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Corona • Norco • Chino

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## #LoveEastvaleNews

### Socially Speaking

By SARAH SANCHEZ

Time seems to be flying by now that we're in the month of February. If you missed out on what happened in our community last month, here is a list of what was trending on our Facebook page (Facebook.com/EastvaleCommunityNews) during the month of January.

These trending posts included the following: an Eastvale/Norco

see Social page 15

## City Council

### Eastvale City Council Report

By EMILY AGUILAR

While the rest of the world celebrated the arrival of 2016, Eastvale city council members welcomed the new year by addressing exciting legal matters; such as the city amendment regarding marijuana dispensaries, and the selection of the PFM Asset Management LLC as the city's investment advisor.

The Jan. 13 meeting began with a closed session where the council members dealt with an existing proceeding entitled City of Eastvale v. County of Riverside. After discussing behind closed doors, the council announced that

see Council page 3



PHOTO COURTESY: GOOGLE

The 91 closure (Carmageddon) will take place from Friday, February 19 at 9 p.m. to Monday, February 22 at 4 a.m. and will affect thousands of motorists.

## Steer Clear of the 91!

STAFF REPORTS

A full closure of eastbound and westbound 91 between the 71 and I-15 will occur from Friday, Feb. 19, 2016 at 9 pm to

Monday, Feb. 22, 2016 at 4 am. This 12-mile stretch of freeway sees over 280,000 cars per day, and that number is expected to jump to 425,000 by the year 2030, according to Joel Zlotnik

of the Orange County Transportation Authority.

The 91 freeway is a valuable transportation corridor

see Fwy page 12

## Zika Virus Sparks Travel Alert

By CAROL HEYEN

The World Health Organization's Director General, Dr. Margaret Chan, has declared a "Public Health Emergency of International Concern" regarding the Zika virus. The level of threat, the lack of vaccinations, reliable diagnoses, treatments and population immunity, and the ability for worldwide transmission of the virus prompted the



PHOTO COURTESY: GOOGLE

see Zika page 8

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## Californians Meet Water Goals

COURTESY OF CA WATER BOARD

**Sacramento** - Californians have reduced water use by 25.5 percent since June, and are continuing to meet Governor Brown's 25 percent mandate, despite a decline in the statewide water-savings rate during the last three months of 2015.

In December, the statewide

see Water page 11

## Man Dies After Being Hit by Train

STAFF REPORTS

**Corona** - On Jan. 22 at about 1:55 p.m., Corona Police Officers responded to a train versus pedestrian collision in the 100 block of North McKinley Avenue. Through investigation, officers

see Train page 15

## Our Featured Businesses

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see Gas page 5



This program is funded by California utility customers and administered by Southern California Gas Company under the auspices of the California Public Utilities Commission.

### Liposuction Without the Suction

By MICHAEL ARMIJO

**Claremont** - Body Sculpting is best described as an alternative way to lose body fat in specific areas that are hard to reach, including under the arms, love handles, inner thighs, or even the breast area on a man. The procedure seems to be relatively new, but it's actually an old technique that has been

see Sculpt page 12



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## Public Safety Commission Meeting

By NICOLE LEIVA

The Eastvale Public Safety Commission Meeting, held on Jan. 26, started with the appointments of a Chair and Vice-Chair to serve through December 2016, Chris Hook and Anwar Khan were appointed.

The meeting proceeded with the Eastvale Police Department giving an overview of their work reaching out to the homeless during the harsh rains, helping to get many people sheltered. The Police Department representative gave a quarterly report on traffic and reported that the Motor Officer program has been successful in reducing traffic accidents. It was also reported that during the holiday season, they gave out 83 citations and arrested six in the Gateway Shopping Center. During the holidays, many people have packages delivered to their homes and this led to burglaries. On Dec. 8, a police officer patrolling Schleisman Road saw a vehicle with numerous packages. The officer stopped the driver and discovered the packages were stolen.

Police Lieutenant Scott Forbes gave a presentation on the Electronic Citation Proposal that would make it more efficient to issue a citation. This would allow officers more time to be in the field. The violator will receive court notification a few days after violation and this enforcement will lead to fewer collisions.

The Riverside County Fire Department then presented some statistics regarding the past year. In 2015, RCFD had an average response time of six minutes for Priority 1 calls, which was a minute shorter than 2014. The Department also had an average of 220 calls per month and 70 false alarms for the 2015 year. Currently, the average response time is under five minutes, but it is anticipated to increase with El Niño. A second fire station is being built in Eastvale and firemen are preparing for El Niño by gathering sandbags and using new smaller, and more equipped emergency trucks. Lastly, the fire and police departments are joining forces to be more efficient in serving the community. The firemen will be participating in training in how to use body armor to enter homes/buildings to rescue victims.

During the City Staff Report, staff presented their findings on how to improve the Mass Communication Emergency Alert System. Considering the warnings about the upcoming El Niño, staff is proposing to enhance the city's ability to alert its residents of public safety emergencies through text messages and alerts on the City's webpage. They presented the Commission with a potential company to contract with, Black

## Day to Day at City Hall

By MICHELE NISSEN,  
CITY MANAGER

If you have ever been to City Hall, you will see that it is bustling with activity. It is my goal to provide everyone who comes in contact with City Hall the best possible customer service. One of the many reasons Eastvale became a city was to provide better, more efficient services to the community and to have input on land use decisions.

Over the next several months, I would like to introduce you to each department in the City and describe their key roles and responsibilities. The City's organizational structure includes:

- **City Council:** elected by the residents to set policy for the City;
- **City Attorney:** appointed by the City Council to provide legal counsel to City Hall operations;

• **City Manager:** appointed by the City Council and responsible for implementing the policy of the City Council and running the day to day operations of the City;

• **Office of the City Manager:** responsible for communications, public relations, education/outreach, management analyst functions, economic development, personnel/staffing, human resources, and emergency management;

• **Office of the City Clerk:** provides support to City Council, responsible for agendas, minutes, public records requests and records management;

• **Code Enforcement:** enforces all private property maintenance issues relative to the Municipal Code to ensure that the City is well-maintained and in compliance with the City's Municipal Code;

• **Planning/Community De-**



PHOTO COURTESY: ??

**velopment:** responsible for implementation of the General Plan, processing of land use applications and ensuring development is compatible and consistent with the City's General Plan and Zoning Code;

• **Finance Department:** responsible for managing and reporting all financial transactions of the City;

• **Public Works:** responsible for maintenance of all infrastruc-

**see Manager page 11**

## Eastvale city council report

### Council from page 1

they would not take action on the unnamed case.

The first announcement of the evening was the introduction of the city's New Fire Paramedic Squad Truck. Justin Schneider, who spoke on behalf of his squad, accompanied the council outside to show them the truck that was purchased. The truck comes with features including open space for the firemen to change into their attire and tools such as the Jaws of Life.

Also introduced this evening were the new Code Enforcement

Officer, Avis Hatcher, and Senior Management Analyst, Tamara Irwin. Both women were selected because of their impressive employment history, education, and willingness to work with the city; they are expected to begin work soon.

All items on the consent calendar were motioned. The first request regarding business items for the council was to approve the selection of PFM Assessment LLC Management as the city's investment advisor. At the moment, Eastvale currently invests funds with the State of California Local Agency Investment Fund (LAIF) and in Certificates of Deposits (CD's). However, the city is seeking to improve the annual rate of return fees; thus, the city's Finance Committee has sought business with PFM Assessment. The fiscal impact of the decision would include 10 basis points for the initial \$25 million in assets managed, as well as 8 basis points for the next \$25 million. Under this investment advisor, the city is expected to earn 1.12% yearly return fees. The city motioned the approval of this recommendation. Moving on from this item, the council then listened to an update status on the Flood Control Project. During a rainstorm in early January, the Public Works Staff noticed that the intersection between Citrus and Country Fair Drive, and the northeast corner of Hamner Avenue and Limonite Avenue both amassed heavy flooding. Due to the lack of drainage on these streets, the flooding was high enough to spill to other streets and

reach over the sidewalks. The city is looking to install water drainages to not only get rid of the excess water, but to conserve it for later use as well. The city hopes to talk to JCSD and develop the water conservation plan soon.

Before concluding the first meeting, the council took a moment to share their committee reports. Council Member Adam Rush reflected on his trip to Washington, where he discussed the construction project on the 15 Freeway. There was also a Southern California Association of Governments meeting held on Jan. 7, where attendees discussed the possible growth of job employment in local counties. Mayor Ike Bootsma discussed the Fallen Soldiers event he attended, where in which the city council members were complimented for their contribution to respecting the legacy of the soldiers lost in the line of duty.

Two weeks later, on Jan. 27, the second council meeting for January began with Sharon Link's Community Foundation Update. Link first addressed the issue regarding damaged banners; a failure that is attributed to the company the Foundation hired to handle the banners. While the Foundation is hopeful that the replacement banners will arrive soon, they are also seeking to work with a different company. On a lighter note, the Sponsor Campaign is set to begin soon, a celebration for which fliers will soon be handed out. Also, Link overviewed some

**see Council page 11**

## Did You Know?

### Holiday Decoration Ticketing Begins

**CITY OF EASTVALE**

According to Eastvale's Municipal Code, temporary exterior display and holiday displays may not stay up more than 45 consecutive days.

Eastvale began ticketing houses with visible holiday decorations on Monday, February 8, 2016.

If you have any questions, call City Hall at (951) 361-2888.

Board Connect, which can provide services that enhance mass communication. In addition, it would allow them to send non-emergency messages and important community information. This system would be more effective for most residents in Eastvale, which currently has 16,000 households and 30,000 phone numbers. The Commission voted to bring this to the City Council meeting.

The next Public Safety Commission meeting is scheduled for Tuesday, Feb. 23.

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# Eastvale Bans Medical Marijuana Cultivation and Dispensaries

By VALERIE GUTIERREZ

**Eastvale** – Marijuana cultivation, dispensaries and delivery will be prohibited in the City of Eastvale under a new ordinance.

After hearing from patients and marijuana advocates, the Eastvale City Council voted 5-0 on Jan. 20 to approve the first ordinance banning cultivation, dispensaries, distribution and delivery of the drug within the city.

The banning of marijuana comes after Gov. Jerry Brown signed the state's Medical Marijuana Regulation Safety Act into law last year. The act was

adopted to regulate the medical marijuana industry, which offered cities the power to ban drug-related activities.

"Until the federal law is more explicit on how they will deal with the state, it's better for us to be on the right side of the federal law," said Planning Commissioner Daryl Charlson.

Discussions emerged immediately upon banning delivery to medical marijuana patients, who will soon have to travel outside of the city to receive their marijuana prescription.

"One issue I do have with the ordinance of not allowing deliveries within the city is the prevention of marijuana deliv-

ery to a patient that might need this, it's more of a hinderance to that person and the relief that they need" said Mark Burke, an Eastvale resident.

Like many other cities, Eastvale was rushing to take action on the issue of medical marijuana cultivation before March 1, which marks the deadline to accept an ordinance concerning the matter; otherwise the cities would have to operate under the state guidelines.

Despite the dispute, the commission was in agreement that they will not accept dispensaries or cultivation of marijuana in the city, said Commissioner Charlson.

# Regulations on Hoverboards

STAFF REPORTS

**Eastvale** – The City of Eastvale wants to remind residents about the new laws that went in to effect January 1 that regulate Electrically Motorized Boards, also known as "hoverboards."

Assembly Bill 604, authored with bipartisan sponsorship, passed in October 2015. Hoverboards are now defined as "a wheeled device with a floorboard less than 60" x 18" which travels no more than 20 mph on a level surface."

Several restrictions targeting rider safety were included in the bill. Riders must be at least 16 years old and must wear a bicycle-type helmet while using the device. The rider or board



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must emit a white light to the front, red reflector to the rear, and a white or amber reflector to the sides if operated after dark, which are the same restrictions given to bicycles.

The board cannot be operat-

ed on any street with a speed limit of more than 35 mph, and the rider must not be under the influence of alcohol or any drug.

Failure to adhere to the above mentioned laws can and will result in a citation, and/or a fine.

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## Gas from page 1

you to know about our family of customer assistance programs that can help you cover the costs to keep your family comfortable this winter.

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Visit [socialgas.com](http://socialgas.com) (search "ASSISTANCE") to see the full list of customer assistance programs that can help you save money and conserve energy.

**Other useful tips that will help lower your energy use. When heating your home during cool weather:**

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- For safety and efficiency, keep all heating vents and furnace registers free of dirt, lint and obstructions.

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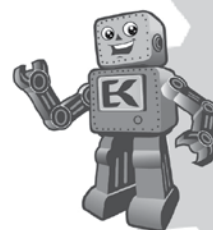


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# Former ERHS Students Sign with NFL

COURTESY OF CNUSD

**Eastvale** – Gleaming smiles and new NFL hats were proudly worn by three former Eleanor Roosevelt High School students from the class of 2010, all of whom have signed with teams in the NFL. Austin Hill signed with the Seattle Seahawks, Josh Mitchell with the Indianapolis Colts and Tyler Slavin with the St. Louis Rams. This marks a significant moment for Roosevelt High School, its football program and the entire CNUSD community. Josh, Austin and Tyler are Eleanor Roosevelt High School's first athletes to play in the NFL.

During the students' football career at ERHS, all three players made First Team All-League. Austin Hill was awarded Riverside County Player of the Year



PHOTO COURTESY: CNUSD

ERHS Alumni celebrate their NFL signing (L - R: Superintendent Michael Lin, Austin Hill, Tyler Slavin, Josh Mitchell, and ERHS Principal Jeremy Goins).

and Most Valuable Player.

The three Roosevelt Alumni were the first graduating class to attend Roosevelt all four years. "When Austin, Josh and Tyler joined the football team, Roosevelt HS football stadium was still under construction, causing them to practice at Harada Park

and go to Auburndale Intermediate for weightlifting", recalls Coach Stacy.

"I am honored to have coached them and it is an honor that they have turned out to be such great young men," said former ERHS Football coach, Coach Stacy.



PHOTO COURTESY: CNUSD

Aisha Randhawa of Garretson Elementary spells out her winning word to claim the District's Spelling Bee title.

# 36 Students Compete in District Spelling Bee

COURTESY OF CNUSD

**Corona** - The Annual District Spelling Bee brought together the best spellers grades 4-8 to compete at Santiago High School for the District Spelling Bee title. 36 schools, elementary and intermediate, were represented.

Contestants held strong for the first few rounds, but by Round 5, the field whittled down to 18. The

dictionary opened up into words with foreign words and the field dropped down to 11 by Round 6.

By Round 9, the spelling bee came down to two students, Max Chen from Citrus Hill Intermediate and Aisha Randhawa from Garretson Elementary.

Aisha defended her title by correctly spelling "effluent", earning the right to represent the district in the Riverside County Spelling Bee Feb. 23 in Moreno Valley.

# Congressional Art Contest

COURTESY OF THE CITY OF EASTVALE

**Eastvale** – Congressman Ken Calvert is inviting high school students throughout the 42nd Congressional District to participate in the 34th Annual Congressional Art Competition.

"I am always amazed and inspired by the artistic skills of our students," said Rep. Calvert. "The Congressional Art Competition is a fantastic way to showcase the talents of young Americans from

around the country."

This year marks the thirty-fourth anniversary of the Congressional Art Competition, An Artistic Discovery. Each year, Members of Congress hold contests within their districts to choose winning pieces of art by high school students. The winning student from each district is invited to Washington, DC for the ribbon-cutting ceremony, and will have his or her artwork displayed in the U.S. Capitol for one year.

Only high school students re-

siding in the 42nd Congressional District may enter. All artwork must be original and two-dimensional, and can be no larger than 28" high x 28" wide x 4" deep when framed. Acceptable categories include: Paintings, Drawings, Collage, Prints, Mixed Media, Computer generated art, and Photography. The deadline for submission is Thursday, March 27, 2016.

For more information, please contact Jackie Lansing at (951) 277-0042.

# Football Coach Honored

By SARA CIPOLLONE

**Corona** – Centennial High School football Coach Matt Logan has been honored for his work and accomplishments with the school's football team.

USA Today has named Coach Logan the ALL-USA Football Coach of the Year. Coach Matt Logan stated that the best advice he has been given was from Coach Bruce Rollinson, before his first CIF championship game. Rollinson told him "Don't be happy just to be here. Go out and win the thing." Logan took this advice to heart and has passed on this competitive spirit to his team, telling them, "We may get

beat, but we always compete."

This competitive nature has helped Coach Logan garner a very successful coaching career, coaching the Centennial Huskies to a 14-1 season, the No. 7 spot in the final Super 25 football rankings, a second consecutive Pac-5 title and a runner-up finish in state Open Division. According to USA Today, his teams have won 10 CIF Southern Section titles since 2000. He won his 200th game this season against Orange Lutheran, and in 19 seasons Logan has an overall record of 211-46.

The coach said that his secret weapon to winning so much is consistency with the staff. He told USA Today that most of his coach-



PHOTO COURTESY: CNUSD

Centennial Football coach Matt Logan named Coach of the Year

es have been there for seven or eight years, and two coaches have been there since day one.

Whether it's consistent staff, competitive drive, or just a great amount of skill, this coach is doing something right. Congratulations to Coach Matt Logan, USA Today ALL-USA Football Coach of the Year.

# CNUSD Teacher Job Fair

By NICOLE LEIVA

On Saturday, Jan. 30, from 8 a.m. to 12 p.m., the Corona-Norco Unified School District held a job fair to recruit teachers for kindergarten through high school. When the district announced the event, they advised teachers to visit EdJoin.org to complete an application before attending the fair. Those who completed their applications on EdJoin.org were given numbers that allowed them admittance to the fair before those who had not yet completed their applications online.

Throughout the morning, teachers arrived every few minutes and joined an already lengthy line. Attendees made up a diverse pool; both experienced teachers and new, young teachers came from various parts of Southern California.

One woman is finishing her schooling in Idaho, and wants to come home to Southern California and teach arts in high school. Another teacher, from Los Angeles, has taught 6th grade for fifteen years. She came to the job fair to compare pay wages. A teacher from the Inland Empire, with ten years of experience teaching math, wanted to

consider her options with Corona-Norco Unified.

One attendee, who moved to the Inland Empire from Kentucky, taught high school math and English and led school activities at her last school. She said, "I really love teaching and seeing the students thrive and that is why I am here today!"

A young male teacher who attended has great passion for teaching special education in high school, which he has done for two years. He proudly stated, "I love teaching special education and would be happy teaching at-risk students as well." This young, incredibly positive teacher has the potential to change many young lives for the better.

The success of this job fair can be credited to Administrative Director Glen Gonsalves and all the staff that made this happen. Mr. Glen Gonsalves said, "This was an exciting job fair and really pleased to see all these people." Additionally, he said "this was a great way to showcase the District as a great place to teach and work..." Glen and his staff didn't anticipate the amount of interest in their district and the teaching positions, and were happy to see the fair was such a success.

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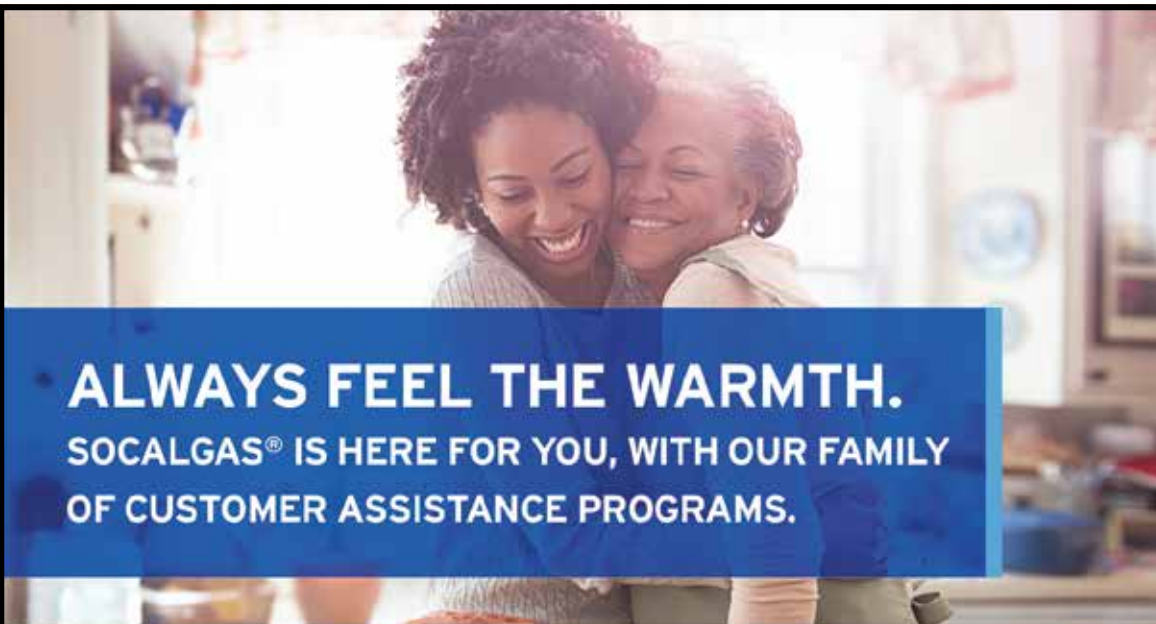
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If we are not caring for you and your family, we invite you to become a member of the Riverside Medical Clinic family today. Visit [www.RiversideMedicalClinic.com](http://www.RiversideMedicalClinic.com) or call us at **(951) 782-3602**.

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# Zika Virus sparks travel alert

## Zika from page 1

declaration.

The disease, which spreads through the bites of infected mosquitoes, usually produces a mild fever, skin rash and conjunctivitis.

Symptoms last 2-7 days, and begin 3-7 days after the person has been bitten by the infected mosquito. There is no specific treatment or vaccine currently available.

The principal danger of the Zika virus is to the unborn. According to the PAHO, during large outbreaks

in French Polynesia and Brazil in 2013 and 2015 respectively, national health authorities reported potential neurological and auto-immune complications of the Zika virus disease. Recently in Brazil, local health authorities have observed an increase in Zika virus infections in the gener-

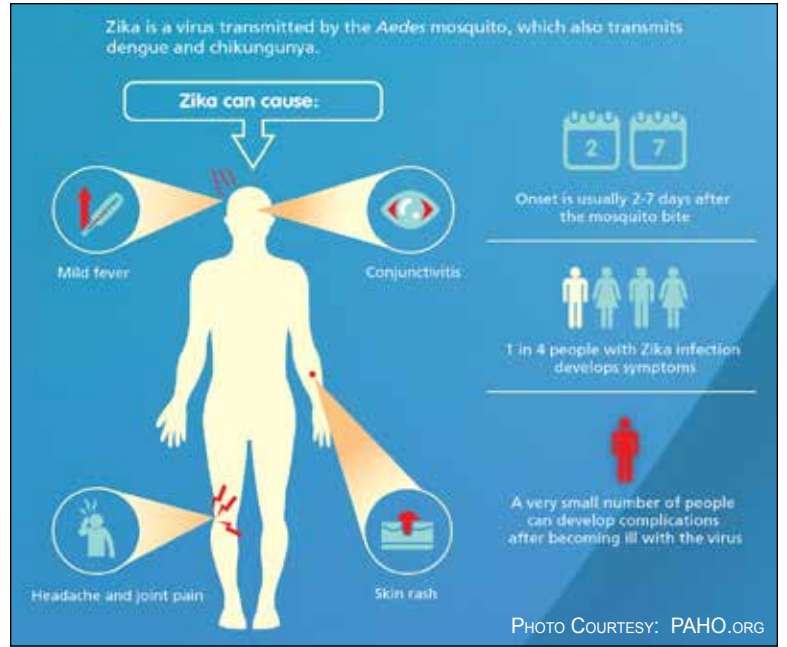


PHOTO COURTESY: PAHO.ORG

al public, as well as an increase in stillborn babies, and an increase in babies born with microcephaly in northeast Brazil. Microcephaly is a condition where the head and brain of the affected child are abnormally small, sometimes causing severe birth defects and death. Agencies investigating the Zika outbreaks are finding an increasing body of evidence about the link between Zika virus and microcephaly.

The U.S. Centers for Disease Control and Prevention (CDC) have issued a Level-2 (Practice Enhanced Precautions) travel alert for people traveling to certain regions and countries affected by the Zika virus, including Bolivia, Brazil, Cape Verde, Colombia, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Saint Martin, Suriname, Samoa, Venezuela and Puerto Rico.

The Zika virus, spread by Aedes mosquitoes, is affecting Africa and nearly all of the Americas, according to the Pan American Health Organization

The California Department of Public Health (CDPH) recommends special travel precautions for pregnant women and women trying to become pregnant. Pregnant women in any trimester should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their health-care provider first and strictly follow steps to avoid mosquito bites

during the trip. Pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection if they had any symptoms suggestive of Zika or if their baby has evidence of microcephaly or brain calcifications.

According to the CDPH, the mosquito Aedes aegypti has been detected in twelve counties in California, and Aedes albopictus has been identified in five counties, including Los Angeles, Orange, Riverside and San Bernardino counties. Thus far in California, Zika infections have been documented only in persons who were infected while traveling outside the United States. While the risk for transmission of Zika, chikungunya, or dengue viruses is still low in California, infected travelers coming back to California can transmit these viruses to Aedes mosquitoes that bite them. This may lead to additional people becoming infected if they are then bitten by those mosquitoes. To date no local transmission of Zika infections have occurred in California.

The CDC recommends taking appropriate precautions if you must travel to affected countries. Pregnant women and women trying to become pregnant should review the recommendations listed earlier. If you have returned from an affected region and have fever with rash and/or joint pain within the week following your return, contact your doctor and let him know that you have been in an affected area.

There are no vaccines to prevent Zika infection. Preventing mosquito bites is the only way to avoid becoming infected. The CDC gives these recommendations to keep yourself safe:

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-methane-diol for long lasting protection. If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
- Using insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label.
- When weather permits, wear long-sleeved shirts and long pants.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.
- Help reduce the number of mosquitoes outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.

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# Now and in the Future Dedicated to Transforming Your Healthcare

Last year, Corona Regional Medical Center entered into an affiliation with UC Irvine Health (UCI). Together, we are working to improve healthcare access, quality and delivery in Western Riverside County.

### Here's What's Happening Now

Corona Regional has broken ground on its new Emergency Room, slated for completion in 2017. The ER will be four times the size of the current space. Additional staff and physicians are already at the hospital.

**Primary Stroke Center** Certification by The Joint Commission. The Primary Stroke Center at Corona Regional complies with strict guidelines to ensure rapid medical treatment for the best possible outcomes.

**The UCI Telestroke Program** is now in place at Corona Regional. Patients have access to UC Irvine Health's fellowship-trained neurologists, neuro-interventionalists and neurosurgeons, 24/7.

**Expanded Cardiovascular Services.** The Corona Regional Cath Lab is home to new, lifesaving electrophysiology procedures, as well as other interventional cardiology services through the UCI affiliation.

### Looking Ahead

**Maternal/Fetal Medicine.** Through its affiliation with UCI, Corona Regional will add a neonatal intensive care unit (NICU) to care for its tiniest patients.

**Advanced Cancer Care.** The affiliation will bring resources and specialists from UCI's Chao Family Comprehensive Cancer Center, one of 41 National Cancer Institute-designated Cancer Centers.

Our commitment is to the health of you, our community. Stay tuned and watch us grow!

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# Healthy Living

## Local Races

### Paws Fur Pink OC 2016

When: Sat., Feb. 20, 2016  
Where: Irvine Regional Park  
Details: 5K, 1 mile run. There's a lotta love in February! Celebrate the month of love with your 2-legged and 4-legged family and friends! Registration opens at 7 a.m.

### Little Heart Warriors Family Fun Run

When: Sat., Mar. 5, 2016  
Where: Central Park, Rancho Cucamonga  
Details: 5K, 1K. Little Heart Warriors Non-Prof-it was created by a group of mothers with children with severe Congenital Heart Defects. Registration opens at 7 a.m.

## Recipes:

### Amatriciana

A healthy, classic Italian pasta dish

RECIPE COURTESY OF ALLRECIPES.COM

#### Ingredients

- 4 slices bacon, diced
- ½ cup chopped onion
- 1 teaspoon minced garlic
- ¼ teaspoon crushed red pepper flakes
- 2 (14.5 ounce) cans stewed tomatoes
- 1 pound linguine pasta, uncooked
- 1 tablespoon chopped fresh basil
- 2 tablespoons grated Parmesan cheese

#### Preparation

1. Cook diced bacon in a large saucepan over medium high heat until crisp,

about 5 minutes. Drain all but 2 tablespoons of drippings from the pan.

2. Add onions and cook over medium heat about 3 minutes. Stir in garlic and red pepper flakes; cook 30 seconds. Add canned tomatoes, undrained; simmer 10 minutes, breaking up tomatoes.

3. Meanwhile, cook the pasta in a large pot of 4 quarts boiling salted water until al dente. Drain.



PHOTO COURTESY: ALLRECIPES.COM

Prep 15 min  
Cook 20 min  
Ready in 35 min

## Local Farmers Markets:

### Chino Farmers Market (NEW Location!)

Neighborhood Activity Center  
5201 D Street, Chino  
Tuesdays, 11:30 a.m. to 12:30 p.m.  
(909) 334-3478, healthychino.com

### Amy's Farm

7698 Eucalyptus Ave., Ontario  
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### Jack Neve's Farmers Market

Mt. SAC Campus, Lot B  
1100 N. Grand Ave., Walnut  
Saturdays, 8 a.m. to 2 p.m.  
(626) 810-8476

### Corona Certified Farmers Market

488 Corona Mall, 6th and Main Street  
Saturdays, 8:30 a.m. to 12:30 p.m.  
(760) 728-7343

## Stroke Awareness. Did You Know?

### STAFF REPORTS

According to the CDC, every 40 seconds someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from a stroke, which equates to one person every four minutes-making it the fourth leading cause of death in the United States. Strokes can affect people of all ages and backgrounds.

Strokes are sometimes called brain attacks. Strokes happen when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. There are two main types of strokes: ischemic and hemorrhagic. Ischemic strokes are caused by blood clots and hemorrhagic strokes are caused by bleeds. The American Heart Association says that ischemic strokes account for 87 percent of all strokes and are usually caused by uncontrolled high blood pressure.

You can lower your risk for stroke, regardless of your background. Family history, age, sex and ethnicity all play a role in an individual's stroke risk, but there are still things you can do to help keep yourself healthy. One of the best preventative measures is to not smoke cigarettes. Cigarette smoking and exposure to second-hand smoke can thicken the blood and make it more likely to clot, according to the CDC. Thicker blood flow can lead to increased plaque buildup in your arteries and can damage the blood vessels leading to the brain.

Controlling your blood pressure is also extremely important. High blood pressure, also called hypertension, increases your risk of stroke and heart attack by

weakening and thinning blood vessels, making them more prone to rupture. More than half of the world's stroke deaths are caused by elevated blood pressure levels.

Some other proactive measures that you can take to help lower your stroke risk include exercising regularly, eating a healthy diet low in sodium, maintaining a healthy weight and preventing or controlling diabetes.

Stroke.org says there are several treatment options for stroke, depending on the cause of your stroke. If you are having an ischemic stroke or a stroke that is caused by a blood clot, your doctor may recommend drug treatment that will help dissolve the clot and improve blood flow to your brain. Another way your doctor may treat your stroke is to use a small mechanical device that removes or breaks-up the clot. A surgeon will insert the device into the blocked artery using a thin tube. Once inside, the tool traps the clot, and either breaks it up or the surgeon pulls it out of the brain, reopening the blocked blood vessel in the process.

A hemorrhagic stroke (sometimes called a bleed) occurs if an artery in your brain leaks blood or ruptures (breaks open). The first steps in treating a hemorrhagic stroke are to find the cause of bleeding in the brain and then control it. Some of the options for treatments include surgical clips or coils inserted in aneurysms (weaknesses in the blood vessel wall), controlling high blood

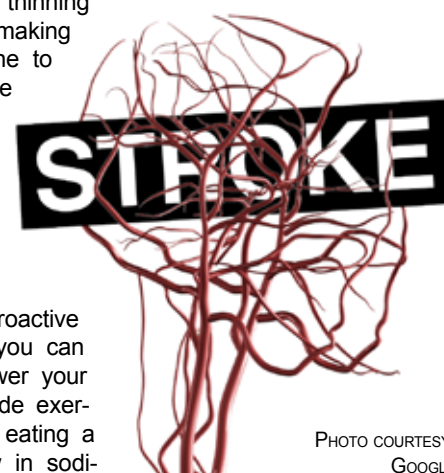


PHOTO COURTESY: GOOGLE

pressure, and surgery to remove the bleeding vessel and blood that has spilled into the brain.

Medical advances have greatly improved survival rates and recovery from stroke during the last decade. Your chances of survival and recovery outcomes are even better if the stroke is identified and treated immediately.

If you think you are having a stroke, every minute counts. The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.
- Remember, getting immediate medical attention for stroke is crucial to preventing disability and death.

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## Police K-9 Retires

COURTESY OF THE CORONA PD

**Corona** – After four and a half years of dedicated service to the citizens of Corona, Corona Police Department's K9 Spike retires.

Spike is an eight-year-old Belgian Malinois, who was not only trained for patrol duties but was also cross-trained to detect the odor of narcotics. During Spike's tenure, he found and apprehended several suspects, and he also had several narcotic finds which

included the seizure of heroin, methamphetamine, and marijuana. When not fighting crime, he participated in over 100 public demonstrations at schools, hospitals, and community groups.

Spike's handler, Corporal Chad Fountain, is a 15-year veteran who was recently promoted in July of 2015. Corporal Fountain was able to purchase Spike from the city and bring him home for retirement, where he will live out the remainder of his life with the Fountain family.

## CA meets water goals

**Water from page 1**

conservation rate was 18.3 percent, down from 20.4 percent in November, compared to the same months in 2013. A drop in the water conservation rate was expected during the cooler fall and winter months, when Californians use less water and there is less opportunity to save on outdoor water use compared with the hot summer months. Statewide water use declined from 76 gallons per person per day in November, to 67 gallons in December, the second lowest per-person rate since water use reporting began in June 2014.

Nonetheless, Californians are urged to keep up their efforts to conserve through the winter months. This includes complying with urban water supplier

directives to switch to once-a-week watering schedules, and not using outdoor irrigation during and within 48 hours following a rain event.

"While the recent rains and growing snowpack are wonderful to behold, we won't know until spring what effect it will have on the bottom line for California's unprecedented drought," said Felicia Marcus, chair of the State Water Resources Control Board. "Until we can tally that ledger, we have to keep conserving water every way we can. Every drop saved today is one that we may be very glad we have tomorrow."

In November 2015, the Governor issued an Executive Order directing the State Water Board to extend and revise the drought emergency water conservation regulations based on conditions through January.

## Day to day at City Hall

**Manager from page 3**

ture in the public right of way, City's capital improvement program, and building permitting/safety;

- **Eastvale Police Department** (contract with the Riverside County Sheriff's Department): responsible for public safety;

- **Fire Department** (contract with CALFIRE): responsible for fire suppression, emergency medical response and fire protection.

The City has a current population of 60,633 (source: CA Department of Finance). As you can see from the list above, it is City staff who provide these services and they are critical to the success of the organization. The City has been extremely prudent and conservative in how it provides the services listed above. The City currently has eight (8) full-time employees and three (3) part-time employees. The rest of the staffing needs at City Hall are fulfilled by contract employees through private consulting firms. Hiring these consulting firms during this time in the City's history allows us the flexibility to staff the peaks and the valleys accord-

ing to the workload at City Hall.

There is no staff member within the City organization who does not wear many hats. When the staff is small, each employee must perform multiple duties in order to get the job done. I am extremely proud of the staff that we have assembled at City Hall to serve this community. I am confident that they will continue to provide outstanding service in 2016.

Should you have any questions or comments, City Hall can be reached at (951) 361-0900. City Hall office hours are Monday-Thursday from 7:30 am – 5:30 pm; and we are closed every Friday. City Hall encourages all residents and visitors to register for e-notification on the City's website: [www.EastvaleCA.gov](http://www.EastvaleCA.gov). This is a free email notification service that allows subscribers to receive emails from City Hall regarding the latest news, announcements, events, meeting 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. Get connected in 2016 with the City of Eastvale on Facebook, Twitter, Instagram, and LinkedIn.

## Tips from Deputy Myers

*What to do if you are the victim of a crime...*

BY DEANNA MYERS



All too often I hear of people who are victims of crimes, such as vehicle burglaries or package

delivery theft, posting the incidents on social media but not reporting 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 prevent it from happening again.

Neighborhood watch meetings and social media are great ways to advise your neighbors of what is happening and 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 like burglary, theft, vandalism, etc.:

- 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.

- 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.

- Contact your local law enforcement! The non-emergency number to report past crimes is (951) 776-1099. 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.

- 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.

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

*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.*

## Eastvale city council report

**Council from page 3**

events for the upcoming year, including the State of the City event on April 5.

Following the Community Foundation Update, the council took the opportunity to award Richelle Barrios, Alexia Hernandez, and Yvette Hernandez for volunteering their time to the Spark of Love Toy Drive.

Julia Sung, the Eleanor Roosevelt High School ASB member responsible for the Student Liaison Report, announced that RHIS had held their first Science Fair Exposition, where in which students showcased their science projects. Weeks ago, thirteen Eastvale Elementary students were recognized for academic achievements by the district, a testament to the good education that Eastvale schools deliver. In her final report, Sung announced that ERHS was visited by a business named LCAT, who hope to assist the school in the development of "real life" and "college readiness" programs.

All items were motioned on the consent calendar.

It should be noted that Adam Rush had not arrived when the meeting began, and because the heart of the meeting would be discussing the medical marijuana dispensaries and ordinances (which were initially going to be discussed after the consent calendar items were motioned), the council took a moment to reorganize the agenda items in hopes that Rush would arrive. Thus, the council sat in and listened to item 9.1 under the City Council Business Items: the comprehensive annual financial report for the 2014-2015 fiscal year. The only recommendation for this item was that the council receive and file this information.

The council took a ten minute break hoping that Rush would arrive. He did not, and so the meet-

ing proceeded without him.

In November of 1996, the passage of Proposition 215 legalized marijuana use for patrons who need the drug for health concerns. Throughout the years, other bills have been introduced to protect these legitimate patrons from legal punishment. Whether or not marijuana use (be it for medical purposes or leisure enjoyment) is questionable on a legal scale, Governor Brown has signed three bills into law, jointly called the Medical Marijuana Regulation and Safety Act, or MMRSA, which allows California cities and businesses to prohibit the use of medical marijuana as long as the businesses have licenses to prohibit such actions. Brown's law was taken into effect this year, and cities must conceive an ordinance by March 1st that claims whether or not they would allow the cultivation and use of medical marijuana.

Eastvale has already prohibited the use of marijuana dispensaries, but in the face of the MMRSA bills, the council was asked to motion two ordinances entitled Ordinance 16-03 and Ordinance 16-04, of which the council ultimately chose to motion. The first ordinance was motioned as an urgency ordinance, meaning that 16-03 would be taken into effect immediately; on the contrary, 16-04 was motioned as a non-urgency ordinance. The council chose to motion these two ordinances and prohibit access to medical marijuana under the pretenses that they want to "avoid the risks of criminal activity, degradation of the natural environment, malodorous smells and indoor electrical fire hazards that may result from such activities."

After this discussion, the council listened to the Staff Reports. It was stated that Eastvale's police department has organized a Homeless Outreach Team, which seeks help for homeless individuals in the city. As of now, they have report-

ed that while the city has handled problems with panhandlers and other individuals, they debunked the rumor that homeless people were living near river bottoms or other out-of-zone areas.

Before concluding, the council members gave their communications report. Tessari gave an overview regarding the creation of the new STEM academy, stating that the groundbreaking event is set to happen in 2017, with Phase 1 of the construction being completed in 2018. The school will to be built near the Roosevelt campus. Mayor Bootsma shared the fact that the Riverside Transit System has increased the amount of riders over the past year, while other transit systems, such as those in the Los Angeles area, have decreased. Mayor Bootsma also mentioned that the city council members came together to discuss the traffic issue caused by entering and exiting Silver Lakes Park, and are hoping that the issue can be resolved through further communication and appropriate planning.

Place an ad! Call (909) 464-1200

# Liposuction without the suction

## Sculpt from page 1

revised.

Upon visiting the Premier Body Sculpt Center in Upland, I was a bit skeptical about their amazing new technology actually working. The combination of Ultrasonic Cavitations and Radio Frequency was said to show amazing results without the inconvenience, pain and downtime of surgery. But my skepticism is over.

This non-invasive, liposuction technology works by using sonic energy and vibration to destroy and collapse fat cells, thereby facilitating the body's natural process to metabolize and move fat out through the lymphatic system. Unlike liposuction - and for a fraction of the cost - results can be seen immediately with no bruising, swelling, or scars.

The best way to describe it would be to imagine getting

a huge bag and placing small water balloons inside. Then imagine tapping the bag until the water balloons break. This same concept is applied to Body Sculpting. It liquefies the fat and then the body processes the fat through the urine. Sounds different, but the body processes fat this way, and the results are immediate, with further results seen throughout the week.

When I experienced Body Sculpting myself, all I had to do was lie down and sit up while the three-step process was administered. The ultrasound radio frequency was a bit different, as sound waves emitted through my body. That's what ultrasound is, an emission of sound waves. But this is at a higher rate, and this is how fat is broken down. And during the process, I could actually hear sound coming out of my ears. It took a moment to get used to, but eventually it didn't faze me a bit.

When it comes to my health,

I am on it. I need to know all the facts, the downsides, and the repercussions. I am a diabetic, so I always have some type of risk. But what gave me confidence was that the technician was an RN, BSN, and Aesthetic Specialist - who also worked in an emergency room at a local hospital (yes, I checked).

I could not find anything negative about the procedure and I did see results right away (the before and after pictures were amazing). I completed three sessions, and I am pleased with the results so far. I would go back to do more.

I recommend Premier Body Sculpting, and I also recommend you check out their website, watch the video, and make the best decision for yourself.

Premier Body Sculpt is located at 250 W First St #116, in Claremont. You can reach them at (909) 624-4440, or visit their website at [www.PremierBodySculpt.com](http://www.PremierBodySculpt.com) or [www.PlasticSurgerySoCal.com](http://www.PlasticSurgerySoCal.com).

# Steer clear of the 91!

## Fwy from page 1

for thousands of motorists, and also serves hundreds of thousands of commercial and freight trucks as they travel inland from the ports of Long Beach and Los Angeles, according to Anaheim City Councilman Harry Sidhu.

The full weekend closure of the 91 will allow crews to perform three major construction activities: 1) Demolish the west side of the Maple Street Bridge over the 91; 2) Install support beams for the new westbound Maple Street flyover ramp bridge; and 3) Pave the new eastbound 91 alignment near I-15.

"By fully closing the roadway, we will be able to consolidate these significant construction efforts into one weekend, rather than multiple weekends or extending this over a month of weeknights," said RCTC Executive Director Anne Mayer. "Consolidating the work activities within one weekend will reduce the number of closure hours by more than 50 percent. The project's design-build method allows for flexibility in planning work, such as this weekend closure," she said. Another benefit, Mayer noted, is that the full closure will help ensure the safety of the 91 Project crews and the traveling public by eliminating cars and construction equipment on the road at the same time.

More work will be occurring in the Maple Street area during the coming months, including reconstructing the Maple Street bridge and building the flyover connector ramp bridge. Crews will require

nightly full closures of eastbound 91 for about a week after the weekend closure. During these closures, motorists will be directed to the eastbound 91 Maple Street off-ramp, and then east on Frontage Road to re-enter the 91 at the Maple/Paseo Grande on-ramp. Once the flyover ramp bridge is completed this summer, another full closure of the 91 may be conducted to remove the temporary support beams that will be placed the weekend of February 19-22.

Because of the impact that a full closure will have on this heavily traveled roadway, motorists are urged to "steer clear" of the area during this closure. To minimize major travel delays and impacts during the closure, RCTC strongly recommends that motorists plan ahead, avoid travel in the area or stay home. Motorists traveling on the 91, the

71 or I-15 near the project area during the closure period can expect travel delays of three to four hours. If travel cannot be avoided, motorists can use the 57, 60 and I-10 as alternate routes.

The Green River Road interchange will remain open to motorists, and during the weekend closure, emergency vehicles will be able to travel on the 91, as needed, to respond to police, fire and medical situations. "Corona residents can rest assured that police, fire, CHP and ambulance personnel will be fully briefed about the weekend closure and are ready to respond," Mayer said.

In case of rainstorms or inclement weather, the closure will be postponed to the next weekend, weather permitting. For more information, please call the helpline at 877-770-9191, or visit [www.sr91project@rctc.org](http://www.sr91project@rctc.org).

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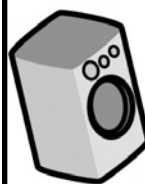


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## The Road to Humility

By PASTOR MARK LEE

As our country prepares to elect the next President of the United States, the men and women vying for the position face off in a series of televised debates. These verbal battles are where campaigns are bolstered, promises are made, and plans are outlined. During these events, the candidates' speaking abilities, political knowledge, and personalities will be on display. One thing that most likely will not be on display, however, is their humility. In fact,



some people believe a humble politician is a creature as mythical as a unicorn.

Humility isn't only rare in politics. Several social commenters have noted that we are stuck in the era of "me, me, me." One has to look no further than social media to see that self-promotion is now the norm. Haven't we all taken a selfie at some point? With so much time being spent focusing on ourselves, is humility even possible?

Author C.S. Lewis once wrote "Humility is not thinking less of yourself. It is thinking of yourself less." Common thought is that humble people are weak or lack confidence. In reality, a humble individual realizes that their tal-

ent is a gift, their success was achieved with help, and their strength is tempered with gentleness. A humble man gives credit where credit is due, acknowledges that he has limitations, and admits when he makes mistakes.

Luke 4:11 says "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." True humility is a journey that we can choose, or be forced, to take. And, the funny thing about this journey is that as soon as we feel we are reaching our destination, we have moved further from the finish line.

*VantagePoint Church meets at Roosevelt High School on Sundays at 9:00 and 11:00 a.m.*

## Forgive

By PASTOR DENNIS MORALES

"...For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You." - Psalm 86:5



A man was having a discussion with a friend about his relationship with his wife. The man said "Every time we have an argument she gets hysterical." The friend corrected him and said, "Do you mean hysterical?" "No, I mean historical. When we argue, she brings up stuff from the past and holds it against me!" The devil would

love to have you to hold grudges, because a grudge can move to bitterness. If there isn't forgiveness, what the Bible calls "a root of bitterness" will take place. (Hebrews 12:15) The devil aims to divide marriages, families, and friends through un-forgiveness. Un-forgiveness can kill any relationship. Because we live in an imperfect world, we are bound to mess up sometime. Has someone wronged you or betrayed you? You may not be able to fix everything, but one thing you do have the power to do, it is to forgive. Joseph was betrayed by his brothers and sold into slavery. At the end of Joseph's story, he forgives his brothers. He had complete trust in God

and what He can do through forgiveness. Joseph brought his two sons, Manasseh and Ephraim, to Jacob for his blessing. Jacob asked "who are these boys?" Joseph said "These are my sons. God has given them to me in Egypt." "Manasseh" means "forgetful" and "Ephraim" means "successful." (Genesis 48) Joseph knew the power and success of forgiveness. He simply forgave and forgot. God has essentially done the same with us! (Psalm 103:12)

*Calvary Chapel Eastvale meets Sundays at 10:30 a.m.; and Wednesdays at 7 p.m., at Clara Barton Elementary (7437 Corona Valley Ave., Eastvale). Visit their website at www.CalvaryEastvale.org.*

## The Lord God Almighty

By PASTOR ROBERT JEWETT

"I will ponder all your work, and meditate on your mighty deeds. Your way, O God, is holy. What god is great like our God? You are the God who works wonders; you have made known your might among the peoples." - Psalm 77:12-14



When was the last time that you sat still and said nothing while communing with God? Perhaps you have tried to do so and your mind just runs wild with all the things that need to

be done. God tells us to be still and know that he is God (Psalm 46:10). It is vitally important that we remember who God is...the Lord God Almighty.

As the Lord God Almighty, he is the one who made the heavens and the earth. (Genesis 1:1) As the Lord God Almighty, he is our Maker and the one whom we are to worship and bow down. (Psalm 95:6) As the Lord God Almighty, he is the Alpha and Omega, who is and who was and who is to come. (Revelation 1:8) As the Lord God Almighty, he has promised to never leave you nor forsake you. (Hebrews 13:5) When we stand in awe of his holiness and greatness, our

prayers are filled with thanksgiving and much of our prayers are focused on loving him and loving others. "...Hallelujah! For the Lord our God the Almighty reigns. Let us rejoice and exult and give him the glory..." (Revelation 19:6-7).

Friend, I encourage you today to stop and ponder God's work and to meditate on his mighty deeds. The Lord God Almighty is forever faithful so trust and rest in him!

*Word of Truth Community Church meets Sundays at 10:30 a.m. and Wednesdays at 7 p.m., at 850 E. Parkridge Ave., #110, in Corona. For more information, visit www.WordOfTruthCC.com.*

## "You've Lost That Lovin' Feeling..."

By PASTOR TIM EATON

We pass an old picture in the hallway. We see friends begin a new love. A romantic movie touches our hearts.



Whatever it is, we sometimes wonder where the love in our own life has gone. It seems like most everything around us is designed to drain

the last drop of romance or love out of our lives. Long hours of work (or worries about a lack of work), busing the kids all over town, trying to keep the house clean, paying the bills - all of this leaves us exhausted and frustrated...anything but in the mood for love.

We misunderstand love as an emotion, but think about it. Where do those emotions come from? Actions create those emotions. That's why we call it a "romantic gesture", something

has been done that shows us love. Love is action.

"This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers," (1 John 3:16).

What we might miss is that if we don't feel very loving, doing something loving can recreate love in us just as much as it makes someone else feel loved.

If you've lost that lovin' feeling this Valentine's season, then lay down all the things in

## Paul the Church Planter

By PASTOR ED MORENO

The Apostle Paul is known for many things. He was used by God



to write most of the New Testament, he was a bold witness, and he was a martyr. But do you know what else he was? Paul was a church planter.

Church planters are a special breed. Not everyone is called by God to be a church planter, and not everyone has been wired by God to plant a church.

Typically, church planters go to new, emerging communities that don't have any churches. Or, they go to areas that need more churches. But any way you slice it, church planting is enormously difficult work. In no way is church planting ever to be thought of as an 'easy path.' Quite the contrary-it is one of most difficult paths a person can travel in ministry.

In most cases church planters have to raise support from friends, family members, their home church and the like. They have to recruit people with a pioneering spirit to join in the venture. They have to go where they don't really know anyone. They have to have a spouse that is supportive of the call God has placed upon their life.

And they have to establish a congregation from scratch. They and their team have to set up and tear down their "church in a trailer" for years, because years is how long it takes to get to a point where the new congregation can secure land and then build a church facility.

Why do men and their families put themselves through all the years of struggle that are inherent in planting a new church? They do it because they love God and people, and because they want to make sure that the residents of the new emerging communities they go to have a ministry that will share the saving message and love of Jesus with them.

Eastvale residents, you are blessed to have among you nine church planters that have come to you specifically to plant churches for you and your families. I encourage you to treat them with love and respect. Additionally, I encourage you to connect with one of the churches they are planting and help them in this great effort. They have sacrificed much and deserve your support. They are heroes of the faith and should be recognized as such.

*New Day Christian Church meets Sundays at 9:30 and 11 a.m. They are located at 7155 Hamner Avenue, at Schleisman Road. For more information, visit www.newdaycc.net.*

## Holes in the Wall

By PASTOR ROB NORRIS

"Watch the path of your feet and all your ways will be established." - Proverbs 4:26



The Great Wall of China is one of the great

wonders of the world, a true masterpiece of engineering. It's the only man-made structure that can be seen from outer space. Five to six horses could trot side by side on top of it. It is awesome to see this massive structure snake its way through the mountains.

The wall was built, of course, to protect China from invasion. Watchtowers and various battlements dot its construction at frequent intervals. But in the first hundred years after the wall was completed, enemies managed to invade the country three times,

breaching the security of this enormous, rock-solid defense. How?

They didn't go over it. They didn't go through it. They didn't need to knock it down. Because, while China was building this impenetrable defense system, it was apparently neglecting to build character into its children's lives.

All the invaders had to do was bribe the gatekeepers.

I think of that story whenever I hear parents talk of the dreams and goals they have for their children. Many parents today are vitally concerned with the education their kids receive and the skills they develop. They spend hours shuttling them to school and to various extracurricular activities, looking forward to the day when they will earn scholarships and enter the working world, establishing themselves in successful and lucrative careers. But none of these accomplishments are worth anything without the character to back them up.

It's our children's CQ, not their IQ--their "character quotient," not their intelligence--that will secure their futures and enable them to stand strong in battle.

Live it! Think of a time when you modeled character to your children--and they got the message! Talk about what you both need to do to develop each of your children's CQ.

Pray! Ask for the faith to maintain your own integrity--and the opportunities for your children to see it in you.

*The Crossings meets Sundays, 10 a.m., at River Heights Intermediate, 7227 Scholar Way, in Eastvale. For more information, visit atthecrossings.com.*

your life that have put an end to your love and do something for the one you love. If you need help, drop the kids off at our Kid's Night Out, held on Fri., Feb. 12, from 5:30 to 8:30 p.m., at Harada Elementary - and give the gift of time to the one you love.

*Edgewater Lutheran Church meets Sundays at 10 a.m., worshipping at Harada Elementary, 12884 Oakdale Street, Eastvale, CA, 92880; www.EdgewaterLutheran.org.*



## Planes of Fame Fly Again

By LYN TAYLOR

**Chino** - The Planes of Fame Air Museum, which is open to the public, will present its monthly Living History Flying Day on March 5, 2016, and will be featuring the Republic P-47G Thunderbolt. A speaker panel of distinguished aviation experts, historians and veterans will be featured, followed by a question & answer period and flight demonstration if possible.

It is the mission of Planes of Fame Air Museum to preserve aviation history, inspire interest in aviation, educate the public, and honor aviation pioneers and veterans. The Museum sponsors regular events in the form of inspirational experiences, educational presentations, flight demonstrations, and air shows in fulfillment of this mission.

The Living History Flying Days are held on the first Saturday of each month, and are great for families to attend. Price is \$11 for adults, \$4 for children 5-11 years, and 4 years and under are free.

A different featured airplane will

## Mail Theft on the Rise

COURTESY OF THE RIVERSIDE COUNTY SHERIFF'S DEPT.

Many local police departments have recently experienced an unusual number of calls for service regarding the theft of U.S. mail. Police always attempt to identify suspects involved in such thefts and to recover the property stolen from its citizens. Postal inspectors across the country also work hard to protect your mail, but with more than 100 million addresses for delivery, you can imagine the job can't be done alone.

Criminal investigations of such thefts involve a multitude of resources to solve the crimes, but law enforcement also relies heavily on your participation to recover stolen mail and place closure on a case. Knowing that, officers would like to suggest several steps you can take in deterring these thefts.

Here's what you can do to protect your mail from thieves and, thereby,

fly for each event. Upcoming Living History Days will feature the North American B-25 Mitchell on April 2 and the Douglas SBD Dauntless on June 4.

The Planes of Fame Air Show will be held April 29-May 1 this year, and will commemorate the 75th anniversary of the attack on Pearl Harbor. There will be over 40 vintage aircraft on display, and many of these, along with newer aircraft, will be performing for your enjoyment.

reduce the number of thefts:

- Use the letter slots inside your post office for your mail or personally hand it to a letter carrier.

- Don't leave your mail in your mailbox overnight. Pick it up promptly after delivery. If you're expecting checks, credit cards or other negotiable items, ask a friend or neighbor you trust to retrieve your mail.

- If you don't receive a check or other valuable mail you're expecting, contact the issuing agency immediately, without delay.

- If you change your address, immediately notify your Post Office and anyone with whom you do business through the U.S. mail.

- Don't send cash in the mail.

- Tell your Post Office when you'll be out of town, so they can hold your mail until you return.

- Report all suspected mail thefts to the Sheriff's Department and a Postal Inspector.

- Consider starting a neighborhood watch program. Exchanging work and vacation schedules with trusted neighbors and friends, you can watch each other's mailboxes (and homes).

- Consult with your local Postmaster for the most up-to-date regulations on mailboxes, including the availability of locked centralized or curbside mailboxes.

If you witness a mail theft in progress, immediately contact your local police department and report the incident. Afterwards, contact the Postal Inspectors at 877-846-2455.

## Did You Know?

### Groundhog Day

By LYN TAYLOR

Groundhog Day, which this year was on February 2, is a tradition in the United States and Canada, beloved by those in cold climates looking for the hope of spring. This year was Punxsutawney Phil's 130th prognostication, and his handlers said that the furry rodent failed to see his shadow at dawn on Tuesday, which means that he "predicted" an early spring.

"Is this current warm weather more than a trend? Per chance this winter has come to an end? There is no shadow to be cast, an early spring is my forecast!" read Jeff Lundy, vice president of the Inner Circle of The Punxsutawney Groundhog Club.

Legend has it that if the groundhog sees his shadow when he emerges from his den, he will become frightened and return to his burrow, and winter will last another six weeks. If not, spring comes early.

Records going back to 1887 show Phil has now predicted more winter 102 times while forecasting an early spring just 18 times. There are no records for the remaining years. Since 1988,



PHOTO COURTESY: PETERSENGLAND

the groundhog has been "right" 13 times and "wrong" 15 times.

About 10,000 of Phil's most faithful admirers gathered on Tuesday to wait for the forecast. Many had been there all night. The crowd was very happy to hear the prediction of an early spring. "Bring on Spring!" yelled one.

Punxsutawney Phil is only one of several groundhogs relied on for weather reports. There is also Staten Island Chuck in New York, General Beauregard Lee in Georgia, Jimmy the Groundhog in Wisconsin, Sir Wally Wally in North Carolina, Woody the Woodchuck in Michigan, and Buckeye Chuck in Ohio.

According to the Punxsutawney Groundhog Club, the average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. Punxsutawney Phil weighs about 20 pounds and is 22 inches long. A groundhog's life span is normally 6 to 8 years, but Phil receives a drink of a magical punch every summer during the Annual Groundhog Picnic, which gives him 7 more years of life.

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# Man dies after train accident

Train from page 1

determined that 19-year-old Anthony McRea of Riverside was walking northbound on McKinley with his girlfriend. As they approached the railroad tracks just south of Sampson, they stopped for an eastbound train travelling on the north set of tracks. The crossing arms were down, lights flashing, and alarms sounding. As the end of the train passed, McRea stepped out in front of a train travelling westbound on the south set of tracks. The train struck McRea, killing him instantly.

According to the Delaware



PHOTO COURTESY: GOOGLE

Undergraduate Student Congress and the CSX Corporation, more people are killed in pedestrian/train accidents than airplane crashes in the United States each year. Here are some tips for staying safe around railroad tracks:

- Remember, trains may be closer than they appear. It is very difficult to accurately judge the distance and speed of an oncoming train.
- Trains are wider than they appear; most trains extend three

feet on either side of the track.  
• The force of a train hitting a car is comparable to the force of a car running over a soda can.  
• Most trains will not be able to stop if something is in their way, so remember to never cross the guardrails. They are there for your safety.

# Socially speaking

Social from page 1

Wind Warning, a Big Security Exercise at the Norco Navy Base, DUI Saturation Patrol Results showing a driver under the influence was arrested, the announcement of The Ranch at Eastvale Specific Plan, and the announcement of the new Mayor Pro Tem Joseph Tessari, along with Mayor Ike Bootsma continuing for another term.

The most popular article we posted on social media was about the coyote attacks that had occurred throughout Eastvale. The article talked about what you can do to prevent coyotes from harming your animals and children. If you missed it, read it online at [anapr.com](http://anapr.com).

However, our most "liked" post on social media was about an Eastvale resident who wanted to show gratitude towards an 83-year-old woman named Reba. The resident told us that Reba picks up dog poop that was left behind at the Dairyland Park. Many residents showed their love for Reba in comments, and many residents reminded Eastvale dog owners to pick up after their dogs.

Our Facebook page ([Facebook.com/EastvaleCommunityNews](https://www.facebook.com/EastvaleCommunityNews)) includes a variety of articles, meetings, city news releases, yard sales, and events posted on a daily basis. Every Thursday, we post notices of local yard sales for the weekend and allow you to post your own yard sale notice in the comments. On Fridays, we post the weekend events and link it to our local monthly calendar. We also post the online version of the full Eastvale Community Newspaper for you to download, save, or print out.

Don't forget to follow us on Instagram at [@EastvaleNews](https://www.instagram.com/EastvaleNews), and subscribe to our website at [anapr.com](http://anapr.com) in order to stay up to date on what's happening in the community. Use [#ILoveEastvaleNews](https://www.facebook.com/EastvaleCommunityNews) to tell us why YOU love Eastvale News.  
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EFFECTIVE MAY 27, 2015

# Drought Regulations

## A SNAPSHOT OF WATER-USE RESTRICTIONS

The State Water Resources Control Board has implemented drought regulations in response to an Executive Order issued by Governor Brown to reduce statewide water usage by 25%. Each water supplier, such as Jurupa Community Services District (JCSD), is mandated to meet a specific water conservation standard based on their residential gallons per capita per day.



### How Much Water Does JCSD Have to Conserve?

Together as a community, our **STATE-MANDATED** water-use **REDUCTION IS 28%** when compared to 2013.

JCSD's Board of Directors has Adopted **LEVEL - 3 DROUGHT ALERT CONDITIONS** of its Water Shortage Contingency Plan.

#### Prohibited at All Times



Washing sidewalks and driveways.



Irrigating turf in public medians.



Using outdoor irrigation during and within 48 hours following measurable (1/4") rainfall.



Using a hose without an automatic shutoff nozzle to wash cars.



Allowing runoff when irrigating.



Operating decorative water features that do not recirculate the water.

#### Water-Use Restrictions at Level 3 Drought Alert Conditions

- Ornamental landscape and turf irrigation is limited to 3 days per week for no more than 10 minutes per station per day.

- Irrigating landscape is limited to the hours between 8 p.m. and 8 a.m.
- Odd addresses (last digit is an odd number) may irrigate Monday, Wednesday, and Friday.
- Even addresses (last digit is an even number) may irrigate Tuesday, Thursday, and Saturday.

- Special considerations have been adopted for specific high-efficiency irrigation systems, please contact JCSD for details.
- All leaks must be repaired within 48 hours of notification by JCSD.
- Violation of these mandatory water-conservation restrictions are subject to administrative, civil, and criminal penalties.



For additional regulations and details, visit [www.jcsc.us/Conservation](http://www.jcsc.us/Conservation) call (951) 727-8007 or e-mail [savewater@jcsc.us](mailto:savewater@jcsc.us)

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