



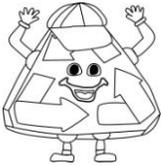
# City of Highland Weekly Report

June 15, 2012

## Disposing of Home Generated Sharps

### Public Services

#### REPETE'S WISDOM OF THE WEEK



#### How Do I Dispose of My Home Generated Sharps?

Every year, millions of people throughout the country use billions of needles, syringes, and lancets - also called sharps - to manage medical conditions at home. California Health and Safety Code defines "home-generated sharps" as hypodermic needles, pen needles, intravenous needles, lancets, and other devices that are used to penetrate the skin for the delivery of medications derived from a household.

Finding ways to safely dispose of used medical sharps is an important public health priority. Since sharps can no longer be disposed of in the trash, those who use sharps must be aware of proper disposal methods to avoid haphazard disposal habits and accidental exposure to used sharps. Although needle-stick injuries are occupational hazards for sanitation, housekeeping, and janitorial workers, children and pets are also at risk for being stuck by improperly discarded used sharps.

The San Bernardino County Fire Department, through their Household Hazardous Waste Collection Facility, offers a sharps program that provides a safe, easy, and free method for residents to dispose of their used sharps. Residents can pick up a container, return it when full and get a new container.

For more information please contact Public Services Coordinator, Andrea Saavedra at 909-864-8732 ext 271 or for the nearest Household Hazardous Waste Collection Facility, please visit website [www.sbcfire.org/hazmat/hhw.asp](http://www.sbcfire.org/hazmat/hhw.asp) or call 1-800-Oily Cat.

### Volunteer Services

#### HIGHLAND IMPROVEMENT TEAM

Last week, the Highland Improvement Team was hard at work at the Library rooftop gardens! Along with a vegetable and cactus garden, there are several gardens dedicated to teaching library patrons plants that are native to our area. The Highland Improvement Team has dedicated cleanups to help weed the gardens. Due to budget cutbacks, the Library relies solely on volunteers to help maintain the gardens. A



few non-profit clubs in the Highland area have adopted gardens to help the Library with upkeep.

Volunteers are always welcome to help with garden maintenance. If you are interested, please contact the Highland Sam J. Racadio Library and Environmental Learning Center at 425-4700. The Library is located at 7863 Central Avenue in Highland.

Now is your chance to join the Highland Improvement Team (HIT). The Highland Improvement Team is currently signing up new members. Would you like to belong to a great team, make new friends and help the community at the same time?

Highland Improvement Team members dedicate one Saturday morning per month to HIT projects. Each project lasts approximately four hours, usually from 8 a.m. to noon. Clean up projects may include yard clean up, minor landscaping, garage clean out and some painting. The Highland Improvement Team (HIT) consists of all Volunteers who work on the different projects, typically for senior or disabled homeowners, at no charge. The City provides all tools and supplies needed to complete each HIT project. Volunteers are treated to lunch after each project as a token of appreciation for all their hard work.

If you would like to join the Highland Improvement Team or would like more information, please contact Denise Moreno, Volunteer Services Coordinator, at 909-864-6861 extension 203.

### OPEN HOUSE

Fire Station #1 will host its annual **Open House** on **Saturday, June 23** from **9am to**



**2pm.** This is always a fun filled day, both for the kids and adults. Come down and meet your local firefighters, tour the facility and sit in a real fire truck. There will also be important information available to residents regarding fire

prevention, games and refreshments. Fire Station #1 is located at 26974 Baseline (west). Hope to see you there!

Questions or information, please contact Fire Station #1 at 909-862-3031.

### BLOOD DRIVE COMMITTEE



*There are several frequently asked questions that potential donors have about the donation process. The following are questions and answers from LifeStream's fact sheet.*

### **FAQs**

**Frequently asked questions about donating blood...**

***Q: If I have a cold or the flu, can I donate blood?***

To give the gift of life, LifeStream requires that you be in generally good health (symptom-free) and recommends that you are feeling well.

***Q: How will I feel after the donation?***

Most people feel absolutely fine (or even great, knowing they have saved a life), especially if they've increased their decaffeinated fluids before and after donation.

***Q: Can I still donate if I have high blood pressure or anemia?***

Yes, if your blood pressure is under control and within the limits set in the donation guidelines. For some, anemia is a temporary condition. Your hemoglobin (iron level) will be tested before you donate to make sure it is at an acceptable level. You cannot give blood if you have chronic anemia.

***Q: How can I increase my iron level?***

Donors may be deferred from donating due to a low hematocrit (iron) level. This restriction is for the safety of the donor and ensures that after donation, the donor's hematocrit level will still be within the normal range for a healthy adult. Since hematocrit levels can fluctuate daily, a deferral for a low hematocrit level does not mean a donor is anemic. A donor may help increase his or her hematocrit levels by eating foods high in iron such as red meat, dark green

vegetables and raisins or by taking a multivitamin that contains iron.

**Q: How soon after donating can I play sports or work out?**

After you donate, you will relax in the canteen and enjoy cookies and juice. Even though you can resume full activity, it is recommended that you avoid heavy lifting or pushing heavy objects for at least four or five hours after giving blood.

More questions and answers to come in next week's article!

Please contact Volunteer Services if you are interested in being involved with Highland's blood drives. There are two ways to help, by either volunteering or becoming our newest donor. The next Blood Drive Committee Meeting is Monday, June 25, 2012 at 4pm held at Highland City Hall - 27215 Baseline and Highland's next blood drive is Monday, July 23, 2012 at the Highland Police Station - 26985 Baseline. You can reach the Volunteer Services Coordinator, Denise Moreno, at 909-864-6861 ext. 203 for more information.

## Engineering

### Base Line Hill Improvements under Construction



Work began on Tuesday, June 12, 2012, to construct street improvements on the north side of Base Line between Palomino Street and Church Street. The construction work is anticipated to take approximately 4 weeks to complete. The contractor has removed the existing AC berm and will construct new concrete curb & gutter and match up street paving. Also, a new community trail along with a landscaped parkway will be constructed behind the new curb and gutter. This work is being performed by Development1 Group, developer of the remaining eight homes of the 16-unit residential project, located northerly of the Base Line hill. The outside westbound lane of Base Line will be closed each day during construction, from about 8:00 am to 4:00 pm, Monday through Friday. The

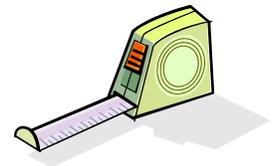
inside westbound lane will remain open to traffic during construction.

### Channel Improvement Project Receives More Funding

As requested by the City of Highland and approved by the San Bernardino County Flood Control Zone 2 Advisory Committee, the FY 2012/2013 County budget will include \$332,411 for future adoption by the County Board of Supervisors for the Warm Creek/Sand Creek Confluence Improvement Project. The proposed budget amount will fully fund the remaining design and right of way acquisition work, which will be completed in FY 2012/2013, so that the project will be shovel-ready to move forward to the construction phase when construction funding is anticipated to be available in the next two years. Including environmental, engineering, right-of-way and construction costs, the total project cost is estimated at \$3.9 million.

## Public Works

### PUBLIC WORKS REPORT May 2012 MAINTENANCE REPORT



Total Maintenance Man-hours	1,314
Compensated Maint. Man-hours	828
Un-Compensated Maint. Man-hours	486

### MAN-HOURS PER ACTIVITY

General Clean-up	54
Parkway Maintenance	0
Potholes	60.25
Sidewalk	0
Storm Drains	4
Signs/Traffic Control	25.5
Trees Trimmed	12
Vehicle/Tool Maintenance	24.5
Building/Grounds Maintenance	234
Landscape Maintenance District	785
Park Maintenance	339.3
Trail Maintenance	39.75

Special Maintenance	188.25
Crack Sealing	0
Graffiti	114
USA Markings	7
Weed Spraying	18
Staff Meetings	103
Safety Training	1
Personal Time Off	

**SPECIAL:** Pressure washed 5<sup>th</sup> St. Bridge and hand-water shrubs; counted RPMs (raised markers) on Highland Ave. between SR330 to American Legion; checked bollards at Memorial Park at Sheriff Station; service requests.

## Mark Your Calendar

### Tuesday, June 19, 2012

6pm - Planning Commission Regular Meeting, Donahue Council Chambers

### Saturday June 23, 2012

9am to 2pm - Open House at Fire Station#1 - 26974 Base Line

### Monday, June 25, 2012

4pm to 5pm - Blood Drive Recruitment Meeting  
Highland City Hall - 27215 Base Line

### Tuesday, June 26, 2012

6pm - Regular City Council Meeting, Council Chambers

### Tuesday, July 3, 2012

6pm - Planning Commission Regular Meeting, Donahue Council Chambers

### Wednesday, July 4, 2012

4<sup>th</sup> of July Holiday - City Offices are closed

### Wednesday, July 11, 2012

Public Nuisance Hearing Board Regular Meeting, Donahue Council Chambers

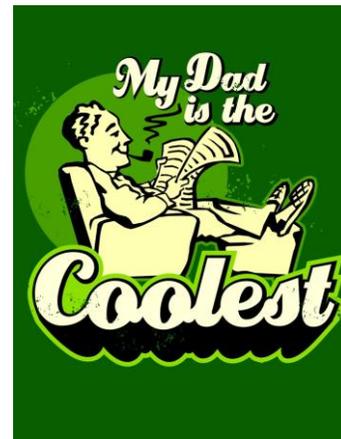
### Thursday, July 12, 2012

5pm - Community Trails Committee Regular Meeting, Donahue Council Chambers

### Tuesday, July 17, 2011

6pm - Planning Commission Regular Meeting, Donahue Council Chambers

*Assembled by: Brandy Littleton*



Happy Fathers Day!  
June 17th

*City of Highland  
27215 Base Line  
Highland, Ca 92346  
(909) 864-6861  
[www.cityofhighland.org](http://www.cityofhighland.org)*