117,415

Towns

Briny Beaches - 502
 Cloud Lake - 134
 Glen Ridge - 217
 Gulf Stream - 954
 Haverhill - 2,187
 Highland Beach - 4,295
 Hypoluxo - 2,687
 Juno Beach - 3,858
 Jupiter - 61,047
 Jupiter Inlet Colony - 405
 Lake Clarke Shores - 3,564
 Lantana - 11,504
 Loxahatchee Groves - 3,355
 Manalapan - 419

Mangonia Park - 2,142
 Ocean Ridge - 1,830
 Palm Beach - 9,245
 Palm Beach Shores - 1,330
 South Palm Beach - 1,471

Villages

Golf - 255
 North Palm Beach - 13,162
 Palm Springs - 26,890
 Royal Palm Beach - 38,932
 Tequesta - 6,158
 Wellington - 61,637

**Populations are approximate.*

Boca Raton

Located in Palm Beach County, Florida, Boca Raton is a city with a rich history that dates back to the Glades culture, Spanish, and British colonial empires. However, its modern development is largely attributed to Addison Mizner, who began shaping the city in the 1920s. Mizner's influence is evident in the area's distinctive Mediterranean Revival and Spanish Colonial Revival architectural styles. Interestingly, Boca Raton played a significant role in the early computer industry, being the birthplace of IBM's first personal computer and other groundbreaking technologies. Initially incorporated as "Bocaraton" on August 2, 1924, the city was later reincorporated as "Boca Raton" on May 26, 1925. As of the 2020 census, the city's population stands at 97,422.

Boynton Beach

In the state of Florida, United States, lies the city of Boynton Beach, situated in Palm Beach County. As of 2020, the city's population stood at 80,380. The city's namesake, Nathan Boynton, a Michigan politician and Civil War major, was one of the area's earliest settlers, arriving in 1895. However, the region had been inhabited by Native Americans for thousands of years, with archaeological evidence dating back to around 150 BCE found in a burial mound west of the city. The first non-native settlers, the Hubel family, including Dexter, arrived in 1877. Boynton's move to the area in 1895 marked the beginning of significant development, as he built the Boynton Hotel and attracted settlers from Michigan, many of whom established farms or businesses along Ocean Avenue. The town's original plat was filed in 1898 by Byrd and Fred Dewey, although it wasn't until 1920 that Boynton was officially incorporated. In 1931, the oceanfront section of the city broke away, eventually becoming Ocean Ridge in 1939. Following World War II, Boynton Beach experienced rapid growth, with its population more than tripling in the 1950s, and continued westward expansion, particularly in the 1980s.

Delray Beach

In Palm Beach County, Florida, lies the city of Delray Beach, which has a rich history dating back to the late 19th century. The area's first non-indigenous settlers were African Americans from Florida's panhandle, who in 1884 purchased land near the Orange Grove House of Refuge and established a thriving farming community. By 1894, the community had grown large enough to support the area's first school. That same year, William S. Linton, a Michigan congressman, acquired a tract of land west of the refuge and began selling plots to prospective farmers, naming the community after himself. The arrival of Henry Flagler's Florida East Coast Railroad in 1896 brought new opportunities, and the Linton settlers established a post office, store, and successful truck farming industry, catering to the northern market. However, a devastating freeze in 1898 led to a decline in the community's fortunes, prompting many settlers, including Linton, to leave. In an effort to revitalize the area, the settlement's name was changed to Delray in 1901, inspired by the Detroit neighborhood of Delray, which was named after the Battle of Molino del Rey. As of the 2020 United States Census, Delray Beach has a population of 66,846.

West Palm Beach

In the late 19th century, a diverse group of settlers from across the United States and the world converged on the area that would eventually become West Palm Beach. This community, known as "Lake Worth Country," was comprised of individuals from various backgrounds, including prominent families like the Potters and Lainharts, who would later play a significant role in shaping the city's business landscape. The first European settlers in Palm Beach County established themselves around Lake Worth, a freshwater lake named in honor of Colonel William Jenkins Worth, a veteran of the Second Seminole War. The settlers primarily engaged in the cultivation of tropical fruits and vegetables, which they shipped north via Lake Worth and the Indian River. By the 1890 census, the population around Lake Worth had swelled to over 200 residents, laying the groundwork for the future city of West Palm Beach. In 1909, the Florida State Legislature officially established Palm Beach County, with West Palm Beach designated as the county seat. Today, West Palm Beach is a thriving city located west of Palm Beach, situated on a barrier island across the Lake Worth Lagoon. As the largest city in Palm Beach County, it boasts a population of 117,415, according to the 2020 census.



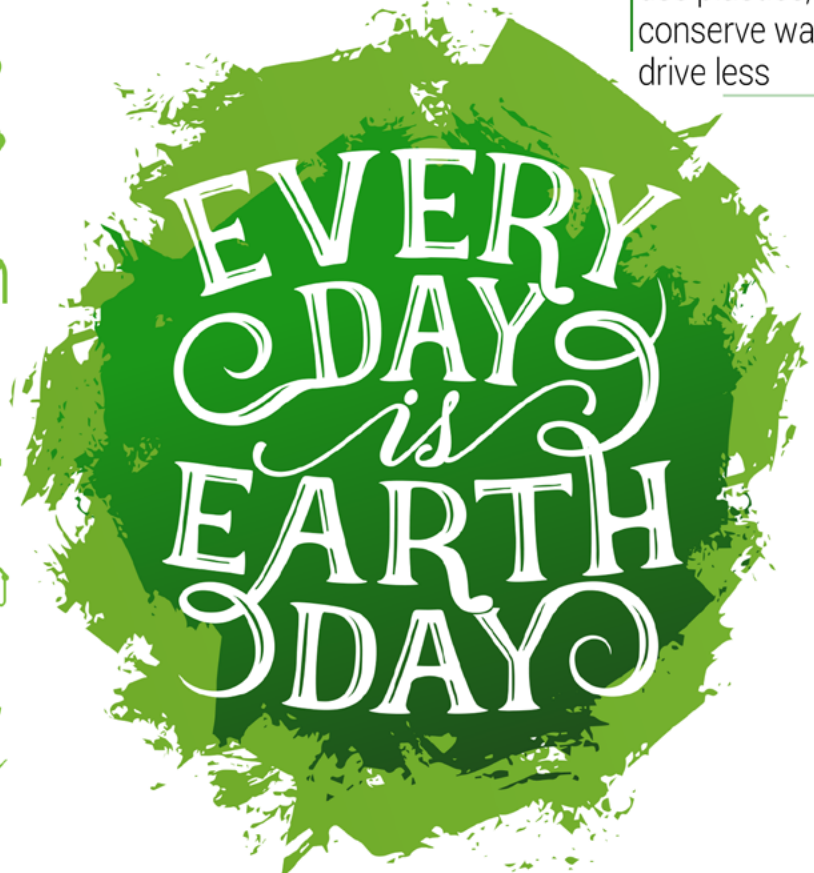
GO GREEN

Reduce, Reuse, Recycle

reduce waste, reuse materials & recycle properly



Cut back on single-use plastics, conserve water, drive less



Community/Home Gardens: Really good at absorbing carbon dioxide. Cuts down on pesticides/fertilizers. Also benefits mental health and provides fresh food.

Composting: Decreases the amount of trash in landfills and reduces carbon emissions.

Plant Trees: Planting trees is a classic Earth Day activity.

Local Food: Buy local sustainable food.

Clean-Up Events: Organize or participate in local clean-up efforts.

Upcycle Crafts: Get creative by turning old items into new useful objects.



HURRICANE SAFETY

Top Five Tips

If authorities issue evacuation orders, follow them promptly. Delaying evacuation can put your life and the lives of emergency responders at risk. They have the most up-to-date information on the storm and can provide guidance on the safest course of action. Remember that each hurricane is unique, so it's essential to stay informed and adapt your plans accordingly. Preparedness and early action are key to minimizing risks and ensuring the safety of yourself and your loved ones during a hurricane.

1. **STAY INFORMED**
2. **SECURE YOUR HOME**
3. **FOLLOW EVACUATION ORDERS & GUIDELINES**
4. **EMERGENCY SUPPLIES**
5. **EVACUATION PLANNING**

CAT 5
157+MPH

HURRICANE CATEGORIES

The Highest Recorded Wind Speed of a Hurricane is 215 mph

CAT 1-2
74-110MPH

CAT 3-4
110-156MPH

Beaches

BEACHES WITH GUARDS ON DUTY

CARLIN PARK BEACH
400 S.S.R. A1A | Jupiter

CORAL COVE PARK BEACH
1600 Beach Rd. | Tequesta

DUBOIS PARK BEACH
19075 DuBois Rd. | Jupiter

GULFSTREAM PARK BEACH
4489 N Ocean Blvd. | Gulf Stream

JUNO BEACH PARK
14775 US Hwy. 1 | Juno Beach

JUPITER BEACH PARK
1375 Jupiter Beach Rd. | Jupiter

LOGGERHEAD PARK
14200 US Hwy. 1 | Juno Beach

OCEAN CAY PARK BEACH

2188 Marcinski Rd. | Jupiter

OCEAN INLET PARK BEACH
6990 N Ocean Blvd. | Ocean Ridge

PHIL FOSTER PARK BEACH
900 E Blue Heron Blvd. | Riviera Ocean

R. G. KREUSLER PARK BEACH
2882 S Ocean Blvd. | Palm Beach

SOUTH INLET PARK BEACH
1100 S Ocean Blvd. | Boca Raton

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OCEAN RIDGE HAMMOCK PARK BEACH
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Beach Flag WARNING COLORS

Beach flags are commonly used to communicate important information to beachgoers. The color-coded flag system may vary slightly from one location to another, but the following are commonly recognized color meanings:

Blue Flag: This flag is used to signify that lifeguards are on duty and that the area is being actively monitored for safety.

Green Flag: Indicates that it is safe to swim. The water conditions are generally calm, & there is a low risk of hazards such as strong currents or high waves.

Yellow Flag: Caution is advised. This flag suggests that there may be some hazards present, such as moderate surf or currents.

Red Flag: A red flag indicates high hazards & potentially dangerous water conditions. It is a warning that strong currents, high surf, or other dangers are present. It is advised to stay out of the water.

Double Red Flags: This is a more severe warning, & it typically means that the beach is closed to the public. Dangerous conditions, such as strong rip currents or severe weather, pose a significant threat.

Purple Flag: This flag is used to indicate the presence of dangerous marine life, such as sharks or jellyfish. It is advised to exercise caution.

Rip currents are powerful, narrow channels of fast-moving water that can pose a danger to swimmers and surfers. Getting caught in a rip current can be frightening, but knowing how to recognize and handle them can help you stay safe. Here's how to avoid or get out of a rip current in the ocean:

1. Stay Calm & Don't Fight the Current:

If you find yourself caught in a rip current, stay calm and try not to panic. Remember that rip currents do not pull swimmers underwater; instead, they pull them away from the shore. Avoid fighting against the current by swimming directly back to shore, as this can lead to exhaustion.

3. Swim Parallel to the Shore:

If you feel confident in your swimming abilities, swim parallel to the shoreline instead of trying to swim directly back to shore. Rip currents are typically narrow, so swimming parallel to the shore can help you escape the pull of the current. Once you're out of the rip current, you can then swim back to the shore at an angle.

5. Seek Assistance if Needed:

If you're unable to escape the rip current on your own or if you're feeling exhausted, continue to signal for help and wait for assistance from lifeguards or other beachgoers. Don't hesitate to call for help if you need it, as prompt action can prevent a dangerous situation from escalating.

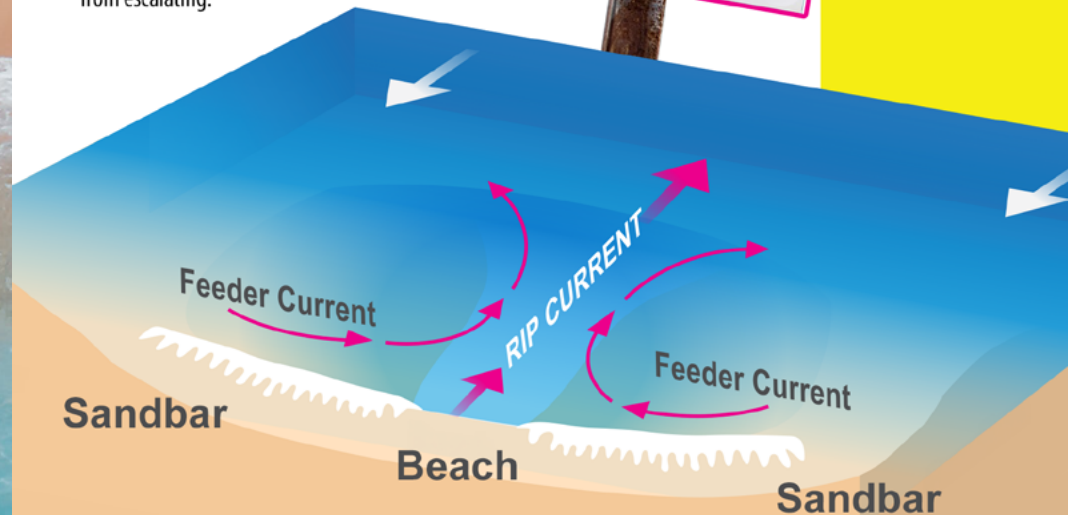
2. Float & Conserve Energy:

If you're unable to swim out of the rip current, conserve your energy by floating or treading water. Signal for help by waving your arms and calling for assistance if you see lifeguards or other beachgoers nearby. Most rip currents are narrow, and you will eventually be carried out of the current and into calmer waters.

4. Use Waves to Help You Escape:

Wait for waves to push you towards shore and use them to assist your escape from the rip current. Time your movements with the breaking waves, and use the momentum to swim towards the shore. Be patient and persistent, and don't exhaust yourself by attempting to fight against the current.

Always swim at beaches with lifeguards present, heed warning signs, and follow any instructions or advice given by local authorities.



Rip Currents

AFFRON PARK

4777 Serafica Dr. | Lake Worth

AMERICAN HOMES PARK

9779 Liberty Rd. | Boca Raton

BELVEDERE HEIGHTS PARK

2508 Bridgman Dr. | West Palm Beach

BERT WINETRS PARK

13425 Ellison Wilson Rd. | Juno Beach

BERT AARONSON SOUTH COUNTY

REGIONAL PARK

11500 Yamato Rd. | Boca Raton

11200 Park Access Rd. | west of Boca Raton

12551 Glades Rd. | west of Boca Raton

BURT REYNOLDS PARK

East : 805 US Hwy. 1 | Jupiter

West : 800 US Hwy. 1 | Jupiter

BUTTONWOOD PARK

5300 Latana Rd. | Lake Worth

CABANA COLONY PARK

3855 Holiday Rd. | Palm Beach Gardens

CALOOSA PARK

1300 SW 35th Ave. | Boyton Beach

CANAL PIONT PARK

12860 US Hwy. 441 | Canal Point

CANYON DISTRICT PARK

8788 Senator Joe Abruzzo Ave. | Boyton Beach

CAROLINE PARK

67 Caroline Dr. | West Palm Beach

DUNCAN PADGETT PARK

3701 S.R. 175 | Pahokee

DYER PARK

7301 Haverhill Rd. | West Palm Beach

FLAMANGO LAKE PARK

2606 Flamango Lake Dr. | West Palm Beach

GLADES PIONEER PARK

866 S. R. 715 | Belle Grade

GOLFVIEW HEIGHT PARK

2301 Seminole Blvd. | West Palm Beach

GOVERNOR LAWTON CHILE MEMORIAL PARK

6541 Morikami Park Rd. | Delray Beach

GRAMERCY PARK

5675 Parke Ave. | West Palm Beach

HAVERHILL PARK

5470 Belvedere Rd. | Haverhill

IXORA PARK

4246 Lilac Circle | Lake Worth

JIM BARRY LIGHT HARBOR PARK

1800 Broadway | Rivera Beach

JOHN PRINCE PARK

2700 6th Ave. | Lake Worth

JOHN STRETCH PARK

47225 US Hwy. 27 | Lake Harbor

JUNO PARK

2090 Juno Rd. | Juno Beach

JUPITER FARMS PARK

16655 Jupiter Farms Rd. | Jupiter

KENNEDY ESTATES PARK

6811 Booker T Blvd. | Jupiter

KENWOOD PARK

4645 Clinton Park | Lake Worth

LAKE BELVEDERE ESTATES PARK

675 Caroline Ave. | West Palm Beach

LAKE CHARLSTON PARK

7001 Charlston Shores Blvd. | Lantana

LAKE IDA EAST PARK

950 NW 9th St. | Delray Beach

LAKE IDA WEST PARK

1455 Lake Ida Rd. | Delray Beach

LAKE LYTAL PARK

3645 Gun Club Rd. | West Palm Beach

LAKE WORTH WEST PARK

4150 Vermont Ave. | Lake Worth

LIMESTONE CREEK PARK

18301 Limestone Creek Rd. | Jupiter

LOGGER'S RUN PARK

11185 Palmello Park Rd. | Boca Raton

LOXAHATCHEE GROVES PARK

13901 Southern Blvd. | Loxahatchee

LOXAHATCHEE RIVER BATTLE PARK

9060 Indiantown Rd. | Jupiter

MELEAR PARK

6684 Eastview Dr. | Latana

MORIKAMI PARK

4000 Morikami Park Rd. | Delray Beach

OCEAN REEF PARK

3860 N Ocean Dr. | Rivera Beach

OKEEHEELEE PARK

7715 Forest Hill Blvd. | Ocean Ridge

OLD TRAIL PARK

2739 N Old Military Trail | West Palm Beach

PAUL RARDIN PARK

4600 State Rd. 715 | Pahokee

PINEWOODS PARK

18069 US Hwy. 441 | Boca Raton

REVERAND LEON CAMEL JR PARK

85 Canal St. | Belle Grande

RIVERBEND PARK

9060 Indiantown Rd. | Jupiter

SAN CASTLE COMMUNITY PARK

1101 Mentone Rd. | Lake Worth

SANDALFOOT COVE PARK

22334 Lyon Rd. | Boca Raton

SANDERS DRIVE PARK

4247 Sanders Dr. | Lake Worth

SEMINOLE PALMS PARK

151 Lamstein Lane Royal | Palm Beach

STACY STREET PARK

5060 Stacy St. | West Palm Beach

STUB CANAL PARK

2140 Oglethorpe Rd. | West palm Beach

TRIANGLE PARK

37001 Main St. | Canal Point

VETERANS MEMORIAL PARK

9400 W Palmetto Park Rd. | Boca Raton

WATERGATE ESTATES PARK

10537 SW Sandalfoot Blvd. | Boca Raton

WATERWAY PARK

3630 Indiantown Rd. | Jupiter

WEST BOYNTON PARK

6000 North Tree Blvd. | Lake Worth

WEST DELRAY REGIONAL PARK

10875 Atlantic Ave. | Delray Beach

WESTGATE PARK

3691 Oswego Ave. | West Palm Beach

Be smart...



Take good care of your skin

The skin is an organ and helps protect against heat, sunlight, injury, and infections. This is why it is important to always protect it. Overexposure to the sun can be linked to some skin cancers. Ultraviolet rays from the sun or sunlamps can also cause eye problems, weakened immune system, age spots, wrinkles, and leathery skin.

• Protect your skin

Wear proper clothing like long-sleeved shirts and pants. Also protect your head and eyes with a hat and UV-resistant sunglasses.

Remember that you can also fall victim to the sun on a cloudy day as well as in the winter.

Sunburns increase the risk of developing skin cancer. It is especially important that children don't get a sunburns.

Peak burning hours, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m.

Reflective surfaces, like water, snow, and sand can reflect sun rays and make them more intense.

You experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

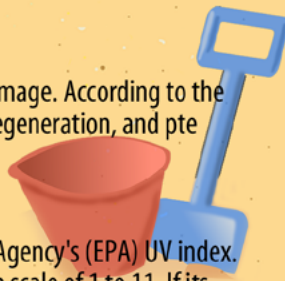
Use a broad-spectrum sunscreen to cover all exposed skin. The FDA recommends using sun screens that are broad spectrum and have a sun protection factor (SPF) value of at least 15. Re-apply sunscreen throughout the day.

• Protect your eyes

UV rays can penetrate the structures of your eyes and cause cell damage. According to the CDC, some sun-related vision problems cause cataracts, macular degeneration, and pterygium.

• UV index

Before going outside you can check the Environmental Protection Agency's (EPA) UV index. To see the intensity of UV rays for the day. The index measures on a scale of 1 to 11. If its low on the UV index you will require less protection and a high UV index will require a lot more protection.



Is Florida Heat Disrupting Your Comfort?



**E•D•S UNDERSTANDS
your struggle and
is here to help**

Palm Beach County residents deserve a cool, comfortable home. Don't let any A/C issues stand in your way of enjoying your life in paradise.

**Take the FIRST STEP towards
...UNINTERRUPTED COMFORT.**



E•D•S

E•D•S

Your Guide To Year-Round Comfort

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1

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2

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3

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YOUR PATH TO COMFORT



Experience The E•D•S Difference

Our AC services are here to keep you cool in the south Florida heat. We provide maintenance, repair, and installations - and offer a wide variety of quality systems for new installations and ductless air conditioning solutions that allow our customers an energy-efficient way to enhance their home's cooling needs in the hot weather months.

"E•D•S made my A/C problems disappear. Their response and expert service turned my hot, uncomfortable house into a cool oasis"
— Julie S.



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"I was worried about the cost of a new A/C system, but E•D•S provided affordable options and excellent service. Now I'm enjoying comfort without breaking the bank."
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Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:

- **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved.
- **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water.
- **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely.
- **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly.
- **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents.
- **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather.
- **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you.
- **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way.
- **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina.
- **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.

For specific zone areas, dates & details check online:
<https://myfwc.com>, Telephone: (850) 488-4676,
 or scan the QR code.



Recreational Freshwater or Saltwater Fishing License Prices:

Resident Annual: \$17.00
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 Annual Resident Gold Sportsman's License: \$100.00
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- Burt Reynolds Ramp
- Jim Barry Light Harbor Ramp
- Juno Ramp
- Phil Foster Ramp

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Top Freshwater Fishing Locations

Florida is renowned for its abundance of freshwater fishing opportunities, with numerous lakes, rivers, and streams teeming with a wide variety of fish species. Here are some of the top freshwater fishing locations in Florida.

1. Lake Okeechobee: The largest freshwater lake in the state. Anglers can target largemouth bass, crappie, bluegill, & catfish.

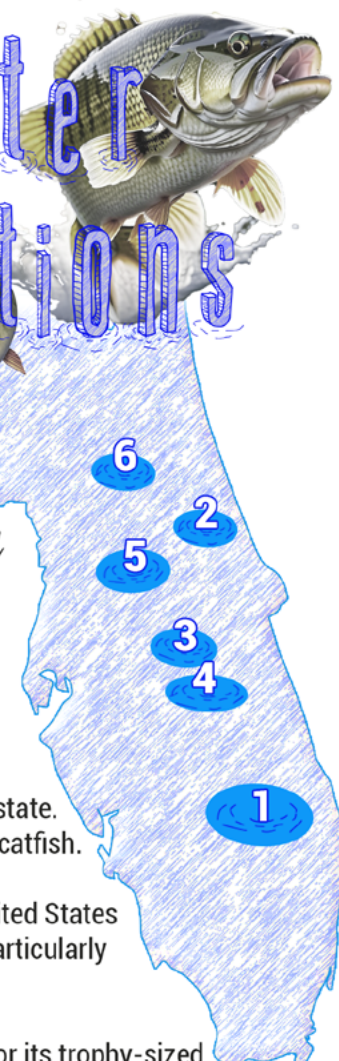
2. St. Johns River: One of the few major rivers in the United States that flows north. It's a prime location for bass fishing, particularly in the upper stretches.

3. Lake Tohopekaliga (Lake Toho): The lake is famous for its trophy-sized largemouth bass. It's a popular destination for bass anglers seeking the thrill of catching big fish.

4. The Kissimmee Chain of Lakes: Comprising several interconnected lakes, the Kissimmee Chain offers diverse fishing experiences. Anglers can target bass, crappie, bluegill, and more in these interconnected waters.

5. The Harris Chain of Lakes: Consists of several lakes interconnected by canals. It's known for its bass fishing, with Lake Harris being one of the most popular spots for anglers.

6. Rodman Reservoir: Created by the damming of the Ocklawaha River, Rodman Reservoir is known for its trophy bass fishing. Anglers come here seeking the chance to catch monster-sized bass in a picturesque setting.



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BUTTERED-UP Steak



Simple meal with a Gourmet Feel

INGREDIENTS

2 steaks (ribeye or sirloin are good choices)

Salt and pepper

2 tablespoons unsalted butter

2 cloves garlic, minced

Fresh herbs (optional)

INSTRUCTIONS

1 Take the steaks out of the refrigerator and let them come to room temperature for about 30 minutes. This helps the steak cook more evenly.

2 Preheat your oven to 400°F.

3 Season the steaks generously with salt and pepper on both sides.

4 Heat a large skillet over high heat until very hot. Add the steaks and cook for about 2-3 minutes per side, until nicely browned.

5 Remove the steaks from the skillet and place them on a baking sheet.

6 In the same skillet, add the butter and garlic. Cook for about 30 seconds, stirring constantly, until the garlic is fragrant.

7 Pour the garlic butter over the steaks on the baking sheet.

8 Place the baking sheet in the oven and cook for about 5-7 minutes for medium-rare doneness, or longer if you prefer your steak more well-done.

9 Remove the steaks from the oven and let them rest for a few minutes before slicing.

10 Serve the steak with any remaining butter from the baking sheet and fresh herbs if desired.



BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



Enjoy your delicious
buttered-up steak!

PREP: 35 MIN • TOTAL: 50 MIN

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AREA TRAILS



Palm Beach County, Florida, has some excellent hiking trails that offer a range of experiences from scenic walks to more rugged adventures. Here are five of the best hiking trails in the area:

JUPITER RIDGE NATURAL AREA

Length: Approximately 2 miles
Features: This trail offers a diverse landscape including coastal dunes, scrub habitat, and salt marshes. It's a great spot for bird watching and enjoying the natural beauty of Florida's coastline. There are also boardwalks and observation towers for panoramic views.

GRASSY WATERS PRESERVE

Length: Varies with different trails; up to about 5 miles for the main loop
Features: Located in West Palm Beach, this preserve is known for its unique wetland ecosystems. Trails here wind through sawgrass marshes and cypress swamps, providing opportunities to see a variety of wildlife, including alligators and numerous bird species.

WAKODAHATCHEE WETLANDS

Length: About 3.5 miles
Features: This trail is a boardwalk loop through a freshwater marsh. It's an excellent spot for bird watching, with many species commonly seen, including herons and egrets. The boardwalks make it accessible and offer great views of the wetland environment.

LOXAHATCHEE NATIONAL WILDLIFE REFUGE

Length: Multiple trails; the Marsh Trail is around 1.2 miles
Features: This refuge offers a range of trails through various habitats, including cypress swamps and upland areas. The trails are generally flat and easy, making it a good choice for a relaxed hike while still enjoying the beauty of the Everglades ecosystem.

ARTHUR R. MARSHALL LOXAHATCHEE NATIONAL WILDLIFE REFUGE

Length: Approximately 11 miles (drivable, with walking trails along the way)
Features: Although primarily a driving route, there are several opportunities to get out and explore on foot along the Wildlife Drive. It offers a chance to see diverse wildlife and expansive wetlands. The trails and observation points provide great spots for hiking and wildlife photography.

Each of these locations offers a unique glimpse into Florida's natural landscapes, from wetlands and marshes to coastal dunes. Enjoy your hikes!

Health Benefits of the Outdoors



Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.

Stress Reduction: Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings, fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

Improved Mental Health: Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

Increased Physical Activity: Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

Enhanced Creativity & Cognitive Function: Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

Connection with the Environment: Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.

So, You have decided to get a pet... NOW WHAT??

Commitment and Time: Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

Choose the Right Pet for Your Lifestyle: Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

Proper Nutrition: Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

Regular Exercise: Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

Routine Veterinary Care: Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

Spaying/Neutering: Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

Training and Socialization: Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

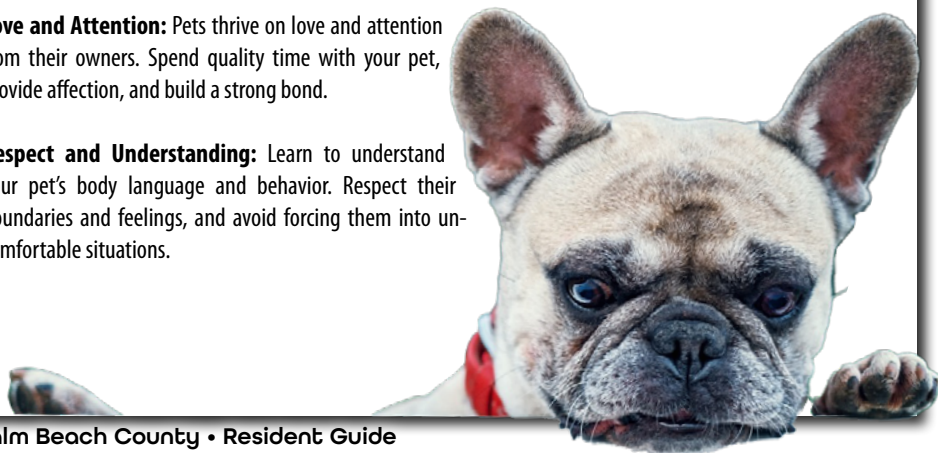
Provide a Safe Environment: Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

Grooming: Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

Identification and Microchipping: Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

Love and Attention: Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.

Respect and Understanding: Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.



Patience and Forgiveness: Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

Emergency Preparedness: Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:
3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

DOG PARKS

BRK REPUBLIC DOG PARK

521 Clematis St. | West Palm Beach | 561-340-3848

CINQUEZ PARK DOG PARK

2183 W Indiantown Rd. | Jupiter | 561-741-2400

CITY PAWS DOG PARK AT HOWARD PARK

1302 Parker Ave. | West Palm Beach | 561-804-4950

DOG PARK AT ANCHORAGE PARK

603 Anchorage Dr. | North Palm Beach

DOG PARK AT DREHER PARK

Dreher Trail S | West Palm Beach |

561-804-4900

DOG PARK AT F.I.N.D. PARK

211 River Park Dr. | Jupiter |

561-741-2400

DOG PARK AT PINE ROAD PARK

2700 Pine Rd. | Royal Palm Beach |

561-790-5124

JUPITER DOG PARK

48 Ocean Blvd. | Jupiter |

561-741-2400

LAKE IDA DOG PARK

4175 Lilac St. | Palm Beach |

561-966-6600

LILAC DOG PARK

4175 Lilac St. | Palm Beach Gardens | 561-330-1100

POOCH PINES AT OKEEHEELEE PARK

7715 Forest Hill Blvd. | West Palm Beach

WELLINGTON DOG PARK

2975 Greenbriar Blvd. | Wellington | 561-791-4005



Mosquitoes

Prevention & Health Risks



A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are: • Bats • Frogs • Fish • Turtles • Birds • Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed: • Citronella • Geranium • Eucalyptus • Rosemary • Basil • Anise • Mint • Marigolds • Catnip • Wormwood • Tansy • Lavender • Cedar • Cloves

Don't have stagnant water sitting around in things like buckets or tires.

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are: • Dengue • Encephalitis • Malaria • Yellow Fever. Mosquitoes can also transmit diseases to animals. A couple of these diseases are: • Heartworm (mostly to dogs & cats) • Encephalitis. To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



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Jupiter Office:
110 Front Street
Suite 300
Jupiter, FL 33477
Office Number: 866-839-1192
Fax: 239-932-6097
Website: www.reneemsmithesq.com

Naples office:
365 Fifth Avenue South, Suite 202
Naples, Florida 34102

South Florida Office, Firm Mailing Address, and Closing Angels Title Insurance Agency:
2030 Douglas Road, Suite 109
Coral Gables, Florida 33134
786-483-7983