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Helpful tips for beating the heat this summer

By Vera Kochan

Now that the United States is deep in the throws of another potentially scorching summer, it goes without saying that folks are looking for ways to keep cool both inside and out. Even our elected officials are making sure to get the word out when it comes to summer heat safety.

In her latest e-newsletter, Assemblymember Rebecca Bauer-Kahan issued an "Important Reminders before the Summer Heat Waves" bulletin for her constituents. It included recommendations for staying in air conditioned indoor locations as much as possible; staying hydrated by drinking lots of fluids; wearing sunscreen while outdoors; using battery-powered fans in the event of a power outage; scheduling any outdoor activities during cooler hours of the day; wearing loose/lightweight clothing; keeping curtains closed during the day to keep the sun out of the house; and making certain not to leave kids or pets in the car. Also noted was that all Contra Costa County libraries function as cooling centers in the event of a power outage. (Please note that the Moraga Library will be closed due to remodeling between July 29 – Oct. 10.)

The Centers for Disease Control and Prevention wants the public to know the warning signs and symptoms of heat-related illnesses. Signs of a heat stroke include: high body temperature of 103 degrees or higher; hot, red, dry or damp skin; a fast, strong pulse; headache; dizziness; nausea; confusion; and losing consciousness. Quickly call 911 as it is considered a medical emergency; move the person to a cooler location; lower the person's temperature with cool cloths or a cool bath; and do not give the person anything to drink.

Symptoms of heat exhaustion include: heavy sweating; cold, pale and clammy skin; a fast, weak pulse; nausea or vomiting; muscle cramps; tiredness or weakness; dizziness; headache; and fainting. If you experience heat exhaustion, the CDC recommends moving to a cool place, loosening your clothes, putting cool, wet cloths on your body or taking a cool bath, and sipping water. If you are vomiting, your symptoms get worse, or they last longer than one hour, get medical attention

immediately.

Another heat-related illness is heat cramps. This involves heavy sweating during intense exercise combined with muscle pain or spasms. The CDC advises you to stop physical activity and move to a cool place, drink water or a sports drink, and wait for the cramps to go away before doing any more physical activity. Get medical help right away if your cramps last longer than one hour, if you're on a low-sodium diet, or if you have heart problems.

Sunburns can cause painful, red and warm skin. Extreme cases will produce blisters. CDC recommends staying out of the sun until the sunburn heals, putting cool cloths on the sunburned areas or taking a cool bath, putting moisturizing lotion on the affected areas, and avoid breaking the blisters.

Some people are prone to getting a heat rash which can look like red clusters of small blisters that look like pimples on the skin. This usually occurs on the neck, chest, groin or in elbow creases. Tips from the CDC include staying in a cool, dry place, keeping the rash dry, and using powder (like baby powder) to soothe the rash.

A big part of staying cool during a hot summer involves keeping the environment you live or work in cool. Pacific Gas & Electric Co. offers tips for beating the heat that are also cost-effective from Popular Science author Dan Seitz. While air conditioning is the go-to choice for cooling a room/house/office down, it's not good for the environment or the wallet.

Seitz notes that electric fans don't actually cool the air, they keep it moving, and this helps to clear the body's evaporated perspiration. If you have ceiling fans, make sure that they operate counterclockwise in order to pull colder air upward.

One of the biggest sources of unnecessary heat in the home comes from the kitchen. If possible, plan to serve meals that don't require using the oven. Seitz recommends using crock pots, microwave ovens or even serving a cool salad. Dishwashers also add heat to the kitchen. Either wash dishes by hand or turn the dishwasher on just before going to bed.

If all else fails, keep in mind that winter is only five months away.

National Night Out brings neighbors together, Aug. 1

National Night Out is a nationwide campaign designed to build neighborhood camaraderie, enhance police-community relationships and to bring back a true sense of community in our neighborhoods. The best way to build a safer community is to know your neighbors and your surroundings.

National Night Out 2023 is on Tuesday, Aug. 1 and is the perfect opportunity for a neighborhood gathering. Many neighborhoods participate by having a block party, barbecue or other event. Moraga Police and Moraga-Orinda Fire Departments participate by visiting each gathering, getting to know residents and sharing safety information. Nearly 38 million people in America are expected to participate in National Night Out 2023, which is the 40th year in which the event has been held.

If you and your neighborhood are having a gathering and would like to participate, please contact the Moraga Police Department at 925-888-7055, ext. 0 or contact Chief King via email at king@moraga.ca.us so that we can be sure to join you and celebrate your neighborhood. For more information about National Night Out, visit www.natwv.org. – Moraga PD

Do You Know What to Do if a Major Earthquake or Wildfire Hits Lamorinda?

- Do you know your evacuation zone?

- Do you have a family plan?

- Do you have Go-Bags packed?

- Do you know how to operate a fire extinguisher or turn off the gas and water valves to your home?

- What is your source for updates?

- Do you know how to render disaster first aid should you or a family member need it and 911 is not available?

To answer these questions and many more, attend the Community Emergency Response Team (CERT) class series this Fall in Orinda.

Classes will be held in Orinda on Thursday nights from 9/14 – 11/9. For more information and to register go to: <https://classes.lamorindacert.org>

Now is the time to get prepared. As Snoopy would say "Ten minutes before the party is not the time to learn to dance"!



Public Safety

Emergency response:
Emergency: 24 Hours 911
Police Dispatch: 24 Hours
925-284-5010

Nixle: Text your zip code to 888777 or go to www.nixle.com

Lafayette Police Department:
3471 Mt. Diablo Blvd. 925-283-3680
Chief of Police, Ben Alldritt
925-299-3221

Police Department Tip Line
94549Tip@gmail.com
Police Department Traffic Issues
94549Traffic@gmail.com

Moraga Police Department:
329 Rheem Blvd., 925-888-7055
Chief of Police, Jon King ext. 7049

Orinda Police Department:
22 Orinda Way 925-254-6820
Chief of Police, Ryan Sullivan
925-254-6820
Orindatip@cityoforinda.org

Lafayette Police Department Incident Summary Report June 25 - July 8

Alarms	57
911 Calls (includes hang-ups)	34
Traffic	75
Suspicious Circumstances	11
Suspicious Subject	33
Suspicious Vehicle	5
Service to Citizen	28
Patrol Req./Security Check	13
Public/School Assembly Check	1
Supplemental Report	23
Vacation House Check	27
Welfare Check	24
Ordinance Violation	1
Vehicle violations	
Accident Property	
1St St./Deer Hill Rd.	
Auto Burglary	
3300 Block St Marys Rd.	
900 Block Dewing Ave.	
1000 Block Carol Ln.	
1St St./Deer Hill Rd.	
Hit And Run Misdemeanor	
3300 Block Betty Ln.	
3600 Block Mt Diablo Blvd.	
Reckless Driving	
3500 Block Mt Diablo Blvd.	
Lucas Dr./Lucas Ranch Ct.	
4Th St./Moraga Blvd.	
Reliez Valley Rd./Pleasant Hill Rd.	
Moraga Rd./School St.	
Moraga Rd./Mt Diablo Blvd.	



Stolen Vehicle Recovery	
3300 Block Berta Ln.	
Tc - Property Damage	
1St St./Deer Hill Rd.	
3500 Block Mt Diablo Blvd.	
Other criminal activity	
Computer Fraud	
4000 Block Happy Valley Rd.	
Grand Theft	
900 Block Sunnyhill Rd.	
3500 Block Mt Diablo Blvd.	
Identity Theft	
Police Department	
Petty Theft	
3500 Block Mt Diablo Blvd. (2)	
30 Block Lafayette Cir.	
900 Block Dewing Ave.	
Petty Theft From Veh	
900 Block Dolores Dr.	
Shoplift	
3500 Block Mt Diablo Blvd. (4)	
3600 Block Mt Diablo Blvd. (2)	
3200 Block Mt Diablo Blvd.	
Vehicle Theft	
1000 Block Carol Ln.	
4000 Block Marianne Dr.	
Nuisance to the Community	
Disturbance-domestic	
3400 Block Orchard Hill Ct.	
1000 Block 2Nd St.	
Disturbing The Peace	
1000 Block Buchan Dr.	
Drunk In Public	
Mt Diablo Blvd./Moraga Rd.	
3500 Block Mt Diablo Blvd.	
Loud Music	
Moraga Rd./Old Jonas Hill Rd.	
Powell Dr./Old Jonas Hill Rd.	
900 Block Hough Ave.	
3600 Block Mt Diablo Blvd.	
Loud Noise	
3400 Block Orchard Hill Ct.	
900 Block Oak St.	
Loud Party	
3300 Block Silver Springs Ct.	
3600 Block Brook St.	
Public Nuisance	
Sundale Rd./Highland Rd.	
3500 Block Mt Diablo Blvd. (3)	
3400 Block Mt Diablo Blvd.	
200 Block Lafayette Cir.	
1000 Block Dewing Ave.	
1100 Block Magnolia Ln.	
Vandalism	
1300 Block San Reliez Ct.	
3300 Block Mt Diablo Blvd.	
Other	
Animal Cruelty	
3600 Block Mt Diablo Blvd.	
Defraud Innkeeper	
50 Block Lafayette Cir.	
Fireworks	
800 Block Avalon Ave.	
Leland Dr./Meek Pl.	
3700 Block Highland Rd.	
900 Block Irene Ln.	

600 Block Huntleigh Dr.	
3200 Block Fairholm Ct.	
Solana Dr./Hamlin Rd.	
3400 Block School St.	
Illegal Entry	
3300 Block Dyer Dr.	
Loitering	
Hawthorn Dr./Moraga Blvd.	
Revocation Of Probation	
3600 Block Chestnut St.	
Trespass	
3600 Block Mt Diablo Blvd.	
1000 Block Carol Ln.	
Unwanted Guest	
3600 Block Mt Diablo Blvd. (2)	
200 Block Lafayette Cir.	
Violation Custody Order	
Police Department (2)	
Violation Restraining Ord	
1300 Block Masterson Ln.	

Moraga Police Department Incident Summary Report June 27 - July 10

Alarms	14
911 Calls (includes hang-ups)	15
Traffic	78
Suspicious Circumstances	4
Suspicious Subject	4
Suspicious Vehicle	4
Service to Citizen	25
Patrol Req./Security Check	13
Public/School Assembly Check	4
Supplemental Report	6
Vacation House Check	9
Welfare Check	2
Ordinance Violation	0
Vehicle violations	
Auto Burglary	
900 Block Augusta Dr.,	
200 Block Sharp Dr.	
20 Block Thune Ave.	
Excessive Speed	
Moraga Rd./Corte Santa Clara	
Moraga Way/School St. (2)	
Moraga Way/Miramonte Dr.	
Moraga Rd./St Marys Rd. (3)	
Camino Ricardo/Moraga Way	
Lucas Dr./Moraga Rd.	
St Andrews Dr./Country Club Dr.	
Moraga Way/St Andrews Dr.	
Moraga Rd./Sky Hy Dr.	
Moraga Rd./Alta Mesa Dr.	
Plot of Moraga Country Club	
Moraga Way/Coral Dr., Ori	
Rheem Blvd./Moraga Rd. (2)	
Moraga Rd./Moraga Way (2)	
Safeway	
Moraga Rd./Lucas Dr.	
Moraga Way/Ivy Dr.	
Reckless Driving	
Sheila Ct./De La Cruz Way	
Moraga Rd./Moraga Way	



Moraga Way/Camino Ricardo	
Seven Eleven	
Moraga Rd.	
Other criminal activity	
Petty Theft	
800 Block Augusta Dr.	
Moraga Rd./Alta Mesa Dr.	
Residential Burglary	
800 Block Camino Ricardo	
Nuisance to the Community	
Drunk In Public	
400 Block Center St.	
Loud Music	
10 Block Camelford Ct.	
Loud Noise	
Camino Ricardo/Moraga Way	
Loud Party	
Hacienda	
Other	
Brandishing Weapon	
200 Block Willowbrook Ln.	
Fireworks	
1000 Block Country Club Dr.	
Cedarwood Dr./Rimer Dr.	
Camino Pablo/Dickenson Dr.	
Tamper With Vehicle	
100 Block Miramonte Dr.	

ORINDA POLICE

Orinda Police Department Incident Summary Report May 28 - June 10

Alarms	54
911 Calls (includes hang-ups)	13
Traffic	86
Suspicious Circumstances	8
Suspicious Subject	5
Suspicious Vehicle	5
Service to Citizen	70
Patrol Req./Security Check	30
Public/School Assembly Check	1
Supplemental Report	11
Vacation House Check	0
Welfare Check	6
Ordinance Violation	1
Vehicle violations	
Accident Injury	
Moraga Way/Hall Dr.	
Accident Property	
200 Block Lomas Cantadas	
400 Block Moraga Way	
El Nido Ranch Rd./E Altarinda Dr.	
Ivy Dr./Moraga Way	
Dui Misd	
Camino Pablo/Los Amigos	
Hit And Run Felony	
10 Block Don Gabriel Way	
Reckless Driving	
Camino Pablo/Monte Vista Rd.	
Moraga Way/Altamount Dr.	

Vehicle Theft	
200 Block El Toyonal	
Wb Sr 24 At Fish Ranch Rd.	
Other criminal activity	
Fraud False Pretenses	
Police Department	
Identity Theft	
30 Block Muth Dr.	
Police Department	
Petty Theft	
20 Block Brookside Rd.	
80 Block Via Floreado	
Vianne Ct./Hillcrest Dr.	
Petty Theft From Veh	
Camino Sobrante	
20 Block Camino Del Monte	
Warrant Arrest	
Camino Sobrante (2)	
60 Block Moraga Way	
Orinda Way	
Eb 24 On/St Stevens	
Nuisance to the Community	
Disturbance-domestic	
Wanda Ln./Muth Dr.	
Disturbing The Peace	
500 Block Orindawoods Dr.	
Loud Music	
Theatre Square	
50 Block La Campana Rd.	
Gardiner Ct./Miner Rd.	
Loud Noise	
Cascade Ln./La Cuesta Rd.	
70 Block Claremont Ave.	
20 Block Coachwood Terrace	
Loud Party	
Ivy Dr.	
Public Nuisance	
Theatre Square	
Miner Rd./Lombardy Ln.	
Vandalism	
Orinda Way	
300 Block Tahos Rd.	
Other	
Animal Cruelty	
10 Block Camino Sobrante	
Fireworks	
10 Block Dos Posos	
St Stephens Dr./Via Floreado	
10 Block Lost Valley Dr.	
Wilder Sports Fields	
H&S Violation	
30 Block Via Floreado	
Revocation Of Probation	
Eb Sr 24 At Camino Pablo	
Revoked License	
Camino Pablo/Ardilla Rd. (2)	
Transient Contact	
200 Block Brookwood Rd.	
Trespass	
Camino Sobrante (6)	
Theatre Square	
500 Block Orindawoods Dr.	
Unwanted Guest	
Camino Sobrante	