

City Beat

MAIN MENU
RECORDING
(209) 577-5200

TDD
(209) 526-9211

WEBSITE
www.modestogov.com

JULY 2008

Preventing Heat Related Illness

Summer heat waves cause thousands of heat-related illnesses and hundreds of heat-related deaths in United States each year. The Modesto Fire Department would like to remind you that the elderly, chronically ill, poor, socially isolated, and persons without air conditioning, are particularly susceptible to heat-related illnesses. Increasing temperatures, humidity and sun exposure enhance the risk of illness.

The first signs and symptoms of heat-related illness include: faintness, nausea, vomiting, diarrhea, headache, goose bumps on the chest and upper arms, heavy breathing, muscle cramps and instability when walking. Jumbled speech and deep unconsciousness can also occur. If you notice any of these signs and symptoms in yourself or someone else, call 911 immediately.

The best way to avoid heat-related illness is to ensure that your body is losing heat, meaning that you are sweating and that the sweat is evaporating from your skin. When humidity increases, less sweat evaporates. Be sure that you don't wear too much clothing; particularly dark, heavy, non-breathable clothing, as this also decreases sweat evaporation.

Be sure you drink plenty of fluids. How much do you need to drink? It depends on your age and level of activity:

FLUID FACTS (Source: American Medical Athletic Association)

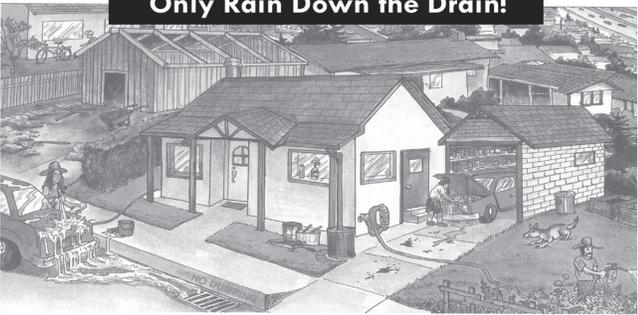
When to consume:	Adults	Children
Before activity	17-20 ounces	4-8 ounces
During activity	7-10 ounces every 10 minutes	5-9 ounces every 20 minutes
After activity	24 ounces within 2 hours	24 ounces within 2 hours

****Sodas and alcohol do not count in these fluid calculations as those drinks do more harm than good.****

To keep track of how many ounces you are drinking keep this quick tip in mind: one adult-size gulp equals one ounce of fluid. For kids, one gulp equals one half-ounce of fluid.

If you have any questions, please contact the Modesto Fire Department Fire Prevention Bureau at (209) 571-5553.

Only Rain Down the Drain!



PLEASE KEEP OUR WATER CLEAN!
Never pour used oil, paint, gasoline or chemicals down storm drains!

Report Pollution: (209) 577-6200 Recycle Used Oil & Filters: (209) 577-5493

Funded by a grant from the California Integrated Waste Management Board



Year-round watering schedule for City of Modesto customers.

	SUN	MON	TUES	WED	THURS	FRI	SAT
IF YOUR ADDRESS IS...	ODD	DO NOT WATER	EVEN	ODD	EVEN	ODD	EVEN
MIDNIGHT TO NOON	WATER		WATER	WATER	WATER	WATER	WATER
NOON - 7:00 PM			DO NOT WATER				
7:00 PM - MIDNIGHT	WATER		WATER	WATER	WATER	WATER	WATER

ODD NUMBERED ADDRESSES END IN 1, 3, 5, 7, 9
EVEN NUMBERED ADDRESSES END IN 0, 2, 4, 6, 8

For more information,
or to report water waste call **209.342.4580**

* Due to the cyclic nature of mailing the City Beat with the utility bills, some of the events/programs may have already occurred.

City Beat is printed on 30% recycled paper.

Modesto Restaurants Go Green!

A very big thank you to the Modesto restaurants who have decided to “go green!” Through funding from an Environmental Protection Agency (E.P.A.) grant, these local businesses have partnered with the City of Modesto to recycle restaurant food waste. The pilot program began in the Fall of 2007 and is currently going strong; we have recycled 265 tons of food waste! Here are the participating restaurants:



In addition, Aqua Shi, Scramblz, and Tony Roma's were active participants until their recent closures.

Applicants Sought for Citizen Advisory Groups

Citizen Advisory Groups (boards, committees and commissions), are formed to assist the City Council in making critical policy decisions that impact the community. These groups research, study and discuss specific issues and their implications, forwarding their recommendations to the Council. Successful local government is dependent upon citizen input and participation.

The City of Modesto is seeking interested applicants for current vacancies on the following boards, commissions and committees:

- Airport Advisory Committee
- Community Qualities Forum
(Currently Southeast, Southwest and Northeast area residents are needed)
- Disabled Access Appeals Board
- Equal Opportunity Disability Commission
- Golf Courses Advisory Committee
- Housing Rehabilitation Loan Committee
- Local Cable Programming Committee

Applications may be requested from the City Manager's Office at 1010 Tenth Street, Suite 6100, by phone at (209) 571-5101, or by applying online at: www.modestogov.com/council/cag/default.htm.

Applications are reviewed as vacancies occur and are maintained for at least one year.

Top 10 Garbage Violations

1. Placing or storing anything in an alley – *unwanted items, furniture, appliances, etc.*
2. Placing garbage in the **green** yard waste can, such as plastic bags or sheeting.
3. Not making an appointment for a bulky item pick-up.
4. Placing bulky items in the street *more than 24 hours before the appointment.*
5. Placing unacceptable items out for bulky item collection, including tires, TV's, glass, wood, construction debris, garbage and clothing.
6. Placing hazardous waste in the garbage instead of taking it to the Household Hazardous Waste Facility – *motor oil, paint, batteries, fluorescent lights, electronics, etc.*
7. Rinsing dirty garbage cans and leftover concrete residue into the street instead of on the lawn or in the yard.
8. Draining pool or spa water into the street instead of into the sewer drain (bathtub or sink).
9. Placing garbage cans on the sidewalk for collection or leaving the cans in the street after the service day.
10. Overfilling garbage or yard waste cans.

Any of the above activities can subject you to a fine of \$100 or more for violation of City ordinance.

