

City of Eastvale News.com

Corona • Norco • Chino

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NOVEMBER 2016 • ANAPR.COM

Here We Grow Again

Amazing Lash Studio Opened

STAFF REPORTS

Eastvale - The Amazing Lash Studio had their official Grand Opening on August 26. The Eastvale Chamber of Commerce joined Amazing Lash Studio for a Ribbon Cutting Ceremony at the location 6080 Hamner Ave., Suite 100 Eastvale, CA 91752.

The following is courtesy of

see Studio page 9

City Council

City Council Meeting Recap

BY TIANA GOEGEBUER

The October 12, 2016 meeting was attended by Council members Clint Lorimore, Adam Rush, and Richard Simmons, as well as Mayor Pro Tem Joseph Tessari, with Mayor Ike Bootsma marked absent. The Pledge of Allegiance was led by Richard Simmons, and then the meeting moved directly into a Closed Session.

In the Closed Session, two items were discussed: the 3.1 Conference With Real Property Negotiators, and the 3.2 Con-

see Council page 3



PHOTO COURTESY: EASTVALE
Joe Tessari kept his seat in Tuesday's election, with an unofficial count of 1,556 votes for District 2.

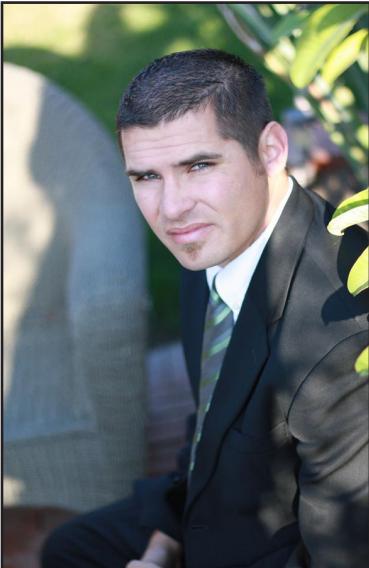


PHOTO COURTESY: FACEBOOK
Todd Rigby earned a spot on the Eastvale City Council with an unofficial vote count of 996 for District 1.



PHOTO COURTESY: EASTVALE
Councilman Dickie Simmons decided to run for JCSD Board of Directors and won last Tuesday.

Eastvale Election Results Are (almost) In

STAFF REPORTS

Eastvale, CA - Ballots have been cast, and the results are in. Almost. Other than the pressing Federal and State elections on the ballot this Tuesday, the City of Eastvale had three council seats up for election, where eight residents vied for seats of the newly formed Districts 1, 2,

and 5. However, all but one were pretty clear in their results.

District 1 saw Todd Rigby in the lead with 996 votes. District 2 showed Joe Tessari with 1,556 votes. However, District 5 the race was far too close to call. Brandon Plott currently leads District 5 with 803 votes, and Ike Bootsma is six votes behind with 793. But it's not

over yet.
"The Registrars office has notified us that there are currently around 200,000 uncounted absentee ballots," said Daniella McElister, Public Information Officer for the City of Eastvale. They have informed us that by 6 pm this

see Eastvale page 12

Check Before You Burn Season Is Here

BY CITY OF EASTVALE

The South Coast AQMD's Check Before You Burn season began Tuesday, November 1, and will continue through February 28 of 2017.

While residential burning has not yet been restricted this season, please watch for no-burn alerts in your AirAlerts subscription emails or by one of

see Risk page 12



PHOTO COURTESY: KELLY MCKAY


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Eastvale Neighborhood Preservation Standards

BY CITY OF EASTVALE

Street Environment

- All landscaped areas on a public street, sidewalk, or right-of-way that abuts a residential property shall be maintained by the adjoining property owner, unless it is maintained through another mechanism such as

see Community page 8

Our Featured Businesses

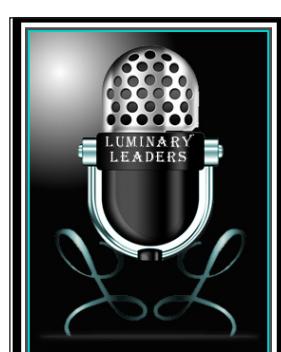
Luminary Leaders

BY RACINE GUAJARDO

Luminary Leaders consults with up and rising speakers to support their branding, public figure and monetizing the work they do. As well as, producing Seminars at Sea LIVE Events with Princess Cruise Lines and also offer an Annual Membership for Speakers on Call.

As the CEO and Founder of Luminary

see Luminary page 7



Luminary Leaders is a Global Company. Home office located in Riverside, California. They may be reached by calling (909) 519-3712 or visit their website: www.luminaryspeakers.com

Mr. Tint

STAFF REPORTS

Norco - Car window tinting is one of the best ways to improve the look and comfort of your vehicle. You can protect the interior of the vehicle from sun damage by tinting the windows. Sunlight and heat can cause your interior, like seats and the dashboard, to fade, crack and deteriorate. Window tinting reduces the sunlight allowed into the vehicle, which in turn re-



Mr. Tint is conveniently located just minutes from Eastvale at 1780 Town and Country Drive, #104, in Norco (near the post office and DMV). Call them at (951) 737-7007 for more information, or visit their website at www.mrtint-ie.com. See their ad on page 11 of this publication.

see Tint page 9

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Ten New Military Banners Installed

BY CITY OF EASTVALE

On Wednesday, November 2nd the City of Eastvale installed ten (10) new military banners along Archibald Avenue between 65th Street and Grapewin Street.

"The Military Banners are a reminder of the men and women who are serving on active duty in the United States Armed Forces. It is an honor to see each one and know they are representing Eastvale, California," said Mayor Ike Bootsma.

The Eastvale City Council allocated funding for the fiscal year 2016/2017 to continue the Military Banner Program. The program is also funded by donations from local businesses, residents and Eastvale non-profit organizations. 100%

of donations are allocated to the installation and maintenance of the program. Any contribution amount is greatly appreciated.

"We truly appreciate the continued support for our Military Banner Program by our residents, local businesses and Eastvale non-profit organizations. Shortly after the City's re-administration, we received a generous donation from Waste Management which was much appreciated," said Bootsma.

Ten new military banners were installed to honor the following military personnel:

U.S. Air Force

Ronald M. Cabal

U.S. Army

Nicholas Casanova
Robert Espinoza
Maria Nufable

U.S. Navy

Jeffery S. Davis
Colin Liddicote
Sean Pierre Rangel

U.S. Marine Corps

Adrian Canales
Christian Cervantez
John C. Jimenez

The City of Eastvale will be accepting new applications for the Military Banner Program starting in January of 2017. If you are interested in donating to Eastvale's Military Banner Program, contributions can be sent to:

City of Eastvale
Military Banner Program
12363 Limonite Avenue,
Suite 910

Eastvale, CA 91752-3667
To learn more about Eastvale's Military Banner Program, please visit www.bitly.com/eastvalemilitarybanner for program details. ■



PHOTO COURTESY: CITY OF EASTVALE
Just one of ten new military banners installed in the city of Eastvale.

City council meeting recap

Council from page 1

ference With Legal Counsel – Anticipated Litigation. No reportable action has been taken for either item at this point.

The meeting moved to the Presentations/Announcements section, which included: 4.1 Red Ribbon Week Proclamation, 4.2 Freedom from Workplace Bullies Proclamation, 4.3 Presentation of 9/11 Certificates, and 4.4 the New Fire Truck Presentation, in which the new fire truck was showcased to those in attendance. Next, Natalie Diaz, the Student Liaison, gave her report on upcoming events in the Eastvale schools.

In the Public Comment Section, two residents, Stacy McDaniel and Cathy Johnson, expressed their concerns about birthing home problems in Eastvale to the Council.

The Consent Calendar was approved 4-0.

The meeting then moved to City Council Business. Item 9.1, to reject all bids for the Radar Speed Sign Installation Project, was passed 4-0. Next, Item 9.2, which would amend the budget to include funding for school crossing guards at three locations, was passed 4-0. For Item 9.3, the Ordinance was passed 3-1, with Councilmember Loriomore voting against it. Item 9.4, the motion to Contract Services for Code Enforcement, was passed 4-0.

There was no City Manager Report, so the meeting moved to Staff Reports and City Council Communications before adjourning. The October 26th, 2016 meeting was attended by Council members Clint Loriomore, Adam Rush, as well as Mayor Pro Tem Joseph Tessari and Mayor Ike Bootsma, with Councilmember Richard Simmons marked absent. The Invocation was led by Pastor Jim Willoughby with Faith Life Center. The Councilmembers motioned to add two additional items to the agenda, which passed unanimously, and the

meeting then moved into a Closed Session. No reportable action was taken during the Closed Session.

In the Presentations and Announcements section, the Public Safety Commission gave an update, Mayor Bootsma read an Arbor Day Proclamation, and then introduced two new City Staff Members, and Steven Aguilar was sworn in. Next, the City Manager gave a report on the maternity home situation in Eastvale, saying that a great amount of data has been collected on the suspected homes, and much progress has been made in the investigations. They opened the floor up for Public Comment, and citizens Tim Putridge, Cathy Johnson, Beth Coy spoke in response to the issue.

The Council then moved to approve the Consent Calendar, and each item was approved, with Bootsma abstaining from Item 6.1 due to an absence. Then, for Item 6.7 an update on the construction of Firestation No. 31 was presented.

In the Public Hearing Section, Items 7.1 and 7.2 were discussed and continued, as the Councilmembers requested additional information from the City Staff before making a decision.

City Council Business Item 8.1 was passed 4-0. Item 8.2 was moved and passed 3-0, with Councilmember Rush stepping out. Item 8.3 was passed 3-0, with Mayor Bootsma stepping out. Item 8.4 was passed 4-0. Item 8.5 was passed 4-0. Item 8.6 was passed 4-0. Item 8.7 was passed, with Bootsma being selected as the alternate.

The meeting moved to the City Manager's Report, Staff Reports, and Council Communications before adjourning.

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see Meeting page 12

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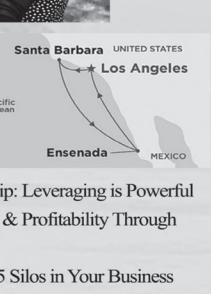
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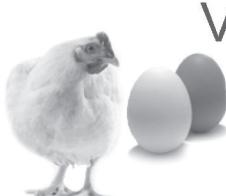


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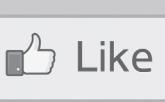
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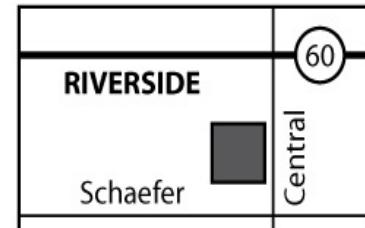
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- Inspect all hoses and belts • Inspect and adjust ignition and fuel system
- Inspect emission control system • Inspect exhaust pipes and muffler
- Inspect spark plug wires, cap and rotor • Inspect and top off all needed fluid levels
- Inspect headlights, brake, back-up and license plate lights
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SCORE IE To Provide Workshops

By CITY OF EASTVALE

Eastvale - SCORE Inland Empire will be providing mentoring for small businesses and entrepreneurs in Eastvale on the 1st and 3rd Monday of every month, beginning on October 3, 2016. Mentoring appointments will be available during one hour sessions at 9:00 a.m., 10:00 a.m. and 11:00 a.m. on those days. Mentoring is provided by active and retired business men and women with experience in all aspects of business to help local small businesses grow and prosper. There is no charge for mentoring. Mentoring sessions will be located at Eastvale City Hall; 12363 Limonite Avenue, Suite

910 in Eastvale.

Appointments for one (1) hour mentoring sessions can be made on the Inland Empire website at <https://inlandempire.score.org/>.

Additionally SCORE will be providing workshops in Eastvale beginning in January, 2017. The workshops will cover a variety of small business topics. Workshops will be held at New Day Christian Church at 7155 Hamner Avenue in Eastvale. The workshops will cover a wide variety of topics that help small business such as writing business plans, online marketing, social media, marketing, personnel issues, financing, acquiring rental space, accounting and much more. Reg-

istration for the workshops can be completed at <https://inlandempire.score.org/>.

SCORE is a non-profit organization that has assisted more than 10 million entrepreneurs to help them start and grow small businesses nationwide in over 50 years since it was founded. It is a network of over 11,000 volunteer mentors in over 300 chapters nationwide who are dedicated to helping small business. SCORE Inland Empire is the local chapter that provides mentoring and workshops at 15 sites within the Inland Empire.

SCORE is pleased and honored to offer programs in the City of Eastvale and assisting small businesses and the local economy. ■

Tips From Deputy Myers

Dear Deputy Myers:
How can I start or join
a Neighborhood Watch
near my home?



With all the exceptional growth in population to Eastvale lately, I thought it would be a great time to re-visit neighborhood watch. Law Enforcement is not the ONLY form of protection for your homes and neighbors. YOU are the first defense when it comes to protecting where you live. There are six basic steps to getting a neighborhood watch program started within your community.

Step 1 - Create Awareness, start a buzz in the neighborhood about keeping it safe. Many neighbors nowadays, with all the modern technology, have started to disconnect from their neighbors. Communication starts with a wave and a smile, followed by starting to talk about your concern for con-

tinued safety within your community.

Step 2 - Organize Volunteers, once you have started a buzz neighbors often begin sharing their personal information to become more involved. Gather their information and set up a neighborhood meeting with them.

Step 3 - Coordinate with Law Enforcement, this is where I come in. I will provide a short power point presentation and activity for your neighbors. I will give them the tools they need to combat current issues in the neighborhood and keep those issues from returning.

Step 4 - Identify Concerns, Issues and Problems. Once the group has been formed and they have had time to think about the new tools they have been given, it's time to discuss where the problems are in your neighborhood. It is best to prioritize the concerns of the volunteers so they can all get addressed in a timely manner.

Step 5 - Develop Strategies, six heads are better than one. As your group comes together, you can start to come up with ways in which to deal with is-

sues. Having additional people from different backgrounds that come with different resources can be invaluable in eradicating problems in your neighborhood.

Step 6 - Action Steps, depending on the severity of the problems that arise in your neighborhood, there are several different ways to attack the issues. Planning activities such as clean-up days, neighborhood patrols, and joining social groups such as www.nextdoor.com are just a few of the ways to bring your neighborhoods closer and keep people involved. **IF YOU SEE SOMETHING SAY SOMETHING!**

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. ■

Street Sweeping Reminders

By CITY OF EASTVALE

The City of Eastvale contracts with Dickson Street Sweeping for street sweeping services. This service ensures that all arterial, residential, industrial and alley roadways are kept clean. Maintaining clean streets keeps the City of Eastvale beautiful and complies with the South Coast Air Quality Management District (SCAQMD) and National Pollutant Discharge Elimination System (NPDES) requirements.

For more information regarding the street sweeping schedule, general street maintenance or service, please call (951) 361-0900.

Please follow the links to view the Street Sweeping schedule:

- Street Sweeping Schedule Map 1 - Sweeping on Weeks 1 and 3 Updated June 27, 2016
- Street Sweeping Schedule Map 2 - Sweeping on Weeks 2 and 4 Updated June 27, 2016

Many Riverside County residents are unaware of the storm water pollution (polluted runoff) problem, and the threat it poses to the local Santa Ana river, lakes and streams. In fact, many people don't realize that storm drains connect to local waterways so whatever ends up in the storm drains flows directly - without treatment - to our rivers, lakes and streams.

Another misconception is that storm drain pollution happens only when it rains. Actually, throughout the dry part of the year, pollutants such as

motor oil, antifreeze, trash and grease accumulate on streets and parking lots. When rain finally does fall, the rain water carries these pollutants into the storm drain. Even common activities such as over watering lawns and landscaped areas, car washing and hosing down driveways or pet waste droppings cause pollutants to make their way into the storm drain.

The storm drain pollution protection program encourages everyone to find out what YOU can do to help keep our precious waterways clean and to protect our natural resources.

Common contaminants found in polluted runoff:

- Heavy Metals - metals and toxic contaminants from vehicle exhaust, tire compounds, motor oil, and weathered paint.

- Restaurant oils and grease - fuels and lubricants enter storm drains from leaks and spills of automobile engines, transmissions, radiators, and improper dumping of oil into storm drains.
- Pesticides, Herbicides and Fertilizers - chemicals that are over-applied during yard care enter storm drains from watering landscaped areas.
- Solvents and Household Chemicals - paint thinners, oil and water based paints, degreasers, detergents, bleach, drain cleaners, and other household products enter local waters if dumped into storm drains or onto streets. ■



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• Bacteria and Plant Nutrients - bacteria from sewage, animal waste, litter, decomposing vegetation, and septic leaks cause serious health problems.

Since preventing pollution is much easier and less costly than cleaning up after the fact, we should all learn what we can do to help keep our water clean! Please visit the Riverside County Flood Control and Water Conservation District website <http://rcflood.org/stormwater> to download several FREE brochures and materials that provide simple pollution prevention activities that you can easily incorporate into daily activities. ■

Eastvale HS Student Earns First Place at National STEM Competition in Atlantic City

BY KARON MYLES OF BLACKVOICENEWS.COM

Eastvale - On August 24, Justin Blue, a senior from Eleanor Roosevelt High School in Eastvale, CA competed in the National Blacks In Government (BIG) Science, Technology, Engineering, and Mathematics-Student Competition (STEM-SC) and earned the First Place.

Blue was provided full transportation and lodging to participate at the competition in Atlantic City, NJ. As the BIG National First Place STEM-SC winner, Justin also received a plaque and a \$1000 scholarship. Upon graduation in June, Blue plans to attend college and pursue a dual major in Electrical and Mechanical engineering.

This year, the STEM-SC focused on robotics technology; specifically building and programming a functional Sumo-Bot robot. The official theme was: "Exploring the Capability

of Robotics Engineering."

The competition was designed to introduce and encourage 9th-12th grade students to embrace STEM concepts and professions, giving the students a quality

learning experience and challenge to develop important STEM competencies.

The competition promoted the concepts of the engineering process, teamwork, creativity, positive attitude,

and enthusiasm. Students were required to give an oral presentation at the chapter, regional, and national competitions on robotics and their educational journey based on their documentations.



PHOTO COURTESY: BLACKVOICENEWS.COM
Winner of the Black in Government (BIG) and Science, Technology, Engineering, and Mathematics-Student Competition (STEM-SC) first place award, Justin Blue.

Blacks In Government also conducts Student Oratorical competitions that give students a chance to showcase their oral and written communication skills. More detailed information about the Blacks In Government Student Oratorical and STEM competitions can be found at: <http://www.bignet.org>. To connect with the local Greater Riverside STEM Chapter regarding student workshops and chapter level competitions coming in 2017, please contact Karon Myles, (909) 938-7521.

The Blacks In Government organization is a non-profit organization and an advocate of equal opportunity and professional development for Black government employees at the Local, State and Federal government levels and others dedicated to justice for all. BIG's goals are to promote EQUITY in all aspects of American life, EXCELLENCE in public service, and OPPORTUNITY for all Americans. ■

Santiago HS Student recognized for US Naval Academy STEM Selection

BY CNUSD

Taylor Pereira, a sophomore at Santiago High School, received a letter of recognition from Corona City Mayor, Eugene Montanez for her academic accomplishments over the summer. Taylor was selected to attend the United States Naval Academy STEM (Science, Technology, Engineering, and Mathematics) program.

The program was held at the U.S. Naval Academy located in Annapolis, Maryland. The program has over 9000 annual applicants and Taylor was one of the 800 students from the United States selected to participate. Selection is based on accomplishments inside as well as outside the classroom.

Instructors for the program are current United States Naval Academy Instructors in the cur-

ricular areas associated with STEM. While at the week-long academy, participants were housed in the midshipmen quarters and supervised by a select group of senior midshipmen. The group of 800 ninth graders had a first-hand view of what it was like to be a student at the Naval Academy.

Following her time with the Navy, Taylor was also selected to participate in the Congress of Future Science and Technology Leaders in Boston, Massachusetts. This highly selective national program honors academically superior high school students who aspire to dedicate their careers to STEM field. Taylor received her nomination to the program from Buzz Aldrin, Colonel, USAF, retired NASA Astronaut. She was selected to represent Santiago High School based on her academic achievements, leadership potential, and passion for science and technology.

At the completion of the Naval Academy STEM program, she flew to Colorado Springs to attend a week of volleyball camp at the U.S. Air Force Academy where she was recognized as the most valuable player on her team. She then flew back to the Naval Academy for a week of rowing where she was recognized for her outstanding performance as a novice rower. Additionally, she played softball for the Santiago High School Sharks. Taylor has high hopes of attending the United States Naval Academy at the completion of high school. ■



PHOTO COURTESY: BLACKVOICENEWS.COM
Sophomore Taylor Pereira receiving a letter of recognition from the Corona City Mayor, Eugene Montanez

Corona HS Launches STEM

BY CNUSD

On Wednesday, September 16, 2015 Corona High School hosted the official "digital ribbon cutting" of Corona High School's STEM (Science Technology Engineering Math) Academy. The Corona STEM Academy is in collaboration with Auburndale Intermediate, Raney Intermedi-

ate, and Corona High School. This inaugural program presents amazing learning and growth opportunities for students to prepare them for careers in science, technology, engineering and math. Teachers, students, parents, administrators and community members turned out to support this momentous event. ■

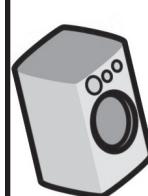


PHOTO COURTESY: CNUSD
Corona High School officials cutting the STEM Academy ribbon indicating its opening.

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Luminary leaders

Luminary from page 1

Leaders, Shelly Harrison, is proud to represent thought leaders, speakers and educators to present for business related events, conferences, seminars, retreats, radio- TV and other media outlets across the country. Harrison has 3 years experience as a business owner and 26 years as a Vice President in the banking industry. Therefore, has prepared her immensely for the work she does today. Shelly Harrison is also the Chairman for the Annual Riverside County Women's Leadership Conference and run her own women's networking group in the Inland Empire since 2009.

Luminary Leaders places their reputation in the industry to the

highest standards of service to clients, affiliates, vendors, and those they serve. Additionally, they value a positive momentum that harnesses collaboration, compassion with other business owners, and their competitors. Providing everything they need in business and work with the 5 key areas; Marketing, Branding & Growth, Finance & Admin., Sales and Operations.

Being selective with who they align their company with is a reflection of their reputation and how critical it is showcasing their core values. Luminary Leaders is a one stop shop and works side by side with each client. The reputable relationships that have been established with several companies, have products and services that have allowed them to refer

clients to trusted people with the same values and vision. The speakers are professional business entertainers with educational backgrounds. Some speak pro bono in lieu of their speaking fees if they are permitted to share their products and services.

Luminary Leaders has Seminars at Sea LIVE Events available and can offer \$50 off the Seminars at Sea package. Also, Speakers on Call Annual Membership - \$50 discount.

Luminary Leaders is a Global Company, Home office located in Riverside, California. They may be reached by calling (909) 519-3712 or visit multiple websites: www.luminariespeakers.com www.seminarsatsea.net www.etcwomensnetworkingllc.com ■

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- Steuart Henderson Britt



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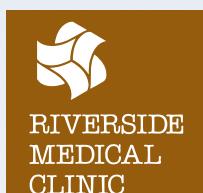
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Eastvale community neighborhood preservation standards

Community from page 1

Community Facilities District or Landscape Maintenance District.

- Trash, garbage, recycling, and green waste containers (cans, bins, boxes, or other such containers) shall not be kept in any front yard, driveway, walkway, sidewalk, street, or right-of-way for more than more than 24 sequential hours in any 7-day period, including trash and recycling collection day.

- In single-family residential developments, the trash and recycling containers shall be stored in a garage or front, side, or rear yard, in a manner that they are not visible from any public street.

- In multi-family residential developments, the trash enclosures shall be constructed of sturdy and opaque materials (with trash receptacles screened from the public view) that are in harmony with the architecture and materials of the main buildings.

- Any transportable or movable recreational equipment shall be permitted in a front yard or driveway of a property, but shall not be used in, or shall not encroach upon, any street, sidewalk, or right-of-way.

Parking

- No vehicle shall be parked upon a public street, sidewalk, or right-of-way for more than 72 consecutive hours within a radius of 500 yards and shall be subject to citation or removal.

- No person shall construct, repair, grease, lubricate, or dismantle any vehicle, or part thereof, upon a public street, sidewalk, or right-of-way, except for temporary emergency purposes.

- No vehicle, such as a car, truck, or motorized bike, shall be parked in any landscaped area, but may be parked in a garage or carport, or upon a driveway or other improved parking area.

- No recreational vehicle shall be parked in any front yard of a property. No recreational vehicle, or any part

thereof, shall encroach upon a public street, sidewalk, or right-of-way. Recreational vehicles shall be allowed, if they are screened behind a fence or wall of at least 5 feet high and parked in a garage or side or rear yard. A recreational vehicle may be parked in a public right-of-way or approved parking area for a period of not more than 48 hours twice a month for the purposes of loading or unloading of said vehicle.

Yard Maintenance

• Any front and/or side yard that is visible from any public street shall be landscaped and maintained in an aesthetically consistent manner with the rest of the neighborhood. Landscaping shall be maintained in a manner that does not cause a potential fire hazard or cause a threat to public health, welfare, and safety.

• Outdoor storage shall not be permitted in a front yard or side yard that is visible from any street, and shall not impede ve-

see Standards page 15

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Mr. Tint

Tint from page 1

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EXP 11/30/16

Amazing Lash Studio is now opened

Studio from page 1

Amazing Lash Studio:

Are you to flaunt the longer, fuller eyelashes you've been dreaming of? Amazing Lash Studio is expanding its eyelash extension services to Eastvale! Our new studio is located in the Eastvale Gateway Shopping Center near Chase Bank and Vons Gas Station. We hope to see you when

we open our doors in August! Reserve your spot on our grand opening guest list today!

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- **Sexy** - Make every wink count by adding an extra flirtatious flare on the outer corners of your eyes.

- **Cute** - Big, bright, beautiful eyes are all yours! Add length to the center of your lashes to make your eyes appear longer.

Visit the website at www.amazinglashstudio.com ■



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A Patient's Gratitude

Robin Gardner was riding her bike when a stroke struck her on the day after Thanksgiving in 2015. The Corona Regional ER and UC Irvine Health stroke telemedicine capabilities got Robin the right treatment when minutes mattered most. She is now back on her bike and feeling great!

"My recovery was incredible and I have the hospital team, EMS responders and doctors to thank!"

Robin Gardner, Corona Regional ER Patient & Stroke Survivor

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The new Corona Regional ER will be four times as large, offering private rooms, a rapid medical evaluation area for shorter wait times, and separate walk-in and ambulance entrances. Visit coronaregional.com/er to watch the live construction Web cam.



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Healthy Living

Tips:

Nutrition Questions?

ASK CLARKS

Clark's NUTRITION & Natural Foods Market

I have seen the symbol "whole grain" on packaged foods when shopping. What does this symbol mean?

A question from Chelsea of Palm Desert

BY CLARK'S NUTRITION

The symbol you are talking about has been around since 2003. The symbol was created by the Whole Grains Council

(this council is a private organization that is not controlled by any government department) and is designed to educate individuals about eating whole grains as opposed to refined grains. As you might already know most grains are processed and have portions of the

grain removed. For instance whole wheat berries are processed by removing the bran and wheat germ leaving behind the endosperm, or center. Commonly in the United States we see the use of white flour, enriched flour, wheat flour (which is white flour with

vitamins added), white rice, corn flour (which is refined corn) and other processed grains. These processed grains have been used for many years and are not uncommon.

The whole grain symbol can have two distinct meanings. The first being the "100% Whole Grain" symbol requires the product to have at least 16 grams of a whole grain and be made with 100% whole grains and no unrefined grains or added grain products such as fiber. The second symbol "Whole Grain" can be used with products containing a minimum of 8 grams of whole grains but can have other non-whole grain ingredients with it. For example a bread label says "Whole grain flour, white flour, rice flour". The whole grain flour is 22 grams per serving white flour is 20 grams per serving and rice flour is 1 gram per serving. The Whole Grain Label will note 22 grams on the Whole Grain label indicating how many

grams of whole grains are in each serving. The Whole Grain Council advises that 48 grams of whole grains a day could provide health benefits.

The Whole Grain Symbol is now on 11,000 different food products in 55 countries. So getting the word out on whole grains has become successful thanks to the Whole Grain Council. So what is all the fuss about whole grains? Well it is important to remember back some 100 years or more when refined grain consumption in large or exclusive amounts caused disease such as Beri Beri B-1 deficiency, (which may also be known as a form of nerve, muscle or heart disorders) and Pellagra B-3 deficiency (that can cause diarrhea, dementia and dermatitis). These nutrient deficiency diseases led scientist to discover vitamins. The solution for prevention of these nutrient deficiencies was to fortify grains with the lost vitamins known at the time.

With this noted, we now know that eating whole grains as opposed to refined grains has many health benefits such as reduced cardiovascular disease risk, reduced risk of certain types of cancer including breast cancer. Whole grain consumption with fibers helps to maintain a healthy weight as well. So whole grains provide necessary nutrients as well as fiber and other phyto or plant based nutrients. In conclusion, including whole grains into our diet can have many great health benefits and also looking for the whole grain symbol might be a helpful way to make sure that you are getting enough whole grain. Remember to read labels carefully so that you can make the proper health decisions for you and your family.

Have a health related question?

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Recipes:

Creamy Prosciutto Panini

With Fresh Mozzarella Cheese, Basil, and Green Salad

BY HELLO FRESH

Let's face it: sometimes, you just want a warm and gooey grilled cheese for dinner. We totally get it, which is why our chefs created this hearty panini with all the cheesy goodness you love plus Italian ham, herbs, and a side of greens for balance.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 528 cal, Fat: 25g, Sat. Fat: 11 g, Protein: 28g, Carbs: 51 g, Sugar: 6 g, Sodium: 1146 mg, Fiber: 4 g

Ingredients:

- Basil- 1/2 oz.
- Cucumber- 1
- Mozzarella Cheese- 4 oz.
- Flatbreads- 2
- Prosciutto- 2 oz.
- Grape Tomatoes- 4 oz.
- Spring Mix- 4 oz.
- Balsamic Vinegar- 1 T
- Olive Oil- 2 t

Preparation:

1. Prep: Wash and dry all produce. Preheat oven to 200 degrees. Pick basil leaves from stems. Discard stems. Peel and halve cucumber lengthwise, then thinly slice into half-moons. Thinly slice



PHOTO COURTESY: HELLO FRESH

mozzarella.

2. Assemble the panini: Pile one flatbread with mozzarella, prosciutto, and basil leaves. Top with other flatbread. Cut stack in half widthwise.

3. Cook the panini: Heat a drizzle of olive oil in a large pan over medium heat. Add panini. Cook until golden brown and cheese has melted, 3-4 minutes per side. Transfer to a baking sheet, and place in oven to keep warm. Repeat with remaining panini, and add more olive oil if necessary.

4. Toss the salad: In a large bowl, toss tomatoes (halve the ones that are too large), spring mix, and cucumbers with a drizzle of balsamic vinegar and olive oil. Season to taste with salt and pepper.

5. Serve: Cut the creamy prosciutto panini into triangles, and serve with green salad on the side. Enjoy! ■

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Crime Recap

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 October.

The City of Eastvale Police Department was awarded a \$55,000.00 grant from the California Office of Traffic Safety for a year-long program of special enforcements and public awareness efforts to prevent traffic related deaths and injuries. Activities the grant will fund include:

- DUI checkpoints
- DUI saturation patrols
- Bicycle and pedestrian safety enforcement
- Distracted driving enforcement
- Seat belt and child safety seat enforcement
- Speed, red light, and stop sign enforcement
- Compilation of DUI "Hot Sheets," identifying worst-of-the-worst DUI offenders
- Specialized DUI and drugged driving training such as Standardized Field Sobriety Testing, Advanced Roadside Impaired Driving Enforcement, and Drug Recognition Evaluators.

Funding for the program is by the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Chino - On October 27, two suspects entered the Superior Market located on 12375 Central Ave next to the Chino Police Department, where they stole from the Jewelry Store

inside. The two male suspects also targeted the Superior Market located at 1130 West Sixth Street in Corona on October 31. According to the Corona Police Department, the victim said two black male adult suspects entered the store and walked to the jewelry kiosk. The suspects asked about the jewelry and the employee opened the display case for them. As the employee briefly turned around, one suspect leaned over the counter and removed two trays of jewelry. Although a witness left before the Corona PD was able to arrive, the witness let the employee know that the suspects got into a white van and left the parking lot. The victim reported a loss of approximately \$30,000 in merchandise. The suspects were described to the Corona Police Department and video surveillance was released. Video surveillance of the theft identified the two suspects as Deanthony Lamar Block and Dajuan Lee Calvin Robinson. The two are now wanted by four agencies; Corona Police Department, Riverside County Sheriff's Department, Chino Police Department, and the San Bernardino County Sheriff's Department. You may contact the Corona Police Senior Detective Robert Gonzalez at 951-817-5837 if you can provide any further information on the theft, as well as Chino Police Department at 909-628-1234.

Norco - On October 27, Deputies learned of a female suspect who had taken property from a business located on the 1200 block of Hamner Avenue in the City of Norco. The loss

prevention personnel attempted to detain the female, however she threatened to have a weapon and resisted. Melissa Ann Schneider, resident of Riverside, was arrested and booked into the Robert Presley Detention Center for robbery, under the influence, and possession of drug paraphernalia.

Norco - Between August and October, numerous residents became victims of mail theft resulting in identity theft for some. The incidents occurred in various locations throughout Norco and Eastvale. The suspects were all residents of Corona, identified as Christopher Hyman, Cerrise Sturgeon, Michael Lankford, and Kayla Morrison. The suspects were booked into the Robert Presley Detention Center for numerous theft related crimes including theft of mail, possession of stolen property, fictitious checks, forgery and burglary tools.

Norco - On October 8, Norco Sheriff's Department conducted a traffic stop, the driver was identified as Shea Marie Kahealani Medley, 33 year-old resident of Anaheim. The Deputies discovered she had an outstanding felony arrest warrant. Further investigation into the vehicle, Deputies also found pieces of mail, credit cards, personal checks and driver's licenses'. According to the Norco Sheriff's Department, the mail had been stolen from the City of Norco as well as locations in the Riverside and Orange Counties. Medley was booked into the Robert Presley Detention Center for the warrant, identity theft and possession of stolen property. ■

Fire Investigators Seek Public's Help

BY CHINO VALLEY INDEPENDENT FIRE DISTRICT

Chino Hills - On October 21, 2016, at 5:39 am, Chino Valley Fire District units responded to 13920 City Center Drive in Chino Hills (Dillon's Restaurant & Irish Pub) for a call regarding an unknown liquid release inside of the restaurant. Several members of a cleaning crew reported to feeling ill after entering the business.

The unknown liquid was determined to be flammable and evidence of vandalism was discovered during the investigation. Investigators from Chino Valley Fire District as well as Chino Hills

Police Department/San Bernardino County Sheriff's Department are actively investigating the circumstances of the incident, which occurred between the hours of midnight and 3 a.m.

Investigators are seeking the public's help. If you have any information regarding this incident, or were a patron of the restaurant/pub that evening, please contact Investigator/Captain Cragg at 909-315-8840. Information can be anonymous and the public's help is appreciated. City of Chino Hills Code Enforcement and San Bernardino County Department of Public Health have current-

ly closed Dillon's Restaurant & Irish Pub until it can be properly cleaned and necessary repairs are made. ■

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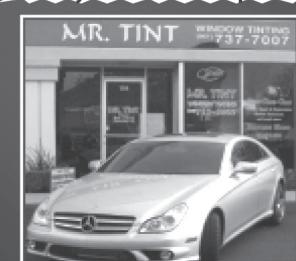

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Eastvale election results are in

Eastvale from page 1

Friday, Nov. 11 they should have all of these ballots counted.

District 1 encompasses the north east side of Eastvale, from Cloverdale through the Ontario border. (Mario Marroquin/Todd Rigby) beat (Mario Marroquin/Todd Rigby) for District 1 City Council Seat, lasting a partial term of two years.

Todd Rigby, is a residential real estate broker/owner. He plans to encourage and promote Neighborhood Watch programs in the City to immediately increase public safety.

Contrary to district 1, City Council Seats of Districts 2 and 5 will last a full term of four years, 2017-2021.

District 2 encompasses the mid to north side of Eastvale, zigzagging from Schleisman, Scholar Way, through Citrus, Harrison, and Chandler, ending by River Road at the Corona border. Joseph Tessari will serve an additional term for District 2 City Council Seat.

Joe Tessari is a current Deputy Sheriff and Detective. Public safety is his top priority. Additional revenues in the coming year will give Eastvale the ability to provide a superior level of police services which will allow the city to maintain the quality of life expected by Eastvale residents.

The final district up for election, District 5, covers the west side of Walnut from Archibald Ave to the Chino border.

Ike Bootsma, who is retired,

is a current councilman and Mayor of Eastvale. Maintaining public safety and economic development efforts in order to increase the tax base and remain fiscally sound and secure.

Brandon Plott is a corporate accounts manager at Bay Alarm Company. Public safety is his main priority, along with increasing revenues to fund law enforcement.

Mayor Bootsma currently serves District 5 City Council Seat and is six votes behind Brandon Wilson Plott until final results are made available on Friday at 6 pm.

After growing concerns about the at-large voting process, Eastvale City Council approved Resolution No. 16-09 in April earlier this year, initiating the by-district voting process carried out for the first time in Eastvale on Tuesday. A by-district election system requires City Council candidates to reside in the District they are vying to represent and can only be voted on by residents of that specified district.

Many California cities have converted from at-large voting systems to by-district in order to ensure representation of minority populations within cities. The California Voting Rights Act prohibits an at-large voting system that is capable of influencing the outcome of an election, or reduces the possibility of a class to elect their choice of candidate. In 2004, the city of Modesto's voting system was challenged under the Act, resulting in the

initiation of a by-district voting system and a cascade of other charges against cities throughout California, mostly coming from Southern California.

Switching to a by-district meant carving district lines throughout the City of Eastvale. Both four and five district maps were proposed to city council, which chose a five district representation. In June 2016, the City Council chose the final 5 district map out of three options proposed. More details about the conversion from an at-large election system to a by-district can be found at <http://www.eastvaleca.gov>.

Another current Council, Dickie Simmons, did not seek a council seat but instead ran for JCS District 4, which he won. Dickie has been a long time resident and has been considered as "Mr. Eastvale" for his many years of dedication and loyalty to our City.

Americans could not stay still while waiting for this election season to come to an end with the fate of our country's next four years on the line. Although, it is at these times people question their representation in voting for federal elections, be reminded that the most influence a vote has is in its local government. The by-district voting process was initiated by the city council to ensure Eastvale City residents have an equal vote. Thank you to those who exercised their citizenship by casting a vote in this year's elections! ■

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Check before you burn season is here

Risk from page 1

the other methods listed below.

Check Before You Burn is a program designed to protect public health and reduce wintertime fine particle pollution in our region. During this time, residents are prohibited from burning wood in their fireplaces – both indoors and outdoors – on days when air quality is predicted to be poor. This restriction applies to all residents of Orange County and non-desert portions

of Los Angeles, Riverside and San Bernardino counties. A 'No-Burn Alert' will be issued by SCAQMD one day in advance of any no-burn day that is declared.

This fall and winter season, check the status of your air quality before you burn wood or any other solid fuel. If you already receive the AirAlerts daily forecasts or real-time air quality alerts, you will automatically receive the special action day alert notices. New subscribers can join at www.airalerts.org. You can also get

the daily burn status by calling the SCAQMD's 24-hour toll-free information line at (866) 966-3293, or by checking online at www.aqmd.gov, or by downloading SCAQMD's app available for iPhones and iPads and for Android smartphones.

For more details about the Check Before You Burn program and alternatives to wood burning, please visit <http://www.aqmd.gov/healthyhearts>.

Thank you for helping to keep our air clean! ■

City council meeting recap

Meeting from page 3

sponse to the issue.

The Council then moved to approve the Consent Calendar, and each Item was approved, with Bootsma abstaining from Item 6.1 due to an absence. Then, for Item 6.7 an update on the construction of Firestation No. 31

was presented.

In the Public Hearing Section, Items 7.1 and 7.2 were discussed and continued, as the Councilmembers requested additional information from the City Staff before making a decision.

City Council Business Item 8.1 was passed 4-0. Item 8.2 was moved and passed 3-0, with Councilmember Rush

stepping out. Item 8.3 was passed 3-0, with Mayor Bootsma stepping out. Item 8.4 was passed 4-0. 8.5 was passed 4-0. Item 8.6 was passed 4-0. Item 8.7 was passed, with Bootsma being selected as the alternate.

The meeting moved to the City Manager's Report, Staff Reports, and Council Communications before adjourning. ■

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God's True Character

BY PASTOR ROBERT JEWETT

...you are a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love...

Nehemiah 9:17



The declaration of these wonderful attributes of God were spoken by the Levites as they prayed to God for all of Israel. The momentous occasion for this prayer was the mass revival that was going on in Israel. Just prior to the prayer, the Israelites had separated themselves from all foreigners and had stood and

confessed their sins and the iniquities of their fathers (Neh. 9:2). They spent a quarter of the day reading God's Word and another quarter of the day in confession and worship of God (Neh. 9:3). So, why the need for a revival...what had Israel done?

The Israelites, and their fathers, had "acted presumptuously and stiffened their neck and did not obey [God's] commandments. They refused to obey and were not mindful of the wonders that [God] performed among them" (Neh. 9:16-17). As a result of their presumption, the Israelites, and their fathers, were engaged in all forms of unrighteousness. Even with all their

rebellion and wickedness God was "a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love."

The glorious news is that much like the Israelites had an opportunity to confess and repent from their sins, you too have that opportunity right now. Remember, God is "a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love." He is patient towards you, not wishing for you to perish, but that you should reach repentance (2 Pet. 3:9).

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 lakeshorecity-church.com. ■

Parenting on Purpose

BY PASTOR ROB NORRIS

Train up a child in the way he should go, And when he is old he will not depart from it.

Proverbs 22:6



Many of us adopt the world's view in how we raise our children: We believe that responsible parenting means making sure they go to the best schools, wear the best clothes and participate in numerous outside activities so that they'll grow into successful adults with well-paying jobs. Sure, we want to build our chil-

dren's character, but we don't know exactly how to do it. In short, we lack a true, biblical vision for parenting.

In Deuteronomy 6, God reveals why He commands parents to be fruitful--to have godly children who will pass on a godly legacy by connecting one generation to the next. This is why the home is the best place for a child to learn about God.

As parents, you need to understand that parenting is a sacred calling and that children are worth the effort!

Now is the time to rise above the chaos and regain a vision for parenting--biblical parenting. From God's point of view, rais-

ing children is a high and holy calling. They are the living legacy you will send to the future.

Live It: See if you can name two or three biblical goals you want to see achieved in your children. Then match them up with at least one action point you can take to begin seeing your desired results.

Pray: Ask God to give you wisdom in being purposeful as the parent of your children. Commit to beginning each morning with your parenting goals and priorities in mind. If your children are grown, pray for them as adults and for their children daily.

The Crossings meets Sundays, 10 a.m., at River Heights Intermediate, 7227 Scholar Way, in Eastvale. ■

God Will Always Be King

BY PASTOR MARK LEE



Around this time last year, meteorologists were warning Southern California residents of impending doom. News channels were on storm watch and the phrase "El Nino" became part of our lexicon. Now, a year later, storm clouds are once again gathering. However, it is the dark skies

over the political worlds that are causing concern. The tension surrounding this year's presidential election has convinced many that disaster is inevitable.

Regardless of their political leanings, the majority of people would agree that this election cycle has left much to be desired. In fact, the drama seems better suited for reality television than it does for the race to the White House. Now, more than ever, our nation is deeply divided. You need look no further than social media for proof

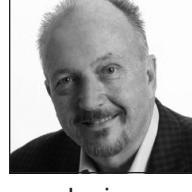
that people are angry and fearful. Instead of perpetuating the division, it is time for us to put our faith before our politics.

While everyone is expecting us to pick a side, it is important to remember that Jesus did not come to take sides - He came to take over! And, even if the entire country seems to be falling apart, God is still on the throne. Instead of placing our trust in a candidate, policy, or party, we need to remember that God will use

see Lee page 15

Pay It Forward

BY PASTOR JIM WILLOUGHBY



There is a concept or deed that has become more familiar and more popular in our culture; it's called "Pay It Forward." Maybe you've driven through a Starbucks recently and the server tells you the car in front of you paid for your coffee. A few years ago there was even a movie starring Kevin Spacey and Helen Hunt by that name. In the movie a young student of a teacher who was played by Kevin Spacey came up with a concept of how we can change our world.

It was a simple concept, you help three people who in turn help 3 people each and before long the entire world has been helped. He called it Pay It Forward.

This terminology actually dates back to 1916 when an author named Lily Hammond wrote a book entitled "In The Garden Of Delight." In the book she wrote, "you can't repay love, you pay it forward." Today this concept has become a movement where we now have a Pay It Forward day on April 30th. Last year, 70 countries joined in on Pay It Forward day. I recently saw a report where a man drove through a Chick-fil-A and gave the cashier \$1,000.00 and told them to pay for everyone's food behind him until the

money ran out. The manager told of several people who came through the drive through and started crying and shared how they were having tough times or it had been a tough day and that really made their day. I've now seen numerous stories of people Paying It Forward.

Hebrews 12:2 tells us, "Looking unto Jesus the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God." We see here that the originator of Pay It Forward was Jesus. When Jesus went to the cross He was paying it forward. Romans 8:29 calls Him the "Firstborn among many brethren." Col. 1:18 calls Him "the

Don't Overlook It

BY PASTOR DENNIS MORALES

Psalm 118:29 "Oh, give thanks to the Lord, for He is good! For His mercy endures forever"



Holiday mode is officially starting to kick in. I can already taste my mother in love's famous Yams. But, I personally feel like I just packed up the Christmas lights! As I shop in the local stores, it already feels like Christmas (minus our June weather of course). You may feel inclined to start searching for the box of decorations, to start preparing shopping lists, or even get busy with planning the family gathering. Or maybe you have endured a loss or are experiencing difficulty and your "heart just doesn't seem to be in it" this year. You may be in a position where you feel it's just too hard to find things to be thankful for. It's no wonder why Thanksgiving can often be overlooked. I'm reminded of a

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 lakeshorecity-church.com. ■

Pornography Is Sinful

BY PASTOR ED MORENO



Of all the social ills, pornography is one of the most destructive ones. I don't have the space in one article to relate all the personal, relational, and societal harm that the use of pornography results in, but I can share with you why it's wrong before God.

Now, I know that the use of pornography has become so pervasive in our culture that it's become a hundred billion dollar industry, and so most people have just accepted it as, at least, a neutral thing, i.e., if you're into it fine, and if you're not into it that's fine too.

But the reality is that it is not fine and it's not okay, according to the Book of God. In Galatians 5:19-21 and in Ephesians 5:3-7 where it's made clear that sexual immorality is not to

firstborn from the dead." Jesus went to the cross to pay it forward so that mankind could be redeemed and restored to right relationship with the Father. Everything that Jesus did, He did it with you and I in mind. He was willing to sacrifice His own good for our good.

Think about it, Mankind has this selfish nature. The man Jesus dealt with this in the garden. We see Him asking the Father, "If there's any way let this cup pass from me." The flesh didn't want to go to the cross. Then the selfless Jesus rose up and said, "Not My will but thine be done." We all deal with this to some degree. We want it our way and we want it how and when we desire. Everyone of use has this char-

acter flaw. I can honestly say I have never met a person who doesn't deal with this in some form or another. The challenge is to overcome this flaw and live a life that is selfless rather than selfish. When we learn this valuable lesson and then begin to apply it in our lives we really begin to Pay it Forward.

I can never repay God for the love, grace and mercy He has shown me but I can Pay it Forward to someone else by sharing that grace with someone I come in contact with.

Jim Willoughby is the Senior Pastor for Faith Life Center Church. They are located at 3778 Milliken/Hamner Ave Eastvale, CA 91752. They meet every Sunday at 8:30 am & 11 am. ■

Why Remember?

BY MICHAEL ARMIJO

I once read a story about a 9-year old boy named Travis, whose mother died at home one day. Without telling a soul, little Travis covered her body with a coat and he placed sheets of notebook paper over her face. He learned to fix his own meals – mostly frozen pizza, cereal, and soup – cut his own hair, and attended school without fail. He did this for over a month because he was afraid he'd be placed into foster care if anyone found out his mother passed away. The mother's body was eventually discovered by family friends. Travis begged them not to call the police.

When I read this story I was moved to write about it from my perspective. A friend asked me why I sought out areas in life that are so traumatic, so emotional, and so powerful. He asked me why I seemed to focus on elements of life that are painful, emotional and disturbing. He asked me "why remember?"

It amazes me what life brings you. It's like an old, enormous tree that sits in your neighborhood. One day it catches your eye and you tell yourself, "I've

never noticed that huge obstacle in front of me before."

Although that tree has been there and developed throughout your life, you never realized that you've had to go around it every day. You're so busy trying to survive that the small detour has become a part of your daily routine.

I kind of feel that my emotions are like that tree. I've driven past them for so many years without really paying attention. I kept wondering why it took so long to get anywhere productive; why life was such a hassle for me. And then one day, for a reason only God may know, I noticed this tremendous obstruction in my life that I was going around and avoiding over and over again. I finally became fed up and decided I wasn't going to go around it anymore – I was going to drive right through that humongous tree.

It was never my plan to have to go and examine the landscaping of my life. I thought I was supposed to follow the path that was laid out before me. But somewhere along the way, I developed a source of confidence that somehow convinced me that the path laid out before me was vulnerable to

manipulation. I realized that I could change where I was going and how I was getting there.

I believe there are experiences in life that give you freedom and confidence, but sometimes you end up in a stagnant period where you have to take a moment to sit back and reflect. And during this reflection, you sometimes feel resentful of the circumstances that are before you. You realize that someone in your life planted seeds that grew into this enormous tree that distanced you from the success you feel you deserve. Somehow along the way, you've subconsciously watered those seeds and allowed them to grow into this enormous tree.

When you realize this, you get angry and resentful of your own carelessness and then you remember the selfish acts of irresponsible adults. You can't change what has happened in your life, you can't change these obstacles, those that have prevented you from going on with your life. It's puzzling why we remember those horrid demons that have scarred our lives with darkness and pain. But, I have to ask myself: Why do I remember?

After asking myself that



Alfred Sauvy

PHOTO COURTESY: GOOGLE

History 101

Why are countries classified as First, Second or Third World?

BY HISTORY.COM

People often use the term "Third World" as shorthand for poor or developing nations. By contrast, wealthier countries such as the United States and the nations of Western Europe are described as being part of the "First World." Where did these distinctions come from, and why do we rarely hear about the "Second World?"

The "three worlds" model of geopolitics first arose in the mid-20th century as a way of mapping the various players in the Cold War. The origins of the concept are complex, but historians usually credit it to the French demographer Alfred Sauvy, who coined the term "Third World" in a 1952 article entitled "Three Worlds, One Planet." In this original context, the First World included the United States and its capitalist allies in places such as Western Europe, Japan and Australia. The Second World consisted of the communist Soviet Union and its Eastern European satellites. The Third World, meanwhile, encompassed all the other countries that were not actively aligned with either side in the Cold War. These were often impoverished former European colonies, and included nearly all the nations of Africa, the Middle East, Latin America and Asia.

Today, the powerful economies of the West are still sometimes described as "First World," but the term "Second World" has become largely obsolete following the collapse of the Soviet Union. "Third World" remains the most common of the original designations, but its meaning has changed from "non-aligned" and become more of a blanket term for the developing world. Since it's partially a relic of the Cold War, many modern academics consider the "Third World" label to be outdated. Terms such as "developing countries" and "low and lower-middle-income countries" are now often used in its place. ■

Artist Corner: Rosemary Tuthill

"Try and see all the great art that you can, find your voice, and be sure that this is really what you want to do." Barbara Ernst Prey, Visual Artist.

BY RACINE GUAJARDO

As a favorite quote of Rosemary Tuthill, she was born in Orange and now a current resident of Eastvale, California. She has been drawing since she was in kindergarten. Over time, she has explored a range of media from clay, watercolors and acrylics to airbrush as well as oils when she was in high school. In college, she studied art, interior design, and finally electrical engineering. After working in Research and Development for 24 years, she was able to follow her true passion of painting full time. Her work has been shown in galleries; she paints art for print sales, and paints commissioned portraits and landscapes.

Tuthill realized that photos are wonderful way for capturing a moment in time, but oils can memorialize a person or memory and create an heirloom one brushstroke at a time. She is proud to be able to be share her love of art with her oil paintings and being a part of peoples' lives by sharing her skill with Paint and Sip parties where she leads participants through an acrylic painting step-by-step. Here, she emphasizes art as fun in relaxed social environments including museums, galleries, wineries,

and homes.

So many people have influenced Tuthill's life, but her biggest role model and most proud of is being the daughter of renowned painter and muralist Emigdio Vasquez. He created over 400 oil paintings, works, and more than 32 murals in North Orange County, California. Through her art, she feels a bond with her father. Rosemary grew up in the presence of artists, art shows, exhibits,

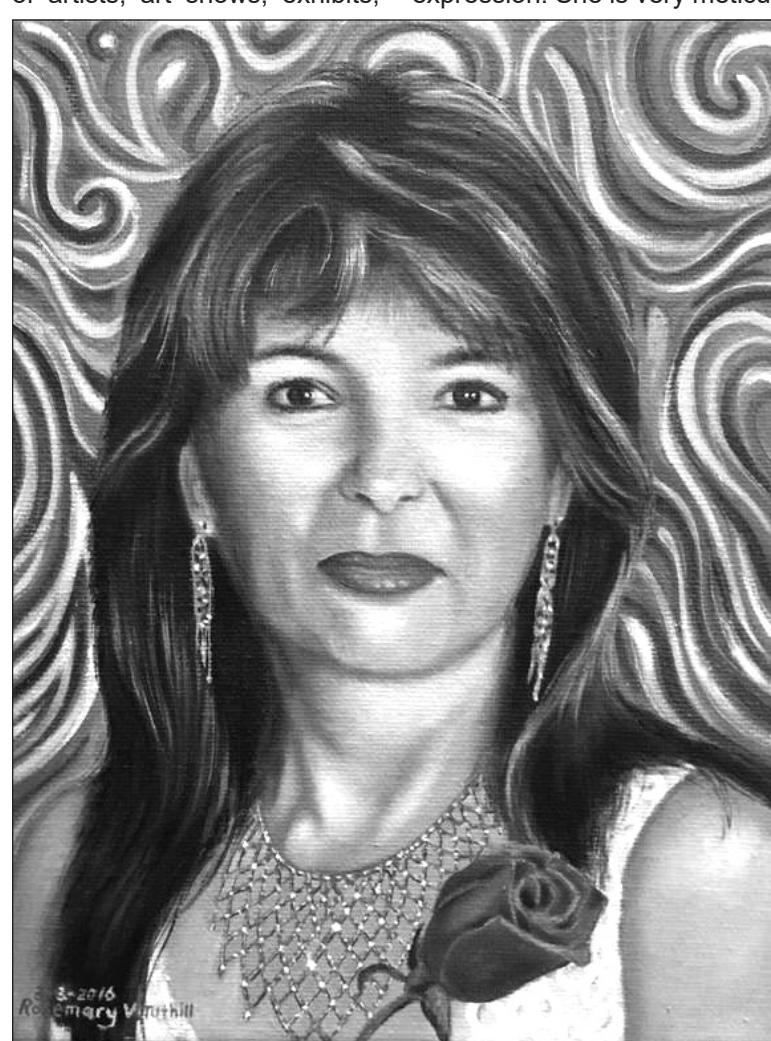
and events. From the time Rosemary was old enough to help, she served as Emigdio's model for murals and portraits, and later assisted him in his art career as a liaison to galleries and as his exhibits coordinator. From her father, she gained an appreciation for oil painting and a study of the works of the Old Masters with an eye for lighting effects, layers with degrees of translucence, and layout with expression. She is very meticulous in all of her works including portraits that range from photo-realistic to gritty rendition, to landscapes with amazing detail, still-life works that capture realism, and even pet portraits with amazing detail.

Many artists are able to create paintings in hours. However, Rosemary says, "My portraits take up to a few months because of the multiple layers and I tend to paint three works at a time to enable both drying and planning times." In the painting community, there is more male Hispanic artist than female, "I have the talent to create art, I need to represent my background and gender," says Tuthill.

Tuthill has displayed her art in galleries alongside her father's paintings and as a stand-alone artist. She currently have three paintings in the Riverside County Administration Center hosted by the Riverside Arts Council where you can see Packinghouse Orange, California Circa 1948, Night of the Altars, and a portrait of Charles Darwin. The exhibition runs until February 2017.

"Look for beauty in all that you see. You cannot appreciate humanity without trying to understand the context of everyday struggles and triumphs," is Tuthill's advice if she could give any.

Rosemary Tuthill can be found on two websites, vasquezart.com and paint-partyexperience.com. As well as on two Facebook pages: Amazing Portrait Paintings by Rosemary and Amazing Pet Portraits by Rosemary. ■



A self-portrait painted by Rosemary

PHOTO COURTESY: ROSEMARY TUTHILL

5 Tips for Good Gut Health During the Holidays

By STATEPOINT

The holiday season can be one of the most stressful times of the year and you may have noticed you're more prone to colds and upset stomach when you're stressed. Stress tends to slow the digestive process. What's more, 70 percent of the immune system lies in the digestive system, according to findings reported in "Clinical & Experimental Immunology."

Unfortunately, one of the most stressful seasons coincides with one of the most indulgent. To help, Vincent Pedre, MD, author of the new book, "Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain," is offering useful tips to lessen digestive upset and keep your gut healthy over the holidays.

- Pack healthful snacks.** When traveling, people tend to grab unhealthy foods for convenience. Pack nutritious foods like carrots, apples, almonds and frozen yogurt to keep the body strong. Foods like yogurt, which contain probiotics, not only address digestive issues, but are said to help stave off colds. One study found that those who took a probiotic supplement with *Lactobacillus rhamnosus*, a type of healthy probiotic bacteria, recovered earlier and reported less severe symptoms.

- Eat mindfully.** Eating in a hurry is a major no-no for good gut health, and makes you more likely to overeat, since it takes the brain about 20 minutes to recognize when you're full. Plus, eating quickly can cause gas, acid indigestion and bloating.

- "When we stop and really enjoy what we're eating we're less likely to overdo it, and we'll avoid issues like emotional eating," says Dr. Pedre.

- Relieve stress.** Take some "me time." Maintaining an exercise routine and practicing deep breathing relaxation techniques can do wonders for mental and digestive health, and help alleviate stress' negative effects on the digestive system, such as gas, acid reflux and stomach cramps.

- Maintain a sleep routine.** Get an adequate night's rest of at least eight hours nightly. Your body and gut like predictability. Plus, staying up late could make you more likely to visit the fridge and eat that piece of chocolate cake that'll lead to an upset stomach.

- Help your body naturally.** Overeating or drinking is easy to do this time of year, but



PHOTO COURTESY: STATEPOINT

it can cause stomach distress. Check out local natural product retailers, which offer homeopathic medicines like *Nux vomica* to relieve nausea, heartburn, acid indigestion or fullness associated with overindulgence of food or drink. While these uses have not been evaluated by the Food and Drug Administration for efficacy, *Nux vomica* is one of the most popular homeopathic medicines. It's also easy to take. The pellets are quickly absorbed under the tongue without water, as opposed to being absorbed through the stomach, which may not be

functioning at its peak. As a homeopathic medicine, it has no known side effects such as constipation, diarrhea, gas or drowsiness.

To learn about relieving a variety of acute stomach issues, explore the Boiron Medicine Finder app. This free resource, available on Android and iOS devices, allows users to find the right homeopathic medicine for many everyday conditions.

Both the stress and the fun of the holiday season can take a toll on gut health -- take extra steps this season and beyond to feel your best. ■

Eastvale community neighborhood preservation standards

Standards from page 8

hicular or pedestrian traffic in a public street, sidewalk, or right-of-way.

- Dying, decayed, untrimmed, or hazardous trees, shrubbery, or other landscaping in any front yard, or side yard that is visible from any public area, shall be addressed and remediated within 7 days of issuance of a Code Enforcement Notice.

Facade Treatment

- Any ground-mounted me-

chanical equipment, including but not limited to air conditioning units or heating pumps, shall be visually screened from the public view.

- Plywood, plastic sheeting, tarp, aluminum foil, or similar materials shall not be used to cover windows and other openings unless approved by the Department of Building and Safety on a temporary basis.

Outdoor Lighting

- All on-site lighting shall be stationary and aimed away from adjacent properties and

Pornography is sinful

Moreno from page 13

just into soft porn like Playboy, so no sexual sin is being portrayed. All I'm doing is looking at nude pictures. Certainly that's not something God is going to have a problem with, right?"

Well, let's discuss that for a moment. In I Timothy 2:9, 10 Paul, in writing about the godly standard God wants his people to exemplify, says: "I also want women to dress modestly, with decency and propriety...appropriate for women who profess to worship God." (NIV)

Since the women (or men) in

soft porn magazines are posing 'scantly' dressed or with no clothes at all, is this not dressing immodestly, indecently, without propriety and inappropriately, i.e., the exact opposite of the godly standard God calls for his people to be exemplifying in their lives? Of course it is.

Men and women of God, we are 'called' to live in accordance with God's holy standards, not the world's standards. So, let's get rid of the porn!

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. ■

God will always be king

Lee from page 13

everyone and everything to fulfill His plan.

The next time you feel like a ship being tossed on a political ocean, remember Mark 4:39. Jesus "got up, rebuked the wind and said to the waves,

'Quiet! Be still!' Then the wind died down and it was completely calm." You see, it doesn't matter who becomes the next president because God will always be King.

VantagePoint Church meets at Roosevelt High School on Sundays at 8 a.m., 9:15 a.m., and 11 a.m. ■

display or holiday display shall be allowed for a period not to exceed 45 consecutive days.

- All signs shall be of materials and colors that are compatible with the architectural design of the buildings in the neighborhood. Any business signs, pennants, reflective, flashing, or motorized signs shall not be allowed for any home-occupation. A sign that relates to an abandoned or discontinued use shall be removed within 7 days of issuance of a Code Enforcement Notice of Violation. ■

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