

JULY IS NATIONAL PARKS & RECREATION MONTH



Tallahassee's large, diverse, world-class system of parks, green spaces and trails makes the city a great place to live and play! In line with the City of Tallahassee's Strategic Plan, we plan to reach our goal of 100 parks before the end of 2024, further expanding access for residents and visitors. Currently, the City manages 4,000 acres of parkland and 80-plus miles of trails spread throughout town!

As the largest park in southeast Tallahassee, Four Oaks Park spans more than 40 acres. It is home to the City's first cricket pitch, in addition to a playground, multi-purpose sports fields and basketball, beach volleyball and pickleball courts. It is located at the corner of Four Oaks Blvd. and Tram Road.

Off N. Meridian Road, explore Elinor Klapp-Phipps Park. It sits on the eastern shore of Lake Jackson.

Within the park, you'll find trails for hiking, mountain biking and horseback riding, as well as a wide variety of wildlife. Nearby, you can also play a game of tennis at the City's Forestmeadows Athletic Center.

Looking to simply connect with nature? Jog the many trails in San Luis Mission Park off San Luis Road. Enjoy expansive open green space at Governor's Park off Blair Stone Road or sit on the floating dock at Silver Lake Park off N. Ridge Road.

It takes a lot of work to maintain the City's large network of world-class parks, so this month, we'd like to say, "Thank you," to all the Parks and Recreation professionals who make our community more vibrant, healthy and engaging.

Learn more at Talgov.com/Parks.



Sustainability Tip

Water your lawn in the early morning when temperatures and evaporation rates are low. Remember that 30 minutes twice a week are all your lawn needs.



SENIOR CENTER'S L3X RETURNS

The Tallahassee Senior Center's L3X (LifeLong Learning Extravaganza) runs from Sept. 9-27. The program will celebrate its 15th anniversary with a robust month of classes, tours, workshops, recreational activities, field trips and entertainment on the broad themes of art, music, science, history, culture, food and drink. Two L3X "Preview Parties" will be held at the TSC, located at 1400 N. Monroe St. One will be on Monday, Aug. 12, from 10-11:30 a.m., and the other will be on Tuesday, Aug. 13, from 5:30-7 p.m. The parties offer an opportunity to pick up a course catalog, meet instructors and enjoy refreshments. In mid-August, courses can be viewed online at TallahasseeSeniorFoundation.org/L3X.

Sign up for a cool class, meet new friends and make great memories with L3X!



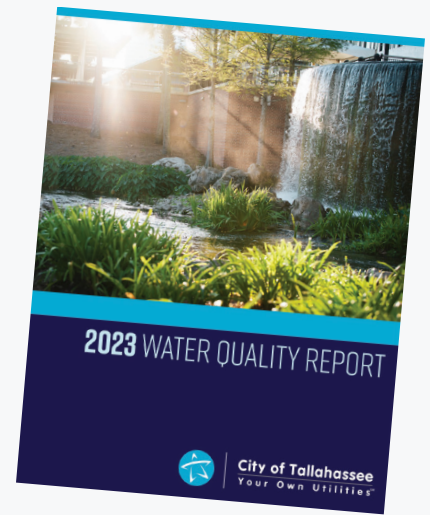
INVESTING IN WATER QUALITY

The City of Tallahassee has published its annual Water Quality Report - 2023. It again confirms the exceptional water quality provided by the City to its water customers. Drinking water standards for quality and safety in Florida are established at extremely stringent levels by the Florida Department of Environmental Protection, the U.S. Environmental Protection Agency and the Florida Department of Health.

For more than 120 years, the City has been providing safe, clean drinking water to the community. The best way residents can help ensure that high-quality drinking water delivered to their property makes it from the City's distribution system to their faucet is to maintain their home or business's plumbing system. One way to do this is to flush the plumbing system if it's been stagnant for an extended period. This can be done by running cold water from all the faucets and hose bibs for several minutes to allow fresh water into the building's plumbing. Customers should also consider replacing older pipes.

Always remember to use water wisely. While the Floridan aquifer offers an ample supply, it's not infinite. Conserving water now safeguards this resource for future generations.

The 2023 Water Quality Report provides the monitoring data and explains the source and treatment process for the City's drinking water. The 2023 report is based on the results of monitoring for the period of January 1 to December 31, 2023, unless noted otherwise. For more information about the City of Tallahassee's water utility and to view this report and previous reports, visit Talgov.com/WaterQuality.



SMART PREP FOR SENIORS

Hurricanes and other natural disasters present many challenges, and how you prepare should reflect your lifestyle and stage of life. Here are three tips to help local seniors build their disaster supplies kits:

- Store supplies in easy-to-carry containers. You may want to consider using containers with wheels.
- Label equipment, such as wheelchairs, canes or walkers, with your name, address and phone number. Keep a list in your kit of the type and model numbers of the medical devices you require.
- Learn about your doctor's and pharmacy's emergency plans and work with them to identify back-up service providers. Be sure to make provisions for medications that require refrigeration or devices that require electricity.

Everyone's situation is unique, so your kit and plan will be, too. Discuss hurricane preparedness with your family, friends and neighbors. Simple steps can make weathering the storm easier and safer for seniors. Learn more at Talgov.com.



SUMMER FIRE SAFETY

The summer grilling season is here. Use these tips from the Tallahassee Fire Department to reduce your risk of fire and injury:

- Place your grill on a flat surface at least 15 feet from anything combustible.
- Create a safety zone at least 3 feet in diameter around the grill to protect kids and pets.
- Remove fat and grease buildup in trays below the grill.
- Keep a hose or fire extinguisher near the grill.



Learn more at Talgov.com/Fire.

For all City of Tallahassee utility related inquiries, please call 850-891-4968 or visit Talgov.com.

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Insight is published monthly to inform citizens about City services and related items of interest. If you require an accommodation because of a disability in order to participate in a program, service or activity, please contact the City's ADA/Title VI Coordinator at least two business days prior to the event at 850-661-3235 or Kathleen.Wright@Talgov.com. For persons using a TDD, please call 711. Sign language interpreters require 10 days advance notice.

MEETINGS IN AUGUST

Visit Talgov.com for the current list of Tallahassee City Commission, Community Redevelopment Agency, Capital Region Transportation Planning Agency and Blueprint Intergovernmental Agency meetings and workshops. Call the Department of Communications at 850-891-8533 for more information and view the current meeting agendas online at Talgov.com.

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