

Special to the Victor Valley News Group

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Protecting our Watershed this Earth Day and Every Day

Protecting the Earth starts in your very own neighborhood. Which is why, in honor of Earth Day this year, we're reminding High Desert residents about our responsibility to protect the Mojave River Watershed.

So, what exactly is a watershed? A watershed is an area of land that collects stormwater and drains it into a larger body of water, such as a river. Here in the High Desert, the Mojave River Watershed collects groundwater from our residential areas including Hesperia, Victorville, the Town of Apple Valley and unincorporated San Bernardino County, and drains into the Mojave River.

Because of our proximity to the watershed, our actions have a huge impact on the local water quality. The water that we drink and use in our homes is well, pumped, and filtered from the Mojave River.

Household waste like pet waste, food wrappers, motor oil, cleaners, pesticides and lawn clippings is one of the Mojave River Watershed's biggest sources of pollution. When we fail to properly dispose of household waste, chemicals and other toxins, they seep through the ground or are washed away by stormwater and into the watershed.

The good news? We can help keep the water supply safe and clean for years to come with small changes to everyday habits. Here are some ways that you can protect the Mojave River Watershed this Earth Day and every day:

Take care of your pets

- Pick up pet waste. Pet waste left on the ground can transmit harmful bacteria to our water supply.
- Bathe your pets indoors or have them professionally groomed. Pet shampoos that make it into our waterways can be toxic for people and marine life.

Properly dispose of household waste

- Take hazardous waste to a hazardous waste collection site. Call (800) CLEANUP for the location of your city's facility.
- Cut down on your use of chemicals by using biodegradable cleaners, water-based paints and other eco-friendly alternatives.

Maintain your yard

- Fix sprinkler leaks and make sure sprinklers are pointed in the right direction. This can lower your water bill, ensure that less water is wasted, and most importantly prevent runoff.
- Do not apply fertilizer or pesticide to your lawn before it rains. It will get washed into storm drains and into our water supply.
- Put your leaves, grass clippings and other yard waste in green bins or compost them. Avoid blowing, sweeping or hosing them into the street or gutter. Yard waste can clog catch basins and pollute waterways.

Actively help

- Participate in a community clean-up event, or [host your own neighborhood cleanup](#).
- Landscape your home with [water wise plants](#).
- Share stormwater pollution [education materials](#) with friends and family.
- Take our [pledge](#) to be #StormwaterSavvy and keep the High Desert pollution-free!

It is up to all of us in the High Desert to protect our water supply from pollution.

Submitted by the Mojave River Watershed Group (MRWG), a nonprofit organization committed to protecting the Mojave River, its watershed, plants and wildlife, and ultimately the High Desert water supply against stormwater pollution. MRWG is comprised of representatives from the City of Victorville, the City of Hesperia, the Town of Apple Valley, and unincorporated areas of San Bernardino County.

Hello,

Hope this email finds everyone well in the newsroom. With COVID-19 continuing to be near the top of the news, outside of Super Bowl coverage (Go LA Rams!) and breaking news, we wanted to put on your radar a fresh and timely medical take on COVID-19 that ties to [February being American Heart Month](#).

While there's been a lot of news on long-term lung impacts due to COVID-19, vaccinations and why people should get the jab, masking, social distancing, etc., there has not been much coverage about how COVID-19 is impacting heart health long term and what people can do now to protect themselves and their families. In just the past few weeks, there have been several studies and articles published on the heart risks associated with COVID-19 and they are very concerning. Here are recent articles published in [Science Journals](#) and [Nature Journals](#) discussing the long-term impact that the heart can suffer for someone who has caught Covid-19.

To help educate our communities, we have Medical Director Dr. Clyde Wesp at [IEHP](#), which serves more than 1.4 million residents in the Inland Empire, who we can connect with you via Zoom or phone to discuss:

- The latest studies in plain terms that everyone can easily understand
- How COVID-19 impacts the heart short and long term
- Heart health before COVID-19 and after
- What the heart risk signs are that we should all be aware of and what we should be talking to our physicians about
- What we can be doing on a day-to-day basis to take care of heart health – for all ages from children to seniors

We would appreciate it if you could let us know if this is something of interest. We can mobilize quickly to get you connected. Thank you for your time and consideration and we look forward to hearing back from you.

Sincerely,



Purple Heart
Foundation

NEXEN
NEXEN TIRE

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Nexen Public Relations

Nexen Tire America

(310) 374-6177

media@nexentireusa.com

NEXEN HERO 2019 JEEP WRANGLER UNLIMITED RUBICON GOES ON DISPLAY AT 2019 SEMA SHOW – VEHICLE TO BE PRESENTED TO A U.S. MILITARY VETERAN IN DECEMBER

- Third Nexen Hero program – open to all honorably discharged U.S. military veterans – makes a stop in Las Vegas during the 2019 SEMA Show to give fans an up-close look at the Nexen Hero Jeep Wrangler sporting 37-inch Nexen Roadian MTX Xtreme off-road tires
- Famed Jeep builder All J Products in Big Bear Lake, Calif., leveraged more than 40 years of experience to build the Nexen Hero Jeep Wrangler Rubicon using aftermarket off-road automotive parts from Rugged Ridge
- Nexen Tire will match up to \$30,000 in donations made to the Purple Heart Foundation during the campaign



DIAMOND BAR, Calif., (Nov. 4, 2019) – [Nexen Tire America, Inc.](http://www.nexentire.com), a worldwide leader in high-performance, passenger, SUV / light truck and winter tires, has brought the Nexen Hero Jeep Wrangler Unlimited Rubicon to the 2019 SEMA Show to highlight the build details of the off-road ready rig which will be given away to a well-deserving U.S. military veteran during the week of Dec. 16 as part of the [Nexen Hero III](#) program. The Nexen Hero Jeep Wrangler Rubicon, in Booth #61012 was customized by renowned Jeep builder [All J Products](#) in Big Bear Lake. The build features a

complete makeover thanks to aftermarket Jeep components from [Rugged Ridge](#) and Nexen's top-of-the-line 37-inch Roadian MTX Xtreme Mud Terrain off-road tires which solidify its off-road prowess.

The third campaign, which runs until Dec. 3, continues to help fulfill Nexen Tire's mission of bringing national awareness to our U.S. military veterans by sharing their stories of courage and sacrifice. Nexen Tire has also committed to match up to \$30,000 in donations made to The Purple Heart Foundation through the www.NexenTireUSA.com/NexenHero webpage during the giveaway period. Donations made during the giveaway period will benefit the National Service Officer Program — an organization which serves thousands of veterans nationwide. Last year, the program helped nearly 12,000 veterans file medical claims worth nearly \$200 million in lifetime medical benefits. Nexen Tire invites veterans from all branches of the U.S. armed forces to enter for a chance to receive the Nexen Hero Jeep Wrangler Rubicon.

For the previous Nexen Hero campaign, Nexen Tire honored retired Army Master Sgt. Brian Porter as the recipient of the Nexen Hero Jeep Gladiator on Aug. 7 – National Purple Heart Day. Porter was the second Purple Heart Medal Recipient to receive a customized vehicle equipped with Nexen tires. The program's first campaign titled 'American Muscle for American Heroes' presented retired Marine Cpl. Steven Diaz with the Nexen Hero Purple Heart Dodge Challenger R/T. Both vehicles featured handpicked tire selections from Nexen Tire's current product lineup.

For the Rubicon, Nexen Tire selected All J Products as the exclusive build partner for its reputation in the Jeep community, along with their passion for supporting the U.S. military, which made them a perfect fit for Nexen Tire's mission. The Nexen Hero Jeep Wrangler Rubicon features some of the most sought-after Jeep components from Rugged Ridge, as well as one-of-a-kind Nexen Tire graphics which help differentiate the Nexen Hero Jeep Wrangler Rubicon from every other Jeep in the nation.

The complete build list of Rugged Ridge components used on the Nexen Hero Jeep Wrangler Rubicon includes:

- Arcus Front Stubby Bumper
- HD Series Rear Bumper
- RRC Rocker Guard Kit
- Front- and Rear-Fenders, Fender Chop Bracket Kit with integrated Daytime Running Lights
- XHD 17x9.5-inch wheels finished in Gun Metal Silver
- Low-Profile Roof Rack with integrated cargo basket
- 12,500-pound Trekker Winch featuring a wireless remote, waterproof design
- Fortis Front- and Rear-Tube Doors
- Cowl Light-Bar Bracket, Havoc Off-Road Black-Out Series 40-Inch LED Light Bar
- Spartacus HD Tire Mount Hinge Casting
- Spartacus HD Tire Mount Wheel Carrier
- LED Third Brake Light Ring
- Modular XHD Low-Mount Snorkel System
- Elite Headlight Guards

"Nexen Tire is committed now more than ever to helping bring national awareness to the sacrifices made by U.S. military veterans and their families and it was an honor to have the opportunity to highlight this vehicle at the biggest automotive aftermarket show in the world," said John Hagan, executive vice president of sales for Nexen Tire America Inc. "For this year, building an incredible vehicle featuring Nexen tires for a well-deserving veteran wasn't enough. Nexen Tire is raising the bar by matching donations made at NexenTireUSA.com/NexenHero so we can continue to give back to those who deserve it. Donate today to make a difference in a veteran's life and help support our mission of serving those who served our country."

The nomination period runs until Dec. 3 and the recipient will be announced live on national TV during the week of Dec. 16. To be eligible, nominees must be honorably discharged veterans from the U.S. armed services, subject to verification by the nominees' DD-214 form and be willing to consent to a background check. The Nexen Hero Jeep Wrangler Rubicon recipient will be selected by Nexen Tire America, Inc. representatives in collaboration with the Purple Heart Foundation based on a variety of factors, including their overall military service and ongoing commitment to their community.

To nominate a veteran, make a donation to the Purple Heart Foundation and for official giveaway rules, please visit <http://www.nexentireusa.com/nexenhero>.

For more information on the Purple Heart Foundation, visit <https://purpleheartfoundation.org>.

For all media inquiries, please contact media@nexentireusa.com.

About Purple Heart Foundation:

The Purple Heart Foundation is a 501(c)3 Veteran Service Organization that fundraises for programs, services and resources that benefit veterans and their families. Over the past 60 years, the Purple Heart Foundation has funded academic scholarships, the MOPH National Service Officer program, research efforts and resources regarding veteran issues such as Post-Traumatic Stress and Traumatic Brain Injury, grants for service dogs, and much more. The Purple Heart Foundation's Mission is to holistically enhance the quality of life of all veterans and their families, providing them with direct service and fostering an environment of camaraderie and goodwill among combat wounded veterans.

About Nexen Tire:

Inspired by Nexen's global family of drivers to engineer superior performing tires – from championship-winning Formula DRIFT drivers, rock-climbing off-road enthusiasts to everyday commuters – Nexen Tire utilizes proprietary technology and the highest quality standards in the industry to guarantee world-class products backed by unrivaled customer support for the life of each tire. As a worldwide leader in high-performance, passenger, SUV / light truck and winter offerings, the company is second-to-none in research, development and state-of-the-art manufacturing. And as part of a select group of tire manufacturers worldwide that are specified as standard fitment on original equipment vehicles, Nexen delivers premium products at a sensible price.

Find out more about how Nexen Tire has your back:



#NexenHero #NexenTire #WeGotYou #NexenRacing
Or Contact:

Media@NexenTireUSA.com

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