



Monte Sereno City Newsletter

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18041 SARATOGA-LOS GATOS ROAD, MONTE SERENO, CA 95030 February, 2012

WEST VALLEY PERSONAL EMERGENCY PREPAREDNESS (PEP) COURSE AVAILABLE

DID YOU KNOW?...
Santa Clara County and the West Valley are vulnerable to emergencies such as the recent wind storm in L.A. County? First Responders (firefighters, police and medical personnel) will be overwhelmed in a large disaster. YOU are responsible for your personal and family emergency preparedness. Learn how to prepare to be on your own for several days after the next large disaster.

COST: FREE

DATES AND LOCATIONS:
Saturday, March 10th, 9am - 12pm,
Levy Family Campus (Adult Lounge),
14855 Oka Road, Los Gatos

Wednesday, April 11th, 6-9pm,
Cupertino City Hall/EOC,
10300 Torre Ave, Cupertino
REGISTER now by e-mail:
stephanie.morrison@cnt.sccgov.org.
By phone: 408.341.4422. Please
provide your full name, e-mail address,
phone number and city of residence
or workplace in the West Valley.



IT'S NOT TOO EARLY... TO THINK ABOUT RUNNING FOR CITY COUNCIL

This November there will be two (2) City Council seats to be filled. However, the election process begins much earlier in the year. If you or someone you know might be interested in running for a seat on the Monte Sereno City Council, the Nomination Period begins July 16th. The Nomination Period is the time frame during which a potential candidate can obtain and file the necessary documents to enter the City Council race. The final date to submit the nomination papers to the City Clerk is Friday, August 10th. For more information please contact the City Clerk at 408. 354.7635.

2012 GOALS FOR THE CITY SET

In January, the Monte Sereno City Council conducted their annual Goal-Setting Work Session where they developed the following list of goals for the Council for the year 2012:

- Continue Implementation of Programs Called For In The City's General Plan
- Update Or Create Image For The City
- Increase Surplus In City Budget
- Review Development Regulations
- Create Traffic Calming Committee And Plan For Traffic Calming In The City
- Foster More Community Involvement

These goals were approved by the City Council at the February 7th Council Meeting.

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City Web Site: www.montesereno.org
City Email: Cityhall@montesereno.org



“STROKE HAPPENS... TO YOU, AND TO THOSE YOU LOVE. KNOW THE SIGNS. ACT F.A.S.T!”

FAST stands for face, arms, speech and time, and is being used as part of a campaign by the Stroke Awareness Foundation to educate the public about warning signs of stroke and seek proper medical services immediately. If you think a person is having a stroke, call 9-1-1, especially if the person has trouble with these basic commands.

Face: Does one side of the face droop? Ask the person to smile.

Arms: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech: Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

Time: If the person shows any of these symptoms, CALL 9-1-1 Immediately! Ask to be transported to a Certified Stroke Center.

Ask if Tissue Plasminogen Activator (t-PA) is Right For You.

This is the only FDA-approved acute treatment for ischemic stroke. Patients who arrive at the hospital **within 3 hours** of the first onset of symptoms are three times more likely to be treated with t-PA.

A stroke happens when a part of the brain dies from lack of blood, usually because one of the arteries that supply oxygen-carrying blood to the brain has been damaged. There are two ways this can happen:

1. Clogged vessel or ischemic stroke: Caused by blockage of a blood vessel in the brain, usually by a blood clot or by fatty deposits on the vessel wall. 85% of strokes are ischemic.

2. Burst vessel or hemorrhagic stroke: Caused by a ruptured blood vessel, preventing normal flow and allowing blood to leak into brain tissue, destroying it. This occurs in 15% of strokes.

Stroke is a common and often misunderstood condition and its early symptoms are often ignored. Some brain cells deprived of oxygen die within minutes. Others may take a few hours to die depending on the nature of the blockage or hemorrhage. The loss of physical and mental functions is often permanent and can include motor-function disability. Although strokes can occur at any age, most

stroke patients (two-thirds) are over the age of 65.

A Transient Ischemic Attack or TIA is often described as a mini-stroke. Unlike a stroke however, the symptoms can disappear within a few minutes. A TIA happens when blood flow to part of the brain is blocked or reduced, often by a blood clot. After a short time, blood flows again and the symptoms go away. TIAs, by definition, resolve within 24 hours, the majority of TIAs resolve within 30 to 60 minutes.

A TIA is a warning: It means you are likely to have a stroke in the future. If you think you are having a TIA, call 911. Early treatment can help prevent a stroke. If you think you have had a TIA but your symptoms have gone away, you still need to call your doctor right away.

WARNING SIGNS

WALK (Is your balance off?)

TALK (Is your speech slurred or face droopy?)

REACH (Is your vision all or partly lost?)

FEEL (Is your headache severe?)

If you recognize any of these signs – even if they go away – **call 9-1-1 immediately** and tell the operator, paramedics, or emergency room staff, “I think this is a stroke.”

(Thank you to Stroke Awareness Foundation for assistance with this article. www.StrokeInfo.org)

LOS GATOS-SARATOGA RECREATION- COME JOIN A CLASS.

Los Gatos-Saratoga Recreation offers over 300 classes and programs each quarter for all ages- there's something for everyone! Brochures are mailed to Monte Sereno residents or you can visit us on line at www.lgsrecreation.org for a comprehensive list of classes and registration information, or call **354.8700**.

Winter programs are just starting. Choose from one of our many classes

such as Photoshop, Salsa & Latin Dance, Hat Making, Elder Law, Italian Cuisine, Belly Dancing, Landscape Design, Gardening in Winter, Day Trips, Chinese Herbs, Latin Dance, Youth Dance, Zumba, Soccer, Tennis, Crossfit, and so much more!

Our Spring Activity Guide will be available on line and mailed February 27th. Summer? Even though it's winter it's not too early to start planning your child's summer! Our summer camp and swim lessons are now available online for registration at www.lgsrecreation.org,

Los Gatos and Saratoga Elementary & Middle Schools “Summer School” information will be available for registration with our Summer Fun for Kids Activity Guide that is mailed and available online starting March 12th. (Summer School dates will run June 18- July 13, 2012).

Looking for New Teachers! We are always looking for new class ideas and offerings. If you have a special hobby or interest that you would like to share with the community, give us a call! **354.8700**.

NEW RESOURCES FOR SAFE PEST CONTROL

Home Safety vs Pesticides

Home safety can take many different forms, especially when it comes to considering children and pets. One area that's often overlooked is pesticides used in and around our homes. Many pesticides are considered to be hazardous to health, and must be used carefully. But, even pesticides considered to be fairly safe can have more of a negative impact on children and pets because kids and pets tend to come into closer contact with these chemicals when playing on floors and lawns. And, they may end up with items from the garden or floor in their mouths.

A Safer Alternative

If you are hiring a pest control company, choose one that uses less-toxic products, and/or uses minimal pesticides. Look for a company that is

certified in **integrated pest management (IPM) techniques**. In addition to ending up with a safer home environment, using one of these companies can result in less need for services and pesticides, because the contractor will seek to eliminate the source of the problem, so that the pests don't return.

What's the difference?

Traditional methods of pest control usually involve only periodic application of pesticides. This kills the bugs, but doesn't address the source of the problem. IPM certified contractors are trained to look for the source of pests. When they need to use chemicals, they'll use only as much as needed. In addition, this method is safer for the whole community, because pesticides applied in our yards can run off into

our creeks, and even end up in the San Francisco Bay.

How do we find a certified IPM pest control company?

You can find a certified pest control company by visiting www.mywatershedwatch.org and clicking on "Solutions to Pest Problems". Look for links to three IPM certification programs: EcoWise, GreenPro, and Green Shield. Many local pest control companies are certified by these programs and you should be able to find one that meets your needs.

Remember your Landscape Contractor

Don't think only in terms of Pest Control Contractors: your landscaping contractor may also be using pesticides. You can look for a landscaper trained in less-toxic pest control methods by choosing a certified "Green Gardener". These certified landscapers are also listed on the mywatershedwatch.org website.

HOW TO DISPOSE OF EXPIRED OR UNUSED MEDICATIONS.



We all have medications in our closets and medicine cabinets that have expired or are no longer needed. Flushing these drugs down the toilet or pouring them down the sink can contaminate drinking water supplies and harm wildlife. Please do your part to keep pharmaceutical waste out of rivers, lakes, and other bodies of water by following these simple steps.

Dispose of Meds Properly

Many pharmacies have Take-Back Programs for unused medications. Ask your local pharmacy if they will accept unused or unneeded medications. Household Hazardous Waste

Collection programs may also accept pharmaceuticals. Check for local collection sites in your phone book under Hazardous Waste Collection or online at your county website.

Disposal In Garbage Collection

Keep medications in their original containers. Scratch out any personal information. Place some water and coffee grounds, sawdust or kitty litter in the container to discourage consumption. Close and seal tightly with duct tape. Place the container in a durable cardboard box or empty plastic tub. Place it in the trash just before your garbage pick-up time.

Safe Disposal by Flushing

The Food and Drug Administration regularly updates its list of unused or expired medications that you can safely flush down the sink or toilet. Flushing these specific medicines will get rid of them right away and help keep your family safe. Find updated lists online at the U.S. Food and

Drug Administration website: www.fda.gov/drugs.

Buy Only What You Need

Minimize waste by purchasing only the medications that you need. Stocking up on medications (other than doing so for emergency preparedness for short periods of time) can lead to unnecessary pharmaceutical waste.

For more information, visit the California Department of Resources Recycling and Recovery's page, "Medication Waste Disposal," at www.calrecycle.ca.gov/HomeHazWaste/Medications.

Thank you to the California State Board of Pharmacy for help in preparing this article.

Monte Sereno Newsletter
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MONTE SERENO REPRESENTATIVE FOR THE VTA BICYCLE & PEDESTRIAN ADVISORY COMMITTEE NEEDED



The City of Monte Sereno is accepting applications from residents wishing to serve as Monte Sereno's representative on the VTA Bicycle & Pedestrian Advisory Committee (BPAC), an advisory committee established by the Board of Directors of the Santa Clara Valley Transportation Authority to advise the Board on matters relating to an effective countywide bikeway and pedestrian system, and related issues affecting the transit system.

The Committee consists of sixteen (16) members and meets the Wednesday following the first Thursday of the month at 6:00 PM, at the VTA Administration Complex located at 3331 North First Street in San Jose. The appointed member shall serve a term expiring June 30, 2014.

The Monte Sereno representative to the BPAC shall be a resident and registered voter of the City of Monte Sereno. **Persons interested in serving on the BPAC should submit an application to the City Clerk by Friday, April 6, 2012.** The application can be obtained at City Hall or from the City's website at www.montesereno.org. For more information, please contact the Monte Sereno City Clerk at 408.354.7635

COFFEE WITH THE MAYOR IS BACK. PLEASE JOIN US.

All residents are invited to attend an informal Coffee with the Mayor to discuss any City related concerns, questions and/or suggestions that are not already under consideration of the Council. Coffee and breakfast type refreshments will be offered. No reservations are required and your participation is welcomed.

Below is the upcoming schedule for Coffee with the Mayor:
Friday, March 9, Friday, April 13, Friday, May 11 and Friday, June 8.
Coffee begins at 9:30am.
Please join us.

Who to Call at City Hall

City Council —

Mayor **Susan Garner** 354-9112
15936 Barry Lane, Monte Sereno
Vice Mayor **Curtis Rogers** 656-4550
15256 Via Del Sur, Monte Sereno
Council Member **Marshall Anstandig** 354-1002
16151 Bachman Avenue, Monte Sereno
Council Member **Burton Craig** 341-9369
150 Almaden Boulevard, Suite 1250, San Jose, 95113
Council Member **Lana Malloy** 395-0103
17981 Saratoga-Los Gatos Road

City Hall Staff —

City Hall, 18041 Saratoga-Los Gatos Rd..... 354-7635
City Website www.montesereno.org
City Manager, Brian Loventhal
City Clerk/Assistant City Planner, Andrea Chelemengos
Finance/Facilities Officer, Sue L'Heureux
Associate Planner, Erin Ventura
Administrative Clerk, Eileen Finn-Kopp
Administrative Clerk, Katheryn Musselman
City Engineer, Mo Sharma
City Attorney, Kirsten Powell
Building Official, Howard Bell 354-2805
Postal Clerk, Julie Werner 354-5466

Telephone Numbers —

EMERGENCY **911**
LOS GATOS-MONTE SERENO
POLICE DEPARTMENT
 Business/Non-emergency
 Mon.-Fri. 8am-5pm 354-5257
 After 5 pm 354-8600
FIRE HAZARDS (Central Fire District) 378-4010
ANIMAL CONTROL/SHELTER SERVICES
 Silicon Valley Animal Control 764-0344
ROAD OBSTRUCTIONS, and other road problems,
call the City Office 354-7635
SEWER TROUBLE, or to apply for sewer connection:
 West Valley Sanitation 378-2407
 After Hours Emergency 299-2507
HEALTH & SAFETY HAZARDS
 Hazardous Waste Materials 299-7300
 County Health Department 885-4200
 Poison Control 1(800) 876-4766
MONTE SERENO POST OFFICE 354-5466
GAS/ELECTRIC - PG&E (24 hours) 1(800) 743-5000
WATER-SAN JOSE WATER CO 279-7900
 After 4:30pm 279-7811
TELEPHONE REPAIR (Verizon) 611
CABLE TV (Comcast) 1(800) 945-2288
 24-hour repair 1(800) 945-2288 option 1
 Internet Customer Service 1(888) 262-6300
GARBAGE & RECYCLE
(West Valley Collection & Recycling) 283-9250