

FRESHLY SQUEEZED



THE MONTHLY NEWSLETTER FOR UPLAND CITY COUNCIL & STAFF

CITY MANAGER'S UPDATE

SHOP UPLAND THIS HOLIDAY SEASON

It matters where you shop! By making your holiday purchases at shops and stores in Upland, you actually help the City to pay for essential services like police, fire, parks, and public works. The City of Upland receives one percent (1%) of every dollar in taxable sales at retail outlets, restaurants, vehicle dealerships, and other local businesses. For the last three years, sales tax revenues have been the fastest-growing segment of our General Fund revenues. Sales tax now comprises approximately 35 percent (35%) of our General Fund, roughly \$13,000,000 per year.

Due primarily to the holiday season, the months of October, November, and December generate more sales tax revenue for Upland than any other time of the year. As you are doing your shopping and dining with friends and family, we encourage you to keep your dollars local in Upland. It will help our local business owners and help the City as we continue our fiscal recovery from the very tough economic climate of the recent past.

I hope you all have a safe, happy and blessed holiday season!! Thanks for all of your hard work on behalf of Upland.

Rod Butler
City Manager

NOVEMBER COUNCIL HIGHLIGHTS

The dedication and unveiling of the Veterans' Monument on November 11th was a poignant reminder of the ser-

vice and sacrifice given by those who have served or are currently serving in the various branches of the United States military. The monument symbolizes the enduring freedom we all share due to the courageous efforts of our military. The event was well attended by countless veterans, residents and local community members from throughout the Inland Empire.

To further express our gratitude to those that have served or are currently serving, please join us on December 14th at 6:30 p.m. in the Civic Center Courtyard to celebrate the 1st Annual Christmas Tree Lighting Ceremony at the Veterans' Monument. We hope that you will enjoy the carolers, lights and decorations, and a visit from Santa. All are invited to attend.

In November, the City Council took the following actions:

- Recognized Upland residents serving in the military;
- Presented a certificate to Darcy Sulz for organizing an interfaith prayer for the Upland Police Department;
- Received presentations regarding both a drought update and the upcoming El Nino;
- Welcomed and administered the Oath of Office to Fire Chief Paul Segalla;
- Approved two Mills Act contracts for historic homes;
- Approved the purchase of new cardiac monitors for the Fire Department;
- Approved a bid for San Antonio Water Treatment Plant repairs;
- Awarded a three-year contract to Geographics for the City newsletter;
- Created the Sycamore Hills Community Facilities District 2015-1; and
- Decided not to pursue a half-cent sales tax revenue enhancement.

ETHICS CORNER

When December rolls around, sometimes we begin to see some free goodies start rolling in from various vendors and organizations. While it is one thing to accept a tin of cookies from someone you've done business with, what would you say if this person offered you a couple of Super Bowl tickets?

General guidelines prohibit employees or elected officials from receiving gifts. If a gift or series of gifts with a total face value of \$50 or more is given to a specific employee or official, it will need to be included in their annual Form 700 filing. If a vendor, organization, or other outside source brings in a basket of goodies to bring holiday cheer to a specific City office, you are welcome to share and enjoy. That doesn't fall under the gift guidelines. If a gift is delivered that is questionable, verify the ability to accept it with the City Manager's Office

Use your best judgement and don't do anything that will compromise you, your department, or the City's ability to have fair, unbiased, and transparent relationships with these vendors and organizations. Public service is a public trust, requiring you to place loyalty to the Constitution, the laws, and ethical principles above private gain.

ADMINISTRATIVE SERVICES

Welcome New Employees who joined the City in November:

Mark Carlos, Facilities Specialist
Paul Segalla, Fire Chief

Congratulations to Employees who were promoted or re-classified in November:

Catherine Aamodt, Customer Service Specialist
Patrick Cowan, Water Meter Technician
Melecio Picazo Associate Planner

Service Awards - Don't forget, the Human Resources Department will be rolling out the red carpet for our spectacular employees! Please come and enjoy a gourmet breakfast while recognizing our employees with 5 – 30

years of service. We hope you will join us on Thursday, December 10th at 7:00 a.m. in the Carnegie Cultural Center.

Employee of the 4th Quarter, Employee of the Year & Department of the Year will be announced on January 14th at 7:15 a.m. in the Council Chambers. More details to follow.

DECEMBER BIRTHDAYS

Anthony Aveles, Jr.	Lauren Loya
Huber Ayala	Lisa Maloof
Thomas Barilla	Elizabeth Martin
Michael Boyle	Melanie Munns
Lavell Brown	Peggy Norris
Patricia Murphy Cauthen	Kyle O'Brien
Jacqueline Crandell	Edward Pratt, III
Maurice Duran	John Robles
Phillip Estrada	Danny M. Saenz, Jr.
Rosanne Gaede	Colleen Sellers
Brian Garcia	Luis Teixeira
Gabriel Garcia	Anthony Trejo
Audry Garcia-Perez	Jim Tseng
Dustin Griffin	Stefanie Ulate
Zachary A. Husa	Caitlin Willer
Jesse Jauregui	Billy Jack Wilson
Nancy Jennings	Ponciano M. Yambot



Finance

New Businesses:

Car Traders	Used Automotive Sales
KW Foothills & KW Upland	Real Estate Sales
Corky's Kitchen & Bakery	Full Service Restaurant
ECG Auto Sale	Used Automotive Sales
Health Therapy Center	Personal Hypnotherapy
LE Gourmet	Full Service Restaurant
The Habit Burger Grill	Limited-Service Restaurant
Baez Cleaning Service	Janitorial Service
Dollar Loan Center	Financial Loans
Mission Hospice of the In-	Personal Hypnotherapy
land Empire	Service
Win Family Medicine Inc.	Medical Offices

IT's Tip of the Month

During the upcoming holiday season you may be getting a new computer or laptop. Remember that the default first user that Windows creates has administrative rights for the entire PC. Make sure you go to Users and accounts and create a new account. Windows creates a standard user account which has only limited access on the computer. This will prevent most unauthorized malware or Trojan installations.

IT's Holiday Safety Tips

There are several recommended good practices for consumers provided by NCCIC/US-CERT and other anti-crime organizations for consumers to protect themselves this holiday season. Some of these include:

- Use websites that are familiar and have good reputations for shopping;
- Do not provide personal or financial information to unknown parties or websites;
- Do not follow unsolicited links or download attachments from unknown sources;
- Only open attachments from known senders and scan the attachments for malware when possible;
- Be suspicious of on-line websites selling bulk offers of gift cards and visibly inspect cards once purchased;
- Research the company and read third-party reviews before downloading mobile applications to your device;
- Do not post tickets or gift card pictures to social media platforms as criminals can reuse the barcode (if visible) to create another ticket or card;
- If using social media websites with links to good deals, always check the link prior to clicking it;
- Refrain from shopping on WI-FI hot spots that do not have security;
- Ensure that websites requesting payment card information are secure HTTPS websites;
- Observe and verify that charges on credit card statements are legitimate;
- Physically protect your credit cards and credit card information; and
- If you are asked to respond quickly, be mindful that the requestor could be attempting to generate a sense of urgency in order to commit fraud.

GEAR

The process of "Gearing Up" for the new Munis system continues. Staff will be completing the export and revision of the Vendor list and sending this data to the Munis conversion team. Training continues for Finance staff on Accounts Payable, Purchasing, and Contract processing, as well as Budget training and a review session, and Cash Management processing. Also, toward the end of the month staff will be doing the general ledger actuals conversions with assistance from the Munis implementation team. Staff will attend Security and Workflow review sessions for the Tyler Content Management Module.

PUBLIC WORKS

Six New Police Department Patrol Vehicles will be rolling by the end of 2015. Jim Lightenberg of our Fleet staff is in the process of coordinating the installation of specialized enforcement equipment and gear for six new police patrol Dodge Chargers. It is anticipated that all units will be deployed by Christmas with the first vehicle hitting the streets in two weeks.

You might notice a difference in the Look!! Police Chief Johnson and his staff have modified the look and fleet staff is incorporating new Police Identification decals on these vehicles that conforms to traditional law enforcement appearance. This traditional identification style proudly sports the City of Upland seal. This new look will be transitioned in over time as the existing fleet is retired.



Garrison’s Nursery – Connected to Recycled Water!

Just in time for Thanksgiving!!!! As part of our efforts to reduce potable water use and optimizing the proper application and use of our water supply resources, Tony Trejo, our Public Works Inspector, and Water Distribution team members Mark Warner, James Lussier, Huber Avila, and part-time staff Manolo Sanchez and Patrick Cowan, constructed the connection and pipeline modifications to convert Garrison’s to recycled water service. Garrison is a long-standing community nursery that specializes in California friendly and sustainable landscapes. Use of recycled water is another positive feature of their environmentally friendly business solution.



Congratulations to Patrick Cowan for being the successful candidate in our recent recruitment to fill our vacant Meter Reading position . . . Way to Go! We’re glad to have you as a full time member of the Public Works water staff.

FIRE DEPARTMENT

The Upland Fire Department welcomed Paul Segalla as their new Fire Chief on November 23rd.

Things have been a little hairy for our firefighters this month. Twenty-seven Upland and Montclair firefighters have been growing mustaches to raise awareness and funds for Movember. Did you know that 1 in 7 of our brothers, fathers, grandfathers and friends will be diagnosed with prostate cancer in their lifetime? And

510,000 die by suicide every year? The Movember Foundation fights to change that statistic. Through donations like yours, they have raised over \$650 million and have funded more than 1,000 programs focusing on prostate cancer, testicular cancer, poor health, and physical inactivity. Donate now to our team, Smoldering Staches at <http://moteam.co/smoldering-staches>. You can also support us by liking our team’s Facebook page <http://www.facebook.com/smolderingstaches/>.

At 1:10 a.m. on November 16th, ME161 responded to reports of an overturned tractor-trailer blocking 3 lanes of the I-10 Freeway. ME161 arrived to find a tractor-trailer on its side with a 53’ con-ex box detached from the trailer. One patient was found with moderate injuries and was transported to an area hospital. E161 remained on scene due to an unknown quantity oil and diesel spill threatening possible fire and environmental impact. Heavy wreckers arrived, and ME161 remained on scene until 4:20 a.m. to oversee the incident until there was no longer a significant fire or life safety hazard.



Firefighters responded to a brush fire in the northwest part of Upland on November 18th.



Air Ambulance Stats – October 2015

	<u>Interfacility Transports</u>	<u>Scene Calls</u>
Requests:	57	17
Transports:	47	5

COMMUNITY SERVICES

Recreation Division – The City of Upland, along with San Bernardino County Homeless Partners, will be conducting a Homeless Point in Time Count on January 28, 2016, in the City of Upland. This time, instead of just counting the homeless, we are hoping to get more accurate data on the number of homeless residing in the City by speaking with them. To help the volunteers that will be approaching these individuals, we would like to offer an incentive. What we would like to give each of the individuals is a small backpack with assorted personal items such as socks, deodorant, soap, and wash cloths, We are looking for donations of small (hotel size) body wash, shampoo, conditioner, body lotion and other hygiene items. Our goal is to supply 100 of these bags to the homeless. For more information, please contact Janis Rice at (909) 931-4281.

The Upland Recreation Division and the Upland – Foothill Kiwanis will be hosting their annual Breakfast with Santa on Saturday, December 5th, from 8:00 a.m. to 10:00 a.m. at the Gibson Senior Center. Kiwanis will be cooking their famous pancake breakfast and the children will have the opportunity to sit with Santa and share their wish list. Tickets are \$4 per person and pictures may be taken with the participant's camera.

Animal Services Division - A baby mountain lion was picked up on the north end of the City on November 18th. Fish and Game was called to take the baby mountain lion to a rehabilitation center. The baby mountain lion had just killed and eaten a skunk prior to her capture. Please remember that feeding or approaching wildlife is a very bad idea and may pose a danger to you and your pets.



Friends of Upland Animal Shelter is sponsoring adoptions through the end of the year, paying for the spay/neuter fee so that the public can adopt a cat for \$25 and a dog for \$35. From October 1st through October 18th, adoptions have increased substantially from last year, totaling 70 last year to 90 this year.

Appointments for Holiday Pet photos are filling up fast. Please call the Upland Animal Shelter at (909) 931-4185 for more information and to request an appointment.

Wednesday, December 9th	1:00 p.m. – 6:00 p.m.
Sunday, December 13th	10:00 a.m. – 3:00 p.m.
Friday, December 18th	1:00 p.m. – 4:00 p.m.

POLICE DEPARTMENT

October 11 through November 14, 2015

Community Events:

- On October 12th, Chief Johnson attended the Upland Interfaith meeting.
- On October 13th, Chief Johnson and Captain Yoakum attended the Chaffee College "Report to the Community" luncheon.
- On October 17th, Chief Johnson attended the "Welcome Home Team" First Methodist Church event.
- On October 18th, Chief Johnson attended a Sunergeo Christian Fellowship Service.
- On October 19th, Chief Johnson was the Guest Speaker for the Upland Lions Club.
- On October 20th, Chief Johnson attended the Upland Homeless Stakeholders meeting.
- On October 23rd, Chief Johnson attended the Upland Interfaith dinner.
- On October 28th, Chief Johnson attended an Upland Community Partnership meeting.
- On October 31st, Chief Johnson and VIP Lydick participated in the Upland Scary-A-Faire.
- On November 7th, Chief Johnson and several staff members attended the annual Upland Community Partnership for Youth Development fundraiser. Upland Police Explorers served as waiters for the event and members of the Upland Police Officers Association served desert. The fundraiser not only raised money for the Partnership, it also raised \$2,200 for a Little Free Library to be housed in the lobby of the Upland Police Department.

Administration Highlights:

Administration staff began work on a strategic plan for the Upland Police Department. The Strategic Plan Committee includes the Department's executive staff, representatives from the employee associations, and members of the community. The committee will develop the strategic plan over the next several months. The community members on the Strategic Plan Committee include Wes Fifield, Nancy Kelly, Steve Lambert, Bill Schussler, Jeannette Vagnozzi and Julius West.



The Department installed a drop box for citizens to drop off unneeded medications for destruction.



Operations Division Highlights

Arrests		Traffic Citations	
Felony Arrests	43	Moving Violations	168
Misdemeanor Arrests	248	Misc. Violations	59
Total Arrests	291	Parking Violations	83

Towed Vehicles	29
30 Day Impounds	20
Total Tows:	631

Calls for Service:

	Priority 1 Weekly Statistics					
	10/11- 10/17	10/18- 10/24	10/25- 10/31	1101- 11/07	11/08- 11/14	2015 YTD
Traffic/Subj/Veh Check	128	170	222	161	172	8,122
All Other	1,323	1,216	1,150	1,104	1,129	55,236
Total	1,451	1,386	2,837	1,265	1,301	63,358
Priority1	26	39	27	26	33	1,536
Priority 2	676	648	605	585	599	29,524
Priority 3	79	67	75	63	59	3,572
Priority 4	175	143	142	123	119	6,437
Priority5	440	447	476	431	444	19,944
Priority 6	32	27	28	24	33	1,614
Priority 7	0	6	2	0	0	53
Priority 8	22	8	16	13	14	625

Crime Statistics:

Crime Types	Weekly Part 1 Crime Stats - 10/11/2015 to 11/15/2014						Grand Total
	Week of 10/11/15	Week of 10/18/15	Week of 10/25/15	Week of 11/01/15	Week of 11/08/15	Week of 11/15/15	
Homicide	0	0	0	0	0	0	0
Rape – 1	2	0	0	1	2	0	5
Rape – 2	0	0	0	0	0	0	0
Robbery	1	5	2	1	1	3	13
Aggravated Assault	4	5	2	3	2	9	25
Total Violent Crimes	7	10	4	5	5	12	43
Burglary-Commercial- Other	4	5	12	4	7	4	36
Burglary-Residential	7	8	5	6	6	10	42
Burglary/Thefts - Vehicle	6	11	7	10	8	13	55
Theft	20	16	21	14	19	27	117
Grand Theft Auto	10	7	8	7	3	5	40
Arson	0	0	0	0	0	0	0
Total Property Crimes	47	47	53	41	43	59	290
Grand Total	54	57	57	46	48	71	333

Crime Types	Part 1 Crimes Year To Date		Difference	
	2014	2015	2014	2015
Homicide	0	2	2	NC
Rape	12	20	8	66.67%
Robbery	47	71	24	51.06%
Aggravated Assault	94	121	27	28.72%
Violent Crime Total	153	214	61	39.87%
Burglary – Commercial	250	262	12	4.80%
Burglary – Residential	236	268	32	13.56%
Burglary/Thefts - Vehicle	474	523	49	10.34%
Theft	603	779	176	29.19%
Grand Theft Auto	247	287	40	16.19%
Arson	2	4	2	100.00%
Property Crime Total	1,812	2,123	311	17.16%
Grand Total	1,965	2,337	372	18.93%

Week of October 11 – 17, 2015:

Officers responded to a drowning call after an elderly female was found floating face down in her swimming pool. The female's husband pulled her from the pool where neighbors, officers and medics were able to revive her for transport to the local hospital.

Officers responded to Montclair Hospital for a report of a battery. Officers learned the victim's car had been stolen by an ex-boyfriend in Montclair the previous day. She found the suspect and her car in Upland. They argued and he threatened her, forced her into the car, and battered her as they drove around. She was able to pretend she was seriously injured. The suspect drove her to Montclair Hospital. He fled from there on foot. The case is under investigation.

Citizens reported a possible kidnapping of a teenage girl by an adult male who was known to her. While investigating the incident, an officer located the suspect vehicle and officers conducted a high-risk traffic stop. The victim told officers the suspect kidnapped her and sexually assaulted her. He was arrested for multiple felony charges.

An officer stopped a vehicle for a minor traffic violation. The driver was later arrested for possession of a loaded and concealed firearm in a vehicle.

Week of October 18 - 24, 2015:

Officers located an unoccupied stolen vehicle at a motel. As officers watched the vehicle, the driver returned and attempted to drive away. A high-risk traffic stop was conducted and the driver was taken into custody. The driver was later booked at the county jail for possession of stolen property and a parole violation.

A suspect entered a financial institution and presented a note to a teller demanding money. The teller was stunned and hesitated while other customers entered the business. The suspect was apparently disturbed by the others entering the business. He told the clerk to bring the money outside and left the area without any money. Officers searched the area but did not locate the suspect.

A theft occurred from a store in the north part of the City. A female walked out of the store and was contacted by the store's loss prevention personnel. A fight ensued as the female attempted to get away with the merchandise. She ran to a waiting vehicle occupied by a male driver. The couple fled the area but abandoned the car nearby. The stolen property was recovered and the car was towed. Neither subjects were located; however, the investigation led to a possible identification of the female suspect. The case is under investigation.

Officers were sent to the 1000 block of East Richland Street to investigate several reports of shots heard. Responding officers located several shell casings and narcotics in the alley. It is believed the shots were fired during a drug deal gone bad. No victims were located. The incident is under investigation.

Week of October 25 - 31, 2015:

An officer stopped a vehicle and learned the driver had a no bail warrant out of Montebello for child molestation. The Montebello Police Department responded and took custody of the male. The female passenger was arrested for a narcotics warrant.

A vehicle was seen travelling at a high rate of speed for no apparent reason. Officers initially did not give chase; however, when the vehicle was again located, a short pursuit ensued. The suspects jumped out of the car and fled on foot. Property belonging to the suspects in the vehicle led to their identification. The driver of the vehicle was on Post Release Community Supervision (PRCS), listed as a career criminal, and had a no bail warrant for his arrest. The registered owner was contacted and it was determined the car was an unreported stolen vehicle. The car was returned to the owner. The investigation is ongoing.

An officer stopped a motorcycle for speeding. After pulling over, the driver fled as the officer approached him. The officer did not initiate a pursuit due to the high speed of the motorcycle. The motorcyclist crashed a few blocks away and fled on foot. The officer saw the suspect go into a nearby fast food establishment. The suspect failed to comply with commands. Officers were able to take him into custody without injury. The suspect was found to be in possession of several pounds of methamphetamine and several thousand dollars. The suspect was booked for possession for sales and transportation of narcotics.

A shooting occurred in a business complex parking lot in the 1300 block of West 7th St. as numerous subjects were leaving a nearby nightclub. Two subjects were hit by gunfire and transported themselves to area hospitals with non-life threatening injuries. Several bullets damaged a parked vehicle, broke a window in the business complex, and hit a wall of an inhabited apartment building across the street. The identities of the suspects are not known and the investigation is ongoing.

A vehicle stolen during a carjacking in Ontario was located by Upland Police officers and a high-risk traffic stop was conducted. The three occupants of the vehicle were detained. Ontario PD responded and took over the investigation.

Officers responded to 12 Halloween party calls. Of the 12 responses, one resulted in an arrest.

Week of November 1 - 7, 2015:

Officers were sent to a grocery store to investigate a report of suspects passing counterfeit bills. While reviewing surveillance video of the crime, the officers observed that the suspects had returned and were attempting to pass more bills at the store's gas station. The officers ran out of the store and detained the suspects at the fuel station. Further investigation showed the suspects had passed phony bills at several Upland businesses Monday morning. Both were booked for several felonies.

Officers were dispatched to a man with a gun call. Upon the officers' arrival, the suspect ran into an apartment and jumped from a second story window. The suspect was only able to run a short distance because he sustained three compound fractures to his leg as a result of his jump. The suspect threw the loaded shotgun onto an adjoining apartment's roof. Once released from the hospital, the suspect will be booked for numerous felony weapon possession charges.

Officers were sent to a residence after a female called believing her husband had just shot himself. Officers arrived and found this to be the case. The male locked himself in a bathroom and took his own life. The deceased is survived by his wife and two daughters.

Officers responded to a stolen vehicle driving in the area of 7th Street and Mountain Ave. The stolen vehicle was found unoccupied in a shopping center parking lot. With the help of one business' security camera system, officers were provided a description of the possible suspect. The suspect was located walking out of the parking lot and detained. He admitted to being the driver of the stolen car. Officers learned the suspect was in possession of narcotics. He was booked at the county jail for both offenses.

Officers responded to a stabbing. The suspect was in a fight with two other subjects who were known to him. The suspect used a pair of scissors to stab the victim. The

suspect fled. He was later located by officers and taken into custody without incident. The victim was transported by ambulance with non-life threatening injuries.

Week of November 8 - 14, 2015:

Officers responded to a report of a fight at the skate park in Memorial Park. The victim, a transient, insulted members of a large group and was attacked by multiple suspects. The victim suffered extensive but non-life threatening injuries and was taken to Arrowhead Regional Medical Center for treatment. Several subjects were detained; however, the victim could not identify anyone as his attackers. One subject was arrested for delaying a peace officer after trying to run away from officers during the investigation.

Officers located a stolen vehicle driving through Upland. Officers stopped the vehicle and arrested the driver. The vehicle was stored for the rightful owner and a female passenger was released from the scene.

Officers responded to a hit-and-run traffic collision. The victim suffered minor injuries in the accident. Officers located the suspect vehicle and detained the driver. The suspect was arrested for driving under the influence of alcohol and leaving the scene of an accident.

Investigations Division Highlights

261 part 1 crime cases, 37 narcotics crimes, 14 missing person cases and 177 other crime cases were assigned and/or investigated by Detectives between October 11, 2015 and November 14, 2015.

Detectives conducted follow-up investigations related to the assault with a deadly weapon which occurred at Peppertree Elementary School. Detectives met with the District Attorney's Office and obtained an arrest warrant for aggravated mayhem, assault with a deadly weapon, and possession of a weapon on school grounds.

During this period a female resident was approached by a male suspect who demanded her purse. When the female attempted to flee, she was viciously assaulted and her purse was taken. The suspect then fled with other suspects in a vehicle. Detectives were able to identify the suspects in the case. That night, two of the suspects were arrested and the suspect vehicle was impounded.

Detectives went to a house in the 400 block of E. Canterbury Ct. to follow up on a residential burglary. While at

the home, three stolen motorcycles were discovered. A search warrant was later served which resulted in the recovery of additional stolen motorcycle parts/accessories and a toy hauler trailer. Both residents, one a convicted felon, were arrested and booked for possession of stolen property and a felon in possession of a firearm/ammunition.

Narcotics officers conducted an investigation that led to an illegal marijuana grow of about 300 plants in a light industrial facility. The suspect was arrested for cultivation of marijuana.

Community Resource Officer Highlights:

The Community Resource Officer team was established. Currently the team consists of two officers. One officer is dedicated to the west side of the City and the other is dedicated to the east side of the City. As staffing permits, two more officers will be assigned to the team. A sergeant is assigned, along with other duties, to supervise the team.

On October 23rd and 24th, a team member attended the LAPD Homeless Task Force Training.

The Community Resource Officers were able to reunite three homeless sisters with their mother, taking them off the street. Two of the sisters are adults and one is a juvenile.

Code Enforcement Highlights:

Code Enforcement continues to work closely with the narcotics unit and the City Attorney's Office to close medical marijuana dispensaries open in violation of the Upland Municipal Code.

During this time period, Code Enforcement closed one medical marijuana dispensary administratively.

Holiday Health and Safety Tips

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health.



According to the Centers for Disease Control, give the gift of health and safety to yourself and others by following these holiday tips:

1. **WASH YOUR HANDS OFTEN:** - Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
2. **STAY WARM:** - Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry and dress warmly in several layers.
3. **MANAGE STRESS:** - The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.
4. **TRAVEL SAFELY:** - Whether you are traveling across town or around the world, help ensure your trip is safe. Do not drink and drive, and do not let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.
5. **BE SMOKE-FREE:** - Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.
6. **GET CHECK UPS AND VACCINATIONS:** - Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.
7. **WATCH THE KIDS:** - Children are at high risk for injuries. Keep a watchful eye on your children. Keep potentially dangerous toys, food, drinks, household items, choking hazards (i.e. coins and hard candy), and other objects out of the child's reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.
8. **PREVENT INJURIES:** - Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.
9. **MOST RESIDENTIAL FIRES OCCUR DURING THE WINTER MONTHS:** - Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.
10. **HANDLE AND PREPARE FOOD SAFELY:** - As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.
11. **EAT HEALTHY AND BE ACTIVE:** - With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2.5 hours a week. Help children and teens be active for at least 1 hour a day.

HAVE A SAFE AND PEACEFUL HOLIDAY!

