

OC News

Mother Gets 11 Years For Stabbing Children

STAFF REPORTS

Santa Ana – On Fri., Jan. 23, a mother was sentenced to 11 years to life in state prison for attempting to murder her two young children by stabbing them while they were asleep.

Thuy Thi Le, 43, of Westminster, was found guilty by a jury Feb. 4, 2014, of two felony

see OC Page 8

IE News

Loma Linda Family Arrested

STAFF REPORTS

Riverside – Four former and current officials of an independent labor union in Colton were arrested on Wed., Jan. 28, on federal charges related to a scheme to embezzle funds from the union's health plan.

The four defendants, who were named in a 40-count indictment returned by a federal grand jury on Jan. 21, are charged with conspiring

see IE Page 6

Meet New DB Councilman Lin

BY RAYMOND MENDOZA

Diamond Bar – Following the departure of former councilwoman Ling Ling Chang to the California State Assembly during the November election, the Diamond Bar City Council launched a month-long search to find a suitable replacement in her stead.

After reviewing more than a dozen candidates, the Council

appointed Jimmy Lin, a 12-year resident of Diamond Bar and longtime public servant.

Lin - who holds a Master of Science degree in Civil Engineering from Kansas State University - spent 32 years living in Kansas where he worked for the engineering firm, Bucher, Willis and Ratliff, and eventually became the chairman of

see Lin Page 8



PHOTO BY: RAYMOND MENDOZA

Diamond Bar's new council member, Jimmy Lin

Beware Chino IRS Phone Scam

BY CLAIRE LEWIS

Chino – On Jan. 21, a local Chino resident (who wishes to remain anonymous for obvious reasons) was the victim of an attempted

scam. She received a voicemail message - supposedly from the IRS - stating that she owed \$3,981 and must pay this outstanding debt immediately. The victim was threatened with arrest and seizure

of all of her property, and becoming alarmed, she called them back at the number provided: (866) 931-3773 (we called and received

see IRS Page 5

Walnut Council Recap

BY RAYMOND MENDOZA

Walnut – Closing out its final meeting for the month of January, the Walnut City Council met to discuss matters concerning ordinances for body treatment related

businesses, and the City's stance on historical preservation.

After approving the Jan. 14 meeting minutes, the Council approved the first and only public hearing on its agenda, concerning an ordinance amending

business licensing and permits for "body treatment related businesses." The ordinance - which comes after growing state-wide concerns that illegal prostitution

see Council Page 8

Boy Band Returns Home To Perform

BY GINA K. WARD

Walnut – Students are buzzing that the a cappella group, "The Filharmonic" - from NBC's hit musical competition, The Sing-Off, and featured in the new movie, Pitch Perfect - performed on Wed., Jan. 28 at the Oswalt Academy in Walnut.

Beatboxer, Niko Del Rey, is



PHOTO COURTESY: GINA K. WARD

The Filharmonic, with Oswalt alumnus, Niko Del Rey (top row, 2nd from left)

an alumnus of Oswalt Academy and he was excited to return to perform for the 6th through 8th Grade students.

The Filipino-American band have had much to sing about after sharing the stage with musical groups Linkin Park, the Black Eyed Peas and Penatonix from

see Perform Page 3

Walnut/DB Chino Hills Weather

Sun Feb. 1

Sunny
High 76°
Low 50°



Mon Feb. 2

Sunny
High 74°
Low 51°



Tue Feb. 3

Partly Cloudy
High 74°
Low 52°



Wed Feb. 4

Partly Cloudy
High 76°
Low 54°



Thu Feb. 5

Mostly Sunny
High 79°
Low 55°



Fri Feb. 6

Mostly Sunny
High 81°
Low 57°



FEATURED BUSINESS

Valentine Getaway At Comfort Suites

STAFF REPORTS

La Puente – With Valentine's Day just a few weeks away, now is the time to make plans to show that special someone how much you care. Sure, chocolates are nice, and dinner at a restaurant is fun – if you can get a reservation. Why



Comfort Suites in La Puente.

see Suites Page 5

FEATURED BUSINESS

Strategic Alliance: Free Networking

STAFF REPORTS

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see Networking Page 8

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Editor In Chief:
Kimberley Sander
Staff Writers, Photographers, Editorial Team:
Michael Armijo
Glenn Freeman
Tiana Goegebuer
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Raymond Mendoza
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PRODUCTION
Felicia Oblea

SOCIAL MEDIA
Randi Hauser
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Director:
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Above The Tavern

By MICHAEL ARMIJO

Over the last year, I have experienced more than my share of grief, and it has taken its toll. In an effort to help alleviate some of the sadness, I have been attending grief therapy. The office I visit for my sessions is above a tavern, just like something out of a novel.

In a recent session, I came away a bit relieved that I was able to find some answers to questions that have delayed some successes in my life. I found out that I continue to "stuff" feelings of abandonment

and fear down inside myself; and just like the silly joke can of snakes from childhood, you never really know how many turns of the lid it will take until the snakes explode in your face. You can stuff things down for just so long.

I have learned that I need to face my emotions by allowing others into my life, and not fear relationships that tug on my feelings. By learning to open up and trust those that I give the many pieces of my heart to, I will eventually realize that I can be okay. Heartbreaks can heal.

That's the thing about death;

its permanence is formidable. I need to understand that not all of life's treasures will last forever. Sometimes, the things you hold dear will come to an end. But I am learning to reframe my expectations.

Like a beautiful work of art – a masterpiece – that you have the opportunity to see, you don't mourn its loss after you see it. You celebrate the fact that you were able to be in the presence of greatness with fond memories. True, too, of special relationships that are no longer present. I will treat them like artwork, enjoy their beauty

and bask in their emotional light. But I will try to remember that they may fade away like the memory of that beautiful work of art, and when I do think of them, it will be with love and fondness for what they brought to my life.

My sessions above the tavern are a work in progress. The current task set before me is to enjoy the here and now of relationships; to enjoy their beauty and the meaning they add to my life today – without worrying about their existence tomorrow. As the Bible says, tomorrow will take care of itself.

Did You Know?

By K.P. SANDER

On Mon., Feb. 2, Groundhogs Day will cast its shadow in America, and we shall see if an early spring is in our forecast.

According to folklore – and Wikipedia – on this particular winter day, if a groundhog emerges from its warm and cozy burrow to find a cloudy sky, then spring will quickly be on its way. Conversely, if the sun is shining and the groundhog sees its shadow,

it will retreat back underground to hunker down for another six weeks of winter weather.

One of the most prominent celebrations in the U.S. happens each year in Gobbler's Knob, the home of celebrity groundhog, Phil, in Punxsutawney, Pennsylvania, where crowds as large as 40,000 have gathered for the celebration since 1886. Made famous in the 1993 film, Groundhogs Day, Punxsutawney Phil keeps folks from near and far on

tenterhooks as he emerges to tell the weather's fortune early in the morning on Feb. 2 (this year's forecast is a high of 21° - a low of 2° - with snow showers). Most Punxsutawnyans are probably hoping for no shadow.

Punxsutawney Phil – a whopping 129 years old – is taken care of year-round by a very select group called the "Inner Circle." They are widely recognized by their top hats and tuxedos, and they make sure that Phil has everything he needs to thrive happily. From his allegedly heated, synthetic tree staged for the annual celebration, to the magical elixir (providing another seven years of life) he drinks each summer at the Groundhog Picnic – never mind that the average groundhog lives about seven years – the In-



PHOTO COURTESY: NATIONALGEOGRAPHIC.COM
Punxsutawney Phil forecasting more winter weather on Groundhogs Day in 1963.

ner Circle takes very good care of its charge.

Interestingly enough, the fuzzy prognosticator has an astonishingly high rate of accuracy in his meteorological forecasts – so say Groundhog's Day organizers. Weather Almanacs are not as flattering, stating that Phil's predictions since 1887 are more around the 39% mark. Still respectable...for a rodent.



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Community Events

STAFF REPORTS

UPCOMING EVENTS:

Fit Food Fundamentals
 When: Beginning weekly, Thursdays now through Feb. 12. The last session will occur on Fri., Feb. 20, and the teens will serve a healthy meal to seniors during a dinner and a movie, 6 to 8:30 p.m.
 Where: Walnut Senior Center, 21215 La Puente Road, Walnut
 Details: Teens, ages 12 to 16, will learn basic knowledge of nutrition, safety, and food preparation skills to incorporate a healthy diet into their everyday routine. Teens can gain insight on how to lead a healthy lifestyle by means of fitness and proper nutrition, which can be a foundation for lifelong well-being. \$35 for five weeks (includes all materials).
 Contact: (909) 598-6200.

Baldwin Park Pro Wrestling
 When: Sat., Jan. 31, at 6 p.m. (doors open at 5 p.m.)
 Where: Ester Snyder Community Center, 4100 Baldwin Park Blvd., Gymnasium
 Details: A Wrestling Extravaganza in conjunction with the Empire Wrestling Federation, the show will feature six matches, "Lucha Libre" pro-style wrestling,

and much more for the entire family.
 Contact: (626) 813-5245, ext. 317, or visit www.baldwinpark.com

Citizens' Police Academy
 When: Wednesdays, 6:30 to 9 p.m., Feb. 4 to March 25
 Where: Pomona Police Department, 490 W. Mission Blvd; Pomona City Hall, 505 S. Garey Avenue.

Details: The Pomona Police Department is offering an eight week program that provides citizens with the opportunity to learn about the inner workings of the Police Department. Space is limited to 40 approved applicants. Beginning Jan. 5, applications can be obtained at the front desk of the Pomona Police Department or at the Crime Prevention Office at City Hall.
 Contact: Crime Prevention, (909) 620-2318.

Roaring 20s Casino Night
 When: Fri., Feb. 6, 6:30 to 11 p.m.

Where: Diamond Bar Golf Course, 22751 Golden Springs Dr., Diamond Bar
 Details: The Diamond Bar Woman's Club presents a night of fun, food and gaming. Just \$50 per person, which included dinner, \$50 in chips, a drink ticket and a commemorative photo. All

proceeds benefit the Diamond Bar Woman's Club Charities.
 Contact: For tickets and information, call Debbie Avila-Mott at (909) 860-1063.

Bosco Tech Math Competition

When: Sat., Feb. 7; 7:45 a.m.
 Where: Don Bosco Technical Institute, 1151 San Gabriel Boulevard, Rosemead

Details: Mathematics competition for 5th through 8th Grade students. The 43rd annual event will offer awards for the highest scoring individuals and teams. Students from all San Gabriel Valley public and private schools are invited to participate. \$8/individual; \$5/teams per person. Food, fun, awards ceremony.

Contact: Ms. Valeria De Luna at MathCompetition@boscotech.edu. For further information about Bosco Tech, call (626) 940-2000 or visit www.boscotech.edu.

4th Annual Yurak Memorial 5K Run

When: Sat., Feb. 14
 Where: Santa Fe Dam Recreation Area, 15501 East Arrow Highway, Irwindale

Details: Don Bosco Technical Institute will host the Memorial 5K Run and kids-only 1K Fun Run. All proceeds will benefit Bosco Tech's Yurak Athletic Center. Race registra-

tion is \$35; online registration is available at www.boscotech.edu/events.

Contact: Athletic Director, Chris Shockley, (626) 940-2101, or via email at Ishockley@boscotech.edu

Pomona Inner City Homeless Ministry Dinner

When: The 4th Saturday monthly: Feb., 28, Mar. 28

Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona

Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at 12 noon for prayer/devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

REGULAR EVENTS:

Alcohol and Addiction Intervention Information

When: Third Tuesday, monthly; 6 p.m.

Where: Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina

Details: Free information sessions about the intervention process, a powerful tool to combat alcoholism and addiction. Attendees can expect to learn

what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.

Contact: Call (626) 859-5269, or visit www.charteroakhospital.com.

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

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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

Sports Parents' Role

By MIKE GREEN

To determine your role as a sports parent, you first have to ask yourself, what do you want your child to take from their sports experience? Some parents want their child to be active, some want them to learn social skills, some want them to learn how to compete and some want them to achieve something more.

There are many reasons as to why we put our kids in sports. Most parents would

chase the reasons stated above, but then they put pressure on their kid to always win, or be one of the best on the team. This pressure often has a negative impact on the experience for your child, and eventually drives them away from the game.

Your role as a youth sports parent is strictly to support your child. Not to coach them, not to criticize the coach, not to criticize the officials. Unless you are putting in the extra hours to be the coach, your

role is simply to support your child and the coach. Be sure to tell them how much you liked watching them play, regardless if they won or lost.

If you remember that youth sports are for your child, not you, they will have a great experience and get the most benefit from the sport.

Mike Green is a coach for The Sports Family Club, a website dedicated to enriching the lives of children through sports and activities.

Boy band performs at home in Walnut

PERFORM from page 1

The Sing Off national tour, and their upcoming movie.

The Filharmonic band is known for their melodic vocal style that exemplifies an urbanesque Hip Hop sound, with 90's nostalgia. The six members are passionate about their Filipino culture and love of music, and have combined musical talents coming from the world of pop, jazz, a cappella, opera and theater.

To catch recent videos and

learn more about the band, visit www.thefilharmonic.com, or follow them on Twitter @thefilharmonic.

The Stanley G. Oswalt Academy is part of the Rowland Unified School District and is an International Baccalaureate® (IB) World School and National Apple Distinguished School for its 'Laptop for Learning' program. Oswalt Academy is for students TK through 8th Grade, and is located at 19501 Shadow Oak Drive in Walnut. For more information, visit www.oswaltacademy.org or contact Principal Kevin Despard at (626) 810-4109.



PHOTO COURTESY: GINA K. WARD
 Beatboxer Niko Del Rey gave a shout out to his favorite teacher at Oswalt, Mrs. Jordan-Terry!

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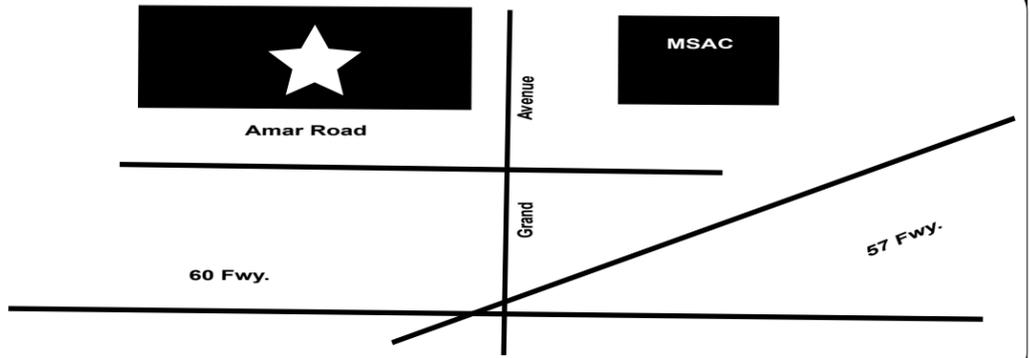
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How Distracted Is Your Driving?

By K.P. SANDER

Eastvale – I was recently listening to a favorite radio program, and the DJ made mention of a man who was pulled over by police and cited for eating a hamburger while driving.

At first I thought, really? What's next? But as I was driving down the freeway attempting to put hot sauce on my taco*, I began to think, perhaps eating while driving is as much of a distraction – if not more – as texting.

Years ago, a friend of mine was on the road for work and had grabbed some drive-thru lunch on her way to an appointment. As she attempted to merge her little pickup from the onramp to the travel lane – simultaneously picking up freeway speed and taking that first bite of a juicy burger – her tires caught in the grooves of the shoulder. Not willing to sacrifice the burger, she one-handedly over corrected her steering and flipped her truck. The burger didn't make it. Without the grace of God, she wouldn't have made it either. After a couple of weeks in the hospital, she thought twice before ever eating while driving

again.

Distracted driving includes a variety of activities, the very popular texting, phones (laptops!), eating, talking to passengers, grooming (if I had a nickel for every time I saw someone applying mascara at a traffic signal...), reading, using navigation, watching videos – you name it; if it takes your visual, manual or cognitive attention away from your driving, it's a distraction. And by the way, texting requires all three skills...at once.

The National Highway Transportation Safety Administration (NHTS) revealed from a survey that only one out of five young drivers thinks that texting makes no difference in their driving performance. The average text takes your eyes off the road for about five seconds. Combine that with traveling 55 miles per hour; that's enough time to cover the length of a football field – blindfolded. A frightening visual (pun intended) that I would venture to say might make a difference.

A National Occupant Protection Use Survey showed that at any given daylight hour across the nation, more than 660,000

drivers are manipulating electronic devices – the lion's share by texting. NHTS says that in 2012, 3,328 people were killed and 421,000 were injured in distraction-affected crashes – depending on how you look at it, more than 60% of those distracted while driving, crashed.

71% of teens surveyed admit to composing and sending a text while driving. Coincidentally, nearly 70% of California drivers surveyed in 2013 said they had been hit or nearly hit by a driver who was talking or texting on a phone.

These are all statistics that just scream, STOP! Do you really want to drive in an environment where you are surrounded by – maybe you are one of them – individuals creating a crash risk 23 times greater than driving while not distracted? I'm visualizing a group of friends in a car: they just hit the drive-thru on their way to a party, and they are having a great time texting back and forth with other friends heading to the same party...they are all engaged on everything, except the road. How often do you think this happens? Exactly.

Whatever takes your eyes from the road – even for a second – has the ability to alter your life forever. The outcome is rarely a good one. Don't learn from experience, take statistics to heart. That call, text, burger or ? can wait until you are stationary and safe.

We lived quite comfortably for thousands of years without the immediate gratification of iPhone/Android technology. There is nothing worth the risk of a precious life – yours, or someone else you may affect, by being impaired in some way.

A vehicle can be a symbol of success or poverty, a well-loved member of the family (good, old Bessie), or simply the thing that gets you from A to B. I can also be a lethal weapon when oper-

ated outside of the law.

Lt. Scott Forbes from the Eastvale Police Department gives us this sage advice, "In the short time it takes to read or respond to a text, your vehicle can conceivably travel hundreds of feet. Please don't gamble with your safety or the safety of other motorists. The risk is just too great."

Be safe. Don't drive distracted. Ever.

Visit www.distracted.gov to learn more. Educate yourself, your teens, your friends, all those you care about.

*An embellishment for entertainment purposes. No tacos were harmed in the writing of this article. Oh, c'mon! How many times have your knees done the steering for you?

Chino IRS phone scam

IRS from page 1

a busy signal).

The man who answered the phone (as "Internal Revenue Service") reiterated the threats, and stated he needed to be kept on the phone while the victim withdrew money from her bank account and deposited it into the "IRS account" by providing verbal information. Luckily, she did not comply, and the man hung up on her.

Shortly after the call ended, the victim received another call from a

woman identifying herself as from the Chino Police Department. She was told that the Police Department had dispatched an officer to come and arrest her.

The victim immediately contacted the Chino Police Department, and was reassured that this was, in fact, a scam. They were quick to confirm that the victim did not provide any personal information.

The Chino Police Department would like to remind you that these are not the practices of the IRS or the Police Department.

Beware of such callers; they are very aggressive and use scare-tactics to steal money from unwary victims. Never provide personal information, including social security numbers, bank account numbers, passwords, addresses or other critical data that could allow criminals into your life – often with serious consequences.

Unfortunately, these scammers get lucky sometimes. If you have been the victim of a phone scam, report the information to your local Police Department.

Valentine getaway at Comfort Suites

SUITES from page 1

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Located at 753 Glendora Avenue in La Puente, Comfort Suites can be reached at (626) 330-0030, or visit their website at www.industryhillshotel.com for more information and photos of their site. And be sure to check out their ad on page 6 of this publication.



Comfort Suites in La Puente.

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Loma Linda family arrested for embezzlement

IE from page 1

to embezzle from the health plan for the United Industrial and Service Workers of America Local 101 (UISWA), which serves members in the Inland Empire.

According to the United States Attorney's Office, the defendants allegedly misappropriated a total of approximately \$900,000 in union funds over the course of eight years. Those arrested are John S. Romero, 68, the former president of USIWA; Evelyn Romero, 66, John S. Romero's wife, who succeeded her husband as president of USIWA and served in that position until June 2014; John J. Romero, 50, who is the son of John S. and Evelyn Romero and who is the former secretary/treasurer of USIWA; and Danae Romero, 37, who is the daughter of John S. and Evelyn Romero and who served as an officer in the union. All are residents of Loma Linda.

The indictment charges the defendants with conspiring to embezzle assets from the UISWA Health Plan, which was a program intended to provide healthcare benefits to union members.

The indictment also includes charges of knowingly filing false annual reports with the U.S. Department of Labor that failed to disclose more than \$100,000 in UISWA revenues and disbursements, willfully misusing the assets from both the UISWA and UISWA Health Plan, and knowingly and willfully

permitting another Romero family member - who had previously been convicted of a felony narcotics violation - to serve as an officer and employee of the UISWA.

The indictment alleges that some of the Health Plan's bank accounts were held in the name of a construction company associated with the Health Plan's third party administrator, through which the Romero family received payments without the knowledge of consent of the Health Plan's second trustee. It is further alleged that the Romero family controlled the Health Plan's reserve fund accounts and used those assets for their personal benefit.

The defendants' family allegedly used union funds to pay personal and union-related legal fees and judgments levied against them, systematically making payments of Health Plan assets to a separate business entity they operated under false pretenses, fund a payroll account that had been established using the name and employer identification number of a previous labor union they had been in control of that had since terminated operations, pay off a car loan for a vehicle belonging to another Romero family member, and recirculating assets from the Health Plan's reserve fund to its operating account to cover the insurance expenses for their own healthcare benefits that were billed to the union.

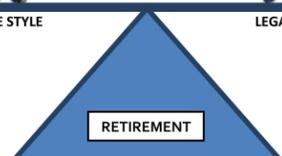
If these individuals are convicted of the charges in the indictment, all four defendants would face decades in federal prison.



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OC mother gets 11 years for stabbing children

OC from page 1

counts each of attempted murder, and child abuse and endangerment with sentencing enhancements for the personal use of a deadly weapon and committing great bodily injury.

On Oct. 27, 2014, a unanimous jury found the sentencing enhancement for premeditation and deliberation for the attempted murder charge to be true following a retrial of the sentencing enhancement, as a former jury was unable to reach a unanimous verdict.

The defendant, who entered pleas of "not guilty" and "not guilty by

reason of insanity," was found to be legally sane at the time of the murder by the jury on Oct. 31, 2014.

Back on Sept. 16, 2009, Le spent the night at a family member's home with her children, a 5-year old and a 3-year old. Her boyfriend - who is the father of the children - was at work. Le slept with her two children together on a mattress in the family

room. At approximately 6:30 a.m., she went into the kitchen, picked up a knife from the sink, walked back over to the children, stabbed each of them in the chest, and then stabbed herself nearly 25 times. She then called 911.

The children were rushed to the University of California Irvine Medical Center. The 5-year old child suf-

fered a stab wound to the chest and the knife penetrated her heart; she underwent emergency open-heart surgery to save her life. The 3-year old child suffered a stab wound to the chest area, but the knife missed all vital organs.

Both children are reportedly recovered and are living with their father.

Meet new DB councilman Lin

LIN from page 1

the firm.

In 2012, Lin, and his wife, Sophia, decided to retire and move to Diamond Bar. They have an adult son who is currently practicing medicine in the Midwest. Lin - not exactly in retirement mode - is now the President, CEO and Chairman for the KOA Corporation - an engineering firm in Monterey Park.

Lin said beyond his professional qualifications, he is an "experienced public servant" who has not only served in Diamond Bar, but also in Leadwood, Kansas.

"I am happy that there is a very minimal learning curve for me to understand the needs of Diamond Bar and her citizens and residents," Lin said. "I am excited about the opportunity and I am certain that I can do a good job."

Lin said he believes his background in civil engineering will be a boon to the City, since the growing

population of Diamond Bar means higher traffic volumes - a topic that he is well-versed in considering his lifelong profession.

"One of the bigger challenges facing Diamond Bar, is, of course, the traffic issues," Lin said. "Physically, we are located in the center of the L.A. Metropolitan area and traffic from all directions converges and disperses here on our freeways. When the freeway gets congested, traffic starts to funnel through local streets such as Diamond Bar Boulevard, Grand

Avenue, Golden Spring and other minor arterial streets."

Lin said traffic problems will be a major concern of his during his time as a Council member, and that he looks forward to making a cost effective solution that will help commuters and residents. Lin also said he's looking forward to working with the local Sheriff's Department to curb small incidents involving petty theft in order to maintain Diamond Bar's image as one of the safest cities in America.

Beyond that, Lin said being ap-

pointed to the City Council will be a major opportunity and responsibility, and that he is willing to listen to any resident on any matter that would improve Diamond Bar during his tenure on the Council.

"As a public figure, my number one responsibility is to learn and understand every public issue and try to build a consensus to solve the problem," Lin said. "I certainly welcome comments and recommendations from every citizen and resident of Diamond Bar. My door is always open."

Strategic Alliance: free networking

NETWORKING from page 1

company dedicated to providing businesses the opportunity to align synergistically by creating an environment conducive to business development. They were founded in 1997 for the purpose of generating quality business opportunities. By creating an alliance of ethics-driven business professionals who are dedicated to generating business, the level of customer service increases, creating bet-

ter results.

Members meet each week to exchange information, ideas and referrals. Over time, these relationships - which are built on trust and mutual respect - generate business opportunities. Strategic Alliance is unique in the fact that they are free, have a proven track record with 13 years in business, and their meetings are fun (no one wants to sit through a boring meeting). Similar networking groups often charge for this type of service. One of the reasons Strategic

Alliance works so well is that there is only one of each type of business within the membership; this way, you receive all the referrals from the group for your field of expertise.

The group meets every Thursday morning, 7 a.m., at the Holiday Inn (21725 Gateway Center Drive, off Golden Springs), in Diamond Bar. Membership for the group is free, but everyone is encouraged to purchase breakfast to reserve the room at the Holiday Inn each week. Guests are invited to enjoy a free break-

fast at their first meeting to see if they are a good match for the group. There are approximately 20 members at every meeting, which in turn generates hundreds of referrals every year, and creates tens of thousands of dollars in business.

Strategic Alliance covers Brea, Chino, Chino Hills, City of Industry, Claremont, Covina, Diamond Bar, Fullerton, Glendora, La Habra, La Puente, La Verne, Montclair, Ontario, Pomona, Rancho Cucamonga, Rowland Heights, San Dimas, Upland,

Walnut, and West Covina. They are now recruiting members in a variety of business genres

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Walnut council recap

COUNCIL from page 1

rings are being run in massage parlors - was the City's answer to Governor Brown's Assembly Bill 1147. The bill passed on Sept. 18, 2014, allowing California cities to amend zoning, business licensing and health and safety requirements concerning mas-

sage establishments and massage therapist businesses.

The ordinance had many stipulations as to what would be considered grounds for a masseuse and massage establishment being granted a business license within the City, including diplomas or certificates from the state of California Massage Therapy Council, proof of completing at least five full years of experience

as a massage technician, and adequate hygiene standards for the building itself.

The Council then went on to approve the second reading of Ordinance No. 15-02, amending Title VI, Chapter 25, to establish historical preservation of the Walnut Municipal Code; Resolution No. 15-07 for checks and demands in the amount of \$1,053,197.35; the approval of

a one year contract with Athletic Field Specialists for baseball field maintenance at Creekside and Snow Creek parks in the amount of \$60,900; a contract amendment for WRA Environmental Consultants to prepare CEQA compliance documents for Tentative Tract Map 49059; and the award bid for the Walnut Senior Citizen's sound center upgrades.

For the Successor Agency consent calendar, the Council approved its only agenda item, which was for a resolution to the Walnut Improvement Agency confirming repayment in the amount of \$442,129.

The Council then adjourned for the evening with plans to meet on Feb. 11 for the next City Council meeting at 21201 La Puente Road.



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What Color Is Your Car?

By PASTOR MARK HOPPER



I have heard people say that you can learn a lot about a person by the color of their car.

People with flashy red or bright yellow cars are probably seeking the attention of others. This may be true. I read somewhere that people who get the most traffic tickets are people who drive red cars and trucks.

I have also heard that people who desire less attention drive cars that blend in, like gray, silver or tan. We have a gray car and a silver car. So that must tell you something about my personality!

As I looked around our neighborhood, I noticed that one neighbor had only white vehicles parked in their driveway. Every car and truck in their family was white. Maybe this reflects the unity in their family? However, I think I did notice a darker color recently. Maybe more diversity

is emerging at their house.

It is also surprising how many dark colored cars there are in our neighborhood. One member of our family has a black Honda Accord. Another neighbor has a black pickup truck. Maybe the darker colors look more expensive and luxurious.

A few years ago, a hot topic in the news was the question, "What kind of car would Jesus drive?" This generated a lot of discussion and controversy. My answer was that Jesus would probably drive a large passen-

ger van so He could help bring people to church!

Maybe we can start a new discussion by asking, "What color car would Jesus drive?" I'll let you ponder this deep question. I don't know for sure, but I do know that the two passenger vans at our church are dark green.

There is a verse in the Bible that says, "Man looks at the outward appearance, but God looks at the heart," (1 Samuel 16:7). Maybe we should not give as much attention to the color of the cars our neighbors are driv-

ing. Maybe we should focus on what is "under the hood".

Let's do the same with the people we meet each day. Don't focus on their hairstyle or the clothes they wear. We should focus on their heart and realize that each person we meet is precious and valuable in God's sight.

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.

A Life Without Regret

By NANCY STOOPS



Just for a moment, picture your last day here on earth. You're not in any pain and you're lying on your bed. As the day goes by, you're entire life is flashing by and you're really taking stock of your life. I want you to ask yourself, will you be content with your life or will you be filled with regret?

So once again, I find myself writing a very motivational article that is intended to wake those of you who always put off 'living

your life'. I wonder what it is that you fear, and why you don't understand that this is the only chance that you will get.

We seem to believe that we have many more tomorrows than we actually do. All we really can count on is today, and the here and now. Today is the day to start making your dreams come true. Today is the day to start living a life with no regrets.

Don't feel guilty because you have a dream and need to put energy into making it happen. I mean, after all, dreams coming true are just our rewards for hard work. I've seen many of my own - and many other people's - dreams come true. I believe

anything is possible if you are willing to do the work.

To me there is nothing worse than a life filled with regret. To me a life filled with regret is a life wasted. Trust me when I tell you, it's never too late to go after a dream. Don't tell me you're too young or too old, but instead modify that dream for the time being. I know that part of a dream come true is better than none at all. Inner peace comes by living a life without regret, and so does happiness!

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; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, including 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 her at (909) 229-0727, or via email at nancyjstoops@verizon.net. Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

Straight Talk With Danice

By DANICE AKIYOSHI, N.D.



Dear Dr. Akiyoshi:
My best friend is perfect in every way, but for some reason she is always criticizing herself and her appearance. Now I'm starting to feel self-conscious every time I'm around her. She is much prettier than I am, so if she magni-

fies her own flaws, I wonder what she must think of me. I'm starting to avoid her unless I'm looking my best. What should I do?

-Farzi
Hi, Farzi:
Your friend might be suffering from insecurity or low self-esteem. Just because she judges herself harshly does not mean that she has the same magnifying glass on you. Don't avoid your friend. Share your feelings instead, and help her see her true value.

-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.

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WV Board Honors Outstanding Students

By KELLI GILE

Walnut – The Walnut Valley Unified School District Board of Trustees honored C.J. Morris, Quail Summit star students and community partners during the Jan. 21 meeting. A 5th Grader from Westhoff Elementary was also recognized as the 2014 Holiday Card Contest winner.

C.J. Morris Elementary student, Brandon Rubalcaba, was honored as a Super Star Student. The 4th Grader was lauded as for his kind and caring attitude.

“Brandon is an excellent example of a C.J. Morris student who shows I.B. attitudes and Matador spirit. He comes to school each day with a positive and very happy attitude despite many learning challenges,” said teacher Carol Mead.

Brandon makes friends with everyone in class. He is often the first person to come over to someone who needs help or just

someone to talk to.

“Brandon is always polite and says thank you – even when I give him a test!” Mead quipped.

C.J. Morris Elementary parent, Molly Mendoza, received the Partner in Education award.

“Mrs. Mendoza deeply cares about our kids,” said Principal Donna Hunter. “She does an awesome job; we truly appreciate her at C.J. Morris!”

For over five years, Mendoza has served the school and community. She is highly involved in the Community Club, often helps out in classrooms, and is the current school site president. Last year, she chaired the ice cream social - one of the school's biggest events. In December, she headed up the school's holiday shop.

Quail Summit Elementary 1st Grader, Jayden Shinjo, was recognized as a Super Star Student. This year, she is being home-schooled due to health reasons.

“Jayden is part of the school and we miss her very much. All the teachers at our school are so inspired by her can-do attitude and perseverance,” Principal Jeanette Koh said. “You are awesome and amazing, inside and out!”

Quail Summit teacher, Lori Aicard, who provides the independent study describes Shinjo as intelligent, brave, optimistic, a quick learner, and having shining character. She has made a powerful impression on her teacher.

“Jayden loves learning, works hard, and is joyful about everything. And this little girl always has a smile and a giggle,” Aicard said.

Quail Summit Elementary selected Marlene Cantrell and Chris Cantrell of Cantrell Photography as recipients of the Partner in Education Award. Cantrell Photography has been the school photographer for over 25 years.

“We want to recognize them



PHOTO COURTESY: KELLI GILE

Quail Summit Elementary 1st Grader, Jayden Shinjo, was recognized as a Super Star Student during the Jan. Board Meeting (shown with Board President Larry Redinger).

because they exemplify what it means to give back to the community,” Koh said. “We are so thankful for our partnership with Cantrell Photography and look forward to many more years!”

Westhoff Elementary 5th Grader, Stephanie Yeh, won the

2014 Holiday Greeting Card Art Contest. The Board of Trustees recognized the talented young artist with a certificate and framed copy of her original artwork. She also received a gift certificate to Chick-fil-A restaurant, courtesy of owners Bob and Michelle Sun.

Freemont Femeiners Explore Careers

By JULIETTE FUNES

Pomona – A group of female students at the Fremont Academy of Engineering and Design are breaking through barriers and embracing career paths in science, technology, engineering and math – helping to lead the next generation of women into STEM careers.

Known as the Fremont Femeiners, the group consists of 24 girls in Grades 10 and 11 – the top students in their class – who engage in hands-on STEM activities, including robotics and wearable technology.

“I’ve heard many times that STEM is not for girls, but they’re wrong,” said Elena Guzman, an 11th Grader and President of the Femeiners. “These girls are smart and do amazing projects, and we were chosen because we’re full of potential. I think we’re a great group of girls who are going to do great things.”

The Fremont Academy of En-



PHOTO COURTESY: JULIETTE FUNES

A group of Fremont Academy students, called the Femeiners, learn how to build wearable technology from Cal Poly engineering professors and female engineering students.

gineering and Design is a Grade 7 to 12 Project Lead The Way (PLTW) school, composed of an equal number of boys and girls, all of whom take engineering classes.

The Femeiners was created in 2013 in partnership with Cal Poly Pomona’s College of Engineering and is guided by the belief that girls will thrive in STEM careers if they are given the opportunity.

The College, which has an 18 percent female enrollment, supplies the funding and academic support to sustain the three-year program.

The program provides students with project-based learning, female engineering student mentors and college counseling while building a sustainable community of current and future STEM leaders. They are now the subject of

a PLTW documentary.

“The Femeiners are treading ground in what has historically been a male-dominated industry,” said Fremont engineering and computer science teacher, Scott Lukesh, who runs the program and was recently recognized by PLTW for his commitment to being a master teacher. “It’s a field that we can change. It’s a difficult thing to do, but there’s no stopping this revolution, and I believe the Femeiners can make a real impact at Fremont, Cal Poly and beyond.”

This month, Cal Poly Pomona engineering professors and female engineering students are bringing their expertise to lead the Femeiners in building wearable technology. This new industry incorporates computer and advanced electronic technologies into clothing and accessories with the vision of weaving technology into everyday life. Last year, Cal Poly and the Femeiners built creative robots.

A Femeiner Excursion to Lake

Arrowhead is planned for Jan. 28 to 30 to complete wearable technology projects and build a strong community amongst themselves.

“I want these girls to be empowered to know that they can do anything they set their minds to,” said Lukesh, a 25-year educator. “We need to have projects like this to show girls and their families that they’re good at it. The world needs them.”

“The Femeiners program has the amazing capability of changing the dynamic of the STEM field,” said PUSD Superintendent, Richard Martinez. “It’s a unique pathway that provides innumerable opportunities for these accomplished young women, who are already trailblazers in the STEM world, to learn the concepts, develop the skills and build the confidence to be successful after high school.”

For more information on the Femeiners, visit www.facebook.com/fremontfemeiners.

South Pointe Students Cycle As They Learn

By KELLI GILE

Walnut – South Pointe Middle School special education teacher, Nakia Brener, was looking for a way to help her 6th through 8th Grade students improve their reading skills. She noticed that they didn’t seem engaged during the 30 minutes of Accelerated Reading each morning.

“They would often pretend to read or do other things,” Brener noted.

A light went off after reading an article shared by her principal in October about integrating kinesthetic learning in the classroom. A school back east was helping students increase reading scores with exercise bikes used while reading. This tactile-learning style takes place by students carrying out a physi-

cal activity.

Brener was inspired when physical education teachers at her school began having students “read and ride” on workout bikes. As a former P.E. teacher, she knew movement would help



PHOTO COURTESY: KELLI GILE

South Pointe Middle School special education students have begun reading and riding using stationary pedals to improve reading skills.

her kids.

“I’m always thinking of ways to keep them alert, awake, and thinking. So I thought I’d try it!” said Brener.

Some schools had actually converted classrooms with bicycle chairs – she knew that would be too expensive. Brener found a simpler solution - stationary pedals that tuck under the desks. She needed 20 – one for each student. She wrote grants to Donors Choose and the Walnut Valley Educational Foundation that funded the \$800 project.

Many of Brener’s students take an adaptive P.E. class and aren’t able to use a standard bike. These new tools would provide the same learning benefits and a chance for some additional physical activity.

On Jan. 7, the kids opened up

the boxes of equipment.

“You’d think it was Christmas here – they loved it!” Brener exclaimed.

For the past two weeks, students have been eager to peddle as they learn. Brener reports “they’ve been peddling away and reading!” Each student peddles at a different pace – some slow and deliberate, others steady, fast, or even backwards.

“I like it because it keeps my mind going,” said 7th Grader, Tyler Lewis. “And I feel like I’m getting fit!”

Each day, the specialized academic instruction class begins with 15 minutes of Accelerated Reading (AR) reading followed by 15 minutes of the computerized Language Live component for phonics and reading foundations.

“We haven’t had them long enough to see how they improve reading, but I will say the kids are much more likely to be reading. And they know they can only use the foot pedals if they’re reading,” Brener said.

When Brener wanted to gauge how much her students were reading she asked how many pages they completed after the timed reading. They all reported over 25 pages.

“I think that’s the most you’ve read in 15 minutes, ever!” she exclaimed.

“South Pointe is really a good school for integrating movement and learning!” Brener added.

“It is just another amazing example of doing whatever it takes to ensure the success of our students!” said Principal Susan Arzola.

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