

# AROUND THE BACK COUNTRY

## Would you know what to do if your child drowns?

Did you know the number one cause of death in children under the age of 6 is drowning? Even when pool season ends, many parents believe the risk of drowning also ends, but data from the U.S. Consumer Product Safety Commission (CPSC) indicates 311 reported non-pool drownings from 2007 through 2009, were of children younger than five years of age. More than 80 percent of these deaths involved children younger than two years old. The pattern is much different than that observed in pool-related incidents where children younger than two accounted for 38 percent of deaths (involving children younger than five).

Bathtubs were involved in most of the non-pool drowning deaths. Many of these incidents involved caregivers leaving the room to answer the phone/door or to retrieve an item. In some incidents, an older sibling was left to watch a younger sibling.

"Infants and toddlers need particularly close

supervision. Drowning can occur within seconds in only inches of water, so parents need think of, not just the pool, but any water anywhere as dangerous.

CPSC recommends parents and caregivers follow these safety tips when children are around bathtubs, spas, buckets, or decorative ponds or fountains:

\* Never leave young children alone near any water. Young children can drown in even small amounts of water.

\* Always keep a young child within arm's reach in a bathtub. Never leave to answer the phone, answer the door, get a towel or for any other reason. If you must leave, take the child with you.

\* Don't leave a baby or toddler in a bathtub under the care of another young child.

\* Never leave a bucket containing even a small amount of liquid unattended. Toddlers can fall headfirst into buckets and drown. After using a bucket, always empty and store it where young children cannot reach it.

Buckets left outside can collect rainwater and are a hazard.

\* Prevent children from gaining access to spas or hot tubs when not in use; always secure with safety covers and barriers.

\* Learn CPR (cardiopulmonary resuscitation). It can be a lifesaver when seconds count. For online CPR Certification, visit <http://www.cprpros.com> For a class in the San Diego area call 619-445-4569.

Editor's note: *Teach your baby to Swim and Float!*

I taught all of my children to swim their very first summer. One was 3 mos., one 8 mos. and one was 7 mos. I took a course at a local YMCA to learn the technique which is really quite simple. Babies aren't afraid of the water as a rule and love to play with you in a pool or the bathtub. To this day, none of my kids remember being taught how to swim. They say, "It's as though we were born knowing how to swim."

## Elections Right Around the Corner

Greetings,

It is election time again! Elections are always important, but as all of us have discovered, local elections are *really* important. H.O.P.E.'s efforts in the past two elections have brought solid, stable citizens to our local Planning Group and School Board. We are proud of these achievements, but we need to keep encouraging good people to step up and serve their community.

This year we have Rick Northcote running for reelection to the Planning Group and we have

encouraged Jock Ogle, Matt Cox and Robert Hume to step up to run for the other three seats on the Campo/Lake Morena Planning Group. I think you will agree, this is a strong group of candidates.

We are still sorting out the school board candidates and your input will be helpful.

Mark your calendars for Sunday, August 1st from 2-4 PM at the Mountain Empire Senior Bldg. in Campo for our campaign kickoff meeting. Come and meet the candidates and talk with them about your concerns.

Lets get this campaign started with a bang. Sid Fox will be there with an update on our finances going into this campaign and we will talk about the campaign strategy for 2010. I plan to have a state and federal level candidate or two to address the group as well.

Hope to see you all there. Please feel free to bring a friend--the more the merrier.

Randy Lenac

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## Fish CONTINUED FROM PAGE 19

If you are planning to camp with us in the near future, be sure to make your reservations early. Our reservation number, 877-565-3600 (858-565-3600 from outside the County), is now answered Monday thru Friday, from 8:00 a.m. to 5:00 p.m. The folks at the reservation desk would be glad to help you with a

reservation.

South Shore Campground:

Reservations are recommended for camping at the main campground on the South Shore. This campground offers partial hookup sites (water and electric), as well as several developed sites. The main

restroom offers hot showers and flush toilets, and is handicapped accessible. Please be advised, Lake Morena has no dump station.

North Shore Primitive Campground: This campground is closed until further notice because of the lake's low water level.

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## NOTICE INVITING BIDS

The Campo Housing Department is now receiving bids for:

- A/C
- CABINETS
- DRYWALL
- ELECTRICAL
- FLOORING
- PAINTING
- PLUMBING
- STUCCO



to revitalize homes on the Campo Indian Reservation at 36510 Church Road, Ca. 91906.

Bids must be submitted no later than August 31, 2010, 5 pm, at which time said bids will be processed for consideration. Prospective bidders may contact Housing Director, Sylvia Johnson to schedule an appointment to visit the project site at (619) 478-5400 ex.221 or email:

[campohousingdepartment@gmail.com](mailto:campohousingdepartment@gmail.com).

Indian preference.