

HERE WE GROW

City Updates

STAFF REPORTS

Eastvale - There are several new updates happening in Eastvale.

After several weeks of construction, the Eastvale Library has now reopened! Be sure to visit them at 7447 Scholar Way during regular business hours: Monday to Thursday from 4 PM to 9 PM; Friday from 4 PM to 7 PM; and Saturday from 10 AM to 5 PM.

Also under construction are residential streets in Eastvale. The City began filling cracks on several streets so water doesn't get

see Grow page 2

Hamner Bridge Now Open

STAFF REPORTS

Eastvale - After a long wait, the Hamner Avenue Bridge is now open in both directions! It was also newly named after the former Mayor of Norco, Berwin Hannah.

The official ribbon-cutting and dedication ceremony took place on August 26. Eastvale Mayor Christian Dinco, Councilmember Clint Lorimore, and City staff attended the ceremo-

ny.
"This project stands as a

testament to the vision and tireless efforts of Mayor Berwin Hannah, the City of Norco, WRCOG. RCTC, United States Department of Transportation, the City of Eastvale, and many others," stated the City in a news release.

"This bridge will forever symbolize the spirit of collaboration and commitment that defines our entire region!"

The bridge is 1,200-feetlong and six lanes over the Santa Ana River. "Crews will continue working on the bridge



Photo courtesy: City of Eastvale

The Hamner Bridge was newly named after the former Mayor of Norco, Berwin Hannah.

barrier railing, the multipurpose trail, irrigation, landscaping, and other punch list items through early Fall 2024," stat-

ed the Hamner Ave Project website. "Watch for intermittent lane closures and traffic control in the project area."

Upcoming Local Events

STAFF REPORTS

Eastvale - There are several upcoming events in the City of Eastvale. Mark your calendar for the dates below.

Residential Clean Up and Paper Shredding

When: September 28, 2024 from 8:00 a.m. to 12:00 p.m.

Where: Ramirez Intermediate School

Details: Partnering with Waste Management, this FREE

event allows you to drop off approved items and shred up to 4 banker boxes per household. Don't forget to bring a photo ID and either the flyer or a WM bill to confirm your residency. View the graphics on the City of Eastvale Facebook page for the list of accepted items. Remember, box trucks and trailers are NOT permitted. For more info,

800.423.9986.

When: Tuesday, Oct. 1st from 5:30 pm to 7 pm

Protecting the Trees

Where: 5257 Wineville Ave., Jurupa Valley CA 91752

Details: Join us for a FREE landscape class and dinner at The Skyview Center. All participants will be entered into a

contact Waste Management at raffle to win a tree. Register at www.jcsd.us/landscape-class

> National Walk, Bike, & Roll to School Day

When: October 2 at 7:45 a.m. Where: Cedar Creek Park to Rosa Parks Elementary School Details: Please join the City

see Events page 2

OUR FEATURED BUSINESSES

Crime Recap

STAFF REPORTS

Norco/Jurupa Valley - In the last month, there were several incidents in the city of Norco and Jurupa Valley. The information below is courtesy of the Riverside County Sheriff's Department.

Incident: Attempted Murder Suspect Arrested

Date: Sept. 13, 2024 Location: Norco

Details: On Friday, September 13, 2024, at 9:58 p.m., deputies from the Norco Sheriff's Station were dispatched to the 1800 block of Hamner Avenue in Norco regarding gunshots fired in the area. Upon arrival, deputies learned a crowd of over 200 people had gathered following a high school football game. During this gathering, an argument occurred between two groups, and several gunshots were fired by a male suspect. The suspect fled the area prior to the arrival of deputies, and no

injuries were reported. Investigators from the Jurupa Valley Sheriff's Station assumed the investigation and identified the suspect as a 17-yearold male juvenile, resident of Jurupa Valley. Search warrants were authored and served; however, the suspect remained outstanding. On Wednesday, September 18, 2024, the suspect arrived at the Jurupa Valley Sheriff's Station and surrendered himself without incident. The juvenile was booked into juvenile hall on multiple counts of attempted murder.

The Riverside County Sheriff's Office believes there may be additional victims and is seeking the public's assistance. Anyone with additional information is encouraged to contact Investigator Passalacqua at the Jurupa Valley Sheriff's Station at (951)

see **Recap** page 2

Learn More About Medicare with Lizeth

STAFF REPORTS

Riverside/San Bernardino Counties - WIf you have Medicare and need help finding the best insurance coverage that fits your needs, then you need to call Lizeth Gallardo from Gallardo Premium Insurance Services. With 10 years of experience in this field, Lizeth is an insurance agent that genuinely cares for her clients.

"I provide excellent customer service and help my clients use their benefits all year long. I'm always available to answer any questions," said Lizeth.

see Lizeth page 2



Gallardo Premium Insurance Services is located at 14252 Schleisman Rd Suite 201 in Eastvale. Call 800-240-1183 for more information.

Visit Riverside Christian Alliance Church

STAFF REPORTS

Jurupa Valley - If you're looking for a new home church, consider Riverside Christian Alliance Church in Jurupa Valley. Their core values are centered on family, love, the Word of God, and missions.

Their church mission is to "glorify God as a Christ-centered family by loving God and others, proclaiming the Good News, cultivating faithful living through teaching God's Word, and reaching the lost in our local and global



Riverside Christian Alliance Church meets every Sunday at 10:30 a.m. Visit www.riversidecma.org for more infor-

see Church page 2

ABC PUBLIC RELATIONS • (909) 464-1200 • ANAPR.COM • 5375 WALNUT AVE #74, CHINO, CA 91710









IG: @abc_public_relations_csgpr T: @ABCPRelations FB: ABC Public Relations CSGPR Current Resident Or

Presorted Standard U.S. Postage PAID Chino, CA Permit #61

SEPTEMBER 2024 **Eastvale News**

Visit Riverside Christian Alliance Church

Church from page 1

communities."

Riverside Christian Alliance Church loves to meet people, serve the community, and provide resources to help others.

The church hosts a 10:30

a.m. family service every Sunday, where both adults and children can sit together. They offer a bilingual service in both English and Mandarin. Many of the congregants live in Eastvale, Jurupa Valley, and Riverside.

Riverside Christian Alliance

Church also organizes various events like a Lunar New Year celebration, mid-Autumn festival celebration, a Thanksgiving gathering, and a Christmas program. All events are free and offer good food too! In addition, Riverside Christian Alliance has different fellowship groups for all ages that meet throughout the week.

Come visit Riverside Christian Alliance Church this Sunday at 10:30 a.m.! New visitors of the church will enjoy a free snack or lunch after Sunday worship.

Visit Riverside Christian Alliance Church of C&MA at 9640 Jurupa Road, in Jurupa Valley. If you have any questions, you can call them at 951-360-0113 or visit https://www.riversidecma.org/.

Learn more about medicare with Lizeth

Lizeth from page 1

Lizeth's business philosophy is to help people as if they were her family. She continues in this field because she is passionate about helping people understand Medicare. "It's a complex topic and every year, there are changes," said Lizeth.

Lizeth can help guide you understand all the areas of Medicare so you can find the best coverage. She can explain what Medicare covers,

what Medicare Advantage and Supplement are, what you should do when you turn 65, and she can go into depth about Medicare part A, B, C and D.

Lizeth also speaks Spanish, and she does not charge for her services!

"Feel free to call and ask any questions regarding Medicare insurance plans," said Liz. "You do not have to sign up for anything and there is no charge to review and compare your current coverage." Call 800-240-1183 for more information

today!

Gallardo Premium Insurance Services is located at 14252 Schleisman Rd Suite 201 in Eastvale. The building is at the corner of Schleisman and Archibald Avenue in the Vista Medical Plaza at the Marketplace at the Enclave.

Crime recap

Recap from page 1

955-2600.

Incident: School Violence **Threat Arrest**

Date: Sept. 12, 2024 Location: Jurupa Valley Details: On Thursday, September 12, 2024, at 9:45 a.m., a Jurupa Valley Sheriff's Station school resource deputy assigned to a elementary school in the 5000 block of 42nd Street, Jurupa Valley, received a report of criminal threats made by a 12-yearold male toward some students. With the assistance

of the Jurupa Valley Station Investigations Bureau, a thorough investigation of these criminal threats was immediately initiated.

On September 18, 2024, after obtaining additional evidence, deputies and investigators responded to the suspect's residence in Moreno Valley and conducted a search. Evidence was collected, but no firearms or dangerous weapons were located. As a result of the investigation, the juvenile was arrested and booked into juvenile hall for criminal threats. This is an ongoing investigation, and no

additional information will be released at this time.

The Riverside County Sheriff's Office takes all threats of school violence seriously and encourages all members of our community to report any online threats or suspicious activity to law enforcement or the FBI Internet Crime Complaint Center to prevent any planned acts of violence against our commu-

If you have any information regarding this investigation, contact Deputy E. Jimenez at the Jurupa Valley Station by calling 951-955-2600.

Incident: Homicide Investigation

Date: Sept. 3, 2024 Location: Jurupa Valley Details: On Tuesday, September 3, 2024, at 12:03 a.m.,

deputies from the Jurupa Valley Sheriff's Station were dispatched to an assault with a deadly weapon call in the 2900 block of Rubidoux Boulevard, in the city of Jurupa Valley. Upon arrival, deputies located a male suffering from apparent gunshot wounds. Deputies immediately rendered medical aid, and the victim was transported to a local hospital, where he was

pronounced deceased.

The Riverside County Sheriff's Central Homicide Unit responded and assumed the investigation. The decedent was identified as Avelino Recardo Sanchez, a 37-yearold resident of Jurupa Valley.

This is an active investigation, and no additional details are currently available. The Riverside County Sheriff's Office encourages anyone with information regarding the incident to contact Central Homicide Investigator Ortiz at (760) 578-2091 or Master Investigator Manjarrez at (760) 393-3530.

Here we grow: updates

Grow from page 1

into the cracks. Water could further erode the road and cause potholes or other issues. They provided a video showing what was done and what will happen over the next few weeks. They said that the filing on the cracks will eventually change to a dirty gray that matches the pavement.

"Please be aware that lane closures may be necessary, we urge you to follow all

posted traffic instructions and drive safely," stated the City in a news release. To see the project map, click here: https:// www.eastvaleca.gov/home/ showdocument?id=17458 For further information, please contact Eastvale's Public Works team at publicworks@eastvaleca.gov or call 951.703.4470.

The City has also announced the launch of their new Flickr account. The City of Eastvale hosts a variety of events throughout the year, and they want to share the community photos from these occasions. Check out the Flickr album https://www.flickr.com/ photos/200406426@N05/albums or on their website under the Communications tab.

In addition, the City is now accepting applications Community Development Block Grant (CDBG) funds for the 2025-2026 Program Year.

"The City of Eastvale is a Cooperating City in the County of Riverside CDBG program," stated a City news release. "The County of Riverside

Department of Housing and Workforce Solutions (HWS) has initiated the 2025-2026 CDBG application cycle and issued its Notice of Funding Availability to the City of Eastvale. The County of Riverside established several minimum thresholds concerning the Cooperating Cities' CDBG application process."

Specific information on the application process as well as how to download an application can be found on the City website All applications with

required attachments must be received by Monday, October 14, 2024 by 8 a.m.

"City staff will review and evaluate each application for eligibility based on national program objectives that have been set by the U.S. Department of Housing and Urban Development (HUD). The City Council will make the final 2025-2026 CDBG Funding Determinations at the regularly scheduled City Council Meeting on November 13, 2024, at 6·30 n m "

Upcoming local events

Events from page 1

of Eastvale, JCSD, and the Riverside County Sheriff's Department as we celebrate National Walk, Bike, & Roll to School

Eastvale State of the City When: October 3 at 5 p.m. Where: Vantage Church

Details: The theme is "Pillars of Progress: Eastvale's Unfolding Legacy." At the event, Mayor Christian Dinco will highlight prominent pillars of our community like public safety, economic development, community organizations, and more! To ensure a seat, make sure you register on the City website.

Drive-In Sunset Cinema

When: October 5; Gates open at 6:00 p.m. and the movies will begin at dusk.

Where: Riverview Recreation Park (14600 Baron Drive)

Details: Admission is just \$20 per vehicle and the snack bar will be open. The movies will be Hotel Transylvania and Sixth

Eek!Vale Halloween Festival When: Saturday, October 19, from 4 p.m. to 10 p.m.

Where: 13200 Citrus Street, Eastvale

Details: The free festival will feature a wide range of activities, including trunk-or-treat, a children's costume contest, live entertainment, food vendors, a variety of games, a community ofrenda, pumpkin patch, and the famous haunted maze. This year, there is a child friendly maze option. The mazes will run from 7:30 p.m. to 10:00 p.m. Visitors are asked to send photos of their loved ones to events@eastvaleca.gov by October 10, and they will be printed and display on the Community Ofrenda, along with treats and music.

Passport Day

When: Saturday, October 12,

Where: City Hall, 12363 Limonite Avenue, Suite 910

Details: They will take the first 50 parties on a first come, first served basis. No appoint-

ments are available. Visit the City of Eastvale Facebook page regarding pricing and required documents. For specific questions, please reach out to cityclerk@eastvaleca.gov



City of Eastvale News

ABC PUBLIC RELATIONS CITY OF EASTVALE NEWS

5375 Walnut Ave, 74 Chino, CA 91708 Phone: 909.464.1200

PUBLISHER ABC Public Relations

EDITORIAL editor@anapr.com

ADVERTISING SALES 909.464.1200

SOCIAL MEDIA:

Facebook: Facebook.com/Eastvale CommunityNews

Facebook.com/ABCPR1997

Instagram: abc_public_relations_csgpr

Twitter: @ABCPublicRelations

Write to Us

Do you have any comments, questions or concerns about the community? Write a letter to the Editor.

Eastvale News

Please contact us at:

LETTERS:

5375 Walnut Ave, 74 Chino, CA 91708

E-MAIL:

editor@anapr.com

The City of Eastvale News is owned by ABC Public Relations It is directly delivered each month to homes and businesses. City of Eastvale News is not responsible nor liable for any claims or offerings, nor responsible for availability of products advertised. All rights reserved. Reproduction in whole or in part without permission is prohibited.



In Search Of Friendship



Michael Armijo

It's 5:52 in the morning, and I am on my way to a Bible Study that is almost an hour away. Why would I travel so far, so early, on a Saturday morning to join these like-minded men?

Over the past few years, I've lost several people - two of whom were good friends that I spoke to on a daily basis. So now, as time has passed, I find myself heartbroken and lonely. I'm always seeking to replace at least one of those friendships with someone

else with whom I can be honest, open, forthright, and someone who will listen to me whether I'm right or wrong...especially when I'm wrong.

I've had my share of friendships that ended with me feeling abandoned and that I was just too wrong, especially during a crisis. Lord knows I make mistakes often enough, but true friends would stick by me no matter what – just like those lost friends that I cherish and miss so much.

What I'm learning is that I continue to try to be myself, but feel that not everyone can accept who I am. It takes years of understanding, development of loyalty, and compassion. These types of friendships aren't cultivated overnight.

As I find myself alone, I realize that I keep trying to push relationships forward, most likely to replace whatever I am lacking. My therapist said I have a huge hole inside of me and I keep trying to fill it, but I have to

come to the realization that this hole may never be filled again. I may have to walk this earth like a wounded soldier; like I've lost a leg or an arm - perhaps never feeling whole again.

And while I do have friends, most are busy and unable to give me the time that others have in the past; although it is comforting to know that they exist and that they do care for me.

So, as I drive to my destination in the early morning darkness, deep in thought, I'm looking forward to Bible Study and the camaraderie of its purpose; the brotherly hugs and warm handshakes. I will keep working to get past the mourning that has been my companion, and look forward to relationships that will make my heart feel safe once again.

This Bible Study may be God's way of telling me to just be thankful for what I have had in the past, what I have now, to stop seeking replacements, and instead BE a friend to someone with all the unconditional love and care that I have been so lucky to have experienced.

This article was written by Michael before he passed in October 2020. His articles are placed in his memory.

Office, Professional, **Commercial and Retail Space**

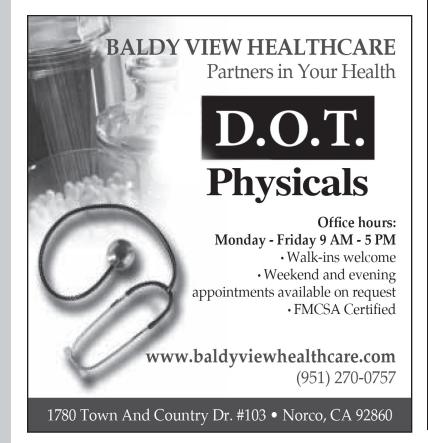


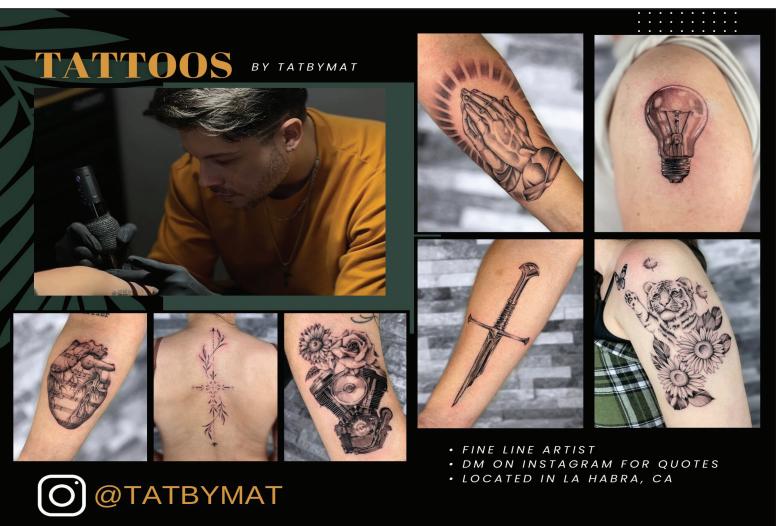
Canyon View Offices at 21308 Pathfinder Rd., Diamond Bar

Diamond Bar-Canyon View Plaza is an ideal location for multipurpose offices with 24/7 access to building. Located right next to the 57 and 60 fwy makes it highly visible and easy to find. It is across the street from Diamond Bar High School and Chevron Gas Station. Offices are all inclusive. Starting at \$700 for an executive suite. Offices range in different size up to 2300 sq ft. Free utilities, including water, trash, gas, gardening and cleaning service. Verizon is the phone carrier. Wireless internet FIOS and direct tv are available. Great space for office, retail, medical, acupuncture, nail salon, beauty salon, and school related business like tutoring. Some of the current tenants are psychologist, dentist, beauty salon, real estate brokers, mortgage brokers, tutoring, driving school, music teacher, art studio, doctor, Diamond Bar Tailoring, and used car dealers.

Offered By

Rinehart Management Co Contact Terry at (626) 331-2441 Or Cell (626) 233-3952





Eastvale News SEPTEMBER 2024





Join us for a FREE landscape class and dinner at The Skyview Center.

All participants will be entered into a raffle to win a tree!

PROTECTING THE TREES



05:30PM - 07:00PM

5257 Wineville Ave, Jurupa Valley, CA 91752

REGISTER NOW

www.JCSD.us/Landscape-Class



Health in HARMONY

Think It's a Stroke?

Minutes Matter!

An easy way to remember the most common signs of stroke - B.E. F.A.S.T.*



B

BALANCEDoes the person have a sudden loss of balance or coordination?



E

EYES
Has the person lost
vision in one or both eyes
or have they had sudden
double vision?



F

FACE
Ask the person to smile. Does one side of the face droop?



ARMS

ARMS
Ask the person to raise both arms. Does one arm drift downward?



S

SPECHAsk the person to repeat a simple phrase. Is their speech slurred or strange?



Т

TIME
If you observe any
of these signs, call
9-1-1 immediately.

Joint Commission Advanced Certification as a Primary Stroke Center.

SWHcoronaregional.com/stroke





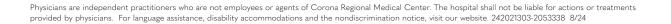


CORONA REGIONAL MEDICAL CENTER









SEPTEMBER 2024 Eastvale News 5















- Lifetime Warranties
- · 100% Guarantee
- 20+ Years Experience
- · Same Day Service



Window Tint For Your Home

- · FREE Estimates
- · Save 30% on cooling costs
- Designer films for shower doors, pantry doors & more
- Rejects 99% of UV Rays that fade window coverings & furniture



Reduce up to 81% of the heat in your home and lower your air-condtioning bill

(951) 737-7007 WWW.MRTINT-IE.COM 1780 Town & Country #104 - Norco

(Across from Norco DMV & Post Office) **Open Mon-Fri. 8am - 5pm, Open Saturdays**Ca. License #967922 - Licensed-Bonded-Insured

CFLL PHONE REPAIRS



- iPhones
- · iPads
- · Samsung
- ·Labtops

OPEN MON-SAT

2150 California Ave. unit 106 Corona, Ca 92881 TEL:

951-227-9991



6 Eastvale News SEPTEMBER 2024

Stand Firm

Pastor Dennis Morales

"Watch, stand fast in the faith, be brave, be strong...."
1 Corinthians 16:13

This is the final encouragement to a church from the Apostle Paul. Paul planted the Corinthian church, but the church had issues that needed addressing. The final comments to them is a calling to "stand fast." This is actually a military term meaning to "hold your position" or "to refuse to be defeated." There is to be no retreat. Paul is encouraging the Corinthian church to remain

strong in the faith because opposition will come. Trials will ensue. Are you going through a time of drought? Are you going through a time of discouragement? Paul says, "stand firm and be brave." I believe we need to share this encouragement even more today. I am reminded how "Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore, he requested of the chief of the eunuchs that he might not defile himself." This Scripture says God had

brought Daniel into the favor and goodwill of the chief of the eunuchs (Daniel 1:8-9). Under Babylonian rule, Daniel turned his back on the luxuries of the king's court because eating defiled food would have been a compromise of his faith. God honored Daniel's stand, and he earned the respect of the chief of the eunuchs, because Daniel's courage impressed him. Daniel stood for God and was strong. He didn't seek man's approval, but God's will. If we allow ourselves to be dissuaded from doing anything unless we have complete approval, it almost assured we will never accomplish anything of value. Instead of being discouraged by opposition, we should take comfort in God's faithfulness and keep on doing what is right. Whatever you find yourself up against today, remember that "one," with God is really the majority. He is all powerful and He is for "you" (Romans 8:31). He sees what you don't see. Faith is trusting and believing God. God is in the business of doing the impossible (Matthew 19:26). If Christ is in your heart, you are able to stand tall and walk in His strength today.



Calvary Eastvale meets Sundays 8:30 and 10:30am at the Eastvale Community Center (calvaryeastvale.org).

Home Alone

Mark Hopper

My wife likes to shop. She loves to go into a variety of stores looking for something she needs or to take advantage of a sale the store is having. Often, she will stop at a retail store because they had sent her a coupon in the mail. She loves to buy some clothes or decorations with a 50% off coupon! One of her favorite places to shop is Home Goods. This retail chain sells all kinds of things from home decorating items to sheets and shower curtains. They also have seasonal decorations and many other things women need to

keep their home looking nice.

I must confess that Home Goods is not my favorite store. It is filled with small and large items which seem so unnecessary to me. We already have a house full of lamps and table decorations. We barely have room for all of them now. Why do we need to purchase more things for a house that already has everything?

Maybe the real reason I don't enjoy shopping at Home Goods is because I am often the only man in the store. I did an informal survey recently and counted only three other men in the store. In contrast there were over three dozen enthusiastic

women in the same store including my wife!

In addition, the check-out lines are usually long. Shoppers line up with shopping carts filled with new treasures which they cannot live without. And the check-out line is like a labyrinth lined with more bargains to add to their already filled cart. Women can keep buying more things all the way up to the cash register.

There is a verse in the Bible which says God created us male and female (Genesis 2:18-24). We are equal in His eyes. But He designed men and women to be different. Men are builders and women

are shoppers. Men enjoy sports and women enjoy shopping. Men have their favorite sports teams and women have their favorite places to shop.

Because men and women are different it is important to be patient and tolerant of these differences. One verse in the Bible says, "Be diligent to strengthen the bond of unity with love, patience, kindness, being tolerant of your differences (Ephesians 4:1-2). Let me encourage you to love the people in your life. They will be glad you did.

You can read more encouraging stories by Mark Hopper in his books "Let Me Encourage You More" and Let



Me Encourage You Again" or by visiting his website: Letmarkenccourageyou.com

Continue in Humility

Melody Kraemer

The other day someone asked a question. Their young child wanted to start dressing themselves. It wasn't the style of what mama wanted, but it was what the child wanted. It was so mixed and matched, stripes, polka dots, prints and all. The question was, Do I let my child go out like this? Or do I deal with her being upset and change her to what I want her to wear?

Yes, as parents, we are responsible for caring for our child's spiritual, emotional, and physical well-being. So you have to ask yourself, is there harm in letting my child go out like this?

This past weekend I took my son out. Over time, we have progressed with autism, and he can communicate a little. I said we were leaving, and he insisted on wearing his pajamas—a one-piece fuzzy reindeer pajamas with a hoodie and all with

ears. I took a deep breath and said, let's go. He felt comfortable and didn't have a care in the world. Now, if he were off to school, I would have had him choose differently, but we were headed out for a family afternoon. As we were in the car, I looked over at him, he was bouncy, flapping, making noise a bit, and I smiled. It wasn't the clothes that made him; it was his heart.

Proverbs 22:6 "Train up a child in the way he should go;

even when he is old, he will not depart from it."

It's not the clothes that make the child. It is his inner spirit that is most important.

Melody Kraemer is the Editor and Publisher of AutismMo-mAdventures.com Follow her on Instagram @So_Cal_Autism_Mom_Adventures and Facebook.com/autismmomadventures For more information or general encouragement, feel free to email her at: autismmomofboys@gmail.com



Focusing On What's Right in Your Life



Nancy Stoops

For years my patients have asked me to provide them with coping skills. Over the years I have offered many but learning to focus on what's right about your life is the most powerful coping skill and tool I know. It is the very thing that causes grat-

itude verses self-pity. As many of you know I have lost everybody in my biological family. One brother committed suicide. the other brother was murdered, my father passed from pancreatic cancer and three summers ago my mother died. When I share my story people are always astonished because I'm such a positive and happy person. For decades I have learned to focus on what's right in my life. I don't focus on the death and grief instead I focus on all the blessings in my life. Truth be told I'm honored and grateful for each and every day I have in this world. Despite the tragedies of my life, I have travelled all around the world, I have two published books on Amazon, I have a thriving private practice, I have had three amazing therapy dogs, and I have had many close-up experiences with large wild animals and have had the pleasure of working with healers from all around the world. I also have one amazing son and two phenomenal grandchildren and a loving husband of forty years. I am truly blessed!

So now think about all the good that you have in your life versus the bad. Make sure that you're practicing gratitude verses self-pity. I promise if you do you will see phenomenal changes in your life and your mindset. Please don't deny yourself your best version of you and your best life. Having the correct mindset can literally cause miracles in your life. Being your best self can help you find Nirvana on earth!!!!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, a group

on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909) 229-0727. You may e-mail Nancy at nancystoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com.

CALL (909)464-1200 FOR AD RATES SEPTEMBER 2024 Eastvale News 7

SellYourCasa.com 877.888.SOLD

TEXT 909-967-4525



Gil Rivera
REAL ESTATE BROKER

8 Eastvale News SEPTEMBER 2024

TIME TO GET YOUR FLU SHOT

Fall is here and our Flu Clinic is here for you. It's important to get your annual flu vaccine to protect you and others around you. At the clinic, flu vaccines are available for Riverside Medical Center patients only at no cost.

Children 3 years and older can be vaccinated at all clinics. Those children under 9 years of age and who have not had a flu shot before may need a second injection after 30 days.

Please act fast, as vaccine supply is limited.

Flu Clinics:
Monday, Sept. 9 –
Friday, Nov. 8
8:30 a.m. – 5 p.m.

Brockton/Main 7117 Brockton Ave. Riverside, CA 92506

Moreno Valley 6405 Day St. Riverside, CA 92507

Temescal Valley 21634 Retreat Parkway Temescal Valley, CA 92883 Saturday Clinic:
Sept. 21
8 a.m. – 12 p.m.
Brockton/Main
7117 Brockton Ave.
Riverside, CA 92506

For more information contact the Flu Clinic Hotline at (951) 321-6318.



Legendary Care™

Your health care, your way.

riversidemedicalclinic.com

For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242241952-2311390 8/24



Riverside Christian Alliance Church

河濱縣宣道會

Family. Love. Bible. Mission

10:30 am - 11:30 am | English and Mandarin Bilingual Worship Service



Website!

9640 Jurupa Rd. Jurupa Valley CA, 92509