



OC News

Man Charged For Murder

OCDA RELEASE

Santa Ana – A man was charged last week with murdering his roommate and disposing of her body in a canyon.

Kwang Chol Joy, 54, Orange, is charged with one felony count of murder and faces a maximum sentence of 25 years to life in state

see Murder Page 10

IE News

Executive Appointment

STAFF REPORTS

Riverside County - Sheriff Stan Sniff appointed Captain Patricia Knudson to the rank of Chief Deputy on May 23, 2013. She is currently serving as the commander of the Robert Presley Detention Center (RPDC). She will officially begin her new duties overseeing one of the patrol divisions in late July.

Chief Deputy Knudson is a 24-year veteran of the Riverside County Sheriff's Department. She began

see Executive Page 9

Sheriff Dept Joins Special Olympics Torch Run

By KIMBERLEY SANDER

SGV – The Walnut/Diamond Bar Sheriff's Station will be participating in this year's Special Olympics Torch Run.

On Monday morning, June 3, they will receive the torch from

Industry Station officers around 9:30am, and proudly run and bike their way into the Special Olympics Lanterman Development Center. They will pass the torch to Pomona Police Officers around 11 a.m. Walnut/Diamond Bar officers will also proudly

enjoy celebrating with the Special Olympic participants at the center.

The Wichita Police Department in Kansas created the run

see Olympics Page 12

Hathaway- Sycamores: A Forever Family

STAFF REPORTS

For 17 years, Miguel and Macrina Gutierrez's Whittier, Calif., home was occupied by only themselves and two cats. On July 30 of last year, that occupancy status increased, dramatically! As Miguel recalls, on that fateful Monday, "We became a family."

While the Gutierrez's became a foster/adoptive family of five, literally overnight, their path toward parenthood actually

spanned several years. Wed in 1995, the couple set their sights from the start on having children. It was soon discovered, however, that Macrina – who works at a Montebello elementary school as an early intervention specialist – had a medical problem that would make conceiving naturally difficult. Several years were then spent pursuing infertility avenues, including in vitro fertilization, with

see Hathaway Page 7



Miguel and Macrina Gutierrez have opened their hearts and home to a trio of siblings.

Memorial Day Weekend DUI Arrests

STAFF REPORTS

LA County - The Memorial Day Weekend Anti-DUI crackdown has resulted in a significant number of DUI arrests from local routine traffic enforcement and special "Avoid the 100 DUI" campaign, overnight in Los Angeles County.

From 12:01 a.m. on Fri. May

24, through midnight on Sat. May 25, officers representing 100 county law enforcement agencies have arrested about 529 individuals for driving under the influence of alcohol or drugs. This number may increase due to some agencies that have yet to report their arrests.

All too often, members of our community are senselessly

injured or killed on local roadways by impaired drivers. Alcohol impaired deaths make up the largest number of vehicle fatalities, with 31 percent of all vehicle fatalities caused by a drunk driver.

The LA County Sheriff's De-

see DUI Page 10

DEIR Completed For DB Housing Element

CITY OF DIAMOND BAR

Diamond Bar – The City of Diamond Bar has completed the Draft Environmental Impact Report (DEIR) to the 2008-2014 Housing Element of the General Plan, and it is now available for public review and comment.

The public is invited to submit written comments regarding the environmental findings present-

ed in the DEIR during the 45-day review period. Comments must be received by 5:30pm on July 8, 2013 in order to be considered.

Hard copies of the DEIR and its appendices are also available for review at Diamond Bar City Hall (21810 Copley Drive, 2nd Floor, Diamond Bar, CA 91765) as well as at the Diamond Bar Community Library (21810 Copley Drive, 1st Floor, Diamond

Bar, CA 91765) during normal business hours.

The Housing Element is a component of the City's General Plan, which is required by California law; sets forth guiding policies for its future development. This plan includes five other elements: Land Use,

see DEIR Page 9

Walnut/DB Chino Hills Weather

Sat June 1

Sunny
High 99°
Low 61°

Sun June 2

Sunny
High 91°
Low 60°

Mon June 3

Sunny
High 87°
Low 59°

Tue June 4

Sunny
High 85°
Low 58°

Wed June 5

Sunny
High 86°
Low 58°

Thu June 6

Sunny
High 85°
Low 57°

Fri June 7

Sunny
High 86°
Low 58°

Sat June 8

Sunny
High 86°
Low 53°

FACEBOOK

Winner of Tequila 88 Prize

By SARAH ARMIJO

One of our Facebook Giveaway winners, CHRISSY BERRY LIDDICOTE, picked up her prize donated by Tequila 88!!

The winner had the option of picking between a bottle of Tequila 88, valued at \$52, or a \$25 gift card to Applebee's restaurant. All Chrissy had to do was LIKE our Weekly News Facebook page (www.facebook.com/TheWeekly-

see Winner Page 12



Photo By Micheal Armijo

ABC Public Relations' employee, Mathew Sanchez, gives Facebook Giveaway winner, Chrissy Berry Liddicote, her Tequila 88 bottle prize.

BUSINESS FEATURE

Restore Your Garden With Pruners

STAFF REPORTS

Walnut -- A beautiful landscape can make the difference between an ordinary house and an extraordinary one.

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see Pruners Page 9



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I Know You're Proud

MICHAEL ARMIJO

You know, I never really called him daddy. My sister did, and I always envied how he brought that up so many times. But now I can say, "I miss my daddy." When he died, something inside me died. I think it was the first time I realized that I was really on my own. I always felt that dad would "take me in" had I ever made a major mistake in life, had I lost everything and had no place to go. But that feeling is gone, I no longer have a 'safety net' in my life. He's not there to "take me in" anymore. At that time, I realized that there was no turning back.

I do miss him, despite the anger he carried and conveyed to me. But what I miss is his strength. And later his encouragement. He always told me how he admired the way I took on the world if I had a dream. He always said I was so strong to make hard decisions and take action. He loved to watch me work. And he loved working with me. The funny thing is, now that he's gone I don't make hard decisions anymore. I don't take action like I used to. Maybe I was showing off to daddy, trying to be the star above the other kids in our family. But my dad meant so much to all of us, we all tried so hard to be number one in our daddy's eyes. And fortunately, we all got our turn to be number one. But, I almost didn't get my turn, being the youngest. I got my turn at the end of his life. Had I not confronted him five years before he died, had I not tried to get my turn at being the number one child, I never would've received my fifteen minutes of 'family fame.'

In retrospect, our family never really communicated. I think this is why it took me so long to really get to know my father. It's kind of strange, we really didn't know

what was deep inside daddy, but we needed to be recognized by him. It meant so much to us to be recognized by someone we often felt was a stranger. And I know that I kept many things to myself, holding many memories prisoner in my mind, and some in my heart, that I never shared with him. He did teach us that we had the ability to do whatever we wanted, but he never really taught us how to communicate. I believe we need clarity; this assures ourselves of where we stand within our lives. We would then teach our children to understand the importance of expression, the importance of how to express our feelings.

When I expressed how I felt to my father, I found out why he treated us the way he did. When we discussed his life and what happened to him when he was a child, the abuse and the neglect he endured (and we ultimately inherited), we understood, together, what happened to him. And what happened to us. But we forgave and we healed. I became more of a complete person; I closed those rough chapters in my life. This is why I believe in the importance of the 'healing power of expression.'

Although my dad and I became close friends and I got to know him on a personal level, there is something that I always wished he would've said to me, something I waited all my life to hear but never heard. Something I know he died with, in his heart, but he never verbally gave to me. "I'm so proud of you". Those simple five words. That's all I ever wanted to hear from my daddy, that's the one thing that will always carry a void at the corner of my soul.

I also realized something that I never thought of: I never told my dad that I was proud of him either. I am left to wonder if he

carried the same disappointment in his life, as I did with mine. But today, what keeps me going is the hope that he's looking down upon me each day, watching what I do and how my time is being spent. And I believe that he can't hear what I say, but instead, he can see what's truly deep

within my heart. And as the sun shines warm rays upon me and as the wind whispers through the trees, I can lift my head high and close my eyes and feel his joyous heart whisper to me that he is so very proud of me; and my heart silently whispers back, that I too, am very proud of him.

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Click It or Ticket Campaign

CITY OF DIAMOND BAR

Diamond Bar - The Diamond Bar/Walnut Sheriff's Station has joined law enforcement agencies nationwide in enforcing seat belt

laws as part of the annual Click It or Ticket mobilization.

Until June 02, 2013, the Station will heighten its enforcement of seat belt laws by issuing citations – not warnings – to drivers

and passengers who fail to wear their seat belts.

Since evening commuters are least likely to buckle up, nighttime enforcement will continue to be a priority in this year's mobilization.

Under current State law, drivers are responsible for seat belt

compliance for all passengers. If the seat belt violator is over 16 years of age, both the driver and the passenger can be cited separately. Offenses may also result in points to the violator's driving record, which could raise insurance rates.

Click It or Ticket is a nationwide seat belt enforcement campaign aimed at reducing the number of highway fatalities and injuries due to non-seat-belt use. For more information, visit the National Highway Traffic Safety Administration website www.nhtsa.gov/CIOT.

Free CPR Training

CITY OF DIAMOND BAR

Diamond Bar – If you can spare a few minutes the morning of Tuesday, June 4, the Los Angeles County Fire Department – Emergency Medical Services Agency encourages you to stop

by the Diamond Bar Center to learn how to save a life with cardiopulmonary resuscitation (CPR).

Emergency personnel will be at the Center, 1600 Grand Avenue, from 9am and noon teaching attendees "hands-only" CPR

on a first-come, first-served basis. Registration is not required, and the training lasts only a few minutes.

For more information or for a list of other participating sites, visit <http://ems.dhs.lacounty.gov/>.

Bark Park Upgrades

CITY OF DIAMOND BAR

Diamond Bar – Bark Park @ Pantera Park will be closed starting from now until the end of June to facilitate the installation of several new amenities aimed at creating a more comfortable setting for dogs and their own-

ers.

Bark Park opened in November 2012 and is located on a 1.35-acre site on the south side of Pantera Park near the basketball courts. It comprises two enclosed areas where dogs can play and socialize leash-free, with existing amenities including

two drinking fountains with pet bowls, doggie waste bags, trash receptacles, and park benches. New amenities include shade structures, and additional benches and drinking fountains.

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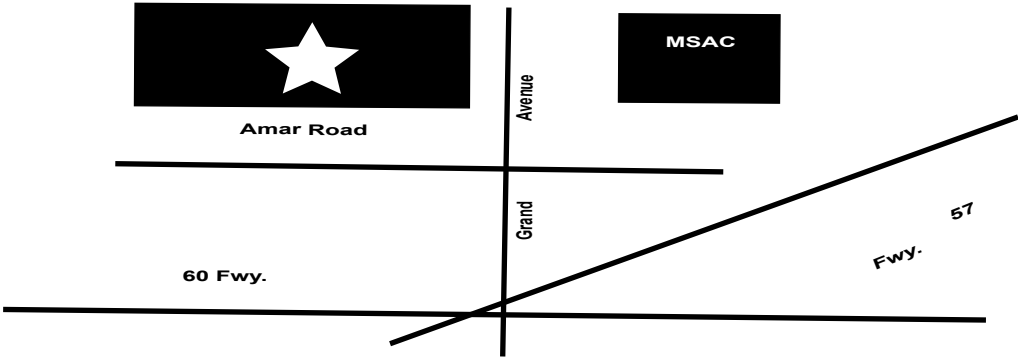
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AB 308 Unanimously Passes Assembly Floor

STAFF REPORTS

Sacramento - Assemblyman Curt Hagman's (R- Chino Hills) AB 308 passed the Assembly floor with a 74-0 vote.

"Assembly Bill 308 is a prag-

matic approach to establish a more efficient and sustainable system for school facility funding," said Assemblyman Hagman. "This bill ensures that money allocated from the state goes to initial funding purposes

while creating more opportunity for other educational institutions," Hagman added.

Given the state's lack of school construction bond funds and the need for billions of dollars in school facilities funding,

it is prudent to enact legislation that requires school districts, charter schools and county offices of education who sell facilities constructed or modernized with state school facility funds to return a portion of this money

to the state. Assembly Bill 308 would authorize the State Allocation Board to construct such a program.

For more information on Assemblyman Curt Hagman please visit: www.assembly.ca.gov/hagman.

Rowland Unified Offering Summer Programs

STAFF REPORTS

Rowland Heights - Summer is here and the Rowland Unified School District (RUSD) is offering students in grades K- 8 a variety of exciting enrichment programs. Students do not have to attend an RUSD school to enroll. Enroll now in one of the following programs:

Rowland Basketball Camp: This camp is for boys and girls ages 8 - 14 and will be held Mon. - Fri. 8:30 a.m. - 12:30 p.m. The cost is \$100 per session: Session 1 is June 10 - 14 and Session 2 is June 17-21. The camp at the Rowland High School Gym (located at 2000 S. Otterbein Avenue in Rowland Heights) is for all levels and will provide instruction in the areas of ball handling, passing, shooting, individual moves, footwork, defense and rebounding. Shooting contests, free throw contests, and team games will be conducted. Students must bring basketball shoes, white T-shirt, blue or black shorts, bottled water and a great

attitude! Call (626)965-3448 ext. 3311 or email ghamlow@rowland.k12.ca.us.

Students who wish to sing, dance, paint and perform drama can enroll now in two summer arts programs: the Summer Arts Academy or the Summer Theater program. Both programs are held at Hollingworth Elementary School, located at 3003 E. Hollingworth Street in West Covina. To register for the Summer Arts Academy and Summer Theater, please download forms at www.RowlandSchools.org or they are available at the Schools Division Office at the Rowland Unified School District located at 1830 S. Nogales Street in Rowland Heights. For more information you can call (626) 854-8348.

The Summer Arts Academy will be held June 10 - June 28, for children in grades 1-6 with Mon. - Fri. classes from 8 a.m. to Noon. Students will experience daily hands-on art projects, singing and dancing and will present an arts showcase of their work at

Gallery Night and Dinner on June 27 at 5:30 p.m. The cost for three weeks of instruction, all art supplies and a Summer Arts T-Shirt is only \$200 per child.

The Summer Theater Program will take place June 10 - July 3 for children entering grades 4 through 8. Students who want to experience putting on a musical production can take part in the Summer Theater program, with this year's production of "Willy Wonka Jr." Everyone gets a part! Classes are held Mon. - Fri. from 12:30 p.m. - 3:30 p.m. Performances of "Willy Wonka Jr." will be on July 1 and 2 at 6 p.m. The cost is only \$200 per child.

The S.M.A.R.T Summer Academy is Science, Math, Art, Reading & Technology for Grades K-8 from June 10 - 28. Located at Ybarra Academy of the Arts & Technology (1300 Brea Canyon Cut-Off Road in Walnut), classes are offered Mon. through Fri. from 8 a.m. - Noon or an optional Noon - 4 p.m. extended session. Classes include Kindergarten:

Ocean's Alive; 1st/2nd Grades: The Smart Art of Storytelling; 3rd/4th Grades: All Systems A Go! (Exploring the science of our body systems); 5th - 7th Grades: A Journey to the Center

of the Earth. K-8 Extended Session: Cupcakes, Cookies and Crafts. Classes are \$240. Call Heart for Education at (626)622-0336 or email info@heartforeducation.com.

Walnut High Team Wins National Finance Challenge Programs

By KELLI GILE

Walnut - Four Walnut High School students applied their savvy business skills and won the California Personal Finance Challenge on May 22.

Ten teams vied in the quiz bowl challenge for cash and prizes during the event.

Students Sean Liu, Barbara Gasgonia, Kingswell Zhou and Junlong Chen won 1st Place Award and \$500 each. Business Teacher, Neil Jacoby, was also awarded \$500.

The competition was held at the Los Angeles Federal Reserve. The California Council on Economic Education hosted the event organized by Elle Charles, Director of Teacher Relations.

The team has been invited to

be honored on June 12 during the CFALA (Chartered Financial Analyst Society of Los Angeles)

82nd Annual Meeting of the Members at the Petersen Automotive Museum.

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Community Coordinating Council Meeting

STAFF REPORTS

Rowland Heights - The Rowland Heights Community Coordinating Council will be holding their regular second

Monday of every month Community meeting at 7 p.m. on Monday, June 10, 2013, at Pathfinder Park. Besides the customary reports from law enforcement

and representatives of elected officials, topics include a presentation by Hills For Everyone of their study of the history of fires in the Chino/Puente Hills area, and the RHCCC's

annual Executive Board election. The RHCCC provides these monthly meetings so all Rowland Heights residents, organizations, and businesses are able to communicate directly with the agencies and repre-

sentatives affecting the quality of life in this unincorporated community. For more information, go to www.RHCCC.NETFIRMS.COM or call the Rowland Heights Community Coordinating Council, Inc. at 562-544-3828.

Buckboard Days Parade Is Coming!

STAFF REPORTS

Rowland Heights - On Saturday, October 19th, 2013, the community of Rowland Heights will hold its 41st Annual Buckboard Days Parade. In a joint effort, the Rowland Heights Community Coordinating Council and the Row-

land Heights Chinese Association will organize the parade. Applications are now available to participate in this exciting event. This year's parade will include local bands, drill teams, equestrian units, community groups, floats, and antique cars. Our

parade theme this year is "Let's Make Some Music". So is the next Grand Marshal for the Buckboard Days Parade a singer, musician, composer, producer? We'll let you know soon! The Hacienda Heights Kiwanis will also be providing a pancake breakfast at 7 a.m. The parade

will start at 9 a.m. heading north on Nogales from Adney Street, go east on Colima, make a left turn on Banida Street and end at Rowland Heights Park. Following the parade, the Rowland Council PTA and the Los Angeles County Department of Parks & Recreation, will host a Family

Festival at Rowland Heights Park. For everyone's enjoyment, there will be a variety of booths offering food, handmade arts and crafts, and entertainment for the kids. For more information, or to participate, go to buckboarddaysparade.org or email buckboardparade@hotmail.com.



You're Invited!

Bring this flyer with you to the Chino Hills Wood Ranch on Monday, June 17th for lunch, dinner, or take-out and 10% of your check will be donated to the Avon Walk for Breast Cancer.

Far too many lives are affected by breast cancer and you're invited to be part of the cure. Bring your friends and family and enjoy a delicious meal and together we can help put an end to breast cancer forever!

Thank you for all of your support. See you there!

Raffle drawing will be held at 7 PM (See me for tickets)

* Host: Kristin King
** Must bring flyer; excludes alcohol portion of check



Wood Ranch Fundraiser

STAFF REPORTS

Chino Hills – The Wood Ranch in Chino Hills is hosting a fundraiser on Mon. June 17th for lunch, dinner or take-out and 10% of your check will be donated to the Avon Walk for Breast Cancer. Bring this article or the flyer on page 6 with you and you will help us get one step closer to find a cure! Come out with your friends and family to your favorite BBQ place,

enjoy great food, and support a great cause all at the same time! You may also buy raffle tickets for \$5 to be entered into a drawing that will be held that night at 7pm. Prizes include Disneyland tickets, Dodger tickets, a gift card to Massage Envy, wine baskets and much much more. 100% of the money raised during the fundraiser will go to breast



PHOTO COURTESY: KRISTEN KING

cancer research and getting us one step closer to put an end to breast cancer forever!

Barb Day Held at Collegewood

BY KELLI GILE

Walnut - Collegewood Elementary students, teachers, and staff members flocked out of their classes precisely at 1:20 p.m. with a surprise for retiring librarian Barbara Morton on May 29. The Walnut school was celebrating "Barb Day" in honor of their beloved keeper of the books. Morton has provided 40 years of dedicated service to the Walnut Valley Unified School District and 38 at the Walnut school.

All 654 students in kindergarten through fifth grade gathered on the upper playground to surprise their librarian with tributes and a surprise flash mob dance "Gotta Keep Reading." "I was completely surprised," Morton said. The entire school kept the secret all day. "She has read to over 20,000 children," said Principal John Perez as she presented Morton with certificates of recognition and a gold watch on behalf of the District. The librarian also received special going away books written



PHOTO COURTESY: KELLI GILE
Retiring Collegewood librarian Barbara Morton holding one of her favorite books, Dewey – There's a Cat in the Library! a true story that she loved sharing with the kids.

Don't Sleep Through the Best Times of Your Life


If you wake up tired every morning, are sleepy or irritable during the day and can't get to sleep at night, you may have a sleep disorder. Lack of sleep can cause poor concentration, inadequate job performance and safety risks. Drowsiness is attributed to more than 56,000 car accidents each year,* and chronic disorders can lead to more serious health issues like high blood pressure, heart attack and stroke.

Common Sleep Disorders

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- Insomnia
- Narcolepsy


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* Source: National Highway Traffic Safety Administration



and illustrated by students from every class on campus. She got lots and lots of hugs too. "She was the glue that kept this school together," said Perez. "She literally instilled the love of literacy in every child that she touched. Every read aloud was cherished by both students and teachers," she said. Mrs. Morton also received a handmade quilt from retired Collegewood teacher and friend Vicky Telfer that featured shelves filled with colorful books - each a favorite chosen by every teacher. Morton's three cats Zoe, Harley, and Max were also depicted in the intricately stitched piece. "It was really sweet of her," Morton said admiring the beautiful artwork. "I enjoy working with the kids and having the things for them to do and to want to come to the library. And it's been fun!" she said. She said she looks forward to an upcoming family wedding and some traveling as she begins her next chapter. This original story was edited by ABC Public Relations staff.


Meet the Director



Ahmed S. El-Bershawi, MD
Medical Director

Dr. El-Bershawi is a diplomate of the American Board of Sleep Medicine, The American Board of Pulmonary and Critical Care Medicine and the American Board of Internal Medicine. He is also an active member of the American Academy of Sleep Medicine.

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Hathaway- Sycamores: a family forever

HATHAWAY from page 1

no success.

Then, a chance conversation pointed to another avenue. Miguel, who works at UPS, was talking with a coworker about his and Macrina's struggle to start a family. The coworker told Miguel that his wife works at a local agency, Hathaway-Sycamores Child and Family Services, and that they have adoption and foster-family programs.

Miguel, who is now 44, was extremely excited and thought to himself: "Now is the time. If we're going to do something, we need to get moving." Although she didn't share Miguel's immediate enthusiasm, Macrina, 46, agreed to attend a Hathaway-Sycamores Foster Parent Orientation.

Because the Gutierrez's overall goal was to have a permanent family, their first question was: Can fostering a child lead to adoption?

The answer was a resounding "yes." In fact, the Gutierrez's learned that there are currently more than 56,000 children in California's foster care system, with over 13,000 needing an adoptive home. Nationally, there are some 382,000 youngsters in foster care, with about 104,000 available for adoption.

Sensing that foster/adoption was the right path to pursue, Miguel and Macrina began the process to become certified foster parents.

From the first class on, Miguel was impressed with Hathaway-Sycamores' program. "They are so thorough, helpful, open, and honest. They answer all of your questions, and are with you every step of the way." Those steps included training, a home inspection and a home study, which is an in-depth interview of each applicant's motivation to become a foster/adoptive parent and their history. Commenting on Hathaway-Sycamores' program, Macrina says, "They really prepare you well for being

a foster parent. They had guest speakers, educational movies, and you had the chance to talk with actual foster parents."

With Hathaway-Sycamores' guidance, Miguel and Macrina received their foster and adoptive parent certification on July 9, 2012. Just 21 days later, on July 30, 2012, Miguel and Macrina became foster "Mom and Dad".

The couple hadn't planned on becoming a family of five, but when they learned the siblings' story, they instantly became committed to keeping the trio together because their young lives already had been so difficult. The oldest girl, now 6, and her brother, who is almost 4, had been in four foster placements over the last three years. The youngest, a 2-year old toddler girl, had been in foster care since she was four-months old. All had been removed as a result of parental substance abuse and domestic violence.

While Miguel admits that overnight parenthood was "a

big shock and a big change," he adds, "Hathaway-Sycamores' support made the transition very smooth. You can literally call them for help any time of the day or night". And that support doesn't end when the children walk through your door. While all three youngsters are truly thriving, the oldest is struggling with memories of early childhood trauma. To help her navigate these painful recollections, Hathaway-Sycamores home-based services provides weekly in-home therapy to the little girl.

While the Gutierrez's have only been a family of five for just short of one year, Macrina observes, "Now, we couldn't imagine life without them." She has also learned, "Being a parent isn't just about giving birth. It's about taking care of the children and showing them that they're loved."

Miguel shares similar sentiments. "I can't imagine our lives any other way," he says.

"They've made such a difference in our lives, and we've made a difference in their lives. They tell us they love us and want to be with us forever." Miguel and Macrina also want the sibling trio to be with them forever, and have been identified by the court as the prospective adoptive home for the children.

There is a pressing need for foster families who are willing to care for a child temporarily, and for foster/adoption families who want to provide a forever home for a child. Foster families come in many forms of race, lifestyle, income and education levels; full-time employees or retirees; home-owners or renters. The

crucial requirement is that you're dedicated to helping a child in need. It's also important to know that Hathaway-Sycamores trains, certifies, supervises, and supports its foster families, including weekly social worker visits, along with virtually any home-based services that are needed.

Anyone who has ever considered opening their heart and home to a foster child is urged to contact Hathaway-Sycamores Child and Family Services at 1-888-24-FAMILY ((888) 243-2645), e-mail VirginiaMontoya@hathaway-sycamores.org; or learn more by visiting <http://www.hathaway-sycamores.org>.



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Understanding Our Purpose In This World

By NANCY STOOPS

When I was five years old, my friends would line up on my front porch and give me a nickel to help them with their problems. They would tell me that I had good advice even



back then. Even as a little girl, I felt so good when I could make somebody feel better and ease the pain in their heart. At five, I knew my purpose in this world. I knew I was put in this world to help people heal from their pain. I knew even back then that this was a gift from God and I was not to waste this present.

In high school, my psychology teacher told me that I needed to go onto the field of psychology

because she said something special was in me. Just like my little friends lined up for help, she also saw why I was here. Eventually, I got the degrees and the license that honors me with being able to help many people in this world.

Understanding and honoring my purpose in this world gives me an immense sense of inner peace. It makes me feel as if I'm following God's blueprint for my

life and that feels so awesome. It makes me feel right with the world and with my life. It's incredible to be able to make a fantastic living from the very work that I was always intended to do.

Please understand that all of you have a very special purpose here as well. Take the time to search your soul to find your unique reason for being in this world. Then take the time to go and get the education that gives you the very credentials to do your life's work. I promise if you

follow through with this, you will feel a sense of nirvana. Your life will be the very life that you have always dreamt about and you will be so very proud of who you are!

For more information about any of these services feel free to page Nancy at (626) 935-3818. You may e-mail her at stoopsshecter@earthlink.net. You may purchase Nancy's new book, Live Heal and Grow, at www.RoseDogBookstore.com or at Amazon.com.

Straight Talk With Danice

DEAR DANICE,

My mom died eight months ago and my dad is a mess. My mom waited on him constantly, and in my opinion, he never really appreciated her. My daughter even said "Grandma died to get away from Grandpa." My dad is trying to get me to pick up where my mom left off. I've done this for the last several months to help him get adjusted. I think I did it because I felt my mom would want me to. During this time, I've come to realize that I don't really even like my dad as a person. I need advice on how to approach him to tell him I'm done doing his bidding. He won't last long on his own. I don't feel guilty, but I do feel angry for the way he drove my mom into the ground even after she got sick.

Thank you.

Pam W.



Dear Pam,

Since you think your dad will not thrive without your assistance, now is a good time to pitch "senior living." I know many seniors, who live in senior apartment complexes or even assisted living facilities, who greatly enjoy the experience. Many of these facilities have nice dining areas, dinner gatherings, craft classes, board games, a library, music nights, and a variety of outings. Many places even offer shuttle services for doctor appointments and shopping. It is not uncommon for the senior in question to be resistant to giving up their home, because they view this as a loss of independence. However, once they realize that the maintenance of keeping up their home is overwhelming if you are not willing to continue your involvement, they will usually reconsider. Many are pleased with the senior complexes, because they no longer feel the degree of loneliness and isolation. If this is not an option, then provide your father with the names and phone numbers of agencies that provide

care giving services. They are usually good with light house-keeping and meal preparation. If he doesn't need this type of care, suggest that he hire a house keeper and join a meal delivery program. Since you have feelings of anger toward your father, you are not the right person for this job. Make sure he understands that it is not an option for you to continue in the role as his caregiver. If your anger does not subside in a reasonable amount of time, seek help. I think this is also what your mom would want for you.

Take care,
Danice Akiyoshi ND

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching

Without A Word

By MARK HOPPER

My wife and I have had our dog for 13 years. She was about a year old when our kids got her for us from the local shelter. Her name is Molly. She has been part of our family for a long time.



As I was reflecting on our years with Molly, I realize that we have had a completely wordless relationship. She seems to understand our words, but she has never said a word herself!

She does communicate in different ways. Sometimes she simply looks at you with those big brown eyes and you know she wants something. We don't always know right away what she wants, but we know she does want or need something. Usually she wants to go for a walk!

Sometimes she will communicate with a little whine. She may need to go outside or she may be having a bad dream. Her little whine tends to get our attention.

She also alerts us when someone is coming to the front door. She will bark when she sees someone approaching and usually goes to the door to greet

them.

It is interesting that she does communicate with us without words.

There is a verse in the Bible in I Peter 3:1-2 that says, wives can have an impact on their husbands "without a word". What Peter is saying is that our behavior speaks louder than our words!

You and I are probably unaware how loudly our actions and behavior speak. You can learn a lot about a person by their behavior. You learn a lot by how people act and react in different situations.

What are people learning about you when they see your behavior? How much are you communicating "without a word"?

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PRUNERS from page 1

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The difference between Pruners and other garden places, is that Hetland specializes in garden restoration, "the common-sense alternative to California gardening."

"We're different because of

the restoration side of gardening," Heltand said. "I work with the idea of being able to save some of what's good and take out what's bad."

Hetland, who has been landscaping for over 25 years, offers a short, free consultation to ana-

lyze the damages, arrange the fix and estimate the cost.

Through garden restoration, your garden can be added on to, brought back to life, or simply be used to build a brand-new garden.

Hetland works closely with clients, on a one-on-one basis, and is able to finish the work at one time, so there are no monthly fees.

He also suggests that prospective customers ask about Pruners beautiful Koi ponds, streams and waterfalls, which are a quick way to add a tropical look to your landscape.

For more information on how Pruners can turn your average garden into a lush landscape, call (909) 468-5017.

DEIR completed for DB housing element

DEIR from page 1

Circulation, Resource Management, Public Health & Safety, and Public Services & Facilities.

The Housing Element provides an overarching statement of City policies and programs to maintain and improve existing housing, and accommodate new housing development needed

to meet the City's fair share of the state's population growth. Although the implementation of the Housing Element would designate specific sites where multi-family housing could be

developed in the future, there is no specific development projects associated with the proposed rezoning effort at this time.

For more information, contact

Senior Planner Grace Lee by phone 909.839.7032 or email glee@diamondbarca.gov. To view the DEIR, please visit www.diamondbarca.gov/housingelement.

Executive appointment

EXECUTIVE from page 1

her law enforcement career at RPDC. In 1993, she was assigned to the former Riverside Station. She worked in the community of Highgrove, where she was assigned as the deputy for the community-oriented policing program. She was also awarded the Sheriff's Department Meritorious Service Award in 1998.

In 1999, Chief Deputy Knudson was promoted to the rank of Investigator and assigned to the Administrative Investigations Unit (Internal Affairs). In 2000, she was promoted to Sergeant and was assigned to the RPDC. She was then transferred to the Perris Station in 2003 where she served as a patrol Sergeant for two years.

In 2005, Chief Deputy Knudson was promoted to lieutenant and assigned to the Southwest Detention Center (SWDC) before transferring to the Hemet Sheriff's Station. She served as the tribal liaison for the Soboba, Santa Rosa, Cahuilla and Ramona Tribes within the Hemet Sheriff's Station jurisdiction and was instrumental in forming cohesive relationships with these tribes.

In 2009, Chief Deputy Knudson was promoted to Captain by Sheriff Sniff to oversee the department's Internal Affairs Unit (IAU). In 2011, she was transferred to command the RPDC in downtown Riverside, where she has served since.

Chief Deputy Knudson is active in her community, volunteering with God's Kitchen, a local

nonprofit organization feeding those in need. She serves as the Board Secretary for the Riverside Area Rape Crisis Center and serves each year on their committee for the Annual Auction Gala.

Chief Deputy Knudson founded "Life Path Vision", a youth mentoring group that currently works with the Riverside Police Foundation's "Opportunity with Education". She is also a member of the Inland Empire Hispanic Leadership Council (IEHLC).

In 2011 and 2012, she was nominated as Woman of the Year for the 1st Supervisorial District for the Riverside County Commission for Women. Chief Deputy Knudson is also a past Vice-President of Education for Toastmasters International in

Riverside.

Chief Deputy Knudson is a 2005 graduate of the Sherman Block Supervisory Leadership Institute (SLI). She obtained a B.A. in 2007 from California Baptist University.

Of particular historic note, Patricia Knudson is the first Hispanic female to be appointed to the rank of Chief Deputy in the Riverside County Sheriff's Department's 120 year history.

Chief Deputies in the Riverside County Sheriff's Department are at-will employees of the Sheriff, and oversee various divisions within that agency (patrol, courts, coroner, administrative functions, and corrections). Their primary responsibility is to oversee personnel matters, personnel investigations, disciplines up to and including terminations,



PHOTO COURTESY: RIVERSIDE COUNTY SHERIFF CORONER
Sheriff Stan Sniff appointed Captain Patricia Knudson to Chief Deputy.

tactical issues, promotions and transfers, and arbitrations. Their typical spans of control range from 300 personnel to over 1,000, depending on the assignment.

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Man charged for murder

MURDER from page 1

prison if convicted. Joy is being held on \$1 million bail.

At the time of the crime, Joy was accused of living in an Orange home with 36-year-old

roommate Maribel Ramos. The victim was an Army veteran and a student at California State University, Fullerton.

On May 2, 2013, the defendant was accused of getting into an argument with Ramos after she told him to move out of the

home because he was not paying his rent. That night, Ramos was seen on video surveillance dropping off a rent check at the property manager's office. It was the last time she was seen alive.

Sometime between May 2, 2013, and May 3, 2013, Joy is accused of murdering Ramos. He is accused of then disposing of her body off Santiago Canyon Road.

On the night of May 3, 2013, the victim's friends reported her missing after becoming concerned when she didn't show up for scheduled events. The Orange Police Department (OPD) began investigating this case.

On May 16, 2013, a body was located off Santiago Canyon Road during a search for the victim. The body was identified

by the Orange County Sheriff Coroner as Ramos on May 17, 2013. The cause of death is under investigation.

Joy was arrested May 17, 2013, by OPD at the police station.

Senior Deputy District Attorney Scott Simmons of the Homicide Unit is prosecuting this case.

Memorial Day weekend DUI arrests

DUI from page 1

partment objective is to send out a clear message by advocating "Drunk Driving, Over the Limit, Under Arrest" to those who are considering driving a motor vehicle after consuming alcohol and/or drugs.

In an effort to reduce the number of persons killed and injured in alcohol involved crashes, DUI checkpoints are conducted to identify offenders and get them off the street, as well as educate the public on the dangers of impaired driving.

A DUI checkpoint is an effective and proven method in lowering alcohol related traffic deaths. By publicizing these enforcement and education efforts, the Los Angeles County Sheriff's Department and others experts believe motorists can be deterred from drinking and driving.

Statewide, overall traffic deaths have declined 23 percent from 3,995 in 2007 to 3,081 in 2009 and total traffic fatalities

are at their lowest level in six decades. DUI deaths have declined from 1,132 in 2007 to 950 in 2009, which is a decrease of over 16 percent.

Law enforcement officials are continuing DUI efforts throughout the county and region. CHP throughout the state also had all available officers patrolling freeways and county roads during the Memorial Day weekend.

"Saving lives, reducing injuries, traffic collisions and property damage is important work," said Sheriff Lee Baca in a press release. "Every life is a life worth saving and we will do our utmost to help keep the public safe."

Police, Sheriff and the CHP encourage all motorists to help make your community safer: Report Drunk Drivers – Call 911.

As a driver, plan ahead with these TIPS:

- Arrange rides home for your friends, family, co-workers and yourself before the drinking begins

- Identify and provide free non-alcoholic drinks or other promotional items to the Designated Driver
- Party hosts and servers must limit drinks to your guests or patrons. Don't serve more than one or two over several hours.
- Cut back on the amount of drinks you plan to bring to the party – and provide plenty of food.

Before you drive under the influence, also remember that the high cost of a first time DUI conviction could cost someone anywhere between \$6,000 to \$10,000 when all the potential fines, fees, classes, lawyers, work days missed, and increased insurance for years to come have been factored in. The LA County Sheriff's Department encourages sober designated drivers.

Funding for "Avoid the 100 DUI" program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Avoid programs, named for

the number of police agencies in each county in California, will also concentrate crackdowns on the Independence Day holiday period as well as the 18-Day August/Labor Day period.

In recognition that the summer season is among the deadliest time of the year, law enforcement agencies throughout the county will be making every effort to ar-

rest drunk drivers before another life is lost.

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Sheriff Dept Joins Special Olympics Torch Run

OLYMPICS from page 1

back in 1981 as a way to involve officers in the community.

Since its inception, the Torch Run has grown to include over 142,000 law enforcement officers running in more than 125 events in 48 countries. Most importantly, they have raised over \$414 million for the Special Olympics worldwide. Pomona Valley officers helped contribute to the nearly \$1.2 million raised in Southern California last year alone.

The Special Olympics organization of Pomona Valley offers year-round programs and physical fitness competitions for children and adults with intellectual disabilities. Programs like the Special Olympics

help to develop fitness and motor skills, and instill self-confidence and a positive self image.

For more information on this year's Torch Run and the Special Olympics of Southern California, visit www.sosc.org.

Lanternman Development Center Central Program Services is located at 3530 W. Pomona Blvd. Pomona, CA 91769.



Winner of Tequila 88 prize

WINNER from page 1

News), and JOIN our event and she won a free prize!

The winner was picked and announced in a video message on Facebook and was published in The Weekly News, the Eastvale Community News and the Community News.

The winner was also checked for proper identification indicating she was at least 21 years of age, before she was able to claim her

Tequila 88 bottle.

Tequila 88 is crafted by using the most innovative fermentation and distillation techniques in the industry, a process so intricately detailed that it could do no less than to create the ultimate flavor-palette to arouse your taste buds. Tequila 88 is perfectly balanced with the elements of cooked agave flavor and its sweet aroma, a modern touch on a classic spirit, according to their website.

For more information about Tequila 88, go to www.tequila88.com

or call (909) 786-1071. You may also email Tequila 88 at info@tequila88.com for further details.

Our next Facebook Giveaway will be announced shortly, so make sure to LIKE our Weekly News Facebook page (www.facebook.com/TheWeeklyNews) and keep an eye out for our next Facebook Giveaway prize posting.

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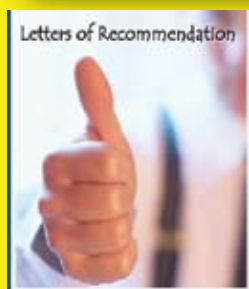
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Gilbert,

We want to thank you for the very efficient and professional manner in how you handled the listing and sale of our daughter's townhouse in Hampton Court in Diamond Bar, CA. Your knowledge of the local market and your advice to us on the listing and sale procedures resulted in a successful sale. You are easy to do business with and we really appreciate your promptness in returning our calls whenever we had a question. We were also impressed with your using all the latest communication systems from FAX, cell phone, Texting, and E-mail to get the job done in a timely manner. This is our 3rd business experience with you including the purchase of Cheryl's condo in Ontario, Debbie's reappraisal of her townhouse, and now the sale of the townhouse. Obviously, we are very satisfied customers. Continued good luck with your real estate business in a very competitive environment. Hope we have the opportunity to cross trails again some day.

Sincerely, Al & Dorene M.

I've been a CA Certified Appraiser for 19 years!



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