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OC News

Anaheim Police Dog Shot

BY EMILY LUNDBERG

Anaheim -- On Thursday, March 20, Anaheim K-9 Officer Bruno, was shot when a suspect opened fire.

The altercation began at around 2 p.m. when two probation officers approached three men near the intersection of La Palma Avenue and Citron Street. Two of the men promptly fled with at least one opening fire while the other was detained. One of the flee-

see Dog Page 9

IE News

Girl Scouts Help Traffic Safety

BY TIANA GOEGEBUER

Eastvale -- Back in February 2014, Girl Scout Troop 152 expressed their concerns to the Eastvale City Council about the safety of students and other pedestrians who are crossing Harrison Avenue at Whispering Hills Drive during school hours. They

see Scouts Page 12

Allegations of Sign Thefts Continue For Walnut Election Candidate

BY RAYMOND MENDOZA

WALNUT -- As Walnut's April 8 municipal election approaches, allegations of campaign sign thefts among Council Member Mary Su, Council Member Bob Pacheco and candidate Betty Tang have escalated to the level of formal complaints filed with the Walnut-Diamond

Bar Sheriff's Station, as well as public statements by campaign members.

According to De'Andre Valencia, Mary Su's campaign manager, an official theft complaint was filed with the Sheriff's Department on Saturday, March

see Tang Page 2



Na Won't Campaign For Supervisor Seat

BY GLENN FREEMAN

Chino -- Although his name will appear on the June 3 Primary Ballot, Chino Valley School Board member, James Na, says he will not campaign for the Fourth District supervisor seat in San Bernardino County. The seat is being vacated by incumbent Gary Ovitt, who chose not

to seek re-election.

Na took out nomination papers for the seat when the filing period opened on Feb. 10, but has since decided not to run. According to a report by the Chino Champion newspaper, Na said he made the decision after speaking with his pastor on March 20, deciding that "God's intent" for him is to remain with the school board.

"I love kids," he told the newspaper. "I always get excited and joyful serving students and parents and teachers and staff members."

The decision to not campaign for the Fourth District seat by Na essentially leaves the race be-

see Seat Page 10

Sheriff's Dept. Asking For Your Help

STAFF REPORTS

The Walnut-Diamond Bar Sheriff's Booster Club is hosting their Annual Golf Class on Monday, April 7, at the Western Hills Country Club in Chino Hills (1800 Carbon Canyon Road).

According to Captain Jeff Scroggin of the Walnut-Dia-

mond Bar Sheriff's Station, the Sheriff's Booster Club is a non-profit organization whose sole purpose is to provide much needed equipment and logistical support to the Volunteers, Explorers, Reserve Deputy Sheriffs and Disaster Communication Specialists. Station Volunteers provide thousands

of hours to help uphold the mission of the department and serve the community. Your tax deductible donation or sponsorship will help purchase equipment and supplies for all of the Volunteer Programs to be

see Golf Page 10

Voluntary Water Supply Reduction for WV

STAFF REPORTS

Walnut -- Despite rainstorms a few weeks ago, California is still experiencing record drought conditions. Governor Brown has called for a statewide reduction in water use, and in response, the Walnut Valley Water District's Board of Direc-

tors has adopted a resolution requesting a 20% voluntary reduction in water usage by all District's customers.

When asked about the District's adoption of the voluntary water conservation effort, Board President, Barbara Carrera, stated, "With the ongoing lack

of rain and snowfall throughout the state, the Walnut Valley Water District is stepping up our response to the drought and recommending that all of our customers continue to do their part in conserving water." Direc-

see Water Page 12

BUSINESS FEATURE

Liposuction Without The Suction

BY MICHAEL ARMIJO

Upland -- Body Sculpting is best described as an alternate 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



Premier Body Sculpt is located at 141 W. Foothill Blvd #5 in Upland. You can reach them at 1-(855) 8-SCULPT or visit their website at www.premierbodysculpt.com.

see Sculpt Page 9

BUSINESS FEATURE

Alamo Car Wash One-Stop Shop

BY SEAN C. MOORE

Walnut -- You're a busy person with a lot to do. You need a car wash, an oil change, a haircut and you have to pick up a birthday card for a friend—and you haven't even had lunch yet. You could run all over town trying to get all of this done, or you could get it all done at



Photo Courtesy: Alamo Car Wash

If you want to see the difference in the way Alamo Car Wash and Detail Center can make your car look and run, visit them at 784 N. Nogales Street in Walnut. For more information, including business hours, call them at (626) 965-7922.

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OUR LIFE

Campaign sign theft continues

TANG from page 1

22, after an anonymous source called Su's office to say he was driving behind two individuals traveling in a grey/silver Volkswagen Jetta, who were stopping along the road to allegedly steal Su's campaign signs.

"We filed a police report and we're leaving it at that," Valencia said. "We're just hoping Tang's workers stop being ridiculous. We're focusing on the campaign right now and not letting these thefts distract us."

Captain Jeff Scroggin of the

Walnut-Diamond Bar Sheriff's Station said no arrests have been made, but the responding Deputy did discover six of Mary Su's campaign signs in a dumpster immediately behind Tang's campaign office located on Valley Boulevard. However, Scroggin said there was insufficient evidence linking the thefts to Tang's campaign crew to make an arrest.

Samuel Liu, Tang's campaign manager, said he was fed up with the allegations of stolen signs and that Su's campaign crew is attempting to lead citizens away from the politics of

the campaign and instead focusing on campaign tactics to distract Walnut residents.

"We don't know anything about missing yard signs and we have our own police reports we filed for missing signs," Liu said. "When we filed our police report, which was for a hundred yard signs, they [the Walnut-Diamond Bar Sheriff's Station] never followed up. Then when some of Mary Su's yard signs go missing, a Deputy Sheriff comes to our office, and so we feel like some candidates are getting favoritism."

Liu said Tang's campaign also

filed a report on Sunday, March 23 for more missing signs, the day after Su's complaint was filed. Liu did not explain how Mary Su's yard signs ended up in the dumpster immediately behind Tang's campaign office.

Meanwhile, at Wednesday evening's City Council meeting, several Walnut citizens showed up to complain about individuals trespassing on their property to place Tang campaign signs on their lawn without permission (see this story at www.anapr.com).

The Walnut election will be held on Tuesday, April 8.

I Know You're Proud

By 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.'

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

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 us 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 did. Something I know he died with, in his heart, but he never verbally gave to me. The five simple words, "I'm so proud of you." That's all I ever wanted to hear from my daddy, that's the one thing that will always be 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 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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Community Events

STAFF REPORTS

UPCOMING EVENTS: Walnut Family Science Night

When: Friday, March 28 from 6:30 p.m. to 8:30 p.m.

Where: Walnut Senior Center, 21215 La Puente Road, Walnut

Details: Come and explore the exciting world of science that is all around us. This event will feature learning stations, hands-on experiments, entertainment, contests and prizes.

Cost: The fee is \$10 per family if you purchase your tickets prior to the day of the event and \$15 at the door.

Contact: Walnut Senior Center, (909) 598-6200

FUTURE EVENTS:

FREE Firefighter Preparation Seminar

When: Mar. 29 and May 31 from 8 a.m. to 5 p.m., with a one-hour lunch break

Where: Western University, 309 E. 2nd Street, Pomona

Details: Seminar presented by the Los Angeles County Fire Department. This is a one-day overview about what to expect from the hiring process. Registration is required to attend. Register online at fire.lacounty.gov, and bring your confirmation form to the seminar. Seating is limited to those who register.

More info: fire.lacounty.gov

City of Walnut Family Health and Fitness Fair

When: Saturday, April 5 from 9 a.m. to 3 p.m.

Where: Walnut Senior Center, 21215 La Puente Road, Walnut

Details: Information booths, FREE screenings, lectures every 30 minutes, Q & A session, Family Fun Walk, family fitness corner, blood drive, live entertainment, and more!

Contact: Gabriela Encinas at the Walnut Senior Center at (909) 598-6200.

Walnut Women's Club Planting

When: April 5 at 10 a.m.

Where: Fire Station 61, located at 20011 La Puente Road, Walnut

Who: This is sponsored by the Walnut Valley Women's Club Domestic Violence Against Children Committee.

Details: The Women's Club is planning to plant a bed of pinwheels for prevention at Fire Station 61 in Walnut. They will be there until May 3.

Chino Hills Spring Home Tour

When: April 6. Tours will take place from 1 p.m. to 4 p.m. with a wine reception to follow from 4 p.m. to 6 p.m.

Where: Chino Hills Community Center

Cost: Tour/reception \$45 per perso; Reception-only \$30

Details: Proceeds from the event will contribute to the Chino Hills Community Foundation's efforts to raise funds for art programs and youth and senior recreation scholarships.

Tickets: Available at www.chinohills.org/HomeTour or at City Hall in the Recreation Division, 14000 City Center Drive.

Contact: www.chinohillsfoun

dation.org or e-mail the Foundation at CHCfoundation@chinohills.org.

2014 Public Health Expo

When: April 11 from 10 a.m. to 3 p.m.

Where: El Pueblo de Los Angeles Historical Monument (Olvera Street) at 125 Paseo de la Plaza

Details: FREE health screenings, free pet vaccinations, and services. Learn about: immunizations, women's health, nutrition, and other health information. Live entertainment: Mariachi Los Toros, Groov3 dancing, yoga, and more.

Contact: dial 2-1-1 or visit www.publichealth.lacounty.gov.

Diamond Bar Birthday Celebration

When: Saturday, April 12 from 11 a.m. to 5 p.m.

Where: Pantera Park, 738 Pantera Drive, Diamond Bar

Contact: (909) 839-7000

DBHS Spring Musical "The Pirates of Penzance"

When: April 24, 25, 26 and May 1, 2, 3 at 7 p.m.

Where: DBHS Theatre at 21400 E. Pathfinder Road in Diamond Bar

Details: Tickets sales are available at www.seatyourself.biz/dbhsdrama. Sections B, C, D: Adults are \$18, Students w/ID are \$15. Sections A, E: Adults are \$15, Students w/ID are \$12.

Contact: Beatrice Casagran at (909) 594-1405 ext. 33276

21th Annual Diamond Bar

Library Wine Soirée

When: Sunday, April 27

Where: Diamond Bar Center, 1600 Grand Avenue in Diamond Bar

Details: An afternoon of delicious food from local restaurants, great wine from the Jerry Mead New World International Wine Competition, music, and exciting book, silent and live auctions. A unique souvenir wine glass and program are included with each ticket. All of the proceeds go directly to your local community library.

Cost: Tickets are \$50 per person in advance and \$60 at the door.

Contact: (909) 861-2002

WEEKLY EVENTS:

Bookstore Blowout

Where: Twice Sold Tale Bookstore located at the Walnut Library, La Puente Road, Walnut CA 91789

When: Tuesdays, Wednesdays, Thursdays from 1 p.m. to 8 p.m., Fridays from 10 a.m. to 5 p.m. and Saturdays 10 a.m. to 5 p.m.

Details: All books and media: any four items for \$1. \$1 minimum purchase.

Contact: (909) 595-0757 or email the.walnut.library@mac.com.

Resources for the Classroom Days at Basically BOOKS

When: second Tuesdays of every month.

Where: Basically BOOKS locations: at 23447 Golden Springs Road, Diamond Bar and at the Diamond Bar Library: 21800

Copley Drive, Diamond Bar.

Details: Books and education videos will be offered at special discounts for teachers at all levels. Teachers can sign up at either Basically BOOKS locations or email BasicallyBOOKS@aol.com to join these special teacher appreciation afternoons.

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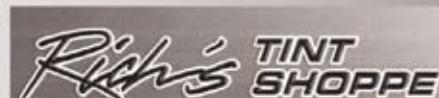
When: Every Saturday from 8 a.m. to 2 p.m.

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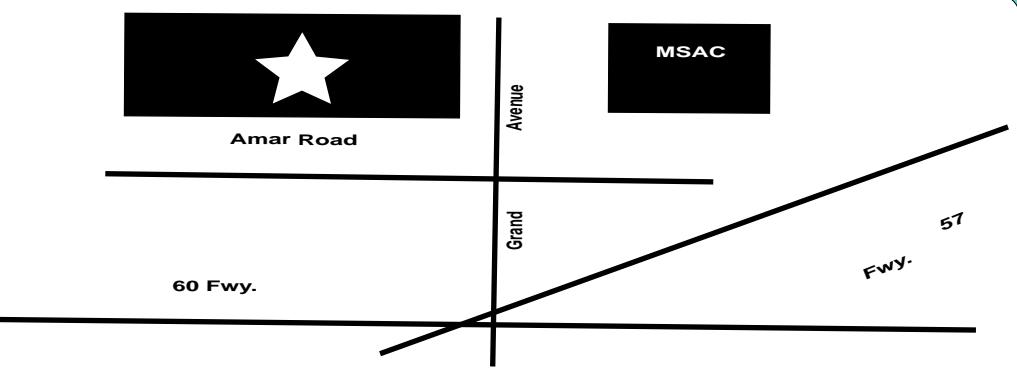
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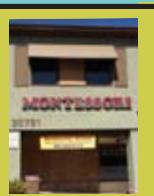
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Your Local School Updates

Diamond Bar High School Grammy Award Gala

STAFF REPORTS

DIAMOND BAR — The Diamond Bar High School (DBHS) Music Department will host a gala to showcase their Grammy award winning music at the magnificent Diamond Bar Center, located at 160 Grand Avenue. The public is invited to attend and share in the celebration on Monday, April

21, from 6:00 to 9:00 p.m.

DBHS is among 12 schools nationwide that were named Grammy Signature Schools for 2014, and has been named the best of the top three schools designated at Gold Recipients. Grammy Signature School awards are given to high school music programs that are keeping the programs alive despite

budgets and school politics.

Individual tickets are available for \$75, and sponsorship opportunities range from \$1,000 to \$5,000. Payments can be sent to DBHS Music Department, P.O. Box 4697, Diamond Bar, CA 91765. To RSVP or find out more information, contact Jody Roberto at jodymroberto@gmail.com.



Photo Courtesy: Diamond Bar High School
DBHS Orchestra, under the direction of Steve Acciani, performing at CSUF

Mt. SAC Students Named to State Academic Teams

STAFF REPORTS

Walnut — Mt. San Antonio College students Brian Yu and Cynthia Robinson are two of the 76 community college students throughout the state that were recently selected for the 2014 All-California Academic teams, selected by Phi Theta Kappa (PTK), the international community college honor society.

Yu and Robinson, both stu-

dents in Mt. SAC's Honors Program, will receive medallions during the Community College League of California awards ceremony to be held on April 3 at the Citizen Hotel in Sacramento. Selection for the academic teams is based on grades, leadership, and community service.

Yu, 19, is an English major and carries a 3.93 GPA. He was selected for the All-California Academic First Team, the high-

est honor. A Walnut resident, he has served as a mentor for the Honors Program on campus and is a co-founder of the campus transfer club STEP. He was also a member of college's championship forensics team last year and won three medals at the state championship. Off campus, he has raised over \$180,000 as a volunteer for cancer research as part of Walnut's Relay for Life board. In 2012, he was honored

as a "Voice of Democracy" by the Veterans of Foreign Wars Association. He plans to transfer to Stanford or UCLA and eventually become a screenwriter.

Robinson, a 30-year-old mother of two, is a Horticulture major and carries a 3.76 GPA. She was selected for the All-California Academic Third Team. A Rancho Cucamonga resident, she served as Vice President of Scholarships for PTK on cam-

pus, and also served on the college's InterClub Council. Off campus, she volunteers as a horticulturalist for the University of California Cooperative Extension Program. She also works as a horticulturalist for the non-profit Incredible Edibles Community Garden in Upland. She plans to pursue her bachelor's and master's degrees in Horticulture at either Oregon State or U.C. Davis.

WV Board Appoints Assistant Superintendent of

STAFF REPORTS

Walnut — The Walnut Valley Unified School District Board of Trustees approved Dr. Matthew Witmer as the new Assistant Superintendent of Educational Services during the February 19 meeting.

Dr. Witmer has a strong background in the area of curriculum and instruction, and has led the transition into Common Core State Standards. The veteran educator brings 18 years of

experience to his new post, which he formally assumed on March 3.

"Dr. Witmer possesses the leadership qualities, technical knowledge of the position, and proven ability to perform effectively in this administrative role," said Superintendent Dr. Robert Taylor. "I look forward to working with Dr. Witmer. He will make a great addition to the Walnut Valley family," he added.

Since 2012, Dr. Witmer served as Director of Educational Ser-

vices in the Corona-Norco Unified School District (CNUSD). He was responsible for all areas of the division in the 54,000-student district. During his tenure, CNUSD was selected as a 2012 and 2013 finalist district of the Broad Prize for Urban Education.

Additionally, Dr. Witmer is an adjunct Professor of Educational Leadership at the University of California, Irvine Extension, and Azusa Pacific University. Prior to that, he worked as an

associate professor, director, interim program director, principal, assistant principal, and teacher. Dr. Witmer received his Doctorate in Educational Leadership from Azusa Pacific University.

"The reputation of the Walnut Valley Unified School District has been outstanding for a long time, and I look forward to supporting our students' learning and contributing to the district's future success," said Dr. Witmer.



Photo Courtesy: WVUSD
Dr. Matthew Witmer

Chaparral Wind Ensemble Headed to Washington

STAFF REPORTS

Diamond Bar — The talented Chaparral Middle School Wind Ensemble will be representing the State of California at the National Festival of States, in Washington, D.C. They will be performing concerts at the Lincoln Memorial and Vinson Hall on March 29 and 30,

featuring the music of American composers.

The Wind Ensemble is comprised of approximately 70 very talented 8th Grade musicians, under the direction of conductor, Leslie Schroerlukke.

This will be the group's third visit to Washington, D.C. Chaparral is very proud of these students.

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- "Top 100 Safest Cities in the U.S.," Neighborhood Scout, February 2013
- "The 50 Safest Cities in California," Bloomberg Businessweek, December 2012
- "50 Best Places to Live in America," CNN-Money, September 2013
- "Best Place to Raise Kids in California," Bloomberg Businessweek, December 2012
- "100 Best Places to Live in America," CNN-Money, September 2011

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Bath(F,T,H,Q): 1,0,0,0
Sqft (Src): 1,174
Ac/LotSqft (Src): 2.268/98,803
List Price: \$299,000



24422 Pikes CT, Diamond Bar 91765
Bed: 3
Bath(F,T,H,Q): 2,0,0,0
Sqft (Src): 1,412
Ac/LotSqft (Src): 0.308/13,424
Sold Price: \$500,000



910 Clear Creek Canyon DR, Diamond Bar 91765
Bed: 4
Bath(F,T,H,Q): 2,0,0,0
Sqft (Src): 1,771
Ac/LotSqft (Src): 0.23/10,195
Sold Price: \$485,000



939 Golden Prados DR, Diamond Bar 91765
Bed: 6
Bath(F,T,H,Q): 2,2,0,0
Sqft (Src): 2,404
Ac/LotSqft (Src): 0.22/9,425
Sold Price: \$542,000



814 REXFORD CT, Diamond Bar 91765
Bed: 5
Bath(F,T,H,Q): 3,0,1,0
Sqft (Src): 2,100
Ac/LotSqft (Src): 0.16/7,187
Sold Price: \$520,000



725 Featherwood DR, Diamond Bar 91765
Bed: 3
Bath(F,T,H,Q): 2,0,0,0
Sqft (Src): 1,440
Ac/LotSqft (Src): 0.48/20,691
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*Nové Deypalan, Founder and Music Director,
Walnut Valley Symphony Orchestra and Master Chorale*



"For his work in providing safety to citizens, Bob is endorsed by Law Enforcement Officials, Sheriff Sandra Hutchens, Orange County; Larry Waldie, Assistant Sheriff, Los Angeles County."

*Walt Allen, Mayor of Covina, Assistant Secretary,
Office of Correctional Safety (ret.) and Drug Enforcement Officer (ret.)*

"Bob Pacheco has an incredible record of accomplishments. He is fully committed to our community. Bob formed the Walnut Valley Educational Foundation which has raised over \$1 million for classroom educational grants and student scholarships. He co-founded The Gabriel Foundation which each year sponsors the Industry Hills Charity Pro Rodeo which benefits special need children and adults and after school youth sports programs. Bob founded the Walnut Valley Symphony Orchestra and Master Chorale leading the way to bring excellence in the Arts to Walnut. He led the charge in developing the Walnut Village, the most profitable shopping center in Walnut."

Tony Cartagena, Mayor of Walnut



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"We liked Assemblyman Bob Pacheco's style, heart, tenacity and loyalty to our region during his six years in Sacramento. Term limits have robbed us of one of our best ambassadors." - San Gabriel Valley Tribune 9/3/03

Straight Talk With Danice

Danice Akiyoshi, ND

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



Service. She offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

Dear Readers:

When you hear the word, "hormone," what comes to mind? Do you have thoughts of a boy or girl going through puberty, or a woman going through menopause? Do you think of your grouchy girlfriend who has PMS or an older man who has lost his spark? Hormones play a big role

in a man's life, too. As men age, they experience andropause, which is the male equivalent to menopause in women.

Whether you are male or female, young or old, if you are suffering from symptoms of hormonal imbalance, visit your doctor and have your hormone levels checked. Bringing your

system into balance can have a positive effect on your health. Do a bit of research so you understand all the various options. Bio identical hormone replacement is an interesting subject. There is a vast array of information available on the Internet.

Danice Akiyoshi, ND

Trucks and Tractors

By PASTOR MARK HOPPER

When our oldest grandson was two or three years old, he would get so excited about trucks and tractors. When he heard the garbage truck outside his apartment building, he would run to the window to see the big, noisy truck. When there was road repair work in their neighborhood, he would love to sit and watch the big trucks and tractors at work. Maybe all little boys are like this; maybe some bigger boys, too.

Right now there is an army

of big earth moving vehicles at work across the street from our church. I can hear them and I can see them from the window in my office. I even took some pictures to send to my grandson.

Watching those huge machines reshape the earth is quite a disruption. I find myself frequently stopping to watch in wonder as these trucks and tractors move the dirt and carve new roads into the hillside. I am sure that some of the neighbors are not very happy to see this large tract of land being prepared for new

homes. All this earth moving results in dust and noise and distractions.

It is fascinating to see how quickly the site is changing as the operators skillfully maneuver these huge pieces of equipment. In a similar way, the Bible talks about God reshaping and transforming our lives. He doesn't use big trucks and tractors, but He does use His Word and His Spirit to reshape and remake our lives.

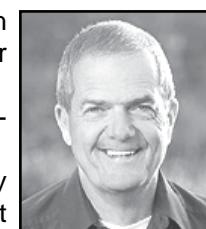
God also uses people to help shape and mold our lives. Parents, coaches, teachers, mentors and spouses help transform

us. The changes may not be as dramatic or rapid as they are in the earth moving business, but the influence of other people can impact and change us for a lifetime.

The next time you see some big trucks and tractors at work, ask yourself what changes you have seen God making in your life. He is in the life changing business!

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Visit Me at the Walnut Family Health and Fitness Fair

By NANCY STOOPS

On Saturday, April 5, Walnut will be hosting a Family Health and Fitness Fair. I will not only have a booth at this special event, but at 11:00 a.m. I will be hosting a question and answer session regarding all elements of being mentally healthy. The event will run in its entirety from 9 a.m. until 3 p.m., and be filled with many opportunities to learn new ways to improve your health and your life, and take charge of your overall well being.

The Fair will take place at the Walnut Senior Center, which is located at 21215 La Puente Road in the City of Walnut. Their phone number is (909) 598-6200.

I know many of you have been reading this column for years. I have gotten so much

wonderful feedback regarding the topics that I write about. I hope all of you will come out and visit me at my booth and come to my Q & A Session. I will be offering many tips on how to let go off all the things that hold you back from being happy and content with your life. I will talk about depression and anxiety and how to overcome such debilitating conditions that so many people suffer from. I will answer questions about conditions that hold your child back from being a great student. I will talk about relationships and how to communicate more effectively. The truth is, I have been practicing as a licensed mental health expert for 14 years now and I have an array of knowledge on mental health issues. I will have handouts as well, and you will have an opportunity to write

down the answers to all the questions that have been keeping you up at night.

This may be a free event, but don't let that make you believe that the information presented isn't priceless. Because if you have your health, you have the road to unlimited possibilities!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. For more information about her participation at the upcoming Family Health and Fitness Fair, or any of the services she provides, you may contact Nancy at (909) 229-0727. You may also e-mail her at stoopsshecter@earthlink.net.



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Police K-9 shot

Dog from page 1

ing suspects then proceeded to threaten a woman and two children with a gun, according to a post on the Anaheim Police Department's blog.

At approximately 3:15 p.m.,

SWAT officers, including K-9 Officer Bruno, joined in the search for the gun-wielding man. The suspect, who has been identified as Orange gang member, Robert Andrew Moreno, was killed when officers returned fire after he shot K-9 Officer Bruno in the mouth. The bullet went through

the dog's jaw and into his chest, missing his heart by less than an inch, said Anaheim Police Captain Bob Conklin in a post on the Police Department's website. Bruno was immediately taken to Yorba Regional Animal Hospital where he underwent a three hour surgery that included the recon-

struction of his jaw, according to the same post.

Recent updates from both the Police Department's blog and the Friends of Anaheim Police K-9 Association's Facebook page show that Bruno has made significant progress in his recovery. On Sunday afternoon the department posted a video of Bruno eating on his own for the first time since

the accident, and on Monday he was finally well enough to accept a visit from his handler, Officer R.J. Young, and his family.

Both the Anaheim Police Department and the Friends of the Anaheim Police K-9 Association say they are grateful for the overwhelming support, and donations from the local community and beyond.

Alamo Car Wash

ALAMO from page 1

one stop: Alamo Car Wash and Detail Center.

Dan Gerstner and his wife, Sylvia, opened Alamo 18 years ago, and they have run the business with a simple philosophy ever since.

"Our philosophy is to always have satisfied customers. We want them to be satisfied with what we do here, and 99.9 percent of the time, they are," Gerstner said.

Situated in a four-acre complex at the corner of Nogales and Francesca Drive in Walnut, Alamo features a hand car wash, a Mobil gas station and an Xpress Lube oil change center, as well as a number of shops, which the

Gerstners rent mostly to automotive-related businesses, but also include restaurants, beauty salons, a dentist's office, a locksmith and a bookkeeping service.

"We even have a shoeshine guy. It's really a one-stop shop," Gerstner said.

The car wash offers full-service hand car washes and detailing, which include waxing, buffing and interior cleaning, as well as an express wash for people on the go.

"We have a new service we started a year ago—the Express Exterior Wash. It only takes five minutes and the customer stays in the car as it goes through the tunnel where it gets hand washed. It's for people who are in a hurry," he explained.

Asked why people should visit

Alamo instead of other area car washes, Gerstner said, "I don't know what other car washes do, but I know what we do. We're very picky about service and the little details. And usually, when the car comes out, it's cleaner than it's ever been."

Package washes are popular, Gerstner said, especially the Silver Package Wash. It includes an air freshener, sealer wax, polish wax, rainbow wax, clear coat sealant and Armor-All on the car's tires.

Inside the brightly-decorated car wash, you can watch your car as it goes through the tunnel; get a massage in a leather massage chair, listen to the sound of tropical birds chirping, pick up a gift or card in the gift shop.

"If people need something

at the last minute, like greeting cards, we have a wide selection they can choose from while they're waiting for their car. We also carry just about any kind of auto accessories you might need," Gerstner said.

Alamo's oil change service is also extremely popular.

"Our quick lube service is very complete. We do the complete maintenance service for the car—transmission, power steering, brake fluid, the cooling system and fuel emissions service—we do the whole maintenance package for your car, and that's why our quick lube service is so popular," Gerstner said. Plus, oil change customers receive a free car wash.

Gerstner admits that Alamo is not the cheapest place to have

your car washed or serviced, but maintains that the services they offer make them competitive with just about anybody else.

"We offer a higher level of service than many other places, and that's why we've been so successful. People love their car—their car is like their baby, and it's unbelievable how some of them treat their cars. We see customers who come in twice a week, and their cars look clean, but they still want them washed here," he explained.

If you want to see the difference in the way Alamo Car Wash and Detail Center can make your car look and run, visit them at 784 N. Nogales Street in Walnut. For more information, including business hours, call them at (626) 965-7922.

Body Sculpt

SCULPT from page 1

technique that is revised.

So upon visiting the Premier Body Sculpt Center in Upland, I was a bit skeptical about their "amazing new technology coming to work." The combination of Ultrasonic Cavitation and Radio Frequency (RF) was said to show amazing results without the inconvenience, pain and down-time of surgery. But the skeptics are 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: 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 the fat this way, and the results are immediate, with further results through 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 emit through your 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 when it emits, I can 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 am always some type of risk. But what gave me confi-

dence was the technician is an RN, BSN, and Aesthetic Specialist. Linell Wagers administers the sound wave procedure, but also works the emergency room at a local hospital (Yes, I checked).

I could not find anything negative about the procedure, just opinion. But I did see results right away and the before and after pictures were alarming. I did three sessions and I am pleased with the results so far.

I personally like the results and I am going back to do more. I do recommend Body Sculpting and I also recommend you check out their website, watch the video, and make the best decision for yourself. If you have any further questions or would like to know more about my experience, feel free to ask me at coronavalley@coronavalley.com.

Premier Body Sculpt is located at 141 W. Foothill Blvd #5 in Upland. You can reach them at 1-(855) 8-SCULPT or visit their website at www.premierbodysculpt.com.

Did You Know?

Walnut -- In 1952, the Walnut Valley Water District was formed under State law to provide a supply of water for the people in this area. In 1955, after beginning the development of the water supply system, the District provided potable water to 21 service connections with an approximate population of less than 800 in the local area.

Today, after more than five decades of service to the community, the District operates and maintains two large imported potable water pipelines, 370 miles of distribution mains, 16 pump plants, and 27 reservoirs with a storage capacity of 87.4 million gallons of water serving over 26,600 connections. The District also operates and maintains a recycled water dis-

tribution system consisting of 28 miles of distribution mains, 1 pump plant, 3 wells, and 2 reservoirs with a storage capacity of 4 million gallons of water serving over 200 connections. The District provides water service to an area encompassing 17,900 acres, serving a population of nearly 100,000 residents and businesses in six local communities.

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the accident, and on Monday he was finally well enough to accept a visit from his handler, Officer R.J. Young, and his family. Both the Anaheim Police Department and the Friends of the Anaheim Police K-9 Association say they are grateful for the overwhelming support, and donations from the local community and beyond.

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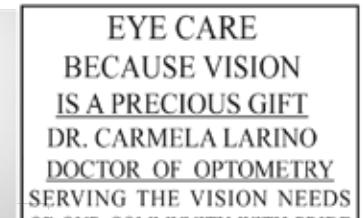


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You Are What You Eat

By K. P. SANDER

Eastvale -- They say, 'You Are What You Eat', but what if I don't want to be Potassium Bromate? What if Butylated Hydroxyanisol gives me the creeps (after all, "butylated" sounds like "mutilated")? In today's world of high technology and instant gratification, have we microwaved ourselves into a toxic nightmare of diseases, obesity and unhappiness?

The artificial sweeteners, preservatives, dyes and flavor enhancers that have been added to our foods for decades have fattened not only corporate pocket books through prolonged shelf lives and disguised cheaper, sub-standard products, but they have fattened us up as well. They have created maladies in our bodies including Alzheimer's, cancers, diabetes and heart disease, and have contributed to emotional disorders in our children – even health concerns for our pets. A hundred years ago, when you grew your own food

and "fast food" was a chicken on the run from the chopping block, these diseases were rare, and even non-existent. But with the initiation of processed foods in the second half of the 20th Century, the health of people everywhere has taken a turn for the worse.

The frightening list of additives that infest our foods are helping to make meals to die for; literally. BHA/BHT, artificial sweeteners, food dyes, high fructose corn syrup, monosodium glutamate, potassium bromate, sodium nitrate/nitrite sodium sulfite, surfer dioxide and trans-fats are commonly found in everything from breads to meats to yogurts – even chewing gum can be toxic. And all of these ingredients are associated with some very unpleasant, even deadly, consequences from cancer to chromosomal damage.

And, are the poisons ingested in our bodies the only cause for concern? Is there more social anxiety prevalent because of social media? By involving more

people in our lives via technology, are we becoming more anti-social by hiding behind it? Look around you. The majority of people walking around (and yes, even driving around) aren't paying attention to where they are going because they are completely focused on their phones: texting, Facebooking, Instagramming.

I'm guilty of all of it, but I can't remember the last time I truly felt full of health and vitality and just plain old GOOD. I wake up to caffeine, drive-thru when I'm rushed, crack open a can of high-fructose corn syrup for energy, and text instead of call. But I, for one, don't want to find myself looking a heart attack (or worse) right smack in the face, knowing I contributed directly to it. I'm going to educate myself, read more labels, and avoid ingredients I can't pronounce or know to be toxic. I'm going to buy more organic foods and less processed foods. I'm going to consider an apple and a handful of almonds "fast food". And I'm going to contribute to my general well-being

by participating in some actual face time with those I love. I'm guessing my fitness routines will be enhanced, my body and mind will feel better, and my relationships will benefit.

Food should be a source of joy and nourishment. The purpose is to fuel your body, and due to the sensory components, it is an opportunity to create a connection with those you love. Create a meal to live for. Let "you are what you eat" mean health and vitality for you and your family.

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Sheriff's golf tournament

GOLF from page 1

successful.

This year's Annual Golf Classic is dedicated to the President of the Walnut-Diamond Sheriff's Booster Club, Dr. Jeffrey Lowe, who passed away recently. Dr. Lowe, who was a local chiropractor, spent countless hours in support of the community as a former Diamond Bar Rotary President, past board member of the Diamond Bar Chamber of Commerce, and local business man. He was also a San Bernardino County Sheriff Reserve Deputy for over 20 years.



Photo Courtesy: Google Images
Western Hills Country Club,
Chino Hills

Tournament registration will be held from 9:30 a.m. to 11:15 a.m., and shotgun start will begin at 11:30 a.m. An awards luncheon will immediately follow the tournament, where all tee

prizes will be awarded. Golf competitions include Longest Drive, Closest to the Pin, and Hole-in-One.

Sponsorship opportunities include: Platinum Sponsor for \$3,000; Gold Sponsor for \$2,000; and Silver Sponsor for \$1,000 (these packages include golf rounds and recognition). There are additional sponsorship opportunities available.

For more information on sponsorships or to register to play in this very special tournament, contact Booster Club Member, Gil Rivera at (909) 967-4525, or Gil.Rivera@verizon.net.

Na says he won't campaign

SEAT from page 1

tween Ontario Councilman Paul Avila, Democratic Congresswoman Gloria Negrete McLeod, and Republican Assemblyman Curt Hagman. The seat represents Chino, Chino Hills, and Ontario.

In November 2010, Na led the

push to have the "In God We Trust" motto displayed inside the county supervisor chambers, which the board approved in December 2010. At the time, Na told the Redlands Daily Facts he was acting on the dying wish of a friend, Chino Hills humanitarian Joyce Butler.

Na has been a board member of Chino Valley Unified School

District since being elected in 2008. He says his plans are to continue serving on the school board.

Photo Courtesy: Google Images
Chino Valley School Board Member,
James Na



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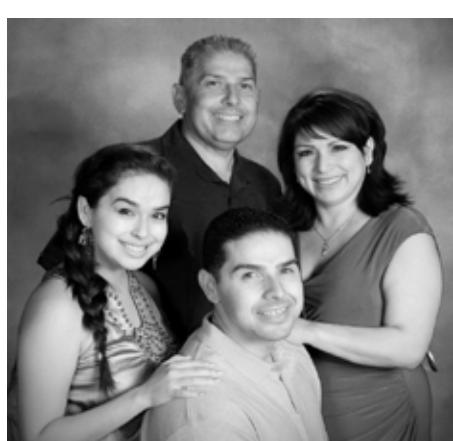
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Local troop requests change

SCOUT from page 1

requested that the City provide a crossing guard at Rosa Parks Elementary to enforce traffic rules as well as improve the safety of pedestrians. After the meeting, Eastvale City Staff members met with Troop 152's leaders and provided an explanation of the process involved in obtaining a crossing guard.

According to City Manager Carol Jacobs at the Feb. 25 Safety Commission meeting, the City's Staff has established traffic migration measures that sometimes include talking with concerned parents, conducting a crossing guard study, two traffic counts, and traffic camera sur-

veillance. In addition, various actions like trimming trees to allow for improved sign visibility, the installation of "No Right Turn on Red" signs, and the adjustment of the timing on traffic signals have been accomplished to address the Girl Scout's concerns.

The requested crossing guard studies were conducted. The results stated that an additional crossing guard is not necessary, and there are not enough cars passing through the specified intersection to warrant additional crossing guards being stationed in the area. However, the Girl Scouts continued to pursue the issue and came to the City Council meeting the next day to again present their findings to the City Council. The Council

agreed to the recommendation that the City do yet another traffic study to investigate the need for a crossing guard. In order to make sure that all schools are in session and that the traffic is at maximum capacity, the study will be performed sometime between Apr. 28 and May 25. The Safety Commission also recommended a flashing speed sign to be placed in area so that drivers are well aware of their speed.

Regardless of the final decision, this Girl Scout troop has taken an issue that was of concern to them, and made it a project. They made a plan, did research and were persistent; and because of their persistence, changes have been made and safety has increased.

Reduction for WV water district

WATER from page 1

tor Carrera went on to state, "The good news is the Walnut Valley Water District expects to have adequate water supplies for 2014 as the Metropolitan Water District of Southern California (MWD), the District's regional water supplier, has announced no water restrictions for this year."

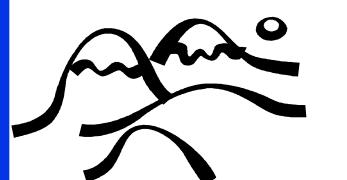
Mike Holmes, Walnut Valley Water District General Manager indicated, "The reason for this water supply assurance is that MWD, along with many other water agencies, including our District, have been very active in preparing for droughts by capturing and storing imported

supplies in "wet years" in order to maintain a reliable system during the dry cycles such as this year." "Further", he stated, "In addition to the District's extensive water education and conservation programs for District customers, over the last 30 years, our District also has invested millions of customers' dollars in a recycled water system that currently offsets our potable water usage by approximately 10% of our total water purchases. Our customers have also been averaging a 15% reduction in their water use, so this along with our recycled water system, shows we are conserving water."

President Carrera concluded her remarks by stating, "On

behalf of the District's Board of Directors, I would personally like to thank all of our customers for their on-going water conservation efforts over the years. This resolution is to officially request our good customers to also respond to the Governor's call to voluntarily increase their conservation efforts and to continue to "Use Water Wisely."

For further information on ways to conserve, rebate programs available, or general information about the drought, visit the District's website at www.wwvd.com or call the District's customer service staff at (909) 595-1268.



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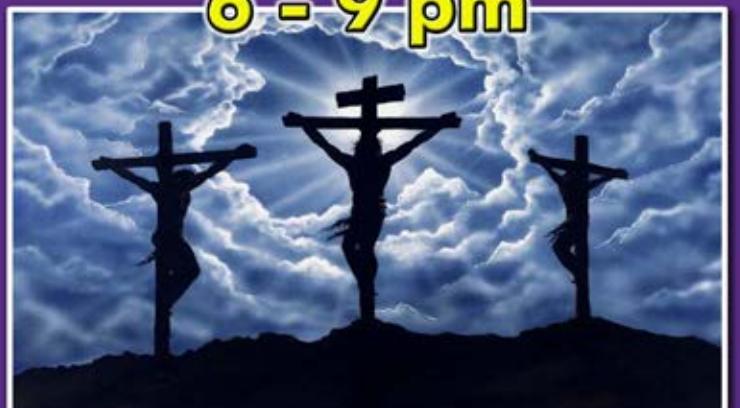
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