



Mountain House Community Services District Newsletter

*The Mission of the District is to Provide Responsive
Service to our Growing Community
that Exceeds Expectations at a Fair Value*

October
2017

TIME IS BRAIN

When it comes to stroke care, you must act F.A.S.T. because "Time is Brain!"

What is a stroke? A stroke is brain cell death due to a disruption of blood flow to the brain. There are two types of strokes. The first type occurs when an artery is blocked and is known as "ischemic" stroke. The second type occurs when an artery breaks and bleeds into the brain. This is known as "hemorrhagic" stroke and is often due to a weak spot in the artery called an aneurysm. If the disruption of blood flow is brief, no brain cells die and the symptoms quickly get better, it is called Transient Ischemic Attack or TIA which is often erroneously called a "mini-stroke".

Improved stroke treatment over the last 20 years has resulted in less people dying from stroke than in the past but stroke is still one of the leading causes of death and disability in the US. In fact, someone dies from stroke or complications of stroke every 4 minutes. Strokes can even occur in young adults in their 30s and 40s!

Stroke is a treatable condition and with proper and timely treatment, many patients can survive and leave the hospital with little or no deficits. The biggest challenge we have now is teaching people how to recognize signs of stroke and act quickly. Stroke is a true emergency!

Let's come back to why we need to act F.A.S.T. and call 911. If you notice:

- 1) **Facial droop**
- 2) **Arm and/or leg weakness** (on one side of the body)
- 3) **Slurred speech**
- 4) **Timing-Treatment** needs start as soon as possible.

If you or someone you know show signs or symptoms of a stroke, quickly go to the nearest hospital (don't wait for your doctor's office to open). If you arrive within the first 3 hours (4.5 hours for some) after the start of symptoms, you may be eligible to receive a "clot busting" drug (tPA) which could prevent brain damage and future deficits and disability. The earlier you arrive for treatment, the better your chances of a good recovery. So please don't wait!

Dr. Andy Su is a board certified emergency physician at Sutter Tracy Community Hospital and the Medical Director of their Stroke Program.

POLITICAL SIGNAGE

Elections are soon. We would like to remind everyone that per the resolution approving our Master Restrictions (page 8) with regards to political signs:

"Temporary posting of political signs not exceeding three (3) square feet may be located in the front yard of any improved lot or in the window of any project unit. Such signs may be erected thirty (30) days prior to any appropriate political election and must be removed twenty-four (24) hours after the political election."

http://www.mountainhousecsd.org/master_restrictions/Resolution.pdf

SCHEDULE OF MHCS D EVENTS

Board meetings and committee meetings are held in the Michael Forbes McGrew Board Room at the CSD office. For class and event locations please see below. If you would like additional information on the classes or events please contact Angel Lamb at alamb@sjgov.org. Please subscribe to the Google Calendar.

Farmers' Market

Date: Every Sunday until November 19th

Time: 8:00a - 12:00p

Location: Wicklund Community Park

For more information please email Angel Lamb at alamb@sjgov.org

Youth Action Committee Meeting

Date: Tuesday, October 10, 2017

Time: 7:00 pm

For more information please contact Director Tingle at btingle@sjgov.org

Public Safety Committee Meeting

Date: Tuesday, October 10, 2017

Time: 7:00 pm

Location: Conference Room A

For more information please contact Director Harrison at dharrison@sjgov.org

Assemblyperson Susan Eggman's Office Hours

Date: Wednesday, October 11, 2017

Time: 10:00a-11:00a

Location: Boardroom

MHCS D Board of Directors Meeting

Date: Wednesday, October 11, 2017

Time: 7:00 pm

Location: Boardroom

Pumpkin Festival

Date: Saturday, October 28, 2017

Time: 10:00a - 2:00p

Location: Central Park

For more information please email Angel Lamb at alamb@sjgov.org

UPCOMING ACTIVITIES AND EVENTS

If your group has an activity open to the community in Mountain House please send that information to Angel Lamb no later than the 10th of the month to be included in the newsletter.

Mountain House Rotary Meeting

Date: 2nd Friday of the Month

Time: 9:00am – 10:00am

Location: Welcome Center

For more information please contact Sachin Pingle at mountainhouserotary@gmail.com

TREE MAINTENANCE

MR Article 4 Section 4.2 (B)

Landscaping- Street Tree Trimming

Each Owner shall maintain the landscaping and Improvements on such Owner's Lot in a neat and attractive manner, including any landscaped strip of land located between the sidewalk and the street located adjacent to such Lot ("Park Strip"), except for any portion of the landscaping maintained by the MHCSD or other governmental entity. All grass, mass plantings, and other plantings shall be mowed, pruned, trimmed, fertilized, and cut as necessary at reasonable regular intervals, all trees shall be properly maintained and irrigation systems shall be maintained in good operating order and properly used to irrigate the Landscaping.

- Those trees that have overextended, dead, and unsightly branches, shall be pruned and trimmed. Damage from wind, etc., shall be repaired.
- All trees shall be pruned and trimmed only as necessary to maintain their natural form. Trees shall not be topped, "hat-racked", "lolly-popped", sheared or pruned in any manner which alters the natural growth habit of the tree unless such pruning is to achieve a particular design intent as described in this Guidelines Document.
- Trees shall be pruned to maintain a central leader and to remove branches which form narrow crotches. Prune trees to develop permanent scaffold branches which have a radial orientation and do not overlay one another. All suckers shall be continually removed from trees.
- All trees that are located adjacent to street and/or sidewalks shall be pruned and trimmed as necessary to maintain a height clearance of 8 ft. over sidewalks, 12 ft. over local streets, and 14 ft. over collector and/or arterials for vehicle and pedestrian safety. Corrective pruning to remove rubbing and cross branching shall be completed while the plant material is dormant. Pruned branches may be painted for protection.
- All trees that are located adjacent to street and/or sidewalks shall be pruned and trimmed as necessary to maintain a height clearance of 8 ft. over sidewalks, 12 ft. over local streets, and 14 ft. over collector and/or arterials for vehicle and pedestrian safety.
- Inspect each tree on a continuing basis for broken branches, cross branches, damage from mowing equipment, etc.
- All corrective pruning and surgery shall be carried out immediately.
- Perform "same-day" clean-up of all pruned and trimmed material and dispose of this material off site.

Mountain House Rotary Mixer

Date: 4th Thursday of the Month

Time: 6:00pm – 7:00pm

Location: TBD

For more information please contact Sachin Pingle at mountainhouserotary@gmail.com

MHHS VAPA Menchie's Fundraising

Date: Fridays August 18 – October 27, 2017

Time: 3:30pm

Location: Front of the MHHS Admin Bldg.

MHHS VAPA Booster Meeting

Date: Wednesday, October 11, 2017

Time: 7:00pm

Location: MHHS Admin Building

MHCSD UTILITY BILL

Effective September 1st 2017, MHCSD utility customer accounts that become delinquent and receive a 48-hour notice will be assessed an additional \$25 delinquent processing fee.

INTERACTIVE WATER FOUNTAIN

The interactive water fountain is scheduled to begin on April 1st. The times will be as follows:

April 1 – Memorial Day.....Noon to 5 p.m. Daily
Memorial Day – Labor Day.....10a.m. to 7 p.m. Daily
Labor Day – October 31.....Noon to 5 p.m. Daily
November 1 – March 31.....Fountain is off for the winter season.

LEAF SEASON

West Valley Disposal will be providing extra pickups during Leaf Season, November 13, 2017 through January 12, 2018. The Yard Waste cart may be placed at the curb (on the regular collection day) weekly during this time.

- Please make sure all leaves are inside the Yard Waste cart.
- Any additional leaves beyond the capacity of the brown cart should be saved until the following week.
- Do not pile leaves in the street.
- Do not put plastic bags in the brown cart.
- Christmas trees may be placed next to the Yard Waste cart for collection during this period.

For additional information please contact West Valley Disposal at 209-835-3639 or refer to their website at www.westvalleydisposal.com.

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