

# City of Eastvale News.com

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## Here We Grow Again

Costco  
Coming In  
Fall 2017

## STAFF REPORTS

The City of Eastvale has been busy in the last 3 months! There are various businesses opening in the future and currently just opened. The latest plan, Costco has signed a Letter of Intent to build a site in the retail portion of the Goodman Commerce Center in Eastvale. They have

see Eastvale page 15

## City Council

City Council  
Recap

## BY TIANA GOEGEBUER

The August 10th, 2016 City Council Meeting was attended by Council members Clint Lormore, Adam Rush, and Richard (Dickie) Simmons, as well as Mayor Pro Tem Joseph Tessari and Mayor Ike Bootsma.

Natalie Diaz, the Student Liaison from Eleanor Roosevelt High School, kicked off the meeting by presenting her report to the Council. She discussed the quickly-approaching first day of school and back to school nights, as well as the progress of

see Council page 3



PHOTO COURTESY: MICHAEL ARMIJO

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Local Church  
Sponsors  
Family Night

BY MICHAEL ARMIJO

**Eastvale** – VantagePoint Church in Eastvale sponsored a family night last Sunday, September 4th, at the Eleanor Roosevelt High School campus. The evening, which was titled “Flicks and Food Trucks”, was a night for families to come out

see Family page 5

## Eastvale Holds Elections Nov 8

## STAFF REPORTS

**Eastvale** – As many have claimed they aren't going to vote in this November election due to the choice of candidates, the City of Eastvale will need you to go out and vote anyway, as three seats are up

on the City Council.

The City Council previously took action at the April 27, 2016 City Council meeting to initiate the process of converting to by-district voting for the November, 2016 election. The Council approved Resolution No. 16-09 initiating the by-district process,

and District 2 and 5 are for the full term of four-years and a Councilmember from District 1 for a partial term of two-years.

Districts 1, 2, and 5 are up for election and there are eight residents who are vying for those

see Elections page 12

## Main Push

## CITY OF EASTVALE

The following 91 freeway construction that happened in the month of August:

- Completion of New Eastbound 91 Lincoln Avenue Ramps
- Lane Shifts on 91 between the 15 and Maple Street
- Full Closure of Westbound 91 at Maple Street

- Closure and Demolition of Main Street Undercrossing between Ramps
- Opening of New Half of Maple Street Bridge

As part of the Riverside County Transportation Commission's (RCTC) 91 Project, a series of major milestones will be reached the weekend of August 26-29, 2016, keeping the project on track for opening new lanes in the first half of 2017.

With multiple construction activities scheduled on the 91 between Maple Street and I-15, motorists are advised to use alternate routes, such as the 60 or the 10, for east/west travel. Motorists also should allow extra travel time, carpool or use Metrolink, watch for changing conditions, follow detour routes, and check real-time

see Push page 12

see Signs page 8

## Our Featured Businesses

## Angiel Air: Customer Service Is Their Priority

## STAFF REPORTS

**Eastvale** – Summer may have officially come to an end, but the summer heat is lingering. Not only do you want to ensure that your air conditioning is running at peak performance, but it's also time to check your heater in preparation for the

see Angiel page 5



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## Did You Know?

### 10 Tips for Freshening Up Your Family's Routine

BY STATEPOINT

Running a household can be stressful, so finding a way to streamline your routine is a must. While you may have short-cuts and tricks already in place, stocking your home with the best supplies and most innovative products will help to make each day even easier.

How can you find the best products for your family? "Product of the Year," the world's largest consumer-voted award for product innovation backed by the votes of 40,000 consumers, is a great source for learning about great products introduced each year. The list of winners can serve as a helpful guide when navigating store aisles, and here are some of this year's highlights:

- Keep your car looking great for the daily commute with a multitasking cleaner. The Turtle Wax Dash & Glass, the Car Care category winner, uses a proprietary formula for streak-free cleaning of both dashboards and windows.

- Don't cover laundry odors, neutralize and prevent them. The new Downy Fresh Protect helps you get more out of each load by infusing fabrics with motion-activated technology to keep clothes smelling fresh no matter how active you and your family are each day.

- With the right tools, you can skip the prices and the lines of the salon. Buff away thick and stubborn skin, extending the life of pedicures with the Amope Pedi Perfect Extra Coarse Electronic Foot File with Diamond Crystals, which exfoliates to reveal beautiful feet.

- Pack a protein punch on the fly with a healthy grab-and-go snack. The Gold Emblem Abound Unsalted Pistachio & Almond Blend meets the American Heart Association's criteria for heart-healthy food and tastes delicious.

- Simplify family dinners on busy days with easy side dishes like Ore-Ida Bold & Crispy Fries. They are easy to prep and add great flavor to any meal.

- Pack an extra dose of nutrition into your dog's daily diet. The new Purina Beyond Purées are easy to serve with your dog's everyday food. Different varieties target a healthy immune system, digestive system or skin and coat.

- Maintain an active lifestyle each day. The Playtex Sport Collection, winner of the Feminine Care category, is designed to move with the body so women feel confident and protected while exercising and on-the-go.

- Want to indulge without the guilt? The Skinny Cow Dipped Ice Cream Bars fulfill ice cream cravings for only 190 calories each.

- Satisfy your family's sweet tooth with a new twist on a classic. The SweeTARTS Soft and

## Town Hall Meeting

BY TIANA GOEGEBUER

The August 2nd, 2016 Town Hall meeting was held at Rosa Parks Elementary school. The purpose of the meeting is to update the community on the latest news from various departments and organizations, as well as give residents an opportunity to ask questions of the aforementioned groups.

Mayor Ike Bootsma opened the meeting by discussing past events, upcoming events, and upcoming projects taking place in the city. He stated that the construction on the 200 acre Goodman Commerce Center "... is one of the largest mixed-use developments in Southern California." Amazon and the Volkswagen Group of America have both announced that they will be building a new Fulfillment Center and a training facility, respectively. The project is expected to employ over 4,000 people.

The Mayor then reflected on the recent Waste Clean Up event that took place at Eleanor Roosevelt High School. The event allowed residents to dispose of things such as electronics, mattresses, etc. with a total of 24.31 tons of waste being taken. Bootsma attributes a large amount of the success to the ERHS student

football volunteers who braved the heat for hours, stating: "I really cannot give enough credit to our teenagers who do so much for our city." The next Waste Clean Up event will take place on November 5th at Dr. Augustine Ramirez Intermediate.

Mayor Bootsma then moved to discussing the new Map for the district elections that was approved by the City Council. The change took place immediately "in preparation for the November 8th, 2016 general municipal and special elections." He then stated that the City Council nomination period is open and will conclude on Friday, August 12th 2016. The period is only open to registered voters in District's 1, 2, and 5.

Bootsma closed by mentioning the upcoming events in the community, such as JCSD's Concerts in the Park, National Night Out, a Moonlight Cinema event, and answered some questions posed by residents. For more information on the upcoming events, see the City of Eastvale's website.

Next, the Lieutenant Scott Forbes gave an update on behalf of the Eastvale Police Department. He started by thanking the volunteers that put in many hours to help keep the city safe. Next, he discussed the slight uptick of crime seen in the recent weeks,

which is not unusual in the summer months, the department's average response time, and the issue of mail theft in the city.

Rafael Gonzalez gave an update on JCSD and the Parks Department, stating that the Eastvale Community Park is now in phase 2 of development. Another representative from JCSD mentioned current and upcoming events, such as the Concert's in the Park, the Moonlight Cinema on August 13th, youth sports sign-ups, as well as a 5K and 10K on October 1st. Alison Loukeh, a Conservation Coordinator from JCSD, said that the biggest water usage problem in Eastvale stems from water run offs in the streets. She stated that a landscape class will be offered on September 17th, and that you can RSVP for it online.

Next, CNUSD Communications Director Evita Tapia Gonzalez stated that the school district is currently preparing to welcome back students for the 2016-2017 school year. She stated that the new STEM program is expected to fully open in either 2018 or 2019, and that a new elementary school is also coming to Eastvale in the next

see **Meeting** page 11

## City Council recap

### Council from page 1

the STEM program at ERHS.

In the Public Comment section of the meeting, a representative of Dr. Augustine Ramirez Intermediate School commented on the construction taking place near the campus. He expressed his appreciation to the city for doing a great job working with the schools and construction companies to make after school pick-ups as smooth as possible.

Both items on the Consent Calendar (6.1-6.2) were approved 5-0.

There were no Public Hearings, so the topic moved to 8.1. The Council discussed making recordings of each meeting available to the public via YouTube, Vimeo, or SoundCloud. Recordings of the meetings are currently available on the City website, but the new platform would allow listeners to toggle

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Visit [productoftheyearusa.com](http://productoftheyearusa.com) for more information about this year's winners.

When the going gets tough, seek out the supplies you need to make life easier. ■

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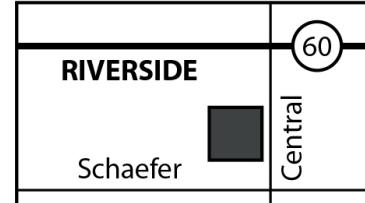


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# How You Can Benefit From SARH As An Orthopedic Patient

## STAFF REPORTS

**Upland** - San Antonio Regional Hospital has been selected by Blue Shield of California to participate in the Blue Distinction Specialty Program as the Blue Distinction Center for Knee and Hip Replacement. To be recognized by the Blue Distinction Center, healthcare facilities must showcase how they deliver improved patient safety and better health outcomes based on objective measures that were developed with input from the medical community. SA has demonstrated ex-

pertise in total knee and hip replacement surgeries, resulting in fewer patient complications and hospital readmissions.

The Joint Replacement Center at the Orthopedic Institute at SA offers patients a superior experience on many levels. The program not only incorporates best practices but also use a more streamlined, efficient approach to ensure the best outcome for an individual patient while minimizing the recovery time.

Two previous patients, Patricia Bain and Alfredo Robles both agreed in saying they feel

"restored" after having joint replacement surgeries that were performed by Jay Shah, MD, Orthopedic Surgeon. Patricia is a 59 year-old kindergarten teacher in the Chino Valley Unified School District, who had suffered for about 4 years with debilitating knee pain before she decided to have the knee replacement surgery. She states, "They prepared me really well. It's a night and day difference from before surgery. The pain is really gone." Before she had the actual procedure done, she also

see SARH page 15

# Tips From Deputy Myers

*How can I become more involved with my community and the Sheriff's Department?*

BY DEANNA MYERS



Did you know the Riverside County Sheriff's Department has numerous volunteers that assist the department with many different aspects of their day to day operations? It's true, and there are hundreds of volunteers department wide that are vital to assisting the department in various ways. Being the volunteer coordinator, as well as many other things, I get to see just how valuable the volunteers are to us every day!

I directly supervise the Explorers, Mounted Posse, and Citizen Volunteer Patrol.

Not everyone can be an Explorer (due to age restrictions), and not everyone can be a member of the volunteer Mounted Posse (due to not having a horse), but nearly anyone over the age of 18 can be a Citizen Volunteer. The Citizen Volunteer Patrol meets once a month (the fourth Wednesday of every month) at 630pm at the Jurupa Valley Station. They have the opportunity to work hand in hand with deputies on patrol, assist with major incidents, DUI checkpoints, provide an added level of eyes and ears on the streets, logistics, and assist with community events (just to name a few). The station Volunteer Citizen Patrol helps in the contract cities of Eastvale, Jurupa Valley, and the outer lying unincorpo-

rated county areas.

If this sounds like something that may interest you and you have the extra time, please come out to one of our meetings, learn about our program, meet some of our current volunteers, and possibly pick up a background packet to get started in something that can provide you with training and a sense of community.

*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 nine 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.*

# Angiel Air: customer service is their priority

**Angiel from page 1**

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See their ad on page 4. ■

# Local church sponsors Family Night

**Family from page 1**

and enjoy nine food trucks and a free movie playing on an inflatable movie screen set up in the schools amphitheatre.

The evening was also capped off with a visit from "Belle" of the "Beauty and the Beast," "Spiderman", and from one of the "Storm Troopers" from the "Star Wars" movie franchise. All characters are church goers who donated their time to ensure the kids had a great time during the night.

"We didn't want to be just another church. We wanted to be a missions outpost in the community," stated VantagePoint, via their website. "We are going to be an aggressive church that went after the lost, let down, and looking. We wanted to make the Inland Empire the hardest place in the world to go to hell. We wanted the people of our church to be living proof of a loving God."

VantagePoint periodically hosts community events welcoming every family from any denomination. The goal is to bring community together. Earlier this year Vantage Point hosted an Easter Egg hunt which brought out almost 5,000 people in attendance. They also host many other events during Halloween and Christmas, in addition to donations

to local charities and missions. They've had speakers come and share their story, such as Bethany Hamilton, the girl who lost her arm to a shark attack. A few years ago, before his death in July of 2014, VantagePoint hosted Louis Zamperini, the Olympic Gold Medalist who was caught and tortured in WWII. Another guest speaker was "Blair" from the 80's hit sitcom "The Facts of Life". The common element of these speakers was that they all were challenged within their life and through faith and God they survived and living examples of a loving God. If you would compare their backgrounds you will see the variety of their lives.

Vantage Point has purchased, and is in the process of paying off, 10.5 acres of land on Archibald Ave in Eastvale. Once they pay off the property, they will build a church and school complex to serve the needs of the community. For now, they meet each Sunday at 8, 9:30, and 11 am at Eleanor Roosevelt High in the theatre auditorium. Its located at the corner of Scholar Way and Citrus, one block west of Hamner. For more information about the church and the many free family events they hold, sign onto [www.vantagepointchurch.org](http://www.vantagepointchurch.org).

"Join us today in answering the call God has placed on our church," the site concludes. ■



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# Chronic Absenteeism Concentrated In 4% Of Districts

## BY ATTENDANCE WORKS

Nine out of 10 U.S. school districts experience some level of chronic absenteeism among students, but half of the nation's chronically absent students are concentrated in just 4 percent of its districts, according to a new analysis of federal data.

Preventing Missed Opportunity, released on Tuesday, September 6, by Attendance Works and the Everyone Graduates Center underscores how this often overlooked factor is dragging down achievement in communities everywhere – from sprawling suburban places where absenteeism can fester in the shadow of academic achievement to small rural communities where geography complicates getting to school. Disadvantaged urban neighborhoods are particularly hard hit, according to this study of the U.S. Department of Education's Civil Rights Data Collection.

"What's clear from our analysis is that chronic absenteeism follows poverty wherever it is found in significant concentrations," said Balfanz, a Johns Hopkins University researcher who leads the Everyone Graduates Center.

Many of the communities with the highest rates are economically, socially and racially isolated. An interactive data map shows the districts most affected.

"Chronic absence is one of the earliest signs that we are failing to provide an equal opportunity to learn," said Chang, executive director of Attendance Works and co-author of Preventing Missed Opportunity: Taking Collective Action to Confront Chronic Absence. "A day lost to school absenteeism is a day lost to learning."

The study, released in connection with Attendance Awareness Month in September, builds on June's first-ever release of chronic absence data in the 2013-14 Civil Rights Data Collection.

The data showed that 6.5 million students, or more than 13 percent nationwide, missed three or more weeks of school in excused or unexcused absences that year. That's enough

time to erode their achievement and threaten their chance of graduating. More than half of those chronically absent students are in elementary or middle school. Some gaps in the data suggest the numbers may be an undercount.

"Our analysis shows that large numbers of chronically absent students can be reached in a relatively small number of districts and schools," said Balfanz, co-author of the analysis. "This tells us we need to combine widespread awareness of the importance of addressing chronic absenteeism with high intensity, community wide, comprehensive efforts in the small number of highly impacted school districts. This is how we can make chronic absenteeism rare rather than common."

Further analysis of the data revealed:

- 89 percent of the nation's school districts report some level of chronic absence. This ranges from two chronically absent students in one district to 72,376 in another.\*

- Half the chronically absent students, however, are found in just 4 percent of the nation's school districts and 12 percent of its schools. These 654 districts are spread across 47 states and the District of Columbia.

- This trend of large numbers of chronically absent students affecting a handful of districts also holds true for states. In fact, 10 percent of the chronically absent students nationwide can be found in just 30 districts in two states with very large student populations, California and Texas.

- Some of the places with the largest numbers of chronically absent students are affluent, suburban districts known for academic achievement. For example, Montgomery County, Md., and Fairfax County, Va., two suburbs of Washington, D.C., each have more than 20,000 chronically absent students. While their rates are close to the national average, the large numbers reflect both the sheer size of the districts and their growing populations of low-income students.

- Districts serving disad-

vantaged urban neighborhoods have both high rates and high numbers of chronically absent students. Cities such as Baltimore, Philadelphia, Milwaukee, Cleveland and Detroit report that more than a third of students are chronically absent. The concentration of intergenerational poverty in these communities of color and the web of systemic challenges families encounter – not enough affordable housing, poor access to health care, absence of well-resourced schools, too much exposure to violence and environmental pollutants – all complicate school attendance. Punitive school discipline practices such as overuse of suspension also can contribute to absenteeism as well as to community distrust of schools.

- Many small, rural school districts have few students but extremely high rates of chronic absenteeism. Transportation and other challenges related to poverty can keep students from getting to school regularly in remote areas. For example, 31 percent of the 504 students in Arkansas' Bradford School District missed three or more weeks of school. So did 31 percent of the 2,752 students in Alabama's Colbert County School District. Washington state reports that 119 of its districts have rates of 30 percent or greater.

Given the scope of the problem, the study by Balfanz and Chang lays out key steps school districts and states can take to turn around attendance. State and local leaders need to know the size of their chronic absence problem to understand how to improve educational outcomes. Information about the concentration and the severity of absenteeism also sheds light on the intensity and nature of support required.

"Leaders can use chronic absence data to engage students, families, community organizations and government agencies in unpacking barriers to getting to school and crafting solutions," Chang said. "The federal Every Student Succeeds Act offers a critical opportunity for building chronic absence into the school accountability

systems used to measure progress and identify where additional support is needed to improve student performance."

Featuring success stories in communities such as San Francisco and Grand Rapids, Mich., as well as states like Arkansas and Connecticut, the brief shows chronic absence is a solvable problem. It also shares how communities are tackling chronic absence through efforts like the U.S. Department of Ed-

ucation's My Brother's Keeper Success Mentors initiative and Diplomas Now.

"The challenge and opportunity of improving attendance is to avoid making the all too common, incorrect assumption that chronically absent students and their parents simply do not care. Instead of blame, schools should use chronic absence as a trigger for collective, strategic, creative problem solving," Chang said. ■



PHOTO COURTESY: CNUSD

CNUSD welcomed their newest teachers!



PHOTO COURTESY: CNUSD

On August 10, the T-track students and staff started their first day of school! Teachers wished all the students, families, and staff a wonderful day and school year!!



PHOTO COURTESY: CNUSD

Roosevelt HS staff took advantage of a great day of team-building to give back to the community!

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## First Place Winner

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Justin Blue

August 25, 2016  
Atlantic City, NJ



PHOTO COURTESY: CNUSD

Roosevelt HS Senior, Justin Blue, is the 2016-17 STEM Robotics National Champion!! The STEM Robotics National Competition was held in Atlantic City, New Jersey, August 23rd-26th. Justin was named the champ for building and programming a Sumo Bot using basic stamp 2 coding.

# Water Pressure

## STAFF REPORTS

Not sure about the water pressure in your home? Please read some of the following tips:

### Troubleshooting Low Pressure

Most low water pressure problems originate inside the home. If you are experiencing low or reduced water pressure, please check these common culprits.

### Pressure Reducing Valve (PRV)

Most homes in this area have pressure reducing valves (PRV). These valves are usually installed to protect the household plumbing from high water pressure (80-170 psi), but some cities require them on all new construction.

The PRV is a fist-sized bell-shaped device with a screw sticking out of the top of the "bell." It's usually located near the household shut-off valve.

If you have a PRV and the pressure is low on all faucets, the PRV probably needs to be adjusted to allow for more pressure. Generally, adjusting the screw clockwise will increase pressure and counter-clock-

wise will decrease pressure.

#### Water Softener

Water softeners can cause a sudden change or decrease in water pressure. To check it, switch the water softener to bypass mode and see if pressure improves. You may also want to have the water softener serviced by a service technician, if you believe it's the cause of your low pressure.

#### Clogged Aerators

If you only have low pressure at one faucet, it may be a clogged aerator. Check the aerator screen for rust, debris, and other particles restricting flow. This most commonly occurs when water service is shut-off. Without pressure in the indoor plumbing system, mineral particles adhering to your pipes flake off and become trapped in the aerator filter.

#### Shut-off Valve

The shut-off valve shuts off water to the home. It's normally located where the water service pipe comes into the home. If this valve is partially closed, it will affect water pressure throughout the entire home. Check that the valve is completely open. ■

### Low Flow in Older Homes

Sometimes low flow masquerades as low pressure. What's the difference? Pressure is the degree to which the incoming water supply enters your home. Flow is the ease of the water traveling within your internal plumbing system.

A common problem in older homes (generally 50+ years and older) is a reduction of flow rate. Over time, mineral deposits and corrosion sediment accumulate on the interior of galvanized pipes. This decreases the diameter of the interior pipe, creating a more turbulent and restricted path for the water.

This internal build-up of minerals and corrosion does not pose a safety concern, but it does cause weaker flow. Indoor plumbing and the service line are owned by and the responsibility of the property owner.

If you want to improve your flow you may want to consult with a licensed plumber about replacing the service line and/or indoor plumbing. The cheaper alternative is switching to water-conserving fixtures (i.e. low-flow shower heads and faucet aerators) which may help. ■


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# Temporary signs in the public right of way

## Signs from page 1

Garage Sale signs or other temporary signs within the City of Eastvale. Temporary Signs in the Public Right of Way is defined as "any sign, including commercial, non-commercial or political sign displayed for a limited period of time."

1. Temporary signs may be

placed in the public right of way during the period beginning 4 p.m. Friday and ending 7 p.m. Sunday. Signs in place outside this period will be subject to removal.

2. Temporary Sign Size, Materials, and Maintenance Criteria. All temporary signs placed in the right of way must:

a) Be free-standing and securely mounted on a wooden or

metal stakes;

b) Be no higher than four (4) feet above grade;

c) Be no larger than six (6) square feet and no more than three (3) feet in either height or width;

d) Be constructed of substantial sturdy, durable and weather-proof material;

e) Be kept in good repair;

f) Be non-illuminated;

g) Include the contact name and phone number of the person responsible for the sign in a clearly legible manner, either on the front or back of the sign; and

h) Be located in a permitted location as defined in this Section 5.E. 3.

3. Sign Location. Temporary signs in the public right of way must be located at least 20 feet from the curved portion of the corner in order to maintain visibility for motorists, as shown in the illustration. In addition, the following apply:

a) Signs must be located at least two feet from the edge of a curb or sidewalk, or from the edge of the pavement if there is no curb or sidewalk.

b) Signs shall be installed so as not to damage plant materials, irrigation equipment or other public property.

c) Signs may not be placed on a sidewalk.

d) Signs may not be placed in a roadway median.

e) Signs may not be attached to utility poles, sign posts, fences, walls, or any other structure ■

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Ike Bootsma  
For Eastvale City Council**

**Community Leaders Support Ike Bootsma**

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**\*Riverside Sheriff Stan Sniff**  
**\*Assemblyman Eric Linder**  
**\*Eastvale Mayor Pro-Tem Joseph Tessari**  
**\*Corona-Norco School Board Member Bill Newberry**

**\*Eastvale City Council Members:**

- Dickie Simmons
- Adam Rush
- Clint Lorimore
- Corona Mayor Jason Scott
- Norco Mayor Kevin Bash

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# Competitive coverage to meet your family's needs

## Insured from page 1

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Rice provides Home Owners and Renters Insurance.

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where our State Farm Renters insurance comes into play," she adds.

More important than the care of your property is the care of your family. Along with Life Insurance, the Melanie Smith-Rice State Farm Office can provide various types of health insurance, including Long-Term Care should you become unable to care for yourself.

And for the business owner,

Smith-Rice says, "I understand the needs of a business owner like you. Together we can help protect your business and plan a roadmap for your financial future.

As if all this weren't enough, the Melanie Smith-Rice State Farm Office can provide you with financial services such as Mutual Funds, Annuities, and even Banking (yes, Banking!), including Bank Accounts, Cred-

it Cards, and Loans.

Don't wait another minute to help ensure your family's well being. Call the Melanie Smith-Rice State Farm Office today, and get peace of mind in return. A staff of professional experts is standing by at (951) 734-5290, or Toll-Free at (888) 734-5292. They are located at 2027 River Road in Norco, in the Stater Bros. shopping center at Second Street and River Road. ■

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# Healthy Living

## Tips:

**Nutrition Questions?**

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## “What are antioxidants and how do they help the body? Can I get them in my foods?

A Question from Tim of Palm Desert

By CLARK'S NUTRITION

The body's primary antioxidants are a group of substances including vitamins C and E, beta carotene and the mineral selenium. The sulfur amino acid called cysteine; lipoic acid and CoQ10 are also popular antioxidants. Other

plant, non-vitamin or mineral food antioxidants are called phytonutrients. Popular phytonutrients antioxidants such as lycopene (tomato), lutein (spinach and egg yolks), catechins (green tea, dates), anthocyanidins (berries), quercetin (apples, onions) make eating fruits and vegetables daily a must for good health. Vitamin E is found in foods that are high in polyunsaturated fats (although

most polyunsaturated fats are refined and there is a lack of vitamin E), such as nuts, seeds and whole grains. Vitamin C is found in fruits and vegetables that are fresh or frozen and not cooked. While phytonutrient antioxidants come from eating fruits and vegetables, the biggest thing to remember is antioxidants help each other. As an example, some antioxidants often have certain areas in

the body that they are more effective in helping to maintain good health, such as lutein (eyes). Large amounts of antioxidants are not as beneficial as smaller consistent amounts with a wide variety of antioxidants being the most advantages. To get a good array of antioxidants from foods, you will need to make sure that your diet includes a variety of fruits and vegetables on a daily basis.

The primary action of antioxidants is to reduce cell damage from what is known as free radicals. Free radicals are created when there is an unbalance of electrons on molecules such as oxygen. Normal metabolism of foods and exercise can produce indigenous (inside the body) free radicals. Free radical exposure also happens when we get sunlight (oxidizing radiation) and exposure

to environmental toxins such as smoke (cigarette directly or second hand) or smog (exogenous).

A lot of research has been done with antioxidants in relation to health and disease. Research shows that a lack of antioxidants from foods can lead to accelerated disease in some situations and is linked to chronic inflammation. (The Linus Pauling Institute of Medicine at Oregon State University is a primary research institute for micronutrients and human health). While food fortification was instilled circa 1940 to eliminate vitamin deficiencies, vitamin deficiencies are still prevalent (vitamin D, B-12, and calcium amongst the elderly). It is important to eat good quality whole foods and not rely on processed foods which are typically low in antioxidants and other nutrients, even when

fortified. Remember the body needs 45 micronutrients (vitamins and minerals) that are necessary for life and must be provided by the diet. Antioxidant supplementation has been shown in some circumstances to have good benefits (daily vitamin E 100-400 IU, vitamin C 250mg, beta carotene 6 mg and selenium 70-200mcg in supplemental form) have been shown to reduce age related eye disorders. Remember eating color is one way to ensure phytonutrients(s) consumption and is a foundation in any antioxidant plan.

Have a health related question?

Send us your question, your first and last name, and the city you live in to: [askclarks@clarksnutrition.com](mailto:askclarks@clarksnutrition.com)

Due to the number of responses, we will only be able to answer published questions. ■

## Recipes:

### Chicken Gyro Salad

With Tzatziki Dressing, Heirloom Tomatoes, and Cucumber

By HELLO FRESH

Bulgur wheat is a nutritious Middle Eastern grain we can't get enough of. It's tender, slightly chewy, and adds a hearty consistency to this pita-less gyro dinner. Our chefs chose chicken thighs because of their deeper, richer flavor — not to mention irresistible crispness. But feel free to trim off some of the fat before cooking if you'd like!

**Cooking Time:** 30 min.

**Servings:** 2

**Nutrition:** Calories: 520 cal, Fat: 15g, Sat. Fat: 3 g, Protein: 50g, Carbs: 57 g, Sugar: 13 g, Sodium: 348 mg, Fiber: 15 g

**Ingredients:**

- Chicken Thighs- 12 oz.
- Bulgur- ½ cup
- Heirloom Grape Tomatoes- 4oz.
- Romaine Lettuce- 1
- Garlic- 2 cloves
- Smoked Paprika- 1t
- Oregano- ¼ oz.
- Lemon- 1
- Persian Cucumbers- 2
- Green Olives- 1 oz.
- Greek Yogurt- 5.3 oz.
- Shallot- 1
- Olive Oil- 1T

**Preparation:**

**1. Prep and cook the bulgur:** Wash and dry all produce. Preheat the broiler (or grill) to high or oven to 500 degrees. Bring 1 cup water and a large pinch of salt to a boil in a small pot. Mince or grate the garlic. Zest and halve the lemon. Finely chop the oregano leaves. Add the bulgur to the boiling water, cover, and reduce to a low simmer for about 15 minutes, until tender. Remove from heat.

**2. Marinate the chicken:** Toss the chicken in a large bowl with the papri-



PHOTO COURTESY: HELLO FRESH

ka, a drizzle of olive oil, half the garlic, half the lemon zest, and half the oregano. Season generously with salt and pepper.

**3. Broil the chicken:** Place the chicken on a lightly oiled baking sheet. Place under the broiler for 12-15 minutes, until slightly charred and cooked through. Let rest 3-4 minutes. TIP: The chicken can also be cooked on a grill!

**4. Make the tzatziki dressing:** Grate 1 cucumber (about ¼ cup) with a box grater. In a small bowl, combine the grated cucumber, yogurt, a drizzle of olive oil, the remaining oregano and lemon zest, a squeeze of lemon juice, and a pinch of garlic (to taste). Season generously with salt and pepper. Thin to a pourable consistency with about 1 Tablespoon of water.

**5. Prep the remaining ingredients:** Thinly slice the romaine into ½-inch pieces. Halve the grape tomatoes. Halve, peel, and thinly slice the shallot. Thinly slice the remaining cucumber into rounds. Thinly slice the olives. Once rested, thinly slice the chicken.

**6. Finish:** Fluff the bulgur with a fork and season with salt and pepper. Plate the bulgur, then top with the lettuce, tomatoes, cucumber, olives, and shallot. Add the sliced chicken, drizzle on some tzatziki dressing, and enjoy! ■

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# Crime Recap

## STAFF REPORTS

**Eastvale** - The Riverside County Sheriff's Department including Eastvale Police, Corona Police Department and Chino Police Department, have done a great job combating crime in the area. Read a recap below to see what happened in the month of August.

**Norco** - On **August 15**, deputies responded to a vandalism that occurred in the 1100 block of Mountain Ave. The camera footage revealed a male suspect had damaged the building the night before during the time the business was closed. The suspect was identified as 59 year-old Norco resident Frank Portillo Mata, and was found nearby and arrested for felony vandalism.

**Corona** - On **August 16**, Corona PD responded to a hit and run that occurred on the intersection of W. Sixth Street and Lincoln Avenue. According to the investigation conducted, "the driver

failed to stop and continued traveling eastbound on Sixth Street from the scene of the collision. The suspect vehicle, described as a white truck or SUV, possibly sustained minor collision damage to the front bumper or hood, but at this time it is not certain."

**Norco** - On **August 16**, Norco Sheriff's responded to a bank robbery in the 2900 block of Hamner Ave. After the investigation conducted, it revealed a lone suspect entered the bank and presented the teller with a demand note. No injuries occurred, however the suspect was described as a white or Hispanic male adult between the ages of 20 and 25, last seen wearing black shorts, a black T-shirt and a grey baseball hat.

**Norco** - On **August 22**, Norco Sheriff's responded to a reference to theft at a business located in the 1600 block of Hamner Ave. The investigation revealed that a victim's purse and other property had been stolen. The

deputy was able to detain the two suspects without further incident and recovered the victim's property. The suspects were identified as 46 years old Trisha Gale and 58 years old Ralph Deangelo, both arrested for conspiracy and grand theft.

**Eastvale** - The Eastvale Police Department's Traffic Unit conducted a DUI/Drivers License Checkpoint on **August 27**. Results: 717 vehicles screened, 2 DUI-Alcohol suspects arrested, and 9 Driver's cited/ arrested for operating a vehicle unlicensed or while suspended/revoke.

**Jurupa Valley** - On **August 30**, Norco Sheriff's reported to a robbery at a business in the 2700 block of Hamner Ave. After the investigation, deputies learned a male suspect identified as Anthony Barajas, 18 years-old, had forcibly taken a female victim's property and fled in her vehicle. He was arrested for robbery and vehicle theft. ■

# Town Hall meeting

## Meeting from page 3

few years.

James Huffman and M. Visak from Animal Control presented information on the types of issues they have been taking care of, such as dogs returned to owners,

citations issued, and animal cruelty investigations. Visak warned that the new developments surrounding Eastvale have pushed some wild coyotes into our neighborhoods, so extra caution should be taken to "keep your pets safe." He mentioned that the Riverside County Department of Animal

Services offers low cost vaccinations and licensing for pets.

Lastly, Eastvale City Manager Michele Nissen mentioned that the city is currently in the process of obtaining 2 grants that would help to fund school safety, as well as a Cops grant for law enforcement services. ■

# City Council recap

## Recap from page 3

not a through street.

The meeting ended with closing statements by the Council members.

The **August 24th, 2016** City Council Meeting was attended by Council members Clint Lormore, Adam Rush, and Richard Simmons, as well as Mayor Pro Tem Joseph Tessari and Mayor Ike Bootsma. The invocation was led by Pastor Ed Moreno from New Day Christian Church.

The Public Safety Commission updated the Council on their upcoming projects, which included updates on grant status, construction progress, and a few of the items on their agenda for the coming month. Next, Student Liaison Natalie Diaz gave her report on the events taking place in the local schools. She started by saying that "The school year is in full swing," and then began listing some of the unique activities that each school will be hosting over the course of the next few weeks.

There were no Public Comments, so the meeting progressed to the Consent Calendar. Item's 6.1 through 6.8 were all approved 5-0.

The meeting then progressed to the Public Hearings section of the meeting, and item 7.1, the Verizon Cell Tower Appeal, was presented. The applicant, Kevin Sullivan, a Verizon representative, presented the project and the information requested by the

Councilmembers at the July 13th meeting. In a PowerPoint, Sullivan presented the design plans for a 50 ft. cell tower disguised as a palm tree that would be built on Grapewin Street. He discussed the improved coverage for Verizon customers that would be a result of the new facility, and said that the tower would not result in any material visual impact. At the request of the Council at the July 13th meeting, Sullivan also presented information on a few possible alternative sites for the facility. After Verizon evaluated the other locations, the conclusion was that from both a technical and planning standpoint, the Grapewin site was still the most effective and would cause the least impact to the surrounding communities. With that, Verizon asked that the City approve their requests to move forward with the project.

With the conclusion of the presentation, Mayor Bootsma opened the floor to comments from the public. Three citizens stepped forward one after another to state their support for the project, followed by three citizens who were opposed to it. Some of the concerns stated by those opposed included the possibility of the tower being a visual nuisance, that the antennas would not withstand the high wind speeds, and that there were better alternative locations available. Sullivan, representing Verizon again, addressed the concerns by saying that the structure would be

sound and would look the way it was presented to the Council. After further questions and comments by the Councilmembers, the item was approved 3-2, with Simmons and Tessari voting against it.

Item 8.1 was approved 5-0. The Council then moved to Item 8.3, which was a report on the Roadway Adoption Program's progress. The program allows local groups, people, and organizations the opportunity to adopt local streets and keep them litter free over a 1-year time period. The responsibilities of the individual or group would be to remove litter 6 times per year and write a report after each clean-up event. After 2 successful clean-up days, the "owner" of the roadway would have their name placed on a recognition sign on that street. Councilman Simmons and a citizen expressed concerns that the program would be used as a commercial endeavor that businesses would use as an avenue for advertisement. The Council voted to approve the draft of the Program 4-0 (Tessari had to step out to take a phone call), as long as the staff looked into ways to prevent the program from being used for advertisements.

The next Item on the agenda, 8.2, opened a discussion about the future of the Eastvale Community Foundation, which recently had 4 officer positions vacated, leaving the Foundation unable to conduct business.

## Update on Sleep Dentistry

# Answers to Questions about Sleep Dentistry



Q. What is Sleep Dentistry?

A. Sleep Dentistry lets you totally relax during your visit so years of dental treatment can be done in one or two appointments.

Q. Will I really be totally relaxed?

A. You'll receive just enough sedation so that you'll be completely unaware of the treatment, as if you were asleep.

Q. Will I remember anything?

A. At the end of the treatment, you'll have little or no memory of what was accomplished.

Q. Will I feel any pain?

A. Most patients experience no discomfort whatsoever during treatment and feel surprisingly good afterwards.

Q. What treatments can I have under sedation?

A. We can do it all—implants, dentures, cosmetic treatments, crowns,

even gum surgery.

Q. Is Sleep Dentistry safe for me?

A. Oral Sleep Dentistry

protocols have been used

safely for 30 years. We'll review

your medical history and monitor

you closely while under sedation.

Q. Will my insurance cover it?

A. We'll review your

coverage and, if necessary, make

financial arrangements so you get

the care you need.

Call our office for more

information about Sleep Dentistry. ■



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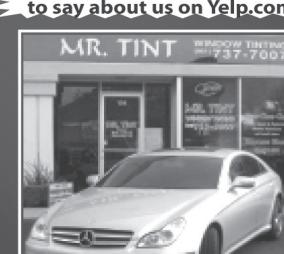
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As a result, the Council voted

to suspend the Foundation, have the City staff take over the books as well as the military banner program, and cancel this year's golf tournament, and

it passed 5-0.

The meeting concluded with closing statements by the City Manager, City Staff, and the Councilmembers. It adjourned at 9:45. ■

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## Main Push

### Push from page 1

traffic information using Nighttime consecutive on-ramp and off-ramp closures will occur Saturday on westbound 91 and Sunday on eastbound 91 within this area for lane shifts and restriping, prior to the Monday morning commute. The "Main Push" will include the following activities:

**Completion of New Eastbound 91 Lincoln Avenue On-Ramp and Off-Ramp - Friday, August 26 at 9 pm to Monday, August 29 at 4 am**

The old ramps will close permanently at 9 pm on Friday, August 26 to allow crews to complete the new ramps for opening at 4 am on Monday, August 29.

The new configuration has motorists exit and enter eastbound 91 on Second Street just east of Lincoln Avenue. This configuration provides improved access to and from the 91.

During the weekend closure, Second Street will be closed from Buena Vista Avenue to just east of the Cardenas Market's main entrance to finalize this connection.

**Lane Shifts on Westbound and Eastbound 91 between the 15 and Maple Street - Saturday, August 27, from**

10 pm to 8 am (westbound 91) and Sunday, August 28, from 9:30 pm to 6:30 am (eastbound 91)

During these nighttime closures, consecutive ramps will be closed in each direction in this area as crews shift all lanes on the 91 toward the outer shoulders.

Please use alternate routes if traveling at night.

**Full Closure of Westbound 91 at Maple Street for Bridge Demolition - Saturday, August 27 at 10:30 pm to Sunday, August 28 at Noon**

A full closure of Westbound 91 at Maple Street will allow crews to demolish the north side of the remaining Maple Street bridge. Motorists traveling west on the 91 will exit at Maple Street, head north to Pomona Road, and then head west to Auto Center Drive to re-enter westbound 91.

Eastbound 91 will remain open during this bridge demolition work.

**Closure and Demolition of Main Street Undercrossing between Ramps - Sunday, August 28 at 9 pm for Approximately Two Months**

The Main Street undercrossing will be closed completely in both directions between the 91 ramps so that crews can build the center

portion of the bridge over Main Street. See detour map below.

All of the Main Street ramps will remain open during the day. There will be periodic nighttime closures, which will be included in the weekly Construction Alerts.

During this time, motorists will have access to north/south travel on Main Street using West Grand Boulevard and East Grand Boulevard. Both of these streets will be open at full capacity and traffic signals will be optimized to reduce traffic delays.

To help emergency services respond to incidents, access will be provided beneath Main Street after demolition work takes place during the first week of the closure.

**Opening of New Half of Maple Street Bridge - Monday, August 29 at 4 am**

Maple Street over the 91 will be closed from Friday, August 26 at 9 pm to Monday, August 29 at 4 am. Motorists may use Smith Avenue or Serfas Club Drive for north/south travel during this weekend closure.

The first half of the new Maple Street bridge will open to motorists on Monday, August 29 at 4 am.

Once open, there will continue to be two northbound lanes with access to westbound 91 at Maple Street. ■

## Eastvale Holds Elections Nov 8

### Elections from page 1

seats. In District 1, which encompasses the north east side of Eastvale, from Cloverdale through the Ontario border, you have newcomers Mario Marroquin and Todd Rigby vying for a council seat. District 2, which covers the complete opposite of 1, encompassing the mid to north side of Eastvale, zigzagging from Schleisman, Scholar Way, through Citrus, Harrison, Chandler, ending by River Road at the Corona border, you have incumbent Joseph Tessari against newcomer Bashar Madani. And finally in District 5, current Mayor Ike Bootsma is defending his seat against Raul Gutierrez, Robert Hetrick, and Brandon Wilson Plott. District 5 covers the west side of Walnut from Archibald Ave to the Chino border.

The City Clerk is the local elections administrator and coordinates with the County of Riverside in the conduct of Municipal elections. This includes, but is not limited to, the preparation of necessary resolutions calling for General and Special Municipal Elections and declaring the result of the election, the coordination of the candidate nomination process and the receipt and processing of initiative, referendum and recall petitions. Regular elections are consolidated with statewide

elections, scheduled on the first Tuesday of November of even numbered years to fill expired City Council terms. All election services are provided according the California Elections Code, according to the city of Eastvale's website.

City Council members are elected at-large for a four year term. Council Members serve "staggered" terms, meaning that either 2 or 3 seats are open for election every two years. Council Members receive \$400 per month stipend as compensation for their service.

Qualifications for Candidacy. To qualify as a candidate for member of the City Council, you must reside and be registered to vote within the jurisdiction at the time nomination papers are issued. More specifically, you must be:

- Be registered voters at their current residence in the City of Eastvale
- Residing in the district in which they are running
- A citizen of the United States
- 18 years of age or older
- Not disqualified from holding office by the Constitution or laws of the State of California.

To become a candidate, you must first be issued a Nomination Paper which specifies the office you are seeking. You must obtain the signatures of at least 20 and not more than 30 regis-

tered voters within the City of Eastvale. A number of additional forms are required to be filed.

The nomination period ran from July 18, 2016 through early August 12, 2016. Write-in candidates must file a statement of write-in candidacy, a nomination paper and a Statement of Economic Interests, as well as other forms, during the period of early September 2014 through late October 2014. Signatures and voter registration information on the nomination paper will be verified in the same manner as a regular nomination paper. Write-in candidates' names do not appear on the ballot or in the sample ballot pamphlet.

Voter registration forms are available at all public libraries, post offices and City Hall. To receive a registration form by mail, please call the Riverside County Registrar of Voters office at (951) 486-7200 or the City Clerk's office at (951) 703-4420. Completed registration forms can be hand-delivered to the Registrar's office located at 2724 Gateway Drive, Riverside, CA 92507 or Eastvale City Hall located at 12363 Limonite Avenue, Eastvale, CA 91752 or dropped off in any U.S. mailbox. No postage is necessary. For additional voter registration information visit [www.voteinfo.net](http://www.voteinfo.net). (most information courtesy of the City of Eastvale) ■

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## Habits

BY PASTOR TIM EATON



What does a nun wear that everyone has? Habits!

Far too often we simply float along through life. Maybe we attribute our station in life to fate, or think that our life is just the way it has to be. Even our daily routine may seem like something we have no control over – it's just what we have to do. Perhaps bad habits have taken over and we are not living the life we want to.

Steven Covey has left a legacy of lives changed for the

better when people have realized that their life may be more controlled by habit than they ever imagined. That's great news! What? How can that be great news? If bad habits have taken over, we simply need new habits. And Steven Covey offers up seven powerful new habits you can take on in your life that will positively change it forever.

The first step is to be Proactive. Take the initiative and seek something better for yourself, your family, and those around you. The Apostle, Paul, suggested the same in Ephesians 4:22-24: "You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceit-

ful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

Yes, new habits are Biblical, and we invite you to join us in discovering how new habits can restore hope to your life – beginning Sun., Sept. 11, at 10 a.m. This series will be co-taught with Dr. Trevor Dietrich, an expert in Covey's Seven Habits. And, you can get started now by reading, and implementing the book!

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

## Help Me O Lord My God

BY PASTOR ROBERT JEWETT



Have you ever been to the point where you just felt like giving up?

Did it seem like no matter what you did, you were mistreated anyway? Perhaps you threw your arms up and said, "I can't do this anymore!" Take heart, the Lord is faithful to help His children.

King David was completely overwhelmed by his enemies. No matter what he did, they intended to do him harm (Ps.

109:4-5, 26). He would demonstrate love, but they would hurl insults at him. He would do good unto them, but they would do evil unto him. David knew that when his heart was overwhelmed, he needed to go to the Rock (Ps. 61:1-2). At his breaking point, David cried out, "Help me, O Lord my God! Save me according to your steadfast love!" Apart from the Lord's intervention, David was headed down a treacherous road to disaster. God's amazing steadfast love is such that he never leaves us nor forsakes us (Heb. 13:5). At that point of despair, he is right there waiting for us to call upon him: "Let us then

with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (Heb. 4:16).

Next time you are contemplating throwing in the towel, cry out to Jesus wholeheartedly like David, "Help me, O LORD my God! Save me according to your steadfast love!" As you do, God in his faithfulness, will respond to you and help you walk through the storm.

*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. ■*

## God Never Fails, But People Do

BY PASTOR MARK LEE



Last year, the public disgrace of an outspoken reality television star made national headlines. Not surprisingly, the media was quick to point out the conflict between this individual's grievous wrongdoing and his frequently-professed Christianity. Soon, it seemed as if everyone was talking about this man of faith and his fall from grace. For many, his actions were both disappointing and discouraging.

Unfortunately, it is not unusual to learn about the transgressions

of Christians. After all, a faith in Christ does not make you immune to the temptations of the flesh. Whether it is the misconduct of a public figure or the hurt inflicted by a Christian friend, the sins and mistakes of believers can seem like betrayal.

In reality, even the most virtuous of people disappoint others at some point during their spiritual walk. It may not be because of some horrible offense, but simply because expectations were not met. The problem is that people often reject or turn away from Christ because they feel as if they have been let down by Christians.

When you put your faith in friends, family, or even the church, you are setting yourself

up for disappointment. At some point, you will find yourself frustrated or disillusioned by each person you know. It is important to remember, however, that there will be moments when others are disappointed by you. The key is to not allow ourselves to be swayed by the disappointment.

When we can look beyond the failures of men and remain focused on God, our faith becomes stronger and more mature. Psalms 118:8 says, "It is better to take refuge in the Lord than to trust in man." People fail. It is inevitable. God, however, never fails.

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

## A Parent's Top Five

BY PASTOR ROB NORRIS

### Proverbs 22:6

*Train up a child in the way he should go; Even when he is old he will not depart from it.*



Tami and I have not been perfect parents, but when you have children God gives you a few hundred lessons along the way. And from our years of experience, we've come up with a list of five non-negotiables that all parents need in order

to raise a family God's way:

**1. Understand the times.** In past societies, the culture helped reinforce the values that parents were trying to instill in their children. Not today. That's why you need to be surrounded with a few like-minded parents who can support, encourage and counsel one another through the choppy waters of life.

**2. Have a sacred commitment to each other.** Your kids need to see your vows lived out in every circumstance, in times of both peace and conflict. Make it a priority to resolve disagreements with your spouse, to for-

give each other, to remain faithful. These qualities of love build a powerful, profound sense of security in children.

**3. Know what you believe.** You are the textbook your children read. Your deeply held values about life will influence your interactions with your children. As parents, you need to know what your unshakable convictions are.

**4. Remember God's perspective on children.** Never forget that children are a gift from God. Raising your children is a privilege and responsibility He has given to no one else, and they should be raised

## Burn Out

BY PASTOR DENNIS MORALES

*Leviticus 6:12 "And the fire on the altar shall be kept burning on it; it shall not be put out. And the priest shall burn wood on it every morning..."*



A first-grader wondered why her father brought home a briefcase full of work every evening. Her mother explained, "Daddy has so much to do that he can't finish it all at the office." "Well, then," asked the child innocently, "why don't they put him in a slower group?" I believe there is much truth to this. We find our fast paced environment creeping its way into our lives more often these days. We can walk into worship at church lacking energy and being a spectator rather than a willing participant. This may not always mean it's time for vacation, but it may be an indicator to at least "slow down." The fire on the altar

of "burnt offering" was to never go out. If your time with God is dissipating, you will burn out. God is calling upon us to burn brightly for Him in our daily lives, but there needs to be fuel for the fire. The priests would throw wood on the fire every morning to keep the fire burning. It may be time to prioritize, slow down, and put wood on the fire. There is no greater fuel for the Christian heart than the Bible. In Luke 24 after Jesus rose from the dead, he met two disciples on a road and opened the Scriptures to them. After their encounter with the Risen Christ they proclaimed "did not our hearts burn within us while He talked with us?" (Luke 24:32) Make it a priority to get back into the "daily" practice of reading your Bible and praying. It will bring fuel to your life.

*Calvary Chapel Eastvale meets Sundays, 8:30 a.m. and 10:30am, and Wednesdays, 7:00pm at Clara Barton Elementary School (7437 Corona Valley Ave, Eastvale). Visit their website at www.calvaryeastvale.org. ■*

## You're Not Too Far Gone

BY PASTOR ED MORENO



In the movie "The Godfather – Part 3," there's a famous scene called The Confession. In this scene Al Pacino's character says to a Catholic Cardinal: "I'm beyond redemption."

Sadly, many people believe this about themselves. Even many Christians, who fall into serious or habitual sins, will arrive at the conclusion that "they have gone too far," "they've sinned too much," and now they fear that God will no longer forgive them.

Friends, the Bible makes it clear that there is only one unforgiveable sin, and that's blasphemy of the Holy Spirit. By the mere fact that you are reading this article strongly suggests that you have not committed that sin. So any sin(s) you have committed are forgivable.

I know this can be hard to imagine, but once we've accepted Jesus, confessed our sins to God and have expressed genuine remorse for our wrongs, we enter into a state of 'perpetual' forgiveness.

On the cross there was something of an exchange that took place. All the evil that you and I have committed, and that we ever will commit, was transferred over to Jesus, while all of his righteousness was transferred over to us – so as to make us holy and acceptable to God.

Now, God's will is for us to obey

to know Him and walk with Him.

**5. Strive for the right goal.** More than anything else, your children need to grow to love and fear the Lord. That's more important than ensuring they have a good education, develop different skills or learn how to succeed in today's culture. The fear of the Lord is the beginning of wisdom. **Live it**

Which of these purposes strike

him but he knows that we will never do that perfectly in this earthly life. That's why I John 1:9 says to Christians that if we confess our sins to God he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. It's because Jesus already paid for our sins – the ones we committed before we became a Christian, and the ones we commit after we become a Christian.

Our badness is never going to overpower God's grace and goodness. Our sin will be never be bad enough to make God unwilling or unable to forgive us. The truth is, God can and will forgive us when we sincerely ask him to; when we confess our sin to him; and when we genuinely feel remorse over the wrongs that we've done.

It is the spiritual enemy of our souls who wants us to believe that "we're beyond redemption." Don't listen to Satan! Do not believe him! Rather believe what God says. Satan tries to 'trick' us into focusing so much on our shortcomings that we stop focusing on the sufferings of Jesus and what he fully accomplished for us on the cross through his sufferings. Namely that all our sins – past, present, and future ones – were paid for! Embrace that, dear ones. There is redemption for you!

*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. ■*

the deepest chord in you? Which ones need the most work?

### Pray

That your priorities will be shaped by God's Word and will influence your choices for you and your family

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

## Artist Corner: Jaime Morales

BY RACINE GUAJARDO

Jaime Morales a.k.a. Lazy has been professionally tattooing for about 16 years and original founder of Untouchable Tattoo. He originally started in prison where he learned with a homemade tattoo machine gun. He started off wanting to get tattooed, which moved into him trying to practice on himself then as well as his cell mate while he was incarcerated in Chino Youth Training School.

Tattooing for some is beyond just the art, Jaime says, "I haven't always been an artist but I always had a desire to tattoo. By being in the business and having to manage myself at times has taught a lot of other things besides just tattooing. It has also taught me how to be a good listener, how to be patient, how to communicate with others outside of my own race.

There are so many different styles in tattooing, but Jaime says, "I love to do black and grey art and portraits, especially since they are the most challenging to do." When asked what makes him different from other tattoo artists, he states, "I am able to design you something from scratch and also my writing has won me



multiple awards. It's rare that you find an artist who can create from scratch and write well."

Jaime will be soon starting at a shop in West Covina called Living Dreams Tattoo Shop. You

can contact him on multiple social media accounts; FB is Jaime morales, e-mail at [lazyr13@yahoo.com](mailto:lazyr13@yahoo.com), Instagram is [Mister\\_Untouchable](https://www.instagram.com/Mister_Untouchable) and Snapchat is [untouchable\\_laz](https://www.snapchat.com/add/untouchable_laz). ■

## Artist Corner: David Gomez

BY RACINE GUAJARDO

Born into a musical family in 1981, David Gomez has been surrounded by musicians all his life. It was only natural for him to develop a passionate skill that has taken him all around the country and different parts of the world. He is proficient in reggae, blues, church music, Spanish rock, smooth jazz, and classical guitar.

He started playing music at the tender age of 7 when he was inspired by an amazing church musician that played the piano accordion. He first started on the piano accordion and eventually fell in love with the guitar at the age of 10. His parents, grandparents, and uncles were all musicians. It was common for them to have family jam sessions. Therefore, it was only a matter of time before he would put an instrument in his hands and figured out that he had a knack for it. When asked what makes him different, he stated, "I am heavily influenced by all kinds of different music from Rock, Blues, Latin music, Church (spiritual) music, Reggae and Ska. When you hear me play, you can hear the inspiration from guitarists like Carlos Santana, Stevie Ray Vaughn, Eric Clapton, and Bob Marley."

As a music major in college, David studied classical guitar and jazz, where he honed his skills and soon became a prominent "go to guy" for music performances and accompaniment for his peers. He was involved in several ensembles and performed in the college scene throughout his early



20's. David was lucky enough to be selected to play rhythm and lead guitar for Grammy nominated Reggae artist "Pato Banton" who is a legend in the Reggae Community.

Since then, he has built a name for himself being an instrumentalist and vocalist for various different artists in the scene. He is also a private music teacher skilled in the art of piano, guitar, the bass, the ukele, and the drums. David is also the co-founder of a reggae band called "SolRising" based out of Ontario, Ca.

They have a residency in Santa Monica at the Basement tavern for Reggae Sundays. You can hear their music on all music platforms such as Spotify, Apple Music, Soundcloud, Youtube, etc. You can also find David playing at I and I brewery in Chino every Thursday with different vocalists and musicians.

[www.wearesolrising.com](http://www.wearesolrising.com)  
You can also type in "wearesolrising" (one word) to any social media outlet and you can keep track of when and where we will be performing next. ■

## History 101

### Olympic Games

BY HISTORY.COM

The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. From the 8th century B.C. to the 4th century A.D., the Games were held every four years in Olympia, located in the western Peloponnese peninsula, in honor of the god Zeus. The first modern Olympics took place in 1896 in Athens, and featured 280 participants from 13 nations, competing in 43 events. Since 1994, the Summer and Winter Olympic Games have been held separately and have alternated every two years.

#### THE OLYMPICS IN ANCIENT GREECE

The first written records of the ancient Olympic Games date to 776 B.C., when a cook named Coroebus won the only event—a 192-meter footrace called the stade (the origin of the modern "stadium")—to become the first Olympic champion. However, it is generally believed that the Games had been going on for many years by that time. Legend has it that Heracles (the Roman Hercules), son of Zeus and the mortal woman Alcmene, founded the Games, which by the end of the 6th century B.C. had become the most famous of all Greek sporting festivals. The ancient Olympics were held every four years between August 6 and September 19 during a religious festival honoring Zeus. The Games were named for their location at Olympia, a sacred site located near the western coast of the Peloponnese peninsula in southern Greece. Their influence was so great that ancient historians began to measure time by the four-year increments in between Olympic Games, which were known as Olympiads.

After 13 Olympiads, two more races joined the stade as Olympic events: the diaulos (roughly equal to today's 400-meter race), and the dolichos (a longer-distance race, possibly comparable to the 1,500-meter or 5,000-meter event). The pentathlon (consisting of five events: a foot race, a long jump, discus and javelin throws and a wrestling match) was introduced in 708 B.C., boxing in 688 B.C. and chariot racing in 680 B.C. In 648 B.C., pankration, a combination of boxing and wrestling with virtually no rules, debuted as an Olympic event. Participation in the ancient Olympic Games was initially limited to freeborn male citizens of Greece; there were no women's events, and married women were prohibited from attending the competition.

#### DECLINE AND REVIVAL OF THE OLYMPIC TRADITION

After the Roman Empire conquered Greece in the mid-

2nd century B.C., the Games continued, but their standards and quality declined. In one notorious example from A.D. 67, the decadent Emperor Nero entered an Olympic chariot race, only to disgrace himself by declaring himself the winner even after he fell off his chariot during the event. In A.D. 393, Emperor Theodosius I, a Christian, called for a ban on all "pagan" festivals, ending the ancient Olympic tradition after nearly 12 centuries.

It would be another 1,500 years before the Games would rise again, largely thanks to the efforts of Baron Pierre de Coubertin (1863-1937) of France. Dedicated to the promotion of physical education, the young baron became inspired by the idea of creating a modern Olympic Games after visiting the ancient Olympic site. In November 1892, at a meeting of the Union des Sports Athlétiques in Paris, Coubertin proposed the idea of reviving the Olympics as an international athletic competition held every four years. Two years later, he got the approval he needed to found the International Olympic Committee (IOC), which would become the governing body of the modern Olympic Games.

#### THE OLYMPICS THROUGH THE YEARS

The first modern Olympics were held in Athens, Greece, in 1896. In the opening ceremony, King Georgios I and a crowd of 60,000 spectators welcomed 280 participants from 13 nations (all male), who would compete in 43 events, including track and field, gymnastics, swimming, wrestling, cycling, tennis, weightlifting, shooting and fencing. All subsequent Olympiads have been numbered even when no Games take place (as in 1916, during World War I, and in 1940 and 1944, during World War II). The official symbol of the modern Games is five interlocking colored rings, representing the continents of North and South America, Asia, Africa, Europe and Australia. The Olympic flag, featuring this symbol on a white background, flew for the first time at the Antwerp Games in 1920.

The Olympics truly took off as an international sporting event after 1924, when the VIII Games were held in Paris. Some 3,000 athletes (with more than 100 women among them) from 44 nations competed that year, and for the first time the Games featured a closing ceremony. The Winter Olympics debuted that year, including such events as figure skating, ice hockey, bobsledding and the biathlon. Eighty years later, when the 2004 Summer Olympics returned to Athens for the first time in more than a century, nearly 11,000 athletes from a record 201 countries competed. In a gesture that joined both ancient and modern Olympic traditions, the shot-put competition that year was held at the site of the classical Games in Olympia. ■

# How you can benefit from SARH as an Orthopedic Patient

## SARH from page 5

credited the San Antonio pre-op education and physical therapy for ensuring her successful outcome. As the other patient, Alfredo Robles had a similar experience at San Antonio. Her shared how he felt before surgery stating, "My knees and hips got so bad I had to use crutches just to hold myself up." After Dr. Shah had completed two hip replacements and a left knee replacement on Mr. Robles in the span of a year, Robles says, "Normally, people like me don't qualify for surgery, but I came in a wheelchair, and Dr. Shah said he wanted to try and help me. Now, I have a whole life. The doctors thought I would at least need a cane, but I'm walking with nothing. My neighbors can't believe I'm up and walking."

President and Chief Executive Officer, Harris Koenig, says, "Our patients benefit from a dedicated orthopedic team that involves many disciplines within the hospital, in addition to some of the finest orthopedic surgeons in the region, our registered nurses and physical therapists have special training to concentrate on patients who have undergone



PHOTO COURTESY:SARH

Orthopedic Patients Pat Bain (left) and Al Robles (right) with Orthopedic Surgeon Jay Shah, MD.

a joint replacement surgery. We have also added extra mobility aides on the floor to assist our patients in ambulating more often. This accelerates healing and recovery time. In fact, most of our knee and hip replacement patients go home within one to two days. Our Orthopedic Nurse Navigator is also a valuable part of the team, providing pre-surgery education and post-surgery follow-up, so our patients have a resource to turn to for questions or assistance, every step of the way."

The Blue Distinction Specialty Care program has helped many patients with finding a quality provider for the specialty care of needs that include

knee and hip replacement. According to San Antonio Regional Hospital, research has shown that facilities designated as Blue Distinction Centers demonstrate better quality and improved outcomes for patients compared with their peers.

The Joint Replacement Center at the Orthopedics Institute at San Antonio Regional Hospital will be holding a special lecture series entitled Innovations in Joint Replacement Surgery. It will be from September through November, where you have a chance to hear from orthopedic surgeons about the latest options for shoulder, hip, and knee replacements. For information on how to attend, you may call (909) 920-6139. ■

# Costco Coming Fall 2017

## Eastvale from page 1

also filed their site plans with the City of Eastvale on August 22, 2016. Costco is targeting a November 2017 opening. The site will include a 153,538 sqft building, 24-pump gas station and land set aside for a future drive-through car wash.

City of Eastvale was also happy to welcome Smart & Final Extra announced in beginning of August that they will be located at the new shopping center coming soon at the corner of Limonite and Sumner. Smart & Final has been in business for 145 years and was founded in 1871 by Herman Hellman. Today, Smart & Final is a public company with over 8,000 employees working in more than 250 grocery stores in California, Washington, Arizona, Nevada, Oregon, Idaho and Northern Mexico. Smart & Final is headquartered in Commerce, California. For many years, Smart & Final was known as

"The Smaller, Faster Warehouse Store" -- a place where restaurant chefs and businesses shopped for restaurant-quality products at low prices. Today, Smart & Final caters to the needs of individuals, families, restaurants and local businesses. Smart & Final offers both smaller convenient sizes and larger bulk sizes for a vast array of products. The Smart & Final Extra! concept is the company's newest store concept and these stores are much larger in size (27,000 SF to 31,000 SF) and the store finishes and merchandising display are very appealing. Smart & Final Extra! stores provide a greatly expanded product selection in key categories, including fresh produce, organics, fresh meats, frozen foods, dairy, deli and grocery basics like cereal, yogurt, bread and snacks.

Luna Grill also opened in the beginning of August in the City of Eastvale. They are open 11am-9pm and located in the Eastvale Gateway. ■

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