

City of Eastvale News.com

Corona • Norco • Chino

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Here We Grow Again

Information On New Walmart

STAFF REPORTS

Eastvale – The City of Eastvale has compiled an Environmental Impact Report (EIR) for residents to inform them of new construction taking place on Limonite Avenue. The report addresses the constructions impact on traffic, noise and green house gases.

see **Walmart** page 9

City Council

City Council Meeting

BY TIANA GOEGBUER

The September 28, 2016 meeting was attended by Council members Clint Lorimore, Adam Rush, and Richard Simmons, as well as Mayor Pro Tem Joseph Tessari and Mayor Ike Bootsma. The Invocation was led by Pastor Sam Tanner from Life Church, and the Pledge of Allegiance was led by Girl Scout Troop 724.

An update was given by the Public Safety Commission before Dr. Michelle Brown presented information on insect and rodent control for Northwest Vector

see **Council** page 3



PHOTO COURTESY: EASTVALE

Eastvale Rated #1 City In California

STAFF REPORTS

Eastvale – Just being east of downtown Los Angeles, Eastvale manages to shine brighter than the all known county. Eastvale is a relatively new city because its previous owners were dairy farmers. Now at just

six years old, and still growing, Eastvale is bursting with opportunity and prowess.

Since the city itself is so modern, nearly every resident is new which means that Eastvale is immensely diverse in culture. What pulls in new residents is the city's highly rated

and awards winning schools as well as the low crime rate. Also, since Eastvale is so new, so are the houses. With most starting at just \$500,000, it might sound overwhelming but it buys homeowners approxi-

see **Eastvale** page 12

16 Restaurants On "Risk List"

BY MICHAEL ARMIJO

For the second year now consumer interest groups have been sounding the alarm about the antibiotics used in meat used by local food chains. This year 16 have received an "F", which is down from last years 20 such ratings, for not restricting antibiotic use by their meat suppliers, according to reports on CNN and the Washington

Post.

Like last year, only Panera Bread and Chipolte received an "A", although Chipolte was hit with a huge bacterial outbreak nationwide. The restaurant chain claims it was an isolated incident and made changes to avoid the situation again. Even with that incident, they are still considered in the top two of 25 because it has restrictions on their meat purchase that the

other places do not require.

KFC, Starbucks, Buffalo Wild Wings, Dominos, iHop, and Denny's were among the "F" rating by the consumer interest group Chain Reaction II. According to their website, Consumer Reaction is "several public interest organizations working to eliminate the routine use of antibiotics in animal agri-

see **Risk** page 13

Crime Recap: Mail Thief Caught

STAFF REPORTS

EASTVALE - The Riverside County Sheriff's Department, including Eastvale Police and Corona Police, have done a great job combating crime in the area. Read a recap below

to see what happened in the month of September.

EASTVALE - The Eastvale Police Department started an investigation after the theft of a Ford Econoline work truck in the 7100 block of Citrus Valley. The end of August, the

Eastvale Special Enforcement Team conducted a follow up investigation that led to the identification of the suspect, Robert Klocki, 33 years-old and resident of Jurupa Valley.

see **Crime** page 11

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Explorer Program Wants You

BY CITY OF EASTVALE

Riverside - The Riverside Sheriff's Department offers local youth an opportunity to volunteer their time and become role models for other students. The Explorer Program is designed to give kids ages 14-21, with a 2.5 GPA

see **Explorer** page 5

Eastvale Military Needs Your Help

STAFF REPORTS

Eastvale – The City of Eastvale has officially begun administrating the Military Banner Program (MBP) as of September 14, 2016.

The Program honors East-

see **Military** page 8

Our Featured Businesses

Chino's Hidden Treasure: Clark's Nutrition

STAFF REPORTS

Chino - Have you ever heard of Clark's Nutrition? Imagine a Whole Foods, Sprouts, Trader Joes, and Nutri-shop all under one roof... in your backyard, Chino! Clark's Nutrition & Natural Foods Market is a rare find in the nat-

see **Clark's** page 5



Clark's is open 7 a.m. to 9 p.m. every day. Stop by for yourselves and experience Clark's great customer service, knowledgeable staff, and affordable pricing. Visit www.clarksnutrition.com

Make Your Backyard Extreme

By Michael Armijo

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

"A key component to staying in busi-

see **Extreme** page 9



Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111.

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KOLA 99.9 will be broadcasting live with
Cindy Davis from 10 AM – Noon.



KFRG 95.1 will be broadcasting
live from 1 – 3 PM.



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Ice Crew who will be joining us for fun
outdoor kids games.

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Tours offered on a first-come, first-served basis.

Health Fair: 10 AM – 2 PM

Important health information will be available, along with fun activities promoting a healthy lifestyle. Register by visiting SARH.org/OpenHouse. All registered participants will be entered for a chance to win great prizes.

Health Screenings

Free screenings will include cholesterol, blood sugar, body mass index, blood pressure, and more. Reserve your screening appointment by visiting SARH.org/OpenHouse.

Activities for All Ages

Children who wear their favorite super hero T-shirt or costume will be recognized as a Healthcare Super Hero and will be entered into a special prize drawing for Disneyland tickets.

Special Guest Appearance: 10 AM

Luc Robitaille of the Los Angeles Kings

999 San Bernardino Road, Upland CA 91784

SARH.org/OpenHouse

Eastvale News

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Eastvale News

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Eastvale Participates In The Annual "Great CA Shakeout"

BY CITY OF EASTVALE

Eastvale – Following FEMA's "National Preparedness Month" in September, individuals and communities throughout California will participate in the annual Great ShakeOut earthquake drill, including the City of Eastvale.

Held annually on the third Thursday of October, the ShakeOut International Day of Action is set for **Thursday, October 20, 2016** at 10:20 a.m.

During the self-led drill, participants practice how to "Drop, Cover, and Hold On". Endorsed by emergency officials and first responders, the safe response to an earthquake is to:

- DROP to the ground
- Take COVER under a sturdy table or desk if possible, protecting your head and neck
- HOLD ON until the shaking stops

While damaging earth-

quakes here may be fewer in number when compared to other areas, they can occur at any time wherever we work, live, or travel within the region and beyond. Everyone, everywhere should know how to protect themselves from an earthquake.

Last year more than 10.5 million people were registered in ShakeOut drills in California. Participating is a great way

for your family or organization to be prepared to survive and recover quickly from big earthquakes. The ShakeOut is free and open-to-the-public, and participants include individuals, schools, businesses, local and state government agencies, and many other groups. To take part in the ShakeOut, individuals and organizations are asked to join the drill by registering to participate www.shakeout.org. To date, 1,183,504 people in Southern California East (Imperial, Riverside, San Bernardino counties) have registered to participate. What about YOU?

Energy Conservation

BY CITY OF EASTVALE

There are several programs available for residents to assist with Energy Conservation and home improvements that will reduce your energy usage. The following agencies have programs available:

Southern California Edison

Upgrade your appliances and maximize your energy usage and savings with our money-saving rebates. There are so many things you can do to get more for your money and improve the value of your home.

Discover the many opportunities available to increase energy efficiency and lower your energy bills. Whether it's choosing new products or integrating energy efficient technology into existing ones, Southern California Edison's Home Energy Guide will show you the

way. Please visit the SCE website for details: www.sce.com/wps/portal/home/residential

Energy Conservation Tips for Home and Work

Southern California Gas Co.

Save energy and money in your home all year round with Southern California Gas Company's collection of helpful tips and information. You can receive cash rebates on clothes washers, dishwashers, attic/wall insulation, natural gas storage water heaters and furnaces. Please visit the "Rebates for Your Home" section of Southern California Gas Company's website: www.socalgas.com/for-your-home/buyers-guide

Western Regional Council of Governments (WRCOG)

The WRCOG HERO Program is offered through a partnership between Western Riverside Council of Governments

(WRCOG) and Renovate America, Inc. The Program's purpose is to provide relatively low interest rate financing to spark the local economy by creating jobs and reducing utility costs, and to reduce greenhouse gas emissions. The Program provides HERO Financing for permanently affixed energy efficiency, water efficiency, and renewable energy products (Eligible Products). HERO Financing is repaid through an assessment on your property tax bill over 5-20 years, based on the useful life of the products, and upon sale of the property, the balance generally stays with the property.

General questions about the WRCOG HERO Program can be answered by calling the WRCOG HERO Program's toll free number at 1-877-747-4889, or visiting the WRCOG HERO website: wrcog.herofinancing.com

City council meeting

Council from page 1

Control. Following the aforementioned updates, Waste Management presented a \$2,500 check to the City to assist in funding, supporting, and running the Military Banner Program in Eastvale. Student Liaison Natalie Diaz gave her report on the Eastvale schools and their upcoming events.

In the Public Comment section of the meeting, Cesar Morales expressed concerns on the term limitations for City Council members in relation to the amount of times a current City Council member can run for and be reelected to a seat. Morales wanted to find out how to enact term limits, and was told that City Staff would need to look into the issue.

The Consent Calendar was approved 5-0, and the meeting moved on to Public Hearings. Item 7.1 was a request for an extension of time for a tentative Tract Map, which would allow the applicant one more year to find a buyer. A Public Hearing was opened, and the applicant spoke on the causes of previous delays that the project has faced that led to needing an extension. Following this, a number of Eastvale residents came forward to voice their concerns over the construction of a road that has been delayed by this project, and asked that it be completed

sooner rather than later. City Staff stated that it would be best to widen the road all at once, and that as a result, waiting for the developer would be the best course of action. The applicant stated that the road plans are "ready to go" once they are approved. The Council moved to approve the extension, and it was approved 4-0.

Item 7.2, the Sendero Tentative Parcel Map and the Revised Tentative Tract Map that would allow development of a residential site in four phases. Raul Gutierrez spoke in opposition of approving the plan as-is because he does not want more clustered homes. He cited concerns about possible traffic issues, schools, and overall quality of life. The applicant, Patrick Botts, clarified what the phases would look like, as well as how the plans would be executed. The Council moved to approve the Item, and it passed 5-0.

The Development Agreement for Goodman Commerce Center Specific Plan, Item 7.3, was passed 5-0.

Item's 8.1-8.3 were approved, and the Council came to a consensus regarding Item 8.4 that did not require a motion.

Item 8.5 on the agenda, an update on Birthing Homes and Means of Enforcement was presented by City Staff to the Council. The update included in-

formation on State and National legislature regarding the issue, surrounding cities that are also struggling in this area, and a general overview of the actions taken by City Staff thus far. A number of residents stated that they were worried that the precautions taken thus far would not be enough to combat the problem, prompting the City Council to pass a motion for City Staff to employ an individual whose sole focus would be to investigate the birthing homes. It was passed 5-0.

The Council moved to bring Item 8.6 back to discussion after the 1st of the year, and moved to 8.7, the Chase Bank Account for the Eastvale Community Foundation. After the Council voted to suspend the Foundation at the August 27th, 2016 meeting, the accounts fell to the City. Eastvale City Staff presented the necessary documents to Chase to seize control of the assets, and Chase requested additional paperwork to allow access. The Council directed Staff to provide the information, as well as made a motion confirming spoken directives that were listed as requirements. The motion passed 5-0.

The meeting adjourned with closing statements from the City Manager, Staff, and Councilmembers.

Community Organizations

BY CITY OF EASTVALE

The residents of Eastvale pride themselves on their civic engagement. If you would like additional information on any of the community organizations, please visit their website or contact them directly as listed below.

Eastvale Community Foundation: (951) 268-4079
www.eastvalefoundation.org

Eastvale/Norco Rotary Club: (951) 741-1975
www.norcorotary.org

Eastvale Chamber of Commerce: (951) 768-6000
www.EastvaleChamberofCommerce.org

LEAFF (Law Enforcement and Fire Fighters):
www.ELEAFF.org
Eastvale Kiwanis: (951) 264-4739
sites.kiwanis.org/kiwanis

Jurupa Valley Station Citizen's Patrol: (951) 955-9225
Serving the City of Eastvale and Jurupa Valley
<http://www.riversidesheriff.org/volunteer/citizen.asp>

Jurupa Citizens Corp:
Serving the City of Eastvale and Jurupa Valley
jurupacitizencorps.org

Eastvale Sports Leagues:

Eastvale Girls Softball:
www.EastvaleGirlsSoftball.com

Eastvale Little League:
www.EastvaleLittleLeague.com

Eastvale Mustangs Youth Football & Cheer: www.EVMustangsFootball.com

Eastvale Basketball: (951) 727-3524

Empire Soccer Club: www.EmpireSoccerClub.org

For Parks & Recreation classes, please visit Jurupa Community Service District at parks.jcsd.us



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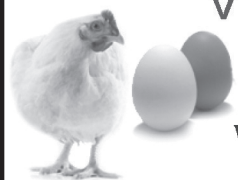
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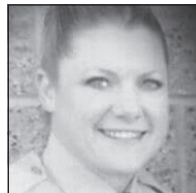
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Tips From Deputy Myers

*Dear Deputy Myers:
Keep your purchases
and packages safe...*

With holiday time fast approaching, many people will be starting to get a jump on their shopping both at retail stores and through on-line ordering and delivery. There are several ways to keep your packages and yourself safe when shopping.

When you venture out to your nearby retail stores and are possibly stopping at several establishments in the same shopping center, keep the following things in mind. 1) Do not leave any valuables in plain view of someone that may walk by your vehicle, thieves often break into vehicles where they can see an item of



value and know it will be easily accessible. 2) If you want to place valuables in the trunk, do so before you arrive at your shopping destination, thieves often watch to see people place valuables in trunks or in the rear of the vehicle prior to going into an establishment to shop so they can break into the vehicle and grab the item before you return. 3) Move your vehicle between purchases, if you plan on purchasing items from several different stores, move your vehicle after every purchase; this way a thief thinks you have left the shopping center with your packages and will move on to the easier target for theft or leave altogether.

If you have ordered online and are receiving deliveries to your home, take some precautions to protect your investment. 1) When ordering, make a request for a signature when the delivery person drops off the package, usually a free service. 2) Give

instructions to place the item in a certain location, i.e. behind a locked gate or behind a security screen door. 3) Utilize one of the several new locker locations that are popping up all over. 4) Have a trusted friend or neighbor pick up your package for you if you can't get to it right away.

All in all, enjoy your holiday shopping and outings with family and friends this season, stay safe Eastvale!!

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

Clark's nutrition: pioneers in health

Clark's from page 1

ural foods industry. If you haven't discovered this amazing store yet, it is worth your time to investigate.

Marketing Director, Mike Barnett says, "Often people will tell us that they've heard of Clarks and they think it's just another supplement shop, but once they walk inside our Chino store, they get what all the fuss is about."

Clark's stores not only have a huge selection of supplements (their Chino location has one of the largest supplement sections in the entire country), but they have a wide variety of organic grocery items, complete with gluten-free sections, including Vegan and Vegetarian options, as well as a large selection of organic produce.

Want to get a free make-over with natural, cruelty-free make-up too? No problem, Clark's has a make-up section

that looks like something you'd see at a MAC make-up counter. Clark's is the only retail partner with actress, Suzanne Somers, to offer her organic cosmetics and skin care line, SUZANNE Organics.

Clark's is a pioneer in the health food world. They opened the doors of their first location in Riverside in 1972, long before health food became vogue. Today there are stores in Riverside, Loma Linda, Rancho Mirage and now Chino.

But have you ever been to a "health foods" store before and felt overwhelmed or weren't sure where to start? Have you felt the opposite, like you knew more than the employee? Have no fear, Clark's knows how refreshing it is to speak with health food store employees that know their stuff and are willing to share their knowledge.

The Clark's slogan is, "Live

better, we can help." How does Clark's actually help people you ask? Clark's has made their business thrive on helping to educate people about their health. Starkie Sowers, the Director of Education at Clarks says, "We have Nutritional Consultants at Clarks. These employees go through our 5 level in-house training program. It takes about 3 ½ years to get to a Level 5 at Clarks." Clark's takes education about health seriously. These knowledgeable (non-commission) Nutritional Consultants are one of the keys to why people love Clarks so much.

Clark's is a great find for anyone looking to improve their health. They have competitive pricing, knowledgeable staff, a great product selection and a beautiful Chino location close to home.

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Brakes on Breast Cancer!

STAFF REPORTS

Chino - During the entire month of October, 139 auto repair shops from across the United States will offer free brake pads to their customers to help put the Brakes on Breast Cancer.

Brakes for Breast Cancer's team is run by Dr. Vincent Tuohy at the Cleveland Clinic where they have effectively performed trials for a breast cancer vaccine. The team is working to test the vaccine on humans later on this year. If successful with their tests, the United States will officially have a vaccine for triple negative breast cancer.

Dr. Tuohy's reasearch will continue until he finds a vaccine for ovarian cancer, prostate cancer and a multitude of other diseases, so it's important that you donate on their



website.

According to the Brakes for Breast website, in the last 5 years over \$360,000 has been raised.You can support Dr. Touhy's research and help create a world where your daughters and granddaughters will never have to worry about the tragedy of facing breast cancer. Go to a location near you to help!

For every break service that is performed, one customer will receive their brake pads for free; the customers just pays for the labor and other parts if

necessary. The shops will also donate 10% of every brake service that is performed to The Cleveland Clinic Breast Cancer Vaccine Research Fund. They have acquired all the funding that is need One of the shops participating in this event is Gabriel's Automotive at 13654 Central Ave. Chino, CA 91710.

For more information on this event, or to find other participating repair shops in your area, or to send in a donation, please visit their website at www.brakesforbreasts.com.

Explorer program wants you

Explorer from page 1



or above, a safe environment where they can learn valuable life skills and positive ethics. Law Enforcement Exploring is a non-Scouting subsidiary of the Boy Scouts of America that gives you a hands-on look at what a career in law enforcement is really like.

The Riverside Sheriff's Department Explorer Program training is provided by experts throughout the year and can include the following categories: Traffic Control, Vehicle Stops, Police Radio Techniques, Accident Investigation, Defensive Tactics, Hostage Negotiations, Criminal Investigation and many more. The Sheriff's Department also sponsors a week-long, live-in Explorer Academy during the summer of each year. Explorers get the opportunity to ride-along with Deputy Sheriff's during their shifts, attend City events and give back to the community by participating in community service events.

In addition, the program teaches explorers work place ethics and life skills like academic time management, job applications, and interview techniques. The program's emphasis on professionalism

and continuing education creates a drive for success.

The Riverside Sheriff's Department has a long list of success stories from former explorers. Many go on to college, military careers, law enforcement careers, or professions in the private sector. No matter what Explorers choose to do after the program, the skills they acquire help them become productive, successful members of society. The goal is not simply to turn candidates into future police officers, but rather to guide them down the path of success, wherever it may lead.

The Explorers meet on the first and third Monday of every month from 6:00 pm-9:00 pm with the exception of holidays. The third Monday is open to guests and those looking for further information on the program. Meetings are held at the Jurupa Valley Sheriff's Station located at 7477 Mission Boulevard, Jurupa Valley, CA 92509. For additional information, please call Deputy Deanna Myers at (951) 955-2600.

Brakes for Breasts

October is FREE BRAKE Month

During the month of October, for every brake service, the brake pads or shoes are **FREE**. All you pay for is the labor and any other necessary parts.

10% of the proceeds go directly to **The Cleveland Clinic Breast Cancer Vaccine Fund**. For more information go to: www.brakesforbreasts.org

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Evening Out with Dad: Adams Elementary's "Dad's All In" Event Successful Last Month

By CNUSD

Corona – Last month, Adams Elementary invited fathers, grandfathers, and other male role models to spend an evening of barbecued burgers and fun activities with their children. This time spent playing and engaging is crucial in the development of every student. The Dads All In event is an initiative put on at school communities that invites fathers (or other male role models) to spend some quality time with their kids. The goal of Dads All In is to increase the contributions of fathers to the well-being of their children by providing them with opportunities to engage with their child academically, socially, and within the community.

Dads and students were treated to burgers as the sun set over Adams Elementary. A photo booth was set up along with a paper airplane

table. Dads and kids then got the chance to play together in activities such as an obstacle course, sack races, a pizza box run, and more. Smiles

and laughter echoed throughout the late afternoon as dads and kids ran and played together.

The Adams Dads All In eve-

ning was lead by Assistant Principal Manny Gonzalez and Russo Vargas, a parent of the school's community and Dads All In representative.



PHOTO COURTESY: CNUSD

Dad participating in event activities in the Adams Elementary "Dads All in" event last month.

CNUSD Holds 9/11 Remembrance Assemblies On Campus Dubbed As "Patriot Day"

By CNUSD

The National Day of Service and Remembrance, also dubbed Patriot Day, is held on September 11th in remembrance of the 2001 9/11 attacks. Throughout CNUSD schools held assemblies and presentations in honor of the 2,977 people who lost their lives, and the service men and women who sacrificed their lives to help others implemented in the September 11th attacks. Students involved in the boys and girls scouts were asked to wear their uniforms while other students were encouraged to wear red, white and blue to show their respect and support. Students also participated in activities and crafts with their grandparents in order to learn more about the events of 9/11.

Campuses were decorated with flags and posters titled "We Remember" in honor of those to who lost their lives. Some of our secondary



PHOTO COURTESY: CNUSD

School decorated the campus with American flags.

schools held assemblies that featured retired service men and women. Students had the opportunity to with speak them, ask questions and learn more about what goes into protecting

our country.

While some classes gathered outside their rooms as their choir sang patriotic songs and recited the Official Proclamation from former President

George Bush, others told stories of what they were doing on September 11th, 2011. Students also participated in a flag salute and moment of silence led by their principals.

CNUSD Traffic Safety Reminder

A message from CORONA NORCO UNIFIED SCHOOL DISTRICT:

The Corona-Norco Unified School District would like to remind all parents to pay extra attention when driving in or around our schools.

We have experienced some traffic collisions involving our students that could have been prevented. As part of our on-going working partnership with the Eastvale Police Department and the Riverside County Sheriff's Department we are committed to bring awareness to bicycle, pedestrian and traffic safety.

Brochures about this safety campaign are available at your school site and videos have been prepared for students and parents. The student video can be viewed at <http://vimeo.com/173440043> and the parent video can be viewed at <http://vimeo.com/173442504>.

If you have an questions regarding our traffic safety programs, please call Student Services at 951-736-5111. Remember: by working together we can make a difference in keeping our students safe!

Financial Planning Tips

By StatePoint

It can be easy to let your finances fall by the wayside when juggling work, family, school and other priorities.

October is Financial Planning Month and a perfect time to make sure you are prepared for the future. To help, the discount experts at Dollar General are offering some useful tips to assist you in staying on budget and avoiding financial stress.

Pack Your Own Lunch

To help stick to your budget, skip pricey restaurants. Instead, save money and spend the evening cooking with your family. For affordable and simple ideas for cooking favorite dishes, consult resources like Dollar General Easy Meal recipes at dollargeneral.com/easy-meals.

Remember to Treat Yourself

Just because you're sticking to a financial plan doesn't mean you can't treat yourself. Budget time and money to indulge in your favorite activities like a night at the movies, seeing your favorite sports team in action, or going bowling.

Take Advantage of Cou-

see Tips page 7

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Planning Tips

Tips from page 6

pons

Coupons are a great way to save money and stretch your budget. Retailers like Dollar General offer online digital coupons that can be downloaded on a desktop computer or by using a smartphone. You can sign up by visiting dollargeneral.com/coupons and can receive additional savings during seasonal "Fast Way to Save" promotions, where exclusive coupons are available only to Dollar General digital coupon subscribers.

Stay Positive

Don't get bogged down by the stress of financial planning. Instead, focus on positive steps you can take to achieve your goals. Spend more time with

your family cooking. Work toward your next job promotion. Ace your next exam.

Even if you're busy, make the time for planning a budget. It may feel like work now, but feeling financially secure will offer you peace of mind.

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CommunityNews

Make your backyard extreme with Extreme Backyard

EX from page 1

ness so long is to treat people the way we would want ourselves to be treated,” said

Walmart development information

Eastvale from page 1

The development project will house a commercial retail center with a Walmart being at the center of construction. The retail center will also consist of a fast-food restaurant, gas station, rain water collector, and other various shops. The EIR will be available to the public for a 45-day period from October 3 until November 17. Residents can receive a printed copy at Eastvale City Hall in the Planning Department on 12363 Limonite Ave, Suite 910 between the hours of 8 a.m. and 5:30 p.m., Monday through Thursday. Resi-

James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience of getting things done correctly and creatively. Extreme Backyard Designs can provide custom Barbeque islands, outdoor fireplaces, fire pit tables, spas, patio furniture, and many other items all wholesale to the public. “We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family’s personal oasis,” Deeley said. “Since we buy at such a large volume, we always have monthly specials on our website.” The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60 Freeway and Vineyard, right across from the newest Kaiser building. “We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price,” Deeley said. Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at www.extremebackyarddesigns.com.

dents can also receive printed copies at the Eastvale Library and the Riverside County Clerk-Recorder. The EIR is also available online and can be downloaded on the City of Eastvale’s webpage at www.eastvaleca.gov/city-hall/planning/environmental-documents/walmart-project Questions, comments, and concerns regarding the EIR should be submitted to Eastvale’s Planning Director, Eric Norris, no later than 5 p.m. on November 17. Written comments can be mailed to the City of Eastvale Planning Department at 12363 Limonite Ave, Suite 910, Eastvale, CA 91752 and emails may be sent to enorris@eastvaleca.gov.

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Healthy Living

Tips:



Magnesium the Magnificent!

BY CLARK'S NUTRITION

Medieval Latin named it "magnesia", a white lodestone mineral that was highly magnetic and very highly prized by the 15th century alchemists. This group of protoscientists aimed to purify base metals into gold and craft elixirs of mortality, and believed magnesium deposits could be used to craft the mythical "philosopher's stone". While unsuccessful in their pursuit, this historically significant movement produced

many writings that would eventually be of benefit to geologists, architects, physiologists and biochemists. Today, we know magnesium to be one of the most important, most studied, and most dynamic nutrients in our bodies. As a major mineral, magnesium assists the body in carrying out over 300 enzymatic reactions, stabilizing our cell's energy currency, and helping our muscles and nerves relax. Individuals with physiological appropriate levels of magnesium tend to suffer

less from conditions such as diabetes, kidney disease, and hypertension. But the benefits do not end there, magnesium may also improve short and long term working memory by improving the density and strength of our nerve network. Luckily, nature has made magnesium ubiquitous and easy to ingest, no matter the eating philosophy, dietary needs, or food selection of even the most finicky eater. Good sources of magnesium are green leafy vegetables, nuts and seeds, dairy,

fish, and legumes (magnesium is mostly synonymous with high fiber foods). As easy as finding and ingesting magnesium should be, there are still large swaths of the population that are in deficiency states. Individuals in chronic unmitigated high-stress lifestyles, alcoholics, caffeine abusers, those engaging in long periods of sweating without proper hydration (exercisers), and individuals eating a highly refined "fiber-less" diet are most at risk for a magnesium deficiency.

Inadequate magnesium may also exacerbate the following conditions:

- Depression- by reducing serotonin levels. Serotonin positively affects almost all of our 40 million brain cells by regulating sleep, mood,

sexual desire, appetite, and learning and social behavior.

- Heart health- low levels of magnesium may lead to heart arrhythmia (irregular heart beat) in combination with calcium.

- Diabetes- magnesium helps to regulate the effects of blood sugar by improving insulin sensitivity.

- Osteoporosis- 50-60% of our body's magnesium (~25 grams total) are found in our bones.

Magnesium recommendations are 310 milligrams for women and 420 milligrams for men. This dose may be increased in times of acute deficiency with one caveat, high doses of magnesium may cause loose and watery stools (which may be the desired effect for those suffering constipation). Upper tolerable levels for daily use

are between 800-1200 milligrams for up to three months. Magnesium can interfere with some medications therefore it is imperative that individuals currently taking any medication discuss magnesium dosing with their doctor.

Magnesium is found in powder form, which can easily be mixed into a drink as well as capsules and liquid. Taking 100 milligrams (up to 250 mgs may be well tolerated after a ramp up period) an hour before bed may help to relax muscles and increases the function of GABA receptors (GABA is a calming "inhibitory" neurotransmitter). If the alchemists taught us one thing, it is our interaction with minerals may greatly influence our longevity and health span. As always, have a healthy day. ■

Recipes:

Italian Sausage and Baby Broccoli Pasta

with Oregano Gremolata and Parmesan Cheese

BY HELLOFRESH

Gremolata may sound fancy, but it's really just a simple combination of herbs, garlic, and lemon zest. Our chefs added almonds into the mix and toasted it all for a deep flavor and slight crunch. We may be biased, but we think it pairs beautifully with the old-school Italian combo of sausage, baby broccoli, and pasta.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 767 cal, Fat: 31g, Sat. Fat: 9 g, Protein: 45g, Carbs: 85 g, Sugar: 6 g, Sodium: 936 mg, Fiber: 11 g

Ingredients:

- Sweet Italian Sausage- 9 oz.
- Gemelli Pasta- 6 oz.
- Baby Broccoli- 6 oz.
- Parmesan Cheese- ¼ Cup
- Garlic- 2 Cloves
- Almonds- 1 oz.
- Oregano- ¼ oz.
- Lemon- 1
- Olive Oil- 1 T

Preparation:

1. Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of salted water to a boil. Line up the baby broccoli on your cutting board, and cut into 1-inch pieces. Discard the ends. Roughly chop the garlic. Pick the oregano leaves off the stems. Discard the stems.

2. Cook the sausage: Place the sausage onto a baking sheet. Cook in the oven for about 15 minutes.

3. Boil the pasta: Add the pasta to the boiling water. Cook 9-11 minutes, until al dente. While the pasta cooks,



PHOTO COURTESY: HELLO FRESH

add the baby broccoli to the same water. Cook 3-4 minutes, until tender. Remove the baby broccoli with a slotted spoon and set aside.

4. Prep the gremolata: Meanwhile, place the almonds, oregano leaves, and chopped garlic in a pile on your cutting board. Run your knife over the mixture until finely chopped (some larger pieces of nuts can remain). Check on the pasta, drain when ready, then return to the pot.

5. Cook the gremolata: Heat a large drizzle of olive oil in a large pan over medium-low heat. Add the gremolata mixture. Cook, tossing, for 3-4 minutes, until beginning to turn golden brown. Season generously with salt and pepper. Remove pan from heat. Zest about 1 teaspoon lemon directly in the pan, and stir thoroughly to release the lemon oils.

6. Toss and serve: Thinly slice the sausage. Halve the lemon. Toss the sausage, baby broccoli, gremolata, half the Parmesan cheese, and a drizzle of olive oil into the pot with the pasta. Reheat over medium heat if necessary. Season generously with salt and pepper. Stir in a squeeze of lemon, to taste. Divide between bowls, serve with the remaining Parmesan cheese, and enjoy! ■



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Crime recap: mail theft caught

Crime from page 1

The search warrant at the suspect's home led to the recovery of numerous stolen items, as well as a second and third vehicle. Klocki was arrested and booked for several counts of possession of a stolen vehicle, possession of stolen property, and violation of probation.

EASTVALE - Numerous reports of mail theft were happening in the period of several months. The Eastvale Police Department and the Jurupa Valley Station crime analyst teamed up to investigate the mail thefts. In September, deputies received information that led them to the suspect, Megan Schuchman, 32-years-old, Norco resident. Once the search warrant was served, five separate victims' mail was recovered and predominantly residents of Orange County. Schuchman was located in Moreno Valley and arrested for

felony warrant, however the investigation is on-going as mail was stolen from different areas and possibly additional victims.

NORCO - An investigation started in the month of August for theft from a business located 2400 block of Hamner Ave. The suspect had stolen funds by the use of forgery from the business. After the month long extensive investigation, deputies identified the suspect as Carlos Alberto Calzadiaz, 19-years-old, resident of Riverside. He was arrested on September 16 for forgery, identify theft and booked into the Robert Presley Detention Center.

NORCO - The Norco Sheriff's Office, Special Enforcement Team, were assigned to a narcotics investigation at a storage facility in the 2000 block of Second St. A search warrant was obtained on a single storage unit, where deputies discovered marijuana individually packaged for sales.

The suspect was identified as, Guillermo Brisenno Plancarte, 58-year-old resident of Riverside. Plancarte was arrested and booked for possession of marijuana for sales at the Robert Presley Detention Center.

JURUPA VALLEY/NORCO - Deputies responded to a residence located in the 2000 block of Norco Drive on September 29. A resident called 911 to report two female suspects who had stolen mail from their residential mail box. The females got away by getting into a vehicle who had been driven by a third male suspect. The three suspects were later arrested and identified as Jamie Aguilera, 24 years-old, Angelica Cervantes, 20-years-old, and Dianne Zaragoza, 47-years-old. The three were booked for mail theft and conspiracy charges into Robert Presley Detention Center. ■

Riverside Medical Clinic Receive Award

STAFF REPORTS

Riverside – The Riverside Medical Clinic received the 2016 Excellence in Healthcare Award on September 23 from the Integrated Healthcare Association (IHA) at their Annual Stakeholder Meeting. The award was given to Riverside Medical Clinic out of 34 other physician organizations statewide for top performance on clinical quality, patient experience and cost measures.

"Through our internal patient care initiative that we call "RMC Signature", we work hard to provide quality care. So we are proud to be recognized for indeed improving health care quality, making sure patients have a good care experience

and working to keep care affordable," said President Judy Carpenter.

The Excellence in Healthcare Award is a part of IHA's program, Value Based Pay for Performance (VBP4P), and recognizes physician organizations that perform in the top 50 percent in the following areas: clinical quality, patient experience and total cost of care.

"Through the Excellence in Healthcare Award, we recognize physician organizations that are making a real difference in their communities and in their patients' lives every day through their commitment to high-quality, affordable, patient-centered care," said IHA President and CEO Jeffrey Rideout, M.D.

Out of over 200 physician organizations participating statewide, less than 1 in 5 reached the awards standards.

In order for any of the other organizations to win an award just as Riverside, they would have to have done the following:

- More than 41,000 California patients with diabetes would have their blood sugar controlled, helping to lower their risk of adverse health outcomes.
- More than 290,000 California patients would rate their overall care quality a nine or a 10 with 10 being the highest score.
- Health care savings would be about \$3.9 billion a year.

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San Antonio Hospital Hosts Event for New Buildings

Staff Reports

Upland – The San Antonio Regional Hospital will be hosting an event to show off their new patient tower and emergency department to the community. The emergency department will consist of 52 new beds while the patient tower will include 80 private rooms and 12 critical care beds on its main hospital campus.

Residents from the Inland Empire are encouraged to visit the event which will include tours of the newly added buildings. The event will also include a health fair which will provide attendees with important information and activities on how to promote and maintain a healthy lifestyle. They may also receive

free health screenings but are encouraged to reserve a time for an appointment at SARH.org/OpenHouse.

Children wearing their favorite superhero shirt will be entered into a drawing to win Disneyland tickets and will also be recognized as a healthcare superhero for the day. Local radio stations KOLA 99.9 and KFROG 95.1 will be at the even broadcasting live. Also, The Ontario Reign Ice Crew will be attending to join the children in outdoor activities along with mascot Kingston. Also in attendance will be Luc Robitaille of the Los Angeles Kings who will make a guest appearance at 10 a.m.

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Eastvale Election Candidates Questions

We asked the Eastvale City Council candidates a few core questions about the city and some concerns. Here are the unedited unchanged responses from some of the candidates. After 3 emails, some candidates did not respond. The contact emails were the emails that were submitted to the city's public record database when they applied for the election.

Raul Gutierrez

A brief recap of your qualifications and for you to answer some questions:

I served as a member of the JCSD Citizen Advisory Board for 5 years helping make our park system one of the best in southern California. I was vice-president and treasurer for Eastvale Kiwanis. I am also a member of Toastmasters International (Club



55). As president, our club was recognized in the top 10% in our region for its many accomplishments. In addition, I graduated from CSU Northridge with a teaching credential. I have a Master of Arts degree (MA) in education. I am a school counselor and have my school administrative credential and Real Estate License (DRE #01524429).

1. How long have you lived in Eastvale?

a. My wife and I and 2 boys moved to Eastvale 13 years ago. My children have attended school here. I have been involved in the community since moving here.

2. Why do you think Eastvale is #1 in California and #17 in the US?

a. Eastvale has attracted a wide variety of people seeking a sense of community. Residents take pride in keeping the city clean, orderly and take the time to get to know their neighbors. The numerous parks provide programs for youth, as well as family oriented events, encouraging residents to build connections with their neighbor. My involvement with JCSD Citizen Advisory Board has helped me promote park use and safety. This small town feel within the big city makes Eastvale special. In addition to that, Eastvale has some of the best schools in the state.

3. How would you describe the City of Eastvale to someone who is interested in moving here?

a. Eastvale is a wonderful place to raise a family. It offers a multitude of activities for kids and a school system second to none. It's a place where you can be part of various groups, such as Eastvale Garden Group (EGG) and Eastvale Kiwanis that focus on community partnerships. It

is centrally located between the coast, the mountain ranges, and the desert, giving residents access to a variety of destinations.

4. How do you feel about crime in Eastvale and what would you propose to do about it?

a. Crime is a concern. We have had our mailboxes, cars and homes targeted. In order to combat crime, we need to expand police presence by increasing the number of officers on duty. Officers need to be visible throughout the city. I strongly support our Neighborhood Crime Watch programs, because residents play a vital role in deterring crime. Safety is a top priority!

5. How do you feel about traffic in Eastvale and what would you propose to do about it?

a. As our city grows, traffic will continue to increase. The city needs to work on setting specific timelines with Caltrans to work on such projects as expanding our on-ramp and off-ramp structures, modifying roads that are presently impacted, and prioritizing key areas within the city that have been overlooked. This is a priority for me. We need to also reach out to our state and federal government representatives for financial support to cover these expenses.

6. The property on Limonite and Hamner (known as the Leal property) is going to be built on, what would you like to see there?

a. I would like to see seamless entry and exit ways for cars to minimize traffic build up, as well as spacious parking areas that would accommodate residents and visitors. The businesses should offer a variety of goods that would appeal to a diverse clientele, as well as restaurants that provide family settings with a large selection of choices. The structural design of the buildings should complement our community.



Todd Rigby

Qualifications: Resident and small business owner – real estate broker that deals with residents, potential future residents, and business owners, so I hear the needs of the city first hand. I am very involved in the com-

munity (Boy Scouts of America, Empire soccer club, CNUSD Measure GG Oversight Committee). I was recently on the Board of Directors for a Real Estate Association, representing 12,000 Realtors. Dedicated, passionate and committed to Eastvale.

And here my answers to the questions.

1. How long have you lived in Eastvale?

1a. 8+ years.

2. Why do you think Eastvale is #1 in California and #17 in US?

2a. Eastvale is #1 in CA because of the components that surround our community (ie. The school district, the city council, the city staff, JCSD, the parks we have, the location and proximity to major freeways, the beautiful homes we have with the great value for what you are getting, and most importantly, the residents that make it #1.

3. How would you describe the City of Eastvale to someone who is interested in moving here?

3a Eastvale is a family oriented, young but thriving community. We have great schools, numerous parks in just about every neighborhood.

4. How do you feel about crime in Eastvale and what would you propose to do about it?

4a. Crime is always a concern. In relation to surrounding cities, we are pretty good, but can ALWAYS improve. I recommend and if elected, would be dedicated to make sure our neighborhood watch program is more successful in our city. This can help fight the crime, while we don't have the budget to currently increase our law enforcement presence.

5. How do you feel about traffic in Eastvale and what would you propose to do about it?

5a. The infrastructure of Eastvale was not built to handle the traffic we have. There needs to be additional studies done to see what can be done with existing infrastructure. With new development, the city needs to work with the developers to make sure traffic is considered in the future development. This needs to be a top priority when development is considered.

6. The property on Limonite and Hamner (known as the Leal property) is going to be built on, what would you like to see there?

6a. Coming to Eastvale from the Brea area, I would like to see the Leal property developed into something like downtown Brea. A place where you can live, walk, shop and eat. It needs to be a place that is not only going

to attract Eastvale residents, but ideally we would like to attract people from outside our community. I would like to see that property developed into a place where people in Southern California desire to come.

Ike Bootsma

A brief recap of your qualifications and for you to answer some questions:

I am an honest man, and always will be. Eastvale is the heart of my soul, and it delights me to see it's growth. I would surely like to continue being involved and humbly ask you for your kind consideration once again.

Also I'm one of the oldest and longest living residents in Eastvale. Therefore I have a very good rapport with many of the established residents and that has helped me immensely in getting the ball rolling for many of the projects already built, plus many more for the completion of Eastvale in the future.

When Eastvale decided to bring itself here, it changed my life in so many different ways and on so many different levels. The pain and sense of loss was quickly replaced by a rapidly growing city that started to look good even though there were no more cows! I made a promise to myself and my wife that I would do anything and everything in my power to protect our "backyard" from those that may harbor different and self serving agendas.

1. How long have you lived in Eastvale?
Since 1975, and was born and raised 5 miles from where the Ranch is today.

2. Why do you think Eastvale is #1 in California and #17 in the US?

As much as it was a delightful surprise to be told that, somehow I knew from the very beginning that we were attracting intelligent, young like thinking couples that were all seeking the same kind of environment to have and raise their children. Now our schools are renowned, safety is of utmost concern, and the neighborhood interaction says "We are a Norman Rock-



well" kind of City. We are a City of friends and family.

3. How would you describe the City of Eastvale to someone who is interested in moving here?

New...inside and out!! A park in each and every housing track.

A people who not only want what's best for their family, they go out of their way to create it. Young, Free thinking and morally in tune with having a close knit community who can count on their neighbors in moments of need and to lend a helping hand in return. Eastvale truly is the definition of "HOME!"

4. How do you feel about crime in Eastvale and what would you propose to do about it?

As far as crime goes, any amount is too much. Fortunately, we are pretty much crime free. #14 in the state (that's out of 284 cities!) speaks volumes. As we continue to prosper and grow, our tax base will increase which will allow us to hire more police officers to protect us.

The program "Neighborhood Watch" has decidedly made Eastvale the safe place it is. People watching out for each other and making sure to always have a keen eye out when traveling about. Know what your neighbors look like because even if you may not be able to come to their aid, they may have to assist you. That's why Eastvale is so attractive and safe. Keep it up neighbors.

5. How do you feel about traffic in Eastvale and what would you propose to do about it?

You cannot walk before crawling. We are still a brand new city and slowly but surely we are adding the much needed BIG companies which not only bring us the revenue we need but employment. That in return will bring the better restaurants because now we are acquiring a day crowd.

With all this comes the widening of the streets to accommodate the business end of the traffic. As viscous of a circle this may seem, it will soon be done and there will be a better flow throughout the city. Many have voiced their concerns about this, but they don't seem to realize that all the streets will be made wider to accommodate all the additional local traffic.

Every new building site has to submit an EIR (environmental impact report) which states exactly what the needs of that area will be upon completion of the project, and render the finished product viable with the surrounding community. It's growing pains Eastvale....

6. The property on Limonite and Hamner (known as the Leal property) is going to be built on, what would you like to see there?

That my friends will hopefully be the "Hub" of Eastvale. I picture senior living on the outskirts, and many 2+ floors of office buildings. A place to leisurely meander through gardens and water features. A large gathering of many different types of

Snuggle Up

BY PASTOR TIM EATON



Fall is in the air. The kids are deciding on Halloween costumes, you are sipping on pumpkin spice something, apple cider suddenly sounds appealing, the frantic pace of fall sports has begun, and for a few days the tempera-

ture has finally dipped below 90 degrees. One of the great comforts and escapes of the fall season is to snuggle up with a great story. It's a great time to share a love of reading with your kids, engaging their imaginations and making memories. This fall can I make a suggestion? Read a great story; "THE STORY." That's right. THE story. A true story. A really great story about how important you and your loved ones are to the one who made everything. This fall at Edgewater we are diving back into THE STORY.

The Paradox Of Giving

BY PASTOR ROBERT JEWETT



Have you ever noticed that the most generous people are often the most content people? How is it that when given the opportunity, to give or to keep their resources for themselves, those who give are the most blessed? The same questions hold true for the exact opposite. How is that the people who are not generous are often the ones in constant want? How is it that they never seem to have enough to get by? For the believer, the answer

is simple. Jesus said that our entire lives, everything that we are, should be in whole-hearted devotion to God. He said that our primary focus is to love God with everything that is in us. Jesus continued and said that we are also to love our neighbor as ourselves. By satisfying these two commandments, all of God's Law is fulfilled (Matt. 22:37-40). So what does this have to do with giving or not giving? When we love God whole-heartedly, we put him above everything else...including material gain. We willingly use our resources in areas that matter to God. We invest in things that have eternal value.

This fall we will see real accounts of deliverance, of strong men and women facing horrific odds, of sometimes-weak people being used by God to accomplish great things. It's a story that can change your life forever. If you don't read it with us, I hope you will read it with those you love. Join us Sundays starting October 16th. Edgewater Lutheran Church meets Sundays at 10 a.m., worshipping at Harada Elementary, 12884 Oakdale Street, Eastvale, CA, 92880; www.EdgewaterLutheran.org. ■

His Voice

BY PASTOR DENNIS MORALES

John 10:3 "The gatekeeper opens the gate for Him, and the sheep recognize His voice and come to Him. He calls His own sheep by name and leads them out...."



We lost one of our sons at a crowded amusement park once. Absolutely, not a good feeling. Our family began shouting his name. This went on it seemed for about 1 or 2 minutes. Then I jumped in at the top of my voice and shouted my son's name. A few seconds later, I was relieved to see a security attendant coming over holding my son's hand. She explained that my son went to her and said he was looking for his papa. All of a sudden he began to say "Papa! Papa!" He then quickly took her in the direction of my voice. Out of a crowd of thousands, my son heard my

voice. When God says something, it's for good reason and worth obeying. When he calls, it may be to say "stop," "go this way," or it may even be "not that way!" His voice is one that calls us, guides us, and protects us. God spoke audibly to some such as Moses and Abraham, but God also speaks clearly through the pages of the Bible. There is a lot of noise in the world that can get in the way. The noise can be in the form of social media, TV, or even politics. But the more you read the Scriptures, the more readily you will know when God is speaking. The word "leads" in this verse speaks of "leading out." He has the way and He is ready to lead you out of whatever you are going through and into His green pastures (Ps 95:7). "If you hear His Voice." 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.■

Go All In With God

BY PASTOR ED MORENO



It's true, isn't it, that many people buy into Christ but they never sell out for Christ? This is the fundamental reason why so many believers find themselves 'bored' in regards to their relationship with God and his Son. They are bored because they're not "ALL IN" with God. And because they're not ALL IN, God will not do amazing things through, in, for, with, or by their life. He just won't! And so they have to settle for a Plan 'B' kind of life rather than the Plan 'A' God has in mind for them. When God made it known to Elisha that Plan 'A' was for him to be the successor of Elijah, Elisha had a decision to make. You see, Elisha had a really good life. His family owned a successful farming operation, and so Elisha had money, property, possessions,

prestige, influence and all the things that most people strive for in life. Elisha was set. Would God really 'call' a person to any other kind of life? Of course he would! Well, Elisha could remain comfortable or he could go "ALL IN" with God. Which course did he choose? I Kings 19:21 tells us: "Elisha then returned to his oxen, killed them, and used the wood from the plow to build a fire to roast their flesh. He passed around the meat to the other plowmen, and they all ate. Then he went with Elijah as his assistant." Elisha went "ALL IN." He didn't have to burn his plowing equipment and barbeque his oxen, but this was his "ALL IN" moment. He wasn't just buying 'in' to God's Plan for his life, he was 'selling out' for that Plan. Elisha was leaving no possibility for himself to return to his old life. If Elisha had not chosen to go "ALL IN" with God, God see Moreno page 14

The Grudge: A Horror Of The Heart

BY PASTOR MARK LEE



With Halloween right around the corner, many people will view at least one scary movie in the upcoming weeks. From current releases to old standbys, these terrifying tales have become as much a part of October as trick-or-treating and pumpkin patches. One fan favorite is The Grudge, a thriller released in 2004. Described

by critics as "a creep-fest that doesn't make a whole lot of sense," the film focuses on a curse that consumes its victims. Sounds aptly named, doesn't it? Nearly everyone has been hurt by the action or words or another. It is not unusual for emotional wounds to leave you with lasting feelings of anger, bitterness, or vengeance. As a result, we find ourselves avoiding the offenders, rejoicing in their misfortunes, and plotting their demise. Much like the film of the same name, a grudge is a curse that consumes the vic-

tim it has inhabited. In Romans 12:18-19, the apostle Paul wrote, "If possible, so far as it depends on you, be at peace with all men. Never take your own revenge, but leave room for the wrath of God, for it is written, 'Vengeance is mine, I will repay,' says the Lord." Why entertain a horror story in your own heart when you can hand it over to the Almighty? VantagePoint Church meets at Roosevelt High School on Sundays at 9:00 and 11:00 a.m. ■

A New Legacy

BY PASTOR ROB NORRIS



This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. Joshua 1:8 As a people, we are healthier but not happier. We are drenched in knowledge but parched for wisdom. Materially we are wealthy, but we suffer a profound poverty of the soul. The longer I live, the more I see that our nation needs a spiritual reformation in its inner spirit. Nowhere is this more appar-

ent than in the state of the family. The biblical values that built our great nation - once passed on from each generation to the next as a national treasure - are being questioned and dismissed. As a result, never before have we seen such deterioration in our homes: Never before have so many children grown up in broken homes. Never before has the definition of marriage been altered to allow for two people of the same sex. Never before has the marriage covenant been viewed with such contempt by a generation of young people. Never before have parents been ridiculed for seeking to raise children with biblical values. Never before have so many Christians laughed, shrugged their shoulders or did nothing about adultery, divorce and sin. Never before has ma-

terialism been so flagrantly embraced over relationships. Never before has the family been in such need of a new legacy. The pivotal national issue today is not crime; neither is it welfare, health care, education, politics, the economy, the media or the environment. The pivotal issue today is the spiritual and moral condition of individual men and women, husbands and wives, mothers and fathers, and families. Live It: How has the deterioration of our homes affected your family? Pray: That change in our country will begin with change in your lives and home. The Crossings meets Sundays, 10 a.m., at River Heights Intermediate, 7227 Scholar Way, in Eastvale. Join us for family month in October. For more information, visit atthecrossings.com. ■

Eastvale rated #1

Eastvale from page 1

mately 3,000 square feet. Up until recently, Eastvale was without public spaces such as parks and community centers. Now that they've been added, the city also plans to build two new elementary schools. While the new extensions to the community provide revenue and more space for citizens, it also increases the

local property taxes more than two percent. That's twice the state's average. Jobs within the Eastvale city limits are limited but a new Amazon fulfillment center was recently built to offer more job opportunities to city. Residents wishing to find work outside of Eastvale must endure 45 minutes of rush hour traffic since the city sits between Irvine and San Bernardino.

"Risk list"

Risk from page 1

culture," among other advoca-

cies hey support. According to Dr. Gupta on MSNBC.com, antibiotics should only be used to treat bacterial infection. Antibiotics on animals, when not needed,

are used to prevent potential diseases, but can make bacteria resistant and are used when poor diets or crowded or dirty conditions exist. But a human can eat that bacteria the

animals may carry, especially if the meat is not cooked properly. The end result: antibiotics may not work when you need them most on humans after consuming this meat. The beef industry uses six hormones to promote faster

growth and weight gain, which is legal in the US. A tip: Try to read the ingredients and try to avoid using food that contain ingredients that you cannot pronounce. And remember: you are what you eat.

The Great Pretender

By Michael Armijo

I remember dressing up like batman, the little Kmart suit with the plastic mask. I remember watching SWAT and grabbing a stick like it was my machine gun. I remember trying to lift the car because I wanted to be Steve Austin, the 6 million dollar man.

You would think it was healthy to give your imagination a chance to flourish, to enhance your creativity. However, without proper guidance, explanation, and influence, you never realize the difference between reality and fantasy. Without that, the lines of reality are blurred, so you embed in your mind that when life seems difficult you can act like a child and become someone you're not.

I remember being stressed

to a point that I felt I could no longer take it. So I went out, drank, and became someone I wasn't. I pretended to be someone that didn't exist, someone I never was and never could be. I reverted to my child like instincts and put on that Kmart batman mask, and I picked up that SWAT stick while trying to lift that car. I became the great pretender.

While acting like I was a college scholar, a big shot in my company or a racing car driver, I really felt alive. I felt like a complete human being because my mind was hungry to be complete, like a child wants to become a super hero. My lies were my super power and my reality was my kryptonite.

So as I pretended throughout my life, I liked the escape of not being who I was. Abused

and neglected. Deceived and tormented. Tortured and ridiculed. Worse off, verbally accosted and left to play violent and damaging tapes of lies and pain. Pretending was an escape, which helped me not only overcome the pain I had been suffering but allowed me to feel like I was normal for a while. It made me feel as though I was a human being. Something I've been looking for so many years.

These incidents happened so quickly and many years have passed. However, today the memories are still haunting.

Today I will embrace my desire, to be something I'm not, to be someone who makes me feel complete. Someone who helped me wear a mask for so many years. Today I am still, deep inside, The Great Pretender.

Artist Corner

Andrea Cruz

By RACINE GUAJARDO

Andrea Cruz was born in Lake Tahoe, California but later moved to Southern California at an early age. A sketchbook and pencil played a huge role in her upbringing. Her first influence was her Grandfather, saying, "He was the one that opened my eyes to the arts." He was the one to put her first pencil in her hand and helped guide her through her passion as he was a self-taught colorblind artist.

At the age of 10, Cruz learned the meaning of life and death as her mother had lost her battle with cancer. The more she tried to comprehend what happened, the more she dove into her sketch book. After high school she moved to Hollywood, but due to unforeseen circumstances, she became homeless and lived her life on the streets of Los Angeles for the next 4 years.

No matter what extremes Cruz was faced with on a daily basis, one thing that she could count on was her sketch book and pencil that she carried around with her everywhere she went. It became her release and comforted her with the overwhelming amount of emotions she was experiencing. Through all her life experiences, she became more in tune with herself and the world around her. In 2004, she started experimenting with paint. The longer she worked with art, the more she realized how much it has helped throughout her life.

Cruz realized that creativi-

ty helps build self-esteem with young kids and adults across the board. She wanted to create a platform for people to express their creative side.

"I have been able to be part of some wonderful organizations with my art like donating my creative expertise, for example, building a dollhouse that won third place in a contest for Habitat for Humanity, to help them to raise money for the organization. Partnership with Orangewood Foundation, helping our foster youth and soon to be aged out fostered teens express their creative sides by introducing them to painting on canvas," Cruz said.

When Cruz was asked what she would like people to know about her she said, "I am passionate about my art and it is important to live my life through my passion. I believe that we are all born with talents, it is up to us to recognize them, find ways to develop them, and as we are inspired, it will inspire others."

She is a self-taught artist; her own style allows her to be able to break down any paint for anyone to understand.

Today she has found a way to be able to share her talent as an artist by creating a business with her close friend, Oscar Torre. In 2015, they formed a paint and sip company called, The Painter's Loft.

"From day one, I knew we had something wonderful that we were offering to our customers. Oscar, with his witty sense of humor and zest for life, connects wonderfully with each of our customers. He creates a wonderful synergy while I step by step instruct the painting of the evening,"



Cruz said.

Cruz has since been featured in numerous publications including: The Chocolate Voice and Inland Empire Magazine. Her work has been featured in Dallas, Southern, and Central California. She also sells her work to a collector in the Philippines. She currently has art pieces hanging in The Robbins Nest Wine Bar in Orange County. You can also visit The Painter's Loft several times a week at Mimi's Café in Corona and Chino Hills, The Robbins Nest in the Artist Village district in Santa Ana, Renata's Café Italiano in Orange County, and Rodrigo's Mexican Restaurant in Corona. Throughout the week, Andrea and Oscar instruct private parties in four-counties (Riverside, San Diego, Orange County and Los Angeles County).

Andrea and Oscar can be found on multiple social media sites including, Facebook: The Painters Loft, their website: www.thepainters-loft.com, Instagram: [the_painters_loft](https://www.instagram.com/thepainters_loft), and Twitter: [@thepaintersloft](https://twitter.com/thepaintersloft). ■

History 101

Was there really a “red telephone” hotline during the Cold War?

During the height of the Cold War, the United States and the Soviet Union established a direct communications link to allow their leaders to contact one another in the event of a nuclear crisis or other emergency. This Washington-Moscow hotline has since featured in countless novels and films such as 1964's "Dr. Strangelove," but contrary to its depictions in pop culture, it never took the form of a red telephone. In fact, it never involved phone calls at all.

The Washington-Moscow hotline was first proposed in the 1950s, but the idea didn't gain traction until 1962's Cuban Missile Crisis, when the Americans and Soviets found that their diplomatic messages often took several hours to reach one another. Fearing that any further mishaps might trigger an accidental nuclear war, the two superpowers met in Geneva the following year and signed a "Memorandum of Understanding Regarding the Establishment of a Direct Communications Line." On August 30, 1963, the new system went live. Rather than a telephone link, which presented the possibility of miscommunications,

the hotline consisted of teletype machines that allowed the two countries to send written messages to one another via transatlantic cable. The Soviet system was located in the Kremlin, but the American version was always housed in the Pentagon, not the White House. Satellite links were later added to the hotline during the Nixon administration, and in 1986, it was upgraded to include high-speed fax capability. The most recent overhaul came in 2008, when the system switched to email.

While there is no evidence that the hotline was ever used to avert a nuclear disaster, it often played a key role in U.S.-Soviet relations. In 1967, Lyndon B. Johnson became the first president to use the system when he negotiated with Soviet leader Alexei Kosygin during the Six Day War, a brief conflict between Israel and several Arab states. Richard Nixon later used it for similar purposes during 1971's Indo-Pakistani War and 1973's Yom Kippur War. The hotline's last crisis uses came during the Reagan administration and the dying days of the Cold War, but it still exists to this day. To ensure that the system will function in the event of an emergency, Russian and American technicians continue to send test messages to one another once every hour.

Election

Election from page 12

retail stores, with an even larger choice of fine restaurants that we have all been patiently waiting for. Can you see it? I am sure there will be many great ideas once the property is finally sold to a developer. But I warn you now.... the traffic will be horrible during its building growth. Hopefully we will all be more used to it by then. After all, it will be worth it because look what we're going to end up with!



My name is Bashar Madani, husband and father of three boys living and enjoying the city of Eastvale schools and parks.

With a Bachelors Degree in Engineering, a Masters Degree in Engineering Management and Harvard Law School Negotiation program completed along with 25 years of project design and development experience, I am confident that I can improve Eastvale Economic planning development and guide it to the next phase of pride and prosperity.

As a successful business owner I have gained the expertise and knowledge it takes to manage business planning, business development, finance management, budget balance-

ing, and staff management.

I have been a resident of Eastvale for 10 years. Eastvale, amongst the highest ranks, reflects the excellent standards of livability; we are fortunate that our schools are regulated by CNUSD and have been awarded with the California Gold Ribbon and the California Distinguished Star honors. Eastvale has beautiful parks managed and maintained by JCSD thus making our city an ideal place to move in and raise a family while maintaining high quality living.

Our public safety enforcement are doing a stupendous job under the current limited funding but with increased revenue that will come from improved economic development we'll be able to add additional staff and eliminate the current crime issues.

The traffic in Eastvale is substantial, as we need to widen the main streets and cooperate with Caltrans to plan for additional freeway access.

The property on Limonite/Hamner is the perfect project to improve our economic development. A major shopping center including attractive department stores, fine dining restaurants, and office parks will be a great development project for our City that will set Eastvale as the most attractive destination for shopping and dining and will considerably increase our City's revenue and generate employment opportunities.

Limonite/Archibald development will provide valuable funding for law enforcement, building more schools, widening streets, and greater access to freeway.

Go All In With God

Moreno from page 13

would not have raised him up to be one of the greatest prophets of the Old Testament, and God would not have performed the 28 powerful miracles that he wound up performing through Elisha.

Are you settling for a Plan 'B' kind of life rather than God's Plan 'A' for your life? If you are, I feel very sad for you because you're never going to know the amazing things that could have been. My challenge to you is to have an "ALL IN" moment with God. You don't have

to be 'bored' as a Christian, but you will be as long as you fail to *completely* surrender to the Lordship of Jesus.

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. ■



TEMPORARY SIGNS IN THE PUBLIC RIGHT AWAY

CITIZENS, BUSINESS OWNERS, NON-PROFIT ORGANIZATIONS AND OTHERS ARE ASKED TO PLEASE ABIDE BY THE RULES AND CRITERIA OUTLINED BELOW WHEN PLACING 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.



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.

TEMPORARY SIGN SIZE, MATERIALS, AND MAINTENANCE CRITERIA

All temporary signs placed in the right of way must:

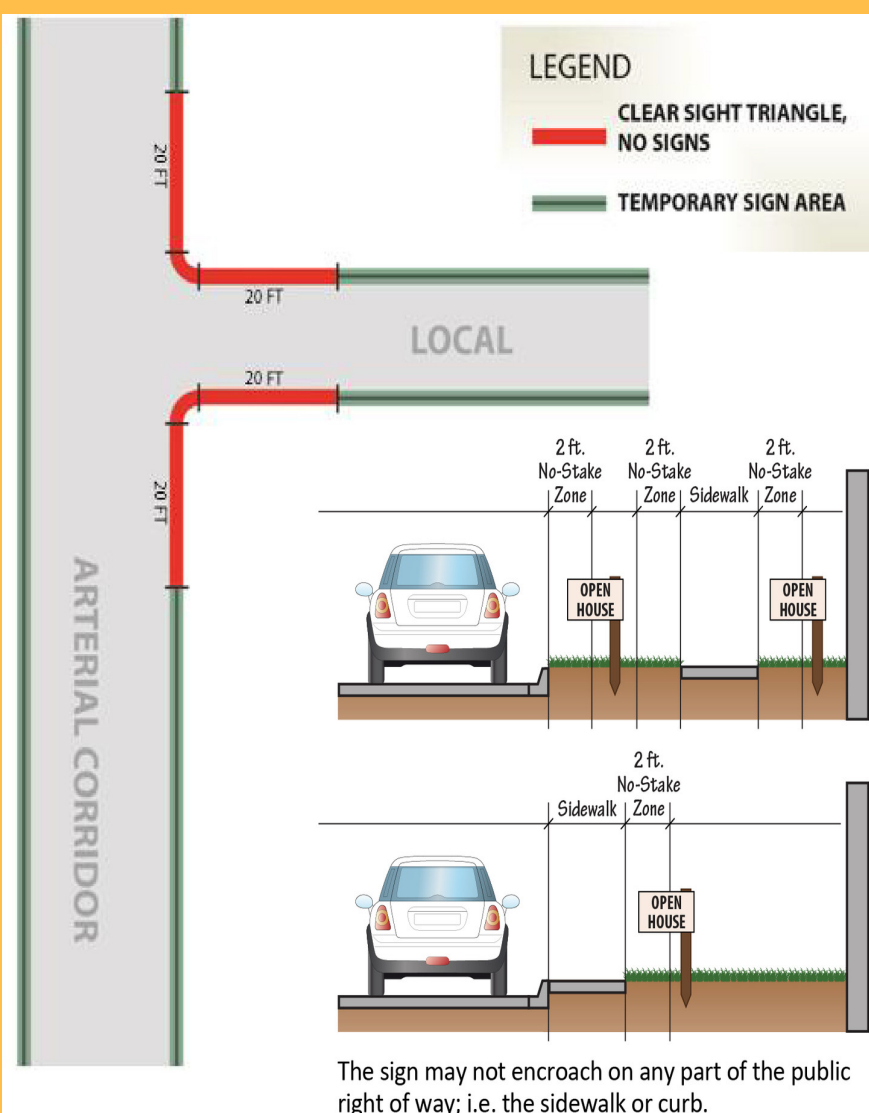
- A) Be free-standing and securely mounted on a wooden or metal stakes;
- B) Be no higher than four (4) feet above grade;
- C) Be no larger than six (6) square feet and no more than three (3) feet in either height or width;
- D) Be constructed of substantial sturdy, durable and weather-proof material;
- 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.

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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