www.Castvale Corona · Norco · Chino **VOLUME 8 • ISSUE 2**

#ILoveEastvaleNews

Socially Speaking

By Sarah Sanchez

Social media is a great tool to keep updated on what's happening in our city. Every month, we provide a list of what was trending on our Facebook page (Facebook.com/EastvaleCommunityNews) the month before.

Trending posts for April include: an update on the proposed Walmart project (see full story at anapr.com); three arrested for

see Social page 15

City Council

Eastvale City Council Report

BY EMILY AGUILAR

Eastvale - The Eastvale council welcomed April with a plethora of important topics pouring before them, so they didn't waste any time at their April 13 meeting and went straight into discussion. The first meeting began smoothly by recognizing April as National Donate Life Month, which encourages people to become organ donors.

Then Erin Sasse, the Regional Public Affairs manager for the League of California Cities, presented an update on legislative actions taking place in Sacra-

see Council page 3



Relay For Life cancer survivors take on their first lap.

PHOTO BY: VALERIE GUTIERREZ

Litigation Threat Changes EV Elections

BY RAYMOND MENDOZA

Eastvale - Changes are in store for Eastvale for the upcoming November elections, as the Eastvale City Council recently voted to change its "at-large" system of city coun-

cil elections to "by district" meaning that council members must be elected from certain geographic areas within the

While the vote was 3-0 in favor of the change during the latest council meeting on April 27

(Councilmember Adam Rush was absent) the council members noted their decision was only made to appease litigation threats made by the Mexican American Legal Defense and

see Elections page 5

Mail Thefts In Eastvale

By Araceli Sanchez

Eastvale - Eastvale residents have expressed their concern regarding the mail thefts that have been occurring in City of East-

Recently, thefts have been reported off Spring and Nicole Court, on the side of Riverboat and King River, and up and down Tisdale. Many believe that the thefts have increased in the

last month because of expected tax returns. However, these thefts have been going on for a long time and they are not unique to Eastvale. Mail thefts have been reported in Corona, Norco, Chino and other surrounding areas.

But local Police and the US Postal Service are adamant about stopping these thefts from

see Mail page 11



PHOTO COURTESY: GOOGLE

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MAY 2016 • ANAPR.COM

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Eastvale Relay for Life: Hope Takes Fight

By Valerie Gutierrez

Eastvale - "You have cancer," are those three words you never think you'll ever hear, nor hope you will.

Mercy Campos, Christi Camacho, and Michelle Huff are only a few of the thousands of cancer survivors inspiring others to battle against the disease.

On April 30, local families,

see Relay page 12

Eastvale Will Appoint Councilman

By Michael Armijo

Eastvale - With the resignation of William "Bill" Link, the Eastvale City Council opened up the "appointee process" and will select a city council member to fill Links' council seat. Link resigned be-

see Appoint page 8

Our Featured Businesses

Advanced Improvements Provides Comfort For Your Home

STAFF REPORTS

SoCal - Advanced Improvements is an expert in air conditioning and heating, water heating, water filtration, and solar power. For over 20 years, they have been providing eco-friendly, energy saving home and office comfort solutions for Riverside,

see Solar page 5



reached at (888) 698-8859. See their

Make Your Backyard Extreme

BY MICHAEL ARMIJO

Ontario - Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backvard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with name brand components for over 20 years.

"A key component to staying in busi-

see Backyard page 12



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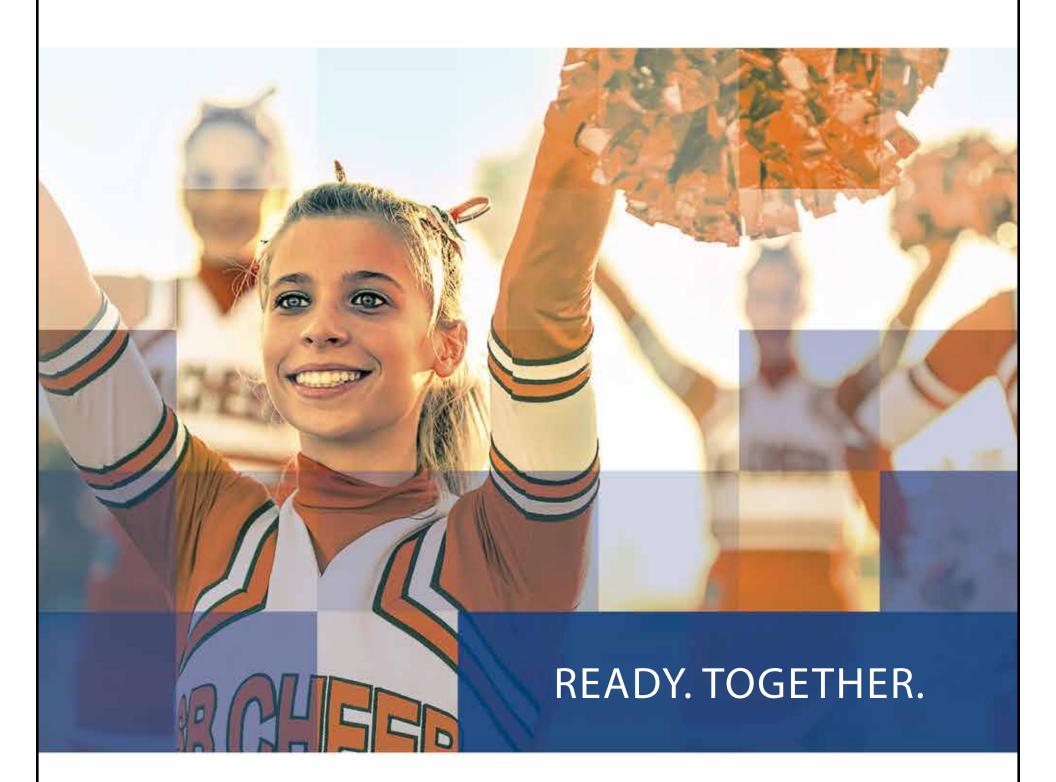


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PHOTO COURTESY: CITY OF FASTVALE

Did You Know?

Garage Sales and Signage

CITY OF EASTVALE

According to Municipal Code Section 6.28.060. Garage Sale Signs states the following: (a) No sign advertising a garage sale shall be posted, erected or maintained except on the premises where such sale is to be held. No more than one unlighted sign advertising a garage sale may be posted, erected or maintained on the premises where such sale is to be held; provided, however, that no such sign may be posted, erected or maintained on the public right-of-way. Any such sign posted, erected or maintained on the public rightof-way may be immediately and without notice removed by the city or designee. The city or designee may thereafter bill the responsible party for the reasonable costs of such removal.

In addition, Section 6.28.060. (b) states that each such sign shall be removed at or before the close of the last day on which the garage sale may be lawfully conducted.

Code Municipal Section 6.28.040 which governs the frequency and time of garage/yard sales states that no person, firm, association or corporation shall conduct more than three garage sales during any period of 12 consecutive months, nor shall more than three garage sales be conducted upon any lot or parcel of land during any period of 12 consecutive months. No garage sale shall be conducted between the hours of 8:00 p.m. to 8:00 a.m. or be conducted for longer than three consecutive days.

For more information on the Garage Sales, please visit the Municipal Code page on the City's website: www.eastvaleca. gov/index.aspx?page=170

If you have additional Code Enforcement questions, please feel free to call Eastvale City Hall at (951) 361-0900 or email Code_Complaint@eastvaleca.gov. ■

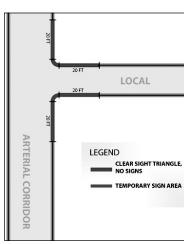


PHOTO COURTESY: CITY OF EASTVALE

Maintaining a First Rate Infrastructure System!

BY MICHELE NISSEN, CITY MANAGER

At the 5th Annual State of the City in April, the City's Department heads gave brief and informative updates about their departments. Over the next few months, I will continue to give you additional details about these departments and their day to day operations.

The Public Works Department is responsible for constructing and maintaining the City's infrastructure, which includes 1,178 miles of streets, sidewalks, 44 traffic signals, storm drains less than 36" in size, all traffic signs, and one bridge. Public Works ensures that our streets are safe and clean, traffic signals operate efficiently, the staff responds to citizen concerns in the public right-of-way, as well as provide quality and responsive private development plan review.

The City of Eastvale utilizes the services of the County of Riverside for routine street maintenance, traffic signal maintenance, and traffic sign repair and replacement. County staff provides fast response times and quality work.

The City's public works staff is responsible for implementing capital improvement programs to maintain and expand the City's infrastructure as needed. Maintaining 1,178 miles of roadway is no small challenge. The City has developed a pavement management plan and 5 year capital improvement program to systematically maintain all City infrastructure. Concluding in the next few years, it is estimated that the City will spend over \$4.6 million dollars on improvements to City facilities. City infrastructure is maintained through specific funding sources such as Measure A and Gas Tax funds and is not funded through the General Fund.

We encourage residents to file complaints or service requests related to roadways, sidewalks, or traffic signals via the City's E-Citizen App. For additional information about the app, please visit www. bit. lv.com/ECitizen.

The Building Division is responsible for enforcing local state and federal laws enacted to safeguard public safety, health and the general welfare through the California Building



PHOTO COURTESY: CITY OF EASTVALE

Code. The Division is responsible for reviewing documents, issuing permits and enforcement of the Building Codes. Every building in the City of Eastvale is inspected by City building inspectors. These inspections ensure that the structures are safe and meet all applicable codes. In addition, for homeowner improvements such as patio covers, pools, remodels and other improvements to property may require a permit. To find out before you construct, call City Hall to determine whether a permit is required.

Should you have any questions or comments, City Hall may be reached at (951) 361-0900. City Hall office hours are Monday-Thursday from 7:30 am − 5:30 pm, closed every Friday. City Hall encourages all residents and visitors to register for e-notification on the City's website: www.EastvaleCA.gov. ■

Eastvale city council report

Council from page 1

mento. Some of the bills Sasse mentioned include: SB-876, which deals with homelessness issues; AB-2501, which deals with condesity bonuses; AB2526, which limits parking; AB 2220, which states that cities with a population over 100,000 are required to participate in district elections; and AB 2614, which deals with operations of medical marijuana facilities.

Continuing with the topic of bills, Glenda Chavez gave a brief description about AB 1826. The bill, which was signed in October 2014, requires businesses that generate 8 cubic yards of organic waste to establish an organic recycling program by April 1. The state believes that the program will divert approximately 30 million tons of waste. This will help reduce climate change and preserve environmental resources. By January 2017, the state also requires businesses that generate 4 cubic yards of waste every week to create waste management programs. Also, by January 2019, the same would be required for business and multifamily properties that generate 4 cubic yards of organic waste per week. This is applicable to Eastvale because Waste Management will work to enforce the bill's provisions on local businesses.

Breaking away from the serious discussion about bills and laws, Julia Sung delivered her student liaison report by providing some impressive details about Eleanor Roosevelt High School

(ERHS). Since there were so many ERHS seniors who were accepted into UCs, chair woman Janet Napolitano was scheduled to visit ERHS on April 14 in order to inform students about the UC system and encourage Juniors to apply to UCs next year.

Another interesting event occurring at ERHS is the new tradition they want to begin with this year's graduating class: from here on out, the school wants to create a mural of the graduating seniors. The idea is still under development, but the school is eager to start the tradition. Sung also announced that May 13 will mark River Heights and Eastvale Elementary's 10-year anniversary.

Although ERHS students may be excelling academically, a series of residents expressed their annoyance and concern of the students' their poor traffic etiquette. During the public commentary, the residents stated that many ERHS students park their vehicles in local neighborhoods instead of the school parking lot. In addition, some students were leaving trash in the front lawns of their homes. The council stated that they would look into the situation.

Next, the council motioned all items on the consent calendar. Then, before the council discussed the proposed changes in the Goodman Commerce Center, they went into a closed meeting that lasted over an hour. When they came back, they were ready to discuss the topic.

At the moment, Goodman Birtcher has constructed one of two buildings that are set to take place at the Goodman Commerce Center. At the same time, road construction on Hamner, Bellgrave, and Cantu-Galleanu were set to take place on the week of April 18. But Goodman Birtcher wants to occupy the building before major road changes and other installations are created, so a series of changes have been proposed. Planning Director Norris presented these recommended changes, which included the proposal to install a generator for six months and letting construction take place inside the building regardless of the scheduled work hours.

Before the decision, resident Caroline Martinez asked the council not to motion the changes because she was worried that the changes would cause noise and traffic disruptions. But Norris responded that construction would be regulated so it would not cause any problems around residents.

After taking into consideration that sales tax would not come off the changes and that the commerce center will overall boost employment in the city, the council decided to approve the changes.

The council moved on to the business items, where they discussed another pressing topic. After Bill Link's retirement last month, the council had to figure out how they would like to fill the vacant position. According to AB 952, if a council member resigns before it is time to elect or re-elect their position, the city council has to fill the vacant seat until the next

see Council page 14



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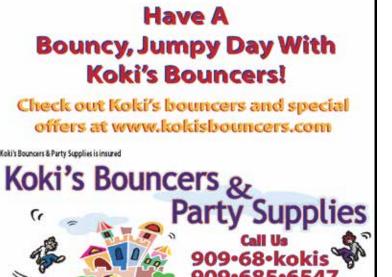
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Eastvale election system changed under threat of litigation

Elections from page 1

Educational Fund.

According to Attorney Betsy Martin, the City of Eastvale received a letter from the group in April stating that they would sue the city if Eastvale did not switch to "by district" elections in time for the November 2016 election. The group claimed that the City of Eastvale's current election system is violating the California Voting Rights Act of 2002

According to a statement issued by the city, Eastvale is not the only city being threatened with litigation. Inland Empire cities such as Rancho Cucamonga, Wildomar, Hesperia, Chino and Upland all received the same demands regarding by-district elections.

"We recommend that you do (change to "by district" elections)," said Martin. "No city has ever successful defended a voting rights challenge."

Martin went on to discuss how the California Voting Rights Act of 2002 is intended to ensure that "protected groups" - such as minority races - have their voting rights protected. Martin mentioned that the Mexican American Legal Defense and Educational Fund was alerted due to the efforts of an unknown Eastvale community member.

"Rather than spend a lot of money on fighting something that will certainly be a losing proposition, we suggest you go forward and draw your own districts as rapidly as possible," said Martin.

During the June 2010 East-vale incorporation election, 54 percent of the voters were in favor of "at-large" elections – which allowed anyone who lives within the city to run for city council. "By district" only received 27 percent of the votes.

Council Member Clint Lorimore voiced his distaste for the election changes, stating that breaking the city into districts would accomplish very little since there is no major racial divide from one area of Eastvale to the next.

"I want to express my frustration with this process," Lorimore said. "I believe that we in Eastvale are a homogenous community. We're not broken into specific areas where one ethnicity lives. It is not going to be helpful, in my opinion, for our city to do this."

To push these changes ahead at an accelerated rate, city officials hired the National Demographics Corporation to study the city's population and prepare draft plans for the proposed districts that also meet legal requirements. The draft of proposed districts will be available to the public this month on the city's website and residents are also encouraged to voice their opinions concerning the new districts during its upcoming public hearings on May 11, May 25, and June 8. ■

Advanced Improvements provides comfort for your home

Solar from page 1

Orange, San Bernardino, San Diego and Los Angeles counties.

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off in factory rebates for qualifying systems. Also, ask about their \$75 special for a winter tune-up for your current system.

Go Green: You can GO GREEN with Advanced Improvements, as they provide eco-friendly, energy saving, green products for your home and business. They can help you go completely independent with solar power, replace your heating and cooling system with a new high-efficiency unit, or lower your energy usage by installing a tankless water heater.

Improvements Advanced stands behind their products and services and is committed to excellence. They are also committed to the community. Owners Jason and Athena Hayes have lived in Eastvale for over seven years, and as homeowners, they love to see Eastvale flourish. Advanced Improvements has been the platinum sponsor for the Eastvale Community Foundation's Annual Golf Tournaments, and they will continue to invest in the City and support its growth. Make sure to ask about their \$500 discount coupon for Eastvale residents only.

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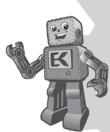
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PHOTO COURTESY: CNUSD

Seven students and teachers from Corona Norco Unified School District were honored at the 18th Annual Unity Awards.

18th Annual Unity Awards Honors CNUSD Students and Teachers

COURTESY OF CNUSD

Corona/Norco - The 18th Annual Unity Awards honored seven individuals, many of them students and teachers from Corona Norco Unified Schools. The award winners exemplify UNITY's mission to promote community involvement in the

positive development of children, youth, and families.

Student Awards:

Abigail Hwang-Nable – 10th Grade Centennial High School

Rachel Mershon – 12th Grade Corona High School

Alyssa Penn – 12th Grade Centennial High School

Adult Awards:

Jill Castillo – Team Victoria Clark Eveland – Officer Corona Police Department

Marisela Ibarra – DELAC, VP Parkridge Elementary

Veronica Perez – Teacher Highland Elementary



PHOTO COURTESY: CNUSD

On May 3, Corona Norco Unified School District 2016 Retirees were recognized and celebrated for their service to the district and for their dedication to CNUSD students. CNUSD reported that the retirees provided a combined total of 1600 years of service.



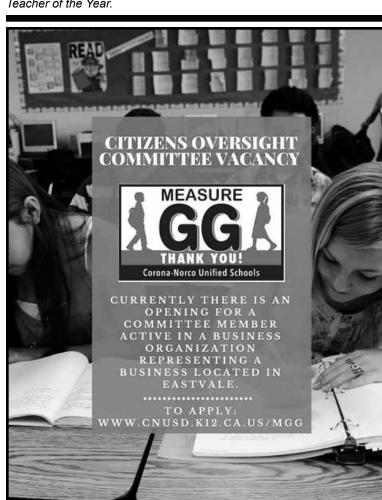
PHOTO COURTESY: CNUSI

Corona High School and Eleanor Roosevelt High School participated in the Every 15 Minutes program last month. The two-day program is an emotionally-charged event that serves to remind students about the consequences that come when involving alcohol and texting while driving. The program joins with the local Sheriff's Department and First Department to display crashed cars and a memorial service for the students who "passed away". The goal was to show that the students' actions affect the lives of others. Pictured above is the event at Corona High.



PHOTO COURTESY: CNUSD

Congratulations to Orange Grove High School teacher, Ms. Jessica Bratina, for being named the CA Continuation Education Association (CCEA) Teacher of the Year.



Coronita Elementary Selected By Crayola

STAFF REPORTS

Corona - Coronita Elementary School was selected by Crayola and the National Association of Elementary School Principals (NAESP) to receive a "Champion Creatively Alive Children" school grant.

Crayola and NAESP together selected 20 schools to receive the grants, which will fund innovative programs aimed at fostering children's critical thinking, creativity, collaboration, and communication skills.

"The Champion Creatively Alive Children grants are intended to help schools build creative capacity, nurture children's creativity and inspire other schools to do the same," according to a CNUSD news release. Coronita received a \$2,500 monetary grant and \$1,000 worth of Crayola products.

The Champion Creatively Alive Children grant program asks principals to explore a "what if..." learning opportunity. For example, what if arts-infused learning thrived every day in schools? What if schools relied more on project-based authentic assessment rather than standardized tests? What if parents and schools found ways to document and articulate the value of creative experiences? The entries were judged on innova-



A CNUSD student uses Crayola products to paint. Photo Courtesy: CNUSD

tion, collaboration, and sustainability.

"From the moment I stepped onto Coronita Elementary School, I saw students happily and deeply engaged in purposeful, creative academic work," said Celena Turney, Western Regional Manager, Education Leadership in a CNUSD news release. "A culture of collaboration, communication, critical thinking, and creativity is evident throughout this campus. Kudos to Principal Kevin Kazala, his staff, students, and parents!"

"Principals understand the value of using arts-infused education to ignite deep learning for all students," said NAESP Executive Director Gail Connelly. "We're proud to work with Cray-

ola and the Champion Creatively Alive Children grant program to provide schools with this unique opportunity for resources to enhance students' creativity and success."

"Coronita is extremely excited about receiving the Champion Creatively Alive Children Grant from Crayola in association with the National Association of Elementary School Principals," said Principal, Kevin Kazala in a news release. "Art is in an integral part of learning for students to visualize content. If you look carefully at the Common Core State Standards for California, you will find that art elements are woven throughout. There is amazing learning happening at Coronita, and the Coronita family is proud to be recognized."

To view the complete list of the 20 Champion Creatively Alive Children grant recipients, visit www.naesp.org/creativity. To learn more about Crayola and view free professional development resources, visit www.crayola.com/educator. For more information about NAESP, please visit www.naesp.org.

This information is courtesy of Corona Norco Unified School District. ■

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PHOTO COURTESY: EMPIRE SOCCER CLUB

Congratulations to Empire Soccer Club's SC G00 team who were named SCNPL Champions.

Girls Soccer Team **Named Champions**

STAFF REPORTS

Eastvale - Empire Soccer Club's SC G00 team were announced as the Southern California National Premier League (SCNPL) Champions last month and will heading to the SCNPL finals.

The team went undefeated during their soccer season and won the GU15 league by 1 point. They had an overall record of five wins, zero losses, and two ties.

They were never scored on during their season because goalkeeper, Shelby Jimenez, had a clean sheet in every game, according to Empire Soccer Club.

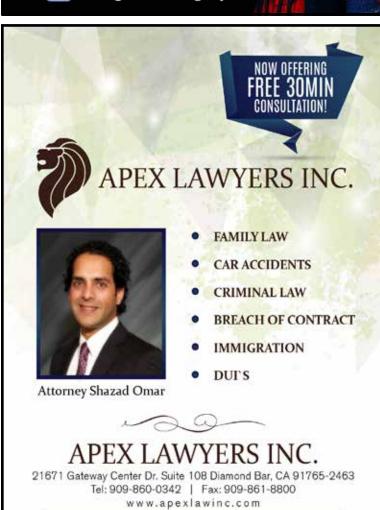
They also have a hidden talent on their team, Alexis

Gomez, who played for FC Man United G00 last season and won last year's GU14 SCNPL. Gomez' team last year represented Southern California in Indianapolis at the 2015 NPL Finals, according to Empire Soccer Club's Facebook page.

As the winners of SCN-PL, Empire's SC G00 team is invited to the US Club Soccer National Premier League (NPL) Finals that is scheduled for July 14-18, in Aurora, CO. If you would like to help send the team to Colorado, you can visit their GoFundMe page at https://www.gofundme. com/2vhn6d52.

To view the other SCNPL competitors, visit http://www. nationalpremierleague.com/. ■





San Antonio Regional Hospital Receives Women's Choice Award®

BY CATHY REBMAN

Inland Empire - For the third consecutive year, San Antonio Regional Hospital has been named a recipient of the Women's Choice Award® as one of 2016 America's Best Hospitals for Heart Care. San Antonio is one of 353 hospitals nationwide and just two in the Inland Empire to qualify for this evidence-based designation.

The Women's Choice Award is the only heart care award that identifies the country's best healthcare institutions based on robust criteria that consider both clinical excellence and female patient satisfaction. San Antonio performed well clinically with regard to heart care measures, but also had a high recommendation rate, which women have identified as a very important indicator when selecting a hospital.

Women's Choice determines the 2016 America's Best Hospitals for Heart Care list by first identifying hospitals across the nation that offer a minimum number of cardiac and/or vascular services. Only hospitals that perform well clinically with regard to heart care measures reported to Medicare, and also have a high Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) recommendation score, are selected. All data used to determine the award recipients are completely objective and evidence-based. "Considering that heart disease is the number one killer of women across the country, helping women find the best in cardiac care is how we empower women to make the best healthcare choices for themselves and for their family," says Delia Passi, CEO and Founder of the Women's Choice Award.

According to the American Heart Association (AHA), one in every three women dies from heart disease and stroke in the United States. "It is an honor to be recognized by the Women's Choice Organization," states Harris F. Koenig, President & Chief Executive Officer of San Antonio Regional Hospital. "Considering that one in every three women dies from heart disease and stroke today in the United States, this designation of excellence signifies our ongoing commitment to meeting the highest standards in cardiac and/or vascular services. We are proud to have some of the best cardiac staff in the region. Our staff in the emergency department, cardiac catheterization lab, cardiac care unit, cardiac surgery, and cardiac rehabilitation department work as a multi-disciplinary team to provide the highest standard of care to our patients." ■

Eastvale will appoint councilman

Appoint from page 1

cause he moved out of the city, according to City Hall.

"The appointee will serve until this November 8th election," said Mayor Ike Bootsma. "Then voters can choose a new city council member to serve the final two years of Bill's (Link) term."

This is the third time in $5\frac{1}{2}$ years that the council will appoint someone to replace a council member who resigned.

The council decided not to hold a special election because it would cost taxpayers over \$60,000 to do so, according to city hall. The earliest an election could take place would be August, so it makes sense to wait until the general election in November.

Appointees must be registered

voters living in Eastvale, and the council will interview candidates at the city council meeting on Wednesday, May 11.

Each candidate can give a two-minute statement and will be asked predetermined questions. If a new council member is appointed that night, he or she will be sworn in and seated immediately.

According to the Press Enterprise (PE.com), in a story written by Sandra Stokley, the ten candidates who have applied for the seat and who may be appointed are:

- Tobie Anderson: He is a former president of the Eastvale Chamber of Commerce. Anderson said public safety would be a top priority.
- Howard Feng: He was appointed to the Eastvale Planning Commission in 2015. He works as a customer care manager for

CRMLS in San Dimas. Population growth is the most important issue facing the city, Feng said.

- · Raul Gutierrez: He works as Corona-Norco Unified School District counselor and has lived in Eastvale for more than 10 years. He lists public safety as one of the top issues in the city.
- · Christopher Hook: He owns a private security service and is chairman of the Eastvale Public Safety Commission. Hooks lists economic growth as the most important issue in Eastvale.
- John Kopp: He is retired. Rapid population growth is one challenge facing Eastvale, he said. Kopp has vowed not to run in the Nov. 8 election.
- Josh (Kyu-Sang) Lee: He works as a senior planner for San Bernardino Associated Governments and recently moved to Eastvale. Budgeting appropriately is crucial to the city's future, he said.
- Larry Oblea: He applied for the council after Jeff DeGrandpre resigned. In February 2014 he was appointed to the Eastvale Planning Commission. He lists public safety and traffic as two critical issues.
- Albert Morris Randall: He is a retired doctor, retired U.S. Air Force colonel and a retired aerospace executive. He lists public safety and emergency preparedness as the most important issues in the city.
- "Dickie" Richard Simmons: He has lived in Eastvale with his wife and family since 2002. He retired this year as a deputy for Los Angeles County Supervisor Don Knabe. He lists long-term financial stability and public safety as his top concerns.
- · Oliver Unaka: He and his family have lived in the city since 2008. Unaka ran for city council in the 2010 cityhood election. He cites commercial and residential development and schools as the city's most pressing issues.

For more information, please sign onto www.eastvaleca.gov.



WWW.PLANESOFFAME.ORG



Left to right: Dr. Patricia Bogema, Medical Director, Home Health, Hospice, Home Health & Palliative Care; Dr. Aimee French, Medical Director, Intensive Care Unit & Skilled Nursing Facility;
Dr. Rajini Iyer, Chair, OB/GYN. Seated: Dr. Rupal Shah, Chair, Family Practice; Dr. Fari Kamalpour, Medical Director, Hospitalist Program

The Female Physicians Serving Corona Regional Medical Center

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Healthy Living

Recipes:

Chicken Breasts with Mushroom Cream Sauce

COURTESY OF EATINGWELL

The secret to a good cream sauce is always the same: not too much cream or it can be overpowering, masking the more delicate flavors. Here it contains a bountiful amount of mushrooms and is served over chicken breasts.

Ingredients

- · 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed
 - 1/2 teaspoon freshly ground pepper
 - 1/4 teaspoon salt
 - 1 tablespoon canola oil
 - 1 medium shallot, minced
- · 1 cup thinly sliced shiitake mushroom caps
- · 2 tablespoons dry vermouth, or dry white wine
 - 1/4 cup reduced-sodium chicken broth
 - · 2 tablespoons heavy cream
- · 2 tablespoons minced fresh chives, or scallion greens

Preparation

- 1. Season chicken with pepper and salt on both sides.
- 2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer in-



PHOTO COURTESY: EATINGWELL

serted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.

Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

Makes: 2 servings **Total Time: 30 minutes** 275 cal. per serving 15 g fat (5 g sat, 7 g mono)



Cured GERD Preferred

COURTESY OF C. Doussett MPH, RDN of **CLARK'S NUTRITION**

The meal is a gourmand's fantasy, the drinks are mixed perfectly, and the leather chair fits like a glove. Everything seems idyllic, yet slowly a burning sensation, accompanied by pressure, starts to radiate from the middle of the torso extending upwards into the chest. An uninvited guest in the form of recurrent heartburn snakes its way past the upper stomach, through the normally closed cardiac sphincter, and into the esophagus.

This stranger in a strange land occurs at least once monthly to 60 million Americans and daily to 15 million. While occasional heartburn may

> not raise any immediate red flags, chronic heartburn has the potential to become something much worse: Gastroesophageal reflux disease (GERD). This condition occurs when the contents of the stomach (gastro), including its acid, back up into the esophagus on a regular basis. This backwash (reflux) can create an environment whereby the esophagus may become more susceptible to damage. This damage, although not usually life-threatening, may lead to

"Barrett's Esophagus" (a condition wherein stomach and intestinal cells translocate to the esophagus in 5 percent of sufferers) or may even become precancerous.

Frequent heartburn can lead to vomiting, difficulty swallowing, unexplained weight loss, and interfere with activities of daily living (ADL), in these circumstances it is imperative to inform one's doctor. Meanwhile, there are many things that can be done to lower one's risk of experiencing heartburn or to support a diagnosis of GERD.

What to avoid:

- 1. Alcohol 2. Fried, greasy, and spicy foods
 - 3. Caffeine
 - 4. Carbonated sodas
- 5. Citrus, peppermint, raw onions and tomatoes
 - 6. Smoking

It may be beneficial to keep a food diary and track which foods (or situations) lead to the occurrence of heartburn. Trigger foods may worsen the effects of heartburn when mixed or at certain times of the day; unfortunately, more than 80% of day-time heartburn sufferers also report poor or compromised sleep quality. This may manifest itself in difficulty falling or staying asleep, frequent awakenings, and coughing fits.

What to emphasize:

- 1. Smaller more frequent meals
- 2. Melons, red apples, bananas mangos, and (low-acid fruits)
 - 3. Lean meats and fish
 - 4. Egg whites

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- 5. Potatoes and rice
- 6. Plenty of vegetables of all colors

While foods play a large role in the occurrence of heartburn, so too can the judicious use of supplements. The following supplements may be beneficial in mitigating the effects of heartburn:

- 1. Calcium (acid buffer) supplemental or as found in dairy products
- 2. Digestive enzymes food lingering too long in the stomach may give rise to prolonged acid-secretion periods
- 3. Ginger tea soothing and reparative to intestinal gastrointestinal mucosa
- 4. Deglycyrrhizinated licorice (DGL) - may improve function and integrity of stomach lining
- 5. Melatonin for sleep

Enjoying sumptuous meals and elaborate drinks does not have to be completely off limits, yet heartburn in millions of people is not just a sign of a few rich indulgences. There may be structural or chemical issues present that require a period of evaluation and abstinence. If you experience heartburn more than twice weekly, schedule an appointment with your doctor, and in the interim, utilize the suggestions herein to reduce its effects. As always, "Carpe Salutem"!

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EXP 6/15/16

Tips from Deputy Myers

The Internet, Smart Phones, and your teens...

By Deanna Myers



Lately, the internet and smart phones have become quite a hot

topic when dealing with young teens. Quite often as parents, we want to trust our children to make good decisions with the freedom we provide them with technology. But, the internet is a huge web of temptation for young minds. Especially when those young minds are flooded with encouragement from other young minds.

Keep in mind the smart phone you hand over to your child is the property of the person providing it (MEANING THE PARENT). You have every right to know all applications that are on the phone, and all pass-

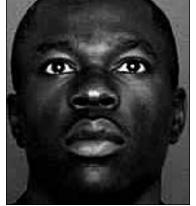
words to access the information stored on the phone. Despite what your child may tell you, this is NOT an invasion of their privacy it is specifically to keep your children safe from potential predators that flood the internet and social media. It is incredibly important for parents to be up to date on the latest and greatest trends when it comes to technology. There are new applications created almost daily that assist with the concealment of information on cell phones.

Don't be afraid to have the conversation with your child about appropriate vs. inappropriate material on the internet. Don't be the parent that gets caught off guard when approached by a school official or law enforcement officer when it is found out that your child has been involved in inappropriate sharing of cyber material via social media or the internet. Let your child know the dangers of sending private/confidential information via Wi-Fi and the internet. They need to know once

its sent its out there for anyone to grab a hold of and use. Just because it was only meant for one person, and they trust that person to delete the material, it could have been sent to ten others (or more) prior to being deleted. Also keep in mind, just because it was deleted off of a device does not mean it cannot be retrieved via electronic clouds and Wi-Fi. All in all, just keep open communication and educate yourself about the recent trends in technology.

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. ■





From Left to Right: Ryan Filkins, Aaron Allen, and Robert Filkins



PHOTOS COURTESY: RCSD

Crime Recap

STAFF REPORTS

Inland Empire - The local Sheriff's Department has done a great job arresting several individuals for conducting crimes in and around our city. Here is a recap of the news releases that were released by the Riverside County Sheriff's Department and the Corona Police Department.

On **April 4**, three suspects were arrested for crimes related to the thefts, vandalism, and a strong-arm robbery in Eastvale. The Eastvale Police Department's Special Enforcement Team (SET) worked closely with the Jurupa Valley Station's crime analyst, patrol deputies, and the Jurupa Community Services District (JCSD) parks deputy to narrow down dates, times and locations of the crimes that have occurred since November 2015.

After an investigation was conducted, three suspects were identified and arrested. Ryan Filkins, 18 of Eastvale, was arrested for felony warrants and bringing a controlled substance into a jail. Robert Filkins, 18 of Eastvale, was arrested and booked for felony warrants. Aaron Allen, 23 of Eastvale, was arrested for felony warrants. Charges against all three suspects are being sought related to the thefts, reports of vandal-

ism, and a strong-arm robbery.

On **April 6**, at 1:38 a.m., Eastvale patrol officers responded to a residence located in 6700 block of Ruby Canyon Dr., Eastvale, regarding a missing juvenile. During this investigation, an extensive search of the area was conducted and officers were unable to locate the juvenile. At 7:30 a.m. on April 7, the juvenile was located at school in the city of Corona. The juvenile was in good health and unharmed. The juvenile was reunited with their family.

On April 20, Eastvale Police deployed extra traffic enforcement officers to stop distracted driving, thanks to funding provided by a grant from the California Office of Traffic Safety and through the National Highway Traffic Safety Administration. The results of this operation included: eleven drivers that were issued a citation for either talking or texting while driving, and two drivers that were cited for driving without a valid license.

On **April 20**, the Jurupa Valley Police Department conducted the same operation, which resulted in six drivers that were issued a citation for either talking or texting while driving, and three drivers that were cited for driving without a valid license.

The Riverside County Sheriff's Department has provided a

list of tips that can help you, your children, and your employees to stop talking or texting while driving. View the tips at http://www.riversidesheriff.org/press/jvs16-0420.asp

On April 29, two Corona residents were arrested by Postal Inspectors on federal conspiracy and mail theft-related offenses for a scheme that resulted in them using a counterfeit Postal Service key to access 300 mailboxes at a Corona apartment complex and steal mail. A third defendant is currently a fugitive being sought by federal authorities.

The two taken into custody on April 29 are Bernie Martinez, 23, and Kammi Leigh Vestesen, 24. The third defendant that is being sought by authorizes is Hector Mendez, 29, of Corona.

According to the indictment, Martinez and Vestesen entered the mail room of the Sierra Del Oro apartment complex on April 10 and used a counterfeit Postal Service key to open resident mailboxes. All three defendants allegedly went to the same mailroom on April 12, used the counterfeit key to open mailboxes, and left the premises with a trash bag full of mail. The indictment specifically charges all three defendants with conspiracy, mail theft and possession of a counterfeit United States Postal Service key.

Mail thefts in Eastvale

Mail from page 1

occurring.

"The United States Postal Inspection Service will continue to bring violators to justice to secure the integrity of the U.S. Mail," said Postal Inspector in Charge, Robert Wemyss in a statement. "Protecting the ability to use the mail in a safe and secure manner is at the core of the Postal Inspection Service's mission," he added.

"Mail theft and other property crimes are a rising problem and trend in this region," said Corona Police Department Chief of Police Michael Abel. "We take these matters seriously and truly appreciate the joint cooperation in this prosecution. It's important that we hold suspects such as these accountable for their actions."

Local Police has already arrested five individuals for mail theft this month (see the Crime Recaparticle on page 11). The Riverside County Sheriff's Department has also issued a news release with the following tips on how to protect your mail from thieves:

- Use the letter slots inside your post office for your mail or personally hand it to a letter carrier.
- Don't leave your mail in your mailbox overnight. Pick it up promptly after delivery. If you're expecting checks, credit cards or other negotiable items, ask a friend or neighbor you trust to retrieve your mail.
- If you don't receive a check or other valuable mail you're expecting, contact the issuing agency immediately, without delay.
- If you change your address, immediately notify your Post Office and anyone with whom you do business through the U.S. mail.
 - Don't send cash in the mail.
- Tell your Post Office when you'll be out of town, so they can hold your mail until you return.
- Report all suspected mail thefts to the Sheriff's Department and a Postal Inspector.
- Consider starting a neighborhood watch program. Exchanging work and vacation schedules with trusted neighbors and friends, you can watch each other's mailboxes (and homes).

 Consult with your local Postmaster for the most up-to-date regulations on mailboxes, including the availability of locked centralized or curbside mailboxes.

The Riverside County Sheriff's Department also reminds residents that if you witness a mail theft in progress, immediately contact the Riverside County Sheriff's Department at 951-776-1099 and report the incident. Afterwards, contact the Postal Inspectors at 877-876-2455.

In addition, if you are a victim of mail theft and your mailbox has been vandalized, the City of Eastvale is not one of the numbers you should call.

"The cluster mail boxes are not City property, nor do we pay for the repairs or maintenance," said Daniella Badaeu, Eastvale Public Information Officer. "They are the responsibility of the individual homeowner(s) and the

If you do not have a Home Owner's Association (HOA), you can also call the PMG Mailbox at (951) 288-3129 to repair or replace a mailbox. Some residents have even suggested to pitch in for a heavy duty mail box so it would be less likely for thieves to break into with pry bars or cutting tools.

Another resident suggested to ask PMG Mailbox to seal the outgoing mail slot to prevent thieves from stealing outgoing mail.

However, many residents are wondering why the U.S. Postal Service doesn't pay to replace the new mailbox. NBC News reported that the U.S. Postal Service says covering replacement costs is financially unfeasible because they are not tax-dollar supported. The Postal Service said they support themselves with what they sell, just like any other business.

Having your own individual mailbox is also not an option because the Postal Service recently "phased out individual mail delivery in new housing communities as part of ongoing budget cuts," according to NBC. "Doorstep delivery costs the USPS about \$353 per address each year, while delivery to [cluster mailboxes] costs about \$160 per address." ■



Eastvale Relay for Life: Hope Takes Fight

Relay from page 1

friends, business, and residents gathered at River Heights Intermediate where the American Cancer Society Relay For Life event kicked off at 9 a.m.

The opening ceremony began by the Presentation of Colors, then the National Anthem sung by Ashley Willowsby. Following was the welcome speech by Shawn Abramowitz and survivor speaker Mercy Campos. Then, Mayor Ike Bootsma and Lieutenant Scott Forbes said a few words.

The celebration continued with fun festivities throughout the day such as an egg toss, frozen t-shirt contest, and a luminaria ceremony, among others. The event ended at 9 p.m. with a closing ceremony of Spirit of Relay.

However, the highlight of the Relay for Life was when cancer survivors were asked to walk their lap. With excitement, friends, families, and Eastvale community members cheered on those affected by the disease.

Christi Camacho is only one of the many participants that attended the event alongside her biggest supporters: her family.

It's not only nice to have the



PHOTO BY: VALERIE GUTIERREZ

support from your loved ones but "it's [also] nice to have the support from the community," said Christi Camacho, an Eastvale resident.

Relay For Life is a life-changing event that gives the community the opportunity to celebrate the lives of people who have battle cancer.

Although there weren't a lot of supporters at this year's Eastvale Relay For Life, "It's [still a great event] and I wish more people came out," said Riverside resident, Michelle Huff.

According to cancer.org, each year, more than 4 million people in over 20 countries take part in this global phenomenon and raise much-need funds and awareness to save lives from cancer.

Relay For Life is the largest and most impactful fundraising event

to end cancer. With the support of all the participants, teams, and donations by the community, East-vale Relay for Life raised approximately \$14,089.57 by 10 teams that participated in the event.

The top two teams that raised the most donations were "Team Pirates 4 A Cause" that raised about \$10,175.00 and "Team Maria" that raised \$2,540.00.

Relay For Life is an event where the community comes together to fight back against the disease however, Huff said that many still don't "understand what we're trying to do."

Join Eastvale in next year's event, as they continue to show support by painting the community purple in order to fight against cancer. ■

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Make your backyard extreme

Backyard from page 1

ness so long is to treat people the way we would want ourselves to be treated," said James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience of getting things done correctly and creatively.

Extreme Backyard Designs can provide custom Barbeque islands, outdoor fireplaces, fire pit tables, spas, patio furni-

ture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60 Freeway and Vineyard, right

across from the newest Kaiser building.

"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at www. extremebackyarddesigns.com. See their ad on page 15. ■

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Is it Time to Take Action?

By Pastor Mark Lee

In the entertainment industry, the month of May marks the be-



ginning of the blockbuster movie sea-From now until the end of July, the film in-

dustry will be releasing some of their most highly-anticipated films of the year. Not surprisingly, the majority of these films are in the action genre. In fact, during the first few days of May, two of the most popular franchises will debut their newest offerings -Captain America: Civil War and X-Men: Apocalypse.

By definition, an action film is one in which a resourceful character successfully overcomes incredible odds, including horrible situations and villainous opponents. Their fast-paced plots and exciting stunts draw large audiences and make a lot of money. The popularity of this type of movie is not surprising. After all, who would pay to watch a movie about a man who just sits around and hopes that his problems will go away?

Much like action film heroes, we often find ourselves facing obstacles that are seemingly insurmountable. When our backs are up against the wall, the primary response should always be to turn to God. However, this isn't where our involvement ends. For

example: the unemployed don't just pray for God's provision, they also start applying for new jobs.

James 2:17 says, "In the same way, faith by itself, if not accompanied by action, is dead." We have all heard the popular saying, "God helps those who help themselves." While this is not entirely true (He does, after all, intervene when we are helpless), the truth is that we cannot expect God to provide for our every need as we sit idly by. Yes, we need to have faith that our Heavenly Father will take care of us. However, we also need to remember that faith often requires action.

VantagePoint Church meets at Roosevelt High School on Sundays at 9:00 and 11:00 a.m. ■

Credit Where Credit Is Due

By Pastor Ed Moreno

When it comes to the success-



experience in life, are we quick to give God the glory? Or do we seem naturally

give the credit to ourselves?

David went from being the youngest of eight brothers and a herder of sheep, to becoming a legendary warrior, a great leader, an accomplished musician, a prolific songwriter, and eventually King of the nation of Israel with a promise from God that David's lineage would be blessed.

But even with all this success and advancement in life, David refused to take the glory to his own soul (2 Samuel 7:18-22a). Instead he gave all the credit and glory to God. David called God great, not himself.

David knew that he was merely a sinful human; that ultimately the only reason he had gotten so far in life is because God willed, allowed, and enabled David to achieve all that he did.

Folks, it is God who gave us our intelligence, our talents, our gifts, our drive, our abilities, and the air we breathe that keeps us alive. Yes, we have been given free will to choose if we'll utilize and/or develop what God has given us, but it is still God who has given us all these things.

The Apostle Paul said to his first-century and twenty-first-century readers: "What are you so puffed up about? What do you have that God hasn't given you? And if all you have is from God, why act as though you are so great, and as though you have accomplished something on your own?" (1 Corinthians 4:7).

It's always important for us to maintain a modest opinion of ourselves. For again, only if God wills, allows, and/or enables us to achieve and succeed will we do so. To God be the glory. Like David, we know what we really are. So shouldn't we stand in awe and just be grateful that God chooses to work through us at all?

New Day Christian Church meets Sundays at 9:30 and 11 a.m. They are located at 7155 Hamner Avenue, at Schleisman Road. For more information, visit www.newdaycc.net. ■

Choose Love

By Pastor Robert Jewett

Take a moment and consider the topic of love. What thoughts



or memories stir in your mind? Many of our "experiences" with love have to do with emo-

tions. We even use the saying, "in love." when we describe an emotion we feel towards an individual. When this emotion fades, one might say that they "fell out of love." So what is love? Is it something that exists one day and then fades another day? Is

love (1 John 4:8). Since God is

love, we can learn the truth about love by looking at His example. Rather than love being based on emotion, God demonstrates love based upon a choice: "But God shows His love for us in that while we were still sinners, Christ died for us," (Rom. 5:8). There is no emotional high in demonstrating sacrificial love to undeserving people. As a matter of fact, it is absolutely sacrificial to demonstrate true love.

True love always has a cost. True love demands that we lay down our pride... our rights. True love requires forgiving others just as Christ has forgiven us (Col. 3:13). True love necessitates esnot an emotional reaction... it is a

choice. It is a choice to obey God and fulfill His law of love: "Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. For the commandments, 'You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet,' and any other commandment, are summed up in this word: 'You shall love your neighbor as yourself.' Love does no wrong to a neighbor; therefore love is the fulfilling of the law" (Rom. 13:8-10).

Choose love!

Lakeshore City Church meets Sundays at 10:00 a.m. at Circle City Center (formerly Fender lakeshorecitychurch.com. ■

it dependent on emotions? teeming others higher than our-Museum), 365 N. Main St. in Co-The Bible says that God is selves (Phil. 2:3-4). True love is rona. For more information, visit

Heavenly Interruptions

By Pastor Dennis Morales

"We can make our plans, but the LORD determines our steps."



Proverbs 16:9 (NLT)

"Sticky notes" are my friend. I have lists of "things to do"

for almost everything. Sometimes I can get a little carried away, but I consider myself a planner. I once planned out our whole vacation and took my lists of things to do for everyday. Let's say it was short lived. There was a time when no one could get between me and my schedule. When it was interfered with, I felt

like the wheels fell off my day.

How do you go about your plans? How do you handle interruptions? We have vacation plans, weekend plans, a retirement plan, plans for school, and the list goes on. There's nothing wrong with making plans but Proverbs says no matter what plans you may make, God decides where those plans will lead us. We can plan the day as usual, but expect some Heavenly interruption. These interruptions come in all shapes and sizes. They can come in the form of a son or daughter seeking direction, a spouse seeking your attention, a neighbor in need, or need I say (parents) "urgent care." We can make all the plans

we want to make, but we better figure God in there somewhere.

God has a way of editing our schedule at times. Without God in your plans, you're going to feel real lost; your life is going to feel empty and meaningless. God has a plan for you. It involves a bright future and a hope (Jeremiah 29:11). Trust the Lord in your planning and you'll find He gives meaning, purpose, and life to your plans (Proverbs 3:5-6).

Calvary Chapel 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. ■

Fifty Years Faithful

BY PASTOR ROB NORRIS

"For love is as strong as death." - Song of Solomon 8:6



Only 10 months into their marriage, during an otherwise calm Sunday

drive to church one July morning, a young Navy couple's car was broadsided by a streaking ambulance racing through an intersection. The driver of the car, R. L. Alford, sustained some minor injuries. His wife, Hilda, was thrown from the vehicle, suffering a massive head injury that left her not only a quadriplegic, but also legally blind and unable to speak.

That was 50 years ago—50 years of communicating with his wife through little more than the nods of her head. Fifty years of pushing her wheelchair or (his preferred way) carrying her in his arms. Fifty years of emptying her urine pan and cleaning up her bowel movements. And in the last few years, even feeding her through a tracheal tube and learning how to insert her catheters.

Along the way, R. L.'s brand of marital loyalty has drawn some unexpected notice ("Undeserved," to hear him say it). When a longtime family friend spearheaded a drive in the mid-80s to raise funds

to build the Alfords a new home, help came from such high-ranking places as Florida governor Bob Martinez, who not only gave them a brand-new refrigerator but also spent a day working at the construction site. President Ronald Reagan sent a check for \$500, followed by another for \$1,000.

"When R. L. was asked to repeat the vow 'for better or worse," a neighbor said, "he heard it real loud. Medically, it's a miracle Hilda is still alive. But she's not alive because of all those doctors. She's alive because R. L. gave his life to her."

In September 2006, the Alfords celebrated their golden anniversary. Looking back, R. L. humbly remarked, "Sure, it's been rough in some ways. But it's been re-

Fifty years of being there. May all our promises to each other be that long lasting.

Live It! Talk about what you would do for one another if the unthinkable happened. Promise you'll be there, regardless.

Pray: While asking God for many more years together, pray it with a promise that you'll remain faithful no matter what those years entail.

The Crossings meets Sundays, 10 a.m., at River Heights Intermediate, 7227 Scholar Way, in Eastvale. For more information, visit atthecrossings.com.

Thanks Mom!

By Pastor Tim Eaton

How often have you heard that? Maybe not often enough. Even



when you have heard it, the thankfulness might not last long. even An worse reality

is that kids often say "Thanks Mom" sarcastically because they are not thankful at all. You might say that most of the time, being a mom is a thankless task. That's exactly why we have Mother's Day. It's not that we should say thank you only one day a year, but it's a reminder to give moms thanks all year long.

Don't worry. Wanting your children to say thank you isn't a selfish desire - It's a character building exercise for them. God Himself gives the command: "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you," (Exodus 20:12).

He even echo's your own statement: "I brought you into this world and I'll take you right back out of it." This is the only commandment with an "or else" clause. Obviously, He takes it very seriously and knows just how little thanks you can get.

So picture this: You've done something incredibly nice for your children, which they may not deserve, but they end up being jewels and thank you for it. How long do you have before they forget all about it? Does it have something

to do with how long they enjoy what you have done for them?

It sounds like you need a break. And the kids need a gift that will last. Why not bring them to Vacation Bible School at Edgewater? You will have five nights with three hours of free time, and you won't have to feed them! They will get to hear about Jesus who loves them and promises, "Surely I am with

you always, to the very end of the age," (Matthew 28:20). Join us for VBS June 6th-10th from 4:30 p.m. - 7:30 p.m. each day. Free dinner is included!

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

Prince Charming

BY MICHAEL ARMIJO

I thought it was a war movie, or maybe a history movie; the previews were very realistic. Children played ball while large planes flew overhead. The camera shot followed the bombs as they landed on the enormous ships. I could see the determined look in the crewman's eyes as he fired the machine guns at the planes in the sky above. It seemed like a pretty cool action movie, but I was taken by a deep surprise as a love story unfolded while watching, "Pearl Harbor."

Picture this: a young woman departs from a train, and you can't help but notice the beautiful glow on her face. She smiles, convincingly, and carries herself as though her life was like a child's dream. The gleam in her eye, the uncontrollable smile, the happy pitch in her voice – she is most definitely in love.

As she approaches a young man, he stands there, handsomely, in his striking uniform. With flowers in hand and hat in place, his love beams like a proud 10-year-old who has hit the winning home run. He obviously desires to be near her. He's in love; free from judgment, free from dysfunction. He stands there and confesses his love for her, and she believes him, because he means it. He means every syllable, every vowel, and every adjective that comes out of his mouth. He loves her as no other. He loves

her unconditionally.

When I saw the reflection of his heart on her face, when I saw her overcome with the power of emotion, I saw how she felt, and it came to me- it was obvious that she felt the way she did because he loved her, completely. He stood there in his fairytale book stance, and he proved he was, undeniably, the man of her dreams.

The look in her eyes, the love in her smile, was just captivating. It was right then that I knew he was responsible for her love, and I understood that as men, we are responsible for our partner's love. It's our responsibility to provide a strong, loving arena for the one we love, so they have no choice but to feel that life is like a Hollywood movie with a storybook ending. I also realized that it's been years since I've seen that movie-like emotion in a woman's smile. And something surprising came to me: I am no Prince Charming.

I wondered what it would be like to be someone who was capable of giving their heart to someone else, unconditionally, uncontrollably. I wondered what it would take to love someone and to feel free from fear, to give it all up, opening myself to possible pain.

I wanted to be like that actor. I wanted to be someone who was capable of all the emotion that comes with love. But more surprisingly, I wanted that stature in life, and not for me, but for my partner. I wanted to be-

come something that I currently was not, so that I could someday stand there like that actor did, at the train station, while my love's heart beamed with the desire to be with me. I wanted to be free from all of life's historical pains, egos, anger, frustration, and unhappiness, so that I could be responsible for her undying love. I wanted her to have this life because deep in my heart I know she deserves it. She deserves to feel the way that young woman did at the train station. She deserves every minute of that joy.

Yes, it was just a movie, but to me, today, it's real life. Because of a simple, believable moment manufactured by Hollywood, I will do all I can for the woman I love, the love that she deserves. I'm trying my best by forgiving past pain and experiences. I'm letting go of agony that bad love once provided. I'm leaving all the insecurities and the egos in the past. I will be giving her my heart. I'll hold her hand. I'll open her doors. And I'll be patient. I'll learn how to apologize more often. I'll be her friend, and I'll let her be my friend. I'll call her, sometimes just to tell her "hi," or "I love you," and I'll have no ulterior motive. I'll work so hard to earn her trust, to prove to her that I'm capable of loving. I'm learning how to love again.

And I know that a day will come when she'll smile brightly. She'll stand there, and her eyes will glisten with happiness. Her hand will clasp my own. Her hug will be trusting and convincing. She'll whisper in my ear that she loves me. And she will smile uncontrollably. Then I will know in my heart that that I've finally provided her with her fairytale, her movie-like love. And when that day comes I will be able to feel her heart from a million miles away, and I'll know that I'll finally, become what she deserves. Her Prince Charming. ■

Eastvale council report

Council from page 3

election. The question presented at the city council meeting was how the council would fill the vacant seat: by special election or by appointing someone to temporarily fill the vacancy. If the council were to hold a special election, the fiscal impact would cost them \$66,000. Ultimately, the council decided to appoint a council member who would fill Link's position until the November 2016 election.

Continuing with the meeting items, the council proposed no action on appointing someone to fill the vacancy in city committee groups. However, the council did motion the approval to sign a contract with Teaman, Ramirez & Smith Inc. for professional auditing services, and they also approved a funding agreement for the BE-YOND framework fund program, as well as authorizing City Manager Nissen to sign the documents necessary for funding.

To conclude the evening, Bootsma stated that he would be attending the next State of the City Meeting and both Rush and Lorimore stated that they would continue their involvement in the Riverside Transmit Meetings.

The second council meeting was held on **April 27**, which began with proclaiming May 5th as the National Day of Prayer in Eastvale. The day is supposed to bring people together and create unification through "the power of prayer."

After the proclamation, the Eastvale Community Foundation update included that the military banner program is still looking for more people to register for a military banner. Also mentioned was that the Community Foundation would be providing scholarships for ERHS students. City Manager, Michele Nissen, added that the scholarships, which are CDBG-funded, do include qualifications. These qualifications will soon be published on the city

wohoito

Then, the Public Safety Commission Update included a report on the events of their last meeting, where residents discussed the topic of the CCTV program. This program involves setting up cameras in neighborhoods.

Before moving on, Michele Nissen introduced the council to the City's newest Code Enforcement Officer, Vanessa Lopez, who has over 10 years of experience in Code Enforcement. Nissen also mentioned that she started as a police explorer at the age of 13. She has implemented several cleanup programs in the cities she has worked for, and at the moment, she is pursuing her Master's Degree in Criminal Justice.

Next, the student liaison update was presented by Julia Sung. Sung announced the Relay for Life Event on Saturday, April 30 at River Heights Intermediate. She also announced that ERHS choir teacher, Mrs. Mendoza, will be retiring this year and that her final event with ERHS will take place on May 13. May 19 will also be Senior Award Night, where "very important guests" will arrive. Lastly, June 1 will be the ERHS graduation date.

Moving forward with the meeting, item 8.1 was taken off the agenda. Therefore, the council first focused on the recommendation to approve Parcel Map No. 36487. The plan will include 205 acres that will be used to build two one-million square feet of logistic facilities, and the second phase will focus on the construction of a hospital, park, and retail center. The council motioned the approval. The next two items were also approved: an agreement with Minigar & Associates Inc. to work on a truck route study and the City renewing their contract with Calfire.

The last discussion was about the Mexican American Legal Defense and Educational Fund (MALDF) that is threatening litigation because the city's current at-large voting system violates California's Voting Act Rights. In response, the city was presented with the possibility of establishing a by-district election system for the final item of the night. This recommendation presented two possibilities: the city could either be divided into 5 single-member districts, where each council member will serve and represent those districts; or the council could choose to divide the city into 4 districts, where a Mayor, who was elected at large, could serve for a 2-4 year term. Criteria for this division require the districts to be divided equally, with no more than a 10% deviation between districts, and the districts should be large based on the location where the council member resides. The districts will have to be redrawn every 10 years. At a minimum, this will cost \$35,000 - 40,000. The council decided to divide the district into 5 sections. Read more about this decision in the article on page 1.

The meeting concluded after the city staff shared a few events they were looking forward to in the upcoming weeks.

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Social from page 1

robbery, mail thefts, and vandalism; Corona Police Department's K9 "Claud" received a bullet and stab protective vest; and two arrested for stealing mail in Corona.

Our most popular post on our Facebook page was a message from Mayor Ike Bootsma about a member of his family. He wrote a heartfelt message to the community regarding his granddaughter who had recently been arrested. He explained how his family was affected by

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the situation but ultimately, his granddaughter had made her own choices. Many residents commented to show their appreciation of his post and said that they related to his situation with their own children.

Don't miss out on these types of posts in the future. Follow us on our Facebook page (Facebook.com/EastvaleCommunityNews) in order to stay updated on what's happening in the community.

Every day, we post a variety of articles, meetings, city news releases, yard sales, and events. You can view the local yard sales on Thursdays and you can even post your own yard sale notice in the comments. Then on Fridays, you will be able to access our community calendar to see what events are happening over the weekend. We also post the online version of the Eastvale Community Newspaper for you to download, save, or print out.

Don't forget to follow us on Instagram at @EastvaleNews, and subscribe to our website at anapr. com for daily emails regarding our community! ■





/Eastvale CommunityNews

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