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HERE WE GROW AGAIN

New Additions to the City of Eastvale

STAFF REPORTS

Eastvale – On October 1, the City of Eastvale turned 9-years-old! Over the last nine years, the city has grown with new businesses opening almost every month. Here is what's expected to open soon.

On October 2, the City of Eastvale announced that the Little Eastern Café will be opening this fall at The Station. Little Eastern Café

see HWGA page 4

Eastvale Keeps RSO For Police Department

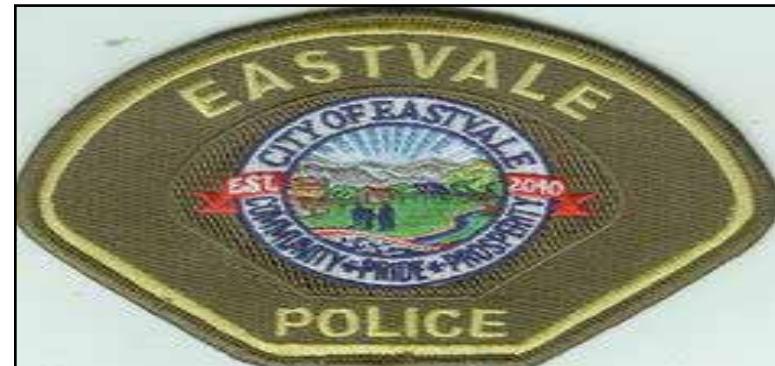


PHOTO COURTESY: RIVERSIDE SHERIFF DEPT.

EASTVALE CONTINUES CONTRACT WITH THE RIVERSIDE COUNTY SHERIFF'S DEPARTMENT

STAFF REPORTS

EASTVALE, CA – Diversity in thoughts and opinions is what helps create a healthy and vibrant community. The evolution, growth, development, and future of our young city ultimately rely on the tough yet crucial conversations, such as the topics mentioned below, that we have been having as a community. In an effort to remain fiscally responsible

and to provide the best customer service experience to our residents and businesses, the City of Eastvale continually evaluates the best services for the best value.

The suggestions that came out of these topics are a result of the City of Eastvale's robust community engagement efforts and strategic plan. The City of Eastvale's strategic plan

see RSO page 10

Mother Accused of Killing Chino High Daughter

STAFF REPORTS

Ontario – A mother of two kids was arrested last week for allegedly murdering those kids. One was a Chino High School freshman attending special education classes at the school.

Linda Nguyen, 47, was charged last week after she was found unresponsive while police found her and two suicide notes indicating she was going to kill the kids and herself. One

note was found inside her car and the other was found inside the home, according to Sgt. Bill Russell who spoke at a press conference last Wednesday.

Amy Nguyen, 14, and her 4-month-old sister were found dead inside the garage of their home in the 500 block of E. Tam O'Shanter Street at around 4 p.m. The house is in the

see Teen page 2

Man Accused of Sexual Assault on Corona Girl

STAFF REPORTS

Eastvale - A 23-year-old Eastvale man accused of sexually assaulting a Corona girl he met via the internet was charged Friday with unlawful intercourse with a minor and other offenses.

Jay M. Kim was arrested

Wednesday following an investigation by the Riverside County Sheriff's Department.

Along with the statutory rape count, Kim is charged with forced oral copulation of a child under 18 years old and arranging to meet a minor for the purpose of committing a sexual offense.

Make Your Backyard Extreme

BY MICHAEL ARMijo

Ontario - Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with

or traffic light? Now is the time to stop putting it off and head over to Gabriel's Automotive & Towing in Chino where their annual "Brakes for Breasts" campaign to help end breast cancer will begin October 1st and last through the entire month. Every year in October Gabriel's Au-

Free brakes with every brake labor job purchased throughout October for Breast Cancer Awareness.

see Breasts page 8



Extreme Backyard Designs is located at 2330 S. Vineyard Ave in Ontario. They can be reached at 909.930.6111 or online at www.extremebackyarddesigns.com.

see Extreme page 10

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Virus Found in Eastvale

Virus from page 1

Avoid outdoor activities during the times of dusk and dawn.

Wear long sleeves and pants when outdoors.

Wear EPA-approved insect repellents such as DEET, picaridin, IR3535, and oil of lemon eucalyptus according to label

instructions.

Repair/replace window and door screening.

If residents are experiencing an abundance of mosquitoes, they can report them to Northwest Mosquito and Vector Control District at (951)340-9792. Please visit our website at www.northwestmecd.org for more information.



Premium Low Carb Desserts

By *Janette Laguna*

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Who's In Your Corner?

BY PASTOR DENNIS MORALES

The Lord grant mercy to the household of Onesiphorus, for he often refreshed me, and was not ashamed of my chain... he sought me out...and found me.... 1 Timothy 2:15

In Boxing, every fighter has at least three people in their corner. A Chief, a Cut man, and one who carries the bucket. The Chief guides the fighter and the fight. He is the one who can throw in the towel if his fighter has had enough. 2 Timothy is the Apostle Paul's last recorded book. Paul, facing death in a Roman prison, says "I have fought the good fight, I have finished the race, I have kept the faith." 2Ti 4:7. Paul mentions those who abandoned him, possibly for fear of their own life. He also mentions those that stood with him to the end. Paul was faithful to the Lord. Paul gave his life for the Gospel and he never wavered. He was a man who met the risen Christ and was changed forever. He fought for the right



Chino High Teen Killed By Mother

Teen from page 1

neighborhood northeast corner of Euclid Avenue and Riverside Drive.

Amy's PE teacher described Amy as a sweet girl but said she was sad she didn't get to know her better, according to online published reports about the girl.

The suicide notes indicated she was going to kill the children and then herself. Her husband, who found the kids and the mother unresponsive inside the garage, said his wife has a history of depression. Investigators worked throughout Tuesday night into Wednesday morning gathering evidence and trying to establish a motive in the deaths of the two children. The husband was not detained or arrested after coming to the police station to provide a statement Tuesday night, Sgt. Russell said.

Both children had visible injuries, but Sgt. Russell declined to discuss how the children were killed.

The San Bernardino County Coroner's office will conduct autopsies to determine the cause of death. ■

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ABC Public Relations

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How to Sell Your Eastvale House Without An Agent And Save the Commission

Eastvale - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until

you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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382 N. Lemon Ave., #402
Walnut, CA 91789

E-MAIL:
editor@anapr.com

Community Events

Eastvale Events STAFF REPORTS

Eastvale - Check out the list below for a variety of events for you and your family to enjoy in the City of Eastvale.

City Council Meeting

When: October 9 at 6:30 p.m.

Where: City Council Chambers, 12363 Limonite Avenue, Suite 900, Eastvale

More info: City Clerk's Department at (951) 703-4420

CERT Training

When:

Friday, October 11, 2019: 5:30 p.m. to 9:30 p.m.

Saturday, October 12, 2019: 8:00 a.m. to 5:00 p.m.

Sunday, October 13, 2019: 8:00 a.m. to 5:00 p.m.

(1hr breaks for lunch. Lunch not provided.)

Where: City Council Chambers, 12363 Limonite Avenue, Suite 910, Eastvale

Details: CERT training requires a commitment of 20

hours of training. This training is provided at no cost by the City of Eastvale and the Riverside County Emergency Management Department. Only those who successfully complete the practical exercise with hands-on instruction in fire suppression, search and rescue, cribbing, and medical training will receive a certificate of completion and a free CERT kit.

Participants must be over the age of 18. Minors 14 years old and over may participate but require a parent or guardian to attend the course and register the minor.

To register for this event please visit <http://bit.ly/2m9zidc>

Fire Station 31 Open House

When: October 12 from 10:30 a.m. to 1:30 p.m.

Where: Fire Station 31, 14491 Chandler St., Eastvale

Details: Join in on the family fun with a static display, fire station tours and demonstrations for all ages.

Planning Commission Meeting
When: October 16 at 6 p.m.

Where: City Council Chambers, 12363 Limonite Avenue, Suite 900, Eastvale

More info: City Clerk's Department at (951) 703-4420

SCORE Workshop: How to Connect & Collaborate for Rapid Business Growth

When: October 17 from 3 p.m. to 5 p.m.

Where: Eastvale Council Chambers, 12363 Limonite Avenue, Suite 900, Eastvale

Details: In this workshop, you will learn how to create meaningful connections and collaborate with other business owners and entrepreneurs to increase your reach, impact, and revenue. You will discover several simple things you can do to turn on the faucet of opportunities in your business and immediate cash flow through the power of connections and collaborations.

More info: <https://conta.cc/2nUMBPz>

Saint Oscar Romero Catholic Community 4th Annual Trunk-Or-Treat

When: October 19 from 5 p.m. to 7 p.m.

Where: Augustine Ramirez Intermediate School, 6905 Harrison Ave., Eastvale

Details: This FREE 4th annual Truck-or-Treat will be hosted on the blacktop.

More info: If you would like to host a booth at this event, please contact 951.515.2083.

Public Safety Commission Meeting

When: October 22 at 6 p.m.

Where: City Council Chambers, 12363 Limonite Avenue, Suite 900, Eastvale

More info: City Clerk's Department at (951) 703-4420

City Council Meeting

When: October 23 at 6:30 p.m.

Where: City Council Chambers, 12363 Limonite Avenue, Suite 900, Eastvale

More info: City Clerk's Department at (951) 703-4420.

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Here We Grow Again

HWGA from page 1

will feature a delicious menu of Taiwanese and Japanese fusion. The Station is located at Hamner Avenue and Cantu-Galleano Ranch Road in the Goodman Commerce Center.

In addition, Fire Station 31 is having an Open House on October 12 in honor of National Fire Prevention Week. The event will take place from 10:30 a.m. to 1:30 p.m. at Fire Station 31, located at 14491 Chandler Street in Eastvale. The open house will include a static display, fire station tours and demonstrations for all ages.

Fire Prevention Week is observed each year during the week of October 9 in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage, according to the City of Eastvale.

"In a fire, mere seconds can mean the difference between a safe escape and a tragedy," states the City. "Fire safety education isn't just for school children. Teenagers, adults, and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire."

Another big project we have all been waiting to be completed is the I-15 Limonite Avenue Interchange Project. The Ribbon Cutting Ceremony will take place on November 14, from 9 a.m. to 10:30 a.m. The ceremony will be held at the Park & Ride located at 12105 Limonite Avenue, Jurupa Valley.

The City of Eastvale and City of Jurupa Valley will be celebrating the new Limonite

Avenue bridge that connects our two cities. The new design will feature a new 8-lane overcrossing; 3-through lanes in each direction plus 2 turn lanes; widening of the off-ramps from two to four lanes; the addition of two new loop on-ramps; and widening of Limonite to four

lanes in each direction between Hamner Avenue and Wineville Avenue.

To RSVP for I-15 Limonite Avenue Interchange Project ribbon cutting ceremony, please email trollings@jurupavalley.org or call 951.332.6464.



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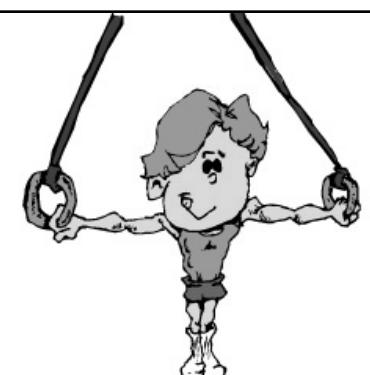


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Low-Cost Annual 3D Mammography Screening

A mammogram can detect breast cancer early, when treatment is more effective. That's why, in honor of Breast Cancer Awareness Month, we're making it easier for you to get your mammogram.

Corona Regional Medical Center is proud to offer advanced imaging with 3D digital mammography. This type of mammography can help to detect very small cancers and reduce callbacks.

If an annual screening mammogram is not covered by your insurance, bring your doctor's referral to receive reduced-cost screenings throughout the month of October.

Annual Screening Mammography	\$65
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What are you waiting for? Call for your appointment today, so you can check "mammogram" off your to-do list!

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Taste of Flight Gala 2019 on Sat. Oct. 26

STAFF REPORTS

Please join us for the 13th Annual Planes of Fame Air Museum 'Taste of Flight' Gala, October 26, 2019

When: Saturday, October 26, 2019

Where: Planes of Fame Air Museum

14998 Cal Aero Dr., Chino, CA 91710

At the corner of Merrill and Cal Aero Dr., Chino Airport

Great food, wine and beer tasting, a fantastic silent auction, and presentation of the

"Achievement in Aviation" award await guests to the 13th annual Taste of Flight Gala.

The Taste of Flight Gala is an annual fundraiser and the primary source of support for the Planes of Fame Air Museum educational programs. The Planes of Fame touches the lives of nearly 10,000 schoolchildren each year. For many of these children, the museum is their first introduction to the wonders of aviation. These learning experiences set the stage for a life-long interest in history, science, and technolo-

gy.

A portion of this year's event will go towards the completion of our Korean War Memorial. The Korean War Memorial will be located in front of the Planes of Fame Air Museum. The memorial will commemorate the sacrifices of the 5.8 million Americans who served in the U.S. armed services during the three-year period of the Korean War.

One of the best experiences of the Taste of Flight Gala is the samplings of delectable food tastings combined with fan-

tastic wines, beers, and spirits. We've assembled a great line-up of restaurants, caterers, vintners and brewers who'll serve and pour to your heart's content.

Our extensive Silent Auction features hundreds of items including artwork, weekend getaways, craft items, one-of-a-kind aviation novelties and more.

The evening also marks the culmination of our annual Student Art Contest. We've invited grade school students throughout Southern California to submit aviation-themed drawings, paintings, and illustrations. Guests to Taste of Flight serve as judges to pick the winning entries.

Capping the night's events is the presentation of the Planes of Fame "Achievement in Aviation" award. For 2019 we have chosen to honor Captain E. Royce Williams.

Captain Williams is the top-scoring Navy carrier-based pilot of the Korean War. On November 18, 1952 Royce engaged seven MiG-15s over the Sea of Japan. Even though the MiG's were far superior to William's F9F-5 Panther aircraft, Royce shot down four of the Soviet fighters.

This was the only time that a US Pilot in a US aircraft engaged Soviet pilots in Soviet aircraft during the Korean War, and was immediately declared Top Secret until the Russian government released the names of the four pilots fol-

lowing the end of the Cold War. Captain Williams also flew the F-8 Crusader and commanded three different air groups during deployments during the Vietnam War.

For over half a century Captain Williams' achievement was classified; nobody knew what he did that day over the skies of Korea. Now retired Navy Captain E. Royce Williams is one of the Korean War's forgotten heroes.

The Achievement in Aviation award is presented annually to individuals who have made a significant contribution to aviation over time. Past recipients include the Doolittle Raiders of 1942, Major General William Anders, Louis Zamperini, Bob Hoover, Clay Lacy, Bud Anderson, and Sean D. Tucker.

Get Your Tickets Now – online at www.poftasteofflight.org is the quickest and easiest way to purchase your ticket(s). However, if you prefer by phone or mail, please call 909-927-5300. You can mail a ticket request to Liz Esparza c/o Planes of Fame Air Museum 14998 Cal Aero Dr. Chino, CA 91710

If you would like to Sponsor an amount not listed in the Sponsorship Opportunities, please contact Liz Esparza at 909-927-5300.

If you can't attend the 13th Annual Taste of Flight, but would like to make a donation, please contact the Gift Shop at 909-597-3722 (preferred) or Liz Esparza at 909-927-5300.



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Gabriels Automotive Hosts Annual “Brakes for Breasts” Campaign

Breasts from page 1

tomotive, along with 139 other auto repair shops across the country, offer FREE brake pads with any brake service (up to a \$109 value). But the best part is that, for the entire month of October, Gabriel's Automotive (and any other participating auto repair shops) will donate a portion of what you pay for the brake service to the Cleveland Clinic Breast Cancer Vaccine Research Fund!

Here's how it works: During October, auto repair shops

across the United States work to raise money that goes to support the research being carried out through the Cleveland Clinic Breast Cancer Vaccine fund. More and more auto repair shops join the cause every year, offering free brake pads to their customers.

For every brake service that is performed at one of these participating auto shops, customers only pay for labor or additional parts for brake services—not the brake pads! Every single shop then donates 10% of their brake service earnings directly to the Cleve-

land Clinic Breast Cancer Vaccine fund.

So what, exactly, is the “Brakes for Breasts” Campaign anyway? Well, back in 2011, Leigh Anne Best and Laura Frank, two auto shop owners in Ohio, started the Brakes For Breasts fundraising program with 5 other auto mechanics in their area. The success of the program lead them to expand it to 27 shops across 17 states in 2012, allowing them to raise a total of \$66,499.29 for breast cancer research! Over the next few years, the program continued to grow and the amount of

money raised has grown along with it.

Just how much can one repair shop do, you ask? The answer is a lot! Here are a few statistics to give you an idea:

- \$10,000 raised by 5 independent auto repair shops in the state of Ohio in 2011
- \$32,848.48 raised by 27 independent auto repair shops across 16 states in 2012
- \$66,499.29 raised by 66 independent auto repair shops across 27 states in 2013
- \$115,236.53 raised by 136 independent auto repair shops across 28 states in 2014
- \$141,868.76 raised by 174 independent auto repair shops across 32 states in 2015
- \$125,867.37 raised by 131 independent auto repair shops across 35 states in 2016—the most on record to date!

In total, independent auto repair shops just like Gabriel's have raised a grand total of over \$492,000 in the last six years!

Breast cancer is a serious disease that has affected the lives of so many of our friends and loved ones. Chances are, you know someone who has fought against breast cancer, whether it's someone close to your or an acquaintance. That's why everyone at Gabriel's Automotive is proud to stand up to show their support through

giving, along with other auto repair shops who participate in the campaign. But they couldn't do it without the support of their customers, friends and families. So Gabriel's is asking you to help them make a difference. Help in the fight against breast cancer so that our daughters and granddaughters will never have to fear for their health and safety due to this disease.

And now there's proof that the Brakes for Breasts campaign is making a difference in the fight against breast cancer. Last year, Cleveland Clinic's Dr. Vincent Tuohy and his team tested a breast cancer prevention vaccine in the lab—with great success and clinical trials for the vaccine began in 2016. Visit Gabriel's Automotive and Towing on the web at gabrielsauto.com or go to <http://giving.clevelandclinic.org/> to learn more about the Cleveland Clinic's research. We can do this together! If you're in need of brake repair, October is definitely the month to get it taken care of—for a good cause! Come to Gabriel's Automotive and Towing located at 13654 Central Ave. in Chino. Their business hours are: 8:00 am to 6:00 pm, Monday through Friday and 8:00 am to 4:00 pm on Saturday and Sunday. You can contact them at (909) 464-9005 or visit them on the web at gabrielsauto.com.



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BUILDER CLOSEOUT

Area Crime Recap: August 2019

STAFF REPORTS

Inland Empire – Over the last month, several crime incidents took place in Eastvale and Norco. See the list below of crime in the last month, courtesy of the Riverside County Sheriff's Department.

INCIDENT: Sexual Assault of a Minor

WHEN: September 18, 2019

WHERE: 13000 block of Coldwater Court, Eastvale

On September 18, a School Resource Officer and Administrators at Centennial High School located in the City of Corona were notified of a sexual assault involving a 16-year-old female student. Based on preliminary information, the assault appeared to have occurred within the city limits of Eastvale. Deputies assigned to the Riverside County Sheriff's Department responded to the high school and contacted the victim. Due to the nature of this incident, investigators from the Jurupa Valley Sheriff's Station assumed the investigation.

The investigation revealed on September 18, Jay Myunbae Kim, 23-year-old resident of Eastvale, communicated with the victim using a social media application. Kim drove a white 2017 Honda Accord, license plate #7UZV740, to the area of Rimpau Avenue and Olympic Drive, located in the City of Corona and picked up the victim after school. Kim drove to his residence, located in the 13000 block of Coldwater Court, Eastvale. While at his residence, Kim sexually assaulted the victim. After the assault, Kim drove the victim back to Centennial High School and dropped her off.

On September 25, investigators conducted an undercover operation and located Kim near Centennial High School. A search warrant was served at Kim's residence and he was ultimately booked into the Riverside County

Jail for sexual assault related charges and his bail was set at \$500,000.00.

Based on this investigation, it is believed Kim might have communicated with other underage females via social media applications. This investigation is still active and the Riverside County Sheriff's Department asks anyone with information pertaining to this investigation to contact Investigator Medina at the Jurupa Valley Sheriff's Station by calling (951) 955-0952.

INCIDENT: Residential Burglary, Possession of Stolen Property, Identity Theft, Felon in Possession of a Firearm

WHEN: September 16, 2019

WHERE: 1900 block of Norco Dr., Norco

On Monday, September 16, around 3:08 pm, deputies responded to the 1900 block of Norco Dr., Norco, in reference to a residential burglary investigation. The residents arrived home and reported that the residence had been forced into and several items were taken. Surveillance video was captured of the suspects as they left the residence. The Norco Special Enforcement Team took over the investigation.

Deputies learned that the suspects had utilized several credit cards belonging to the victim in the city of Fontana. After reviewing surveillance video, deputies followed up with suspect leads that led them to a residence located in the 2300 block of Orange St., Riverside.

A search warrant was obtained for the residence and on Thursday, September 19, 2019, deputies served the search warrant. Three suspects were arrested and during a search, deputies located the victims' stolen property from the burglary and an altered sawed off shotgun.

The following suspects were arrested and booked into the Robert Presley Detention Center:

Justin Sorg, a 35-year-old male resident of Riverside, Leopoldo Lopez, a 30-year-old male resident of Riverside, and Raelynn Kruse, a 40-year-old female resident of Riverside.

If you have any information pertaining to this investigation, you are encouraged to contact Deputy Kehrier at (951) 270-5673 at the Norco Sheriff's Station.

INCIDENT: Child Pornography/Illegal Marijuana Grow

WHEN: September 12, 2019

WHERE: 7000 Block of Canterwood Court, Eastvale

On Thursday, September 12, about 7 AM, members of the Riverside County SAFE/ICAC Task Force (Sexual Assault Felony Enforcement/Internet Crimes Against Children) and members of the Region-7 Gang Task Force conducted a joint operation regarding the service of a search warrant at a residence in the 7000 Block of Canterwood Court in the City of Eastvale.

The search warrant stemmed from a lengthy investigation regarding the on-line sexual exploitation of children. Task force officers contacted the single occupant and renter inside the residence. He was identified as 45-year-old Eastvale resident, Bryan James Green. Task force officers determined Green was in possession of child sexual abuse images. Task force officers also discovered an indoor illegal marijuana grow operation with approximately 400 plants in various stages of growth. The plants have an estimated street value of \$80,000. Task force officers also discovered electricity was being illegally bypassed with an estimated utility theft of \$120,000. Members of the Eastvale Community Enhancement Safety Team (CEST) were also summoned to assist in the investigation.

Green was later booked in custody at the Robert Presley Detention Center and booked into custody for the following charges:

- Possession of child pornography
- Possession of an illegal marijuana grow
- Felony theft of utilities

Anyone with additional information is encouraged to contact Investigator Rich Boyd with the SAFE/ICAC Task Force at (951) 955-5486 or Corporal James Herington with the Region-7 Gang Task Force at (951) 955-2460.

INCIDENT: Theft of a Community Mailbox

WHEN: September 5, 2019

WHERE: Emmerdale Street and Kensington Court, Eastvale

On Thursday, September 5, a deputy assigned to the Eastvale Police Department responded to Emmerdale Street and Kensington Court, in the City of Eastvale regarding a theft of a community mail-

box. The suspects involved in this theft removed the entire community mailbox from the ground and fled the location. A citizen within the Eastvale community provided video surveillance, which captured images of the suspects and the vehicle used during the commission of this crime.

Investigators assigned to the Jurupa Valley Sheriff's Station and deputies assigned to the Eastvale Police Department's Special Enforcement Team assumed the investigation. On Tuesday, September 10, 2019, a search warrant was written for a residence and a vehicle located in the 5800 block of Hamner Avenue, Eastvale, also known as Swan Lake. Several pieces of stolen mail and other items linking the suspects to the theft were located during the service of this search warrant.

Nadia Gomez-Nunez, 41-years-old, and David Avila, 31-years-old, both residents of Eastvale, were ultimately arrested for grand theft, conspiracy, mail theft and other applicable charges.

There are times when homeowners are not aware their mail has been stolen. The Eastvale Police Department encourages homeowners to visit the United States Postal Service website at www.USPS.com and enroll in the United States Postal Service's Informed Delivery in an effort to protect their mail.

If you have any information pertaining to this investigation, you are encouraged to contact Investigator Medina at (951) 955-2600 at the Jurupa Valley Sheriff's Station.

INCIDENT: Shooting Investigation

WHEN: August 27, 2019

WHERE: 6500 block of Gladiola Street, Eastvale

On August 27, at 11:25 a.m. Riverside County Sheriff's Deputies assigned

to the city of Eastvale responded to a report of a shooting near the 6500 block of Gladiola Street in the city Eastvale. Several reporting parties called to report the shooting and that two males were hiding in a front yard. Deputies responded and the suspects fled on foot into several backyards. A Riverside County Sheriff's police service dog was utilized to find the suspects who were taken into custody. Numerous items of stolen property were recovered in area of the suspects to include a handgun. Deputies investigating the scene located several vehicles that were struck by gunfire and numerous spent shell casings were recovered in the street, sidewalks and yards.

At this point in the investigation, there are no outstanding victims or suspects and there is no threat to the public.

Bryce Anthony McDonald, a Black male adult, 18 years old, a resident of Corona, was arrested at the scene for possession of stolen property, obstructing a peace officer and burglary.

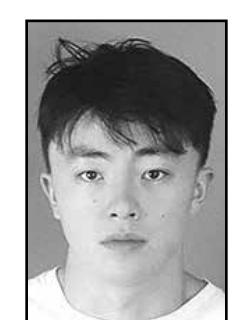
The 15-year-old black male, resident of Corona, was booked into Juvenile Hall

Anyone with information on this case is encouraged to call Deputy C. Johnson at the Jurupa Valley Sheriff's Station by calling (951) 955-2600.



Bryan James Green

David Avila



Nadia Gomez-Nunez

Jay Myunbae Kim



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Extreme from page 1

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family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

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"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you

Eastvale Keeps Contract For Police Services With Riverside County Sheriff's Dept.

RSO from page 1

can be found at: <http://bit.ly/eastvale-strategic-plan>.

Eastvale Continues Contract with the Riverside County Sheriff's Department & Evaluates Law Enforcement Substation

About a year ago, with the projection of historical rate increases of 7-9 percent, Riverside County discussion of putting more law enforcement costs on local agencies, continually hearing from residents that they would like an increases law enforcement

presence, along with the City of Menifee conducting a Feasibility Study to create their own Police Depart-

ment, the City of Eastvale evaluated whether it made sense to form its own police department as a way to direct policy establishment, ease of information

distribution, and leverage local resources. There were many opportunities for public input on public safety priorities to include:

the Public Safety Budget Workshop in March 2019, the City Council Meeting in March 2019, the Public Safety Commission Meet-

ing in March 2019, the Public Workshop for Public Safety Priorities to include a Facebook Live event in July 2019, and at the City Council Meeting on September 25, 2019.

In the end, Sheriff Chad Bianco was ultimately able to reduce the projected rate increases and created a command staff to work

with City Managers and County staff to identify future saving opportunities.

At the City Council Meeting on Wednesday, September 25, 2019, the City Council provided direction to not pursue creating a local

police department at this time. The City of Eastvale is hopeful that the Riverside County Sheriff's Department continues to collaboratively explore ways to keep rates low and identify ways to align their services with our unique values and needs.

The City Council also provided direction to explore opportunities to build a law enforcement substation within Eastvale city limits.

Some of the advantages of having a substation in Eastvale are that deputies could be able to report directly to Eastvale, potentially

improving response times and coverage. A law enforcement substation can also help our residents have a greater connection to the local deputies that serve our community.

A potential location option for a law enforcement substation is at the intersection of Riverboat Drive and Hamner Avenue. Fire

Station 27, just south of this intersection has surplus land that could be leveraged as a potential law enforcement substation with the vacant adjacent parcel. This site could allow opportunity for a unified public safety command center by locating a law enforcement substation next to Fire Station 27.

Brakes for Breasts

October is FREE BRAKE Month

During the month of October, for every brake service, the brake pads or shoes are **FREE**. All you pay for is the labor and any other necessary parts.

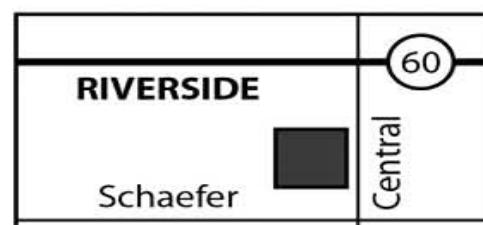
10% of the proceeds go directly to **The Cleveland Clinic Breast Cancer Vaccine Fund**.

For more information go to: www.brakesforbreasts.org

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BY JANETTE LAGUNA

As a Certified Holistic Health Practitioner and Certified Holistic Health Science Educator, my main focus area is Nutritional Therapy. I have been in practice for the past 8 years. I am also a Baker & Owner of a fully licenced home-based Premium Low Carb Dessert Bakery in Monrovia, CA.

I want to talk about insulin resistance, type 2 diabetes, a low carb lifestyle and why it is important for all of us to start reducing the sugar and carbs in our diets today. I'll tell you about my experience and why I'm passionate about this way of eating. I became fascinated with natural health when my first daughter was born 11 years ago, since then I had been implementing an all natural whole food diet. No processed junk foods, just good home cooked clean ingredient meals. However, I was still eating the typical "healthy whole grains" such as; beans, rice, corn, oats, gluten free pastas, breads, and starchy root veggies like potatoes. This clean way of eating continued on for years, up until 2 years ago when I had a routine blood test that showed I was significantly insulin resistant and pre-diabetic. I was devastated because I had removed all the junk from my diet and still had this type of diagnosis.

I learned that before the actual pre-diabetes or diabetes diagnosis we become insulin

resistant, that is the first symptom of a glucose intolerance. We can be insulin resistant for decades before the official diabetic diagnosis. Insulin is the fat storage hormone that the pancreas secretes in order to push the sugar/glucose out of our bloodstream and into our mitochondria cells for energy. That is the normal process that is supposed to take place in an "insulin sensitive" person. However, we are consuming such high amounts of carbohydrates daily, year after year, so much that the insulin begins to lose its effect and our cells become resistant to it. The insulin accumulates in our blood stream and can be caught early in a blood test. The thing is that doctors do not routinely check fasting insulin. So how are we going to know if we are starting to have an issue processing glucose? Well, we have to be our own advocates and take a major role in our own healthcare and demand certain test be done. Having such high amounts of the "fat storage hormone" circulating in our system causes us to store and gain unwanted weight. That's why diabetes is associated with obesity, it's a major symptom of insulin resistance and diabetes. But you do not have to be overweight to be diabetic. Many people are thin and still experience metabolic dysfunction, I was one of them. Over time the pancreas becomes "burnt out" of constantly having to produce insulin to try and keep up with

a carb heavy diet and eventually will stop producing insulin altogether.

I realized that those healthy complex carbs I was eating was still way too much for my body to process. I learned that human beings are just not designed to eat the amounts of grains and starches we do on a daily basis, even when we think we are eating the healthy type. This is especially true for a person who is genetically predisposed to insulin resistance, diabetes, heart disease, or any other sugar related health conditions, this was also me. All those "healthy" complex carbs still break down into sugar/glucose and has the same effect on us no matter the source. They will still cause the pancreas to over secrete insulin to the point of losing our sensitivity to it and becoming insulin resistant then leading to prediabetes and then the full blown diabetes diagnosis next. I knew that in order for me to avoid medication and turn my diagnoses around I would need to significantly reduce the sugar and carbs from my diet since that was the food group that my body was showing an intolerance to.

The current medical model for treating diabetes is to give the patient with a known intolerance to glucose a medication



that lowers blood sugar in order for the patient to continue to eat the same foods that their body is screaming at them to stop, our body communicates with us through symptoms. When we are experiencing insulin resistance and high blood sugar our body is basically telling us that it cannot eat sugar and carbs any longer. Now keep in mind that

Autism Mom

BY: MELODY KRAEMER

Website: www.autismmomadventures.com

There is more behind that picture.

There is so much more behind a picture. Have you ever looked at Facebook or Instagram and thought about someone and thought, they sure do a lot of things or they look so happy.

If you looked at images of my family, you might think that. I will admit I'm a "social junkie." I love posting pictures of our family about our life and sharing with friends and family. Though, one person brought it to my attention that we look so happy, and we are doing so many great things. They were in awe of my family.

I took a step back in shock and gathered my thoughts and said, "Don't let that smile fool you!"

Many people don't realize what transpires before pictures are taken and posted in my family. Honestly, that could have been the 120th snapshot of that moment.



the medicine prescribed will not ever really work. Diabetics who eat carbs and take glucose lowering medication never improve their diabetes. It worsens over the years and the insulin doses increase until diabetes complications set in and death is imminent. Diabetes is a progressive disease, UNLESS you stop eating sugar and carbs.

Behind those smiles and the "perfect" shot is a different story. We have our moments of fun, but what you don't see is the kids having meltdowns, being over stimulated, or a mom that sits down and weeps saying she can't do this anymore.

Next time when looking at Facebook pictures, don't think it's all glam and glitz for anyone.

It's a whirlwind of hit and misses, breakdowns, smiles, laughs, screaming, fighting, attitudes, and chaos.

I capture the smiles, the laughs, and the good times, but it doesn't mean that we are a perfect family. Sometimes we have to look behind the Facebook, Twitter, Instagram post to understand there's more behind that smile. With two autism boys from morning to night, life is so much more chaotic than a perfect picture on Facebook.

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Here are some easy outdoor tips to reduce water use.

Use a Broom to Clean Outdoor Areas
Saves 8–18 gallons/minute



Use Mulch
Saves 20–30 gallons per 1000 sq. ft. each time

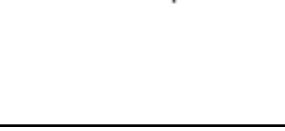


Set Mower Blades to 3"
(Encourages deeper roots)
Saves 16–50 gallons per day

Install Drip Irrigation
Saves 15 gallons each time you water



Drought Resistant Trees & Plants
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Your health care, your way.

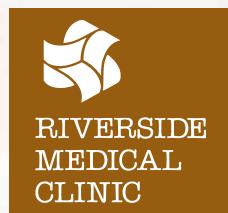
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