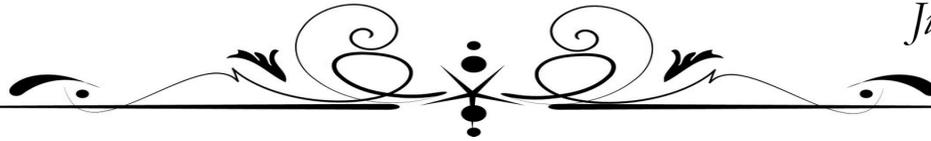


# City of Highland

# *Weekly Report*



July 21, 2022



## Volunteer Services



### NATIONAL NIGHT OUT & RESOURCE FAIR

Join the City of Highland for National Night Out & Resource Fair at the Highland Police Station from 6:00 p.m. to 8:00 p.m. on Tuesday, August 2. Meet with police and fire personnel, City Council, city staff, community businesses and organizations. Come on down and meet new people, receive a plethora of information, collect some promotional items and snack on hot dogs! The Highland Police Station is located at 26985 Base Line.

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a wonderful opportunity to bring police and neighbors together under positive circumstances. National Night Out is celebrated by millions of neighbors across thousands of communities.

*For more information contact Volunteer Services at (909) 864-6861, extension 203.*



CITY OF HIGHLAND

# National Night Out & Resource Fair

Tuesday, August 2, 2022

6:00pm to 8:00pm

Highland Police Department & Memorial Park  
26985 Base Line



INFO: 909.864.6861 ext 203

## Volunteer Services

## CORONAVIRUS RECOVERY FUND FOR SMALL BUSINESSES



*Don't Wait Any Longer... Apply Now while funding is Available*

The City of Highland is encouraging small businesses in Highland to apply for the Coronavirus Recovery Fund Grant Program. First launched in September 2021, the purpose of this program is to provide financial assistance to City-based small businesses impacted by the COVID-19 pandemic. Successful grant recipients will receive a one-time \$7,500 disbursement. Businesses that meet these specific criteria are eligible for consideration:

- Must have a physical location within the City of Highland (store front, office, commercial structure).
- Be in good standing with the City of Highland (**current/valid business license, no outstanding code enforcement actions, or compliance orders**).
- Must have no more than 100 employees.
- Must be in existence as of August 24, 2021.

Contact Denise Moreno at (909) 864-6861, extension 203 or by email to [dmoreno@cityofhighland.org](mailto:dmoreno@cityofhighland.org) for an application and more information.



## EMERGENCY MORTGAGE ASSISTANCE PROGRAM (EMAP)

The City of Highland has established the Emergency Mortgage Assistance Program (EMAP) to assist Highland residents with mortgage delinquencies resulting from the pandemic.

This program is aimed at assisting homeowners of limited income, impacted by the pandemic, by reducing delinquent mortgage payments and/or avoiding foreclosure.

*For more information and program eligibility pre-screening, contact (909) 864-6861, extension 203 or (909) 864-6861, extension 230.*

**City of Highland's  
Next Blood Drive  
is  
Monday, July 25<sup>th</sup>!**



**BLOOD  
DRIVE**

You can help Highland increase blood donations...schedule your appointment today for our July blood drive! As a special incentive, donors will receive a special edition "Fearless Fighter" shirt and a beach towel, while supplies last. For more information or to schedule an appointment, contact Volunteer Services at (909) 864-6861, extension 203 or email [dmoreno@cityofhighland.org](mailto:dmoreno@cityofhighland.org). Follow this link to reserve an appointment: [https://giftoflife.lstream.org/donor/schedules/drive\\_schedule/98508](https://giftoflife.lstream.org/donor/schedules/drive_schedule/98508)

**Highland Community Blood Drives**  
12:00 p.m. to 5:00 p.m.  
Highland Police Station  
26985 Base Line



**2022 Blood Drive Schedule:**  
Monday, July 25  
Monday, September 26  
Monday, November 28

**Critically Low Blood Supply Threatens Patient Care ~  
LifeStream is Urging All Who Are Able to Donate Immediately**



**GIVE  
BLOOD.  
GIVE  
LIFE.**

Officials at LifeStream Blood Bank, which provides blood products and services to more than 80 Southern California hospitals, are desperately urging residents to help the community battle back against a severe blood shortage that threatens local patients.

"Area hospitals do not have enough blood on their shelves to treat patients in need," said Dr. Rick Axelrod, LifeStream's president/CEO and medical director. "All blood types are desperately needed. Our type O supply has taken a considerable hit, reaching historic low levels.

This is extremely alarming, especially in the summer months, which is already a difficult time for blood collection. We are making an immediate call to action. Hospitals will cancel needed surgeries for adults and children if collections continue to decline."

"This critical shortage puts patient care at risk, and we ask our community to stand with those patients and their loved ones by 'rolling up a sleeve' and sharing their most precious gift," continued Dr. Axelrod. "Just one pint of blood can save three lives. By donating, you can bring hope to many local families and their loved ones. Your donation will save a life."

Appointments are recommended, but walk-ins are welcome, please click here to schedule your appointment [https://giftoflife.lstream.org/donor/schedules/drive\\_schedule/98508](https://giftoflife.lstream.org/donor/schedules/drive_schedule/98508)



# Public Services



## RE-PETE & BURRTEC WANTS YOU TO KNOW...



### **BULKY ITEM COLLECTION**

### For Disposal of Large or Bulky Items

**Burrtec** provides *four* residential curbside large or bulky item collections (maximum of 5 items per collection) during a 12-month period at no extra charge. Please call at least 24 hours in advance to schedule your bulky item pick up. Large or bulky items include: scrap metal, wood, old appliances, furniture, televisions, computer monitors, refrigerator or freezer, tree branches, mattresses, etc.

### Avoid Blue Barrel Contamination!

Contamination happens when non-recyclable items are mixed in with recyclables items. Paper smeared with food or grease cannot be processed with clean paper and can ruin a newly made product if it is not caught before it goes to the factory. Too much contamination is the reason manufacturers reject tons of recyclable paper each year. Help Highland keep their recycling clean and free from trash and contamination. Doing so improves rates, quality of recyclables and lessens the amount of material going to the landfill.



### Recyclable Items Include...

#### **PLASTICS NO. 1-7**

- Milk, juice, soda and water bottles
- Yogurt, dairy and margarine tubs
- Shampoo and conditioner bottles
- Detergent and fabric softener bottles
- Clean garden pots or flats
- Styrofoam food containers

#### **ALUMINUM & TIN (labels may stay on)**

- Steel or tin cans (e.g. tuna cans)
- Pin tins
- Aluminum foil
- Aluminum food & soda cans

#### **MIXED PAPER & NEWSPAPER**

- Newspaper (with inserts)
- Magazines / Catalogs
- Junk mail (remove free samples)
- White & colored paper
- Brown paper bags
- Envelopes with plastic window
- Wrapping paper

#### **CARDBOARD**

- Cardboard
- Cardboard (soda / beverage carriers)
- Binboard (e.g. cereal boxes)
- Milk cartons

#### **GLASS (remove lids from jar, labels may stay on)**

- Glass bottle / jars (any color)
- Mason jars (any color)

# Public Services

## Summer Pool Season is Here!

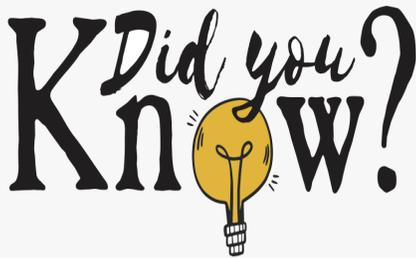


It is that time of year again when swimming pools and hot tubs are in high demand, but they must be maintained properly to ensure that harsh pool chemicals are not allowed to enter the storm drain! If yours is not treated through the sanitation system, follow these simple tips for proper disposal of hot tub and pool water:

- **De-chlorinate** - Chlorine naturally dissipates over time and should be completely gone if the water is left standing for 3-5 days. Use a pool testing kit prior to discharge to ensure the concentration of chlorine is zero.
- **Check pH** - determine the pH of the pool water before discharge on your own or ask your pool maintenance company to check it for you. It should be between 6.5 and 8.5.
- **Free and clear** - Make certain the water is free of any discoloration, dirt or algae.
- **Use your grass** - When discharging to a grassy area, the flow should be controlled so it doesn't cause any erosion problems or enter a neighbor's property.

For questions regarding pool/spa draining or how you can help keep pollutants from entering our storm drain system, please contact the Public Services Division at (909) 864-8732, extension 271.

## Stormwater



When it rains, stormwater can pick up pollution and litter in the streets and wash these contaminants into storm drains. Pollution from stormwater remains untreated as it spreads throughout our community. Please make sure all waste goes in to the proper container and keep waste container lids closed when not in use.

*Remember, Only Rain Down the Drain.*

## Public Works

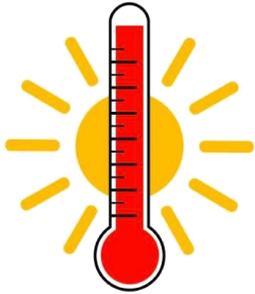
During the period of July 11, 2022 through July 15, 2022, graffiti was made known to Public Works staff by the following means and removed:

Routine observation by Public Works: Base Line & Mira Vista Ave., Base Line & Osburn Rd., Base Line & Golondrina Dr., Base Line & Boulder Ave., 9th St. & Elmwood Rd., Base Line & Elmwood Rd., Base Line & McKinley Ave., Base Line & Sterling Ave., 26037 Base Line, Central Ave. & Fisher St., Goodman Ct. & Victoria Ave., Pacific St. & San Francisco St., Pacific St. & Olive St., Sterling Ave. & 13th St., Sterling Ave. & Jane St.

Hotline: 9th St. & Elmwood Rd.



# Administration



## Tips for Preventing Heat-Related Illness

**Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.

**Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to a shopping mall 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 your local health department to see if there are any heat-relief shelters in your area.

**Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they 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. Use your stove and oven less to maintain a cooler temperature in your home.

**Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it is coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

**Pace Yourself:** Cut down on exercise during the heat. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions. Tips: Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.



**Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following: Never leave infants, children, or pets in a parked car, even if the windows are cracked open. To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.



**Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Do not wait until you are thirsty to drink. **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these cause you to lose more body fluid. Also avoid very cold drinks because they can cause stomach cramps.

**Replace salt and minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

**Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets and leave the water in a shady area.

**Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

**Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.

**Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

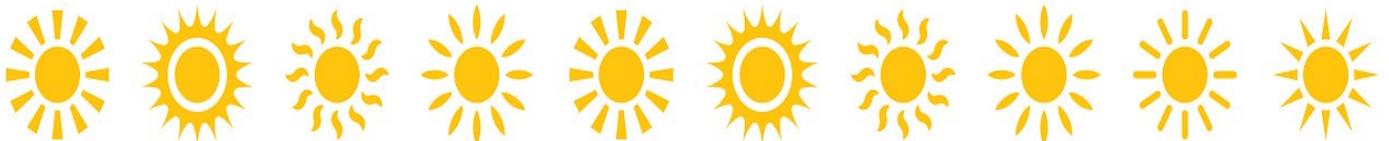
**Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise

People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation are more at risk. 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.



*For further information about severe weather conditions, please visit [www.cdc.gov](http://www.cdc.gov)*





# RE-PETE'S WISDOM OF THE WEEK

## Over-Watering Tips to Help Save Water and Money

If water flows off your yard onto your driveway or sidewalk, your system is over-watering. Over-watering is not only bad for your lawn, it is a strain on water supplies and often ends up as wasted, excess runoff to lakes and streams. *Here are a few tips that will help you conserve water and prevent storm water pollution and for saving water outdoors:*

- Water your lawn only when it needs it. Step on your grass. If it springs back, when you lift your foot, it does not need water. So set your sprinklers for more days in between watering. **Saves 750-1,500 gallons** per month. Whenever possible water your lawn and garden by hand to control the amount of water you use.
- Do not water the sidewalks, driveway or gutter. Adjust your sprinklers so that water lands on your lawn or garden where it belongs--and only there. **Saves 500 gallons** per month.
- Water lawns during the early morning hours when temperatures and wind speeds are the lowest. This reduces losses from evaporation. **Saves 300 gallons.**
- Put a layer of mulch around trees and plants. Chunks of bark, peat moss or gravel slows down evaporation. **Saves 750 to 1,500 gallons** a month.
- *Do not hose down your driveway or sidewalk.* Use a broom to clean leaves and other debris from these areas. **Can save up to 100 gallons a week.**
- Using drip irrigation, soaker hoses or micro-spray systems for flower beds and vegetation can also help reduce your water bill and prevent runoff.
- **When it rains**, turn off your sprinklers.
- Save on water by planting low maintenance, drought-tolerant trees and shrubs.
- Periodically inspect and fix leaks and misdirected sprinklers.

If you have any questions on what you can do to conserve water and prevent storm water pollution, please contact Public Services Coordinator at (909) 864-8732, extension 271.





# RE-PETE'S WISDOM OF THE WEEK

## REDUCE ILLEGAL DUMPING IN HIGHLAND

A growing problem with illegal dumping, unfortunately is instead of properly disposing of the items, some junk removal "companies" will illegally dump. They can offer a lower price than a reputable company because they avoid paying dump fees, pavement management fees, and have no intention of following the law. An important reminder is that if a junk removal company illegally dumps **YOUR** items, those are still **YOUR** items. **YOU** can be held liable for the cleanup.



To avoid any of these problems you can choose a company that will do the right thing:

- ◆ The Company **MUST** have a valid City of Highland business license to operate in the City.
- ◆ Ensure the company gives you a copy of the weight receipts from the transfer station or landfill for the disposal of your items.

## REPORT ILLEGAL DUMPING

The City encourages anyone who encounters an illegal dump that has already taken place to call the Public Works Department at (909) 864-6861, extension 217. If you witness someone illegally dumping or any other pollution activity, ***DO NOT APPROACH THEM***, maintain a safe distance, and call (909) 387-8313 to report instance. If you are unable to report it in the moment, please take down the following information and report it as soon as possible:



- ◆ Date, time, and location of incident.
- ◆ Description and photos of material that has been dumped.
- ◆ Description and photos of vehicle and license plate.
- ◆ Description and photos of person(s) dumping.
- ◆ Your name and phone number (optional).

## Volunteer Services

### FEEDING OUR COMMUNITY MOBILE FOOD DISTRIBUTION

Community Action Partnership of San Bernardino County (CAPSBC) will host a monthly mobile food distribution in the City of Highland through the end of the year. Food distribution will take place at Highland Community Park located at 7793 Central Avenue.

For more information please contact CAPSBC at (909) 723-1500 / [www.CAPSBC.org](http://www.CAPSBC.org) / #CAPSBCCARES

*Food Distribution is from 10:00 a.m. to 2:00 p.m. on the following dates:*

- Wednesday, August 10
- Wednesday, September 14
- Wednesday, October 12
- Wednesday, November 9
- Wednesday, December 7



# A SAFE GARDEN: A LOT DEPENDS ON IT.



## Protect your family and community when using pesticides and fertilizers.

- ❖ **STRATEGICALLY** apply products on your lawn when rain is not expected. Rain can wash toxic chemicals from your lawn into local waterways.
- ❖ **SPOT-APPLY** products directly on the problem instead of the whole area. Use less chemicals, and conserve the supply of your product.
- ❖ **SAFELY** dispose of unwanted products. The County of San Bernardino offers 9 HHW Centers that accept pesticides, fertilizers and other toxic waste **FREE** of charge.

To report illegal dumping, call  
**(877) WASTE18** or visit  
[sbcountystormwater.org](http://sbcountystormwater.org)



# PICK UP AFTER YOUR PET



## WHY SHOULD I PICK UP?



Dog waste can infect children and adults with disease-causing bacteria and parasites.



Your dog can get infected from the waste of other dogs.



Dog waste can affect the quality of our rivers and oceans and make the water unsafe for swimming, drinking, or fishing.



## BAG IT AND TRASH IT!

— Steps and Tips —

**Step 1:** Keep a supply of bags tied to your dog leash.

**Step 2:** Bag the poop and tie the bag.

**Step 3:** Dispose of the tied bag properly by throwing it into a trash can.

NEED A  
**DOGGIE  
CANISTER?**



@sbcountystormwater



Scan code for a  
**FREE CANISTER**

[freedoggiebags.com](http://freedoggiebags.com)

Big Bear • Chino • Chino Hills • Colton • Fontana • Grand Terrace • Highland • Loma Linda • Montclair • Ontario • Rancho Cucamonga • Redlands  
Rialto • San Bernardino • San Bernardino County • San Bernardino County Flood Control District • Upland • Yucaipa

# How to Safely Dispose Sharps

**EFFECTIVE  
JULY 1, 2021**



SAN BERNARDINO COUNTY RESIDENTS can safely dispose of their used SHARPS in a 2 gallon or smaller, heavy-duty, plastic container as an alternative to plastic bio-hazard sharps containers at participating Household Hazardous Waste Collection facilities.

Containers should only contain needles, lancets, and syringes with a needle attached that must be completely spent (no liquid remaining, including EpiPens).

## HOW TO CREATE YOUR OWN CONTAINER:

- Place sharps into an Approved Sharps Container or 2 gallon or smaller heavy-duty plastic container
- Do not use food product containers
- Must have a screw-top and puncture resistant lid
- Made of thick plastic
- 2 gallons or less
- Leak-resistant
- Remain upright when standing
- Place printed Bio-Hazard Label on both sides
- When  $\frac{3}{4}$  filled, secure lid, and tape the container closed

## DO NOT USE FOR SHARPS:



Print **FREE** labels by visiting  
**Greensb.net**

Preprinted labels are available at  
**HHW collection facilities**



For more information and locations, call 1-800-Oily Cat (645-9228) or visit **Greensb.net**

SAN BERNARDINO COUNTY FIRE – Household Hazardous Waste

# Cómo desechar las agujas de forma segura

**EFFECTIVO EL  
1 DE JULIO 2021**



LOS RESIDENTES DEL CONDADO DE SAN BERNARDINO pueden desechar de manera segura sus agujas usadas en un recipiente de plástico resistente de 2 galones, o más pequeño como alternativa a los recipientes de plástico para objetos punzantes con riesgo biológico en los Centros participantes de Colección para desechos peligrosos del hogar.

Los recipientes solo deben contener agujas, lancetas y jeringas con una aguja adjunta que debe gastarse por completo (Sin residuo líquido incluyendo los EpiPens).

## COMO CREAR SU PROPIO CONTENEDOR:

- Coloque las agujas en un recipiente para objetos punzantes aprobado o en un recipiente de plástico resistente de 2 galones o más pequeño
- No utilice envases de productos para alimentos
- Debe tener una tapa de rosca y resistente a los pinchazos
- Hecho de plástico grueso
- 2 galones o menos
- Resistente a fugas
- Permanezca erguido cuando esté de pie
- Coloque la etiqueta impresa de peligro biológico en ambos lados
- Cuando esté lleno 3/4, cierre la tapa y pegue el recipiente con cinta adhesiva para mantener el contenedor cerrado

## NO UTILIZAR PARA AGUJAS :



Para imprimir etiquetas  
**GRATIS** visite [Greensb.net](http://Greensb.net)

Las etiquetas preimpresas están disponibles en los Centros de Colección para desechos peligrosos del hogar



Para obtener más información y ubicaciones,  
llame al 1-800-Oily Cat (645-9228) o visite [Greensb.net](http://Greensb.net)

SAN BERNARDINO COUNTY FIRE – Household Hazardous Waste



## HAVE YOU PLAYED SPOT'S NEW TRASH MATCH-UP GAME?

Find out how much you know about sorting waste in San Bernardino County.



**Step 1:** Scan QR code or visit [spot.sbcountystormwater.org](http://spot.sbcountystormwater.org)

**Step 2:** Drag a trash item to a bin to start the game

**Step 3:** Make an account to claim your score on the leaderboard.

*\*available for mobile phones and desktops*



For a list of collection centers near you, visit [TooToxicToTrash.com](http://TooToxicToTrash.com)  
Must be a San Bernardino County resident to visit centers.

## PROTECT YOUR COMMUNITY KEEP TRASH OUT OF OUR STREETS



### Step 1

Gather your used masks, gloves, and wipes

### Step 2

Place the used items in a bag

### Step 3

Tie or seal the bag and dispose into a trashcan



SAN BERNARDINO COUNTY STORMWATER PROGRAM  
**WHERE WATER MEETS COMMUNITY**

# Calendar of Events

## July 23, 2022

9am to 2pm — Used Oil Filter Exchange & Recycling Event, Auto Zone, 27292 Base Line

## July 25, 2022

12pm to 5pm — Blood Drive, Highland Police Station, 26985 Base Line

## August 2, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

6pm to 8pm — National Night Out & Resource Fair, Highland Police Station, 26985 Base Line

## August 4, 2022

5pm — Historic and Cultural Preservation Board Meeting, Donahue Council Chambers

## August 9, 2022

6pm — City Council Meeting, Donahue Council Chambers

## August 11, 2022

6pm — Community Trails Committee Meeting, Donahue Council Chambers

## August 16, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers



Find us on:  
**facebook**®

### *THE CITY OF HIGHLAND FACEBOOK PAGE*

The City of Highland has a new and improved Facebook page that we would like for you all to follow us on. This is where you will find important information regarding road closures and construction projects that may affect your travel time, scheduled power outages, emergencies, events such as: Community Blood Drives, Highland Improvement Team projects, Compost Give-A-Way, Used Oil Filter Exchange & Recycling Events and much more. Please "Like" City of Highland - City Hall (<https://www.facebook.com/cityofhighland.cityhall>) as the official page.

# Used Oil Filter Exchange & Recycling Event

Bring Used Oil Filters to Recycle and Exchange  
for Up to \$15 Oil Filter Voucher

# Free!



Join Us! **Saturday, July 23, 2022, from 9 a.m. to 2 p.m.**

## EVENT LOCATION:



**AutoZone**  
27292 Baseline Rd,  
Highland, CA 92346

## Keep in mind...

- ▶ Up to **one \$15 oil filter voucher** per household maximum (limited supply)
- ▶ Expiration: **2 p.m. Saturday, Saturday, July 23, 2022**
- ▶ Valid only at the address shown on the left
- ▶ No exchange or cash refund after event
- ▶ Recycle oil filter safely: **drain for 12 hours** and transport in non-leaking container or bag
- ▶ Available to San Bernardino County residents only – **bring ID or utility bill** for verification
- ▶ Vouchers are distributed and valid for the day of the event **ONLY**.

For information, call **909.382.5401** or **1.800.Oily Cat (645.9228)**  
or visit **sbcfire.org/hhw**



# Evento de Intercambio y Reciclaje de Filtros de Aceite Usados

Traiga filtros de aceite usado para reciclar y reciba un cupón para uno nuevo

# ¡Gratis!



**¡Acompáñenos! Sábado, 23 de Julio de 2022, 9 a.m. a 2 p.m.**

## Lugar del Evento:



**AutoZone**  
27292 Baseline Rd,  
Highland, CA 92346

## Detalles...

- ▶ Máximo un cupon de \$15 por domicilio (cantidades limitadas)
- ▶ Vencimiento: **2 p.m., Sábado 23 de Julio de 2022**
- ▶ Válido solamente en el establecimiento indicado a la izquierda.
- ▶ No se permite intercambio o reembolso en efectivo
- ▶ Recicle los filtros de aceite de forma segura. Permita que el filtro se **drene por 12 horas** y transpórtelo en una bolsa o contenedor a prueba de fugas
- ▶ Solo para residentes del Condado de San Bernardino. Para verificar su dirección **traiga una identificación o una factura de un servicio público**
- ▶ Los cupones se distribuiran y seran validos el dia del evento **SOLAMENTE.**

Para más información llame al **909.382.5401** o **1.800.Oily Cat (645.9228)**  
**¡Visite [sbcfire.org/hhw](http://sbcfire.org/hhw)!**





**Aging and Adult Services -  
Public Guardian**

# HOT WEATHER

## TIPS

### DANGER SIGNS

Hot weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during our summer months. A person suffering from the heat may not realize it. Be aware of the warning signs of heat related illness, which include:

- Heat cramps: Painful muscle contractions, usually in the hamstring muscles.
- Heat exhaustion: Dizziness, fatigue, headache, rapid/weak pulse, pale or clammy skin.
- Heatstroke: Hot/dry/flushed skin, high body temperature, rapid heartbeat and confusion.

### PREVENTION TIPS

- Drink plenty of water. Carry a bottle with you when you are away from home.
- Wear loose fitting cotton clothing and hats with wide brims and carry an umbrella.
- Check with your doctor. Heat may affect your reaction to certain medications.
- Keep electric lights low or off, shades drawn and blinds closed and limit oven use.
- Stay in well-ventilated areas. Circulation of air helps you keep cool.
- Open a window or turn on a fan or air conditioner.
- Have a friend check up on you at different times of the day when it is very hot.
- Eat light meals and avoid alcohol and caffeine.
- Plan ahead so your outside activities are during the coolest part of the day.
- Avoid unnecessary activity and being in direct sunlight or a hot environment.
- Take your time. Do not run around in a hurry.
- Never wait in a car or leave people or pets in a car.
- Remember, excessive heat exposure can result in illness or death!

**Call Senior Information and Assistance at  
1-800-510-2020 to connect with resources and services.  
If you need emergency medical services, call 911 immediately!**

[www.SBCounty.gov/daas](http://www.SBCounty.gov/daas)



# CLIMA CALUROSO

Servicios para Ancianos y Adultos -  
Guardián Público

## CONSEJOS

### SEÑALES DE PELIGRO

El clima caliente puede ser peligroso y hasta mortal. Se deben tomar precauciones para asegurar la salud y seguridad durante los meses de verano. Es posible que una persona sufriendo del calor no se dé cuenta. Este consciente de las señales de advertencia de enfermedad relacionada con el calor, que incluyen:

- ▶ Calambres por el calor: contracciones musculares dolorosas, generalmente en el músculo de la corva.
- ▶ Agotamiento por el calor: Mareos, fatiga, dolor de cabeza, pulso rápido/débil, piel pálida/húmeda.
- ▶ Insolación: piel caliente/seca/enrojecida, alta temperatura del cuerpo, latidos cardíacos rápidos y confusión.

### CONSEJOS DE PREVENCIÓN

- ▶ Tome suficiente agua. Lleve una botella de agua con usted cuando esté fuera de casa.
- ▶ Use ropa floja de algodón y sombreros de ala ancha y lleve un paraguas.
- ▶ Consulte con su doctor. El calor puede afectar su reacción a ciertos medicamentos.
- ▶ Mantenga las luces eléctricas bajas o apagadas, las cortinas bajadas y persianas cerradas y limite el uso del horno.
- ▶ Permanezca en zonas bien ventilados. La circulación de aire ayuda a mantenerse fresco.
- ▶ Abra una ventana o encienda un ventilador o aire acondicionado.
- ▶ Pídale a un amigo que lo visite a diferentes horas del día cuando este muy caliente.
- ▶ Coma comidas ligeras y evite el alcohol y la cafeína.
- ▶ Planee con anticipación actividades de aire libre durante las horas más frescas del día.
- ▶ Evite actividades innecesarias y estar bajo el sol o un ambiente caliente.
- ▶ Tómese su tiempo. No corra de prisa.
- ▶ Nunca espere en un automóvil o deje personas o mascotas en un automóvil.
- ▶ ¡Recuerde, exposición excesiva al calor puede resultar en enfermedad o muerte!

**Llame a Información y Asistencia para Personas Mayores al**

**1-800-510-2020 para conectarse con recursos y servicios.**

**¡Si necesita atención médica de emergencia, llame al 911 inmediatamente!**

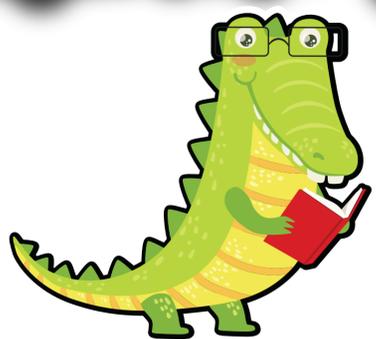
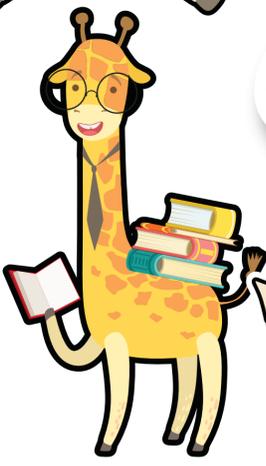
[www.SBCounty.gov/daas](http://www.SBCounty.gov/daas)



# 1000

# Books

# Before Kindergarten



**The concept is simple, the rewards are priceless.  
Read a book to your newborn, infant, and/or toddler.  
The goal is to have read 1,000 books before your little one starts kindergarten.  
This program is available for children aged 0 - 5.**

**How it Works:**

- Sign Up on Beanstack
- Log Your Reading
- Earn Rewards

# Let's Start Reading



Library





Economic Development

# SAN BERNARDINO COUNTY

## MICROBUSINESS

### COVID-19 RELIEF GRANT

Award Amount: \$2,500



#### What is the San Bernardino County Microbusiness COVID-19 Relief Grant Program?

The San Bernardino County Microbusiness COVID Relief Grant is designed to assist businesses that have experienced economic barriers due to the effects of the global pandemic.



#### What are the Grant requirements?

- Businesses & Non-Profits located within the San Bernardino County boundaries
- 5 or less full-time employees
- Gross Revenues of less than \$50,000 in 2019 Tax Year or 2020 Tax Year
- Did not receive the California Relief Grant issued by Lendistry

SOURCE: GUIDELINES SET BY THE STATE OF CALIFORNIA



#### How can I use the funds?

- Renewal of local permits to operate (i.e. sidewalk vendor, etc.)
- Payment of business debt accrued during pandemic.
- The purchase of new certified equipment.



#### How do I apply and is there a deadline?

Applications open on 2/28/2022 and will remain open until funds are exhausted.

Go to:

[www.selectsbcounty.com/major-initiatives/microbusiness-covid-19-relief-grant](http://www.selectsbcounty.com/major-initiatives/microbusiness-covid-19-relief-grant)



#### Who do I contact with questions?

For questions regarding your grant application, scan the below:



For general information please contact:

**grants@eda.sbcounty.gov**  
**phone: 909-387-3286**

For more information please visit our website at:

**www.selectsbcounty.gov**



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Thank you to our Strategic Partners





**MEDIA CONTACT**

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**NEWS RELEASE**

**New Eligibility Guidelines Open SoCalGas Energy Savings Assistance Program to More Customers**

*Recently enacted California law increases customer access to no-cost energy-saving home improvements which support SoCalGas' efforts to lead the transition to a clean energy system*

**LOS ANGELES (July 6, 2022)** – [Southern California Gas Co.](#) (SoCalGas) announced that as of July 1, 2022, more customers will now be eligible for no-cost energy-saving home improvements through the Energy Savings Assistance Program. The new guidelines expand eligibility criteria for customers whose income is up to 250% of federal poverty guidelines, compared to the previous criteria of up to 200%. A family of four that earns up to \$69,375, will now be eligible for no-cost energy efficiency upgrades. The previous income eligibility guidelines were up to \$55,500 for a family of four.

The ESA program provides attic insulation, furnace repair or replacement, clothes washer, water heater repair or replacement, water heater blankets, door weather stripping, caulking, low-flow showerheads, faucet aerators, minor repairs to doors and windows, and other services to eligible customers.

Customers could save up to 20% annually on their natural gas bill depending on the energy efficiency upgrades performed. More than 1.6 million homes have been enrolled in the program since 2002.

Customers can qualify for the Energy Savings Assistance Program based on having one individual in the home who falls under the income guidelines or participates in a public assistance program like Medi-Cal/Medicaid, CalFresh, the National School Lunch Program, among others. The program is open to renters and homeowners, and income levels are updated annually to adjust for federal poverty guidelines.

“SoCalGas is leading the transition to a more resilient energy future by providing customers with affordable, more sustainable energy. Through the Energy Savings Assistance Program, we can offer long-term, energy-efficient home improvements to customers that will lower their costs and reduce a household’s environmental footprint. The program’s expanded guidelines will allow more SoCalGas customers to save energy and save money and help us collectively reach clean energy goals,” said Brian Prusnek, SoCalGas’ Director of Customer Programs and Assistance.

The Energy Savings Assistance Program’s revised income guidelines were the result of Senate Bill 756, authored by San Diego Senator Ben Hueso (D-40). “The ESA program is an important tool for our state in the fight against climate change,” said Senator Hueso. “Energy efficiency upgrades reduce energy utility bills, increase a family’s quality of life and comfort, support economic development, and move the state closer toward its climate goals. However, the ESA program budgets are routinely not fully expended – often with hundreds of millions of dollars remaining unspent each year. This new law will remedy that by expanding eligibility to include more low-income customers.”

“My family and I are very happy and grateful for the weatherization repairs SoCalGas and their contractor ACSGROUP provided to our home,” said Veronica Medrano, a SoCalGas customer from Montclair. “We received a new furnace, and they installed a new water heater and we also qualified for a new washing machine. Our home is now more energy efficient. This program has changed our lives.”

Another SoCalGas customer assistance program is the California Alternative Rates for Energy (CARE) program, which will continue to provide a 20% discount on the monthly natural gas bill for customers who participate in certain public assistance programs or fall within 200% of federal poverty guidelines. A family of four that earns up to \$55,500 is now eligible for the discount.

To learn about SoCalGas’ customer assistance programs, including the CARE program, or to sign up for the Energy Savings Assistance Program, visit [socalgas.com/assistance](https://socalgas.com/assistance) or call (800) 331-7593. Information is available in the following languages: Chinese, Hmong, Korean, Russian, Spanish, and Vietnamese.

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### **About SoCalGas**

Headquartered in Los Angeles, [SoCalGas®](#) is the [largest gas distribution utility](#) in the United States. SoCalGas delivers affordable, reliable, and increasingly renewable gas service to 21.8 million consumers across [24,000 square miles](#) of Central and Southern California. Gas delivered through the company's pipelines will continue to play a key role in California's clean energy transition—providing electric grid reliability and supporting wind and solar energy deployment.

SoCalGas' mission is to build the [cleanest, safest and most innovative energy company in America](#). In support of that mission, SoCalGas aspires to achieve [net-zero greenhouse gas emissions](#) in its operations and delivery of energy by 2045 and to replacing 20 percent of its traditional natural gas supply to core customers with renewable natural gas (RNG) by 2030. Renewable natural gas is made from waste created by dairy farms, landfills, and wastewater treatment plants. SoCalGas is also committed to investing in its gas delivery infrastructure while keeping bills affordable for customers. SoCalGas is a subsidiary of [Sempra](#) (NYSE: SRE), an energy services holding company based in San Diego.

For more information visit [socalgas.com/newsroom](https://socalgas.com/newsroom) or connect with SoCalGas on [Twitter](#) (@SoCalGas), [Instagram](#) (@SoCalGas) and [Facebook](#).