

Daily Pilot

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Photos by Kevin Chang | Staff Photographer

KNITTY, a llama, stands guard outside the Pacific Amphitheatre in Costa Mesa Thursday. The OC fairgrounds is piloting a landscape program using 18 rented angora goats to keep the steep incline manicured and mini-guard donkeys to keep the goats moving.

Goat herd helps clear up a hillside headache

BY SARA CARDINE

Never send in a man to do a goat's job — that valuable lesson was recently demonstrated at the OC fairgrounds in Costa Mesa, where a herd of caprine helpers recently moved in to alleviate a massive hillside headache.

A steep 2-acre berm surrounding the Pacific Amphitheatre, built years ago and modified in 2015 to improve acoustics for concerts held there, was presenting a predicament as employees struggled to maintain its stubborn surfaces.

Landscape supervisor Barbara Gregerson said a team of gardeners came three or four times a year to whack the slope's abundant weeds. They had to strap themselves into harnesses attached to a guide line at the top to keep themselves from falling and charged \$4,000 to \$5,000 per visit.

"It's so steep you can't get machinery up there," Gregerson said. "If it were flat, piece of cake, but that's almost a 2 to 1 slope."

To make matters worse, poor soil quality made it impossible for anything other than patchy grass and weeds to grow on the berm. After endless efforts to hydroseed came to naught, experts advised Gregerson to douse the entire 80,000-acre area with Roundup weed killer.

The conundrum continued until earlier this year, when Gregerson saw the 2018 documentary "The Biggest Little Farm." The film follows a couple who move from L.A. to the country and transform an arid patch of land into a biodiverse habitat, in part, by using grazing critters to till, aerate and fertilize otherwise dead soil.

"That's when it kind of clicked and I

See **Goats**, page A3



MINI-GUARD donkeys Charlotte and Rosie graze at the OC fairgrounds.



A GROUP of sheep brought over temporarily from the Centennial Farm graze along the east sound berm, near Heroes Hall, at the OC fairgrounds on Thursday.

OCTA urges the state to place transit workers in second tier for vaccinations

BY DAILY PILOT STAFF

Orange County's transit authority is calling on Gov. Gavin Newsom to prioritize transit workers as the state rolls out COVID-19 vaccinations.

The agency considers its employees essential, frontline workers.

"Transportation is vital for our community, for all the essential workers, for the public's ability to access healthcare, buy food, or get to school, and because of this we join with agencies throughout California in requesting that OCTA's frontline workers

receive the vaccine as early as possible," Darrell E. Johnson, chief executive of the Orange County Transportation Authority, said in a news release.

OCTA officials praised a federal Centers for Disease Control and Prevention committee for recommending Sunday that bus drivers, rail operators and other transit workers receive priority for inoculations nationwide.

In California, medical workers and nursing home residents are at the front of the line.

See **OCTA**, page A3



Scott Smeltzer | Staff Photographer

AN ORANGE COUNTY Transportation Agency (OCTA) bus.

Former Orange County deputy sheriff indicted, charged with breaking into dead man's home

BY RICHARD WINTON

A former Orange County sheriff's deputy has been indicted for allegedly stealing 15 firearms and other items from a Yorba Linda home

where he had found a dead man during a welfare check.

Steve Hartz, a 12-year-department veteran, discovered the man's body during his official duties this summer. Over the next few

weeks, he was captured on surveillance video returning to the home and breaking into it three times, including once while on duty and wearing his sheriff's uniform, to steal the firearms, according to the grand jury indictment.

"I am so angry and beyond disappointed. This act in and of itself has done so much damage to the public perception of law enforcement and the timing could not be more detrimental," said Orange County Dist. Atty. Todd Spitzer, a former Los Angeles police reserve officer.

See **Deputy**, page A3



Steve Hartz

IRVINE INVESTIGATING FACTORY FOR POTENTIALLY TOXIC FUMES AFTER PRESSURE FROM RESIDENTS AND UCI ADVISORS

BY BEN BRAZIL

After facing pressure from north Irvine residents and a group of UC Irvine advisors, the city of Irvine has hired a contractor to investigate an asphalt factory for potentially spewing out toxic fumes.

For months, residents have been contacting the city and regional air regulators to force All American Asphalt to cease production and relocate. They say they have felt like their voices are falling on deaf ears.

The community group, Non-Toxic Neighborhoods, has been leading the effort through organizing residents, stationing lawn signs throughout the city and partnering with UC Irvine professors. More than 2,100 people have signed an online petition.

Parents like Kim Konte, founder of Non-Toxic Neighborhoods, worry for their children's health.

"Everyday there's exposure, I go for a walk and it stings your eyes," said Konte, who lives near the as-

phalt plant. "We don't know what the long-term impacts are going to be on our kids."

In response to residents, the city has hired Irvine-based Ninyo and Moore Geotechnical and Environmental Sciences Consultants to take air samples and review the emissions of the asphalt factory.

Melissa Haley, Irvine deputy city manager and spokesperson, said she could not say when the contractor's air sampling and review will be completed.

The city has been unwilling to discuss specifics about the contractor and the testing of the asphalt factory due to ongoing litigation.

Updated information about the plant is available on the city's website.

City Hall sued the asphalt plant in late July, claiming it's in violation of air quality regulations and local public nuisance provisions.

The lawsuit contends that the plant discharges air contaminants stemming from asphalt, oil, tar-like substances, rubber and



A PHOTO of the All American Asphalt factory in Irvine.

Courtesy of Kim Konte

smoke. A hearing is set for Jan. 25. All American Asphalt declined to comment for this article.

After trying to get help from the city for so long, residents are skeptical that the contractor's analysis will be as in-depth as it needs to be.

UC Irvine professor Dean Baker, who is working with the residents and Non-Toxic Neighborhoods, shares in that skepticism. Baker has met with the consultants and reviewed its scope of work.

"The couple of questions are —

are they really going to measure everything using the sort of I'll say state-of-the-art, best methods rather than just sort of the garden-variety, EPA, regulatory methods?" Baker said in an inter-

See **Factory**, page A4



File Photo

TRAVELERS MAKE their way into John Wayne Airport in Santa Ana.

Tips for navigating the holidays during COVID-19

BY TRIBUNE CONTENT AGENCY

DEAR MAYO CLINIC: We typically have hosted several family members and their children at our home for a week in December. Due to COVID-19 spiking in our area, we have decided to limit our encounters. How can I tell my siblings that they and their kids are not welcome this year without creating a rift? Also, do you have any advice on politely declining other invitations to socialize if we're not comfortable?

ANSWER: The holidays can be a stressful time for many. Although in the past the holiday season may have included trips to crowded shopping malls; travel to visit family; and multiple gatherings with coworkers, neighbors and friends to eat, drink and be merry, this year may look a little different now amid an ongoing pandemic.

Due to COVID-19, many of the things that people ordinarily do this time of year are not a good idea from a public health standpoint.

To reduce the spread of COVID-19, it is recommended that everyone continue to use masks, exercise proper hand hygiene, limit travel, avoid congregating in groups and maintain appropriate social distancing.

Taking these actions will reduce the risk for COVID-19 transmission. However, doing so also may increase the risk of conflict for some, especially when family members and friends do not agree on the seriousness of the pandemic.

Here are some tips to consider for minimizing holiday stress when respectfully navigating these conversations during the holidays:

Make plans based on your values. When you act

according to your values, you can feel content with your choices. Take time to reflect on what is important to you. Values can conflict with each other, such as maintaining health and safety versus spending time with family and friends.

At times, compromises can be found. Other times, choosing one value over another may be necessary. Have the conversation early. If you decide to take a pass on traveling to see loved ones or having them come to you, the sooner you have this conversation, the better.

If you have a partner, make sure that the two of you are on the same page and can present your decision as a united front. Who knows, you might be pleasantly surprised with how understanding others can be with your decision. But that may not always be the case.

It's not a debate. Your family or friends may challenge or criticize your decision to choose safety over congregating this holiday season. Do not feel obligated to defend your position, as it's a choice you have made based on your values.

Keep the message simple and make sure it ends in a period. For example: "I love you. I would like to be with you, but I am choosing to stay at home this year."

If you get pushback, repeat this same phrase to avoid getting drawn into a debate. In the end, while they may be disappointed in the situation or circumstances, they may end up accepting that this is how the holidays will have to be this year.

Keep it simple. You don't owe your family or friends detailed explanations. Keep your responses simple. For instance, if you are declining an invitation to a neighborhood party, you could say: "We are not

available that evening. I'm sorry we'll miss the festivities."

Be flexible and open to doing things differently. There may still be ways to connect during this holiday season.

Brainstorm about what opportunities you have to hold a virtual get-together or identify creative ways to socially distance.

Consider having pickup or drop-off food options to share a meal, where each person takes a course to cook, but everyone eats at his or her own home. Another idea is to have each person bake and deliver a sweet treat for a contactless cookie exchange.

If there is one thing that has been learned in 2020, it is figuring out how to be flexible and do things differently.

Stay optimistic for today and the future. This has been a challenging year for everyone. Although celebrating the holidays will look different this year, it is important to remember that choices made today will help everyone in the future. Just because things are different this year does not mean that it's a disappointment. It's just different.

As you find new ways to navigate the holiday season, try to remain positive. Eventually, everyone will be able to get back together to celebrate the season with the usual traditions, but maybe some new traditions will have been learned along the way.

— *Olivia Bogucki, Ph.D., psychology, Mayo Clinic, Rochester, Minn.*

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit mayoclinic.org.)

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THE DAILY COMMUTER PUZZLE

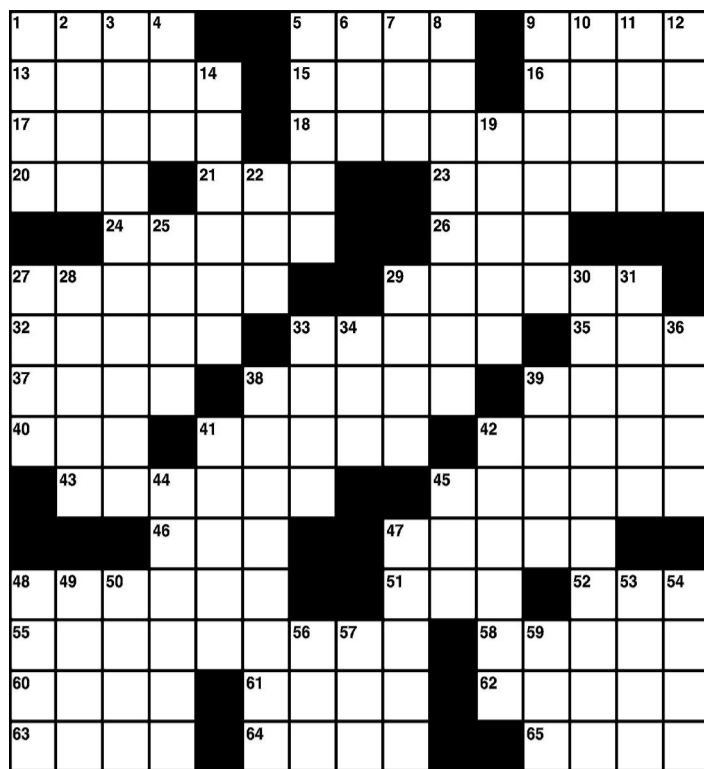
By Jacqueline E. Mathews

ACROSS

- 1 Black card
- 5 Chocolate toffee bar
- 9 Cushions
- 13 Ocean _; passenger ship
- 15 _ up; accumulate
- 16 Business attire
- 17 Walk leisurely
- 18 Poverty
- 20 "The Raven" poet
- 21 _ Diego, CA
- 23 ASPCA's advice
- 24 Dwelling
- 26 Family member
- 27 Missteps
- 29 Addictive narcotic
- 32 Drink to
- 33 Asks nosy questions
- 35 Cow's comment
- 37 Taxis
- 38 Postpone; delay
- 39 Twirl
- 40 Good cholesterol
- 41 Weasel cousins
- 42 Silly person
- 43 Choose
- 45 Pocketbooks
- 46 Word attached to meal or cake
- 47 Spouses
- 48 Large antelope
- 51 Suffix for journal or tour
- 52 "What'll _"; Irving Berlin song
- 55 Mushroom
- 58 Receded
- 60 Classic board game
- 61 Put _ act; be phony
- 62 Governed
- 63 _ on to; kept
- 64 Do a fall chore
- 65 _ up; rumple

DOWN

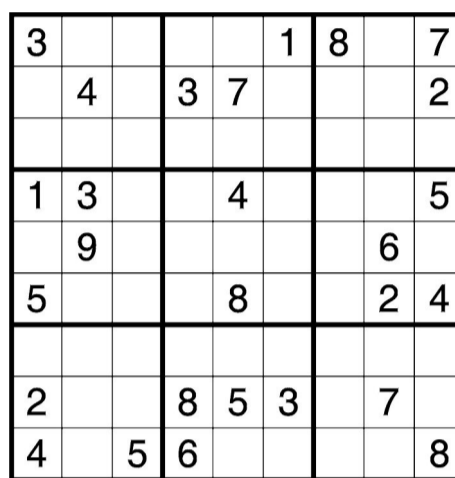
- 1 Applaud
- 2 Chauffeured car
- 3 Too much to



SUDOKU

By The Mepham Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk.



For answers to the crossword and Sudoku puzzles, see page A3.

- take
- 4 "The Fresh Prince of _Air"
- 5 Chiropractor's focus
- 6 Relatives
- 7 Getting on in years
- 8 Dasher or
- Comet
- 9 Sham; artificial
- 10 Meghan, to Prince George
- 11 Numbered cubes
- 12 Suffix for pun or prank
- 14 Vacation spot

- 19 Wheels with teeth
- 22 Billboards
- 25 Overseer
- 27 Carve in stone
- 28 Highways
- 29 Rushes
- 30 Preposterous
- 31 Opposite of peace and quiet
- 33 _ up; confined
- 34 JFK's Attorney General
- 36 Uno & eins
- 38 Oppressive ruler
- 39 Feeling miffed
- 41 Breakfast & supper
- 42 Bowler's bane
- 44 Very wealthy
- 45 Faux _; social blunder
- 47 Pooh's creator
- 48 Poison ivy symptom
- 49 Internal spy
- 50 Name for a Beatle
- 53 Ruby & Sandra
- 54 Likelihood
- 56 "Cat _ Hot Tin Roof"
- 57 White _; state tree of Illinois
- 59 _ rap; unfair charge

Tribune Media Services

Laguna City Council approves \$1.4 million in financial relief for businesses and community

BY ANDREW TURNER

Laguna Beach is reaching into its general fund reserve to provide financial assistance to local businesses and the community.

The Laguna Beach City Council unanimously approved the appropriation of \$1.4 million from the city's reserves, a decision focused on providing relief for those facing hardship due to the COVID-19 pandemic.

A grant program referred to as "LB Cares" allows the city's 122 restaurants and bars to apply for \$5,000 grants. Local retailers that had to close due to protocols instituted because of the coronavirus can receive \$3,000, and those that have had to operate at reduced capacity can apply for \$2,000 in aid.

If money remains available after Jan. 5, the deadline to apply for a grant could be extended to Jan. 19.

In order to receive the city's financial assistance, the applying establishments must be in compliance with all state and local health orders and make a pledge to continue to be so. The grant program is not accessible for city employees, elected and appointed officials or members of their immediate family.

Local franchises are eligible for the city's economic aid, and one restaurant per hotel may receive grant money.

Details on the "LB Cares" program and how to apply can be found at laguna-beachcity.net/LBCares.

"The Economic Assistance Program approved by the City Council [Tuesday] provides an essential lifeline to our local businesses who have been severely impacted by the pandemic," Laguna Beach Mayor Bob Whalen said in a statement.



THE "LB CARES"

grant program will provide economic relief to restaurants, bars and retailers impacted by the coronavirus pandemic.

Don Leach
Staff Photographer

"A direct assistance program like this is a first for the City but these are unprecedented times demanding new approaches and decisive action. Our objective in approving this program is to help keep our restaurants and retailers going until they can apply for additional assistance through county, state and federal programs in early 2021."

In discussion, Councilman Peter Blake advocated for local franchises and small businesses that had previously received financial relief to be eligible for this round of grants.

"It's not like they received millions of dollars and that money is sitting in their bank accounts," Blake said. "That money was supposed to be used within three months to employ people, and that's what they did."

Council members George Weiss and Toni Iseman both expressed a desire to come up with an economic relief package for struggling residents, and such a plan was put together during the meeting.

When asked to weigh in on the city's ability to provide economic relief for its neediest residents in addition to the proposal to help out local businesses, Laguna Beach City Manager John Pietig indicated that he felt matching funds was the way to go.

Pietig added that he believed it was "reasonable

and prudent" to set aside money to support the community. He estimated the city's general fund reserve to be about \$9 million when factoring in the economic relief that was being considered for restaurants, bars and retailers.

"We're at the point where we need to help the community as much as we reasonably can," Pietig said. "I certainly could support \$250,000. I suppose an argument could be made to go up to \$500,000."

The council agreed to a matching grant program of up to \$300,000 in community donations to help residents who have been adversely affected by the pandemic. Those funds would go to the Laguna Beach Community Foundation. A method for dispersing the funds will be determined by the foundation, Laguna Beach Assistant City Manager Shohreh Dupuis said.

"This is the time of year to be generous," Weiss said. "We've been generous to the businesses, I think as much as we can be, and I think to be equally generous to residents would be a really big thing. I think it would be well received by the community, and we do have the money."

Iseman also noted that donations made to the Laguna Beach Community Foundation would be tax deductible.

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COMMENTARY | DR. RAMIN BASCHSHI AND DR. RESHMI BASU



Courtesy of Areg Balayan

PEDIATRICIANS RECOMMEND that parents continue to bring their children to well-child visits and make sure they're up to date on critical vaccinations.

Pediatric check-ups are more important than ever

One of the most important things parents can do for their children — especially during the vital first few years when they are growing and developing so quickly — is taking them to a pediatrician regularly for well-child visits.

Now, with the added stressors of the COVID-19 pandemic and many parents managing both child-care and distance learning, pediatricians are noticing a drop in patient visits.

It's an alarming trend. Well-child visits are considered essential for good reason: They help address developmental issues or concerns early and ensure children are up to date on critical vaccinations.

When children miss their pediatrician visits and, thus, delay their scheduled vaccinations, the family risks impacting not only their own health but the health of our population as a whole.

The more children miss or delay their vaccinations, the more likely we are to have an outbreak of a preventable disease such as measles, pertussis or chickenpox — a crucial concern when the world is already fighting a deadly pandemic. And with cold and flu season upon us, families will need their annual flu

shot, which is available now.

Prior to the pandemic, doctor's offices were sanitized regularly between patient visits, and more so now with waiting rooms, common spaces and shared surfaces being cleaned frequently. To protect patients and put parents' minds more at ease, additional measures have been put into place, including screening patients prior to entering medical offices, limiting the number of accompanying family members and requiring patients and staff to wear masks. Many offices are also limiting the time spent in the waiting room, putting patients in rooms shortly after they check in.

At every well-child visit, doctors are also screening for height, weight and developmental concerns such as speech delays, motor skills and parents' general worries. One in six children under the age of 3 have a developmental delay, and even under normal circumstances, it's estimated that more than 80% of these children don't receive the vital early intervention services that can help them close the developmental gap. Children benefit from the earliest possible intervention and support, so the earlier a

developmental concern is identified and addressed, the better the possible outcomes will be for that child.

Since its establishment more than 20 years ago, First 5 Orange County has focused on ensuring that Orange County's children receive all the tools they need to thrive, including early intervention starting with timely developmental screens. First 5 Orange County works collaboratively with its partners, such as the Orange County chapter of the American Academy of Pediatrics, Help Me Grow OC and the Regional Center of Orange County, to ensure that all children are on a path to good health and have the support they need to thrive in life.

That includes scheduling — and keeping — those all-important well-child visits.

DR. RAMIN BASCHSHI serves as president and chief executive officer of UCP of Orange County and is the Chair of the First 5 Orange County Children and Families Commission. **DR. RESHMI BASU** is the secretary of the American Academy of Pediatrics — Orange County chapter and a pediatrician at Pediatric and Adult Medicine in Tustin.

OCTA

Continued from page A1

They are part of what state labels Phase 1A.

On Sunday, the CDC committee voted to place transit and other frontline essential workers in Phase 1B, the second priority tier.

California has placed senior citizens ages 65 and up in Tier 1B, as well as essential workers, but not all of the jobs in that category have been publicly defined.

OCTA and other transit agencies statewide have

joined in urging the state to consider public transportation employees frontline workers.

"Public transportation has proven to be a daily lifeline for thousands of essential workers in our community, throughout the state and nationwide, and we thank the CDC for this recommendation to help ensure the health of all the men and women who are safely operating our transit systems," OCTA Chairman Steve Jones said in the news release.

"As we experience the most difficult days of the pandemic, but with hope

on the horizon, we respectfully ask the state to do all it can to protect the employees who keep Orange County and the rest of California moving," he said.

OCTA is taking steps to keep the public transportation system as safe as possible, according to officials.

Buses are cleaned daily and there are on-board hand sanitizing and face-covering dispensers.

Passenger loads are limited to ensure social distancing and drivers are protected by plexiglass.

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DEPUTY

Continued from page A1

"The community must be able to trust those who wear the badge and have complete confidence that they are there to protect and serve the community rather than exploit that trust to rob the very people they are sworn to safeguard."

Hortz, 42, of San Dimas was indicted Monday on three felony counts of second-degree burglary and two felony counts of grand theft of a firearm.

The former deputy did not reply to calls seeking comment.

On July 20, Hortz accompanied two other Sheriff's Department employees to a home on Via Angelina Drive in Yorba Linda and discovered the body of a man who was later determined to have died of natural causes.

The indictment accuses Hortz of returning to the home in uniform on July 27

and breaking into it while he was on duty.

He then allegedly returned to the home two more times on Aug. 10 and Aug. 16, minutes before he was scheduled to start his shift, and stole more items from the home.

A probate attorney handling the deceased man's estate discovered evidence of the alleged thefts and contacted the Orange County Sheriff's Department, which initiated an investigation.

Deputies arrested Hortz on Sept. 10, and later that month, he resigned rather than be terminated.

The former deputy is scheduled to be arraigned on all charges, he could face up to four years and four months in state prison.

"The suspected criminal actions of this deputy are a violation of public trust, are inexcusable and intolerable," said Sheriff Don Barnes following the arrest.

"This deputy will be held accountable through a swift

and thorough process including a full criminal and internal administrative investigation."

RICHARD WINTON is an investigative crime writer for the Los Angeles Times

GOATS

Continued from page A1

thought, 'Oh yeah, I could do this instead,' " Gregerson recalled her a-ha moment.

She pitched the idea in a Sept. 24 meeting of the OC Fair & Event Center Board, explaining annual costs in a four-year pilot program would hover around \$21,000 to \$23,000, not too much more than the harnessed landscapers. But unlike the gardeners, the goats would be giving something back.

Officials were thrilled. "This is not only educational, but the expansion of our education programming is very practical and a whole lot of fun," Chief Operating Officer Ken Karns said at the meeting. "It really doesn't look to be an additional incremental cost to what we were doing in the past. We're changing four quarters for a dollar but with a whole lot more."

The fairgrounds worked out a deal with Northern California goat farmer Allen Mesick, owner of Eureka Mohair Farm and frequenter of OC Fair livestock competitions, to "babysit" a team of 18 angora goats from October to January and again from March to May. In exchange, the goats would get shelter, supplemental food, veterinary care — and lots and lots of grass.

Today, the herd casually



ANGORA GOATS browse along the east sound berm to the Pacific Amphitheatre on Thursday.

Kevin Chang
Staff
Photographer

mills about the berm, untroubled by the steep terrain, and munches with abandon. But in the process, Gregerson says, the animals are saving the soil.

"Their hooves will help break it up — not a lot, but it's going to really help roughen up the surface," she said. "Then, their poop will help get nutrients into the soil. It's their poop that we're after."

Because goats left unattended overnight would be too sweet a temptation for coyotes occasionally spotted on the fairgrounds, two guard donkeys have been thrown into the mix.

Mini-donkeys Rosie and Charlotte roam among the goats, gladly eating abundant grass and hay in lieu of payment. Known to bray loudly at the sign of a threat, the equine animals are essentially like car alarms designed to scare off predators.

Upping the security ante, Gregerson and her associates last week welcomed Knitty, a 13-year-old llama whose gentle,

long-lashed stare might almost have you fooled. It turns out llamas, unlike mini-donkeys, are capable of doing much more than crying wolf.

"A llama will be a true guard," Gregerson said, indicating the four-legged creatures are exceptional at stomping on predators. "If a coyote would come in for an attack, a llama would attack back — the llama will protect its herd."

The hope is the team's seasonal work will restore the berm's soil resiliency, allowing staff to hydroseed the area, first with a goat-friendly pasture mix and, eventually, as conditions improve further, with a wildflower mix that will draw pollinators.

"I'm hoping we'll have what looks like a meadow. Then, we could easily turn this into a pollinator garden, and it could be amazing," Gregerson said. "That's really the ultimate goal — we'll see."

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CROSSWORD AND SUDOKU ANSWERS

C	L	B	S	K	P	A	D	S
L	I	N	E	R	P	I	L	E
A	M	B	L	E	I	N	D	I
P	O	E	S	A	N	E	U	T
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E	R	R	O	R	S	H	E	R
T	O	A	S	T	P	R	I	E
C	A	B	S	D	E	F	E	R
H	D	L	M	I	N	K	S	G
S	E	L	E	C	T	P	U	R
I	M	P	A	L	A	T	E	S
T	O	A	D	S	T	O	O	L
C	L	U	E	O	N	A	N	R
H	E	L	D	R	A	K	E	M

3	2	9	5	6	1	8	4	7
6	4	1	3	7	8	5	9	2
7	5	8	9	2	4	6	1	3
1	3	2	7	4	6	9	8	5
8	9	4	2	3	5	7	6	1
5	6	7	1	8	9	3	2	4
9	8	3	4	1	7	2	5	6
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4	7	5	6	9	2	1	3	8

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*The value listed is per booking and equals the total of the Triple Benefits Offer, plus the total of the Travel Savings Offer. **Triple Member Benefit:** Valid on new bookings made November 1 - December 31, 2020 for travel through December 31, 2021. Minimum five night stay at participating AAA Vacations® properties required. \$50 activity voucher (Standard Member Benefit \$50 activity voucher) is non-refundable, non-transferable, has no cash value and applies to the following destinations: Mexico, Hawai'i, Central & South America and select Caribbean destinations. Savings not reflected in rates shown and applies to the following destinations: USA (excluding Hawai'i), Canada - \$75 savings (Standard Member Benefit \$25 savings); Australia, New Zealand, Europe, Asia, select Caribbean destinations (Anguilla, Barbados, Bermuda, Bonaire, British Virgin Islands, Curacao, Grand Cayman, Grenada, Martinique, St. Barts, St. Croix, St. Kitts & Nevis, St. Martin and St. Maarten, St. Vincent and the Grenadines, and Turks & Caicos), Tahiti (French Polynesia), Fiji and Cook Islands - \$75 savings (Standard Member Benefit \$25 savings). **Travel Savings Offer:** Offer only valid on booked bookings with participating AAA preferred travel providers made through your local AAA club. Minimum purchase required to qualify for offer. Maximum one (1) travel credit per booking. Offer valid only on new bookings made on or after October 1, 2020 with full deposit no later than December 31, 2020 for travel commencing no later than December 31, 2021. Incentive will be provided to lead client/trip payee following trip departure. Bookings of \$2,000 - \$3,999 qualify to receive a \$100 credit; bookings of \$4,000 - \$1,999 qualify to receive a \$125 credit; bookings of \$2,000 - \$9,999 qualify to receive a \$200 credit; bookings of \$10,000 - \$19,999 qualify to receive a \$300 credit; bookings of \$20,000 - \$49,999 qualify to receive a \$500 credit; bookings of \$50,000+ qualify to receive a \$750 credit. Valid only on cruise or tour bookings provided through one of AAA's preferred travel providers; not valid on Fly/Drive packages. Incentives cannot be substituted, are non-refundable, and non-transferable. A U.S. address is required for delivery. **Featured Rates:** Rate is per person, land only, based on double occupancy, for check-in on March 1, 2021 in a city view double room accommodation at Aston Waikiki Beach Hotel and includes government taxes. **Kids 17 and under stay free** in same room as adults using existing bedding. Occupancy limits apply. Rate is per person, land only, based on double occupancy, for check-in on March 1, 2021 in a junior suite deluxe room accommodation at Saha Prince Luxury Runaway Bay All-Inclusive Adults-Only (18+) Resort and includes government taxes. Rate is per person, land only, based on double occupancy, for check-in on March 1, 2021 in a king room accommodation at The Reach Key West, Curio Collection by Hilton and includes government taxes. **AAA Travel Alert:** Many travel destinations have implemented COVID-19-related restrictions. Before making travel plans, check to see if hotels, attractions, cruise lines, tour operators, restaurants and local authorities have issued health and safety-related restrictions or entry requirements. The local tourism board is a good resource for updated information. **Unless otherwise indicated:** Rates quoted are accurate at time of publication & are per person, based on double occupancy. Airfare, taxes, fees, surcharges, gratuities, transfers & excursions are additional. Advertised rates do not include any applicable daily resort or facility fees payable directly to the hotel at check-out; such fee amounts will be advised at the time of booking. Rates, terms, conditions, availability, itineraries, taxes, fees, surcharges, deposit, payment, cancellation terms/conditions & policies subject to change without notice at any time. Cruise rates capacity-controlled. Advance reservations through AAA Travel required to obtain Member Benefits & savings which may vary based on departure date. Rates may be subject to increase after full payment for increases in government-imposed taxes or fees & supplier-imposed fees. Blackout dates & other restrictions may apply. Not responsible for errors or omissions. Your local AAA club acts as an agent for Pleasant Holidays®, CST 1016202-80. To learn how we collect and use your information, visit the privacy link at AAA.com. ©2020 Auto Club Services, LLC. All Rights Reserved.

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Easy things you can do tonight for a healthier tomorrow

BY TRIBUNE CONTENT AGENCY

Whether you got a little bit sidetracked from your healthy lifestyle today or you're just eager to start tomorrow off on the right foot, there are plenty of things you can do right now to make sure that you're all ready to go when the morning comes.

The key to staying on track is not so much about mental toughness or strictness and more about planning ahead and being prepared. Knock out these small tasks tonight and you'll be on the path for a better tomorrow.

1.) Have a cup of tea.
Skip a heavy dessert and any late-night eating, and wind down your day with a hot, cozy cup of (ideally decaffeinated) tea. Doctor it up with a little honey, cinnamon, nutmeg, a splash of milk or squeeze of lemon juice. Not only is this a great beverage for your immune system, but it's the perfect hydrating drink before bedtime.

2.) Portion out snacks.
Remember, being prepared is the name of the game, so don't wait until the last minute to realize that you're starving and need something ASAP. That's usually when you're most likely to fall off track. Keep a bag of almonds, a piece of fruit, homemade energy bars, whole-wheat crackers or a bag of carrots on hand in case you come down with a bad case



Patricia Escárcega | Los Angeles Times

DRINKING TEA, preferably decaffeinated, is a healthy way to wind down, according to Cooking Light magazine.

of the munchies.

3.) Get breakfast ready.
Whether it's hard-boiling some eggs, making muffins, prepping a bowl of overnight oats or lining up mini egg breakfast cups, take some time to make sure that you'll have a well-balanced breakfast that you can fit into your morning routine.

Extra bonus points if it's a breakfast you're looking forward to. Nothing adds a little extra motivation to get out of bed like a yummy breakfast waiting for you.

4.) Eat a balanced dinner, and eat it slowly.

Just because you may feel like you've eaten unhealthily or con-

sumed too many calories today, skipping your last meal doesn't necessarily reconcile this.

Instead, eat a well-rounded meal with a lean protein, some healthy fats and plenty of vegetables. Eat it nice and slowly to create a feeling of satisfaction.

This way, you'll wake up tomorrow morning feeling fueled

and ready to go.

5.) Start a food journal.
Writing down what you've eaten that day is a great exercise for most people to have a reflective look at the foods they have consumed. This helps in holding yourself accountable and also in setting new goals to make changes in your diet.

6.) Set the alarm clock one hour earlier.

Channel some of your motivation into a power workout tomorrow morning before class or work. Starting your day with some physical activity is a great way to rev up your metabolism, release some endorphins and get yourself in a focused, rejuvenated mindset for the day to come.

7.) Don't sweat today.
The good thing about falling off track is that there's always tomorrow to get back to your routine and start fresh.

Making lifestyle changes doesn't happen overnight, and sometimes there will be days where you have no other option but to roll with the punches.

Take it day by day: regardless of how you feel about today, tomorrow is the perfect opportunity to lead the healthy, happy lifestyle you are reaching for.

(Cooking Light empowers people to cook more for good health. Online at cookinglight.com.)

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FACTORY

Continued from page A1

view. "And secondly, once they get the data, are they going to interpret it correctly in a way that is most protective of the health of the residents?"

Baker is the chief of the division of Occupational and Environmental Medicine and director of the Center for Occupational and Environmental Health at UC Irvine.

On Wednesday, he emailed a letter to newly elected Irvine Mayor Farrah Khan, urging the City Council to establish an independent scientific oversight panel to provide ad-

vice and technical recommendations to the city and contractor.

"It is essential that the exposure assessment be robust and comprehensive in order to fully characterize potential health risks," the letter says. "It is also important that the process of conducting the exposure assessments, interpreting the findings, and developing a health risk assessment be open and transparent, so the impacted residents can be confident that the City and its agents are acting in their best interests."

He continues: "Based on our review of the scope of work and these initial findings, we believe the air

monitoring exposure assessment plan proposed by the City contractors is not sufficiently robust to fully measure the toxic chemical exposures or characterize potential health risks to nearby residents."

Khan said Monday that a moratorium of the facility that has been proposed by residents cannot move forward "without any data supporting it." Khan has stated she will focus on environmental issues during her mayoral term.

"The residents definitely wanted a moratorium, and I explained to them that the process of a moratorium requires that we have some factual data to support it," Khan said in an interview

with TimesOC a few weeks ago.

"And one of the things that I pushed for was to make sure that we had data available. And so right now we do have a consulting team that is out there that is going to be collecting data on air sampling and making sure that we know exactly what's in the air, and how our residents are being affected because then we can take the next appropriate steps."

Baker said over the phone that UC Irvine professors Jun Wu and Donald Blake lent instruments and sampling canisters to a few residents so they could measure the chemicals in the air. Baker said the data

attained by residents shows elevated volatile organic compounds, or VOCs, which could be relatively innocuous or toxic.

Baker said further analysis needs to be done to determine the nature of the VOCs.

"It's frustrating that it's residents and UCI advisors who are pushing this through," said Kevin Lien, a resident who lives near the asphalt factory. "You know, instead of having a resident call to complain and then the city forming a group to figure this out, we're the one pushing them. If we didn't do this, none of this will be happening, even though there have been hundreds, thousands of

complaints."

Baker said he knows from reports that the facility is required to file with the South Coast Air Quality Management District that it emits hydrocarbons, sulfurous compounds, heavy metals and poly-aromatic hydrocarbons, which are carcinogenic.

The asphalt facility is in the purview of the regional air regulator. Residents and the city have laid blame on the South Coast Air Quality Management District for not doing enough to curb the asphalt factory's emissions even though it's been investigating the factory for more than a year. At one point, the city stated on its online page that "the agency's actions have fallen short."

In response, the management district held an online community forum last week with local leaders and residents. Among those in attendance at the meeting were county Supervisor Lisa Bartlett, Irvine Councilman Anthony Kuo and Khan.

Several South Coast AQMD employees spoke at the meeting, detailing its ongoing investigation of the asphalt facility.

The agency has conducted more than 30 onsite visits and issued five notices of violation to the facility for public nuisance since the beginning of the investigation last year and one for rule- and permit-related issues observed during inspections.

Nicholas Sanchez, assistant chief deputy counsel, said All American Asphalt is attempting to rectify the issues through installing a carbon absorption system and replacing burners in the asphalt oil heater to help control the odors. The agency issued a research permit earlier this month that will allow it to evaluate the effectiveness of the carbon absorption system.

South Coast AQMD will also take air samples at Northwood High and Canyon View Elementary schools, which are near the facility. The agency will collect eight to 10 "events" over a two-month period and evaluate the data and next steps. The data from these samples will be posted online.

"This issue remains a top priority for me and I am committed to doing everything within my authority as a member of the SCAQMD Governing Board to address the community's concerns," Bartlett said in an emailed statement.

Lindsay Reilly, spokeswoman for Rep. Katie Porter, said that their office is monitoring the situation with All American Asphalt.

Porter's office attended the South Coast AQMD meeting last week and met with UC Irvine professors recently to discuss the facility.

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WATER QUALITY/COASTAL TIDELANDS COMMITTEE
(Terms expire 1/31/2025)

The Water Quality/Coastal Tidelands Committee meets at 3pm on the 1st Thursday of every month at Newport Beach City Hall located at 100 Civic Center Drive.

An application can be obtained from the City Clerk's Office at 100 Civic Center Drive, Bay E, 2nd Floor, or can be sent to you by calling (949) 644-3005. The application and Committee information can also be accessed through the City's website at www.newportbeachca.gov/vacancy.

Applications will be accepted until 5:00 p.m. on January 15, 2021. For more information, contact the City Clerk's Office at (949) 644-3005.

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