

May 2012

What's Happening?

A Monthly AMLI Community Update

AMLI at Empire Lakes

9200 Milliken Ave; Rancho Cucamonga, CA 91730
909.980.8050

Self Defense Class

A good number of women who are attacked are chosen because of the way they present themselves. Something about their posture told the assailant, "here is a weak woman; I can take her." If you are noticeably scared, it will show. Please join us and learn how to protect yourself, your property or the well being of a loved one. Join us for a self-defense class on **Thursday, May 10 from 6:00-8:00 p.m. in our yoga studio. If you are interested in signing up for this class, please contact the office at 909-980-8050.** Space is limited and is on a first come, first serve basis.

Community Car Wash

It's time for the leasing office to give back to the community. Please bring your car to the front of the leasing office on **Tuesday, May 15 from 3:00 – 5:30 p.m.** and have our team sparkle your car. There will be a gourmet Philly cheese steak food truck as well. We hope to see everyone there.

Mother's Day Arts and Crafts

Please join us on **Tuesday, May 8 from 3:00 – 5:00 p.m.** in the clubhouse for Mother's Day arts and crafts day. Please **rsvp by May 5th** to empirelakes@amli.com. We look forward to celebrating all of the wonderful mothers at our community!

Green Tip of the Month

Next time you are feeling the need to drink a refreshing beer (or wine), choose one that is organic! There are many reasons for going organic when choosing fresh produce, but a new wave in the craft brewery movement is choosing a beer that has been organically made. Beer lovers will still enjoy the taste. Organic beer has continuously been picking up movement within the last decade with brands like Wolaver's, Butte Creek Brewing Co., Eel River Brewing Co. and Goose Island Brewery. According to an article titled *Give Up Beer (Unless It's Organic)*, by The Daily Green Staff "Many hop growers, particularly since the 1997 outbreak of the downy mildew fungus, have relied on the use of fungicides to maintain their crops. Hops are also typically grown with heavy use of chemical fertilizer...One of the watersheds important for endangered steelhead, can suffer with the effects of the fertilizer and pesticide runoff". Ultimately, going organic in your next beer choice can be a good thing for wild Pacific salmon and our water life. Cheers!