

City of Eastvale News.com

Corona • Norco • Chino

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Here We Grow Again

91 Project Near Completion

BY CITY OF EASTVALE

The 91 Project is now 91 percent complete! Work is continuing full speed ahead, with major milestones expected to be reached in early 2017.

The new westbound Maple Street off-ramp is nearing completion, and the Maple Street bridge is projected to return to two-way travel later this month.

see **91 Fwy** page 3

City Council

City Council Meeting Recap

BY TIANA GOEGBUER

The December 14th, 2016 meeting consisted of two parts: a Special Meeting, followed by the regular City Council Meeting. The meeting was attended by Councilmembers Clint Lorimore, Adam Rush, and Richard Simmons, as well as Mayor Pro Tem Joseph Tessari and Mayor Ike Bootsma. The invocation was led by Pastor Dennis Morales from Calvary Chapel Eastvale, and the Pledge of Allegiance was

see **Council** page 3

New Eastvale Mayor and Mayor Pro-Tem Selected

BY CITY OF EASTVALE

At the December 14, 2016 Special City Council meeting, Todd Rigby (District 1), Joseph Tessari (District 2), and Brandon Plott (District 5) were sworn into office as Eastvale Council Members. The Council appointed Joseph Tessari as the new Mayor of Eastvale and Clint Lorimore as the new Mayor Pro Tem. Both Tessari and Lorimore will serve a one (1) year term in their respective positions.

"It's a privilege to serve the City of Eastvale. I am proud and honored to be selected by the City Council to serve as Mayor. I will do my best to maintain the continued growth and prosperity of our community," said Mayor Tessari.

Mayor Pro Tem Lorimore stated, "I'm honored by the support of my colleagues to serve as Mayor Pro-Tem. I look forward to working closely with everyone in the coming year and want to extend a warm welcome to our newly elected council members."



PHOTO COURTESY: CITY OF EASTVALE

The Council appointed Joseph Tessari as the new Mayor of Eastvale and Clint Lorimore as the new Mayor Pro Tem.

Residents are invited to meet their new Mayor, Mayor Pro-Tem, and Council Members at the first Eastvale City Council meeting of the New Year on January 11, 2017. The City Council meeting will be held at Rosa Parks Elementary School at 6:30 p.m.: 13830 Whispering Hills Drive, Eastvale, CA 92880.

City Hall encourages all East-

vale residents and visitors to register for e-notification on the City's website: www.EastvaleCA.gov. This is a free email notification service that allows subscribers to receive emails from City Hall regarding the latest news,

see **Mayor** page 3

Understanding Eastvale's Code Enforcement

BY CITY OF EASTVALE

The City of Eastvale's Code Enforcement division was established to enhance the quality of life within the City by enforcing local laws set forth by the elected and appointed officials. Unlike law enforcement, Code Enforcement officers are City employees utilized to conduct field inspections of properties to ensure compliance with

applicable zoning, safety, fire and nuisance codes; ordinances; and/or abatement regulations as outlined in the City's Municipal Code. Be advised, that any violations to the Municipal Code may be subject to fines, fees and/or legal action. Eastvale's Code Enforcement is able to respond to reported violations by submitting a complaint through the City's E-Citizen Service Request System, phone or via email. Officers can also provide addi-



PHOTO COURTESY: CITY OF EASTVALE

see **Code** page 3



New Chief Deputies Appointed

BY CITY OF EASTVALE

Sheriff Stan Sniff has appointed 2 new Chief Deputies on December 22, 2016, to fill existing vacancies created by recent retirements within the Riverside County Sheriff's Department.

Captain Cheryl Evans was appointed to Chief Deputy and will oversee Corrections Operations, which consists of jail facilities in Blythe, Indio, Banning, Temecula and Riverside. She has served in the Riverside County Sheriff's Department for 22

see **Sheriff** page 11

Our Featured Businesses

Grand Opening: Gateway MedSpa

BY RACINE GUAJARDO

Feeling the need for pampering after the demanding holiday season? Gateway MedSpa has opened its doors in Eastvale to provide just what your skin and body deserve.

Dr. Fortunata Mendoza, MD is a Board Certified Dermatologist and owner of Gateway MedSpa who has over 35 years of experience as a Dermatologist

see **Gateway** page 7



Gateway MedSpa is located at 6080 Hamner Avenue Suite 102, Eastvale, CA 91752 in the Gateway Shopping Center. See their ad on page 16.

Nutrition's Hidden Treasure: Clark's Nutrition

STAFF REPORTS

Chino - Have you ever heard of Clark's Nutrition? Imagine a Whole Foods, Sprouts, Trader Joes, and Nutrishop all under one roof... in your back yard, Chino! Clark's Nutrition & Natural Foods Market is a rare find in the natural foods industry. If you haven't discov-

see **Clark's** page 5



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



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Our new patient tower and expanded emergency department have been thoughtfully crafted with modern amenities and a streamlined process that matches our advanced technologies. The four-story Vineyard Tower has been designed to provide a whole new experience for our patients and their families. Featuring state-of-the-art medical technology and private rooms, patients will heal in an environment that is quiet, soothing, and uniquely theirs. Larger waiting areas, comfortable seating, and a fresh, modern atmosphere have been incorporated to create the ultimate healing environment for patients, and their families. The Vineyard Tower brings together the best in patient and family-centered care for those in our local community, our region, and beyond.

- New and expanded Emergency Department
- 92 private patient rooms
- Third critical care unit
- Dedicated orthopedic unit and physical therapy gym
- Telemetry unit with advanced monitoring
- Family-friendly rooms and waiting areas
- Free guest Wi-Fi access
- New gift shop, art gallery, coffee bistro, and healing garden

Eastvale News

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Michael Armijo

Staff Writers, Photographers,
Editorial Team:
Michael Armijo
Racine Guajardo
Natalie Kim
Raymond Mendozas
Emily Aguilar
Richard Gierman
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Hillary Couron

**SOCIAL MEDIA
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Regan Green
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City of Eastvale Awarded \$250K for HSIP Grant

BY CITY OF EASTVALE

The City of Eastvale was awarded \$250,000 for the highly competitive Highway Safety Improvement Program (HSIP) funded by Caltrans. The city plans to install crosswalk enhancements by retrofitting existing traditional pedestrian crossings at signalized intersections with Countdown Pedestrian

Signals at 46 locations and audible APS Controller Units at 22 locations.

Studies have shown that the countdown signals, both visual and audio, are less confusing for pedestrians. They are less likely to begin crossing the intersections if they know that they will not have enough time to completely cross, based on the

information provided on the signal. In addition, the timing greatly reduces the likelihood of pedestrians being caught in the middle of the crossing when the vehicle signal changes. The City's goal for this project is to greatly improve safety, encourage walking and avoid pedestrian/vehicle collisions. ■

Understanding Eastvale's code enforcement

Code from page 1

tional assistance to the public; however, some inquiries may require a referral to a different department or agency for resolution. It is also important to note that due to the confidentiality or sensitive nature of some cases, information may not be available to the public. In addition, Code Enforcement can provide community outreach, education, and other technical support to assist various departments, divisions, and agencies. To further assist residents with identifying some

of the most frequent Code violations found in the City and become familiar with community-wide standards, the City developed the "Eastvale Community Neighborhood Preservation Standards" brochure which can be viewed by visiting www.EastvaleCA.gov.

Code Enforcement cannot respond or resolve the following issues:

- Emergency situations that threaten human life, property and/or demand immediate attention. (For these emergencies, please call 9-1-1)
- Covenants, Conditions &

Restrictions - (CC&R) violations (Rules established by a developer or Home Owner's Association that govern residences in a particular neighborhood.)

- Private disputes between neighbors
- Situations which are not specifically addressed in the Eastvale Municipal Code

To learn more about the City's Code Enforcement division, or for questions or inquiries, please call Eastvale City Hall at (951) 361-0900 or you can email Code_Complaint@EastvaleCA.gov. ■

City council meeting recap

Council from page 1

led by Councilmember Richard Simmons.

Item 4 on the agenda involved the reorganization of the City Council based on the results of the General Municipal Election and Special Election that took place on November 8th, 2016.

Item 4.1, accepting the results of the election, was passed 5-0.

Item 4.2, a presentation to outgoing City Councilmember Richard Simmons, was given by the City Staff.

Item 4.3, a presentation to outgoing Mayor Ike Bootsma, was given by the City Staff.

Item 4.4 involved incoming City Councilmember Todd Rigby taking the Oath of Office.

Item 4.5 involved City Councilmember Joseph Tessari taking the Oath of Office.

Item 4.6 involved incoming City Councilmember Brandon Plott taking the Oath of Office.

Item 4.7 involved a motion to appoint Mayor Pro Tem Joseph Tessari as Mayor for the 2017 year, and to appoint Councilmember Clint Lorimore as Mayor Pro Tem for the 2017 year, both of which were passed 5-0.

Items 4.8 and 4.9 involved the appointments of Planning Commission and Public Safety Commission officers.

Items 4.10 and 4.11 involved the appointments of City Council regional positions and City Council sub-committees.

With that, the Special Meeting adjourned, and the regular meeting began.

Councilmembers Todd Rigby, Adam Rush, and Brandon Plott were present, as well as Mayor Joseph Tessari and Mayor Pro Tem Clint Lorimore. The invocation was led by Pastor Dennis Morales from Calvary Chapel Eastvale, and the Pledge of Allegiance was led by Councilmember Rigby.

In the Presentations/Announcements section, there

were three separate presentations: A Presentation of Removed Military Banners, a Waste Management Recycling All Stars Recognition, and a Presentation of MONEY Magazine #1 Plaque.

There were three speakers in the Public Comment section, congratulating the new Councilmembers on their positions.

Next, the meeting moved to the Consent Calendar portion of the evening. The Consent Calendar was approved 5-0. After that, the meeting progressed to Item 7.1 of the Public Hearings section, where the motion was approved 5-0. Item 7.2 was approved 5-0.

In the City Council Business section, Item 8.1 was approved 5-0, Item 8.2 was approved 8.2, Item 8.3 was approved 5-0, Item 8.4 was approved 5-0, Item 8.5 was approved 5-0, and Item 8.6 was approved 5-0.

The meeting concluded with closing statements by the City Staff and Councilmembers. ■

City of Eastvale Is Now Hiring

BY CITY OF EASTVALE

The City Manager's Office of the City of Eastvale has a job opportunity available for one (1) full-time/benefited Code Enforcement Officer position. This is a FLSA non-exempt position that works under the general supervision and re-

ports directly to the City Manager. The position plans, coordinates, and participates in the enforcement of a variety of State laws, County and municipal codes, and assists in the resolution of citizen concerns and inquiries. The typical work schedule is a 4/10 Plan, and the assigned work days may

vary depending on the needs of the City, which may include week-end work. The position entails primary field work, with occasional time spent in the office to assist in performing administrative tasks related to code enforcement. Week-end work may also be required to assist with various City events.

91 project near completion

91 Fwy from page 1

The eastbound Serfas Club on-ramp, which has been closed since September 2015, is expected to reopen in February.

These dates are subject to change, based on weather and other factors. Last month, crews completed the removal of the support structures of the Lincoln Avenue bridge. Work is continuing to widen the bridge over the 91.

Nighttime closures of eastbound 91 at Interstate 15 will continue through January for ongoing construction of the Express Connector from eastbound 91 to southbound 15 and from northbound 15 to westbound 91. Crews will be removing support structures on this flyover structure, which measures 3,700 feet long and 70 feet tall.

Also early this year, crews will coordinate restriping of travel lanes on the 91 and on city streets. Additional work will continue along Frontage Road, Wardlow Road and Pomona Road. Please watch for intermittent closures and detour signs. ■

New Eastvale Mayor and Mayor Pro-tem selected

Mayor from page 1

announcements, events, agendas, job posting, RFPs, and more. Subscribers simply register their email address and choose which type of updates they would like to receive from City Hall. The City of Eastvale can also be found on Facebook, Twitter, Instagram and LinkedIn.

Eastvale Council Members and staff wish you a safe and happy holiday season and prosperous New Year! ■

Regularly driving a City vehicle is required.

TO APPLY:

The City's Employment Application and Questionnaire are available on the City's website at <http://www.eastvaleca.gov/city-hall/employment>. ■

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• Replace spark plugs. Most cars. Platinum Spark Plugs Extra
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• Check brakes and adjust emergency brake • Lubrication and inspection service
• Perform 27-Point inspection • Inspect axles and universal joints, boots
• 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
• Inspect suspension mountings, struts, shocks • Inspect complete electrical system
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Most cars. Must Present Coupon. Not Valis With Any Other Offers **EXP 1/31/17**

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Nutrition's Hidden Treasure: Clark's

Clark's from page 1

ered this amazing store yet, it is worth your time to investigate.

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

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

Want to get a free make-over with natural, cruelty-free make-up too? No problem, Clark's has a make-up section that looks like something you'd

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

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

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

The Clark's slogan is, "Live better, we can help." How does

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

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

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Head Up, Phone Down

BY NSC.ORG

A Little History

Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. The good news is, the death rate for kids of all ages in this category declined more than 50 percent in the last 20 years.

But there is much more work to be done. According to a study by SafeKids.org, 61 children are hit by cars every day in the United States, most often during the hours before and after school, and peaking in September. And, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.

Of the 484 pedestrians ages 19 and younger who died after being hit by a motor vehicle in 2013, 47 percent were age 15 to 19, according to Injury Facts 2015. We also know that 16,000 pedestrians 19 and younger were injured in 2013. That's 44 per day. The injury and death rates for teens has leveled off over the years, but it has not improved significantly.

They Send How Many Texts??

With this knowledge, the National Safety Council is focused on efforts to eliminatedistracted walking – specifically walking while texting. According to a study by The Nielsen Company, kids age 13 to 17 send more than 3,400 texts a month. That's seven messages every hour they are awake.

The kids in this video seem to validate those texting statistics.

Before your children head out, remind them of these year-round safety tips:

Never walk while texting or talking on the phone

If texting, move out of the way of others and stop on the sidewalk

Never cross the street while using an electronic device

Do not walk with headphones on

Be aware of the surroundings

Always walk on the sidewalk if one is available; if a child must walk on the street, he or she should face oncoming traffic

Look left, right, then left again before crossing the street. Cross only at crosswalks

Not Only Kids Are Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

A study conducted by the Centers for Disease Control revealed that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time. Eliminating all distractions is key to keeping children safe.

At the National Safety Council, we don't believe in accidents. Please join us in doing everything you can to prevent senseless injuries and deaths. ■



Orange Grove High School students put together questions and interviews for their documentary project.

PHOTO COURTESY: CNUSD



PHOTO COURTESY: CNUSD

Congratulations to Ms. Martinez's 3A class for winning the Box Top Trophy at Harada Elementary for submitting the most Box Tops for the month with 17 student submissions! Ms. Muller's class was sooooo close! Thanks to all of you who submitted Box Tops to help the programs and events.



PHOTO COURTESY: CNUSD

Thank you Mrs. Bonner for the amazing band and choir performance last night. It was a packed house! Thank you to everyone that supports the band and choir program at El Cerrito Middle School.



PHOTO COURTESY: CNUSD

FAFSA Celebration! Seniors at Santiago High School who submitted their FAFSA application were invited to a special breakfast!

STEM Academy Ceremony in February!

By CNUSD

The Eastvale STEM Academy Ground Breaking ceremony will be held Friday, February 3, 2017 at 10 a.m. in Eastvale.

The E-STEM Academy is built on three founding principles: Access, Collaboration, and Partnership. E-STEM fo-

cuses on preparing students to be college and career ready in the STEM fields upon graduating through partnerships.

Eleanor Roosevelt High School is set to become the district's second STEM school. The Eastvale STEM Academy building is scheduled to open in 2018. Students enrolled in the STEM program will be exposed

to a learning environment which requires critical thinking, problem solving, innovation and collaboration. These skills will be integrated into the STEM curriculum of real-world science, technology, engineering and mathematics. The address to the E-STEM academy is 7447 Scholar Way, Eastvale, CA 92880. ■

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Grand opening: Gateway MedSpa

Gateway from page 1

including experience as a Professor in Dermatology.

Dr. Mendoza states, "We have the purest intentions for our patients and that is achieving and maintaining their skin's health. Our staff is highly trained and knowledgeable of the products and treatments that we offer. We have exceptional work ethics beyond compare. Our compassion and relationship with our patients is unmatched

Gateway MedSpa treats a variety of skin conditions and offers services and products to help patients achieve healthy, glowing skin. They offer the latest technology in body sculpting with a laser treatment, SculpSure, which permanently destroys 24% of fat cells in only 25 minutes where the laser is applied. Gateway MedSpa is the only location within the surrounding areas of Eastvale that offers SculpSure. Also, they have several services and products to give their patients a youthful appearance by removing age spots, reducing wrinkles, and tightening skin. They are the premier destination in Eastvale for Botox and fillers. These are the services they offer:

- Botox
- Fillers (Juvederm)
- Body Sculpting
- Wrinkle reduction
- Fat reduction
- Skin tightening
- Skin rejuvenation
- Customized Facials
- Medical Grade Peels
- Electrocautery
- Cryotherapy for Acne & Pre-Cancerous Lesions)
- Medical Dermatology

consults, care and treatment

Gateway MedSpa wants customers to know they offer special packages for all occasions. "We can customize package pricing for special occasions such as birthday, bridal/bachelorette, anniversary, and couples to name a few."

January 26, will be the official Grand Opening for Gateway MedSpa and will be offering the following specials:

Grand opening specials

SCULPSURE- 25% off each treatment if booked and paid that day (regularly 10% off for a 2 visit package; regularly 15% off a 3 visit package)

PELLEVE- 20% off for a 3 visit package of Pelleve treatments if booked and paid that day (regularly 10% off)

BOTOX- \$9/unit, minimum 20 units (regular price \$12/unit)

JUVEDERM- \$450 per syringe if booked and paid that day (regular price \$550 per syringe)

MEDICAL GRADE PEELS- book any peel and get a free ZO Skin Health Gift

CUSTOMIZED FACIALS- book any facial and get a free Jane Iredale Mineral Cosmetic color match and make-over as well as a free Jane Iredale gift.

Come join them for their special ribbon cutting ceremony at 4:30pm. Gateway MedSpa is located at 6080 Hamner Avenue Suite 102, Eastvale, CA 91752. They are in the Gateway Shopping Center right next to Amazing Lash Studio and Chase Bank.

Gateway MedSpa is serving the following areas; Eastvale, Corona, Riverside, Jurupa Valley, Rancho Cucamonga, On-

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tario, Chino, Chino Hills, San Bernardino and welcome the entire Inland Empire. Patients have also driven from Pasadena, Los Angeles, Diamond Bar, Walnut, Anaheim, Irvine and various cities across Los Angeles and Orange Counties. Dr. Mendoza says, "Their willingness to drive shows how our patients trust our care and appreciate our warm hospitality in addition to achieving results." You may visit Gateway MedSpa on various social media accounts such as: Web @ www.gatewaymedspa.com Follow them @GatewayMedSpa on Facebook, Instagram, Snap Chat, RealSelf and Twitter!

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Farook Pleads Guilty In Immigration Fraud Case

BY UNITED STATES ATTORNEY'S OFFICE

RIVERSIDE-Syed Raheel Farook, the brother of deceased San Bernardino attacker Syed Rizwan Farook, pleaded guilty today in federal court in an immigration fraud case stemming from the investigation of the December 2, 2015 attack in San Bernardino in which 14 people died and 22 were wounded.

Syed Raheel Farook, 31, of Corona, California, pleaded guilty to one count of conspiracy to commit immigration fraud before United States District Judge Jesus Bernal.

As a result of today's guilty plea, Syed Raheel Farook faces a statutory maximum sentence of five years in federal prison, a fine of up to \$250,000 and up to three years of supervised release. Judge Bernal is scheduled to sentence the defendant on November 13.

Syed Raheel Farook; his wife, Tatiana Farook; and his sister-in-law, Mariyah Chernykh, were charged in an [indictment](#) returned by a federal grand jury in April 2016. All three were charged with conspiracy to knowingly make under oath a false statement with respect to a material fact in an application, affidavit, and other document required by the immigration laws and regulations of the United States, and to commit perjury.

The indictment alleges that, beginning in late 2014 and continuing through February 2016, the three defendants conspired with Enrique Marquez Jr. to obtain immigration benefits for Chernykh by arranging and carrying out a fraudulent marriage between Chernykh, a Russian citizen, and Marquez, a United States citizen. The conspirators allegedly made false statements in immigration documents submitted on Chernykh's behalf.

In addition to the conspiracy count, Chernykh is charged in the indictment with two counts of making false statements under oath in immigration documents and one count of making false statements to federal agents about the scheme. A trial for Tatiana Farook and Chernykh is currently scheduled for March 28.

Marquez was charged in a separate [federal indictment](#) with participating in the marriage fraud scheme, as well as plotting with San Bernardino attacker Syed Rizwan Farook in 2011 and 2012 to carry out attacks in the Inland Empire. Marquez is also charged with supplying two firearms that Syed Rizwan Farook and his wife, Tashfin Malik, later used in the San Bernardino attack and during the shootout with law enforcement that ended in the couple's death. Marquez is scheduled to go on trial before Judge Bernal on September 26.

"Today's guilty plea is the result of the thorough investigation into the brutal attack in San Bernardino that took the lives of 14 innocent Americans and tragically affected many more shooting victims and family members," said United States Attorney Eileen M. Decker. "Law enforcement and prosecutors in my office continue to seek justice for the victims and the entire community of San Bernardino by uncovering and prosecuting all of the criminal activity related to the terrible events of December 2. As I have said many times, we are committed to leaving no stone unturned in this investigation."

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ing all of the criminal activity related to the terrible events of December 2. As I have said many times, we are committed to leaving no stone unturned in this investigation."

"The false statements Mr. Farook admittedly made allowed others to cut the line to attain citizenship ahead of legitimate applicants," said Deirdre Fike, the Assistant Director in Charge of the FBI's Los Angeles Field Office. "This guilty plea should serve as a message for anyone contemplating similar activity that flouting the immigration laws of the United States has serious consequences."

"Let there be no doubt, immigration benefit fraud is a serious crime," said Joseph Macias, special agent in charge for HSI Los Angeles. "When people use false or misleading information in order to obtain an immigration benefit for themselves or others, it creates a security vulnerability that could be exploited by criminals and other individuals who pose a serious danger

to our community. As this case makes clear, HSI will aggressively target those who conspire to corrupt the integrity of America's legal immigration system, putting our nation's security at risk in the process." The investigation in this case was conducted by the Joint Terrorism Task Force in Riverside, which includes the Federal Bureau of Investigation; U.S. Immigration and Customs Enforcement's Homeland Security Investigations; the Bureau of Alcohol, Tobacco, Firearms and Explosives; the San Bernardino Police Department; the San Bernardino County Sheriff's Department; and the United States Attorney's Office.

These cases are being prosecuted by Assistant United States Attorneys Jay H. Robinson, Melanie Sartoris and Deirdre Z. Eliot of the Terrorism and Export Crimes Section with substantial assistance from Trial Attorney C. Alexandria Bogle of the Justice Department's Counterterrorism Section. ■

BY STATEPOINT

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Healthy Living

Tips:



“I have noticed that lots of foods say low cholesterol. What is cholesterol and why is this important? And should I only eat low cholesterol foods?”

A question from Vivian of Corona

Cholesterol is a natural substance manufactured in the body and consumed in foods. As you might already know, blood cholesterol is typically monitored by your doctor during regular visits. The process of monitoring your cholesterol is done through blood testing. There are different types of

cholesterol. The most commonly talked about are LDL (low-density lipids) and HDL (high density lipids). Why are these so important? Cholesterol levels, when elevated and out of balance are considered a warning sign of cardiovascular disease. Typically a good blood value level is considered to be 200 or less for total cholesterol. The LDL cholesterol is considered to be the ‘bad’ guy, while HDL cholesterol is considered to be

the ‘good’ guy. LDL and HDL cholesterol is manufactured in your body for various reasons. These include hormone production, lipid (fat) transport, cell membrane, vitamin D production and many other reasons. LDL cholesterol is a carrier of fats to cells but can, under certain conditions, deposit fat into arteries causing plaque buildup. Elevated LDL cholesterol is also strongly linked to cardiovascular disease. Certain foods elevate

LDL cholesterol including trans-fats, saturated fats and cholesterol to a lesser extent. The most dominant in this area is trans fats (found in baked goods like cakes, cookies, doughnuts, and hydrogenated margarines and oils), and saturated foods (typically animal foods including eggs, meats and milk). Some saturated fats (such as coconut and palm oils) have a much lower effect on blood cholesterol and cholesterol levels overall. The amount of cholesterol recommended to be consumed daily is 300mg. Saturated fat total is suggested to be 10% of total calories so a 2000 calorie diet would have 20 grams total. So what is a low cholesterol food product? A low cholesterol food contains 20 milligrams or less per serving of cholesterol while having 2 grams or less of saturated/trans fats. Cholesterol free foods have less than 2 milligrams of cholesterol and 2 grams or less of saturated/trans fats. Less cholesterol foods have 25% or less cholesterol and 2 grams or less saturated/trans fats total than the comparison food(s) (ie cookies with ‘Less Cholesterol’ compared to another product that

has higher cholesterol). Also, please remember that including healthy fats in your diet helps in the equation of balanced HDL/LDL cholesterol. Good heart healthy fats include monounsaturated fats from avocados, flaxseeds, olive and peanut oils. Omega 3 fats are beneficial in helping to maintain good HDL cholesterol balance. These fats are found in fish (mackerel, salmon and sardines being most abundant), flaxseed, canola oil and walnuts being a good starting place. Omega three fats help to lower triglycerides (linked to high LDL), while having many heart protective factors as well. Fat balance is the biggest thing to remember for your diet. Foods that have fats are needed and are essential but having an abundance of bad fats including too much cholesterol is where problems can start.

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Due to the number of responses, we will only be able to answer published questions. ■



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Recipes:

Honey Mustard Glazed Chicken

with Baked Veggies

BY HELLO FRESH

Cooking Time: 40 min

Servings: 2

Nutrition: 526 cal, Fat: 16 g, Sat. Fat: 2 g, Protein: 47 g, Carbs: 51 g, Sugar: 17 g, Sodium: 322 mg, Fiber: 7 g

Ingredients:

- Red Onion- 1
- Zucchini- 1
- Sweet Potato- 12 oz.
- Garlic- 1 Clove
- Honey- 2 tsp.
- Whole Grain Mustard- 1 TBSP
- White Wine Vinegar- 1 tsp
- Chicken Breast- 12 oz.
- Parsley- ¼ oz.

Preparation:

1. **Preheat and prep.** Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and cut red onion into wedges. Halve zucchini lengthwise, then cut into ½-inch-thick half-moons. Cut sweet potato into 1-inch cubes. Place veggies on a baking sheet. Toss with 1 TBSP olive oil and a pinch of salt and pepper. Roast until tender and lightly browned, 25-35 minutes.

2. **Make marinade.** Meanwhile, mince or grate garlic. Whisk garlic, honey, 1 TBSP whole grain mustard, 1 tsp white wine vinegar, and 1 TBSP olive oil in a medium bowl. Season generously



PHOTO COURTESY: HELLO FRESH

with salt and pepper. Stir to combine.

3. **Marinate chicken.** Place chicken in marinade and toss to coat.

4. **Sear chicken.** Heat a medium ovenproof pan over medium-high heat. Remove chicken from marinade and sear in pan until no longer pink on outside, 2-3 minutes on each side. Brush chicken with marinade as it cooks.

5. **Bake chicken.** Once chicken is browned and sticky, pour over any remaining marinade. (TIP: If you don't have an ovenproof pan, transfer chicken and marinade to a baking dish.) With 8-10 minutes to go on veggies, transfer pan with chicken to oven. Roast until chicken is firm and juices run clear when cut.

6. **Serve.** Divide chicken and veggies between plates. Drizzle with any remaining sauce from pan. Tear leaves from parsley and sprinkle on top. ■

Crime Recap: December 2016

The Riverside County Sheriff's Department, including Eastvale Police and Corona Police, has done a great job combating crime in the area. Read a recap below to see what happened in the month of December.

Norco- On Thursday, December 22, 2016, at 5:45 A.M., deputies from the Norco Sheriff's Office responded to the 3300 Block of Hamner Avenue in the city of Norco reference an unconscious male lying in a parking lot. Deputies arrived within minutes and located an adult male, deceased at the scene. Preliminary investigation indicates the deceased male may have been struck by a vehicle and the incident is being investigated as a fatal hit and run traffic collision. Traffic Investigators responded to the scene and have assumed the investigation. The name of the decedent is being withheld pending notification to next of kin. Preliminary investigation revealed the pedestrian was initially struck by an unknown vehicle and the driver fled the scene without stopping and providing aid.

Eastvale- The Eastvale Police Department's Traffic Unit conducted a DUI/Drivers License checkpoint on December 16, 2016, at Hamner Ave. cross of Limonite Ave. between the hours of 8:00 p.m. and 3:00 a.m. Checkpoints are placed in locations that have the greatest opportunity for achieving drunk and drugged driving deterrence and provide the greatest safety for officers and the public.

Results: 513 Vehicles Screened; 3 DUI-Alcohol suspects arrested, 5 Arrested for warrants, 20 Drivers cited/arrested for operating a vehicle unlicensed or while suspended/revoked, and 43 Citations

issued.

Eastvale- On Friday, December 9, 2016, the Eastvale Police Department's Traffic Division conducted a grant-funded traffic enforcement operation as part of its commitment to public safety. This operation is one of many that will be conducted throughout the year. This operation was conducted at numerous locations in the city of Eastvale where major injury and fatal collisions have occurred. The purpose of this operation was to educate motorists about dangerous driving such as exceeding the posted speed limit, failing to stop at stop signs, and using cellular devices while driving to name a few. The operation was conducted from 12:00 pm to 6:00 pm. The results ended in 35 citations being issued.

Jurupa Valley- On December 7, 2016, Jurupa Valley police officers received information the residents from an address in the 4000 block of Bain Street were involved in multiple vehicle thefts and vehicle burglaries. While surveilling the residence, deputies saw a silver Chevrolet Colorado pickup truck parked in the back of the property. A records check revealed the truck was stolen from a residence in Eastvale on December 2, 2016.

Deputies contacted the occupant of the stolen truck, Steven McCary (age 31 of Jurupa Valley) and detained him for possession of a stolen vehicle. With the assistance of the Jurupa Valley Police and Eastvale Police Special Enforcement Teams (SET), a wallet that had been stolen from an unlocked car in Eastvale on December 6, 2016, was also recovered. McCary was booked in jail for possession

of a stolen vehicle, possession of a controlled substance, possession of stolen property, and committing a crime while on bail.

Corona- On Dec. 28, the Corona Police Department received a call regarding an in-progress commercial burglary at Graziano's Pizza, 333 Magnolia Avenue, in Corona. Officers responded to the area while CPD dispatch relayed information from the reporting party. The suspect vehicle, a white Dodge Intrepid, was located in the area and a traffic stop was attempted, but the vehicle failed to yield, which initiated a vehicle pursuit. The suspect vehicle was pursued to the 1600 block of Leeson Lane, Corona where the suspect vehicle drove over a curb flattening its tires. The officers located and detained two of the three male suspects, who were later identified as brothers Rodney Shorter II, 21-year-old, and Rodney Shorter III, 19-year-old, of Long Beach. The third suspect was not located.

The investigation revealed that the suspects burglarized Graziano's Pizza, removing a safe and cash register drawers, and minutes prior they had committed another commercial burglary at Chronic Taco, 160 E. Ontario Avenue, in Corona. The safe taken from Graziano's Pizza was recovered from the suspect vehicle. In addition, burglary tools, two cloth masks, and a stolen firearm which had been reported stolen out of Los Angeles County were recovered. Both suspects were booked for Commercial Burglary, Possession of Stolen Property, Felon in Possession of a Firearm, and Evading a Police Officer. ■

Tips From Deputy Myers

*Dear Deputy Myers:
An oldie, but a goodie...*



All too often I hear people that are victims of crimes, such as vehicle burglaries or package delivery theft, post the incidents on social media but do not report the crimes to local law enforcement. I cannot begin to tell you how important it is to REPORT REPORT REPORT!!! If local law enforcement in your area does not know the crime occurred, they cannot be a part of the solution to preventing it from happening again.

Neighborhood watch meetings and social media are great ways to advise your neighbors of what is happening to keep them informed so it doesn't happen to them; but reporting to law enforcement, will assist in making the crimes stop altogether. This is especially important if you have video surveillance of the possible suspect.

The following is a list of what to do if you fall victim to a property crime (i.e. burglary, theft, vandalism, etc.). **1)** Try to avoid touching the vehicle, door, or area around where the item(s) were taken from. This will assist the officer when they arrive to possibly obtain prints. **2)** Develop a timeline as

to when the last time you saw the item, when you last used it, how/when you secured it, and when you noticed it missing. **3)** Contact your local law enforcement!! The non-emergency number to report past crimes is (951)776-1099. Even if you are in a hurry to get to work or have to pick up/drop off a child at school, many reports can be taken over the phone. **4)** After you have reported the crime and given necessary details, feel free to reach out to social media, neighbors, etc. to assist with catching those who may have committed the crime. **Please note:** posting to Facebook forums **DOES NOT** automatically inform your local law enforcement with what is going on in your neighborhood, you still need to call and report the crimes and suspicious activities as they occur to help prevent them from happening in the future.

It is incredibly important to report crimes, no matter how insignificant, as they affect the statistics regarding current crime trends in the area. The statistics also provide much needed information to law enforcement in crime prevention for the future.

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. ■

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New Chief Deputies appointed for the Riverside Sheriff's Department

Sherrif from page 1

years.

Chief Deputy Cheryl Evans began her law enforcement career in 1991 with the Corona Police Department, where she volunteered as a Reserve Police Officer. After joining the Riverside County Sheriff's Department, she worked in the Corrections Division assigned to the Blythe Jail, and later, patrol at the Blythe Sheriff's Station, now known as the Colorado River Station.

In 1997, Chief Deputy Evans transferred to the Moreno Valley Station, where she worked patrol, traffic, and the Problem Oriented Policing (POP) team. In 2003, she promoted to the rank of Corporal within the Moreno Valley Station. In 2004, Chief Evans was promoted to the rank of Investigator within the Moreno Valley Station and later transferred to the Special Investigations Bureau, assigned to the Central Homicide Unit.

Chief Deputy Evans was promoted to the rank of Ser-

geant in 2005, and transferred to the Perris Station. Her assignments while at the Perris Station included supervising patrol, traffic and the field training program.

In 2009, Chief Deputy Evans promoted to the rank of Lieutenant and returned to the Moreno Valley Station where she held assignments in patrol, administration, and the detective bureau. In 2012, she transferred to the Personnel Bureau. In 2014, Chief Deputy Evans was promoted to the rank of Captain by Sheriff Stan Sniff and assigned to the Coordinated Custody Management Unit (CCMU). In 2015, she was assigned as the commander of the Robert Presley Detention Center (RPDC) and most recently, as the commander overseeing Court Services East.

Chief Deputy Evans possesses a Bachelor of Science degree in biology and a Master's degree in public administration, both awarded from California State University, San Bernardino. She is also a graduate of

the Sherman Block Leadership Institute (SLI). Chief Evans lives in the city of Riverside with her husband and five-year-old son.

Captain Jason B. Horton was appointed to Chief Deputy and will oversee West Field Operations which consists of the Jurupa Valley, Moreno Valley and Perris Sheriff's Stations, the Special Investigations Bureau (SIB), as well as the Sheriff's Media Information Bureau (MIB). He has served in the Riverside County Sheriff's Department for 23 years.

Jason B. Horton joined the Riverside County Sheriff's Department in 1989 as a Reserve Deputy Sheriff assigned to the Sheriff's Riverside Station, which is now replaced by the Jurupa Valley Station. In 1993, he was hired as a Deputy Sheriff and attended the 125th Basic Peace Officers' Academy. Upon academy graduation, he was assigned to the Southwest Detention Center. He later completed assignments at the Hemet, Perris and Jurupa Valley Sheriff's

Stations. While in field operations, Horton was promoted to the ranks of Senior Deputy Sheriff and Corporal and held collateral assignments as a Field Training Officer (FTO), Special Enforcement Team (SET) member, and School Resource Officer (SRO).

In 2004, Chief Deputy Horton was promoted to Sergeant and worked in the Corrections Division, and later at the Ben Clark Training Center (BCTC) and Perris Station. While in Perris, he worked on the transition of the city of Menifee becoming a sheriff's contract city.

In 2009, Chief Deputy Horton was promoted to Lieutenant. As a Lieutenant, he held assignments at the Larry D. Smith Correctional Facility (SCF), Jurupa Valley Station, and the Special Investigations Bureau (SIB). While in Jurupa Valley, Horton worked on the transition of the cities of Eastvale and Jurupa Valley becoming sheriff's contract cities.

Chief Deputy Horton was promoted to Captain in 2013 by

Sheriff Stan Sniff and served as the Coordinated Custody Management Unit (CCMU) Commander. In April 2014, he was transferred to the Jurupa Valley Station as the commander and as chief of police for the cities Eastvale, Jurupa Valley, and Norco.

Chief Deputy Horton holds a Bachelor's Degree from California State University San Bernardino in Criminal Justice and a Master's Degree from the University of Redlands in Management. He is a graduate of Class 214 of the Sherman Block Supervisory Leadership course (SLI). He has served as an academy instructor for 16 years, teaching topics in law, supervision and defensive tactics.

Chief Deputy Horton is the fourth generational member of his family to serve in law enforcement, which started with his great-grandfather being a member of the Royal Canadian Mounted Police. He and his wife Jacqueline have four children and reside in Riverside. ■

Battery Charging Safety Tips

BY CITY OF EASTVALE

Don't leave batteries on a charger for long periods of time as it can cause the charger to overheat and catch fire.

The City of Eastvale and CAL Fire Riverside want to advise residents that leaving batteries on a charger for long periods of time can cause the charger to overheat and catch fire.

Please review these important safety tips before charging a battery:

- Keep sparks, flames, burning cigarettes and other ignition sources

- away at all times.
- Be sure the room is properly ventilated.
- Always wear protective safety goggles, gloves and an apron.
- If acid splashes into eyes, flush immediately with cold water.
- In case of acid spill, neutralize with baking soda.
- Do NOT attempt to charge batteries unless you are properly trained.
- NEVER leave charging batteries unattended.
- If you smell or see smoke or a fire immediately dial 9-1-1. ■



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Meagan Lichthart
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“Many a small thing has been made large by the right kind of advertising.” - Mark Twain

DMV Reminds Motorists of New 2017 Laws

COURTESY CITY OF EASTVALE

With the New Year here, the California Department of Motor Vehicles (DMV) wants to inform the public of several new laws or changes to existing law that, unless otherwise noted, take effect on January 1, 2017. The following are summaries of some transportation-related laws taking effect.

Use of Electronic Wireless Devices (AB 1785, Quirk): Driving a motor vehicle while holding and operating a handheld wireless telephone or a wireless electronic communications device will be prohibited, unless the device is mounted on a vehicle's windshield or is mounted/affixed to a vehicle's dashboard or center console in a manner that does not hinder the driver's view of the road. The driver's hand may only be used to activate or deactivate a feature or function on the device with the motion of a single swipe or tap of the driver's finger, but not while holding it. The law does not apply to manufacturer-installed systems that are embedded in a vehicle.

Child Safety Seats (AB 53, Garcia): This law requires a parent, legal guardian, or the driver of a motor vehicle to properly secure a child who is younger than 2 years of age in an appropriate rear-facing child passenger restraint system, unless the child weighs 40 or more pounds or is 40 or more inches in height (3 feet, 3 inches).

Motorcycle Lane Splitting (AB 51, Quirk): This law defines "lane splitting" as driving a two-wheeled motorcycle between rows of stopped or moving vehicles in the same lane. The law authorizes the California Highway Patrol (CHP) to develop educational guidelines relating to lane splitting in a manner that would ensure the safety of motorcyclists, drivers, and passengers. In developing these guidelines, the law requires the CHP to consult with specified agencies and organizations that have an interest in road safety and motorcyclist behavior.

Vehicle Registration Fee (SB 838, Committee on Budget and Fiscal Review): This law increases the vehicle registration fee on every vehicle or trailer coach from \$43 to \$53 beginning April 1, 2017.

Environmental License Plate (SB 839, Committee on Budget and Fiscal Review): This law increases the fee for the issuance of Environmental License Plates from \$48 to \$53, starting July 1, 2017. This law also increases the fee for the renewal, retention, transfer, or duplication of Environmental License Plates (personalized) from \$38 to \$43, starting January 1, 2017.

Accident Reporting (SB 491, Committee on Transportation and Housing): This law increases the minimum financial threshold for property damage that is required to be reported to the DMV from \$750 to \$1,000 when a driver is involved in a motor vehicle collision.

Vehicle Safety Recalls (AB 287, Gordon): This law enacts the Consumer Automotive Recall Safety (CARS) Act, and requires the DMV to include a general advisory regarding vehicle recalls and needed repairs on each vehicle registration renewal notice. This law prohibits a dealer or a rental car company from renting or loaning a vehicle with a manufacturer's recall no later than 48 hours after receiving the notice—until the vehicle has been repaired. This law gives a limited exception for a licensed dealer or a rental car company with a fleet of 34 or fewer loaner or rental vehicles. The law authorizes the DMV to suspend or revoke a vehicle dealer's license if they violate the CARS Act.

Year of Manufacture License Plates (SB 1429, Nielsen): This law expands the Year of Manufacture (YOM) license plate program to include vehicles and license plates manufactured through 1980. This law benefits owners of vintage motor vehicles who obtain license plates from the year corresponding to the vehicle's model-year, and wish

to use those vintage plates in lieu of regular license plates. Such plates are commonly found from different sources, including relatives, garage sales, estate sales, etc. The program will include the blue and yellow license plates issued for use on California motor vehicles from 1970 until 1980.

Background Checks of Drivers of Transportation Network Companies (AB 1289, Cooper): A transportation network company (TNC) will be required to perform a comprehensive background check of all their drivers. This law also specifies penalties for a TNC that violates or fails to comply with this requirement. A TNC will be prohibited from contracting with, employing, or retaining a driver if they are registered on the U.S. Department of Justice National Sex Offender public website, has been convicted of specified felonies, or within the previous seven years, has been convicted of a misdemeanor assault or battery, domestic violence, or driving under the influence of alcohol or drugs. Any TNC in violation of the specified requirements is subject to a penalty of not less than \$1,000 or more than \$5,000 for each offense.

Installing Counterfeit or Nonfunctional Air Bags (AB 2387, Mullin): This law prohibits knowingly and intentionally manufacturing, importing, installing, reinstalling, distributing, or selling any device intended to replace an air bag system in any motor vehicle if the device is a counterfeit or nonfunctional air bag system, or does not meet federal safety requirements. The law also prohibits selling, installing, or reinstalling any device that would cause a vehicle's diagnostic system to fail to warn when the vehicle is equipped with a counterfeit, nonfunctional, or a case in which no air bag was installed. This violation is a misdemeanor punishable by a \$5,000 fine and/or up to a one year in county jail. ■



PHOTO COURTESY: RACINE GUAJARDO

With the New Year here, the California Department of Motor Vehicles (DMV) wants to inform the public of several new laws or changes to existing law

It's Time for Our Biblical Resolution

BY PASTOR ROBERT JEWETT



Can you believe it is 2017? It seems to me that the older I get, the faster the years go by. This causes me to slow down and consider how I should be living every moment of every day. With the New Year comes many newly made resolutions... or recommitments to previously failed resolutions. A recent poll determined that about 60% of Americans make a New Year's Resolution. I'm sure you're not surprised to hear that polls also show that only about 8% of Americans succeed at fulfilling

their resolution.

So, where do we start? Should we start exercising and eating healthier? Should we start a new budget and see if we can live without using any credit? Or should we commit to less screen time and more time with people face-to-face? While each of these are worthwhile to strive towards, there is still a greater resolution that would fuel the success of each of these resolutions.

Scripture encourages us "to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God" (Colossians 1:10). What if we focused our attention on fully pleasing God? Think about how

many different areas of our lives would be affected? The great news is that when you strive to bring God glory, it "is God who works in you, both to will and to work for his good pleasure" (Philippians 2:13). Thus, our resolution is empowered by God and we no longer have to be part of the 8% success rate.

This New Year, resolve to bring God glory in all you think, say, and do! For a more in depth biblical study on this topic, visit our webpage and listen to our New Year's teaching.

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 lakeshorecitychurch.com. ■

Strong Into The Night

BY ROB NORRIS

He who trusts in the LORD will be exalted.
Proverbs 29:25

In September 1939, Great Britain allied with France and several other alarmed countries in declaring war on Hitler's Germany, which had invaded Poland in its intended march toward global domination. By the end of the year, anxieties throughout England remained on high alert; everyone was fearful of bombing and invasion.

When King George VI sat down before two large microphones to make his Christmas Day speech to the nation, he

was dressed in his official uniform as Admiral of the Fleet. With so many parts of the world facing an uncertain future, his goal was to reassure the people that their nation was prepared and able and their cause right and just.

"A new year is at hand," the king said. "We cannot tell what it will bring. If it brings peace, how thankful we shall all be. If it brings us continued struggle, we shall remain undaunted."

Then, turning to some lines of poetry his wife had recently shared with him, he concluded his speech with these words, which are a fitting close to our year together. They offer a word of encouragement that—we hope—will settle your hearts amid the troubles of our own era in history. These lines are from "The Gate of the Year," a poem

written in 1908 by Minnie Louise Haskins:

*I said to the man who stood at the gate of the year
"Give me a light that I may tread safely into the unknown."
And he replied, "Go into the darkness and put your hand into the hand of God
That shall be to you better than light and safer than a known way!"*

Live It. As you make the turn to a new year, what are you facing that needs you to sink your hand more deeply into God's hand?

Pray for one another that as you embark upon a new year, God will grant you and your family His favor.

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

New Year, No Fear

BY PASTOR MARK LEE

Many artists believe that a blank canvas is a beautiful, yet terrifying sight. While the empty space is full of immense potential, the creative process itself can be time consuming, uncertain and intense. The same could be said about any new venture. Whether you are beginning a painting or starting a project, the excitement for what could be is often mixed with some anxiety for what lies ahead.

As we enter a new year, it

is easy to understand the opportunities and challenges that a blank canvas brings. Ahead of us lie twelve months full of possibility. The next 365 days can bring us everything from increased professional success to a more physically fit body. However, on the flip side, the new year could also bring unexpected heartbreak.

While many people have started 2017 with renewed hope, others can't help but feel dread. Perhaps last year did not meet their expectations. Poor health, surprising losses or other disappointments have left them less than enthusiastic about the future. At the same time, the current political tur-

moil, global unrest, and changing social climate is enough to make even the most optimistic people feel a concerned.

So, what should we do if we find ourselves frightened by the blank canvas of 2017? The answer is simple: fear not. Proverbs 3:5-6 says, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." God holds the future in his hands, so it is not ours to worry about. After all, every masterpiece has to start as a blank canvas.

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

Fashioned Days

BY PASTOR DENNIS MORALES

Psalm 139:16 "All the days ordained for me were written in your book..."



David writes that God looks at our life as looking through a book. He sees the beginning and end. He knows

the exact days and hours to the second we will occupy our address on earth. The world recently lost three icons of the entertainment industry. 80s pop icon George Michael, and two very shocking circumstantial passing's of Carrie Fischer and mom Debbie Reynolds within a day of each other. This sent shockwaves through Social Media and Hollywood as we know it. With the sobering sense of shock and loss, death can strike fear in the hearts of so many. This fear can lead one to go well beyond good measure to try to "extend" life. Though becoming vegetarian may be beneficial, we can do nothing to extend "the life of

days" God has fashioned for us.

I take comfort in knowing that God knows the "order of my days." I cannot die sooner nor live later than what God has recorded in His book as He guides us through life. Better yet, God has given us opportunity to trust in Him and live in a way that death's grip no longer has control over us through Christ's work on the cross (Hebrews 2:14/1 Corinthians 15:54). Scripture says "teach [us] to number our days, that we may gain a heart of wisdom" (Psalm 90:12). Our tendency is to number years, but God says number "days." Though life is brief, Scripture says wisdom is living for God daily. We may not know what the future holds, but we can never be wrong in trusting an unknown future to a known God (-Corrie Ten Boom).

Calvary Chapel Eastvale meets Sundays 8:30 & 10:30 am, Wednesdays at 7pm at Clara Barton Elementary School (7437 Corona Valley Ave, Eastvale). Visit their website at www.calvaryeastvale.org. ■

Overcoming Doubts

BY ED MORENO

You may or may not be aware that our culture is



becoming increasingly secular, i.e., irreligious. Indeed, the number

of adults that identify themselves as being unaffiliated with any religious group has grown from about 8% in 1990 to nearly 23% in 2014. But among younger Millennials, ages 18-24, the increase of those who identify themselves as being unaffiliated with any religious group is even more alarming. In 2007 the percentage was 22%. In 2012 that number rose to 32%. And in 2014 that increased to 36%!

That's our country's young adult population, but what about our teens? What's going on with them religiously? Well, Barna Research Group found that 38% of the teens that do attend church reported that they had significantly 'doubted' their faith at some point. 36% stated that they can't ask their most pressing 'faith' questions at church. And 60% of church teens drop out of church in their twenties.

Part of what's going on here is that many churches respond negatively toward their parishioners when they express that they have some doubts. The atmosphere in many churches essential-

ly suffocates the asking of tough questions. And folks, that simply has to change in America's churches.

We have to let people know that it's normal to have some doubts. In the New Testament, Thomas had doubts, at first, as to whether Jesus was really the Messiah; and he had doubts, at first, as to whether Jesus really did resurrect. Even John the Baptist found himself, at one point, having doubts as to whether Jesus 'was' the Promised One after all.

The Lord's church has to create an atmosphere in which people feel that it's safe to ask 'faith questions' that they may be struggling with and that are causing them to have some doubts.

Listen, most people are really just a few answers, conversations, or resources away from overcoming the doubts they have and becoming confident in their faith.

The church does not have to be afraid of doubts that people may have. The answers to their questions exist. Our faith is rooted in historical fact, volumes of evidence, and sound logic and reason.

So let us make "Room For Doubt" in our churches. In fact, maybe your church could consider utilizing the six-week church-wide study by Mark Mittelberg and Gary Poole called "Room For Doubt." New Day will be doing so this February. ■



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Our Life: If Not Today, Then When?

By Michael Armijo

I've learned many things about life from people who have passed away. For example: I had a friend who always did something each weekend. He was always somewhere. During football season my Sunday excitement was to call him and ask: "where are you?" He'd always respond with an event or a sports bar that I've never heard of or someplace that I would admire. I had another friend who would always reach for the stars and push himself to the limit. He would continue to pursue bigger dreams and expect himself to step up and reach for things other people didn't have the ability to do. He passed away living in the city he loved and with the family that cherished. I had another friend who was fairly fearful of change. I used to encourage him constantly to reach for things that he felt he didn't deserve but to first feel as though he deserved those things. He reached for some things but he was too

fearful to reach for others. But his priority was to love his family and take care of them and be a good father. So the things I felt he deserved were different than what he felt he wanted out of life. He passed away with a loving family around him. Now what hurts more, although his death is many years in the past, is the death of my father. He was deprived but still made a living. he pursued what he thought was the responsible thing and his philosophies were mild and simple. He reached for security and safety. Unfortunately, he could only talk about the things he wanted. He spoke of doing things he desired to do, always falling short of his goals. Out of fear. He passed before his time and he passed willingly, as he felt he was done here on earth. So I've learned that there are no limits in life. I've learned that if you want something you will get it only if you really want it. I've learned that the only limits there are in life are the limits we

place upon ourselves. And I've learned that the only things we will ever get are the things we try to reach for today, and not to wait for tomorrow. Because tomorrow just may never come. Tomorrow didn't come for my father and for my friends. So today, as I travel 50 miles away from my home for the first of many one-hour singing lessons, I am proud. Because these are lessons that I put off all my life out of fear that I may not be able to sing. I postponed because I constantly try to convince myself that "I don't have enough time." But today I am fearless. I choose to no longer wait for life to come to me but instead for me to go to life. I pride myself for no longer suffering from the losses I've incurred, but instead I choose to learn from them. Today I choose to chase my dreams, today I choose not to wait, and today I choose to be fearless. Because today I ask a simple yet serious question: "If not today then when?"

Artist Corner: Andrea Hamilton

"Know who you are. Accept who you are. Be who you are."
-Swindoll

By Racine Guajardo

Andrea Hamilton grew up in the Kansas City area, always singing in school and church. She calls her style of my music "Hopeful Pop." She wrote her first song in the fourth grade, then at the age of sixteen winning her first songwriting award as one of the Top New Writers from GMA (Gospel Music Association). Hamilton was in several bands; however at the age of eighteen she decided to move to LA to pursue a professional career as a singer/songwriter. This led Hamilton to the opportunity to tour internationally four times, all over the country as an independent artist, and through NACA (National Association of College Activities). During this time she released multiple albums, including a faith-based record or original worship songs. Between the years 2009 and 2010, Hamilton was forced to end an international tour early because of some health issues. Once back in the U.S., she was diagnosed with multiple autoimmune conditions and an "incurable" infection that may have been chronic Lyme disease or something similar. Hamilton recalls her mind set at that time stating, "All that to say, I got really sick, doctors were at a loss and I didn't know if I would ever sing or perform again. During that time period, I couldn't do much and it hurt to play piano or guitar - but I was determined to write songs about my experience and share what was on my



PHOTO COURTESY: ANDREA HAMILTON

heart. I wrote about healing and holding on to hope, and when I started to recover and sing again, a lot of those songs ended up on my last few albums. I listened to so much music that inspired and comforted my heart even when I could tour." Hamilton's resume is impressively extensive, including but is not limited to some of the following; writing with pro writers like Kevin Fisher, Ashley Argotta, Matt Arcaini, Jonathan Lee, Eman Cervantez, Tyrone Wells and many others. As well as co-writing with; David Das, Matt Arcaini, Jordan Lawhead, and artist Tyrone Wells. Many of her songs were being placed in network television shows such as; Extreme Home Makeover, Bachelor in Paradise, Preachers of LA, Too Young to Marry, Mystery Millionaire, Ex and the Why, My Giant Life and many other shows as well as indie films.

In 2013, she released her Christmas/holiday record, that same marrying her husband Trent. The two are now Eastvale/Norco area resident. She has released some singles and cover songs between 2015 and 2016, however Hamilton states, "my main focus has been this independent album, Hope and Struggle, which is a record about finding the good in a difficult life and growing from trials. I co-produced the record, which is a first for me and was a great experience." When Hamilton was asked what she wants people to know about her, she says, "I write and share my songs with the goal of touching people with hope and healing. Music has helped me through my hard times. I want to share my story with others so they can feel less alone in theirs." She has created a top three musical influences list that includes; India Arie because

History 101

Who is Mount Everest named after?

By Christopher Klein of History.com

In 1852 the British-sponsored Great Trigonometrical Survey, which had been mapping the Indian subcontinent since the early 1800s, identified the highest mountain in the world straddling Nepal and Tibet in the Himalayas. The British initially referred to the 29,035-foot-tall pinnacle as Peak XV until Andrew Waugh, the surveyor general of India, proposed that it be named for his predecessor, Sir George Everest. Born in Wales on July 4, 1790, Everest attended military schools in England before spending much of his adult life in India. After working for the East India Company, the geodesist joined the Great Trigonometrical Survey in 1818 and spent 25 years on the project, working his way up to superintendent in 1823 and then surveyor general of India in 1830. He returned to Great Britain following his retirement in 1843 and was knighted in 1861. Everest, who had favored

native place-names as a surveyor, objected to Waugh's proposal that the highest peak in the world be named in his honor. Although the Tibetans already called the mountain Chomolungma ("Goddess Mother of the World"), Waugh was apparently unaware of that indigenous moniker or those used in Nepal, which had barred the survey team from crossing its borders. "I was taught by my respected chief and predecessor, Colonel Sir George Everest to assign to every geographical object its true local or native appellation. But here is a mountain, most probably the highest in the world, without any local name that we can discover, whose native appellation, if it has any, will not very likely be ascertained before we are allowed to penetrate into Nepal," Waugh wrote to the Royal Geographical Society in 1856. In spite of Everest's argument that locals would have difficulty pronouncing his name, the society decided in 1865 to dub the world's tallest peak Mount Everest anyway. The 76-year-old Everest died the following year on December 1, 1866. It's unknown whether he ever glimpsed his namesake mountain. ■



PHOTO COURTESY: GOOGLE

her music carries a hope and a depth that have greatly inspired my own songs, Ingrid Michaelson because their creative, quirky sound choices are strikingly similar as well as Michaelson being a great songwriter who's not afraid to be herself, and lastly Sia because she admires her pop sensibilities and her perseverance in the music industry. Hamilton shares personal advice saying, "I want people to know that there is always good to be found in the hard times. Much of this album is about the hidden blessings of having difficulties in life. You become a better, more generous person. You have empathy and motivation to help others and make the world better. You learn just how strong you really are. And you learn to cherish the good moments. You can really only learn to live with joy during and in spite of struggle; that's what real hope is."

She often performs at venues in OC, IE and LA. Andrea's new album called, Hope and Struggle will be out Feb 1, and she will be having a special Album Release Show on February 24 at Hotel Cafe in LA at 8 pm. Everyone who attends will get two signed copies of the album. If you don't want to drive that far, she also sings almost every Sunday at her church, Inland Hills Church in Chino. You can hear her music on Apple Music, Spotify and Pandora, or available for purchase on iTunes and Amazon, as well as her website www.HopefulAndrea.com - where you can sign up for her newsletter and receive free music as well. She can be found on multiple social media accounts: Facebook: facebook.com/AndreaHamiltonMusic, Instagram: Instagram: HopefulAndrea, Musical.ly: Musical.ly: HopefulAndrea, Twitter: Twitter: AndreaHamilton, Site: HopefulAndrea.com ■

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