

# City of Highland Weekly Report



July 16, 2015

## VOLUNTEER SERVICES

### BLOOD DRIVE

Just one more week to go! On Monday, July 27<sup>th</sup> the City of Highland in cooperation with LifeStream Blood Bank will host a “Guns & Hoses” blood drive! This is a friendly competition between our local Fire and Police Departments. The great thing is...everyone can join in the competition. Come down to donate and let us know if you are supporting Fire or Police. It's that simple! All donors will receive a “Guns and Hoses” t-shirt courtesy of LifeStream. Help us spread the word about this fun competition and increase Highland's donor numbers.

Blood supply is low every summer while demand is at its highest. You can help increase the blood supply by donating and by sharing information about our blood drive. Highland's “Guns & Hoses” Blood Drive is on Monday, July 27, 2015 from 1:30pm to 6:30pm at the Highland Police Station (26985 Base Line).



Please remember to eat iron enriched foods and drink lots of water a few days leading up to your donation. Don't forget to bring your ID with you! APPOINTMENTS ARE AVAILABLE NOW! Contact Denise Moreno, Volunteer Service Coordinator, at 909-864-6861 ext. 203 to **make your appointment today!**

### HIGHLAND IMPROVEMENT TEAM



The Highland Improvement Team will take a summer hiatus during the months of July and August. Our next scheduled HIT cleanup will be on Saturday, September 19th from 8:00am to 12:00pm (noon).

The Highland Improvement Team needs VOLUNTEERS to join our team. Volunteers of all ages are welcome! Everyone and anyone is always invited to join us...come out and support the Highland Improvement Team and see what we are all about! If you would like to do your part to beautify the community of Highland...Volunteer with the Highland Improvement Team! Contact Volunteer Services for more information at 909-864-6861 extension 203.

## **BLOOD DONATION FACTS**

### How Much Blood Does Your Body Have?

- Blood makes up about 7 percent of a person's weight
- An adult body of average weight has between 12 - 14 pints of blood
- A 110-pound teenager has around 7 pints of blood
- A 40-pound child has around 2 to 3 pints of blood



One Donation Can Save Several Lives — One pint of blood can be separated into three primary components which can help up to several people in need:

- Red Blood Cells - carry oxygen to the body's organ and tissues. These cells are needed for accident victims and surgery patients. They can be refrigerated and stored for only up to 42 days.
- Plasma - is 90 percent water, makes up to 55 percent of blood volume and is needed for organ, burn and shock patients. Plasma can be frozen and stored up to one year.
- Platelets - are an essential factor in blood clotting and give patients with leukemia and other cancers a chance to live. These can be stored at room temperature no longer than 5 days.

All three of these important components that make up a pint of blood are made in the body's bone marrow.

About 1 billion red blood cells are found in just 2 to 3 drops of whole blood. For every 600 red blood cells there are approximately 40 platelets and 1 white cell.

Nationally, more men than women donate blood. Locally, more women than men donate! The average patient who needs a transfusion uses about 3 pints of blood and blood components.

*Information Courtesy of [www.lifestream.org](http://www.lifestream.org)*



### ***Commercial Business License Applications***

There were no new commercial Business licenses for the week of 7/13/15 to 7/16/15

# ADMINISTRATION

## 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 the following webpage [www.72hours.org](http://www.72hours.org) or [www.ready.gov](http://www.ready.gov).



# Public Works

## PUBLIC WORKS REPORT June 2015

Total Maintenance Man-hours	662.25
Compensated Maintenance Man-hours	662.25
Un-compensated Maintenance Man-hours	0

### MAN-HOURS PER ACTIVITY

General Clean-up	79.25
Parkway Maintenance	4.25
Potholes	30.75
Sidewalk	10.5
Storm Drains	7.25
Signs/Traffic Control	29.25
Trees Trimmed	13.5
Vehicle/Tool Maintenance	44
Building/Grounds Maintenance	139
Landscape Maintenance District	1.5
Park Maintenance	33.75
Trail Maintenance	19.75
Special Maintenance	6.5
Crack Sealing	0
Graffiti	138
USA Markings	7
Weed Spraying	8.25
Staff Meetings	79.8
Safety Training	0.5
Personal Time Off	0

**SPECIAL:** Trash pickup at Fairfax/7<sup>th</sup>; glass cleanup at Pacific w/o Victoria.

# Calendar of Events

## July 21, 2015

6pm - Planning Commission,  
Donahue Council Chambers

## July 27, 2015

1:30pm to 6:30 pm—Guns vs. Hoses  
BLOOD DRIVE, Highland Police  
Station - 26985 Base Line

## July 28, 2015

No City Council Meeting scheduled

## August 4, 2015

6pm -Planning Commission,  
Donahue Council Chambers

## August 6, 2015

5pm - Historic and Cultural Preser-  
vation Board , Donahue Council  
Chambers

## August 11, 2015

6pm - City Council Meeting,  
Donahue Council Chambers

## August 12, 2015

3pm— Street Naming Committee ,  
Donahue Council Chambers

## August 13, 2015

5pm - Community Trails  
Committee, Donahue Council  
Chambers

## August 18, 2015

6pm - Planning Commission,  
Donahue Council Chambers

## August 25, 2015

6pm - City Council Meeting,  
Donahue Council Chambers

## September 1, 2015

6pm- Planning Commission,  
Donahue Council Chambers

## September 8, 2015

6pm—City Council Meeting,  
Donahue Council Chambers

## September 10, 2015

5pm - Community Trails  
Committee, Donahue Council  
Chambers

## September 15, 2015

6pm - Planning Commission,  
Donahue Council Chambers

## September 22, 2015

6pm - City Council Meeting ,  
Donahue Council Chambers



*Created by: Elena Rodrigues*