



# THE DAYTON DISCOVERY

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## BE PREPARED IN THE EVENT OF PANDEMIC FLU

### Items to have on hand for an extended stay at home:

- ◆ Stock up on ready-to-eat foods, soups, baby food, bottled water and juices.
- ◆ Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- ◆ Keep a supply of items you will need to alleviate flu symptoms, such as medicines for fever (acetaminophen or ibuprofen), anti-diarrheal medication, vitamins, fluids with electrolytes, etc.
- ◆ Medical supplies such as thermometer, glucose and blood-pressure monitoring equipment.
- ◆ Tissues, toilet paper, disposable diapers and other personal items.
- ◆ Pet food and medication.
- ◆ As always, keep a disaster supply kit ready in the event of emergencies.

Visit [www.pandemicflu.gov](http://www.pandemicflu.gov)

## H1N1 FLU OUTBREAK (SWINE FLU)

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### Take everyday actions to stay healthy:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and warm water for 15 to 20 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer, to keep from infecting others and spreading the virus further.
- ◆ Keep informed about the status of outbreaks in your area.

### What are the signs and symptoms of this virus in people?

The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

### What should you do if you get sick?

If you become ill with flu-like symptoms, you should stay home and avoid contact with other people, except to seek medical care.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

### Emergency warning signs that need urgent medical attention include:

#### Children

- ◆ Fast breathing or trouble breathing
- ◆ Bluish or gray skin color
- ◆ Not drinking enough fluids
- ◆ Severe or persistent vomiting
- ◆ Not waking up or not interacting
- ◆ Being so irritable that the child does not want to be held
- ◆ Flu-like symptoms improve but then return with fever and worse cough

#### Adults

- ◆ Difficulty breathing or shortness of breath
- ◆ Pain or pressure in the chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting
- ◆ Flu-like symptoms improve but then return with fever and worse cough

**For more information, contact:** Center for Disease Control - [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

(Phone: 1-800-CDC-INFO)

Virginia Department of Health - [www.vdh.virginia.gov](http://www.vdh.virginia.gov)

(Phone: 1-866-531-3068)



## WATER CONSERVATION

- ◆ *Never pour water down the drain, use it to water plants.*
- ◆ *Avoid wasting water waiting for it to get hot. Capture it for other uses.*
- ◆ *Repair dripping faucets by replacing washers—one drop per second wastes 2,700 gal. of water per year.*
- ◆ *Check all plumbing for leaks and have them repaired by a plumber.*
- ◆ *Retrofit all household faucets and showerheads by installing aerators with flow restrictors.*
- ◆ *Turn off water softeners while on vacation.*
- ◆ *Choose appliances that are more water and energy efficient.*
- ◆ *Take short showers instead of baths—turn on the water only to get wet and lather, then on again to rinse off.*
- ◆ *Avoid running the water while brushing your teeth, washing your face, or shaving.*
- ◆ *Clean vegetables in a pan filled with water rather than running water from the tap.*
- ◆ *Operate automatic dishwashers only when they are fully loaded and use the “light wash” feature to use less water.*
- ◆ *Operate clothes washers only with a full load or set the water level for the size of your load.*
- ◆ *If you wash your car at home, park on the grass so you will be watering it at the same time.*
- ◆ *Choose native and/or drought resistant plants, and mulch to retain moisture in the soil and help control weeds competing with water.*
- ◆ *Raise lawn mower blades to at least three inches. A higher cut encourages grass roots to grow deeper, shades the root system and holds soil moisture.*

## “GO GREEN DAYTON” CITIZENS ADVISORY COMMITTEE

The “Go Green Dayton” Citizens Advisory Committee was established to provide support to the Town’s Energy and Environmental Management Team by exploring new ideas; gaining public input and support; evaluating community priorities; and to offer suggestions on town policies and initiatives regarding energy conservation and environmental protection. We are looking for new members and welcome anyone interested in becoming a part of this Committee. Contact Brenda Stearn at the Public Works Dept. for information on upcoming meeting dates (Phone: 879-2241).

### ADOPT A FLOWER BED



The Citizens Advisory Committee has been discussing green initiatives for the town. One idea is to encourage residents and businesses to adopt flower beds to help beautify our town. Judy and Phil Way

have kindly offered to adopt the flower planters on Main St., and the Rockingham County Bit & Bridle Club has adopted the flower bed at Cooks Creek Park. If you are interested in adopting a flower bed (planting and weeding), please contact the Dayton Public Works Dept. to inquire about locations of flower beds. The Public Works Dept. will take care of watering the flowers. This would be a great project for a family, neighbors, organizations, or perhaps as a memorial for a loved one. A plaque to place in the flower bed will be furnished by the Town.

### ADOPT A HIGHWAY

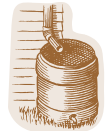


Adopting a highway is another way to help beautify our community. For more information, call Melissa Whetzel from the local VDOT office at 434-2586. Adopted highways or sections of town streets must be at least one mile in length, litter picked up four times

annually, and a two-year commitment. VDOT provides signs, trash bags, bright orange vests and safety information.

Other Committee ideas were to promote water conservation, recycling, and rain barrels.

### RAIN BARRELS



A rain barrel is a container used to catch water flowing from a downspout. During hot summer months, as much as 40% of household water is used in the yard. Rain barrels can save up to 1,300 gallons of water during the summer. A typical one quarter inch rain can yield around 200 gallons of rainwater from an average size roof. Rainwater is great for flowers and lawns, and decreases impact of runoff into streams. There are many sizes and styles of rain barrels on the market, some are quite attractive (simulated rocks, wooden barrels, some with flower planters); or you can make one yourself. There are many websites on the internet with step-by-step instructions.

## FROM THE PUBLIC WORKS OFFICE

### Dayton Receives Risk Management Performance Award

The Virginia Municipal League selects three members of the workers’ compensation program (Virginia Municipal Group Self Insurance Association) each year to be recognized for their outstanding performance in risk management, which includes their commitment to safety and to effective claims management. VML recognizes one member

for each of the three membership tiers. Dayton is the Tier I recipient this year. There are more than 420 member governments in this program.

### Route 257 Sewer Line Project

The sewer line on Rt. 257 is complete. Residents are starting to connect to the new service. Final touches to this project include restoration of streets and residents’ driveways. We are also preparing to finalize yard restorations.

We appreciate everyone’s continued patience for the duration of this project.

### Lawn & Garden Waste Collection

These items are collected on Wednesday of each week. All debris must be put in biodegradable bags, or bundles not exceeding 4 ft. in length. A friendly reminder that the maximum weight amount for collection bags and bundles is 50 lbs.—*no trash, rocks or dirt please.*

## CHIEF'S CORNER

I would like to thank everyone who came out on Saturday, May 16<sup>th</sup> to support the Dayton Police Dept and the Neighborhood Watch car wash. We were able to raise \$610.00 dollars to be split between the Dayton Neighborhood Watch and the U.V.A. Children's Hospital. I would like to give a special thank you to Frank Wilt and the staff at WSVN and Q101 for promoting this event. The Police Dept also sponsored its first Child Safety Seat inspection station on the same day. Officer Shaun McDaniel, along with Deputy

Felicia Glick of the Rockingham County Sheriff's Office and members of the New Market Police Dept. were on hand to inspect the child seats. The Dayton Wal-Mart donated two \$50.00 gift certificates to be given out to parents in need of new safety seats.



**School is almost over for this year, so I would like to remind everyone to please be on the lookout for the kids out riding their bikes and skateboards.**

Please observe the speed limit signs and limit your distractions while driving. It only takes a second for a child to run out in front of a vehicle.

I would also like to remind you to be observant and courteous to all emergency vehicles. If you are approaching a police vehicle on the shoulder of the road, please reduce your speed and move over into the other lane if possible to ensure safety of the officers and other drivers. In addition, always be diligent in checking your rear-view mirrors for emergency vehicles and allow them to get by you safely and expediently.

## RECYCLING NEWS



The Town's recycling program includes the following items (weekly pickup on Thursdays):

- ◆ Plastic containers - all recycling codes (discard lids) - no plastic bags, plastic wrap or Styrofoam.
- ◆ Aluminum beverage cans & pie pans.
- ◆ Glass bottles & jars (clear, green & brown), non-shattering glass only—(no windows, mirrors, picture frame glass, etc.).
- ◆ Tin cans.
- ◆ Paper (shredded also) - must be contained in a trash bag and put in the bin (separate from newspaper).
- ◆ Newspaper (no need to bag) - no phone books.
- ◆ Cardboard & paperboard (flatten) - must be no larger than the size of the bin when flattened.

**Need a bin, call Dayton Public Works Dept. at 879-2241.**

### HEAVY TRASH

First Tuesday of each month (items recycled at the landfill):

- ◆ Appliances
- ◆ Furniture
- ◆ Electronics
- ◆ Bicycles
- ◆ Small lawn mowers (remove gas & oil)

### OTHER RECYCLING LOCATIONS

**Rockingham County Landfill**  
2400 Grassy Creek Rd., H'burg  
Phone: 564-3159  
[www.rockinghamcountyva.gov](http://www.rockinghamcountyva.gov)

### Household Hazardous Waste Collection Day

Saturday, September 26<sup>th</sup>  
8 A.M.—Noon

Rockingham County Fairgrounds  
(Look for detailed information in the next newsletter or visit Rockingham County's website.)

Visit [www.earth911.com](http://www.earth911.com) to find recycling centers in our area for various items and lots of other great information.

## Earth & Arbor Days Celebration



Dayton celebrated Earth and Arbor Days on April 22<sup>nd</sup> & 25<sup>th</sup> by giving away around 250 tree saplings in 15 different varieties, CFLs, tote bags, water bottles and literature on energy efficiency. Our appreciation to the "Go Green" Citizens Advisory Committee for all their help with this project.

A big hand also to the volunteers with Community Water Watchers for giving their time to clean up Cooks Creek on Sat., April 25<sup>th</sup>. Four pickup loads of trash were pulled from the creek. Cooks Creek is in the Chesapeake Bay Watershed.



## Dayton Community Food Drive

Our community food drive for the Blue Ridge Area Food Bank was a great success! **MANY THANKS** to everyone for their contributions. The Town of Dayton donated \$200 to Blue Ridge Area Food Bank. The food was given to the West Rockingham Food Pantry (a new member of the BRAFB), serving people in need from our community. West Rockingham Food Pantry distributes food once monthly or on an emergency basis from Cooks Creek Presbyterian Church, on the fourth Thursday of each month, 5:00 PM - 7:00 PM, Phone: 867-5117.

## DAYTON NEIGHBORHOOD WATCH

The Dayton Neighborhood Watch would like to invite all local citizens to attend our meetings held on the third Tuesday of each month. The next meeting is scheduled for June 16<sup>th</sup>, 6:30-7:30 P.M., in the Assembly Room of the

Municipal Building (Mason St. entrance). The Neighborhood Watch serves as a liaison between town citizens and the Dayton Police Department. Also, we would like to extend our appreciation to everyone for their kind

support during the car wash on May 16<sup>th</sup>.

Hope to see you at our next meeting!

Aaron Swindle  
President

**CALENDAR OF EVENTS** (CHECK THE DAYTON WEBSITE FOR UPDATES OR CHANGES TO THE CALENDAR)

**Town of Dayton**  
125-B Eastview Street  
Dayton, VA 22821  
  
Phone: 540-879-2241  
Fax: 540-879-9036  
  
Office Hours:  
Monday - Friday  
8:00 A.M. - 4:30 P.M.

**Council Public Hearing**  
**2009-2010 Proposed Budget**  
Monday, June 1<sup>st</sup> - 7:00 P.M.  
Wilbur Pence Middle School

**Planning Commission**  
Monthly Meeting  
Thursday, June 18<sup>th</sup> - 7:00 P.M.

**Planning Commission**  
Monthly Meeting  
Thursday, July 16<sup>th</sup> - 7:00 P.M.

**Town Council**  
Monthly Meeting  
Monday, June 8<sup>th</sup> - 7:00 P.M.

**Town Offices Closed**  
Friday, July 3<sup>rd</sup>  
Independence Day Observed

**Neighborhood Watch**  
Monthly Meeting  
Tuesday, July 21<sup>st</sup> - 6:30 P.M.  
Municipal Building Assembly Room

**Neighborhood Watch**  
Monthly Meeting  
Tuesday, June 16<sup>th</sup> - 6:30 P.M.  
Municipal Building Assembly Room

**Town Council**  
Monthly Meeting  
Monday, July 13<sup>th</sup> - 7:00 P.M.

[www.daytonva.us](http://www.daytonva.us)



**Rotating Exhibit**  
**“The Old Country Store”**  
On display at the Harrisonburg-Rockingham Historical Society through June 13<sup>th</sup>.



**TOWN OF DAYTON**  
**125-B EASTVIEW ST.**  
**DAYTON, VA 22821**

**STANDARD**  
**U.S. POSTAGE PAID**  
**PERMIT NO. 13**  
**DAYTON, VA 22821**