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Socially Speaking

BY SARAH SANCHEZ

Can you believe summer is here? Where did the time go? Find out what has been happening in the last month by following our Facebook page (Facebook.com/EastvaleCommunityNews) for news, meetings, city releases, yard sales and events! Last month's trending posts included: Richard "Dickie" Simmons was sworn in as the new-

see Social page 15

City Council

Eastvale City Council Report

BY EMILY AGUILAR

Eastvale - On the May 11 City Council meeting, the main discussion focused on districting. Residents stated that the city's at-large voting system violated the California Voting Rights Act and was thus unfair -- so much so that a lawsuit was threatened against the City. The council ultimately opted to adopt a by-district voting system. This means that residents will vote by district as opposed to voting at-large. In the next few weeks, the council will expect to partake in intense

see Council page 3



Empire Soccer Club Boys U15 Premier Team.

PHOTO BY: AUGGIE RODRIGUEZ

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Empire Soccer Club Athletes Selected For ODP

BY RACINE GUAJARDO

Eastvale - Six players from Empire Soccer Club Boys U15 Premier Team, three of whom are from Eastvale, were selected by So Cal Pro + Olympic Development Program (ODP) to participate

see Soccer page 12

Amazon Facility Coming To Eastvale

STAFF REPORTS

Eastvale - Amazon announced on May 25 that they will continue their expansion into the Eastvale and Tracy area by launching new fulfillment centers in both Eastvale and Tracy. In

which, will be creating more than 1,500 new full-time jobs. Vice President of Amazon's North America Operations, Akash Chauhan, stated "We are excited to continue our rapid growth in California in order to serve customers with superfast shipping

speeds and vast selection." The Mayor of Eastvale, Ike Bootsma, says "There are a lot of things that make a city great and a strong corporate partner is one of them." Bootsma also states, "We

see Amazon page 5

New Eastvale Councilman Appointed



PHOTO COURTESY: CITY OF EASTVALE

STAFF REPORTS

Eastvale - Richard "Dickie" Simmons was appointed as the newest Eastvale City Council member on May 11. After Council members interviewed 10 candidates in order to fill Councilman William "Bill" Link's vacant seat, Simmons was appointed with a 4-0 vote and was sworn in immediately at the meeting.

Simmons, 67, is a community activist and volunteer that served as a field deputy for the County of Los Angeles Board of Supervisors for 17 years. Simmons also served in the U.S. Marine Corps and with the Los Angeles Police Department. However, Dickie is well known for his presence in the Inland Empire. He moved to Eastvale in 2002 and was so

see Councilman page 12

Quarterly Town Hall Meeting

BY VALERIE GUTIERREZ

Eastvale - Eastvale's second Quarterly Town Hall meeting of 2016 was held on Tuesday, May 10, at Rosa Parks Elementary. The meeting was conducted to update the community on the latest news from various departments and organizations during the last couple of months.

Mayor Ike Bootsma updat-

see Meeting page 8

Our Featured Businesses

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STAFF REPORTS

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see Cabinets page 8

Farm Fresh Eggs At Voortman's Ranch

You will immediately notice a difference in cooking and baking

BY K.P. SANDER

Ontario - Voortman's Egg Ranch has been in the business of providing farm fresh eggs to friends and visitors to the local area for over 60 years. Originally from

see Voortman's page 12



The Voortman Family circa 1956. Voortman's Egg Ranch is located at 13960 Grove Avenue in Ontario. You can reach them at (909) 465-1319. They are open Monday through Saturday, 8 a.m. to 5 p.m.



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PHOTO COURTESY: GOOGLE

Did You Know?

Boats, RVs and Recreational Vehicles

CITY OF EASTVALE

It's that time of year - summer fun and vacations are upon us! When preparing to use your boat, RV, trailer or other recreational vehicle(s), please keep in mind of the parking standards in the City of Eastvale and pay close attention to your street sweeping schedule as posted at the main entrance to each development.

According to **Municipal Code Section Sec. 120.05.080.** - Neighborhood preservation standards states the following: (2)(a-c) No vehicle shall be parked upon a public street for more than 72 consecutive hours within a radius of 500 yards and shall be subject to citation and/or removal by the city as provided for in state law; No person shall construct, repair, grease, lubricate or dismantle any vehicle, or any part thereof, upon a public street, sidewalk or right-of-way, except for temporary emergency purposes; No vehicle, such as a car, truck or motorized bike, shall be parked in any landscaped area.

Effective August 20, 2015, Eastvale City Council amended the above ordinance; increasing the number of hours that a recreational vehicle can be parked on a city highway from 48 hours to 72 hours. No recreational vehicles shall be parked in any front yard area of a property. No recreational vehicle, or any part thereof, shall encroach upon a public street, sidewalk or right-of-way. Recreational vehicles shall be allowed, if they are screened behind a fence or wall of at least five feet in height and parked in a garage, side yard or rear yard. A recreational vehicle may be parked in a public right-of-way or approved parking area for a period of not more than 72 hours twice a month for the purposes of loading or unloading said vehicle.

For more information on the Neighborhood Preservation Standards and parking, please visit the Municipal Code page on the City's website: <http://www.eastvaleca.gov/city-hall/office-of-the-city-clerk/municipal-code>

If you have additional Code Enforcement questions, please feel free to call the Code Enforcement Department at City Hall at (951) 361-2888 or email Code_Complaint@eastvaleca.gov. Residents can also report code violations via the E-Citizens app. For additional information please visit www.bitly.com/ECitizen.

The Planning Department: Creating A Beautiful City From The Dirt Up!

**BY MICHELE NISSEN,
CITY MANAGER**

The Eastvale Planning Department is often the first stop at City Hall for businesses or individuals who are proposing to build a new development, open a business, or expand an existing business. Working closely with other City departments, the Planning Department works to implement the City Council's direction regarding the type and quality of development in Eastvale. It is the Planning Department's responsibility to ensure that the City is built in a way that maintains and enhances the quality of life that Eastvale residents' value.

Planning provides staff support to the City Council and Planning Commission, and coordinates the environmental analysis of proposed public and private projects. Planning ensures that the City remains up-to-date with regard to state and federal mandates for planning and environmental analy-

sis, zoning, land use, and works with the City Attorney to keep abreast of changes in laws and regulations that affect the City's planning operations.

Planning also works closely with the development community and the public, helping to shepherd projects through the approval process. Planners are available at City Hall to answer questions and meet with the public. Due to the busy schedule at City Hall, appointments are recommended. If a customer comes into City Hall and a planner is not available in person, there is a "Virtual Planner" available for a face to face experience through FaceTime on an iPad at the front counter.

The City of Eastvale utilizes contract staff of Michael Baker International to provide planning services. In addition to a core team of Eastvale planners, Michael Baker Int. brings the expertise of more than one hundred other professionals skilled in a broad range of specialized areas including engineering



PHOTO COURTESY: CITY OF EASTVALE

consulting, systems integration, intelligence solutions, security management, and housing to fiscal analysis.

Should you have any questions or comments, City Hall may be reached at Hall (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.Eastvale-CA.gov to stay abreast of the latest news and more.

Eastvale city council report

Council from page 1

discussions about organizing these new districts.

While the council looks forward to these discussions, they were first presented with some calming topics. A few hours prior to the meeting, the council elected Richard Simmons as the new council member who will temporarily fill in Bill Link's vacancy. This decision made the meeting begin late, but the council immediately went into discussion.

Lea Patterson from the Southern California Gas Company shared a PowerPoint presentation outlining the city's pipeline project. Construction will be taking place in June on Citrus and Harrison. Following the presentation, Mayor Bootsma took a moment to make two proclamations: the first was presented to Dr. Aimee French from the American Lung Association in California Inland Counties in order to recognize the week of May 11th as Women's Lung Health Week; the second proclamation recognized May as Mental Health Awareness Month.

The council then opened the floor to the Public Commentary portion of the meeting, and was met with four concerned Eastvale residents who were displeased with their neighborhoods. The first to express his anger was Andres Carrillo, who explained that an individual was living in an unoccupied location in his neighborhood. Another resident having issues with her neighborhood was Cindy Quach, who is allegedly being verbally harassed by one


of her neighbors. Another resident named Isabel Hernandez testified in defense of Quach's statements, and further asked the council to look into the case Quach had presented. The council assured that they would find a way to help Quach. While not necessarily a problem in her neighborhood, Amiro Alvara expressed opposition against the new districting method the council had to adopt, but unfortunately, the council explained that they could not do anything to change the decision.

All items on the consent calendar were motioned. Before the council could get to the

heart of the meeting, they decided to first discuss item 8.2, which dealt with changing the city's investment policy plan. The changes would include increasing the city's allocations, align investments with California Government Code 53601, and add a 5% issuer limit for any non-government issuers. After making a motion to accept the new policy plan, the council finally moved to the main discussion of the night: the districting plan.

This discussion was set to be split into two, the first

see Council page 14



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• Inspect emission control system • Inspect exhaust pipes and muffler
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SA Regional Hospital Offers New Hope To Cardiac Patients

By SARH

Upland – The Heart Center at San Antonio Regional Hospital is now offering a promising alternative for patients with aortic valve stenosis who may not be candidates for traditional valve replacement surgery.

Aortic valve stenosis is a narrowing of the heart's aortic valve. The valve acts in a way that is similar to an old camera shutter-with several pieces (leaflets) that open and close. When the heart contracts, the aortic valve opens to allow blood to flow through. When the heart relaxes, the valve closes to prevent blood from leaking back into the aorta. In some patients, the leaflets in the aortic valve become stiff, reducing their ability to fully open and close and allow normal blood flow. This causes the heart to work harder to push blood through the aortic valve to the rest of the body. Eventually, the heart becomes weaker, increasing the risk for heart failure.

TAVR (Transcatheter Aortic Valve Replacement) is considered a last option for patients who are elderly or have complicating medical issues which make open heart surgery too risky for traditional valve replacement. The San Antonio TAVR team includes cardiologists and cardiac surgeons who evaluate and manage these otherwise inoperable patients to determine whether they are candidates for TAVR. "After having good success in clinical trials on high risk patients, the TAVR procedure is now being used at select hospitals for high to moderate risk patients," states Hossein Dehghani, M.D., and Medical Director of San Antonio's Coronary Care Unit.

Performed under general anesthesia in the hospital's cardiac catheterization lab, TAVR is a less invasive procedure that allows physicians to perform the valve replacement through a small incision in the groin. The procedure requires a trained in-

terventional cardiologist and a cardiothoracic surgeon working side by side to deploy the valve in the correct position. An artificial valve is inserted through a large catheter threaded up to the heart guided by x-ray. Once in place, a balloon at the end of the catheter is inflated to prepare the faulty aortic valve for replacement with the new valve.

The first two patients to receive the TAVR procedure at San Antonio were both elderly males. Eighty-nine year-old Andres Lopez was a strong working man his entire life, and had beaten cancer and other health issues. He had no idea he even had a heart issue until a routine physical led to a diagnosis of severe aortic stenosis due to an undiagnosed cardiac murmur. While his symptoms had not yet appeared obvious, "Severe aortic stenosis is a very serious medical problem," explains Hossein Shayan, M.D., cardiothoracic surgeon. "Without aortic valve replacement, approximately 50% of the people who develop symptoms will succumb within an average of 2 years."

On the other end of the spectrum, eighty-one year-old Syed Shah had advanced symptoms. Along with chronic obstructive pulmonary disease (COPD) and dialysis for kidney issues, Mr. Shah also had a stent previously placed in his heart for a coronary blockage. Most days he was unable to even get out of bed because the moment he put his foot down he couldn't breathe due to the heart failure that had developed. Mr. Shah's quality of life had declined dramatically. "For patients who are elderly and have complicating medical issues, traditional aortic valve replacement through open heart surgery would be too risky," adds Dr. Dehghani. "TAVR is a life-saving procedure for them."

Recovery is minimal for most patients. Both Mr. Shah and Mr. Syed were released from San Antonio just a few days after the

procedure and are doing well. In fact, Mr. Shah noticed a difference almost immediately following the procedure.

"TAVR offers an opportunity for a better quality of life to patients with aortic stenosis who cannot undergo open heart surgery," states Nan Wang, M.D., Director of Cardiothoracic Surgery. "Many times these patients are older and frail, so providing TAVR to our community allows them to receive this advanced care closer to home, in an environment where they are more familiar. We are grateful to be able to offer this highly specialized procedure here."

Dr. Shayan, Dr. Dehghani, and Dr. Hammad Khan, also an interventional cardiologist, have already performed five TAVR procedures at San Antonio with good success. Several more are scheduled for upcoming months.

San Antonio Regional Hospital is in Upland, California. Have 271-beds, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women's health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The hospital is nearing completion of a major expansion project that will add a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion positions San Antonio as a hospital of the future, offering state-of-the-art healthcare services in a healing environment that is focused on the patient and their family. To learn more, visit www.sarh.org.

Amazon facility coming to Eastvale

Amazon from page 1

have seen Amazon's growth and impact in neighboring cities and the company's announcement is great news for our community. We are very excited about the local employment opportunities the Amazon facility will create and we welcome Amazon to the City of Eastvale."

Amazon will be employing hundreds of full-time associates at the Eastvale location, which include positions to pick, pack, and ship smaller customer items such

amazon.com®

as books, electronics and toys. As a full-time employee, Amazon will offer competitive hourly wages, comprehensive benefit packages including healthcare, 401(k), and company stock awards starting on day one. They offer maternity and parental leave benefits and access to innovative programs like Career Choice, which will pre-pay up to 95 percent of tuition

for courses related to in-demand fields, regardless of whether the skills are relevant to a career at Amazon.

For information on how to work at the Eastvale Amazon Center, you may visit: <http://search.amazon.com/delivers/jobs/job/eastvale/>.

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Adrian Prado looks up to Spider-Man, as he posed just like him.

PHOTO BY: SARAH SANCHEZ

Eastvale Elementary Carnival

By SARAH SANCHEZ

Eastvale - On May 13, Eastvale Elementary held a free community carnival in honor of their 10-year anniversary: their celebration of excellence. “We just wanted to celebrate with all our current students, our alumni, and have a big carnival for everyone,” said Emily Mitchell, 4th grade Eastvale Elementary School teacher and head of the Carnival Committee. “This was our first carnival ever,” added Mitchell. The carnival was an exciting event with booths, food trucks, vendors, and games. Each grade level had a booth of activities for the community to participate in, such as various games of basketball, a bean bag toss, and even an Angry Bird game. A DJ played music for the kids to dance to and the stu-

dents were even able to take pictures with Spider-Man and two Stormtroopers. Balloon animals were being made for kids to enjoy and Eastvale Elementary 3rd grade teacher, Lisa Hoffman, was seen face painting. Mitchell explained that Eastvale Elementary’s performing arts group showed a preview of their Jungle Book play at the carnival. Well-known Eastvale player, David Lee, and his band Minor Strut also performed at the carnival. In addition, there was a train available for community members to ride around the carnival. With all of the games and activities that took place at the carnival, Mitchell said it was all thanks to the volunteers and community members who made the event happen. “We have such a great community, they all came out to

help and [the carnival] turned out really awesome,” said Mitchell. “We had a great committee with Kathy, Liz Paskey, Lizette Sweaza, Teresa Cimino, and a bunch of people joining together to make this happen.” Congratulations on 10 years of excellence Eastvale Elementary!



PHOTO COURTESY: SARAH SANCHEZ
Face painting Zoe Pineda. Eastvale Elementary 3rd grade teacher, Lisa Hoffman, face paints

ERHS Teacher Surprised

STAFF REPORTS

Eastvale - An Eleanor Roosevelt High School teacher was recently surprised after being recognized as a 2017 Riverside County Teacher of the Year. Amanda Sandoval, an ERHS U.S. history teacher, was taken by surprise last month when she walked into the Mustang theater filled with balloons, hundreds of cheering students, colleagues, family members, and District representatives. She was given flowers and the Riverside County Office of Education Superintendent, Mr. Kenneth Young, announced that she was selected as one of the 2017 Riverside County Teachers of the Year.

Superintendent Young also shared student feedback from Sandoval’s application process that revealed how one of her students expressed a desire to become a history teacher like her. “There is no greater honor you can give a teacher,” Superintendent Young said. Following the surprise, Sandoval shared: “I love my co-workers and my principal. It’s easy to be good at the job with so much support.” Sandoval has taught U.S. history at Eleanor Roosevelt High School since first becoming a teacher in 2007. “She creates



PHOTO COURTESY: CNUSD
ERHS teacher, Amanda Sandoval, was surprised when she found out she became a 2017 Riverside County Teacher of the Year.

opportunities for her students to engage with history in their own community, is a sought-after presenter on topics related to English language learners and technology, and has been described as having ‘an unquenchable thirst to maximize her instruction,’” said a CNUSD news release. Ms. Sandoval’s approach to helping students understand history includes assigning projects that propel her students into historical moments in time so they can envision history happening as if they were an actual character in the story. Not only does Ms. Sandoval

promote positive praise and digital literacy in her classes, she shares her social studies lessons online with other teachers and regularly receives feedback from teachers around the country who are successfully utilizing her ideas in their classrooms, according to CNUSD. She earned a bachelor’s degree from California State Polytechnic University, Pomona, and is a resident of Corona. “Congratulations Mrs. Sandoval! Your passion, vision, and hard work leaves a lasting impact in the lives of our students!” stated a CNUSD post.



PHOTO BY: Z

On May 25, Aisha Randhawa of Garretson Elementary School had officially started to par take in The National Spelling Bee in Washington D.C. She made it to the final round, being one of the top 45 spellers around the nation. CNUSD is incredibly proud of her for making it that far!



PHOTO COURTESY: CNUSD

8th grade history students from Norco Intermediate have built a Norco History Museum. These students have worked hard on finding extensive research, and used their creativity. The museum is sure to have a lasting impact for not only the students, but the entire Norco community.

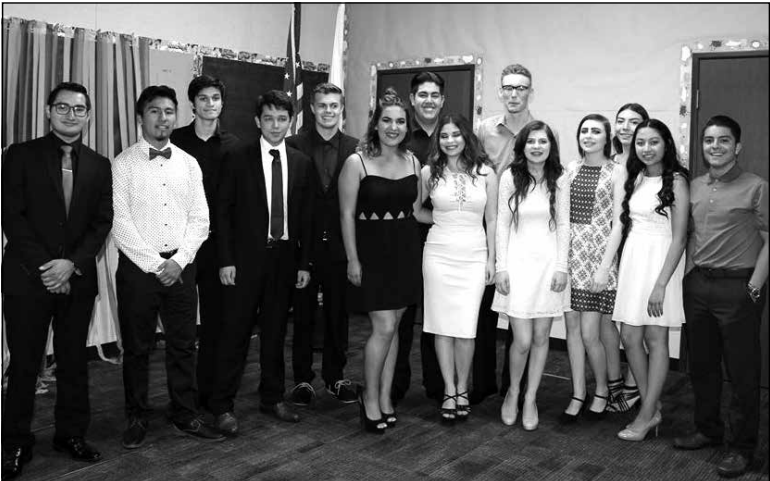


PHOTO COURTESY: CNUSD

CNUSD celebrated on May 24 that fourteen students graduating from Roosevelt High School had reached their goal of becoming bilingual, biliterate and bicultural! Congratulations to the Dual Language Immersion Program Class of 2016!

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Nominate An EV Community Hero

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STAFF REPORTS

Eastvale - If you know a hero within the community, nominate them to be recognized as the Eastvale Community Hero!

There are two categories for nominations. The first category is for adults and the second category is for youth under the age of 18. The Los Angeles County Fair is accepting nominations through July 1st for the award. The selected Community Heroes will be honored at Eastvale Day at the Los Angeles County Fair on Saturday, September 10.

You can download the 2016 Community Hero nomination form by visiting <http://www.eastvaleca.gov/home/showdocument?id=4889>. The form, once complete, should be mailed directly to the Fair at the following address – L.A. County Fair, Attn: Shanell Fuquay, 1101 West McKinley Avenue, Pomona, CA 91748, faxed to (909) 629-2067, or emailed to fuquay@fairplex.com. If you have any questions, please contact the Community Relations Division at (909) 364-2618.

For additional information about Eastvale Day at the Fair, please visit: <http://bit.ly/EastvaleDay2016>.

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Chair Volleyball At Senior Center

STAFF REPORTS

Norco - The Rose M. Eldridge Senior Center will host Chair Volleyball, on Wednesdays, beginning June 1, 2016, Noon to 1:45pm. Chair Volleyball is played with a beach ball and is

great for all ages, but practically perfect for seniors! FREE for ages 50 and better!

Using badminton net, and a beach ball, this lively game is growing in the Southern California area. Come and be part of this fun fitness trend. It's a great

way to get some exercise!

Come by the Rose N. Eldridge Senior Center at 2690 Clark Ave. Norco, CA. 92860 and give it a try! For ages 50 and better! A minimum of 6-10 players are needed.

For more information, please call (951) 270-5647.

Quarterly Town Hall meeting

Meeting from page 1

ed residents on the upcoming events taking place in the City of Eastvale.

Bootsma said the city has launched their E-Citizen App in partnership with Jurupa Community Services District (JCSD). This free App allows residents to report non-emergency issues such as graffiti, pot-holes, sewer leaks, landscape and water waste.

Mayor Bootsma continues to urge residents to stay informed of all the latest Eastvale news, agendas, events, and more by signing up for e-notification at www.Eastvale.ca.gov.

Bootsma announced that several new businesses have recently opened. At the Eastvale Gateway Center, Pacific Fish Grill restaurant, Juice It Up!, and Panera Bread have opened. Prestige Preschool has opened at the Marketplace at the Enclave and Tea Plus has opened at Corona Valley Marketplace.

After Bootsma's announcements, City Manager Michele Nissen announced Vanessa Lopez as the newest Code Enforcement Officer for the City of Eastvale.

Officer Lopez has over 10 years of experience in the field working for the City of Gardena and Carson. Lopez' duties include implementing programs such as rental inspection program, housing development and CDBG Funding. Lopez started working for the City of Eastvale on April 18.

Also mentioned was how the Riverside County Sheriff's Department has been staying busy these past couple of months. Captain Jason Horton, said that

mail theft have significantly decreased the last several months after a key arrest on an individual that was connected to several mail thefts throughout the region, including Eastvale. Captain Horton also gave a warm recognition to the long time serving volunteers for the community of Eastvale who are eyes and ears for the deputy's.

These community volunteers, "have collectively served thousands of volunteer hours [patrolling the community] you live in," said Horton.

Traffic issues within the city are of concerning matter for residents living in Eastvale. Horton stated, "know that the police department is doing everything they can to help compact traffic issues and [educate residents]." The police department is working alongside all the schools and principals of the city to get updates on how they can help improve traffic flow.

Next, Dawn Hook presented herself as the new Eastvale Community Foundation director and discussed the following events.

The annual "Picnic in the Park" will be one of the biggest events hosted by JCSD on June 24 to 26 at Harada Park. Picnic in the Park is a three-day celebration that welcomes a summer season of non-stop fun in Eastvale. The event will have lots of fun activities for the kids, such as: picnic games, contests, inflatables, carnival rides, bike valet, food, merchandise, and community group information booths. But, adults will also get a kick out of this event because this year, Picnic in the Park will be hosting another beer garden.

On June 24, the event will kick off at 5 p.m. followed with a con-

cert performance by Joshua Tree Band at 7 p.m. But it doesn't stop there because on June 25, the community is welcome to come from 2 p.m. to 11 p.m. They can also gather for a Fireworks show that will illuminate the sky at 9 p.m. To end the festivities, on June 26, a salsa making contest will take place from 3 p.m. to 10 p.m.

Next, JCSD addressed residents about a recent decision made by the JCSD Board to raise the residency requirement of group one league from 65 to 95 percent residency. Park manager, Rafael Gonzalez, explained that the south-west corner of Citrus Street and Hamner Avenue stands for Eastvale Community Park that will begin construction this summer. The updates to the park will consist of a softball complex, more fields, and additional turf field for soccer and football, so it can be a multi-use park. For more information about upcoming events and updates on construction plans, visit (www.parks.jcsd.us).

Lastly, Corona-Norco Unified School District (CNUSD) reported that the STEM School program will open this fall. The program will be focusing on Science, Technology, Engineering and Math. The two pathways that the program decided to take were the Health/Medical and Engineering path. The program will be looking for AP students but will be accessible for everyone else who desire to attend a four year college. STEM, AVID, and Puente are only one of the various programs that Roosevelt High School will be offering. A power point presentation was given to demonstrate how STEM will end up looking like. For more information and updates visit (www.cnusd.k12.ca.us/estem).

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Cabinets from page 1

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Ingredients

- Pork chops- 12 oz
- Russet Potatoes- 12 oz.
- Rosemary- ¼ oz.
- Chicken stock concentrate- 1
- Red Onion- 1
- Broccolini- 6oz.
- Milk- ¼ cup
- Flour- 1T
- Butter- 1T
- Olive Oil- 1T

Preparation

1. Boil the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Peel and dice the potatoes into ½-inch cubes. Place in a medium pot with a large pinch of salt and enough water to cover by 2 inches. Bring to a boil, and then reduce to a simmer for 10-12 minutes, until fork-tender. Drain and return to

the same pot.

2. Roast the broccolini: Toss the broccolini on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Place in the oven for about 15 minutes, tossing halfway through cooking, until golden brown.

3. Prep the remaining ingredients: Meanwhile, halve, peel, and thinly slice the onion. Strip the rosemary from the sprig and roughly chop the leaves.

4. Cook the pork chops: Heat a drizzle of olive oil in a large pan over medium-high heat. Season the pork chops on all sides with salt and pepper. Add the pork to the pan and cook for 2-3 minutes per side, until browned but not yet cooked to desired doneness. Transfer to the baking sheet in the oven to finish cooking for 5-7 minutes. Remove from the oven

see below for steps 5 and 6



Tips:



PHOTO COURTESY: GOOGLE

A Guide to Good Personal Hygiene

COURTESY OF
EVERYDAY HEALTH

Mom was right: Good personal hygiene is essential to promoting good health.

Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits. "Practicing good body hygiene helps you feel good about yourself, which is important for your mental health," notes Donald Novey, MD, an integrative medicine physician with the Advocate Medical Group in Park Ridge, Ill. People who have poor hygiene — disheveled hair and clothes, body odor, bad breath, missing teeth, and the like — often are seen as unhealthy and may face discrimination.

Personal Hygiene: Healthy Habits Include Good Grooming

If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal:

- **Bathe regularly.** Wash your body and your hair often. "I'm not saying that you need to shower or bathe every day," remarks Dr. Novey. "But you should clean your body and shampoo your hair at regular intervals that work for you." Your body is constantly shedding skin. Novey explains, "That skin needs to come off. Otherwise, it will cake up and can cause ill-

nesses."

- **Trim your nails.** Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete's foot, Novey says.

- **Brush and floss.** Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease, Novey says. Flossing, too, helps maintain strong, healthy gums. "The bacteria that builds up and causes gum disease can go straight to the heart and cause very serious valve problems," Novey explains. Unhealthy gums also can cause your teeth to loosen, which makes it difficult to chew and to eat properly, he adds. To maintain a healthy smile, visit the dentist at six-month intervals for checkups and cleanings.

- **Wash your hands.** Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses. Keep a hygiene product, like an alcohol-based sanitizing gel, handy for when soap and water isn't available.

- **Sleep tight.** Get plenty of rest — 8 to 10 hours a night — so that you are

refreshed and are ready to take on the day every morning. Lack of sleep can leave you feeling run down and can compromise your body's natural defenses, your immune system, Novey says.

Personal Hygiene: Poor Hygiene Hints at Other Issues

If someone you know hasn't bathed or appears unkempt, it could be a sign that he or she is depressed. "When people are sad or depressed, they neglect themselves," Novey says. Talking about the importance of proper personal hygiene for preventing illnesses and providing personal hygiene items may help some people. Be candid but sensitive and understanding in your discussions, Novey says. Despite your best efforts, your friend or loved one may need professional help. You should encourage them to see a counselor or doctor if their personal hygiene doesn't improve.

Personal Hygiene: Good Habits Help Keep You Healthy

For most people; good hygiene is so much a part of their daily routines that they think little about it. They bathe, they brush their teeth, visit the dentist and doctor for regular checkups, and wash their hands when preparing or eating food and handling unsanitary items. To keep those you care about healthy and safe, help them learn, and be sure that they are practicing, good personal hygiene.

Recipe continues here

to rest for 5 minutes before thinly slicing.

5. Make the onion gravy: Meanwhile, heat another drizzle of olive oil in the same pan over medium heat. Add the onions and half the rosemary to the pan and cook, tossing for 4-5 minutes, until softened. Add the butter to the pan and stir to melt. Sprinkle the flour over the onions while they cook, tossing for 1 minute.

Whisk ½ cup water and the stock concentrate into the pan. Bring to a boil, and then simmer on low heat until thickened, for 2-3 minutes. Season to taste with salt and pepper.

6. Mash the potatoes and serve: Meanwhile, reheat the potatoes in the pot over medium heat. Add ¼ cup milk and the remaining rosemary, then mash with a fork or potato masher until smooth. Season to taste with salt and pepper. Serve the pan seared pork



PHOTO COURTESY: HELLOFRESH.COM

chops on a bed of rosemary mashed potatoes, with the broccolini to the side. Drizzle the onion gravy over top. Enjoy!



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Tips from Deputy Myers

Summer travel safety

BY DEANNA MYERS



Can you believe summer is just about here? The year has flown by and

many of you are gearing up for a fun-filled couple of months of day trips and vacations. Summer is statistically higher in crime, all the more reason to be diligent in protecting your families and your property.

Take the few extra steps prior to leaving your residence and check the door locks, the garage door, the lights, your security cameras

and/or alarm systems. Make sure everything is in working order and protected to the best of your ability. Check in with your neighbors and let them know when you will be away so they can keep an eye out for suspicious people and/or vehicles near your home.

Also, don't forget about your furry four-legged family members in the summer months. If you must leave them outside, make sure they have plenty of shade and water. If they have the opportunity to be indoors while you are away, check to make sure doggie doors or other access points to your home are not able to be accessed by two-legged potential predators.

Lastly, take care of yourselves out there in the heat! Remember to

hydrate frequently. If you are feeling thirsty, you are already dehydrated! Use sunscreen and light fabric that allows your skin to breathe but still have protection from the intense UV rays. Ultimately, enjoy the longer days and extra time with your families! Be safe!!

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. ■

Crime Recap

STAFF REPORTS

Inland Empire - Ongoing operations have been conducted to ensure the safety of drivers and pedestrians to help prevent accidents. Here is a recap of the news releases from Riverside County's Sheriff's Department and Corona Police Department.

Norco - On **May 20**, Norco's Sheriff's officers conducted a Pedestrian Safety Enforcement Operation on Hamner Avenue and Second Street between the hours of 6 a.m. to 2 p.m. Officers paid special attention to drivers and pedestrians who sped, made illegal turns, failed to stop for signs and signals, failed to yield to pedestrians, and other violations. During the operation, a total of 67 citations were issued for the following: 38 for failing to stop at red light, 25 for failing to stop for pedestrian in crosswalk, 3 for distracted driving, and 1 misdemeanor warrant.

Corona - On **May 22**, the Corona Police Department responded to the 2000 block of Promenade Avenue of a vehicle versus a pe-

destrian traffic collision. At arrival, officers found a 15-year-old deceased body. Corona Police Department's Collision Reconstruction Team responded to handle the investigation. They believe the victim purposely entered the roadway. The driver involved was not injured or cited and the investigation remains active.

Jurupa Valley - On **May 23**, in Jurupa Valley, a fatal traffic collision occurred on Van Buren cross of Etiwanda. The driver was a 26-year-old male who was pronounced deceased at the scene. He was driving a Honda civic traveling south on Van Buren Boulevard, in which he veered off the roadway and struck a tree. Anyone with information is urged to contact Deputy Krusbe at the Jurupa Valley Station Traffic Department at (951) 955-2600.

Corona - On **May 28**, Corona Police Department and Corona Fire Department responded to the area of Hidden Valley East on the I-15 freeway for reports of a severe injury related traffic collision. A Ford Fusion driven by

Debbie Ward of Norco entered the roadway and in the path of two motorcyclists, which were Zachariah Macias, 24-years old of Norco, and Phillip Borja, 25-years old of Upland. Borja struck the driver's side and Macias took an evasive action to avoid colliding with the Ford Fusion, forcing him to drive eastbound in the west-bound lanes of travel on Hidden Valley. Both motorcyclists ended up striking a Volkswagon Beetle driven by Marissa Frantz of Corona. The second collision caused Borja's motorcycle and the Beetle to both catch fire. Both Macias and Borja were transported to Riverside Community Hospital for serious injuries. Macias was released from the hospital but Borja died at the hospital from the injuries he received. No arrests were made, and no one was cited. This collision is being further investigated by the Corona Police Department's Collision Response Team. Anyone with information is asked to contact Traffic Investigation Clark Eveland at (951) 817-5764 or email at clark.eveland@DiscoverCorona.com.

Night Time Click It Or Ticket Results

STAFF REPORTS

Eastvale - From May 23 to June 5, local law enforcement personnel participated in the national Click It or Ticket campaign in an effort to save lives through increased seat belt use. This education enforcement period comes ahead of the Memorial Day holiday, one of the busiest travel weekends of the year.

According to research conducted by the National Highway Traffic Safety Administration, while 88.5

percent of passenger vehicle occupants buckled up in 2015, almost 50 percent of occupants of fatal crashes nationwide are not restrained. In some states, the rate is as high as 70 percent unrestrained in fatal crashes. In California, more than a half million people travel our roadways at grave risk without proper restraints. These facts gravely highlight the need for increased education, awareness and enforcement and awareness of seat belt use.

In 2014, nearly half of the 21,022

passenger vehicle occupants killed in crashes nationally were unrestrained, according to NHTSA. During the nighttime hours of 6 p.m. to 5:59 a.m., that number increased to 57 percent of those killed. Law enforcement agencies wrote citations day and night as part of the Click It Or Ticket Campaign, with a zero-tolerance approach.

On June 4, 2016, officers with the Eastvale Traffic Division conducted a night time click it or ticket operation with the following results:

- 5 citations issued for drivers not wearing seatbelts
- 1 citation for child not properly restrained
- 8 citations for miscellaneous traffic violations

For more information on the Click It or Ticket campaign, please visit www.nhtsa.gov/clipot.

The checkpoint was funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, reminding everyone to 'Report Drunk Driver - Call 9-1-1'.

Update on Sleep Dentistry

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Empire Soccer Club athletes for ODP

Soccer from page 1

with their Soccer Association for Southern California.

These boys stood out and were chosen for ODP amongst their peers. The chosen boys include: Julian S. Duenas, Enzo Mauriz, Marco Hinojosa and the three athletes from Eastvale are: Alex Jacinto, Chris Niessen and Angel Benavides. Players at Empire SC must maintain a GPA of 3.0 or above in order to participate in the National Cup; they also volunteer in local events in the city of Eastvale.

Cal South Pro +is a California

public benefit corporation which is official in serving the youth and adult state soccer association of the United States Soccer Federation, the United States youth soccer, and the United States Adult soccer association. Pro + combines all current and future elite players under one structure. A comprehensive scouting system is placed to identify the athletes in a game-playing environment for identification. The only way a player is recommended for scouting is by Club Technical Directors, Club Directors of Coaching, club coaches, Regional staff coaches, national staff coaches, ODP scouts, or opposition club coaches.

Cal South does not accept a player recommendation through private trainers or parents.

The Director of Coaching, Augie Rodriguez, stated, "These young men all come from lower level teams. The team has won league cup, competed at the Premier Level and advanced to second round in National cup. These young men have achieved in a short time, what other athletes will not in their entire club career. I am extremely proud of their accomplishments on and off the field."

For updates on events and calendar, visit www.empiresoccerclub.org.

Farm fresh eggs at Voortman's

Voortman's from page 1

Bellflower, the Voortman family – who has always been in the egg ranching business – moved their operation to Ontario in 1951.

Voortman's has a small-town farm ambiance, with the latest in technology. Their happy chickens are enjoying their newly remodeled home; and their egg-processing machine can handle about 36,000 eggs per hour at its peak. If the average bird lays one egg about every 26 hours, that equals a lot of chickens at the Voortman ranch!

Did you know that you can tell how fresh an egg is by how high the yolk stands up in the frying pan after

you crack it? Voortman's will have your over-easies standing tall. Their fresh eggs are the highest in quality, with dark, nutrient-dense yolks. You will immediately notice a difference in your cooking and baking.

Have you ever wondered how long the eggs in the grocery stores have actually been sitting around? Despite the use-by date, there is really no way to know how long ago they were produced. With Voortman's, the eggs are selected daily, on site, and readied for you in their store.

Third-generation egg rancher, Eddie Voortman, says, "We are a local, family-owned business that provides fresh, quality products to the public."

Customers of Voortman's rave about their all natural, cage free eggs, touting the freshness, and great pricing. One customer said, "They make the fluffiest scrambled eggs!"

The eggs come in all sizes and colors, depending on your needs. Whatever you choose, you will not be disappointed.

Voortman's is centrally located just minutes from Chino at 13960 Grove Avenue in Ontario (just north of Edison). You can reach Voortman's at (909) 465-1319; and Like them on Facebook at <https://www.facebook.com/pages/Voortmans-Egg-Ranch>.

Stop by any time Monday through Saturday, 8 a.m. to 5 p.m.

New Eastvale councilman appointed

Councilman from page 1

active in the Eastvale community that he was well known as "Mr. Eastvale".

Simmons will serve on the City Council until this year's election on Nov. 8. "Then voters can choose a new city council member to serve the final two years of Bill's (Link) term," said Mayor Ike

Bootsma.

When Link moved out of the city and resigned in March, the Eastvale City Council opened up the "appointee process" in April. This is the third time in 5½ years that the council appointed 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 have taken place would be in August, so waiting for the general election in November seemed like a better idea.

All appointees were required to be registered voters living in Eastvale. Each candidate gave a two-minute statement and were asked predetermined questions.

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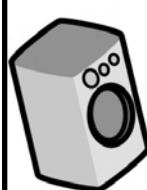
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Behind The Music

BY PASTOR TIM EATON



Pandora, Spotify, iTunes, XM-Radio... the list goes on and on. It looks like

we can't live without our music. Why is that? It seems we need a soundtrack for our lives.

Think about your playlists or "stations" on music services. Why do you need so many? We have playlists or stations for everything we do and every need: news, working out, date night, music to work by (I'm listening to my writing station as I type), music for relaxation, music for recreation; there is a genre for every activity. It points to the connection of music and emotion. In fact, music is a powerful way we both express and experience emotions.

Think back to your dating days.

Did you have a soundtrack for falling in love? You may even have, "Your Song," as a couple. Later there was the breakup mixtape. Finally, a good (and tired of your moping) friend would come over with the pull-yourself-together-and-get-back-to-life CD. Yes, music is a powerful part of experiencing life. It's even something we want to pass on to our children. Whether it's your native music, songs of faith, or just your favorite album from high school, we hope our children can appreciate it and make a musical connection across generations.

You probably already know how great and powerful music is, but have you considered the implications of these facts: Why is there music at all? Why does it have such a power to touch us? What evolutionary purpose does it serve? Music is a clue to the meaning, purpose, and direction of life and the entire world. It demonstrates to us the beauty of a world created by a loving and creative

God. It shows us that not only does God exist, but also that He is good! Just look at what an incredible gift he has given us. Psalm 96 inspires us, "Oh, sing to the Lord a new song! Sing to the Lord, all the earth. Sing to the Lord, bless His name; proclaim the good news of His salvation from day to day."

Growing up, some people referred to the music I liked as, "Devil Music." Well, if Satan has music, he had to borrow it and get the idea from God himself – sounds like a fail to me. If in fact God created music, then He has a copyright on all of it.

So we invite you to join us at Edgewater, each Sunday in June, as we discover the Godly joy and hope found in secular music. Visit our website at www.EdgewaterLutheran.org to see the set list.

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

Saved by Grace

BY PASTOR ED MORENO



I became a follower of Jesus when I was twenty-years old. I

had a lot of sins to be forgiven of – believe me!

Once I became a Christian, I

was determined to never sin again. But after thirteen years – in spite of my intense and relentless efforts to do otherwise – I still found myself committing big sins, little sins, medium sized sins, and I had sins that I gave way to time and again.

I was so upset with myself and so disappointed in myself; I really wondered how much more God was going to put up with before He not only cut me out of his service but out of his kingdom, as well.

I was at a real point of crisis in my soul. I remember being in the fetal position on my couch writhing in emotional pain and upheaval over my utter failure to achieve a sinless state of being.

It was in the midst of all this emotional agony over my ongoing sinful condition that I began to realize that God's grace is a continual gift that he gives to us if we are willing to avail ourselves to it; if we

repent day by day and just never stop pursuing the living of the life God called us to in Jesus Christ – knowing that we will never fully achieve it in this life, but that progressive transformation will occur over the years if we'll just trust in and rest in God's grace.

Folks, it was while lying on that couch, weeping before the Lord that I realized that I am saved by grace from Start to Finish, and that I was going to have to trust that God's grace is enough.

Listen, dear ones, you haven't gone too far – God's supply of grace has not been exhausted.

Have you ever taken note of the fact that **1 John 1:8** ("If we say we have no sin, we deceive ourselves and the truth is not in us") is written to Christians? That's right! It's written to Christians!

Now that you know that truth, know the truth of **1 John 1:9**, as well: "If we confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness." Believe it; accept it, and be cleansed. Amen.

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. ■

Doing Right In A Wrong World

BY PASTOR ROBERT JEWETT



Is it possible for a person to do what is right even if the example they grew up witnessing

was always wrong? Let's examine the life of Josiah to investigate this question. Josiah came from two generations of very wicked men. His grandfather, Manasseh, did more evil in the sight of the Lord than the pagan nations that God destroyed (2 Kings 21:9-10).

Manasseh even burned one of his sons as an offering to a pagan god (2 Kings 21:6). Josi-

ah's father, Amon, followed in his father Manasseh's footsteps. He abandoned the Lord and served the same idols that his father served (2 Kings 21:20-21). Josiah, however, even with the evil examples and influences of grandpa and dad, did was right in the eyes of the Lord.

If the wisdom of this world was correct, Josiah could not have escaped his horrible upbringing. He would have been a product of his environment and destined to do evil in the sight of the Lord. This view leaves no opportunities for hope. God, however, offers every person hope. Hope for freedom from sin (Rom 6:17-18); hope for a new start

and new identity (2 Cor 5:17); hope of eternal life (John 3:16); and hope to endure through all of life's difficulties (1 Cor 10:13, Rom 8:28-29). All one must do is repent and trust in Christ.

Instead of excusing sin based upon your circumstances, know that there is forgiveness and freedom from sin offered through Jesus. Rejoice in the fact that your fate is not in the hands of your circumstances, but in the hands of God.

Lakeshore City Church meets Sundays at 10:00 a.m. at Circle City Center (formerly Fender Museum), 365 N. Main St. in Corona. For more information, visit lakeshorecitychurch.com. ■

Learning To Love Yourself

BY PASTOR MARK LEE



This summer, many people will spend time visiting beaches,

lounging by the pool, and soaking up the sun with a good book in hand. While popular fiction and non-fiction titles are sure to be included on quite a few reading lists, statistics indicate that the majority of summer readers will be enjoying self-improvement books. In fact, self-help is a multi-billion dollar industry and has become the best-selling literary genre.

With titles such as "Love Yourself Like Your Life Depended on It" and "Knowing Your Worth," it would seem that self-loathing is as much of an epidemic, if not more so, than selfishness. The problem with having a negative view of oneself is that it can affect a variety of aspects of life. The choices you make and actions you take are all influenced by the way you feel about yourself.

Although everyone agrees that it is important to focus more on others, it is also important to remember that we are allowed to love ourselves. Taking care of our bodies, giving ourselves grace, and speaking kindly to ourselves is not a reflection of

selfishness. After all, when we care for our own mental, physical, and spiritual needs, we are better equipped to serve others.

The key to loving ourselves is to know where our value lies. Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Our worth should not come from the opinions of others, the size of our bank accounts, or the reflection in the mirror. Instead, it should come from the fact that God made us and He doesn't make junk.

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

Quality Time

BY PASTOR DENNIS MORALES



"And these words ... You shall teach them diligently to your children, and shall talk

of them when you sit in your house..." - Deuteronomy 6:6-7

Dad is on his phone checking the scores and Mom is cuddled

up with her tablet reading her favorite blogs or updating her status. The children can also be seen on their tablets playing their favorite games or watching movies. Unfortunately, this scene is a growing trend in our current family structure. Now I am all for technology, but sometimes it can blur the lines of responsibility for us as parents to schedule "quality time" with our kids.

The Bible is clear about paren-

tal responsibility to engage their children in deep heart-to-heart conversations about the Lord that impart more than facts, but teach solid wisdom. We can do things like "conversational walks" with our children or go on short drives to the store for "one on one" time. A characteristic of a strong family is that they spend quality time together. Our Heavenly Father exemplifies this to us in His desire to spend time with us (Exodus

Bouncing Ball

BY PASTOR ROB NORRIS

"I considered all my activities which my hands had done and the



labor which I had exerted, and behold all was vanity." - Ecclesiastes 2:11

I considered all my activities which my hands had done and the labor which I had exerted, and behold all was vanity. Ecclesiastes 2:11

There are seasons in life when our work requires more of us than it does at other times. For example, Tax season for the accountant and Christmas season for the retailer. Whatever your line of work, it likely has a natural rhythm that spikes at certain times.

But increasingly in our success-driven culture, busy seasons have run together into all seasons. We have allowed the pace to perpetuate itself, driving us at full throttle month after month, year after year. Things begin to come totally unraveled at home, in our marriage, in our relationship with our children. It can happen, seemingly, in a blink.

This reminds me of a commencement address attributed to Brian Dyson, who held several senior management positions with Coca-Cola during his long career. He told a class of Georgia Tech graduates, "Imagine life as a game in which you are juggling

five balls in the air: work, family, health, friends and spirit. You're keeping all of these in the air."

"You soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls are made of glass. If you drop one of these, it will be irrevocably scuffed, marked, nicked, damaged, or even shattered. It will never be the same."

You may not get as many pats on the back for being at home to dry the dishes or settle a disagreement or help a child study for a test. You may not receive the same sense of affirmation you feel from accomplishing a work goal or achieving recognition among your peers. But you will be living proof that winning at home first is the key to winning anything of value.

Marriages and families don't bounce. They shatter. For generations.

Live It. What is your "busy season"? What are the first signs that work is getting out of balance? How can you help each other handle those seasons that demand more of you than usual?

Pray. For the ability to juggle well ... and to know which balls can drop without causing major damage.

Join us for Kids Camp (VBS) June 26, 27 and 28 from 5 p.m. to 7:30 p.m. (Free dinner included).

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

29:43). Our children are a heritage from the Lord and "teachable moments" are all around us. If my son is scared, it's an opportunity to teach him about God's presence. Jesus did this when he taught His disciples through a storm. The Bible says to make the "best use of our time" (Ephesians 5:16) and to "make the most of every op-

portunity" (Colossians 4:5). Our opportunity is now to prepare our children to trust God in every situation. Time is a gift and it is short.

Calvary Chapel Eastvale meets Sundays, 10:30am, and Wednesdays, 7:00pm at Clara Barton Elementary School (7437 Corona Valley Ave, Eastvale). Visit their website at www.calvaryeastvale.org. ■

The Eye Of The Beholder

By MICHAEL ARMIJO

It was a warm yet windy day filled with strong sorrow. The air reflected a deep sense of respect as people gathered to say goodbye to a friend whose spirit had left the earth. As everyone gathered, the vibrant, wooden casket lay atop the ground as the family huddled closely around. The youngest, a young boy, gazed at the casket while tears flowed from his swollen eyes. He walked up and laid his cheek on the rigid, shiny, wooden box, as his white-gloved hands gently caressed the top of the last home his father's body would ever have. He laid gentle kisses on the top of the casket, as his unconditional love was reflected in front of all those who watched. A gentle whisper was heard a row back; "Did you see that? How sad."

When I heard those words, "how sad," I felt something deep inside that disagreed; something that didn't see the message of sadness when the boy showed his emotions. Instead, I saw an act of love. A love so strong, it displayed the true meaning of unconditional

love; something deep inside that didn't care if the world looked on or what people felt. This was a feeling of purity, of joy, and of strength.

I believe old proverbs and words of wisdom, and I believe we all see life in certain light, and sometimes, in certain darkness. I also believe that when we express the darkness, which surrounds our lives, it spreads like a contagious and cancerous disease. It attaches by simple contact, clings like a dependent child, while deteriorating in a short amount of time.

I've learned that opinions are only perceptions of a person's immediate thinking, and reflections of someone's inner self. What we see is usually what we feel, what we feel deep inside. Without realizing it, we express past experiences, deep histories, insecurities about our future, and we reflect the perception of our own lives.

I also believe that when we see life in its darkest hour, we have the opportunity to see life through the brightest light. For some, it's a short path traveled to a place inside that holds our mind hostage from our heart. For others, it's a level of con-

fidence that sits deep within that's been damaged by a careless act from an irresponsible adult.

I also believe that the true meaning of life can only be understood through beauty and joy that sits deep in our hearts. The vision of what will come can only be seen through the eyes of a believer of life. I feel the truest form of emotion can only be felt when a person can feel the presence of a higher power, a stronger entity, something or someone greater than themselves.

I understand that life is not always what it is expected to be. It changes moods like a spoiled child. But I also understand that life can be what we want it to be; all we have to do is apply our hearts in front of our minds. Following what we truly feel, not what we think we see, is the only way to put aside our petty angry thoughts and our insignificant bitterness. Because just as the young boy who helped bury his only father, the tears that flow from our swollen eyes are tears of love that can only be understood when beauty is in the eye of the beholder.



PHOTO COURTESY: BUSTLE.COM

Did You Know?

Women and Blood Clots: Know the Risk Factors

By STATEPOINT

Blood clots are dangerous. About 100,000 Americans die annually due to blood clots, which is more than those who die from AIDS, breast cancer, and automobile accidents combined. Women have different risk factors than men.

Pregnancy hormones, such as estrogen, cause women's bodies to produce extra clotting factor proteins, making pregnancy a major risk factor for life-threatening blood clots. Similarly, any birth control method or menopause therapy containing estrogen can pose a blood clot risk.

To reduce risk, the National Blood Clot Alliance (NBCA) of-

fers these tips:

- If you're pregnant, ask your doctor about your blood clot risk to determine if you need to be on blood thinning medication.
- If taking birth control, consider methods not associated with pregnancy hormones, including barrier methods, copper IUD and progestin-only pills, IUDs and implants.
- When managing menopause symptoms, consider non-estrogen and natural treatments that don't carry blood clot risks.

NBCA's experts urge women to know the signs of blood clots, which include swelling and pain in limbs, shortness of breath, chest pain and coughing up blood.

To learn more, visit WomenAndBloodClots.org.

Reducing your risk for blood clots is crucial, particularly when it comes to choices connected to pregnancy, family planning and menopause treatment.

Eastvale council report

Council from page 3

hearing being on that night and the second half was set to take place for the next meeting. Doug Johnson presented a PowerPoint that showed two sets of maps. The first one showed four different proposed maps that outline how each district would potentially look while another set showed five different maps. The second set would call for a single mayor at-large for all five districts. Johnson explained why each set met the necessary criteria for districting. After looking at the proposed maps, and hearing opposition and support from residents, the council discussed amongst them once more and decided to motion for five districts with one mayor at-large.

Going back to item 8.1, the council motioned to approve a Storm Drain tract on Archibald and Schleisman. The rest of the meeting consisted of talking about Richard Simmons as the new, but temporary, council member.

The second City Council meeting took place on **May 25**. At the beginning of the meeting, the council briefly re-introduced Richard Simmons, who would temporarily be replacing Bill Link until November. The council then plunged straight into the first order of business: the Public Safety Commission and Community Foundation update. To recap the Public Safety meet-

ing that takes place every other Tuesday, it was stated that the meeting focused on setting up e-watches around neighborhoods as well as setting up a parking permit block, which they will discuss in their meeting at a later date.

The Community Foundation also stated that they are hard at work with setting up military banners. The Foundation has been receiving so many applications for military banners that they asked Bootsma for permission to set the banners up on Schleisman. Bootsma stated that he would like to have that proposal as a topic at a future meeting. They also announced that they are looking for new members to join the Community Foundation.

The council then moved on to recognize a number of Eleanor Roosevelt HS (ERHS) students who had volunteered their time to the city. The council also awarded certificates of recognition to graduating ERHS Julia Sung for her position as the Student Liaison.

The newest Student Liaison is Sophomore Natalie Diaz. Her first school update was short, announcing that Ronald Reagan's first promoting class would graduate on June 24. She also announced that ERHS's graduation ceremony, which is expected to include 10,000 family members, will take place on June 1.

The public comment was short, but touching. The Troop 724 Girl Scouts presented two craft books compiled of thoughtful life lessons, which will be displayed at the Eastvale Public Library.

After all the items on the agenda were motioned, the council was once again able to focus on the districting topic that will be taking up a good portion of council discussions for the next few meetings. Once again, Doug Johnson was present to show the council a series of five maps that they can choose from. Johnson reminded the five members that they are to choose a map that balances the population in each district. A few city residents shared their opinion about the maps, with some of them stating that they were in support of the districting and others showing discontent with the new system. Nevertheless, the council decided to look more in detail at the maps and make a decision on which map they will chose next meeting.

Moving onto other topics, the council motioned to approve the new unclaimed money policy, which meant the city would have claimed any funds that remain unclaimed for over three years. They also approved a request to adopt a lighting and landscaping maintenance. Lastly, the council appointed Simmons to lead the Planning Commissions and Public Safety Commission team.

The council concluded their meeting with a few announcements from the staff. Michele Nissen mentioned the opening of the new Amazon fulfillment center. Amongst other topics were the council's plans for the upcoming weeks in regards to discussions about the city's future.



PHOTO COURTESY: HISTORY.COM

History 101

How did the tradition of kissing babies begin?

HISTORY.COM

Baby-kissing may be a campaign trail cliché—and a germaphobe's nightmare—but it's also a time-honored American political tradition. According to George W. Bush Presidential Library and Museum Director Alan Lowe, who researched the subject for the institution's new "Path to the Presidency" exhibit, the earliest recorded instance of a politician puckering up dates to 1833 when President Andrew Jackson toured New Jersey. As Jackson stopped to greet a mother and baby, the woman thrust her little boy into his arms. "Ah! There is a fine specimen of American childhood!" declared the president, who then passed the dirty-faced infant over to Secretary of War John Eaton for him to kiss.

While "Old Hickory" outsourced the job, his successor, Martin Van Buren, reportedly kissed quite a few babies, and the tradition took

off. Not all politicians, however, embraced baby-smooching. President Grover Cleveland, perhaps not wanting to remind voters of reports that he had sired an illegitimate child, flatly refused. In 1968, Richard Nixon declared, "I won't wear a silly hat, or kiss a lady or a baby." He told Life Magazine that he feared such "stunting" would make him "look like a jerk."

Lowe says that candidates engage in baby-kissing because it can help them connect with voters. "The campaign trail can be a rough-and-tumble place, and this shows a softer, gentler side of candidates," he says. "Voters want to elect someone who is a decent person, and this makes them more relatable."

That means engaging in an activity that's not the most hygienic. "As a mother," said 1984 vice presidential candidate Geraldine Ferraro, "my instinctive reaction is how do you give your baby to someone who's a total stranger to kiss, especially with so many colds going around?" Ferraro may not have understood the strange campaign ritual, but she kissed the babies nonetheless.

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EXP 7/15/16

Socially speaking

Social from page 1

est Eastvale City Council member; Eastvale's election system was changed after litigation threats; Corona Police were looking for an attempted murder suspect; and Coronita Elementary School was selected by Crayola and the National Association of Elementary School Principals (NAESP) to receive a "Cham-

pion Creatively Alive Children" school grant.

However, our most popular post was about the new Amazon facility that will be coming to Eastvale, creating 1,500 job opportunities. For more information about this new facility, read the article on page 1.

Our Facebook also features local yard sales on Thursdays, where you will be able to post your own yard sale notice in the comments. Then on Fridays, you will be able to access our community calendar to see what local 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!

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