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Corona • Norco • Chino

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Socially Speaking

By SARAH SANCHEZ

Eastvale - Holiday season is upon us, but what happened to September?

If you feel like September flew by, here is a recap of the events and news that were popular last month, according to our Facebook page (facebook.com/EastvaleCommunityNews).

The most trending event posted last month was about

see Social page 10

City Council

Eastvale Council Report

By EMILY AGUILAR

Eastvale - From the ground-water pipeline expansion project to ongoing school traffic concerns, the Eastvale City Council rolled up their sleeves and took action on some of the City's toughest issues during the September meetings.

On Sept. 9, the Public Safety Commission provided an update on traffic problems during school hours. They will be working together with the Riverside County Sheriff's Department to educate the public

see Council page 3



PHOTO BY: TARA LANNING

On Oct. 2, the Eleanor Roosevelt High School football team took their first victory this year against Garden Grove High School, 42-21. Along with the win, ERHS crowned Selina Torres and Miles Cutuli as their senior Homecoming Queen and King. This game is said to be the best homecoming game ERHS has ever seen. Go Mustangs!

Eastvale Supports Police Officers

By PATRICIA FLINN

Eastvale - The Wives of Law Enforcement and Firefighters (WOLFF), local residents, and members of the Eastvale City Council, gathered at the Eastvale Gateway Food Court to show

see WOLFF page 11



PHOTO COURTESY: WOLFF

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Eastvale's 5th Birthday Party Takes The Cake

STAFF REPORTS

Eastvale - On Sat. Oct. 3, hundreds of party goers participated in the City's 5th Birthday Celebration. "Awesome," "Vibrant," and "Family Fun," were the common responses voiced by spectators throughout the

see BDay page 3

Growing Older Better!

Courtesy of Clark's Nutrition

By CRAIG DOUSSETT MPH, RDN

Is it possible we are killing the elderly with kindness? Are we missing opportunities to live longer when we let others help

see Growing page 8

Our Featured Businesses

Angiel Air: Customer Service Is Their Priority

STAFF REPORTS

Eastvale - Summer may have officially come to an end, but the summer heat is lingering. Not only do you want to ensure that your air conditioning is running at peak

see Angiel page 10



Call Angiel Air at (909) 923-9086, and be sure to visit their website at www.angielair.net for additional information and local discounts. Like them on Facebook at www.facebook.com/angielair1.

Great Harvest - Giving Back

By K.P. SANDER

Eastvale - Being a part of the community to promote healthy living is a passion for the folks at Great Harvest Bread Company. They get up in the wee hours

see Harvest page 12



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Eastvale Community Center

PHOTO COURTESY: JCSD

JCSD Earns National Accreditation

Mark of distinction recognizes commitment to highest level of service to the community

COURTESY OF JCSD

Jurupa Valley – On Sept. 14, Jurupa Community Services District's (JCSD) Parks and Recreation Department, which serves Eastvale residents, joined the ranks of elite park and recreation agencies and departments across the country by earning accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

This distinguished accomplishment was awarded during the 2015 NRPA Annual Conference in Las Vegas, NV. CAPRA accreditation is the only national accreditation for park and recreation agencies, and is a measure of an agency's overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

As part of the accreditation process, JCSD had to demonstrate compliance with 144 recognized standards and document all policies and procedures. Often the process helps identify efficiencies and heighten areas of accountability, all of which translate into higher quality service and operation to benefit the community.

"I am extremely proud of the hard work and dedication of the Parks and Recreation staff, as well as the key personnel from other JCSD departments that made this possible. JCSD Parks and Recreation may be the youngest department to receive this recognition and it would not have been possible without the commitment of our Board of Directors and the cooperation of other local agencies," said Jane Anderson, Board President.

The process for accreditation involves a formal application, self-assessments, a site visit by a team of trained visitors that results in a written report, and a hearing with the commission

to grant accreditation. Once accredited, the agency must uphold the standards by submitting an Annual Report and is reviewed again in five years. The Commission is comprised of representatives from NRPA, the American Academy for Park and Recreation Administration, the National Association of County Park and Recreation Officials, the International City/County Management Association, the Academy for Leisure Sciences, the Armed Forces Recreation Network and the Council of State Executive Directors.

JCSD staff is honored to serve the Eastvale community and will continue its commitment to deliver the best services possible. The Board of Directors and staff extend their gratitude to the community for their support of JCSD's Parks and Recreation Department.

For more information about CAPRA accreditation, visit www.nrpa.org/CAPRA.

Founded in 1956, the Jurupa Community Services District is an independent local government agency, governed by a five-member, elected Board of Directors. JCSD serves more than 118,700 people in a 41-square mile region of western Riverside County that encompasses the City of Eastvale and a significant portion of the City of Jurupa Valley. JCSD provides a variety of critical services such as water, sewer, frontage landscape and street light maintenance, and graffiti abatement. JCSD also provides park maintenance and recreation program services throughout most of the City of Eastvale. For more information, visit our website at www.jcsd.us. About NRPA The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of 50,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit www.nrpa.org. For digital access to NRPA's flagship publication, Parks & Recreation, visit www.parksandrecreation.org.



PHOTO COURTESY: JEANNETTE GARCIA

Eastvale's 5th birthday party

BDay from page 1

festivities.

"I had the privilege of representing Eastvale before you were a city," Riverside County Supervisor John Tavgliione said during the event's opening ceremony. "It's been a delight to drive through over the years, seeing homes, schools and churches emerging, and seeing you become a thriving community."

The party kicked off in the early morning with the annual Eastvale 5K/10K and Fun Run along Scholar Way. Hundreds of runners - from mommy walking groups to track-and-field stars - hit the pavement to show off their community pride.

Street jugglers, mimes, stilt walkers and magicians strolled through the crowds bringing plenty of smiles. Rows of vendors and local organizations lined the Street Fair, giving out community information, selling goods and hosting numerous kids' activities.

At noon, residents grabbed a curbside seat as the Eleanor Roosevelt High School band led the parade - with festive floats (designed by local students and dignitaries), dance troops, Boy and Girl Scout troops, and many other organizations - down Scholar Way.

The Grand Finale - complete with a laser light show - left the crowd cheering, as they wished Eastvale a Happy Birthday.

Eastvale council report

Council from page 1

on traffic safety and hopefully provide some solutions to the issues.

New City Planner, Malinda Lim, was introduced and welcomed as one of the newest members of the City staff. Council also officially recognized the week of Sept. 17 to 23 as "Constitutional Week," in commemoration of the 228th anniversary of the drafting of the United States Constitution.

During Public Comments, a resident spoke about the faulty mosquito pesticide application, and asked for a better notification protocol to warn the City of any future pesticide applica-

tions.

During Public Hearings, the Council motioned to rename Cleveland Avenue to Scholar Way between 58th St. and Bellegrove Ave. They also motioned to informally name Fire Station No. 31, forthcoming on Chandler St. and Selby Ave. - as the "Chandler Station." Council also discussed the possibility of hosting a 5th Annual State of the City address in 2016.

One item that was not motioned was to approve the future Schleisman Road and I-15 Interchange on the Master Plan. The presenter suggest-

see Council page 12

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COURTESY CITY OF JURUPA VALLEY

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Fri., Oct. 16
5:30 p.m. to 9:30 p.m.

Sat., Oct. 17
8 a.m. - 5 p.m.

Sun., Oct. 18
8 a.m. - 5 p.m.

LOCATION:

Jurupa Valley City Hall
8930 Limonite Avenue
Jurupa Valley, CA 92509

REGISTRATION: To register, call (951) 955-4700. Class size is limited to 40 participants.

Eastvale's Military Banner Program

Applications now being accepted

COURTESY CITY OF EASTVALE

Eastvale – The City of Eastvale's Military Banner Program recognizes and honors Eastvale residents and immediate family members that are serving on active duty in the United States Armed Forces. For the purpose of this program, "Active Duty" is defined as 12 months of continuous service.

To participate in the program, each application will be

see Banner page 15



Spooktacular 2015 will take place October 31st and November 1st at the Jurupa Community Center (4810 Pedley Rd., Jurupa Valley, CA 92509).

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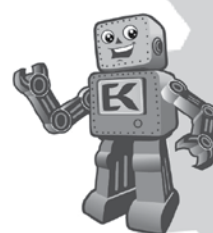
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CNUSD Puente Program

Selected by White House Initiative on Educational Excellence for Hispanics

COURTESY CITY OF EASTVALE

Norco - The White House on Educational Excellence for Hispanics has identified CNUSD's Puente Program as a model program to be featured in their national online catalog. The national online catalog includes over 230 programs that invest in key education priorities for Hispanics.

The announcement was made by Alejandra Ceja, Executive Director of the Initiative on Sept. 15, at the launch of Hispanic Heritage Month and in honor of the Initiative's 25th anniversary in Washington, D.C.

"There has been notable progress in Hispanic educational achievement, and it is due to the efforts of these Bright Spots in Hispanic Education, programs and organizations working throughout the country to help Hispanic students reach their full potential," said Ceja.

Puente targets high school students earning Ds and Fs, and helps to turn their academic careers and futures around with mentoring, college partnerships, counselor interventions, parent participation and more. Existing at the three high schools with the

largest Hispanic populations, the CNUSD Puente Program has helped to change the lives of more than 4,000 Hispanic students in its seven years of existence.

The Initiative seeks to leverage these Bright Spots to encourage collaboration between stakeholders focused on similar issues in sharing data-driven approaches, promising practices, peer advice, and effective partnerships, ultimately resulting in increased support for the educational attainment of the Hispanic community, from cradle-to-career. The Initiative was established in 1990 to address the educational disparities faced by the Hispanic community.

"We are honored to have the Puente Program selected by the White House Initiative on Educational Excellence for Hispanics," said Superintendent Dr. Michael Lin. "CNUSD's Puente Program was brought to the District under the leadership of Dr. Samuel Buenrostro, current Assistant Superintendent of Human Resources during his principalship at Centennial High School. We thank Dr. Buenrostro for bringing this exceptional program to CNUSD and congratulate him and the Puente Program for this recognition."

To learn more about the Initiative and to view the Bright Spots in Hispanic Education national online catalog, visit www.ed.gov/HispanicInitiative.

School Resource Officers Honored

COURTESY OF CNUSD

Corona/Norco - The School Safety Advocacy Council recently awarded the Corona-Norco Unified School District (CNUSD) with the 2015 Exemplary School Safety Initiative Award for its Project Safety Net Program.

CNUSD was the only district in California to receive this award, and one of eight in the entire nation.

The Project Safety Net Program is a partnership between CNUSD and the Riverside County Sheriff's Department, whose mission is to provide a safe and caring environment so students can excel in their academic studies. The principal goal

of Project Safety Net is to identify and anticipate safety concerns and systematically address each concern through the application of best practices.

On Sept. 15, the Riverside County Board of Supervisors recognized and honored CNUSD and Riverside County Sheriff's Deputies Cooper, Huggins, and Thompson for receiving this prestigious award. These Deputies serve as school resource officers for Eleanor Roosevelt High School, Norco High School, and five middle schools in CNUSD. Each of these Deputies utilized hard work, dedication, and integrity to serve the staff and promote a safe learning environment for the students.



PHOTO BY: TARA LANNING

Eleanor Roosevelt High School crowned Selina Torres and Miles Cutuli as their senior Homecoming Queen and King.

Arrest Made In Centennial Bomb Threats

STAFF REPORTS

Corona - After an extensive investigation by local, state, and federal law enforcement agencies, the Corona Police Department (CPD) has confirmed the arrest of a Colorado Springs minor for making false bomb threats at Centennial High School in Corona, on Tues., Sept. 8.

According to the CPD, the false bomb threats made to the school

resulted in significant monetary costs for law enforcement, and the Fire Department's response and investigation. The CPD's costs alone exceeded \$21,000. The costs for additional security totaled approximately \$20,000. In addition, there was the cost of wages and benefits paid to Centennial staff, unable to teach due to the campus closure.

The City of Corona and CNUSD officials intend to pursue

restitution for those costs from the responsible parties.

"The Corona Police Department takes threats to our schools very seriously and will devote all necessary resources to investigating threats to their full potential so that people who engage in these crimes can be held accountable," said Chief of Police, Mike Abel. "The safety of our children and schools is our top priority."

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Growing older better

Growing from page 1

us? Certainly showing kindness and allowing ourselves to be helped can't be too influential a factor in how we age?! Or can it?

Researchers are discovering how our lifestyles affect the two types of known aging. The first is called "eugeric" and the other is "pathogenic".

Eugeric aging is the normal aging process that happens as we grow older and it becomes harder and harder for us to regulate our homeostasis. This type of aging is experienced as hearing loss and reduced eyesight. This occurs from healthy cell division and is a normal part of the circle of life.

Pathogenic aging - which means we age in the presence of disease (heart disease, bone loss, etc.) - is not a normal or healthy process. This type of aging is worsened by a reduced physical activity load and can affect anyone at any age; it just happens to affect the elderly more.

A 20-year old person that decides they are going to sit for a week instead of work, get physical activity or exercise will not only have more fat in their blood, they will have a diminished ability to metabolize sugar. In the elderly, this diminished capacity from a lack of

physical activity can result in bone loss, brain fatigue, muscle tone decrease, and a weakened immune system. And while we all vary greatly in our aging processes, there is much that can be done to assist the elderly and ourselves to remain personally independent instead of needing to rely on skilled-care later in life.

Use the following as a start-

ing point and look for new and unique opportunities to get active:

- Get and plan as much physical activity with loved ones as they are comfortable with.
- "Social" age tells us we should let the young and healthy carry the groceries, that we should look for escalators whilst avoiding stairs, and park

as close to entrances as possible - yet these are all opportunities to reduce pathogenic aging. Avoid the "social" norms by walking more, lifting our own loads, and taking the scenic route.

- Plan activities into social gatherings and avoid making overeating and sitting the main activity.
- Encourage participation by

everyone throughout activities (i.e., let mom, dad, and grandparents help with the dishes and straightening up).

- Keep a ball or Frisbee close by and periodically engage in a game of catch.
- Don't forget to dance!

There is much we can do

see Growing page 12

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To sign-up, email savewater@jcsd.us with your name, phone number and number of attendees. Or call the conservation hotline to sign up.

MANDATORY STATEWIDE DROUGHT RESTRICTIONS IN EFFECT UNTIL FEBRUARY 2016

More information available at www.jcsd.us/conservation, or call the Conservation Hotline at (951) 727-3521

October 24 ~ 8AM TO 12PM
Mulch Giveaway
MULCH GIVEAWAY GUIDELINES

Be prepared to:

- Show your most recent JCSD bill.
- Bring your own tools and containers.
- Do it yourself and place mulch in your container/truck*.
*No bags of any type
- Bring tarp/cover if transporting mulch in open bed pickup truck.
(Required or you'll be turned away)

Mulch helps reduce the amount of water that evaporates from your soil, greatly reducing the need to water your plants.
*Available while supplies last.

EFFECTIVE MAY 27, 2015

Drought Regulations
A SNAPSHOT OF WATER-USE RESTRICTIONS

The State Water Resources Control Board has implemented drought regulations in response to an Executive Order issued by Governor Brown to reduce statewide water usage by 25%. Each water supplier, such as Jurupa Community Services District (JCSD), is mandated to meet a specific water conservation standard based on their residential gallons per capita per day.

How Much Water Does JCSD Have to Conserve?
Together as a community, our **STATE-MANDATED** water-use **REDUCTION IS 28%** when compared to 2013.

JCSD's Board of Directors has Adopted
Level - 3 Drought Alert Conditions of its Water Shortage Contingency Plan

Prohibited at All Times

Washing sidewalks and driveways.

Irrigating turf in public medians.

Allowing runoff when irrigating.

Using a hose without an automatic shutoff nozzle to wash cars.

Using outdoor irrigation during and within 48 hours following measurable (1/4") rainfall.

Operating decorative water features that do not recirculate the water.

Water-Use Restrictions at Level 3 Drought Alert Conditions

- Irrigating on Sunday is prohibited.
- Ornamental landscape and turf irrigation is limited to 3 days per week for no more than 10 minutes per station per day.
- Irrigating landscape is limited to the hours between 8 p.m. and 8 a.m.
- Odd addresses (last digit is an odd number) may irrigate Monday, Wednesday, and Friday.
- Even addresses (last digit is an even number) may irrigate Tuesday, Thursday, and Saturday.
- Special considerations have been adopted for specific high-efficiency irrigation systems, please contact JCSD for details.
- All leaks must be repaired within 48 hours of notification by JCSD.
- Violation of these mandatory water-conservation restrictions are subject to administrative, civil, and criminal penalties.

No Watering Landscapes Between 8 a.m. and 8 p.m.

For additional regulations and details, visit www.jcsd.us/Conservation, call (951) 727-3521 or e-mail savewater@jcsd.us.

Addresses ending in ODD number may water on Monday, Wednesday, and/or Friday
Addresses ending in EVEN number may water on Tuesday, Thursday and/or Saturday

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Socially speaking

Social from page 1

the Ramirez Intermediate Annual Food Truck Festival and Vendor-Craft Fair. Multiple members of the community liked, commented, and shared this

event to family and friends. Also shared, was an update on the repair of the 91 freeway – the reason we sat in traffic for three hours on the way to work one day last month. If this ever happens again, make sure to follow our Facebook page for updates

and alternate routes. Another trending post was a Riverside County Sheriff's Department press release that stated three drivers under the influence were caught. Thank you, Eastvale Police Department!

Also, some great visuals that the community loved were pictures of the City of Eastvale's 9/11 Memorial Ceremony/Moment of Silence at the Cal Fire Station 27; and a video of trainer Alex Griffiths from AG Performance Horses at the 2015 Norco Fair.

Our Facebook page consists of yard sales, meetings, events, and stories on a daily basis. Every Thursday, we post local yard sales for the weekend and allow you to post your own yard sale in the comments. On Fridays, we post the weekend events and link it to our monthly calendar, which includes a variety of meetings and outings in the surrounding areas. We also post the online version of the full Eastvale Community Newspaper for you to download, save, or print out.

Don't forget to LIKE our page at Facebook.com/Eastvale-CommunityNews, follow us on Instagram at @EastvaleNews, and subscribe to our website at anapr.com in order to stay up to date on what's happening in the community. Use #ILoveEastvaleNews to tell us why YOU love Eastvale News.

Keep on Trending, Eastvale!

Angiel Air

Angiel from page 1

performance, but it's also time to check your heater in preparation for the cooler months ahead. Angiel Air is ready for your call.

Angiel Air, Inc. is a local, family-owned Heating, Ventilation and Air Conditioning company that takes pride in the service they provide to their customers. It is their mission to keep their customers happy and satisfied.

When there is a problem, you want it fixed fast, no matter what time of day it is. Angiel Air is there for you, even after hours and on weekends.

Angiel Air offers competitive pricing and a satisfaction guarantee, providing a complete range of heating, ventilation and air conditioning services for both residential and commercial needs. With more than 20 years experience in the industry, they are HVAC certified, licensed and bonded.

Angiel Air started their family business in Eastvale more than five years ago, and local residents get free estimates and discounts on all repairs. But Angiel recommends that you don't wait until something breaks to call them. By scheduling regular maintenance on your air conditioning and heating units, as well as the cleaning of dryers and air ducts, you not only save money in the long run, but you can ensure that your systems will provide top notch performance when you need them.

Says Jennifer Angiel, CFO of the company, "We love our business! There is no better satisfaction than fixing an air conditioner when a customer is hot and mad, and making them feel heavenly."

So don't wait until you're hot and mad. Call Angiel Air today and make sure that you're air conditioner and heating units are ready to work when you need them.

Call Angiel Air at (909) 923-9086, and be sure to visit their website at www.angielair.net for additional information and local discounts. Like them on Facebook at www.facebook.com/angielair1, and get great tips, customer reviews, and even more details.

See their ad on page 4.

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Ask Deputy Myers

By DEANNA MYERS



Q: Can you do some myth-busting regarding burglar deterrents?

A: There are some all too popular burglar deterrents many people believe truly work. Whether you have heard them on television, or heard them from an alarm company salesperson, I am here to let you know why they don't work.

• **Posting alarm company signs in front of your home.** I know this is a popular one that the alarm company salesperson will try to sell you on, but in reality, it only serves as a form of advertisement for the alarm company. It can also be used against you by the burglar, by giving them the company name to potentially bypass the system.

• **Hiding valuables in the bedroom (especially the master).** Thieves - whether professional or amateur - know people hide their valuables in their bedrooms. Get creative and distribute your valuables in several different locations. This way if one location is found, they will not be able to get everything at once.

• **Leaving the lights on.** Burglars often watch a location before they actually hit it. Setting your lights up with a timer to have them turn on and off at different times will keep the burglars guessing. If they don't know when you are or are not home, they will probably move on to the next location.

• **Getting a big dog.** Big dogs may look scary, but it is much more effective having a small dog that barks uncontrollably when they see or hear a stranger.

• **Suspending newspaper**

delivery. When a burglar notices a change in routine, it is almost always a green light that you are gone and they will have the residence to themselves to burglarize.

Hope these little tips are helpful...stay safe Eastvale!

Deanna Myers is the Volunteer and Programs Coordinator for the Jurupa Valley Station of the Riverside County Sheriff's Department that services the Eastvale Police Department. She has been with the Riverside County Sheriff's Department for about eight years, and most recently was assigned to patrol within the City of Eastvale before moving into her current position where she is in charge of the Neighborhood Watch program for the City of Eastvale.

If you would like to ask Deputy Myers a question for publication consideration, submit your request via email to editor@anapr.com.

Eastvale Supports Police Officers



WIVES OF
WOLFF
LAW ENFORCEMENT & FIRE FIGHTERS

WOLFF from page 1

support for law enforcement on Sept. 17 - during the week that law enforcement was being appreciated nationwide.

There was overwhelming support from passersby, as residents lined the sidewalks at the corner of Limonite and Hamner Avenues in Eastvale. 300 plus members of the community wore blue to represent support for Police Officers, while flashing signs and waving American flags.

Neighbors chatted with each other about their love and respect for law enforcement, and children of law enforcement families reveled in showing off the signs they made to support their mothers or fathers who are Police Officers.



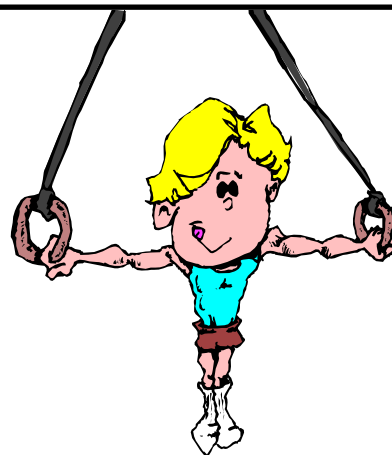
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Great Harvest – giving back

Harvest from page 1

each morning to head to the shop, and start the process of making delicious, whole grain breads and tantalizing treats to help you start your day off right. “We are here to offer the freshest, best tasting options for the residents of Eastvale,” says Great Harvest owner, Meredith Sumenek.

Great Harvest mills their grains daily in the bakery to create high protein, whole grain flour of the highest nutritional value – and their delicious breads stay fresh for seven to ten days, with no preservatives. With high quality ingredients and a variety of fresh choices every day, you can feel good about serving your family delicious, wholesome breads.

And the quality doesn’t stop with fresh breads and treats. Sumenek believes in giving back to the community that she lives and works in. Great Harvest takes pride in supporting local high school athletics, PTA, as well as the Lions and Rotary

clubs, and many other groups. She also shops for many of the bakery’s ingredients locally, which supports nearby farms and businesses in and around Eastvale. Schools can even schedule bakery tours to help educate children on how healthy bread is made.

If you haven’t stopped by to try one of their sandwiches yet, you are missing out on a great opportunity to grab a meal that’s quick, but happily lacking the poor health consequences of fast food. Their breads are moist and delicious, without the use of chemicals or dough conditioners. They even offer gluten-free bread on Tuesdays and Fridays. Great Harvest has a variety of interesting sandwich choices, all lovingly put together with quality ingredients and great customer service.

“I am so proud of our employees. They are ethical and bend over backward to make everything consistently great for our customers,” says Sumenek.

As the weather cools down, Great Harvest will be adding delicious, healthy soups to the menu, and, of course, the hol-

idays bring special treats for their customers.

You can pre-order frighteningly good bread spiders and witches fingers for Halloween; and come Christmastime, bread shaped like teddy bears will be available to make your holiday meals a little tastier.

In addition, Great Harvest will soon be offering more outdoor seating, making the bakery an even friendlier place to stop and dine in.

So, don’t be a stranger. Drop by local favorite Great Harvest Bread Company, and pick up some hot, fresh handcrafted bread, or enjoy breakfast, lunch or dinner with the folks that love being a part of the Eastvale Community.

Great Harvest Bread Co. is located at 14244 Schleisman Road, Suite 130, in the city of Eastvale. They can be reached at (951) 427-5737, or visit www.GHEastvale.com. And follow them on Facebook at /EastvaleGreatHarvest. Their hours are Mon. through Fri. 7:30 a.m. to 8 p.m.; Sat. 7 a.m. to 5 p.m.; and Sun. 9 a.m. to 5 p.m.

Growing older better

Growing from page 8

to encourage our elders to remain physically active and promote longevity in ourselves as well. Along with this heightened physical activity, there are foods and supplements that can be beneficial to support eugeric aging and avoid pathogenic aging.

- Take calcium and vitamin D

for healthy bones, immune system, and hormone health.

- Get a strong B vitamin complex for liver health, red blood cell production and to assist in our energy processes.
- Eat foods high in antioxidants: fruits and vegetables in season are best.
- Eat plenty of colorful foods and try to vary the menu to encourage maximum nutrient exposure.

Aging is an inevitable process hoped for by all and welcomed by none. If we are lucky enough to have a long life, we will have to be vigilant if we want that life to be free of lifestyle diseases. Remaining physically active, encouraging the same in our loved ones and those who need our help, is the best approach to being healthy and independent throughout life (see their ad on page 9).

Eastvale council recap

Council from page 3

ed amending the Master Plan, which would require \$150,000 over a ten year span. The Council agreed that there were other priorities, and chose not to take action at this time.

The Council also reviewed the updated ALUC Open Space Requirement for the Sendero residential development, which was rejected in June because of spacing infringements. The new plan, which reduced the number of units from 323 to 312, made improvements to the original map, and was both criticized and praised by Council.

The City Manager report announced that the Library Subcommittee would hold its first meeting on Sept. 14.

To conclude the meeting, the City announced it would be holding a 9/11 Flag Ceremony at Cal Fire 27.

The Sept. 23 Council meeting opened to the Community Foundation announcing the City’s 5th Birthday celebration would be held on Oct. 3.

Next, the Chino Basin Desalter Expansion Project -

which will provide 10 million gallons of drinking water to Eastvale and surrounding cities - was highlighted. Chino Basin Desalter Authority General Manager, Curtis Paxton, presented construction updates on the upcoming project – which will require the installation of several groundwater pipelines that will extend from Belgrave Ave. to Harrison Ave. and 65th Street. While the addition of water will not excuse the City from regulating water use, it will increase the water supply. Paxton emphasized that “safety is our concern,” saying traffic would be regulated on Belgrave Ave. when construction begins.

Council then approved the second ordinance reading of the Goodman Commerce Center Specific Plan.

All items on the Consent Calendar were approved. The staff also announced the annual Food Truck Festival at Ramirez Intermediate on Sept. 25, and International Walk To School Day, which will be held on Wed., Oct. 7.

Council then reviewed a proposal for JCSD’s Capacity Charge, a developer impact fee

planned to collect more than \$67,000 from new Eastvale citizens to provide water for the growing City. After listening to this and other projects that would increase fees, Council stated that there is a “lack of outreach” that would affect economic principles.

Moving on, Council approved the Freeway Agreement with the State Department of Transportation to allow the City and/or state to maintain and regulate the construction of roads and right of way traffic.

City Staff reported that Gov. Brown signed AB-107 – with Mayor Bootsma calling the bill a “joke.” This bill was meant to make a county whole, but there isn’t any money coming into the City at this time. Two Council members will have to attend a meeting about the bill on Sept. 28.

Before the conclusion of the meeting, the League of Cities Golf Tournament was announced, to be held on Oct. 12. Also, the outbreak of West Nile Virus cases is currently the worst Riverside County has seen in years. As a result, the City will take action to help keep its citizens safe.

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The Cost Of Discipleship

By PASTOR ROBERT JEWETT

And a scribe came up and said to him, "Teacher, I will follow you wherever you go." And



Jesus said to him, "Foxes have holes, and birds of the air have nests, but the Son of Man

has nowhere to lay his head," - Matthew 8:19-20.

It has become commonplace to make the call of discipleship appealing to the natural man. The truth about discipleship has been replaced with a "better you" man-

tra. The importance of man has been elevated, instead of the importance of God. As a result, the gift of God is no longer received with gratitude, but instead expected as some type of entitlement.

Jesus' call to discipleship was far different than what is often taking place today. Jesus always laid out the cost of discipleship. Popular opinion today says, "Laying out the cost of discipleship is not good church-growth practice."

It is believed that such truth would discourage individuals from following Christ. If Christ is our example, why would we present discipleship any different from him? After all, it is God who adds

to the church those who are being saved (Acts 2:47).

Are we more concerned with the number of attendees than we are with those who are being saved? God help us if this is the case! Christ was concerned with truth. Jesus said, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free" (John 8:31-32). The truth is... discipleship has a cost.

Word of Truth Community Church meets Sundays at 10:30 a.m. and Wednesdays at 7 p.m., at 850 E. Parkridge Ave., #110, in Corona. For more information, visit WordOfTruthCC.com.

Seasons Change

By PASTOR TIM EATON

If you live in Southern California, the weather may not have



cooled and palm trees rarely lose their leaves, but there is still a change in the air.

It's a season of stress: back to school, sports, dance, scouts, and clubs – they all compete for precious little time as fall gets going. I know our house has a frightful schedule. We carefully plot out the calendar, and who is taking whom where and when. We try to find the ever-elusive balance so we don't lose our minds.

Recently, though, I was introduced to a revolutionary idea: Seasons - "For everything there is a sea-

son, and a time for every purpose under heaven," (Ecclesiastes 3:1).

The trouble with "balance" is that it seems to suggest that the scheduling fiasco and the frantic juggling will never end. Thus, we have to shoehorn the balance of time into our schedule as well. But seasons realize this frenzy won't last forever.

Seasons give us something to look forward to and motivation to work hard for a specific time. In his book, "Do-Over," Jon Acuff advocates "30 Days of Hustle." Think about that; you could potentially withstand anything for 30 days. And, you could keep up your intensity, too.

Now I realize that the soccer season is more than 30 days. So is a semester. So is your project at work. But the rest of the country fits four seasons in a year – so maybe your seasons shouldn't go past three months either. You

need a break; something to look forward to...real rest.

So, if you are in a frenzied season, take heart. Get out your calendar and put a finish line where the frenzy ends. Push hard to get there. And when you arrive, truly enjoy your hard earned rest. Yes, there are things that won't get done until then, but then you can finally give them the time they deserve.

If you need a little rest along the way - a taste of the light at the end of the tunnel - join us on Sundays. And our Women's Ministry will be doing a quick Bible Study, "Preparing Your Heart for the Holidays," on Wednesday nights beginning Oct. 28 (its only four weeks long!).

Edgewater Lutheran Church meets Sundays at 10 a.m., worshipping at Harada Elementary, 12884 Oakdale Street, Eastvale, CA, 92880; www.EdgewaterLutheran.org.

Reflectors

By PASTOR DENNIS MORALES

"Let your light so shine..." - Matthew 5:16



The moon at night can offer beautiful displays of light, but its source of light comes directly from the

sun. Realistically, if there was no sun, it would be nothing but a dirty rock. In the Sermon on the Mount, Jesus shares the very well known "Be"-attitudes." What Jesus teaches certainly isn't about "world peace," it's directed toward our character.

The religious leaders in Jesus'

day were so concerned with the minute details of conduct, that they missed the major issue of character. Character goes much deeper than the surface. The way we live our lives flows from our character.

A great preacher once said, "Character is who you are when no one is looking." How is your behavior when no one is around? If your character is weak, then you will fall to destructive behavior. If your character is strong, then you will be able to withstand difficult pressures and temptation.

What is good character? The Bible identifies godly character as one that reflects love, joy, peace, kindness, patience, gentleness,

goodness, and self control (Galatians 5:22,23). Do we perfectly reflect this at all times? Not realistically, but the influences in your life will be reflected by you. The closer you draw to Jesus, the more His life will be reflected in you.

Our children need good influence in their lives. We are called to influence character in our children's lives as parents and teachers. Draw close to the source and let your light shine!

Calvary Chapel Eastvale meets Sundays at 10:30 a.m.; and Wednesdays at 7 p.m., at Clara Barton Elementary (7437 Corona Valley Ave., Eastvale). Visit their website at www.CalvaryEastvale.org.

Halloween Candy And Other Temptations

By PASTOR MARK LEE

October is magical. The leaves change colors, the weather cools down, and stores begin stocking copious amounts of individually wrapped candies.



As we all know, these delightful treats are hard to resist. Retailers estimate that Americans buy nearly 600 million pounds of candy a year. Although these sweets are purchased primarily for trick-

or-treaters, many households have to replenish their supplies before the 31st rolls around.

While it is true that few can ignore the siren call of Halloween candy, a craving for unhealthy food isn't the only desire people need to control. Many fall victim to the allure of unnecessary shopping, idle gossip, casual sex, unrighteous anger, and a number of other enticements. While individuals may feel their battle to ignore certain urges is unique, the truth is that temptation is a universal experience.

Nobody ever plans to eat an entire pint of ice cream or lose

their temper with their children. Even though we make a conscious effort to always say, eat, and do the right thing, moments of weakness are inevitable. When our physical, emotional, and spiritual needs are not being met, it becomes increasingly difficult to regulate our actions.

A great way to resist temptation is to remember the three As: Admit, Avoid, and Ask. Once you admit there is a problem, it is necessary to avoid your vice. Asking friends and family to help you stay strong is also a helpful way to fight your urges. Better yet,

Home Of The Brave

By PASTOR ROB NORRIS

"Therefore encourage one another and build each other up," - 1 Thessalonians 5:11



Maurice "Mo" Cheeks has enjoyed a long and successful career as a player and

coach in the National Basketball Association. But in my opinion, his greatest moment in basketball had nothing to do with the action on the court.

On April 25, 2003, 13-year old Natalie Gilbert began singing the national anthem in front of the Portland Trail Blazers' home crowd – as well as a national TV audience. Shortly into the song, she jumbled some words, and then she froze. Panicking, she held the microphone to her forehead, as if searching her brain for the right words. But just as she was about to give up (and look for the proverbial hole to crawl in), "Mo" Cheeks stepped to her side and began singing the song with her, helping her hold the microphone in place.

Urging the crowd to join in, he stayed with her the whole way, his off-key voice shadowing hers in

sweet duet. It sounded awful, but it was beautiful. And you could see (and hear) Natalie's confidence grow stronger with every line.

"He totally saved me," Natalie told an interviewer. "I was walking off afterward, and he said, 'Don't worry, kid – everyone has a bad game once in a while.'"

As our kids would say, "Cool." The episode reminded me of the power we have as parents to come alongside and encourage our children. They need to dream big and shoot high, to put themselves out there into the battle where they run the risk of failure. And when they stumble – as they sometimes will – they need us to be there. Be all there, occasionally with the right words to see them through. They should never have to fall on their face too far from where our arms are.

Discuss: Regardless of your children's ages, in what areas do they need your active encouragement right now?

Pray: Pray that your words of affirmation, belief and support will be encouraging and uplifting.

The Crossings meets Sundays, 10 a.m., at River Heights Intermediate, 7227 Scholar Way, in Eastvale. For more information, call (951) 847-6836, or visit www.atthecrossings.com.

Transformed

By PASTOR ED MORENO

I have never seen the Transformer movies, but I know something



about what it means to experience transformation. And I do know "the" real life Trans-

former who transformed me: Jesus.

Let me begin at the beginning. My birth name is Edward Hector Fernando Moreno. That's a pretty Hispanic name (as if you couldn't tell). I was born and raised in Los Angeles. My dad physically and psychologically abused my mom, and he hit me so often that I would flinch when he walked by.

The gang infested neighborhoods that I lived in were violent, too. In a seven year period, I was in about 15 to 20 street fights. Drug use and a generally immoral lifestyle were also the norm for me.

By age 19, I literally asked myself: "Is this it? Is this what life is all about?" That was the beginning of my search for the real purpose of life.

At age 20, I went with some friends to see a new scary movie. We were "tough" guys and thought: How scary could it be? Well the movie was "The Exorcist," and I have to be honest, it scared

me a lot. Because even though I wasn't raised in a religious home, for some reason I believed that demonic spirits were real and that I was defenseless against them.

I also believed that God was real and that he was stronger than the demonic. So I became determined to go to a church to find out more about God.

Suddenly, all the lights began to go on. I was taken with the beauty of Jesus' life. In the Bible I read of a heavenly Father who loved me, even if my earthly father didn't. I saw that God had a purpose for my life, and I discovered the meaning of life, which is to love God and serve him gladly.

The next Sunday, when the Pastor gave the opportunity for people to accept God's offer of salvation through Jesus, his Son, I couldn't get down the aisle fast enough.

I went home, grabbed the two baggies of marijuana that I had in a drawer, flushed them down the toilet and never looked back. And the rest, as they say, is history.

The Scripture says that we are a "new creation" in Christ. I can testify to the truth of that statement. And as one who has been transformed by the real live Transformer, I can say that now I'm living life with true and lasting purpose. The old life served no such purpose.

If you are not a follower of Jesus yet, my prayer is that you will become one soon. So why not check out a church, and maybe the positive life transforming experience I had will become your experience, too.

New Day Christian Church meets Sundays at 9:30 and 11 a.m. They are located at 7155 Hamner Avenue, at Schleisman Road, next to the Fire Station. For more information, call (951) 278-8367, or visit www.newdaycc.net.

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Eastvale's military banner program

Banner from page 5

reviewed to ensure that the following requirements are met before a banner is created and displayed within City limits:

- Applicant must be a current City of Eastvale resident and include a copy of driver's license or a current utility bill showing the Eastvale address.
- Applicant must be an immediate family member of the serviceperson. Immediate family members are classified as the serviceperson's spouse, parent, child, grandchild, sibling, or legal guardian.
- Banners can be created with the serviceperson's portrait or without. Portraits should be of the serviceperson in formal uniform and a minimum of 1MB in size. If emailing the portrait, please ensure the file is a JPG or PNG format. Applicants are responsible for supplying the picture and all pictures will be returned.

Once the application is approved, the Eastvale Community Foundation will create the banner. Banners will remain on display as long as the banner honoree is still on active duty. The installation location and the removal of the banners are the Foundation's discretion. Banners will be returned to the applicant upon removal, if available.

In the event a service person is killed in the line of duty, his/her banner will be removed and replaced with a "Gold Star" banner indicating their sacrifice, or presented to his/her family at a City Council meeting - depending on the family's wishes.

The Eastvale Military Banner Program is funded completely by the Eastvale Community Foundation through their fundraising efforts as well as donations from local businesses, residents and supporters. Any donation is greatly appreciated.

Military Banners are printed when donations are made available. If you are interested in donating to Eastvale's Military Banner Program, please send your contribution to:

Eastvale Community Foundation
Military Banner Program
12363 Limonite Avenue, Suite 910
Eastvale, CA 91752-3667
Questions can be emailed to: eastvalefoundation@gmail.com



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