

City of Highland

Weekly Report



February 11, 2016

Public Services

Getting Started - Tips for Long-term Exercise Success

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated.

Here are some tips for exercise success:

Dress for success!

- Wear comfortable, properly fitted sneakers or flat shoes with laces.
- Wear comfortable, loose-fitting clothing appropriate for the weather and the activity.

Make the time!

- Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).
- Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday, Saturday and Sunday from noon to 12:30 p.m.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

Keep reasonable expectations of yourself.

If you have a high risk of coronary heart disease or some other chronic health problem, check with your healthcare provider before beginning a physical activity program.

- Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.
- Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace.
- Don't exercise too vigorously right after meals, when it's very hot or humid, or when you just don't feel up to it.

HEALTHY
HIGHLAND



Healthy Highland Continued....

Make it fun!

- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Ask family and friends to join you — you may be more likely to stick with it if you have company. Or join an exercise group, health club or ta community center. Many churches and senior centers offer exercise programs too. (Remember to get your doctor's permission first.)
- Use variety to keep your interest up. Walk one day, swim the next, and then go for a bike ride on the weekend.
- Use music or audio books to keep you entertained.

Track and celebrate your success!

- Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session.
- Keep a record of your activities. Reward yourself at special milestones with non-food items, like a small gift or shopping trip for you. Nothing motivates like success!

Visit heart.org/physicalactivity to find all the resources you need to get moving and stay motivated.

*Information courtesy of American Heart Association – Healthy Living - Last reviewed on 09/2014
www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/*



This month the Highland Improvement Team (H.I.T.) will continue with our storm drain stenciling project. H.I.T. volunteers plan on continuing this citywide project until completed.

H.I.T. members will be stenciling the sidewalks above each storm drain in the City with the message "NO DUMPING, FLOWS TO CREEK." Each storm drain was stenciled in the past but over time the stenciled messages have faded due to weather conditions and normal wear. This message is placed above each drain as a type of warning or reminder to everyone that dumping is not allowed in the storm drains. This includes dumping or rinsing anything (paint, oil, etc.) into the gutters which ultimately finds its way into the storm drains, which leads into the creek.

This project is scheduled for next Saturday, February 20th from 8am to Noon. Volunteers must provide their own transportation on this day as we will be traveling from storm drain to storm drain within the scheduled project area.

Please contact Volunteer Services to sign up for this project or for more information at 909-864-6861 extension 203.

The Annual Citrus Harvest Festival ~BAKING CONTEST

Thursday, March 10, 2016

Entries need to be submitted on Thursday, March 10, 2016, at Highland City Hall between the hours of 7:30am and 12:30pm — Judging is from 12:30pm to 1:30pm. *Entries must be homemade and contain a citrus product.*

Categories available:

ADULT CATEGORY:

- ◆ Cookie/Bar
- ◆ Pie/Tart
- ◆ Cake/Cupcake
- ◆ Bread/Muffin
- ◆ Jam/Jelly/Relish/Salsa

CHILD CATEGORY:

- ◆ Cookie/Bar
- ◆ Pie/Tart



Cake/Cupcake Refrigeration is available for those entries that need to stay cold. Entries forms are available at Highland City Hall, 27215 Base Line. Ribbons will be awarded for 1st, 2nd and 3rd place in each Adult and Child category and Winners will be announced in the Highland Community News and awards will be given at the Main Stage during the Citrus Harvest Festival on Saturday, March 26, 2016.

Judges are needed! To sign up to judge or for more information, please contact Volunteer Services at 909-864-6861 extension 203.

Public Works



During the period of February 1, 2016 through February 5, 2016, graffiti was made known to Public Works staff by the following means and removed:

Hotline: Community Park, 8190 Olive, Flood well to Highland, North bound Bangor and 14th, Community Park and Corporate Yard, West side of Victoria, and North of Rosemary, Highland Storage, Boulder and Jasper, Webster and Boulder.

Routine observation by Public Works: Hibiscus, Hillview and Base Line, Olive and Base Line, Cunningham and Base Line, Elm and Base Line, Elm and Base Line, Mira Vista and Base Line, Elm and Base Line southwest corner, 9th and Golondrina northeast corner and southwest corner, Base Line at Golondrina, 7302 Valaria, 7338 Valaria, Base Line and Central, Base Line and Del Rosa Avenue Southside of Pacific and East of Orange, Elm and Base Line, and Church and Pacific.



Emergency Preparedness – Food

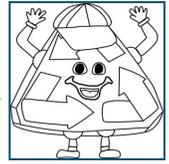
When a disaster occurs, you might not have access to food, water and electricity for days, or even weeks. Store enough emergency food to provide for your family for at least 3 days.

- Store food items that are familiar, rather than buying special emergency food. Consider any dietary restrictions and preferences you may have.
- Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk).
- Mark a rotation date on any food container that does not already have an expiration date on the package.
- Rotate stored food items using the FIFO (first in, first out) method.
- Include baby food and formula or other diet items for infants, seniors, or those with special dietary needs.
- Store the food in airtight, pest-resistant containers in a cool, dark place.
- Most canned foods can safely be stored for at least 18 months. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereal, crackers, cookies, dried milk or dried fruit within six months.
- After a power outage, refrigerated food will stay cold longer if you keep the door closed. Food should generally be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days.
- Make sure to include a can opener or two with your stored food items.

For more information on disaster preparedness, please visit www.72hours.org or www.ready.gov



Repete's Wisdom of the Week



Discover How Your Steel Food Can Gets Another Life

By putting your recyclables in the recycling bin, you give them new life. Some materials can travel through the recycling and manufacturing process to be back on the store shelf in as little as 30 days! Your aluminum can, water bottle, or cereal box can become many different things.

- ◆ **Collection:** Collected at curbside.
- ◆ **Sorting:** As material travels along the materials recovery facility (MRF) conveyor belt — a high-powered magnet attracts steel cans to a revolving belt to sort them from other materials. The steel cans are then baled before shipment to a steel mill or foundry.
- ◆ **Processing:** The scrap steel is melted in a steel making furnace which has a temperature of nearly 3,000 degrees. Steel cans are usually mixed with other scrap metal, like automobile parts.
- ◆ **Converting:** The melted metal is then cast into slabs and rolled into flat stock or steel sheets.
- ◆ **Manufacturing:** The flat stock is cut into sections, rolled and welded into tubes for bicycle frames. The recycled steel tubing is assembled into a bike frame.
- ◆ **I became a bike!**

To see the recycling journey of more products please visit:
www.iwanttoberecycled.org/journey

Public Works

Please Note Road Closure: In accordance with the Building Official's notification we will stage signs Tuesday morning

February 16th by 7:00am to close Palm Avenue in both directions from Pacific to Main and will set up a detour east to Church Ave.

Pacific and Main will remain open in both directions. Once City Staff confirms the contractor is on site and ready to start, the road closure will begin. City Staff will also close the sidewalk in front of the businesses across from the demo area again as instructed for the occupant's safety. The expectation timeframe for the road closure is that this will be short term and we will be prepared to open Palm as soon as possible.

FINANCE

Commercial Business License Applications

There were no new commercial Business Licenses for the week of 2/8/16 to 2/11/16

Calendar of Events



February 11, 2016

5pm - Community Trails Committee, Donahue Council Chambers

February 16, 2016

6pm - Planning Commission, Donahue Council Chambers

February 20, 2016

8am to 12pm Noon -Highland Improvement Team Project, Registration 7:30am to 8am at Highland City Hall - 27215 Base Line

February 23, 2016

6pm—City Council Meeting, Donahue Council Chambers

March 1, 2016

6pm—Planning Commission, Donahue Council Chambers

March 7, 2016

4pm to 5pm—Blood Drive Committee Meeting, Highland City Hall, 27215 Base Line

March 8, 2016

6pm—City Council Meeting, Donahue Council Chambers

March 10, 2016

Citrus Harvest Festival BAKING CONTEST
7:30am to 12:30pm - Entries Accepted
12:30pm to 1:30pm - Judging
Highland City Hall - 27215 Base Line
5pm— Community Trails Committee, Donahue Council Chambers

March 15, 2016

6pm—Planning Commission, Donahue Council Chambers

March 21, 2016

1:30pm to 6:30pm— Highland Blood Drive, Highland Police Station, 26985 Base Line

March 22, 2016

6pm—City Council Meeting, Donahue Council Chambers



Created by: Elena Rodrigues