

Valley of the Sun JCC Offers Water Safety Tips

With the rising temperatures and large number of backyard pools in the Greater Phoenix area, the Valley of the Sun JCC is urging parents to be vigilant about water safety.

"Pools are an inviting oasis in our hot summers and the best way to enjoy the water, especially for children, is to be water safe and learn to swim," said Debbie Meek, Aquatics Director and certified swim instructor at The J. "Infants as young as six months can learn to swim."

Meek cautions parents against the use of water wings and floaties. She feels these items can instill a false sense of security in parents that their children are safe, but warns that these items can easily slip off or tip over.

"Despite what we see in the movies, drowning most often occurs with a silent slip under the water, not a lot of splashing and screaming," said Meek. "By the time parents notice that a child has gone under, it may be too late."

A dedicated Masters swimmer herself, Meek feels swimming is an important life skill that cannot only prevent or save a life from drowning, it is an excellent form of exercise that is easy on the body and beats the summer heat.

The J offers private and group swim lessons for all ages and abilities, including infants of at least six months of age.

"Whether you learn to swim here in our fabulous heated pool or elsewhere, the important thing is to learn to swim and make sure your children and loved ones know how to swim and to be safe around water," said Meek.

To learn more about swim lessons and programs at The J, visit vosjcc.org/swim.



Seven Tips for Staying Safe Around Water

The Valley of the Sun JCC offers these simple tips for staying safe around water:

- Teach children to swim as early as possible
- Supervise children near water—Don't turn your back, not even for a second
- Secure doors and gates around pools
- Keep tables and chairs away from pool fences
- Don't be lulled into a false sense of security with gates and floaties – there is no substitute for adult supervision
- Never leave toys or floats in and around pools
- Know CPR

About Valley of the Sun JCC

The Valley of the Sun JCC is an inclusive community center that enriches physical, mental and spiritual growth through relationships and an array of programs, including child development, youth, fitness and social engagement. The J serves people of all faiths, backgrounds and abilities. ❖

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Rose Law Group Litigation Attorney Lauren Reynolds Making Her Mark as the Valley's Legal Leader in Cybersecurity

Reynolds is a Leader in Modern Cybersecurity and a Key Member of RLG's Highly Regarded Litigation Department

As a litigation attorney for Rose Law Group pc and member of the firm's Privacy and Cybersecurity group Lauren Reynolds is quickly distinguishing herself as a leader in the legal field of cyber security.

Reynolds assists Rose Law Group's clients with a variety of security issues including regulatory compliance, incident preparedness and response, and privacy litigation, as well as litigation matters involving property disputes, contract disputes, fraud and personal injury issues. Reynolds has played an integral role in litigating multiple appellate matters for Rose Law Group's clients.

An alumnus of Boston College's Morrissey College of Arts and Sciences and Arizona State University's Sandra Day O'Connor College of Law, Reynolds served as a law clerk at the Arizona Court of Appeals, Division One, before joining the Scottsdale based firm. Reynolds worked closely with appellate court judges to research, analyze and draft decisions regarding matters arising out of substantive areas of Arizona law. During law school, Reynolds served as a legal extern at multiple government agencies including the Arizona Secretary of State's office, the Arizona Attorney General's Office, the Arizona Center for Disability Law, the Ninth Circuit Court of Appeals, and the Arizona Court of Appeals, and U.S. Immigration and Customs Enforcement. Reynolds received her Juris Doctorate from Arizona State University, Sandra Day O'Connor College of Law, graduating with highest pro bono distinction.



Reynolds carried her experiences and skills from these various positions in different areas of law to Rose Law Group. Even so, she continues to expand her knowledge about privacy and cybersecurity as the field continues to change and evolve in order to better assist and advise her clients. Most recently, Reynolds attended the Second Internet of Things (IoT) National Institute in Washington, D.C.

"Lauren just continues to impress us with her depth of knowledge in this ever growing field of cyber security," said Jordan Rose, Founder of Rose Law Group. "We see cyber security and compliance as a growing area of our practice and Lauren's contributions are making a significant impact on our clients and cases."

Rose Law Group's privacy and cybersecurity group helps businesses address and resolve issues related to data privacy and cybersecurity, such as privacy and cybersecurity counseling, regulatory compliance, cybernetical prevention, investigation, and response, privacy litigation and regulatory investigations, employment issues, privacy policies and terms of use and data retention policies.

"In this day and age, businesses face a lot of risks in terms of security and distribution of data, and it's my passion at Rose Law Group to help them navigate these waters safely," Reynolds said. "I know this is a growing field and the more knowledge we can pass onto the consumer the better we can protect ourselves and our clients."

Rose Law Group is a full service business and real estate law firm also providing services ranging from land use/zoning and real estate transactions, development agreements, complex finance, tax appeals, trusts and estates and family law, to employment, election law, litigation, corporate formation/structure and lobbying. Rose Law Group is consistently involved in some of the State's biggest and most important issues, from representing the family of the Dallas Ebony victim, to County Sheriffs on Senate Bill 1070 litigation, to revolutionizing the provision of distributed solar generation in Arizona and defending the State's rights in litigation involving medical marijuana.

For more information on Rose Law Group, please visit www.roseoliform.com. ❖