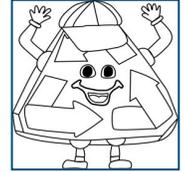


City of Highland Weekly Report



February 19, 2016

Repete's Wisdom of the Week



Used Oil Filter Exchange and Recycling Event

The San Bernardino County Fire Departments Household Hazardous Waste Program and the City of Highland's Public Services Division are hosting a free Used Oil Filter Exchange and Recycling Event.

Join us on...

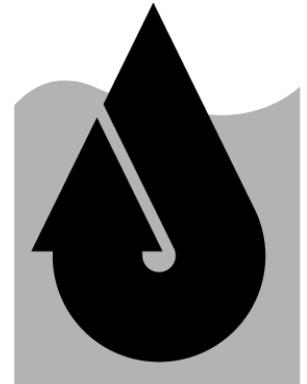
Date: March 12, 2016

Time: 9am to 2pm

Location: AutoZone—27292 Base Line Highland, CA 92346

Keep in Mind...

1. Bring up to 3 used oil filters to recycle and exchange for new oil filters
2. Expiration: Saturday, March 12th at 2pm
3. Valid In-Store Only at the address listed above
4. No exchanges or refunds
5. Recycle oil filter safely: drain for 12 hours and transport in non-leaking container or bag.
6. Bring ID or utility bill for residency verification.



**RECYCLE
USED OIL**

Oil filters are composed of steel and are 100% recyclable; if all the filters sold each year in the U.S. were recycled, 160,000 tons of steel would be recovered. Recycling one ton of filters yields 1,700 pounds of steel, 30 gallons of used oil and saves 10 cubic yards of landfill space. Used oil filters can be recycled into new steel products, such as steel cans, cars, appliances and construction materials (for example, rebar).

For more information call 909-382-5401 or 1-800-Oily Cat (645.9228)

HEALTHY HIGHLAND

Healthy Kids: Tips to Keep in Mind for Physical Activity. *Part of a healthy lifestyle is staying physically active. (Courtesy of American Heart Association)*

Doctors say kids should be physically active for at least 60 minutes a day. Here are some tips to keep in mind during physical activity:

Physical activity is fun! Being physically active doesn't have to be a hard or scary thing. Did you know that riding bikes with your friends, jumping rope, playing hopscotch, and running around the park with your friends are all types of physical activity? Any game where you are up and moving are great ways to stay physically active and make your heart, bones, and muscles strong.

Keep it exciting: Ask your friends what their favorite types of physical activity are and make a list of all of them. Make a deal with your friends to try a new activity off the list each week. Who knows, you may learn a new game!

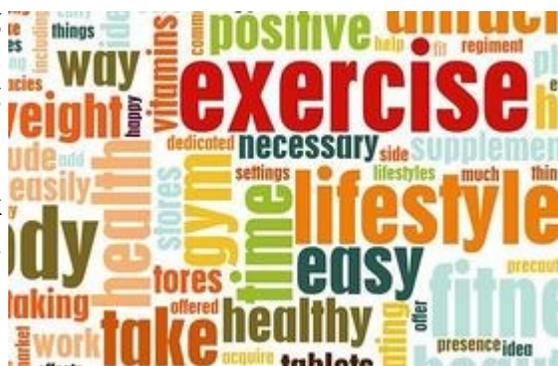
On the playground: Do you sometimes get scared to play a sport with your friends because you think you don't know how? That's okay; no one knows how to play every sport. So, the next time your friends start playing a game that you aren't sure of, ask one of them for help. They will be happy to show you and glad that you are playing with them!

After school: We all have our favorite TV shows and video games, but did you know that too much of those are bad for your health? The more we watch TV or play video games, the less physically active we are. It is okay to do those things some of the time, but no more than 2 hours a day. Ask your parents to help you keep a chart of how long you watch TV or play video games each day and when you come home from school go for a bike ride or shoot some hoops before starting on your homework. Not only will you feel better, but you will think better too!

Warm up before you start. For example, if you're going to be running, start by walking. Then walk fast, and then speed up to a jog to increase your heart rate. **Fun Fact: A "warm up" is really your muscles "warming up!" When you aren't active your muscles are cooler and tighter. Make it easier on your muscles by letting them get gradually loose and warmer instead of making them go straight from cold to hot (this is also important after your workout to keep from going from hot to cold too fast).

Stretching after any workout is very important to help prevent injury or strain. **Fun Tip: Pick 2 to 3 of your favorite songs to play while you are stretching and don't stop stretching until those songs are over. This will help the minutes go by fast and make sure you are stretching long enough.

Water is your friend - the harder and longer you work out, the more you need to hydrate. **Fun Fact: Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it!



Healthy Highland Continued....

Mix it up and keep it fun! Don't get stuck in a workout rut. Try and incorporate a new exercise every few weeks to keep you motivated. **Fun Fact: Did you know that your body can get used to an exercise? After a while your same workout won't have the same effects. Try a lot of different activities and sports to keep your body guessing and to improve your fitness.

Break it up – you don't have to have 60 minute workouts. As long as your daily physical activity adds up to at least 60 minutes, you are okay. **Fun Tip: Start a "Workout Log" to track your exercise every day. Twenty minutes intervals throughout the day will add up fast- who knows, you may even clock more than 60!

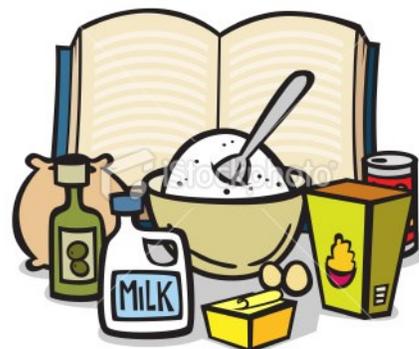
When we are smart about the way we play, our bodies can become healthier, stronger, and faster. Try to use a new tip a week to recharge your playtime. Learn more at www.heart.org



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.

HIGHLAND IMPROVEMENT TEAM

Community Development

Development & New Business Corner

The Highland Improvement Team (H.I.T.) will continue with our storm drain stenciling project this Saturday, February 20, 2016. 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 has been stenciled in the past but over time they have faded due to weather conditions and normal wear. The purpose of placing this message above each drain is to warn and/or remind everyone that dumping is not allowed in the storm drains. Dumping in the storm drains includes pouring or rinsing anything (paint, oil, etc.) into the gutters which ultimately finds its way into the storm drains, which leads into the creek.



The project is this Saturday, February 20th from 8am to noon. Volunteers can begin to sign in at Highland City Hall (27215 Base Line) from 7:30am until 8:00am. Volunteers must be able to provide their own transportation on Saturday 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.

Mediterra Residential Planned Community (Sunland Communities) located along the north side of Greenspot Road across from the East Valley Water District Corporate Campus is a **300** single family residential master planned community with parks and trail amenities. On February 11th the Community Trails Committee reviewed the trails and park components of this new project and provided Staff with a number of suggestions for the Planning Commission to consider. On February 16th, the Planning Commission adopted a resolution recommending the City Council approve the related Environmental Document, a Conditional Use Permit (to approve a Residential Planned Development Document), a General Plan Amendment and Zone Change, and the Tentative Tract Map. The entitlements will now move forward to City Council on March 8th.

Public Works

During the period of February 8, 2016 through February 11, 2016, graffiti was made known to Public Works staff by the following means and removed:

Routine observation by Public Works: Jane and Argyle, Elmwood and Base Line, Sams Discount, Elmwood and Base Line, 26630 Base Line, 26030 Base Line, 6th and Lankershim, Del Rosa Drive and Base Line, 7272 Sterling, 7177 Victoria, North of 7172 Victoria, West Side of Victoria, Bonnie and 9th, North West Elmwood and Base Line, North East Elmwood and Base Line, 15th and San Francisco, 26703 15th, 5th and Pinehurst, West bound North Side of Pinehurst, 7161 Victoria.

ADMINISTRATION

Scam: Section 8 Waiting List Scam ~ Target: All Seniors

If you are seeking information regarding Section 8 housing, beware! Scam artists have created websites that appear to be registration sites for the Section 8 housing. The scammer will ask you for a fee to participate and obtain your personal information, such as Social Security Number, banking information, etc., falsely stating that the information is needed for a credit check to submit an application. The Housing Authority of the County of San Bernardino is responsible for Section 8 waiting lists and they will **never** charge a fee to register and do not run credit checks. This is a scam!

The scammer's websites may also provide fake lists of properties that are available to rent through Section 8 if you pay the first month's rent via wire transfer or a prepaid credit card! ***This is also a scam!***

If you search online for Section 8, the top search results are often bogus sites. They may include titles or even logos that look official, but they are not real! Do not share your personal information or pay any fees to be placed on the Section 8 waiting list!

Beware! Deceptive websites appear to be for Section 8!

Always protect your personal information and be suspicious of anyone who asks for your personal information or for payments in advance. Here are some suggestions, to help avoid a Section 8 scam:

- * Contact the Housing Authority of the County of San Bernardino to find out how to register for Section 8 by telephone at (909) 890-9533 and TTY at 711 or on the Internet at www.hacsb.com
- * The Housing Authority does not charge fees for its services.
- * The Housing Authority will not contact you by telephone or email
- * Treat your Social Security Number and other personal information like cash!
- * Do Not enter personal information on a website you find through a search

If you think you may be a victim of a scam, contact San Bernardino County Adult Protective Services (APS) at 877-565-2020 or TDD/TTY: (909) 252-4703 or your local Police Department

FINANCE

Commercial Business License Applications

There were no new commercial Business Licenses for the week of 2/15/16 to 2/19/16

Calendar of Events



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

Saturday, March 12, 2016

9am to 2pm — Used Oil Filter Exchange & Recycling Day, AutoZone – 27292 Base Line

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

Saturday, April 9, 2016

8am to 12pm — Compost Give-a-Way, Highland City Hall – 27215 Base Line

April 12, 2016

6pm—City Council Meeting, Donahue Council Chambers

April 26, 2016

6pm—City Council Meeting, Donahue Council



Created by: Elena Rodrigues