

# THE RUTHERFORD Report

THE NEWSLETTER OF SECOND DISTRICT SUPERVISOR JANICE RUTHERFORD

Summer 2015



[N7] Creamery-Café-Bakery at Victoria Gardens in Rancho Cucamonga creates extra smooth ice cream using liquid nitrogen and offers items made from all natural, sustainably sourced ingredients.

Photo courtesy DEVONVPCOM

Only a life lived for others is a life worthwhile.

—Albert Einstein

## N7 Creamery Takes Ice Cream to New Level

Michael Mascaro and Andrew Cox want to change the way you think about your food.

“We are completely out of touch with how our food is made and where it comes from,” Mascaro, 21, said.

The young entrepreneurs opened [N7] Creamery-Café-Bakery last year at the Victoria Gardens Shopping Center

in Rancho Cucamonga to share their enthusiasm for using farm-to-table ingredients in their freshly made foods.

“We expected it to be a bunch of hipsters, but everybody comes in,” Mascaro said. “Whoever wants to care about their food and where it comes from can do that here.”

Nearly all of the products N7 uses, including milk, eggs, fruits, and vegetables, come from local sources, but some

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## Businessman Helps Boys & Girls Club Thrive



It's no surprise Dennis Parker thinks like a businessman.

The 71-year-old Lake Arrowhead resident founded Wideworld Sportswear, Inc.—a successful emblematic apparel business—nearly four decades ago and continues to serve as its president today.

Parker's business acumen has been a boon for the Boys and Girls Club of the Mountain Communities since he joined the nonprofit's Board of Directors in the mid-1990s.

When Mountain Boys and Girls Club founder John Iacono invited him to join the board, Parker was already

serving on the board of Guiding Angels, which helped mountain teens find jobs and develop work skills.

Realizing their work coincided, the two merged into the Boys and Girls Club to better leverage their limited funding and to help more kids.

Later, Iacono purchased an old building on Forest Shade Road in Crestline to serve as the club's headquarters.

The building needed a lot of work before it could serve as a safe hangout for local kids, but the club didn't have a lot of money for renovations.

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## BUSINESSMAN, PAGE 1

Parker and his fellow board members sought the help of local contractors and secured donations from businesses, such as Rim Forest Lumber, to stretch their \$5,000 budget into a nearly \$90,000 remodel of the building.

“Funding has been a struggle since the day I got involved with the club,” Parker said. “You lived by grants, but those have been drying up year after year.”

As the club grew, Parker helped develop and organize fundraisers to generate money for the club and its multiple programs, including before- and after-school care, academic tutoring, and a host of kid-friendly activities.

Now in its 20th year, Bid for Kids is the club’s original fundraiser. It’s held annually at the Lake Arrowhead Resort and Spa. Guests purchase a dinner and get to bid on a multitude of items that range from luxury cruises to lunch with their County Supervisor.

While the auction generates some revenue, Parker said the real money comes from local residents writing checks to the club.

The club also hosts two golf tournaments—the Pines to Palms Golf Tournament in Bermuda Dunes Country Club in March and the Lake Arrowhead Golf Classic in October—to generate funds. Businesses and organizations such as the Ted Roy Charity Foundation, Lake Arrowhead Country Club, Burrtec Waste Management, Toyota and Subaru of San Bernardino, Serinty Lodge, The Lake Arrowhead Resort and Spa, Witherby Foundation, Ronald McDonald House, Mountain News, Rotary Club of Lake Arrowhead, and many other businesses and residents purchase tournament sponsorships that generate tens of thousands of dollars for the Boys and Girls Club.

“Even with all of that, we still didn’t have enough money to serve all of the kids we’d like to serve,” Parker said.

Last year when the club lost its largest grant and faced the possibility of losing its Valley of Enchantment site and two vital programs, Parker suggested the club take matters into its own hands by opening a thrift store and using its profits to make up for the lost revenue.

As fate would have it, Michele Cohen Miller—the owner of an existing thrift store in Cedar Glen—wanted to close and offered to donate her remaining stock and fixtures. The Boys and Girls Club snapped it up.

Once again local businesses and contractors such as Malcom Enterprises, Brett Butler, Rim Forest Lumber, Durringer Law Group, Glendora Glass, Swisstrax Flooring, Wendt Brothers Painting and the Lombard and Sacalas Families, teamed together to do about \$40,000 in remodeling for the club.

After that the Mountain News and Subaru of San Bernardino funded a complete two-year advertising campaign that has driven tremendous numbers of

customers to the Cedar Glen Resale Boutique and Home Goods Store since it opened in March 2014.

“It’s been extremely good to us because it’s given us a steady stream of income,” Parker said. “The club is in the best financial position it’s been in for 20 years.”



*Children play at the Boys and Girls Club of the Mountain Communities' headquarters on Forest Shade Road in Crestline.*

In addition to bringing in revenue, the store also serves as a public relations tool for the club.

“It allows you to bring in volunteers, and it gives you contact with people every day,” Parker said. “We’ve received more than \$50,000 in donations since the store opened.”

Thanks to the thrift store’s success, the club’s board is investigating opening a fourth Boys and Girls Club site at Charles Hoffman Elementary School in Running Springs.

While Parker’s business sense has helped the Boys and Girls Club find its financial footing over the years, his heart is what’s kept him motivated to serve.

“Anytime I think about quitting, I go over to watch those kids, and I listen to them saying, ‘I don’t want to go home yet mommy. Can’t we stay a little longer,’” he said. “I just want to provide these kids with a great place to go with great structure. I think giving kids a safe place after school keeps them out of trouble and, in turn, helps us as a community.”

Learn more about the Boys and Girls Club of the Mountain Communities at [www.mcbgc.org](http://www.mcbgc.org).

# DBH Sheds Light on Mental Health

The San Bernardino County Department of Behavioral Health (DBH) is working to remove the barriers that prevent people from seeking help for mental health concerns through its Prevention and Early Intervention programs.

“It’s much easier to talk about the history of diabetes in a family than it is to talk about the history of mental health issues,” said Michelle Dusick, who coordinates programs funded by the Mental Health Services Act for DBH. “What we are trying to do is to change that culture.”

Too often, the stigma associated with mental illness makes people reluctant to seek help when they need it. Bottling up those problems doesn’t make them go away, and sooner or later, they can begin to have serious impacts on people’s daily lives, including their work and interactions with family and friends.

DBH wants people to understand that mental health is no different than physical health and that they shouldn’t be scared to ask for help.

Mental health first aid classes are one of the ways DBH is educating people about mental illness. The classes aim to train individuals how to talk with someone who may be experiencing behavioral health concerns, such as drug addiction, suicidal thoughts, or depression and how to get that person help.

These sorts of classes are provided through community-based organizations throughout the county, including West End Family Counseling, Reach Out, Bilingual Family Counseling, Ontario-Montclair School District, and South Coast Community Counseling.

DBH has also partnered with the San Bernardino County Superintendent of Schools to train teachers, principals, guidance counselors, secretaries and custodians on how to recognize when students may be facing a behavioral health issue and how to get them help.

“Sometimes custodians give the best referrals because they see what’s going on outside the classroom. Everyone should be concerned with mental and emotional wellness. It’s up to us,” Dusick said.

DBH, in collaboration with other counties and the California Mental Health Services Authority, also hosted a competition where high school students created public service announcements about suicide prevention after learning about the often-subtle signs that someone may be planning to end their life.

“We could have put something together ourselves, but they wouldn’t have engaged in it as much,” said Sarah Eberhardt-Rios, DBH Deputy Director of Program Support Services.

In addition, DBH works closely with other San Bernardino County departments such as Preschool Services, Veterans Affairs, and Aging and Adult Services to educate others about mental illness. DBH strives to create a County where all persons have the opportunity to enjoy optimum wellness. In doing so, the DBH is supporting the community in achieving the Countywide Vision by ensuring all residents have the resources they need to provide the necessities of life to their families. Additional information regarding the Department of Behavioral Health can be found at [www.sbcounty.gov/dbh](http://www.sbcounty.gov/dbh).

## 2nd District Trivia

**Last Issue’s Answer:** Milk is San Bernardino County’s most valuable agricultural commodity, bringing in more than \$258 million in 2014.

**Question:** What Second District city is the conjunction of four historic trails/roads, and what are names of the trails/roads?

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ingredients, such as vanilla beans and cocoa, have to be purchased from other vendors because they simply aren't available locally. Even so, the two take care to only purchase all natural, sustainably sourced ingredients when they can't find a local supplier.

N7's niche is its ultra creamy ice cream made with liquid nitrogen. The seven in the company's name comes from nitrogen's atomic number, which reflects how many protons are in the nucleus of a single atom.

Unlike some of the liquid nitrogen ice cream shops that have sprouted up across the country over the past couple of years, N7 pasteurizes its cream mixture in house rather than purchasing it pre-made from a vendor because they want to ensure quality and consistency.

For those new to the liquid nitrogen ice cream scene, here's how it works: After a customer has selected a flavor, a creamery staff member slowly pours liquid nitrogen into the chosen cream mixture. The liquid nitrogen is extremely cold (minus 320°F) so it evaporates immediately and instantly freezes the mixture into an especially smooth ice cream.

"The ice crystals are significantly smaller than what's made by the highest quality ice cream machines out there," Mascaro said. "Plus there are no artificial flavorings or preservatives, and it's all happening right here in the store."

Not to be outdone, N7's bakery features classic French and home-style American breads including delectable cinnamon rolls with European buttercream frosting, buttercream-filled macrons, cookies, pies and more. Customers can also order a range of coffee beverages, including macchiatos, cappuccinos, lattes, Italian-style espressos and plain old coffee. N7 also offers breakfast items such as French toast and eggs on weekend mornings.

But don't get too comfortable with this unique shop's menu. Since they use fresh, local produce, their menu is constantly changing to keep up with what's in season.

"One time we had a customer ask if she could bring in her own strawberries," Mascaro said.

Mascaro said he and his partner are considering opening another location, but their larger goal is to partner with a local farm to purchase farming property and grow organic crops for N7 and other establishments that want to go farm-to-table.

"It's the first step in helping Californians change their eating habits," he said. "We are very excited about it. We think we can do it."

Visit [www.n7creamery.com](http://www.n7creamery.com) for more information about [N7] Creamery-Café-Bakery.

# Upcoming Events

Every Saturday this summer	Farmers markets are a great place to get fresh, locally grown produce. Below are some markets in the Second District on Saturdays. The <b>Fontana</b> Farmers Market is open from 8 a.m. to 1 p.m. at the northeast corner of Sierra and Arrow. The IE Heritage Farmers Market is held from 9 a.m. to 2 p.m. at the Terra Vista Town Center in <b>Rancho Cucamonga</b> . <b>Running Springs</b> hosts a Farmers Market and Artisan Faire from 10 a.m. to 2 p.m. at 2625 Whispering Pines Drive.
June 28	<b>Rancho Cucamonga</b> Firefighters will host the 18th annual Car Show from 9 a.m. to 2 p.m. at Red Hill Community Park. Proceeds benefit the Fire and Burn Foundation. Call (909) 477-2770 ext. 3008 for more information.
July 3-4	The Crestline Chamber of Commerce will host a fireworks show over Lake Gregory at 9 p.m. July 3. The Jamboree Days Parade starts at 10 a.m. July 4. Jamboree Day activities—games, vendors, music and food—will follow in <b>Crestline</b> . Call (909) 338-2706 for more information.
July 4	Communities across the nation will celebrate Independence Day with fireworks shows and more. Below are some Second District activities. <b>Rancho Cucamonga</b> will host a fireworks show at the Epicenter. Gates open at 5:30 p.m. Call (909) 477-2760 for ticket information. <b>Fontana</b> will host a fireworks show at Fontana High School. Gates open at 5 p.m. Call (909) 349-6900 for ticket information. <b>Upland</b> will host a fireworks show at Upland High School. Gates open at 5:30 p.m. Call (909) 931-4280 for ticket information. The Arrowhead Lake Association will host a free fireworks show over <b>Lake Arrowhead</b> at 9 p.m.
July 15	Board of Equalization Vice Chair George Runner will host a free seminar for nonprofit and exempt organizations at from 9 a.m. to 3:30 p.m. at the Goldy S. Lewis Community Center, 11200 Baseline Road, Rancho Cucamonga. Call (888) 847-9652 to RSVP or for more information.
August 15-16	The Dragon Boat Races return to Lake Gregory Regional Park in Crestline. Visit <a href="http://www.lakegregoryrecreation.com">www.lakegregoryrecreation.com</a> for more information.

Dates and times are subject to change without notice. Please contact Supervisor Rutherford's office at (909) 387-4833 if you have any questions or suggestions for the Events Calendar. You can view information about more local events on Supervisor Rutherford's home page at [www.sbcounty.gov/rutherford](http://www.sbcounty.gov/rutherford).