

OC News

Volunteer Church Leader Charged With Lewd Acts

STAFF REPORTS

Westminster - The Orange County District Attorney's Office and the Garden Grove Police Department (GGPD) are seeking the public's help identifying potential additional victims of a volunteer church leader who is charged with unlawful sexual intercourse with a child and committing lewd acts upon a child.

see OC Page 8

IE News

Man Sentenced To Death For Murder of Marine

STAFF REPORTS

Riverside - On Fri., Nov. 7, a Riverside County Superior Court judge sentenced a man to death for the 2009 murders of a United States Marine Corps Sergeant, and his wife, in their home near Murrieta.

Kesaun Kedron Sykes, 27, was convicted by a Riverside County jury on Aug. 5, and that same jury decided on Aug 21 that Sykes should be put to death. Judge Christian

see IE Page 8

Illegal Sale Of Contact Lenses Poses Eyesight Risk

STAFF REPORTS

L.A. County - Federal prosecutors this week filed a series of criminal charges against Los Angeles-area retail outlets, as well as their owners and managers, which allegedly sold contact lenses without prescriptions - some of which were contaminated with

dangerous pathogens.

According to the United States Attorney's Office, two criminal informations filed on Fri., Nov. 7, as well as four additional informations filed on Tues., Nov. 4, charge a total of 12 defendants with the

see Lenses Page 4



PHOTO COURTESY: U.S. ATTORNEY'S OFFICE

Victim Helps Stop Chino Bank Robbery

STAFF REPORTS

Chino - On Sat., Nov. 8, at just before 9 a.m., Chino Police Officers responded to a holdup alarm from Chino Commercial Bank located at 14245 Pipeline Avenue.

While Officers were responding to the call, a victim hiding

inside the bank called 911. The victim told dispatchers that a masked bank robber had tied up the other people inside the bank and was currently in the vault.

Police Officers arrived on scene and surrounded the bank. At that time the suspect attempted to flee out of a rear

door and was confronted by Officers. The suspect then fled on foot toward the front of the bank. Officers pursued the suspect on foot and took him into custody. The suspect was in possession of a replica

see Robbery Page 5

Hagman Supervisor-Elect To 4th District



Curt Hagman

BY K.P. SANDER

Chino Hills - The November 4 General Election has come and gone, and the efforts of Assemblyman Curt Hagman (R-Chino Hills) in the race for Supervisor of San Bernardino's Fourth District have paid off.

In a public letter published on Nov. 6, Hagman said he, and his wife Grace, "...are thrilled and humbled that the voters chose us to represent their interests in the

see District Page 5

Walnut Council Recap

BY RAYMOND MENDOZA

Walnut - The Walnut City Council met early at 5 p.m. on Wed., Nov. 12 for a special meeting, citing a lack of quorum for a regular meeting that would normally be held at 7 p.m.

To start, the council members approved the minutes for the Oct.

8 study session and City Council meetings before launching into the first reading of a new ordinance, No. 14-05.

The Ordinance, which had its first reading approved, repealed Ordinance No. 08-04 for the City's municipal code concerning residency restrictions for sex offenders.

The repeal of the ordinance was brought about to protect the City from lawsuits, with City Attorney Michael Montgomery saying the inclusion of the State's laws alone were extensive enough to cover any problems that might

see Council Page 2

Walnut/DB Chino Hills Weather

Sun Nov. 16

Mostly Sunny
High 73°
Low 50°



Mon Nov. 17

Mostly Sunny
High 76°
Low 53°



Tue Nov. 18

Mostly Sunny
High 73°
Low 52°



Wed Nov. 19

Sunny
High 67°
Low 51°



Thu Nov. 20

Sunny
High 71°
Low 51°



Fri Nov. 21

Partly Cloudy
High 72°
Low 53°



FEATURED BUSINESS

It's Holiday Tamale Time At The Whole Enchilada

STAFF REPORTS

Diamond Bar - Thanksgiving is just around the corner, so let the planning begin! The Whole Enchilada will be your holiday partner with dozens of possibilities including catering, a night away from cooking during this busy season, and delectable



Get your holiday tamales today at The Whole Enchilada.

see Enchilada Page 5

FEATURED BUSINESS

Holiday Getaway At Comfort Suites

STAFF REPORTS

La Puente - The holidays are on their way, with Thanksgiving and Christmas just around the corner. With all the planning, cooking, shopping and cleaning at hand now might be a good time to take a



Comfort Suites in La Puente.

see Comfort Page 5

WEEKLY NEWS

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Kim Possible

By MICHAEL ARMIJO

She swings from a rope she shot out of her sleeve. She dodges laser death rays and leaps to freedom. She saves the world and her side kick is a guy. She's Kim Possible, a teenage secret agent. She's the coolest. She is a hero each week on the Disney Channel and, most importantly, she's a woman.

Kim Possible, although just a cartoon character, is such a great role model for women and young girls. Having grown up with six sisters, and having a daughter of my own, I've seen firsthand the im-

portance of the equality of women. And I'm proud to see programs that depict women as leaders, and as equals. This is good for young girls to see; the truth that men and women are created equal.

When I think back about my life, I remember many shows that focused on beauty and sexism. Shows like Leave it to Beaver, Father Knows Best, the Brady Bunch, the Dean Martin Comedy Hour, and Laugh In. Their predominant message depicted women as housewives, as sex symbols, or the butt end of a joke.

My sisters have empowered

themselves throughout their lives, and I've held onto the belief that women should hold equal positions within business and marriage. And when they can't, I've learned that it isn't because of their gender, it is because of their upbringing. My father taught my sisters to work. And work they did. Many women I know were encouraged to find a man and settle down to take care of the kids. And many women I've met still believe that men rule the planet. I hope that those women find out the truth about us men: we don't run the planet; we just sometimes act like we do.

I know that someday all people will see the light that equally shines from our vivid sun. And I know that all people have the right to equally feel the energy within the stars that burn a million miles away. And as those rays of sunlight shine on us, and as we all watch the same stars with equitable vision, I know I'll see our world grow stronger and more passionate than ever before.

And each week, on the Disney Channel, you can enjoy – and hopefully relate – to a young high school student named Kim, who reminds us that nothing is impossible.

WV Symphony Orchestra And Master Chorale

By GAYLE PACHECO

Walnut - The Walnut Valley Symphony Orchestra and Master Chorale is opening its 2014-15 season with renewed energy and

expectations for an incredible year of musical performances.

This newly formed non-profit community organization is seeking members. Anyone who loves to sing or can play an instrument

is welcome to join this group of highly talented individuals.

This organization was formed in order to bring musical performance and song to the Walnut Valley area.

Regular practices are held every Monday evening, from 7 to 9 p.m., at the Walnut United Methodist Church located at 20601 La Puente Road, in Walnut. For more information, call (909) 907-4237.

Walnut Council recap

COUNCIL from page 1

arise in Walnut.

On the City's consent calendar, the Council approved Resolu-

tion No. 14-56 allowing claims and demands in the amount of \$1,085,225.13, a contract amendment for WRA Environmental Consultants to prepare a CEQA compliance document,

and the cancellation of the City Council and Walnut Housing Authority meetings in observance of Thanksgiving and Christmas.

Without any other successor agency calendar items, the meet-

ing adjourned at 5:20 p.m. with plans to hold the next Walnut City Council meeting on Wed., Dec. 10 at 7 p.m., in the City Council chambers at 21201 La Puente Road.

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Community Events

STAFF REPORTS

UPCOMING EVENTS: 23rd Annual Scholarship Tree of Lights Fundraiser

When: Now through Thurs., Nov. 20; and Dec. 4 – 5; noon to 4 p.m.

Where: Von's Market, 350 N. Lemon Avenue, Walnut

Details: The Walnut Valley Women's Club announces it will be selling lights for \$5, and ornaments for \$10. All proceeds go toward scholarships for 2014 graduates from Walnut and Nogales High Schools.

Operation Christmas Child Packing Party

When: Sat., Nov. 22, 4 to 8 p.m.

Where: Mt. Calvary Lutheran Church and School, 23300 Golden Springs Drive, Diamond Bar

Details: Mt. Calvary will be filling 1,000 shoe boxes with items they have been collecting all year. Operation Christmas Child sends filled boxes around the world for Christmas, so children less fortunate can hear about the word of God and receive a gift on Christmas.

Contact: Ann Lovell, (909) 730-9057.

Inland Pacific Ballet's, The Nutcracker

When: Nov. 29 through Dec. 27

Where: Arcadia Performing Arts Center (188 Campus Drive, Arcadia), Nov. 29/30, 2 p.m.; Lewis Family Playhouse (12505 Cultural Center Drive, Rancho Cucamonga), Dec. 6, 1 and 7 pm., Dec. 7, 1 p.m.; Pomona College's Bridges Auditorium (450 North College Way, Cla-

remont), Dec. 13/14/20/21; Fox Performing Arts Center (3801 Mission Inn Ave, Riverside), Dec 27, 2 and 7:30 p.m.

Details: The critically acclaimed Inland Pacific Ballet brings The Nutcracker story to life with dazzling sets, beautiful costumes, and nearly 100 dancers on stage – in four theatres! Tickets start at \$38, with discounts available.

Contact: jpballet.org

Christmas Advent Services

When: Dec. 3 – Christmas Play/Preschool; Dec. 10 – Christmas Play/Children K-4th Grade; Dec. 17 Advent Services/Grades 5-8. All services are at 7 p.m. Christmas Eve Service 11 p.m. Christmas Day Service 10 a.m.

Where: Family Life Center, Mt. Calvary Lutheran Church and School, 23300 Golden Springs Drive, Diamond Bar

Mt. Calvary Annual Christmas Boutique

When: Thurs., Dec. 11 and Fri., Dec. 12.

Where: Family Life Center; Mt. Calvary Lutheran Church and School, 23300 Golden Springs Drive, Diamond Bar

Details: There will be crafters selling inexpensive items.

Contact: If you are interested in being a crafter, call Cathy Harden at (909) 861-3526.

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 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 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

Jack Neue'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

DB Community Garden Space

When: Ongoing; daylight hours.

Where: United Church of Christ, 2335 S. Diamond Bar Blvd., Diamond Bar

Details: The Diamond Bar United Church of Christ is progressing on their Community Garden space, located behind the church. Residents interested in developing their own garden space, or helping with this project, are encouraged to visit the Labyrinth on the hilltop. This is also a wonderful location for reflection, and enjoying some peaceful moments in your day.

Contact: Susanne Potter, (909) 861-4735, or visit www.diamondbarucc.org.

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Did You Know?

By K.P. SANDER

On Thurs., Nov. 19, 1863, President Abraham Lincoln delivered what is perhaps one of the most famous speeches in American history. Lincoln spoke at the dedication of the Soldiers' National Cemetery in Gettysburg, Pennsylvania, just months after the Union army defeated the Confederacy on the fields in that same town in what resulted in the largest number of casualties in the entire Civil War.

In a mere two minutes, Lincoln articulated one of the struggles of the war and the great sacrifices that had been made, but he also reminded his audience of the principles of human equality that were handed down by the Declaration of Independence 87 years prior at the start of the American Revolution.

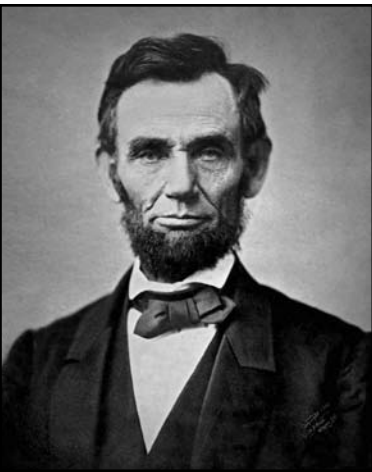
Generations of school children have learned about – if not memorized – the Gettysburg Address, and it remains one of the greatest congregations of words that the ever-profound President Lincoln shared with the world. It bears rereading again and again.

"Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal.

"Now we are engaged in a great civil war, testing whether


that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

"But, in a larger sense, we cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us - that from these honored dead we take increased devotion



Abraham Lincoln

to that cause for which they gave the last full measure of devotion - that we here highly resolve that these dead shall not have died in vain - that this nation, under God, shall have a new birth of freedom - and that government of the people, by the people, for the people, shall not perish from the earth."



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Illegal sale of contact lenses poses risk

LENSES from page 1

illegal sale of decorative and cosmetic contact lenses.

All six cases allege that the defendants sold "misbranded" contact lenses because they were sold without prescriptions.

Two of the cases also allege that the defendants sold adulterated contact lenses that were contaminated with bacteria known as *Bacillus cereus*. According to court documents, the *Bacillus cereus* bacterial strain can cause severe infections that, even with prompt treatment, can lead to blindness.

The cases filed this week are the result of Operation "Cat Eyes," an investigation that was conducted by the United States Food and Drug Administration's (FDA's) Import Operations Branch of the Los Angeles District Office; the FDA's Office of Criminal Investigations; the California Department of Public Health; and the California Department of Consumer Affairs' Division of Investigation, Health Quality Investigation Unit.

Operation Cat Eyes targeted retail stores – some of which were opened specifically for Halloween – that sold cosmetic and decorative contact lenses without a prescription to unsuspecting consumers in Southern California.

Contact lenses – whether corrective, cosmetic or decorative – are considered to be prescription medical devices subject to FDA regulations. Due to the risk of injury, blindness and possible

eye infections, all contact lenses require prescriptions from medical professionals who can provide guidance on the proper care and maintenance of the contact lenses.

The six cases filed this week

According to court documents, the *Bacillus cereus* bacterial strain can cause severe infections that, even with prompt treatment, can lead to blindness.

in United States District Court in Los Angeles charge the following defendants:

- **Halloween and Party Discounters, Inc. (which operated as a booth at the Los Angeles Fair in Pomona);** Mike Honabach, 45, of Highland, the owner of Halloween and Party Discounters, Inc.; Intertrade Imports, Inc., a Jacksonville, Florida company; and Eunju Kang Savvidis, 53, of Jacksonville, the manager of Intertrade, were charged on Nov. 7 with one count of introducing adulterated devices into interstate commerce for selling bacteria-adulterated lenses at the County Fair (Honabach and his company were charged in two additional counts with receipt of bacteria-adulterated contact lenses and with sale of misbranded contact lenses);

- **Aspirational International, Inc.,** a Hong Kong corporation that was charged Nov. 7 with offering misbranded contact lenses for sale at <http://www.colorlens4less.com/>;

- **Doris Owusu Ansah, 54, of West Covina, the owner of Sunset Beauty Salon in West Covina, who is charged with selling a misbranded pair of contact lens on October 16;**

- **Jung Rae Jo, 60, of Cerritos, the owner of Fashion Young in Westminster, who allegedly sold four pairs of misbranded contact lenses to two undercover FDA investigators on October 14;**

- **CKL Fashion, Inc. (a Corona-based company that operates T-Shirt Mart in Glendale) and its manager, Young Kim, 51, of La Crescenta, who allegedly sold two pairs of misbranded contact lenses to an undercover FDA investigator on October 14; and**

- **HTS General, Inc. (doing business as the Halloween Superstore on North Glendale Avenue in Glendale; Zinaida Khrimyan, 25, of Glendale, the owner of HTS; and Patrick Abedi, 30, of Glendale, the store manager for HTS, who allegedly sold a pair of misbranded contact lenses on October 14.**

All 12 defendants will be issued summonses directing them to appear for arraignments in federal court in Los Angeles on December.

All of the charges filed in Operation Cat Eyes are misdemeanor offenses that carry a statutory maximum penalty of one year in federal prison and fines of up to \$100,000 for an individual and up to \$200,000 for a corporation.

The FDA has issued various warnings against the use of cosmetic contact lenses. For more information, visit <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm402704.htm>.

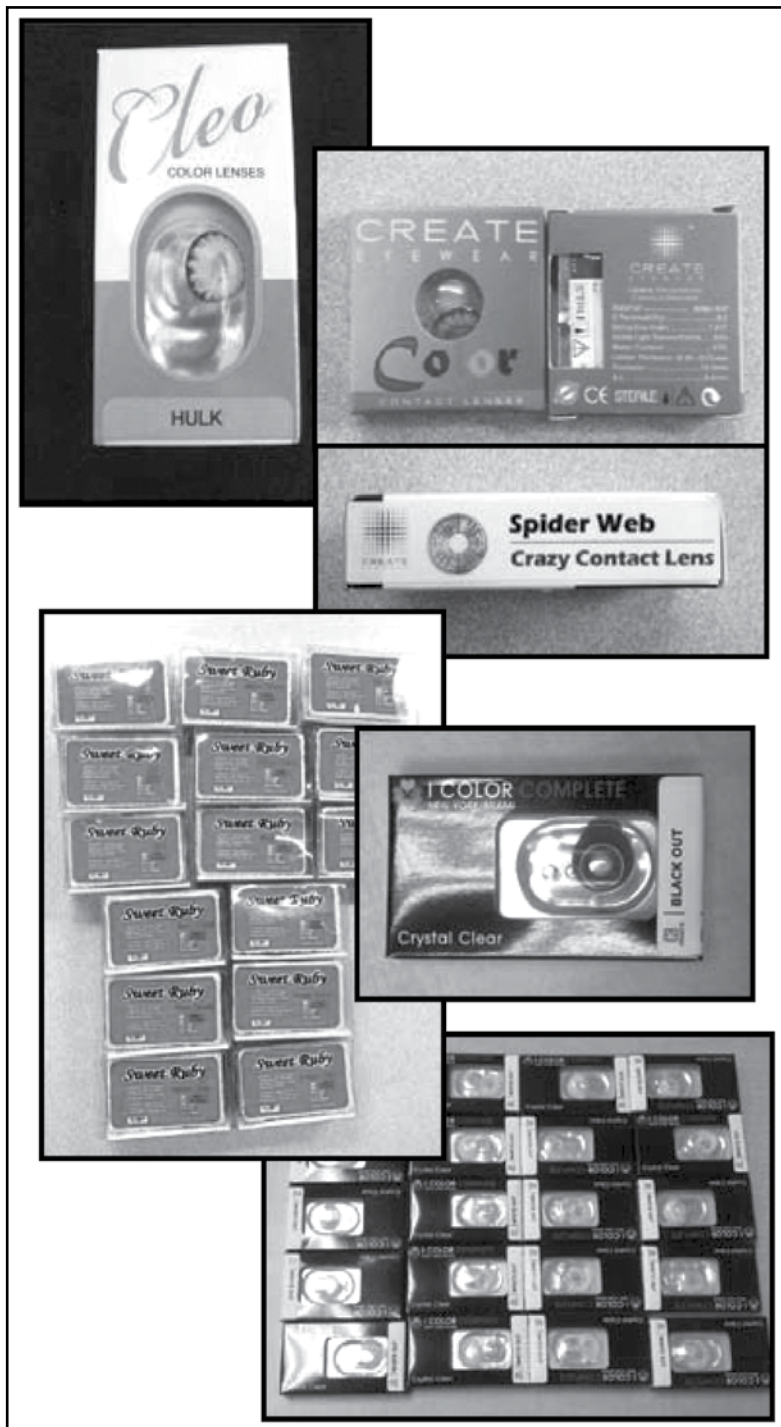


PHOTO COURTESY: U.S. ATTORNEY'S OFFICE

Several brands of contact lenses that authorities say pose an eyesight risk.

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chARTS Concert Features Internationally Acclaimed Local Opera Singer

STAFF REPORTS

Chino Hills - The Chino Hills Arts Committee (chARTS) will present its first opera concert on Sun., Nov. 23, from 3 to 5 p.m. at the Community Center. “The Hills Are Alive With Music,” will feature Diamond Bar resident, Kristin Rothfuss Erbst, an internationally acclaimed opera singer, along with renowned pianist Cheryl Lin Fielding. The duo will perform a variety

of operatic pieces with special guests Julie Makerov of Rancho Cucamonga, who currently sings with the Los Angeles Opera; and Robert Becker, who is first violist at the Pacific Symphony Orchestra and director of String Studies at Chapman University. “There will be translations in the program, explanatory introductions to each set and projections of art to help make these pieces accessible,” Erbst says. “My mission is to convert

people to this art form.” Mezzo soprano Erbst delights audiences with her rich operatic voice and magnetic stage presence. Known both for her convincing trouser roles and charming feminine portrayals, Erbst has distinguished herself as an impressive singing actress garnering critical acclaim for her appearances with such distinguished companies as the Santa Fe Opera, Sacramento Opera, City Opera Theater, Los Ange-

les Opera, Virginia Opera and Opera Pacific. The Los Angeles Times has described her voice as “mellifluous.” Erbst has performed on many concert stages, including Carnegie Hall. Erbst was raised in Germany, where her parents were professional opera singers for 30 seasons. She currently resides in Diamond Bar, and most recently joined the music department at Chaffey College as a vocal instructor.

The concert is an all-ages community event. Tickets are \$15 for adults and \$10 for youth under 18. Tickets will be available for purchase at City Hall, the Chino Hills Community Center, and online at www.chinohills.org/chARTSevents. For additional information, please call (909) 364-2736 or email chcfoundation@chinohills.org. The Community Center is located at 14250 Peyton Drive in Chino Hills.

Walnut Valley Women’s Club Tree Lighting

By MARGARET DOYLE

Walnut - On Sun., Dec. 7, at 6:30 p.m., the Walnut Valley Women’s Club invites the commu-

nity to attend the Annual Holiday Tree Lighting Ceremony to be held at Fire Station 61, on the corner of La Puente Road and Lemon Avenue.

As we celebrate our 50 years in federation this year, we have named Jeanne Burgh the honored tree lighter. Burgh is the Club’s longest resident in Walnut, and

currently a member of the Walnut Valley Women’s Club. Come and enjoy the holiday music of our little ones and teens, and meet Santa, who will arrive

at 7 p.m. At this 23rd year anniversary celebration, the Club is grateful to the community for its sponsorship of the Scholarship Tree of Lights.

Hagman Supervisor-elect to 4th District

DISTRICT from page 1

Fourth Supervisorial District. Hagman, who is a California State Assemblyman for the 55th District, termed out this year, and became a contender against Congresswoman Gloria Negrete McLeod (D-Montclair). His cam-

paign promises included building a better future by creating jobs and continuing to strengthen the San Bernardino County economy, and with his win, Hagman is determined to keep the following issues in the forefront:

- Take control of Ontario Airport away from Los Angeles so San Bernardino County can build

it into a job-creating economic engine.

- Attract more investment to San Bernardino County.
- Personally recruit new employers to San Bernardino County.
- Invest in infrastructure to keep people working and improve our quality of life.

- Support the use of tax credits to encourage small businesses to hire new workers.

An article recently published by examiner.com stated that current 4th District Supervisor, Gary Ovitt has been in semi-retirement mode for at least six years. The article continues with high hopes for the Super-

visor-elect stating that, “Most are tired of the current lack of transparency, ethics and integrity and hope that Curt Hagman will inspire change that restores public trust.” On his website, Hagman says that he wants to make lives better. He will get the opportunity to do just. Hagman will be sworn

Victim helps stop Chino bank robbery



Chino Commercial Bank robbery scene at 14245 Pipeline Avenue.

ROBBERY from page 1

handgun. The Officers then went inside the bank and freed three victims who had been bound hand and foot with zip ties. The fourth victim was able to exit the bank and meet with Officers after the

suspect was in custody. The victims were not injured during the robbery. The name of the suspect is being withheld pending further investigation. Anyone with information regarding this bank robbery is asked to contact the Chino Police Department at (909) 628-1234.

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COMFORT from page 1

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It’s holiday tamale time at The Whole Enchilada

ENCHILADA from page 1

holiday tamales. From delicious platters and entrée meals to taco bars, The Whole Enchilada offers fresh, authentic Mexican recipes their resident chef brought from their homeland. They guarantee you will enjoy your dining experience. “All our food is made fresh daily,” says Lil Palmer of The Whole Enchilada. The restaurant

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as the taquito or street taco platters, are available for catering as well. Whether it’s a Thanksgiving fiesta, business meetings or parties, promotions, fundraisers, birthdays, or just an evening out, The Whole Enchilada will dazzle you with their excellent customer service and delicious food. They look forward to helping you celebrate the special moments in your life. If you are looking for a delicious treat after your meal, try

The Whole Enchilada’s Mexican Kaluha Flan, Rio Grande Mud Pie, or popular Deep Fried Ice Cream. The celebration doesn’t stop with just one visit. The Whole Enchilada has gift cards available for purchase in person or online. It’s the perfect gift for Thanksgiving, or that special someone in your life. And be sure to ask The Whole Enchilada about the Combo Punch Card, Enchilada Bucks, and their Kids Club. With a wide variety

of reasons to visit, The Whole Enchilada wants to become your favorite restaurant. Don’t deny your taste buds this Thanksgiving, visit the Whole Enchilada soon! The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication.

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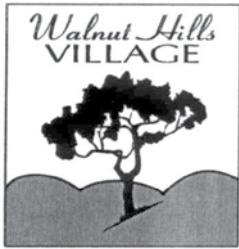
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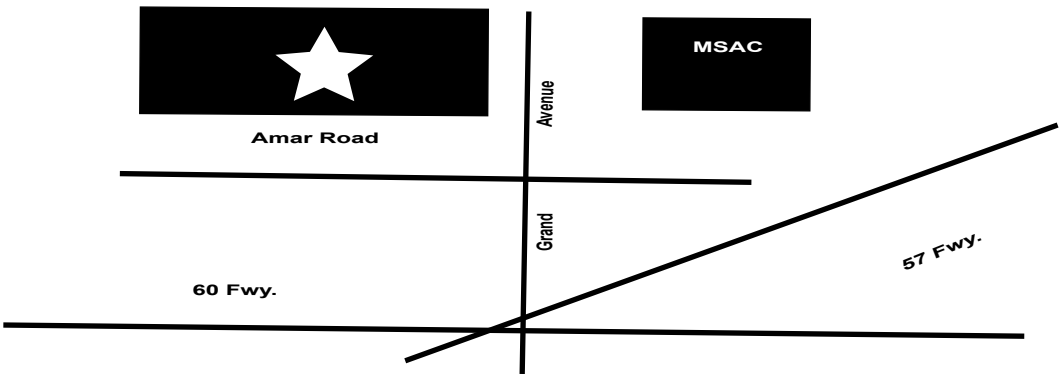




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Volunteer church leader charged with lewd acts

OC from page 1

According to the O.C. District Attorney's Office, Vincent Daniel Lavello, 50, of Garden Grove, is charged with one felony count of unlawful sexual intercourse with a child at least ten years younger than the defendant and six felony

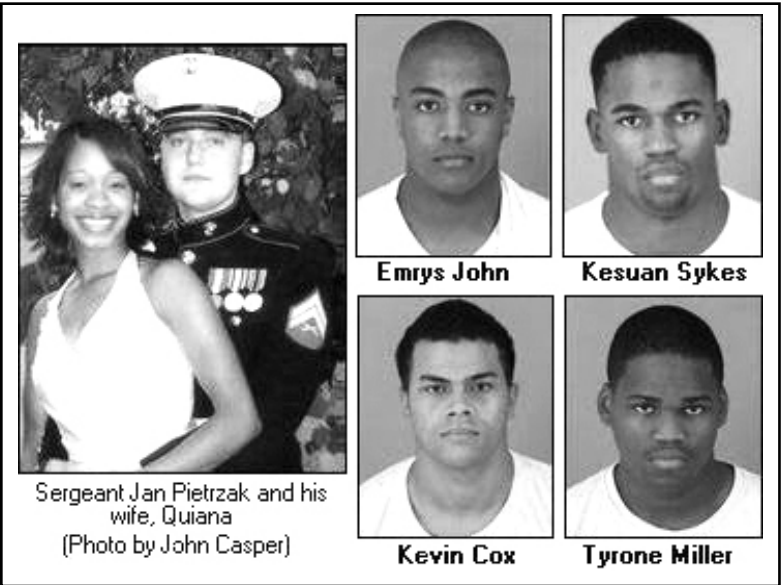
counts of lewd acts upon a child. If convicted, Lavello faces a maximum sentence of five years in jail. The defendant is being held on \$50,000 bail. His arraignment is scheduled for Dec. 5 at the West Justice Center in Westminster. At the time of the crime, Lavello was a volunteer church leader at Calvary Chapel West Grove in

Garden Grove. Between approximately June 2014 and November 2014, Lavello is accused of engaging in unlawful sexual intercourse and committing lewd acts upon 14-year old Jane Doe on multiple occasions. Lavello is accused of sending inappropriate text messages to Jane Doe, which his wife discovered

and reported to the church pastor. The pastor contacted GGPD, who investigated this case. The defendant is also accused of grooming the victim by providing financial assistance to the victim's family, helping them get an apartment, and buying the victim gifts. Anyone with additional in-

formation or who believes they have been a victim is encouraged to contact GGPD Detective Dave Young at (714) 741-5836; or Supervising District Attorney Investigator Kelly Core at (714) 347-8794. Deputy District Attorney Lexie Elliott of the Sexual Assault Unit is prosecuting this case.

Man sentenced to death for murder of Marine



their home in the unincorporated area of Winchester-French Valley, near Murrieta. Three of the four men were sentenced to death, while the fourth was sentenced by a jury to life in prison without the possibility of parole. Sykes was convicted of two counts of first-degree murder, and jurors also found true the special circumstances of murder during the commission of a robbery, during the commission of a burglary, rape by instrument, and multiple murders. In June 2013, two separate Riverside County juries found Kevin Cox, 26, Emrys John, 25, and Tyrone Miller, 27, guilty of two counts of first-degree murder and also found true the special circumstances of murder during the commission of a robbery, during the commission of a burglary and multiple murders. John and

Miller had one jury, and Cox had a separate jury. Those same jurors decided during the penalty phase of the trial that John and Miller should be put to death and that Cox should receive life in prison without the possibility of parole. All three were sentenced in 2013 by Judge Thierbach. In October 2008, Jan Pietrzak and Quiana Jenkins-Pietrzak were found bound and both had been shot in the head. Cox, John,

and Miller all worked with Sgt. Pietrzak at one time as Marines while stationed at Camp Pendleton. Cox, John, Miller and Sykes went to the Pietrzak home to rob the victims, and then forced their way inside. Pietrzak was physically assaulted and his wife was sexually assaulted before both were murdered. This case was prosecuted by Deputy District Attorney, Daniel DeLimon.

IE from page 1

Thierbach rendered that death sentence Nov. 7. Sykes is the fourth and final

man to be convicted of the murders of U.S. Marine Corps Sergeant, Jan Pietrzak, 24, and his wife, Quiana Jenkins-Pietrzak, 26, who were found murdered in



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A Proper Greeting

By PASTOR MARK HOPPER

With the flu season in high gear, everyone seems to be getting sick. Coworkers are sick. Neighbors are sick. School kids and teachers are sick. Everyone is sick!



I have heard that one of the most common ways to catch the flu is through contact with some-

one who has the virus. And, the most common contact is with your hands. Door knobs, cell phones, key boards and other things we touch with our hands can spread the flu virus. Even shaking hands with a sick person can spread the virus to others.

I watched a demonstration on the news where one person dipped his hand in a germ infested dish. He then shook hands with a volunteer who in turn shook hands with another volunteer. The conclusion of the study showed that

one infected person could spread the virus to five additional people as the germs passed from one person to another. Wow!

I have heard that one of the best ways to avoid getting and spreading the flu virus is to wash your hands frequently. One medical professional said that washing your hands is the single best protection against catching and spreading the flu. If that is true, then how do you properly greet a friend, family member or co-worker?

At our church, we have recommended that people not shake hands during the flu season, but try doing "fist bumps" that minimize hand contact. A Chinese friend had a better suggestion, "Why don't we just bow to one another and avoid any physical contact?" Sounds like a great idea.

I don't know how long the flu season will last. And, I don't know how long I can keep greeting people without a hug or hand shake. But, I do know that all of us

need to do all we can to prevent the spread of the flu this year.

So, wash your hands often. Try a "fist bump" or "bow" instead of a handshake. And, if you start to feel like you are catching the flu, drink plenty of fluids, take two aspirin and call me in the morning!

Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Ave. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit www.efreedb.org.

Depression And The Holidays

By NANCY STOOPS

Did you know that suicide rates are among the highest during the holidays? This may sound very strange to some of you, but it is true. Believe it or not, this isn't a wonderful time of year for everybody. I remember as a little girl wondering how anybody could be sad at this time of year. Now that I'm grown up and



work as a therapist, I understand this concept much better.

The holidays seem to make us vulnerable and open our eyes to things that are painful for us. This time of year, we seem to become very sentimental and want to be close to our family and friends. This is a great idea in theory, but what if you have alienated them or maybe they have passed away. This could make your holiday feel like a very lonely time. It makes it worse when you see other families and friends gather

together.

Are you feeling without purpose this holiday season? This may be the cause of your depression this time of year. There are many places you could go and donate some time. There are many people that are sick or just plain less fortunate than we are. You could really make a difference for an individual, a family, or an animal - and fight off the depression as well.

Whatever may be causing your depression during this holiday season, decide to do

something about it. This year, don't sit around and feel sorry for yourself, life is just too short. Call an old friend, make up with a family member, help the less fortunate, or whatever else it takes to get through this holiday. My point is, learn to help yourself, and you will give yourself the greatest gift you have ever received.

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond

Bar and is currently accepting new clients. Nancy is also a motivational speaker who can inspire your employees or group members. She runs free family support groups, a group on loss for seniors, and groups on how to manage anger. For more information about any of these services, feel free to contact Nancy at (909) 229-0727; or you may e-mail her at stoopsshecter@earthlink.net. You may purchase Nancy's books, Live Heal and Grow and Midnight the Therapy Dog at Amazon.com.

Straight Talk With Danice

By DANICE AKIYOSHI, N.D.

Dear Dr. Akiyoshi:
In the past few years my weight has gone out of control. I need help! My husband makes it really hard for me to resist when he brings snacks to bed when we watch TV at night. He brings, pie, ice cream, popcorn, nuts, and even cocktails. I admit I have always loved this snack time, but I told him I am trying to lose weight. He sees me exercising and walking 4 days a week. He has a normal weight and eats everything. I feel like he is sabotaging me. I struggle to stay on my diet even when I'm cooking meals for my family. I do have some will power, but I need his cooperation so it's not so hard. How can I get through to him?



-Kim from Azusa

Dear Kim:
I really feel for you. Excess weight is one of the hardest issues to deal with. In all of my years as a Naturopathic Doctor, I have found that getting a patient to change their eating habits is a very hard thing to do. Popular theory is the calories in/calories out concept. Obviously this is failing for many people. Different bodies gain weight for different reasons, and in different ways. I know a woman who ate 800 calories a day for two weeks, eating only rice cakes and peanut butter. Her scale didn't budge. Her body couldn't manage the carbohydrates would be my

guess. I know people who eat three times the amount of food I eat on a continual basis and they don't have an extra pound on their bodies, and it's not because they're involved in vigorous exercise. I am not fortunate in this way either, so I truly do understand your struggle.

However, it is a mistake to blame your husband for your situation or for your discomfort when he eats things in front of you that are not on your eating plan. He has the right to his own choices, even when they seem insensitive to you. You have a right to your choices as well. So let's take a look at you taking a little personal responsibility for achieving your goal. It seems to me that doing the family cooking is working against your health and weight goals, so perhaps your husband can take that over for you. You wouldn't ask him to make the cocktails at a party if he were trying to cut back or quit drinking, right? You would be supportive and allow him to keep some distance until he became stable and accomplished what he set out to do. As for the late night snacking in front of

the TV, I think it would be a better idea if you spent your time doing something else until he is finished with his snack fest. Maybe read, or watch TV in a different room or step out for a bit. I'm sure you enjoy spending time with your husband, but for now, adjustments need to be made. It's not a good idea to ignore this situation, as it won't be long before you become resentful. Or perhaps he will, if he is forced to change his eating habits to suit your needs.

Sacrifice yourself, or save yourself. The choice is clear. People with certain personality types often make choices that don't serve them well personally, and/or physically, in order to do what they think is best for the whole family. I hope you will try to balance this out as you work on your physical well being. Body weight issues are very complex, and can be addressed in a variety of ways. I wish you well in finding the path that feels right for you, and I hope you work out a plan to be true to yourself and your needs. Take care, Kim.

-Danice Akiyoshi, N.D.
Danice Akiyoshi is a Natu-

ropathic 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.candid-coachingservices.com.

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