

May 16, 2008
Palo Alto, CA

FRANK'S WEEKLY MEMO

Tips to Stay Healthy and Cool during Hot Weather

When temperatures rise, it's a perfect time to find out what to do to stay safe and cool. Your best defense against heat-related illness is prevention. Stay cool by making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy.

Senior citizens in Palo Alto without access to air-conditioned spaces are invited to spend their day at Avenidas Senior Center at 450 Bryant Street, Palo Alto, CA 94301 from 9 a.m. to 5 p.m.

Refreshments and cots for resting are available. Call (650) 289-5400 for more information about Avenidas programs.

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, community center, movie theatre complex, cafe or public library – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
 - **Call ahead before going because not all facilities have air conditioning. For example, in Palo Alto, only the Downtown and Children's Libraries are air conditioned; the other libraries periodically close down during heat waves.**
 - Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.



Designates an item related to one of the City Council's "Top 4" Priorities.

- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed (also keeps you cooler), sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

This information was provided by NCEH's Health Studies Branch.

For more information about how you can keep safe and cool in the heat, visit these sites:

- Department of Health and Human Services at www.bt.cdc.gov/disasters/extremeheat/
- California Office of Emergency Services at <http://www.oes.ca.gov/>

Children's Theatre opens *The Tales of Beatrix Potter*

The Palo Alto Children's Theatre will open *The Tales of Beatrix Potter* this week. Performed by participants ages 8-18 years old, *The Tales of Beatrix Potter* is a delightful adaptation of seven of Miss Potter's classic tales. Follow the adventures of some of your favorite childhood characters, including Mrs. Tiggy-Winkle, Jemima Puddle-Duck, Pigling Bland and Peter Rabbit.



Enchanting animals from all walks and waddles of life come alive on the Children's Theatre stage. This is a charming production for children (and adults!) of all ages. *The Tales of Beatrix Potter* is performed at the Palo Alto Children's Theatre, 1305 Middlefield Rd., Palo Alto, CA 94301.

Scheduled Performances:

- Friday, May 16 at 7:30 p.m.
- Saturday, May 17 at 2:30 & 7:30 p.m.
- Thursday, May 22 at 4:30 p.m.
- Friday, May 23 at 4:30 & 7:30 p.m.
- Saturday, May 24 at 2:30 p.m.

Tickets are \$8 for Adults and \$4 for Children and may be purchased through the Children's Theatre Box Office, (650) 463-4970, Tuesday-Saturday, 1:30-6:00 p.m. For more information about upcoming performances, visit www.cityofpaloalto.org/childrenstheatre



4 Join the FREE Fun on May 17: Music and Workshops to Celebrate our Green Community

Come join us for a celebration, Greenstock, on Saturday, May 17 at Mitchell Park from 11 a.m. to 3 p.m. to celebrate the PaloAltoGreen program and our recent 20% participation level achievement.

We will hold workshops on solar photovoltaic (PV) installation and the new solar hot water program from 11 a.m. to 1 p.m. Join us at 1 p.m. for a presentation to the person who helped us reach our 20% participation goal last year. There will be music from 1 p.m. to 3 p.m.

PaloAltoGreen started five years ago because you told us that you wanted a sustainable future. Since its inception, PaloAltoGreen has grown every year and is now the number one Green Energy program in the nation by percent of participation with 20% of all our customers participating in the program.

Through PaloAltoGreen the City of Palo Alto has become the first Certified EPA Green Power Community in California and the fourth in the entire country. Thanks for your support!

4 Be Part of the Solution to Creek Pollution

4 Designates an item related to one of the City Council's "Top 4" Priorities.

National Rivers Cleanup Day is on Saturday, May 17 from 9 a.m. to 12 noon. Join volunteers to help keep our creeks and bay trash free. Bring friends, family and lots of energy to help remove trash from San Francisquito Creek. Volunteers are encouraged to wear long pants, sturdy shoes, gloves and sunscreen.

Palo Alto's San Francisquito Creek is one of 25 sites in Santa Clara County that is participating in the Coastal Cleanup Day. For additional information and to sign up for this event, visit www.cleanacreek.org/ or call (408) 265-2600.

4 High Turnout on Bike to Work Day Despite Heat



Even with the heat wave, nearly 1,300 bicyclists rolled through the four Energizer Stations sponsored by the City of Palo Alto this morning – a 21% increase over last year's record numbers. As City Manager Frank Benest biked to City Hall this morning, he noticed that they included many veteran cyclists who commute by bike regularly as well as people of all ages who were inspired to dust off their bikes and try bike

commuting for the first time.

Local donors supplemented the rewards stuffed in the popular over-the-shoulder bike bags. Special thanks for the hundreds of oranges, bananas and apples from Whole Foods, JJ&F Food Store and Piazza's, as well as coffee from Peet's and Starbucks, Hobee's coffee cake, bagels from Izzy's and bike accessories from Palo Alto Bicycles.

Here are a few highlights from the other Energizer Stations:

- Many cyclists stopped at the Alma Bike Bridge Energizer Station near El Palo Alto. Tom Kabat of the City of Palo Alto Utilities Department also provided free chain lubes and a quick tune-up when he spotted a bicycle that needed some maintenance.
- The busiest station was at California Avenue and Park Boulevard, which reported 575 riders this year. While a good number of these are going or coming via Caltrain, the majority are Palo Altans and long distance

commuters who use the Ellen Fletcher Bike Boulevard on Bryant Street, California Avenue or Park Boulevard to get to work or school.

- The biggest increase in riders was at the Energizer Station in front of City Hall, with 339 bicyclists this year, up 49%. Former Council Member Ellen Fletcher herself was on hand at City Hall to provide biking information, and Council Member Burt helped pass out the rewards for bicyclists who paused en route to their destinations. Council Member Kishimoto also dropped by to greet volunteers and riders.
- At the Wilkie Way Bike Bridge in south Palo Alto, volunteer Rob Robinson posted “Burma Shave” signs capturing the spirit of many bike commuters: “Bike to Work – Work to Eat – Eat to Live – Live to Bike.”

All of this was possible thanks to 36 volunteers and city staff members who set up the stations, stuffed the bags and sent the bicyclists on their way with a smile.

Visit svbcbikes.org/btwd for more information on Bike to Work Day in Santa Clara County. To learn more about commuting options in Palo Alto, visit www.cityofpaloalto.org/depts/pln/transportation/commuting.asp

4 City Volunteers Recognized on May 5

On Monday, May 5, the City Council Chambers was buzzing with excitement during the culmination of National Volunteer Week, April 28 – May 3. The City held a celebration prior to the Council meeting to acknowledge the valuable contributions of the City’s 3,000 volunteers. Our volunteers, who together gave over 57,000 hours of service in 2007, offer an economic value of one million dollars that is given freely to our community.

The volunteers were welcomed by Richard James, Director of the Community Services Department, as well as Dennis Burns, Assistant Police Chief, and Roger Bloom, Fire Battalion Chief. Mayor Larry Klein thanked everyone and presented a proclamation to the City of Palo Alto’s volunteers. Volunteers who had earned the President’s Service Awards and other special honors were also recognized at the event.



This event presented an opportunity for participating City of Palo Alto department's staff and Council Members to acknowledge the efforts of our volunteers, and for volunteers from different departments to meet and mingle. The celebration concluded with cake and coffee.

A display created by several departments and depicting our wonderful "volunteers in action" was a special highlight. This display will be available for viewing at the entrance to the Council Chambers through May.

4 Palo Alto City Library Honored Its Volunteers

Blue skies and pleasant temperatures greeted volunteers, staff and honored guests at the Library's annual Volunteer Recognition event Thursday, May 8, 2008. Attendees enjoyed a variety of light refreshments while listening to Palo Alto High School's Flute Quartet and chatting with fellow volunteers. Mingling with the volunteers were honored guests Yoriko Kishimoto, Valerie Stinger, Jocelyn Alexander and Ellen Wyman.

The Library honored seven volunteers with Milestone Pins, six of whom volunteer for the Library Home Connection program. The Connection is a library service that provides delivery of library materials to people who are unable to visit the library because of an extended illness or long term



disability. Amy Berson, Ellen Brown, Sheila Kingston and Chandradevi Roorda received five-year Milestone Pins, while Reed Moyer, Jackie Peterson and Naomi Seeger received 15-year Milestone Pins. In addition, one of the Library's teen volunteers, Jess Brooks, was recognized for achieving the President's Volunteer Service Award (Bronze Level for youth) in September 2007.

For more information on how to volunteer at the Library, call the Library's Volunteer Coordinator Anita Delaney at (650) 617-3100 ext. 3215 or visit www.cityofpaloalto.org/library