

FOOTHILLS READER

FACES
PLACES
SHOPPING

TURN TO THE COMMUNITY CALENDAR
FOR THIS WEEKEND'S EVENTS!

FAIRPLEX

CHINO | CHINO HILLS | CLAREMONT | FONTANA | GLENDORA | LA VERNE | MONTCLAIR
ONTARIO | POMONA | SAN DIMAS | RANCHO CUCAMONGA | UPLAND

Pucker up for sour beer

By Sid Robinson

Just as IPAs captured the taste buds of craft beer drinkers looking for something other than “yellow fizzy beer” just a couple short decades ago, sour beers have recently emerged as one of the craft beer world’s most popular and fastest



growing styles.

For people who’ve never tried a sour, or have only tasted a small sample, that probably comes as a big surprise. Their reaction probably was to pucker their lips as if they’ve just swallowed lemonade without a sweetener. It can come as a shock, and it’s far from a traditional beer.

In a world filled with obscure and complex offerings, how did sour beers become so popular? Because they’re good. It may take a bit to develop a taste for these styles that are intentionally acidic or tart, but then they can be light, refreshing and uniquely flavorful.

According to the Brewers Association, sour beer sales increased five-fold in 2016 over the previous year to more than 245,000 cases. The Brewers Association expects that figure to grow another 9 percent in 2017.

Sour beers are not new, but rather a take on traditional European styles such as Belgian Lambic, Queuze and Flanders Red Ale. American wild ales and mixed-fermentation beers are common at breweries producing sour beers.

The problem, of course, is that most breweries simply can’t mass-produce sours. That’s because sours use a variety of bacteria and wild yeast – rather than a single strain of yeast. Beer is typically brewed in completely sterile environments, and any stray or remaining bacteria could infect other beers, causing them to ferment longer and severely altering their flavor and consistency.

That’s why breweries such as The Bruery in Placentia (Bruery Terreux) and Firestone-Walker (Barrelworks) have opened separate breweries in remote locations for their sour beer programs.

It’s still rare to find smaller craft breweries offering only sour beers; Tool Box in Vista and the relatively new Sour Cellars in Rancho Cucamonga are exceptions. However, sours, including those from Sour Cellars, are readily available at most stores carrying craft beer.

As is advisable with any visit to a new craft brewery for the first time, a flight of sample tasters is the best way to get a feel for the beer maker’s offerings. Sour Cellars, a cool, funky tasting room

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Partners for better living San Antonio Regional Hospital and City of Hope

San Antonio Regional Hospital has begun construction on a 60,000 square foot, two-story ambulatory care facility that will include City of Hope’s comprehensive community cancer center.

The new medical office building will be located directly across the street from the hospital’s newly expanded main campus in Upland.

The building’s first floor will be occupied by the new City of Hope comprehensive community

cancer center, which will house City of Hope medical and surgical physicians and their support teams.

The multidisciplinary center of excellence will provide hematology and medical oncology, general surgical oncology, related surgical subspecialties, radiation therapy, chemotherapy treatment, and clinical trials.

San Antonio Regional Hospital services will occupy the second floor.

With cancer treatments becoming increasingly complex and treatment protocols evolving rapidly, the City of Hope/San Antonio Regional Hospital partnership gives patients in the Inland Empire access to innovative research, clinical trials,

and leading-edge oncology treatment close to home.

City of Hope and San Antonio Regional Hospital officials

recently announced a partnership that will significantly expand the Inland Empire’s access to leading-edge cancer care coupled with world class research and technology.

San Antonio Regional Hospital’s new ambulatory care medical office building and the City of Hope cancer center are slated to open in early 2019.



Lift each other up this MLK Day of Service

By Damon Colaluca
President & CEO, West End YMCA

For more than 20 years, the Martin Luther King, Jr. Day of Service has encouraged individuals to volunteer their time to improve their communities.

As we look ahead to Monday, Jan. 15, 2018, the spirit of community service can help heal our differences through a common cause - giving back and strengthening the places where we live, work and play.

Here at the West End YMCA we’re encouraging everyone to use this day as a call to action to get involved - in large or small ways - to make our communities better.

Volunteering can take a back seat to other obligations and priorities. In fact, per the

Bureau of Labor Statistics, volunteering has seen a decline in the United States; only 24.9 percent of American adults volunteered in 2015, the lowest rate since the government began collecting this data 14 years ago.

Here in San Bernardino County, the West End Y relies on over 300 volunteers to do everything from serve on our boards and committees, to teach kids in our afterschool programs. Each of our volunteers’ selflessness and willingness to roll up their sleeves to give back helps improve the lives of thousands of kids, adults and families.

This Martin Luther King, Jr. Day, find a program or organization that is meaningful to you and give a call. You’ll be glad you did. We’re grateful for every one of our Y volunteers and we hope you’ll join their ranks.

To learn more about volunteer opportunities at the West End YMCA, please contact Mike Greco at mike.greco@WEymca.org.

Out with old, in with the maintenance

On real estate
By Adriana Donofrio

We don’t have to worry about snow bomb cyclones in sunny SoCal, but just because we have the mildest winters in the country doesn’t mean we get a pass on seasonal home maintenance chores.

After you have packed away the holiday decorations, focus your efforts on these top three tasks for your January “to do” list.



We spend more time inside over the winter, so make sure heat and air in your home flows freely and efficiently for optimal air quality and safety.

First and foremost, check and change your furnace filters, especially if you live with pets. Fire up the furnace and inspect the flame. It should be a steady blue, not a flickering yellow or orange which could mean combustion problems.

Schedule a tune up by a licensed HVAC service if you haven’t done so in the last couple of years. Clean air return grills and registers of dust, dirt and pet hair that may impede airflow. Inspect exposed ducting in the attic for peeling duct tape, loose fittings, and collapsed or torn sections of flexible ducts.

In the laundry, clean the clothes dryer vent and exhaust duct of lint to reduce the risk of a dryer fire. Check the outside vent while the dryer is running to make sure exhaust air is escaping. If you do not feel a strong discharge of warm air, the vent or duct may be blocked.

Prepare for winter rains by cleaning the gutters. Trees dropped their leaves later than usual this season, so even if you cleaned rain gutters in the fall, do it again. It’s a dirty job and no one wants to do it, but proper gutter maintenance will prevent costly water damage to your property. Gutters may develop leaks or be improperly pitched towards the downspouts.

Get out and look at how the water is flowing through the gutters and downspouts during the next heavy rain to see if they are doing the job. Downspouts should direct water a few feet away from the house. Hire a handyman to clean and make repairs if necessary.

January is the best time to get organized and declutter. File receipts for any property upgrades you made in 2017 away from tax receipts that may eventually get shredded.

Capital improvements to your personal residence can be used to lower your taxable gain when you sell. Find inspiration and ideas for decluttering your home in Marie Kondo’s book on the life changing magic of tidying up. Out with the old and in with the New Year!

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62ND ANNUAL LOS ANGELES BOAT SHOW
JANUARY 18-21



RETRO CITY FESTIVAL
JANUARY 20-21