



## OC News

### \$3.3 Million Embezzlement

#### STAFF REPORTS

**Irvine** – The former controller of a company that provides supervision services, including electronic monitoring programs to courts and probation departments, plead guilty this week to federal charges of embezzling well over \$3 million from the company over the course of two years.

According to the U.S. District Attorney's Office, Steven

see OC Page 9

## IE News

### Former Defender Sentenced To One Year

#### STAFF REPORTS

**Upland** – An Upland attorney was sentenced this week to one year and one day in federal prison for stealing \$129,795 from the Social Security Administration (SSA) after her grandmother died in 2000.

Audrey Owens, 61, was a deputy public defender

see IE Page 5

## Unofficial Election Results

#### STAFF REPORTS

**SGV** – Tues., June 3, was Election Day, and voters headed to the polls to cast their ballots for several local and statewide races in the California Primary.

Below are some of the highlights of the results, the most

notable being with Curt Hagman (R-Chino Hills), who was beat with just a 3% margin by Gloria McLeod for the San Bernardino Board of Supervisors District 4 seat. Hagman,

see Election Page 5



Curt Hagman



Ling-Ling Chang

## Chino Police Seize 25 Pounds Of Marijuana

#### CITY OF CHINO

**Chino** – Three subjects were arrested after approximately 25 pounds of unpackaged marijuana was seized from a residence on Mon., June 2.

Chino Police Officers responded to the 5400 block of Mt. Vernon Avenue at approximately 3:30 p.m. on Monday afternoon to follow up on information in-

volving possible marijuana use. Officers located a large amount of marijuana and returned later in the evening to serve a search warrant, which led to the discovery of approximately 25 pounds of marijuana, along with equipment used to grow marijuana.

Marlene Hernandez, 32, Francisco Hernandez, 40, and Eduardo Martinez, 38, all of Chino, were subsequently ar-

rested and booked at the West Valley Detention Center for processing marijuana and possession of marijuana for sales. Martinez was also charged with possession of concentrated cannabis.

The investigation is ongoing and anyone with information regarding this incident is asked to call the Chino Police Department at (909) 628-1234.

## Walnut Library Closes For Five Months

#### STAFF REPORTS

**Walnut** – Due to a major renovation, the Los Angeles County Library in Walnut will be closing its doors for five months beginning June 7, according to the City of Walnut. The cost of the project is estimated at \$945,000.

"Walnut is grateful to the L.A. County Board of Supervisors for approving this project to enhance

our community," said Mayor Antonio "Tony" Cartagena in a news release. "The Walnut Library is a vital resource for our families, students, and seniors, and we are excited to see the renovations that will take place."

The renovation will include a new floor plan to maximize

see Library Page 5



PHOTO COURTESY: LOS ANGELES COUNTY

LIBRARY IN WALNUT  
The Walnut Library will close for five months starting June 8.

## Walnut Council Corner

#### BY RAYMOND MENDOZA

**Walnut** - Walnut City Council members met Wed., May 28 for their final meeting of the month, which sparked heated discussion about the parking situation at Mount San Antonio College from nearby residents.

The meeting began when

City Council members awarded residents Mary Lee Saint John and Vic Saint John for their active membership in the Walnut Walkers club, which promotes healthy activity from senior citizens in the city. Mayor Tony Cartagena thanked the two for their work with the club and helping with its growth, outgoing spirit, and

healthy attitude.

"Every Sunday night, Mary Lee makes individual phone calls to every walker on the list, reminding and encouraging them to show up," Cartagena said. "Because of her commitment, the

see Council Page 5

## Walnut/DB Chino Hills Weather

### Sun June 8

Sunny  
High 90°  
Low 62°



### Mon June 9

Sunny  
High 88°  
Low 60°



### Tue June 10

Partly Cloudy  
High 83°  
Low 58°



### Wed June 11

Partly Cloudy  
High 83°  
Low 57°



### Thu June 12

Sunny  
High 84°  
Low 57°



### Fri June 13

Sunny  
High 84°  
Low 58°



## BUSINESS FEATURE

### A Special Kind of Thrift

#### STAFF REPORTS

**Walnut** – Discovered Treasures Thrift Store could be the hidden gem you have been looking for, right in your neighborhood. They offer customers a variety of merchandise at affordable prices. They rely



PHOTO COURTESY: DISCOVERED TREASURES

Discovered Treasures Thrift Store is located at 20425 Valley Boulevard, in the City of Walnut and can be reached at (909) 594-8862, or via email at discovered.treasures@yahoo.com.

see BF Page 9

## BUSINESS FEATURE

### Budget Rooter Plumbing

#### STAFF REPORTS

**Chino** – It's hard to find a plumber who does good work, but Dave Holt has been in the business for 35 years and promises to fix it right the first time.

"We treat every customer with respect and honesty," Holt



You can reach Budget Rooter Plumbing at (909) 592-5855 or (626) 334-3533, or visit [www.abudgetrooter.com](http://www.abudgetrooter.com) for more information.

see Budget Page 8



# WEEKLY NEWS

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Kimberley Sander  
**Staff Writers, Photographers,**  
**Editorial Team:**  
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# Prince Charming

By MICHAEL ARMIJO

I thought it was a war movie, or maybe a history movie; the previews were very realistic. Children played ball while the large planes flew overhead. The camera shot followed the bombs as they landed on the enormous ships. I could see the determined look in the crewman's eyes as he fired the machine guns at the planes in the sky above. It seemed like a pretty cool action movie, but I was taken by deep surprise as a love story unfolded while watching, "Pearl Harbor."

In another scene, a young woman departed from a train, and you couldn't help but notice the beautiful glow on her face. She smiled, convincingly, and carried herself as though her life was like a child's dream. The gleam in her eye, the uncontrollable smile, the happy pitch in her voice - she was most definitely in love.

As she approached a man, he stood there, handsomely, in his compelling uniform. With flowers in hand, hat in place, and his love beaming like a proud 10-year-old home run hitter, he obviously desired to be near her. He was in love; free from judgment, free from dysfunction. He stood there and confessed his love for her, and she believed him, because he meant it. He meant every

syllable, every vowel, and every adjective that came out of his mouth. He loved her as no other. He loved her unconditionally.

When I saw the reflection of his heart on her face, when I saw her overcome with the power of emotion, I noticed how she felt, and then it came to me. It was obvious that she felt the way she did because he loved her, completely. He stood there in his fairytale book stance, and he proved he was, undeniably, her Prince Charming.

The look in her eyes, the love in her smile, was just captivating. It was right then that I knew he was responsible for her love, and I understood that as men, we are responsible for our partner's love. It's our responsibility to provide a strong, loving arena for the one we love, so they have no choice but to feel life is like a Hollywood movie with a storybook ending. I also realized that it's been years since I've seen that movie-like emotion in my wife's smile. And something surprising came to me: I am no Prince Charming.

I wondered what it would be like to be someone who was capable of giving their heart to someone else, unconditionally, uncontrollably. I wondered what it would take to love someone and to feel free from fear, to give it all up, opening up to

possible pain.

I wanted to be like that actor. I wanted to be someone who was capable of all that emotion. But more surprisingly, I wanted that stature in life, and not for me, but for my wife. I wanted to become something that I wasn't, so that I could someday stand there like that actor did, at the train station, while my wife's heart beamed with love for me. I wanted to be free from all of life's historical pains, egos, anger, frustration, and unhappiness, so that I could be responsible for her undying love. I wanted her to have this life because deep in my heart I know she deserves it. She deserves to feel the way that young woman did at the train station. She deserves every minute of that joy.

Yes, it was just a movie. But to me, today, it's real life. Because of a simple, believable moment manufactured by Hollywood, I'm doing all I can to give my wife the love that she deserves. I'm trying my best by forgiving past pain and experiences. I'm letting go of agony

that bad love once provided. I'm leaving all the insecurities and the egos in the past. I'm giving her my heart. I'm holding her hand. I'm opening her doors. I'm becoming more patient. I'm learning how to apologize more often. I'm being her friend, and I'm letting her be my friend. I call her, sometimes just to tell her "hi," or "I love you," and I have no ulterior motive. I am working so hard to earn her trust, to prove to her that I'm capable of loving. I'm learning how to love again.

And I know that a day will come when she'll smile brightly. She'll stand there, and her eyes will glisten with happiness. Her hand will clasp my own. Her hug will be trusting and convincing. She'll whisper in my ear that she loves me. And she will smile uncontrollably. Then I will know in my heart that that I've finally provided her with her fairytale, her movie-like love. And when that day comes I will be able to feel her heart from a million miles away, and I'll know that I've finally become her Prince Charming.

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# Making Progress

By JENNIFER MADRIGAL

Progress is advancing in some way. Progress is making changes to yourself and hoping that those changes make you a better person. Progress is inspiring. Progress is hoping against all odds and actually seeing it happen. I'm progressing in life. I'm changing things, myself, my situation, my outlook, my faith, my hopes, and my dreams. I'm trying to redefine my own reality and see

things for how they actually are and what they can be, not what they will never be. I'm faithful, but not patient. Yet I am faithful that I will learn to be patient and that I will be given the opportunities to advance both my patience and my courage. Evan (Steve Carell) in the movie, Evan Almighty, said something along the lines of, "We pray for courage. But God does not make us brave; he instead gives us the opportunities to be brave, thus mak-

ing us courageous". Progress means that while I may not be there yet, I am further than I was yesterday and that I am moving forward. While I progress another year in my life, I look back and see how far I've come, and that pushes me on to aspire for something greater. We should never stop progressing, aiming, hoping or dreaming to be better than we were yesterday. Life is unique, in that one must always aspire to higher levels

to avoid being mediocre. This has always been a fear of mine, mediocrity. I do not want to be mediocre, I want to be extraordinary and exact a change on this world. I need to make goals, checklists, recordings, or whatever it takes to keep myself accountable to what really matters. The best advice I can give anyone in this regard is to really, seriously, hold yourself accountable. You are responsible for your happiness, success,

etc. If you don't like the path you are on, no matter how old or young you are, no matter what your fitness level is, your education or your financial situation, change it! Make progress, even if it just means you take one step toward being where you want to be. Just remember to progress.



# Community Events

STAFF REPORTS

**UPCOMING EVENTS:**  
**Mt. Calvary Lutheran Summer Kids' Day Camp**

When: Monday, June 9 through Wednesday, August 20; 6:30 a.m. to 6 p.m.

Where: Mt. Calvary Lutheran Church & Schools, 23300 Golden Springs Dr., Diamond Bar 91765

Details: A fun, safe, Christian environment for your school age children. Kids' camp is a summer day camp program based on fun, personal and spiritual growth, and the celebration of God's Word through various activities, field trips, and daily devotions. All children ages 5 - 12 are invited to attend. Check out the Mt. Calvary Lutheran website for more information about daily activities, registration, and fees.

Contact: Debbie, (909) 861-2740, or visit [www.mcldb.org](http://www.mcldb.org).

**Montessori Graduation**

When: Friday, June 13, 6 p.m.

Where: Covina Women's Club

Details: Join the Mayor of Walnut for the graduation ceremonies of the International School of Montessori. The school has been in business since 1994, serving the Walnut community with the utmost care and providing exceptional quality when it comes to education, truly building a foundation for life and learning.

Contact: International School of Montessori, 20781 Amar Rd, Unit 1, Walnut, (909) 594-8172, <http://montessoriwalnut.com>

**3rd Annual Women's Care Center Walk for Life**

When: Saturday, June 14 at 8 a.m.; Registration starts at 6:30 a.m.

Where: Industry Expo Center; 16200 Temple Avenue, City of Industry

Cost: \$35 (includes race, entry, goodie bag, meal, and t-shirt)

Details: 5K Run and Walk for Life.

Contact: Landon Diener, Event Manager (714) 309-1634; [landondiener@gmail.com](mailto:landondiener@gmail.com). Register at <http://www.womenscare-center.org>

**OPARC's Heart and Sole: Fun Run 1K/5K and Health Fair**

When: June 14, from 9 a.m. to 1 p.m.

Where: Ruben S. Ayala Park, 5575 Edison Ave., Chino CA

91710

Cost: Entry fee for runners/walkers is \$20, inspiration signs are \$50, vendor booths are \$150 and additional sponsorship opportunities are available. Free parking.

Details: OPARC, a 501(c)(3) organization that trains, employs and serves the mentally disabled community. Food vendors, vendor booths, participant awards, music, guest appearances, and more. Walk-ins are welcome.

**DB 2014 Concerts In The park and Movies Under The Stars**

When: Wednesdays at 6:30 p.m. starting June 18 until August 1

For more info: Visit [www.DiamondBarCA.gov/specialevents](http://www.DiamondBarCA.gov/specialevents) or call (909) 839-7070.

**SGV Annual Installation and Awards Gala**

When: Thursday, June 19, 5:30 p.m.

Where: STC Center

Details: One of the Chamber's premier events featuring award presentation of businesses and individuals who have impacted the San Gabriel Valley throughout the year. The event will also feature the installation of the new board members.

Contact: RSSVP to Melanie Coward at (909) 869-0701, or [melaniec@regionalchambersgv.com](mailto:melaniec@regionalchambersgv.com).

**Walnut's Annual Bulky Item Pickup**

When: Saturday, June 21 and June 28 at 7 a.m.

Details: This free clean-up will provide pick-up of furniture, appliances, lumber, residential vehicle tires, and other household items. Simply place "Bulky Item Clean-up" materials and other household items at your curb Friday night after 6 pm or Saturday before 7 am

For more info: Go to [ci.walnut.ca.us](http://ci.walnut.ca.us)

**Gardening Workshop**

When: Saturday, June 28 from 9:30 a.m. to 11:30 a.m.

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

Details: The workshop will provide hands-on instruction on composting, worm composting, grass-cycling, and water- and fire-wise gardening. Compost bins will be available for purchase at discount - \$40 each for a backyard compost bin and \$65 each for a worm compost bin (includes 1/2 lb. of worms).

Cost: Admission is free and open to the public; no reservations are required.

Contact: (909) 839-7013

**Pomona Inner City Ministry – Homeless Dinner**

When: Saturday, June 28 – and the fourth Saturday of each month; noon to 4:30 p.m.

Where: First Baptist Church of Pomona, 601 N. Garey Avenue, Pomona (volunteers meet in E202, Second Floor at noon for prayer and instructions)

Details: Come serve the homeless and economically disadvantaged in a ministry that can not only transform the lives of others, for those of you that volunteer as well.

Contact: If you would like to donate goods, the Ministry is in need to hats and men's clothing of all styles and sizes (they can be brought to the dinner). For financial donations, contact Global Impact Ministries, 586 N. Main Street, Pomona, CA 91768.

**Walnut 4th of July Celebration**

When: July 4 from 6 p.m. to 9:30 p.m.

Where: Suzanne Park, 625 Suzanne Rd., Walnut

Details: Bring lawn chairs, blankets, canopies and picnic baskets to enjoy fireworks, live music, face painting, pie eating, and food trucks. No Alcohol, smoking, BBW grills or other cooking appliances allowed.

Contact: (909) 598-5605

**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](mailto:the.walnut.library@mac.com).

**Resources for the Classroom Days at Basically BOOKS**

When: Second Tuesday 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](mailto:BasicallyBOOKS@aol.com) to join these special teacher appreciation afternoons.

**Free Acupuncture for Veterans, Active Military, First Responders**

When: Every Tuesday at 5 p.m.

Where: 12598 Central Avenue, Unit 113, Chino, CA 91710.

Cost: Free

Contact: (909) 590-4183 or [www.healingcirclecommunityacupuncture.com](http://www.healingcirclecommunityacupuncture.com)

**Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce**

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

Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut CA 91789

Cost: Free Admission/Parking

Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.

Contact: (909) 869-0701.



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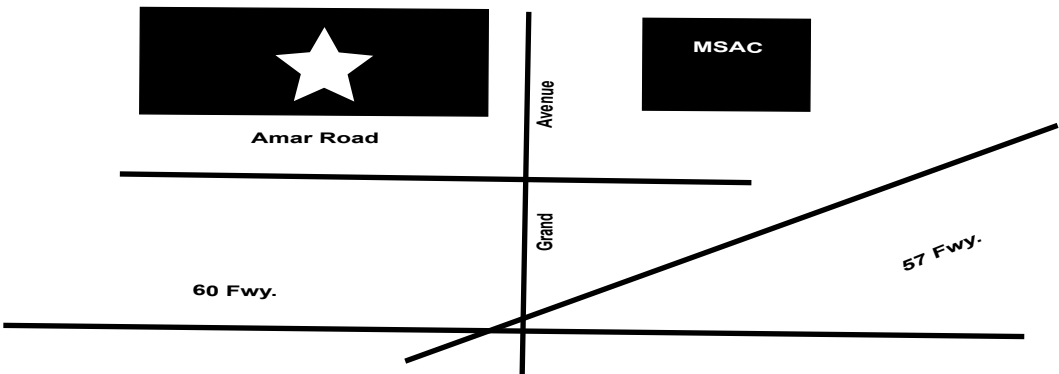
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Bin Bin Konjac .....	594-2832
Burger King .....	468-3672
Clearwater Bagels .....	598-4332
Dollar Tree .....	468-4850
East West Bank .....	869-7232
Electric Beach Tanning .....	839-1992
Elixir Cycles .....	595-6116
GNC Vitamins .....	869-7272
Hub Café .....	595-4545
International School of Montessori .....	594-8172
Krazy Noodle Thai BBQ .....	595-3034
Max Loan Center .....	702-8889
Newen's Beauty Salon .....	598-8394
Pho Express .....	468-2220
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# Unofficial election results

## ELECTION from page 1

a former mayor of Chino Hills, terms out as State Assemblyman in District 55 this year. He will be unofficially replaced by Diamond Bar councilwoman, Ling-Ling Chang, who ran against fellow councilmember Steve Tye.

Here are the **unofficial** results, as posted by NBC Southern California, with 100 percent of the precincts reporting:

- L.A. County Sheriff – Jim McDonnell; 49%
- California Governor – Jerry Brown; 54%
- California Lieutenant Gov-

ernor – Gavin Newsome; 50%

- Secretary of State – Alex Padilla and Pete Peterson; each with 30% of the vote.
- Attorney General – Kamala Harris; 53%
- Glendale City Council – Paula Devine; 33%
- San Bernardino County Sheriff – John McMahon; 63%
- San Bernardino District Attorney – Michael Ramos; 61%
- San Bernardino Supt of Schools – Ted Alejandro; 55%
- San Bernardino Board of Supervisors (District 2) – Janice Rutherford; 68%
- San Bernardino Board of Supervisors (District 4) – Gloria McLeod; 43%

- State Assembly (District 33) – John Coffey; 24%
- State Assembly (District 43) – Mike Gatto; 67%
- State Assembly (District 48) – Roger Hernandez; 49%
- State Assembly (District 49) – Ed Chau; 61% of the vote.
- State Assembly (District 52) – Freddie Rodriguez; 56%
- State Assembly (District 55) – Ling-Ling Chang; 28%
- State Assembly (District 57) – Rita Topalian; 51%
- Measure A, Monterey Park Zoning – YES
- Measure G, Glendale Charter Amendment – YES
- Measure W, Whittier Electrics - YES



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# Former Defender sentenced for fraud

## IE from page 1

for Riverside County, retiring just last September. She pled guilty in March to two counts of theft of government property, admitting that she swindled the government for 12 years. On Mon., June 2, Owens was sentenced by United States

District Judge, Virginia A. Phillips.

According to court documents, from June 2000 through August 2012, Owens fraudulently obtained Social Security benefits intended for her grandmother, who died in May 2000. After her grandmother's death, Owens changed the address of a joint account she

shared with her grandmother and continued to receive the dead woman's payments.

Owens “devised and executed a plan to illicitly obtain significant amounts of SSA benefits intended for her deceased grandmother,” prosecutors wrote in a sentencing memo filed with the court. “Indeed, within just one week

of her grandmother's death, [Owens] sprang her plan into action by immediately removing her father's name off of the [grandmother's] Kansas City account and changing the address of record to her own address in Upland. This allowed her to continue to receive SSA benefits, undetected, for over 12 years, totaling more

than \$129,000. She was only stopped when SSA began to suspect fraud – otherwise, the theft would have likely continued indefinitely and resulted in even greater losses.”

The investigation in this case was conducted by the Social Security Administration, Office of the Inspector General, Office of Investigations.

# Walnut City Council

## COUNCIL from page 1

Walnut Walkers are currently an active and energetic group with about 40 members to promote exercise and staying healthy.”

After the award presentation, the City Council approved the May 14 meeting minutes and Resolution No. 14-25 for the City of Walnut allowing certain claims and demands in the amount of \$1,117,762.36.

The council then began its dis-

cussion of the parking structure construction at Mt. SAC, with a staff report from City Attorney, Mike Montgomery.

Public outcry for a Council discussion has been ongoing for several months, with residents complaining about the lack of parking at the community college and students parking in nearby neighborhoods.

“It's parking has overflowed in the community through the years, as a result of probably outgrowing its original capacity,”

Montgomery said.

Montgomery noted that Measure RR was approved in November 2008 for the \$350 million bond issued to make improvements to the campus, which included a parking structure for more than 200 spaces. He said that cities have minimal authority for structures established in community college campuses. Montgomery also said that after years of planning and tests, the campus is entering its final stages before construction starts in 2015.

Residents then had the chance to ask questions pertaining to the progress of construction on the parking structure. Residents also questioned the limits of capacity at Mt SAC, stating that the population of the school has become so large that its facilities are no longer able to support the number of students.

Complaints from Walnut residents filled the council chamber pertaining to noise pollution, actual pollution, overcrowding, and unsafe traffic hazards caused by

students.

With all the concerns of the residents, Cartagena then appointed Bob Pacheco and Mayor Pro Tem Nancy Tragarz to meet with the administration from Mt. SAC sometime in June to discuss matters pertaining to resolving overcrowding issues.

City Council officially adjourned at 8:45 p.m., with plans to hold its next meeting on June 11 at 7 p.m. in the City Council chambers, located at 21201 La Puente Road.

# Walnut Library temporarily closing

## LIBRARY from page 1

public space, new furniture, self-checkout technology, additional computers, a large group study room, a new teen area, new carpet and paint, ADA upgrades, a redesigned public meeting room and a digital display in the lobby.

While the Walnut Library is closed, library patrons can visit the L.A. County Diamond Bar location at 21800 Copley Drive, in Diamond Bar; or the Rowland

Heights location at 1850 Nogales Street, in Rowland Heights.

Didn't return your books before the Walnut Library closed its doors? Don't worry about incurring a five-month late fee. According to a City of Walnut news release, materials checked out from the Walnut location can be returned to any L.A. County public library.

For additional information, please visit the L.A. County Public Library website at [www.colapublib.org](http://www.colapublib.org), or the City of Walnut website at [www.ci.walnut.ca.us](http://www.ci.walnut.ca.us).





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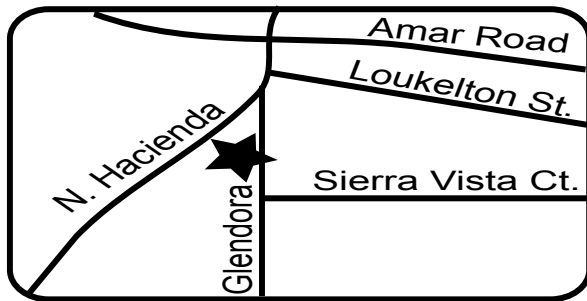
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# Budget Rooter

## BUDGET from page 1

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# It Looks Like Summer

By PASTOR MARK HOPPER

I was having lunch at my favorite restaurant the other day and it was packed with people. There were all these students lined up waiting to order their food. It was crazy! Why weren't these kids in school?

I found out that it was the last day of school for the Walnut School



District. I think the students were released at 11 a.m. and it seemed like all of them descended on In-N-Out at the same time. The kids were excited and full of energy. It was like a huge dam had broken and all their pent up energy was filling the restaurant. It was clear that these students were ready for summer.

It is true that we all need a break from time to time. Certainly teachers need a break from the demanding role of teaching students five days a week. I'm sure that

students also need a break from all the homework that they deal with during the school year.

Parents may feel a little different. There is something nice about kids having a routine. I'm sure parents are also glad that their children are learning and growing at school each day.

What are you planning to do with your kids now that school is out for the next ten weeks? I recently saw an article in the Orange County Register titled, "50 Things To Do For Free In Orange County With

Your Kids This Summer." I think every parent could use some helpful, inexpensive ideas to fill these lazy, hazy days of summer.

One thing I encourage all of the parents at our church to do is send their kids to summer camp. There is nothing quite like a week away from home at summer camp. Camp is expensive, but worth every dollar. In addition, many churches offer an inexpensive week of Vacation Bible School in the summer. Our VBS will be July 28 to August 1. It is a great week for kids to grow

and learn.  
I hope you have some creative plans for your students this summer, although I do recommend a visit to In-N-Out from time to time.  
School is out. The kids are ready for summer. Are you ready, too?  
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# Staying Out Of The Negative

By NANCY STOOPS

Do you see the glass as half full or half empty? Do you focus on the good in your life or on what's wrong? Do you take the time to count your blessings each and everyday?

We all have things that go wrong in our lives, but I believe



we create our own energy based on what we focus on. I mean, if all we see is the negative and can't seem to find the positive, then I think we will be pretty negative.

Stop what you're doing for a moment and do this little exercise with me. Take a piece of paper and fold it in half. Write down all the negatives in your life on one side, but write a positive thing to negate the negative thing on the other side. Now decide how you

want to live your life and which side of the paper you want to focus on.

I believe everything happens for a reason. Each and every trial life offers us also teaches us a lesson, if we take the time to see and learn it. Don't make the negative the focus of your life; learn the lesson and move on.

Good and bad times are going to come and go. We must learn to be victorious through the bad times and celebrate the good.

We must also learn to stop taking the good times for granted. Take control of your life and help yourself learn to create positive energy by focusing on the good. Learn to trust in yourself and have faith that you will find your way through the negative things that come your way. Make the decision to invest your energy in the good in your life and if you do, life will be good and you'll be very happy.

This article was written by

Nancy Stoops, M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She runs free family support groups, a group on loss for seniors, and groups for teens. For more information about any of these services feel free to page her at (626) 935-3818. You may also email her at stoopsshecter@earthlink.net. Nancy's book, "Live, Heal and Grow" is available for purchase at www.RoseDogBookstore.com or Amazon.com.

# Straight Talk With Danice

By DANICE AKIYOSHI, ND

Dear Dr. Akiyoshi:

My wife has a new job that requires her to travel for two weeks every month. I don't know if I'm worried about her safety, or I don't like sleeping alone, but I have started having insomnia when she's gone. She



told me to see a doctor and get some sleeping pills, but I know they are habit forming. What is your opinion?

Jonas

Dear Jonas:

My personal choice for a sleep aid is Ornithine. I buy it from www.DrClarkStore.com. There are many natural sleep aids available. Do your research to decide what's best for your personal situation.

Danice Akiyoshi, N.D.

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.

# Discovered Treasures

BF from page 1

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opportunity to excel and become caring, successful individuals. By donating, you, too, can help provide these opportunities.

Discovered Treasures offers weekly specials to its patrons, including 10% off every day for military; 10% off on Tuesdays for seniors; and 10% off on Wednesdays for students.

Discovered Treasures accepts furniture, kitchen ware, appliances, household items, jewelry, gently used clothing and shoes, accessories, electronics, sporting goods, instruments, CDs, DVDs, books, outdoor furniture, and garden supplies.

They accept donations (and shoppers) Monday through Friday, from 9 a.m. to 6 p.m., and

Saturdays/Sundays, from 9 a.m. to 4 p.m. As a special bonus for Walnut residents, you can schedule a pick-up for your donation on Thursdays between 10 a.m. and 4 p.m. While some donations are not acceptable due to size, substance or age, a simple phone call will answer any and all questions you might have.

Discovered Treasures: Shop or donate, and help improve the lives of foster youth, every day. Who knows what hidden treasures you might find!

Discovered Treasures Thrift Store is located at 20425 Valley Boulevard, in the City of Walnut and can be reached at (909) 594-8862, or via email at discovered.treasures@yahoo.com.

# \$3.5 million embezzlement

OC from page 1

A. Hagstrom, 37, of Anaheim, who was an accountant and then controller of the Irvine-based Sentinel Offender Services, LLC, plead guilty on Tues., June 3, to one count of embezzlement before United States District Judge, David O. Carter.

As controller of Sentinel, Hagstrom had access to Sentinel's bank accounts where fines, court

fees and restitution payments from criminal defendants were held in trust. The accounts also held money paid to Sentinel for services provided to state and federal court systems. Beginning in early 2012 and continuing until April 2013, Hagstrom transferred approximately \$3,338,197 from Sentinel's bank accounts to bank accounts he controlled, where they could be used for his own benefit.

Judge Carter is scheduled to

sentence Hagstrom on Sept. 29. The embezzlement count carries a statutory maximum sentence of ten years in federal prison. About half of the embezzled money has already been returned to Sentinel, and Hagstrom has agreed to make full restitution to his former employer.

The investigation into Hagstrom was conducted by the Federal Bureau of Investigation and the Internal Revenue Service Criminal Division.

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PHOTO COURTESY: KELLI GILE

Helen Papadopoulos

# Suzanne Middle School Teacher Named To Dream Team

By Kelli Gile

**Walnut** – Helen Papadopoulos, a Math and Drama teacher at Suzanne Middle School, has been selected to the 2014 Learn-Zillion Dream Team. She is one of 77 returning members to the elite team.

Over 4,000 educators applied for the 200 spots available on the 2014 Dream Team. Members

were selected for their content knowledge, grit and humility. These impressive Math and English Language Arts teachers represent the best of district, charter and independent schools in 42 states and three countries.

The Dream Team convened in New Orleans for TeachFest, a unique professional development event that was held June 4 through 7. There they kicked

off a rigorous summer-long collaboration to create high-quality formative assessment tools and resources that will support teachers implementing the Common Core across the United States. Following TeachFest, Dream Team members returned to their respective districts and will continue to work in facilitated online professional learning communities.

Being on the Dream Team is about more than world-class professional development and creating great content — it's about being a member of a vibrant and enthusiastic community of educators who are eager to help others and hopeful about the future.

The diverse group brings over 2,300 years of teaching experience, ranging from two to 42 years in the classroom.

# Hats Off To Class Of 2014!

By Kelli Gile

**Walnut** – Nearly 1,500 Walnut Valley Unified School District graduating seniors participated in commencement ceremonies held May 29. Families and friends filled the football stadiums ready to celebrate the milestone accomplishment.

During the 45th Commencement at Walnut High School, 715 seniors in blue and white caps and gowns filed into the Ken Gunn Stadium.

"These four years went by so fast!" said Eric Dayrit, before the 7 p.m. ceremony.

"It hasn't really hit me yet. I've been telling my friends that I'm feeling a mixture of nervous excitement and obliviousness!" exclaimed Plato Seto.

"I'm feeling excited. It's like a formal last goodbye with all our friends," said Alicia Wei.

"I had a really good experience

at Walnut High. The teachers and kids are really great. And

I'm just excited to move on to the next chapter in my life," Kathy Ho added.

Principal Jeff Jordan addressed the Class of 2014 during the ceremony. "I want to congratulate you on your high school careers and wish each one of you the very best as you move forward in your life. Remember one thing – you will always be a Mustang," he said.

Congratulations to the WHS Valedictorians: Austin Au-Yeung, Isabela Chang, Allison Do, Max Hsu, Howard Phang, Derek Pi, Nancy Sheu, and Tanya Wanwatanakool. Each stellar scholar earned a perfect 4.0 G.P.A. all four years. They wore gold medallions to signify the accomplishment.

Student speaker, Ryan Woo,

urged fellow graduates to pursue their dreams with courage and to pursue their hopes relentlessly and passionately. Daphine Ha encouraged the Class of 2014 to thank their families, friends, and teachers for unwavering support and encouragement. She also offered some sage advice for the group: if you fail the first time, find the courage to try again.

"Never let any opportunity go untaken, never let any dream go unchased, and never let anyone tell you that you can't. Because the simple fact that you made it this far is a testament to the world that you are capable of reaching your highest potential," said Ha.

Diamond Bar High School held commencement ceremonies in the Holmes Memorial Stadium for 768 graduating seniors.

Congratulations to the DBHS



PHOTO COURTESY: KELLI GILE

Hats Off to Walnut High School Class of 2014.

Valedictorians: Christina Chen, Tiffany Cheng, Frank Fu, Steven Gomez, Sylvia Guan, Scott Jew, Bill Kwai, Tiffany Lam, Dana Li, Jasmine Lin, Yingjie Ren, Vrajesh Shah, Akruti Singh, Savannah Tan, Jane Wu, Ashely Xie, and Jason Yu.

An afternoon commencement ceremony for Ron Hockwalt High School graduating seniors was held at the WVUSD District Education Center.

"The future starts today for you; congratulations!" said Principal Jose Annicchiarico.

# Vejar Students Grow Blue Ribbon Garden



PHOTO COURTESY: KELLI GILE

Vejar Elementary students and staff celebrate winning entries in the 2014 Schools' Agriculture and Nutrition Fair.

By Kelli Gile

**Walnut** – Vejar Elementary 4th Grade students harvested awards during the 2014 Schools' Agriculture and Nutrition Fair. The Special Education class is celebrating four blue ribbons they received during the springtime contest.

Top prizes were awarded to their Grape Expectations sawhorse display, a Lion farm animal, and Classroom Garden bounty of fruits, vegetables, and flowers.

"The kids came up all the adjectives to describe why grapes are good," said Teacher Jennifer Troudy, who printed out words

including Sweet, Raisins, Dulce, and Jelly that were nestled among decorated vines and bunches of grapes.

The "From Egg to Chick by Room 26" entry earned an additional blue ribbon. The project chronicled the 21-day adventures of the little chick named, Number Seven, who hatched in the class. Students love to pet the two-month-old spunky clucker, who often flies around the classroom.

"He's funny because he walks super fast and pecks at our shoes and sandals!" one student said.

Each day, he follows Instructional Aide Helene McDonald

down the hallway to the nearby garden. Lucky Number Seven chomps on pesky pill bugs that like to invade the lush greenery. McDonald credits the successful crop to fresh coffee grounds provided each day by a local Starbucks, and the tender care provided by the students in Room 26.

A three-foot tall Tin Man Scarecrow created from empty coffee cans earned a 4th place ribbon.

"I am so proud of my students! They worked hard all year to make our garden beautiful and I am so impressed with their garden knowledge," Troudy said.

# RUSD Music Teacher Finalist For Grammy Foundation Award

By Gina K. Ward

**Rowland Heights** – The Rowland Unified School District is proud to announce that music teacher, Mark Anderson, is a quarterfinalist for the Music Educator Award™ by the Recording Academy® and the Grammy Foundation®.

Anderson is not only driven to inspire young musicians across the Rowland Unified School District, but he actually drives the innovative mobile music bus, "The Music Machine," to bring music to six elementary schools each week. Anderson teaches Elementary Band, Orchestra and Mariachi. A classically-trained bass player, he is often called a "Renaissance Man," since he can pick up and play any instrument. Anderson is

honored to have been nominated by one of his students for this award.

"The most important thing for me to pass on to my students is a love for learning something new," said Anderson. "That can be math, reading, auto mechanics, learning a new trick on your skateboard or learning to cook – anything – just falling in love with the process to learn something new. My goal is to give them the confidence to take on any challenge that they are faced with."

A total of 222 music teachers from 208 cities across 41 states have been announced as quarterfinalists for this award. In total, more than 7,000 initial nominations were submitted from all 50 states.

The Music Educator Award was established to recognize current educators (K through college; public and private schools) who have made a significant and lasting contribution to the field of music education and who demonstrate a commitment to the broader cause of maintaining music education in the schools.

One recipient will be selected from ten finalists, and will be recognized for his/her remarkable impact on students' lives. The winner will be flown to Los Angeles to accept the award, attend the GRAMMY Awards ceremony, and receive a \$10,000 honorarium. The nine finalists will each receive a \$1,000 honorarium, and the schools of all ten finalists will also receive matching grants.

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