

# OPINION

## THE FORUM

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### Tips to prevent common summertime injuries



**Dr. Kenneth Jeffers**

For children and young adults, summer signals an increase in recreational and social activities, including participation in team sports, physical activities in camps, bike riding, boating, water-skiing and more. While summer is traditionally the time for fun in the sun, it is also a period of increased risk for potential injuries and accidents.

Since men and women don't reach their peak bone mass until they are between 25 and 30, it is important to ensure that any bone breaks or injuries are treated properly, particularly for young adults and children. Consulting a board-certified and professionally trained orthopedic surgeon, who can inform you of your options for treatment, is the best decision — even if the pain from an injury is minimal.

Summer is prime time for physical activity, and young adults and children are still growing and developing, which puts them at greater risk for injury. If your child suffered an activity-related fall and is limping, unable to use the full range of motion in an extremity, or is experiencing pain when pressure is applied, that could indicate a serious injury and one that needs immediate attention from an orthopedic physician.

Parents need to be mindful of the most common injuries that occur during this time of year:

- **Swimming pool injuries** — The majority of summer days are spent in or around the pool, especially in South Florida, to escape the brutal heat of the season. Unfortunately, statistics show that children are more likely to drown in a swimming pool than a natural body of water. There are several precautions that should be taken to avoid pool time accidents and injuries. First, never allow any child to be in or around the water without supervision. A fence, netting, or pool cover should be used to prevent children from entering the area. To avoid the risk

of a spinal cord injury, explain the danger of diving into the shallow end and ensure that there is proper signage to serve as a reminder. Also, make certain that the pool deck is clear of clutter to avert a slip and fall.

- **Bicycle, skateboard and skating injuries** — Young adults and children riding any type of bicycle, skateboard or scooter are extremely prone to sustaining scrapes, broken bones or other injuries. Properly fitted helmets and other protective gear such as elbow and knee pads are necessary precautions. According to the Bicycle Helmet Safety Institute, a helmet can reduce the risk of a head injury by 88%. It is also recommended that parents enforce time and location restrictions to avoid rides at dusk or in the later evening and to avoid busy streets and intersections.

- **Trampoline injuries** — While it's fun and a timeless pastime for summer days, trampolines pose a high risk of injuries, including arm and leg fractures and sprains or more serious head and neck injuries. The American Academy of Pediatrics strongly discourages the use of trampolines at home, particularly if they are unattended. If you have a trampoline at home, please follow safety guidelines, including safety net enclosures and special pads covering the frame and springs. In addition to ensuring the equipment is well-kept with no tears or deterioration, limiting the trampoline activity to one person at a time can reduce the risk of an accident since most trampoline-related accidents result from one body colliding with another.

- **Playground injuries** — Adult supervision while children are enjoying playground activities is highly recommended to help prevent any accidents such as falling off the monkey bars or coming down a slide incorrectly. Check that the playground is well maintained and the equipment is sturdy.

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### South Florida's economic appeal attracts real estate investors

By **Laura Alamery and Liz Klingseisen**

As the country continues to emerge from the effects of the pandemic, there's no question that remnants of this healthcare crisis will remain with us for quite some time.

There are also issues impacting the population's enthusiasm to travel, get back to the office, and simply mingle — face-to-face — at restaurants, concerts and classes.

We saw these dynamics in play at a recent real estate investment we hosted in South Florida. There were about 50 students hailing from Georgia, Texas, New Jersey, Missouri, Michigan, New York, Illinois, Alabama, Massachusetts, North Carolina and Germany.

While we did sense a restlessness among our students and a desire to travel, there appeared to be other factors influencing their interest in our real estate investment workshop.

Perhaps the most compelling issue is that people from out-of-state (and country) are intrigued by the business and social environment in the Sunshine State, and specifically in South Florida. As you know, after a shaky start when the pandemic hit, we have rebounded quite nicely due to vaccinations and people taking proper steps to avoid infection.

Our students frequently mentioned other factors, most notably a thriving economy and an extremely robust real estate investment environment. In short, they wanted to see this area firsthand and implement the various strategies we taught in a three-day workshop.

The desire to engage personally and interest in South Florida clearly emerged as students enthusiastically asked during the pandemic when we would be resuming in-person classes.

We heard the following during registration and at the class in regard to South Florida as a place to live and do business:

- There is significant interest in the hot real estate market for investment properties.

- There is a perception that Florida is in a "bubble" and is recovering from COVID-19.

- Compared to other states — New York, California, Texas, Massachusetts — Florida has more freedoms and a laid-back spirit.

- People are flocking here, resulting in a booming real estate investment market. These students hope to get a firsthand look at the market.

There are still those who prefer using Zoom technology due to its convenience and as a way to avoid possible infection. We are actually considering having "hybrid" formats for our classes that allow in-person and virtual attendance. This will likely be the case for many businesses as they consider less travel and more liberal practices for working at home.

Numbers reflect that business and airline travel is gradually increasing in response to statements from the CDC that it is safe with certain protocols in place.

Regardless of these increases in travel and in-person meetings, it is likely that safety protocols will be in place for the foreseeable future. At our workshops, we encouraged wearing masks and we enforced social distancing as did the hotel which hosted our event.

The good news is that the numbers of those stricken by COVID-19 continue to decline, creating a somewhat safe environment for travel and social interaction. South Florida appears to be ahead of most areas as tourism, employment and business operations are improving.

This is especially true of South Florida's real estate investment climate, which attracts buyers from all over the world. Our real estate sector has always been resilient. It has emerged from the pandemic strong and healthy. This trend will continue as people target the area as a place to invest in and to live.

*The mother-daughter team of Laura Alamery and Liz Klingseisen are owners of Real Estate Investing Women, a firm that provides mentorship, coaching, and classes on how to initiate a career in real estate investing. Visit [realestateinvestingwomen.com/](http://realestateinvestingwomen.com/).*



Liz Klingseisen, left, and her mother, Laura Alamery. **REALESTATE INVESTINGWOMEN.COM / COURTESY**

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