



# City of Highland Weekly Report

September 20, 2013

## Donate, Donate, Donate!! Highland Blood Drive on September 23<sup>rd</sup>

### Volunteer Services

**Blood Drive** - Highland's next Blood Drive is this Monday, September 23, 2013 from 1:30 p.m. to 6:30 p.m. at the Highland Police Station, 26985 Base Line in Highland.

It has been extremely hot this month so please remember to **hydrate, hydrate, and hydrate**. It is important to drink plenty of fluids before you donate blood. Drink plenty of water 24-48 hours before you donate blood. Stick to your normal eating habits on the day you plan to donate. When drinking coffee, tea or carbonated soft drinks, drink them between meals so they don't interfere with iron absorption at mealtime.



Iron is the part of hemoglobin that enables red blood cells to carry oxygen and deliver it to body tissues. It is important to eat foods high in iron.

#### Very Good Sources of Iron:

- Beef: look for loin or round
- Pork: look for loin

- Cooked beans: pinto, garbanzo, kidney, lima, black and lentils
- Cereals: with 50 percent or more added iron

#### Good Sources of Iron:

- Chicken, turkey, seafood and tofu
- Corn or flour tortillas; enriched
- Rice, pasta or bread: enriched
- Leafy greens: spinach, chard, collards, parsley and cilantro
- Prune juice, dried fruit: prunes, figs, pears, raisins, apricots
- Peas or snow peas

Combine fruits and vegetables high in Vitamin C. A diet of fruits and vegetables high in Vitamin C, coupled with foods high in iron, helps increase the amount of iron your body absorbs.

#### Fruits and Vegetables High in Vitamin C:

- Vegetables: tomatoes, broccoli, cauliflower, bell peppers, chili peppers and cabbage
- Fruits: oranges, cantaloupe, mangos, papayas, grapefruit, strawberries and kiwis

- Juices: orange, grapefruit, tomato, lemon and lime

#### To Increase Iron Absorption:

- Eat meats along with other iron-rich foods like beans or spinach
- Cook with a cast iron skillet
- Choose foods that are labeled "iron enriched" or foods with added iron

#### Tips for Eating More Fruits and Vegetables:

- Eat more dark green veggies like broccoli and spinach
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans and peas like pinto beans, kidney beans and lentils
- Eat a variety of fruits
- Choose fresh, frozen canned or dried fruit
- Go easy on fruit juices



*Information Courtesy of LifeStream, "Eat Right for Healthy Blood" pamphlet*

As an added incentive, for every lifesaving donation, participants at the September blood drive will receive a movie ticket (*while supplies last*) and receive points as part of the "Gift of Life" Donor Loyalty Program that may be redeemed for items through LifeStream's online store at [www.lstream.org](http://www.lstream.org). For more information, contact Volunteer Services Coordinator, Denise Moreno at 909-864-6861 extension 203.

**Highland Improvement Team - September Cleanup!** Join the Highland Improvement Team (H.I.T.) this Saturday, September 21<sup>st</sup> as we abate litter and weeds in Highland. H.I.T. volunteers will spruce up neighborhoods that need a little extra TLC.

Ridding an area of weeds and litter can make a huge difference in a neighborhood.

Saturday's H.I.T. cleanup will take place from 7am to 11am (earlier hours to beat the heat). Volunteers interested in participating are asked to meet at Highland City Hall, 27215 Base Line, between 6:30am and 7:00am to sign-in. Participants will leave City Hall at 8:00am to the cleanup site. All volunteers are required to provide their own transportation to and from the cleanup site.

Please contact Volunteer Services with any questions or for more information at 909-864-6861 extension 203.

**Residential Cleanups Wanted...** The Highland Improvement Team needs your help. We are searching for Highland homeowners who need help with yard cleanup and minor landscaping. There are no income eligibility requirements and absolutely no charge to the homeowner. A fabulous team of volunteers completes all work and repair during HIT projects/cleanups.

Here are the few qualifications:

- Must be 55 years and older or disabled
- Must own and reside in your home

The Highland Improvement Team schedules one cleanup per month. Each cleanup requires enough work to fill the allotted four-hour period, usually from 8:00am to noon.

For more information and/or to sign up please contact Volunteer Services at 909-864-6861 extension 203.

**Open House - Police Station Hosting an Open House...** The Highland Police Station will host an Open House on Saturday, October 5, 2013 from 9am to 1pm.

The community is invited to an Open House at the new Highland Police Station. There are many exciting things planned for the day. Visitors will have an opportunity to:

- Meet Sheriff McMahon
- Meet Highland Chief Torres
- Tour the Police Station
- See Equipment and Vehicles on Display...including the Sheriff Helicopter
- San Bernardino County Sheriff's Historical Society
- Highland Reserve Unit
- Highland Explorer Post
- Highland Citizens on Patrol
- Fingerprinting for Kids
- Kids can meet Deputy McGruff!

We hope to see you there!

The Highland Police Station is located at 26985 Base Line. For more information please contact the Highland Police Department at 909-425-9793.

**Safe routes to school** - International Walk to school day is October 9, 2013.

## Administration

**September is National Preparedness Month! BUILD A KIT** - Having a well-stocked disaster supply kit on hand before a disaster strikes will make anyone's life easier. A disaster may cause everyday necessities like food and clean water to become scarce and hard to come by. You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least three

days. A week is preferable. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days. A well-stocked disaster supply kit should have the following items:

- Water - one gallon of water per person, per day.
- Food - Canned goods, MRE's, freeze dried. Also include at least one manual can opener.
- Battery-powered or hand crank radio and a NOAA Weather
- Flashlights and extra batteries
- First aid kit
- Sanitation Items -  
Moist towelettes, toilet paper, feminine hygiene products, garbage bags and plastic ties, soap/detergent and bleach.
- Basic tools - wrench, pliers, screw drivers, shovel, and duct tape, etc.
- Cash and change
- A change of clothes, sturdy shoes, and rain protection for each person
- A sleeping bag and/or extra blankets
- Other supplies
  - Cups, plates, bowls, utensils, foil
  - Extra batteries
  - Plastic sheeting
  - Copies of important documents (Driver's license, passport, birth certificate, etc)
  - Fire extinguisher
  - Lighters and/or matches
  - Extra medication



These are just the basics. Everyone's kit will be different because everyone has different needs. If you have an infant, then extra bottles, formula, and diapers would be necessary. Don't forget about your pets. They'll need food and water as well. Remember that a disaster can strike at any time, but the time to get prepared is now. For more

information on assembling your disaster supply kit, please visit [www.ready.gov](http://www.ready.gov).

## Engineering

### Construction Update on Base Line -

The contractor has returned to complete the City's Base Line Town Center Beautification project. Installation of trees within the median is underway. Next week the contractor will continue with installation of the river rock, median up-lighting, signing and striping. Road closure at the intersection of Base line and Church Avenue is set for Saturday, September 28, 2013 at 5 a.m. thru



Tuesday, October 1, 2013 at 4:00 p.m. Traffic will be detoured away from this intersection during this closure. Reader board signs have been posted on Base Line and Church Avenue to alert motorists of this upcoming road closure.

**Sterling Avenue Pavement Rehabilitation** - Pavement rehabilitation on Sterling Avenue from Base Line to Pacific Street will begin next week. Monday, September 23<sup>rd</sup> and Tuesday September 24<sup>th</sup> the contractor will perform cold in-place recycling (CIR), which consists of milling the existing asphalt concrete pavement, mixing the material with an agent and additives then spreading and compacting the recycled pavement. During this operation, traffic will be reduced to one lane in each direction.

**New Median on Base Line west of Church Street.** On Monday, September 23, 2013, Alder Construction will begin installation of a raised median on Base Line west of Church Street in front of the assisted living facility currently under construction. This work will include demolition of a portion of the existing asphalt concrete street pavement in the center of Base line, construction of the new raised, concrete-curbed median, match-up paving, and

landscaping improvements within the new median.

Once the median work is completed, the existing street surface, adjacent to the project, will receive a slurry seal coating, with new lane striping and pavement markings. There will be no complete closure of Base Line, but the inside travel lanes, between Marigold Avenue and Church Street, will be closed during construction of this median. These new improvements, in their entirety, are scheduled to take approximately six weeks to complete.

## Community Development

**Street Naming Committee determination:** At its September 17, 2013, Special Meeting, the Committee considered the following Items: The Street Naming Committee approved the Street Name, "Blossom Way," for Tract No. 16448 which is located on Greenspot Road midblock between Orange Street and Church Street.

**Planning Commission determination:** At its September 17, 2013, regular Meeting, the Commission considered the following Items: After a brief on-site visit to the Project Site for the Brightwater Senior Living Facility currently under construction at 28897 Base Line, the Planning Commission approved Revised Colors and Materials Board.

## Finance

**Commercial Business License Applications** - There were two new commercial business licenses for the week of 9/16 to 9/20/13: Curriel Hair Salon located at 7197 Boulder Ave., #10 and SCH Wireless located at 27212 Baseline Street.

## Mark Your Calendar

### **Saturday, September 21, 2013**

7am to 11am - Highland Improvement Team Clean Up, City Hall - 27215 Base Line, Highland

### **Monday, September 23, 2013**

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

### **Tuesday, September 24, 2013**

5:30pm - Public Works Subcommittee Meeting, Upright Conference Room  
6pm - Regular City Council Meeting, Donahue Council Chambers

### **Thursday, September 26, 2013**

5:30 pm - Volunteer Recognition Dinner, The Event Center at San Manuel Village

### **Tuesday, October 1, 2013**

6pm - Planning Commission Regular Meeting, Donahue Council Chambers

### **Wednesday, October 2, 2013**

4pm - Public Nuisance Hearing Board Special Meeting, Donahue Council Chambers

### **Thursday, October 3, 2013**

5pm - Historic and Cultural Preservation Board Regular Meeting, Donahue Council Chambers

### **Saturday, October 5, 2013**

9am to 1pm - Open House at Highland Police Station - 26985 Base Line, Highland

### **Tuesday, October 8, 2013**

6pm - Regular City Council Meeting, Donahue Council Chambers

### **Thursday, October 10, 2013**

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

### **Tuesday, October 15, 2013**

6pm - Planning Commission Regular Meeting, Donahue Council Chambers

### **Saturday, October 19, 2013**

8am to 12pm - Highland Improvement Team Clean U, meet at Highland City Hall - 27215 Base Line, Highland

### **Saturday, October 19, 2013**

9am to 2pm - Open House at Fire Station #3 - 7649 Sterling, Highland

### **Tuesday, October 22, 2013**

6pm - Regular City Council Meeting, Donahue Council Chambers

### **Saturday, October 26, 2013**

3pm to 7pm - Discover Highland Night, located at the Highland Crossing Shopping Center in front of Lowe's Home Improvement Center on Greenspot Road

*Assembled by: Elena Rodrigues*



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