

OUR WEEKLY NEWS.COM

Volume 17 • Issue 35 • Feb. 28 - Mar. 6, 2015 • ANAPR.COM

OC News

Santa Ana Stabbing Prompts Shooting

Santa Ana Police and OC District Attorney are investigating a stabbing resulting in an officer involved shooting

STAFF REPORTS

Santa Ana – On Fri., Feb. 20, at approximately 12:20 p.m., the Santa Ana Police Department received multiple 911 calls of a stabbing in progress in the area

see OC page 8

IE News

Prison For Two Local Terrorists

STAFF REPORTS

Riverside – Two men with ties to the Inland Empire were each sentenced on Tues., Feb. 24 to 25 years in federal prison for participating in plots to provide material support to terrorists and to kill American personnel.

Sohiel Omar Kabir, 37, a naturalized United States citizen who was born in Afghanistan and who until late 2011 resided in Pomona;

see IE page 8



PHOTO COURTESY: CHINO VALLEY FIRE DISTRICT

A Firefighter suppresses the last of the flames at a residential structure fire in the early morning hours of Feb. 24.

STAFF REPORTS

Chino Hills – Chino Valley Fire District Firefighters responded to a single-family residential structure fire on the 17800 block of Lone Ranger Trail in Chino Hills just after 3 a.m. on Tues., Feb. 24.



PHOTO COURTESY: SBSD

Former Officer, Tyler Stone

Firefighters on scene found a working fire in the garage with some extension into the home. Two vehicles inside of the garage were destroyed. The two residents of the home were displaced due to smoke damage throughout the home.

The Fire District's Community

Liaison Officer is assisting the homeowners through the recovery process. Chino Valley Fire District Investigators determined the cause of the fire was the dryer. Damage was estimated

see Fire page 8

Former Ontario Police Officer Arrested

STAFF REPORTS

Ontario – On Nov. 8, 2014, investigators from the Ontario Police Department received information that one of their officers, Tyler Stone, 30, of Rancho Cucamonga, had an inappropriate relationship with a juvenile female. The Sheriff's Department

immediately placed Stone on administrative leave, and on Dec. 9, 2014, began an investigation into possible criminal acts.

Detectives from the San Bernardino County Sheriff's Department (SBSD) Crimes Against

see Officer page 5

Pomona Gang Member Sentenced To Death

STAFF REPORTS

Pomona – A Pomona 12th Street gang member – convicted of a series of kidnappings and killings in 2009 – was sentenced to death on Thurs., Feb. 19, according to the Los Angeles County District Attorney's Office.

On Aug. 14, 2014, a jury found that Robert Louis Caballero, 37, committed multiple murders, that the murders were committed during the course of a kidnapping and

see Gang page 5

City Council

Walnut Council Recap

BY RAYMOND MENDOZA

Walnut – Walnut's City Council was met with an outpour of concerned citizens during its latest Feb. 25 meeting, each speaking out against the planned Mt. San Antonio College parking structure, urging the City to move toward litigation to stop its construction.

First, however, the Council approved the minutes for the Feb. 11 Council meeting and the second reading of City Ordinance No. 15-03, which would amend the City's municipal code

see Council page 8

Our Featured Businesses

Budget Rooter Plumbing

STAFF REPORTS

Chino – Since 1985, Budget Rooter & Plumbing has provided responsive, personalized service to each and every client. It's hard to find a plumber who meets your expectations, 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 re-



PHOTO COURTESY: BUDGET ROOTER

see Rooter page 3

Top Quality Auto Body Repair and Towing

By J.D. ALBERTS

Walnut – For over 25 years, California Coach Auto Collision has served its community with top notch repair and assistance services, reaching from "Diamond Bar to Chino and beyond."

Under original ownership, California

see Towing page 8



California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. Reach them at (909) 595-9448. See their ad on page 10.

WEEKLY NEWS

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Community News, Eastvale
News, School News
14144 Central Ave. Suite H
Chino, CA 91710
Phone: 909.464.1200

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ABC Public Relations

EDITORIAL
Editor In Chief:
Kimberley Sander

Staff Writers, Photographers,
Editorial Team:
Michael Armijo
Glenn Freeman
Jennifer Jester-Madrigal
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PRODUCTION
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IMAGE COURTESY: WIKIPEDIA
Washington Crossing the Delaware (December 25, 1776), by Emanuel Leutze, 1851

Did You Know?

By K.P. Sander

George Washington was the very first President of the United States, but that was just one of his many accomplishments in a long list of devotions to serving this country.

On Feb. 22, 1732, Washington was born to a wealthy plantation family in Westmoreland, Virginia. Of course he grew to greatness and was not only our first President, but also the Commander-in-Chief of the Continental Army during the Revolutionary War, a founding father of the United States, a governor of the convention that drafted the U.S. Constitution (and a signer thereof), and a Delegate from Virginia to the First and Second Continental Congresses. We remember him on the one dollar bill and the quarter, and know he did great things, but here are some interesting – albeit lesser-known facts – about the amazing George Washington (thanks, Wikipedia).

Washington's father died when he was 11-years old, and his half brother, Lawrence, became a surrogate father and mentor.

In 1751, Washington escorted Lawrence to Barbados for tuberculosis treatment, and contracted smallpox during the trip. The disease left his face a bit scarred, but immunized him against future exposure.

The mercury used to treat his smallpox ultimately led to the loss of all of Washington's teeth. He had three pair made: two from elephant/hippo ivory, and one from human teeth (none from wood). All were a source of constant pain, though he never complained.

Smallpox reportedly left Washington sterile, and he had no children of his own.

Washington married the wealthy widow, Martha Custis in 1759. She had two children, and he loved them as his own.

At exactly six feet tall, Washington towered over most of his contemporaries

• He owned tobacco plantations, but gave up smoking.

• He owned (inherited) slaves, but desired to free them and abolish slavery.

• Washington was one of the wealthiest land owners in Virginia, and owned thousands of acres of land.

• Washington lived an aristocratic lifestyle, with fox hunting, dancing, theater, and racing some of his favorite activities.

• He was unanimously elected as President by the electors in both the 1788 and 1792 elections.

• Historian John Shy said that in 1783, Washington was "a mediocre military strategist but had become a master political tactician with an almost perfect sense of timing and a developed capacity to exploit his charismatic reputation, using people who thought they were using him."

• Washington was pulled out of retirement in 1787 to oversee the Constitutional Convention in Philadelphia.

• He was not a member of any political party and hoped that they would not be formed, fearing that they would undermine republicanism.

• Washington's death was perhaps the result of malpractice. He became ill with a severe sore throat in Dec. 1799, with severe difficulty breathing and inability to swallow. Bloodletting was a standard medical practice of the time, and Washington authorized the removal of a pint. Three different physicians intervened for a myriad of symptoms, and half or more of his blood was ultimately removed. Washington died in his bed around 10 p.m. on Sat., Dec. 14, 1799, at the age of 67. His last words were recorded as, "Tis well."

• Napoleon Bonaparte ordered ten days of mourning in France at Washington's passing.

• Washington was interred in the family tomb at his home in Mt. Vernon. A new tomb was constructed at Mt. Vernon in 1837. His remains

High Cholesterol At 23

By SARAH SANCHEZ

There's always a few days in your life that you'll never forget. For me, it was when I was visiting my doctor, just before Thanksgiving, and she walked in and told me that my bad cholesterol was twice as high as it should be. The doctor said if I didn't get my cholesterol down as soon as possible, I was at risk for a heart attack, diabetes, and infertility. That last one hit me hard, considering I just got married and children is all we ever talk about. I remember staring at her, trying to process the information I was just given; trying to hold back tears that suddenly filled my eyes. I couldn't believe it. There was a possibility I couldn't have kids, and I had high cholesterol at 23.

The doctor told me to change my eating habits, and to stay away from carbohydrates, sugar, and alcohol. She prescribed medication, and sent me on my way. I walked out of the doctor's office shocked and confused, with no idea what to do next. I cried a lot that week. I went into a bit of depression after imagining that I might not be able to give my husband a child because of my eating habits. I replayed the conversation in my head, confused on how this happened. My husband and I barely ate out because of finances, I cooked chicken or turkey meat almost every day, I didn't drink soda or coffee, and I rarely drank alcohol. I just didn't get it.

That following Sunday, my husband and I went to our couple's small group and I completely broke down. Surrounded by people I had just barely met, I held my husband's hand, told them everything, and I cried. I let it out. And I'll be honest, I felt better. They were so supportive, offering recipes, a group diet, and prayer. I couldn't believe the love I got from them, strangers that suddenly became my support group in a time of need.

After my breakdown, I just snapped out of my depression. I was motivated. There was no way my eating habits were going to be the reason I couldn't have kids. My mind was set:

something had to change.

With love and support from my husband, I spent the next three months changing my lifestyle. I monitored everything I ate and developed an exercise routine. I went on a protein shake diet for the first two weeks, and then maintained my weight by eating smaller portions of strictly healthy food. I also downloaded the "My Fitness Pal" app, which helped me realize what's actually in the food I was eating.

It was tough to change everything at first. I felt ridiculous reading labels at Trader Joes and then looking up to see an 80-year-old man doing the same thing right next to me. But I stuck it out, and I'm happy to say that four months later, I'm down 12 pounds, I'm off medication, and my cholesterol is normal.

I truly believe that everything happens for a reason. This experience helped me to learn how to use low-fat alternatives, realize what foods are actually bad for me, and helped me build a closer relationship with my husband, family, and friends. My family was inspired to go to the doctor for routine checkups, too.

I think the most important outcome out of this experience was that I was able to feel better about myself. I've had low self-esteem since I was very young, and on every birthday since I was about 13-years old, I wished I was "skinny" when I blew out the candles. But every year, I never did anything about it. Having high cholesterol forced me to lose weight, and now that I have, I feel better where I am. This past year was the first birthday that I didn't wish to be "skinny" because for once in my life, I felt comfortable with the weight I was at.

In the end, I realized having high cholesterol went from being devastating news, to being the best thing that ever happened to me. God always has a bigger plan for us and sometimes we need to stop looking at the problem that's happening in the moment, and look toward the positive outcome that it can have in the future. So even though I'd never thought I'd say this, I'm thankful to have had high cholesterol at 23.

were moved there on Oct. 7 of that year, and after the ceremony the inner vault's door was locked and the key was thrown into the Potomac River.

Washington was well-loved throughout his life. Congressman Henry Lee eulogized him, saying, "First in war, first in peace, and first in the hearts of his countrymen, he

was second to none in the humble and enduring scenes of private life; pious, just, humane, temperate, and sincere; uniform, dignified, and commanding, his example was as edifying to all around him as were the effects of that example lasting...such was the man America has lost – such was the man for whom our nation mourns."

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Community Events

UPCOMING EVENTS:

Free Tax Return Services

When: Feb. 28; Mar. 7, 14, 21; Apr. 11 – 8 a.m. to Noon

Where: Ganesh High School, 1151 Fairplex Drive, Room 12, Pomona

Details: IRS-certified volunteer students who have been officially trained and tested in current tax law will offer free tax return preparation services to community members during eight Saturday sessions. No appointment is necessary; the service is available to those whose annual income is \$53,000 or less.

Contact: Jackie Jones, (909) 397-4400, ext. 30012.

Pomona Inner City Homeless Ministry Dinner

When: The 4th Saturday monthly: Feb., 28, Mar. 28, April 25, May 23, June 27, July 25, etc.

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.

First Friday Food Trucks

When: Mar. 6; May 1; June 5; July 3; Aug. 7; Sept. 11; Oct. 2; Nov. 6; Dec. 4

Where: WVUSD, Parking Lot, 880 S. Lemon Ave., Walnut

Details: Enjoy gourmet food, great weather and good friends while supporting education!

Truck line-up: The Slummin' Gourmet; Piaggio; Me So Hungry; Street Food; Bakery Truck.

Chino DairyAire 5K & Fun Run

When: Sat., Mar. 7

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

Details: This community event helps raise funds for the Chino Youth Museum. Register before March 1: 5K \$30/Fun Run \$10; register on or after March 2: 5K \$35/Fun Run \$15. Pre-register today at www.dairyaire5k.race-wire.com. USATF Certified 5K Course.

Pomona Police Host Blood Drive

When: Wed., March 11, 8 a.m. to 4:30 p.m.

Where: Pomona Civic Center Plaza

Details: The blood drive is in honor of fallen SWAT Officer Shaun Diamond and sponsored by Huntington Hospital. Donors must be in good health and 18 years or older. Every blood donation can save up to two lives. Contact: To make an appointment, visit www.workforcehealth.com/passcode:shaundiamond. For questions call (626) 676-6881.

Kids' Night Out

When: Mar. 21; Apr. 18; May 16; Jun. 20; Jul. 18; 6 to 9 p.m.

Where: Chino Youth Museum, 13191 6th St., Chino

Details: Participants enjoy a fun Saturday evening at the Museum while parents enjoy a nice evening out. Art projects, games, dinner – all with a caring staff. Ages 4 to 10. \$12 members/\$15

general. Pre-registration is required.

Contact: (909) 334-3270 during normal operating hours, Wed. – Sun., 10 a.m. to 4 p.m.; or visit www.chinoyouthmuseum.com.

Diamond Bar Birthday & Business Showcase

When: Sat., Apr. 11; 11 a.m. to 5 p.m.

Where: Pantera Park, 738 Pantera Drive, Diamond Bar

Details: Be part of the DB Birthday Celebration by getting a booth at the Business Showcase. Over 6,000 attendees! Sign up while premium exhibitor space is still available.

Contact: www.diamondbarca.gov/bday

Chino Corporate Challenge

When: May 2 - 15

Where: City of Chino

Details: Commit your company and yourself to a healthier lifestyle by joining the two week event where company teams can compete with other local businesses in a variety of games, including Kickball, Bunco, Softball.

Contact: Carolyn Owens, Community Center, (909) 334-3258; email communityservices@cityofchino.org; or visit the website at www.chinocorporatechallenge.com

Irwindale 35th Annual Golf Tournament

When: Thurs., May 7; 10 a.m. Registration; 11:30 a.m. Shotgun Start; 5:30 p.m. Catered Reception Dinner

Where: Sierra La Verne Country Club

Details: The tournament is

open to every level of golfer and offers an invigorating day of business networking, socializing and sporting fun. Registration is limited to 144 players and sells out every year.

Contact: Call the Chamber office at (626) 960-6606, or visit www.irwindalechamber.org

REGULAR EVENTS:

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

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

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

Budget Rooter Plumbing

Rooter from page 1

spect and honesty," Holt said. "I do the best job I can for a fair price. It costs a lot to have a plumber come out, and you should at least get what you pay for."

Budget Rooter Plumbing specializes in residential plumbing, installation, repair and replacement of tankless water heaters; faucets and toilets; leaking pipes; clogged pipes and drain

cleaning; gas pipe repair; trenchless sewer replacement; sewer locating, repair and lining; and gas water heater sale and installation.

"I personally come out and care about your problems," Holt said. "I will give you an honest opinion and a fair price."

Holt says he enjoys his job because of the gratification he gets out of helping people that appreciate him. Most of his clients come from word-of-mouth referrals by other satisfied clients. He returns the favor by

offering a personal warranty on his work.

"My personal warranty is, if it ever needs repair, just give me a call," he said.

For Budget Rooter Plumbing's coupon for a free in-home estimate, valued at \$49.50, see page 8.

You can reach Dave Holt at Budget Rooter Plumbing at (909) 592-5855 or (626) 334-3533, or visit www.abudgetrooter.com for more information. Budget Rooter serves the San Gabriel and Pomona Valleys.

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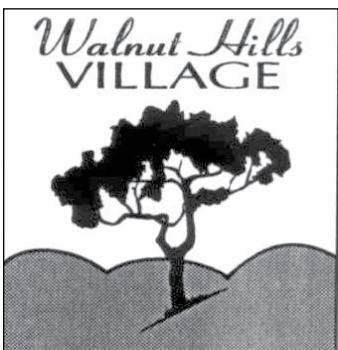
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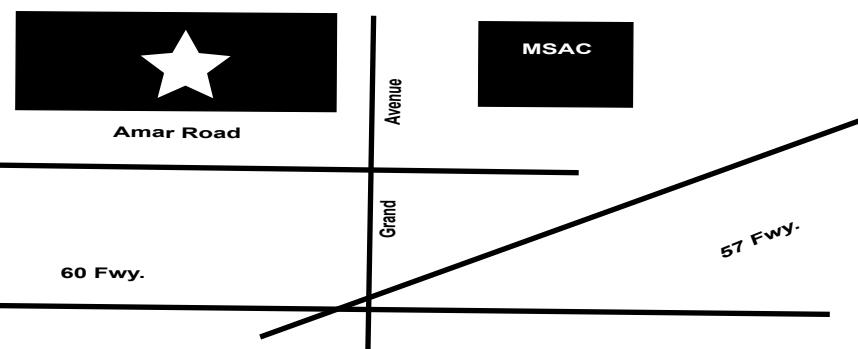
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Art Nails	594-5080
Asian Kitchen Express	345-8587
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International School
Of Montessori



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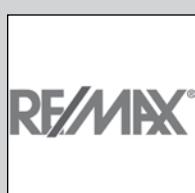
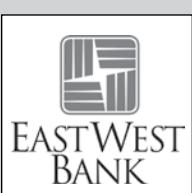
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Three Keys To Hitting

By MIKE GREEN

It's been said that hitting a baseball is one of the hardest things to do in sports. You're trying to hit a round ball with a round bat, and the ball is moving in various directions. But, with enough practice and these three keys, you can make hitting easier and be more successful.

#1 – Relax. You must be relaxed while at the plate. If you are tense and concerned with the

pressure of getting a hit, it will be difficult. Besides, a relaxed muscle will fire quicker than a tense muscle, and a relaxed mind is a clear mind. See the ball, and hit it!

#2 – Balance. Being balanced during your swing is a critical component to hitting. Watch the best hitters in the game: when they swing and miss, they are still balanced. A good way to work on your balance is to take a swing and hold it when you're finished.

If you can "pose" after your swing, you are balanced. Swing hard enough to stay balanced in your finish.

#3 – See The Ball. You have to be able to see the ball out of the pitchers hand. Work on finding the ball the instant before the pitcher releases it. You can practice this while on deck or in the dugout. This is an overlooked aspect of hitting and by far the most critical. Don't follow the ball from the glove to release. Look

at the pitcher's hat or have a soft focus over his throwing shoulder, and then pinpoint your focus on the release.

Good luck!

Mike Green is a coach for the Sports Family Club, a website dedicated to enriching the lives of children through sports and activities. To contact Coach Mike or find out more about the Sports Family Club, visit <http://thesportsfamilyclub.org/home>.

Gang member sentenced to death

Gang from page 1

that the defendant was able to carry out the killings by lying in wait. The same jury recommended that Caballero receive the death penalty.

Deputy District Attorneys, Sarika Kim and Robert Serna of the Hardcore Gang Division, said Caballero was found guilty of three counts of first-degree murder, two counts of kidnapping, one count of assault with a firearm, one count of possession of a firearm by a felon and evading an officer, and willful disregard. Furthermore, jurors found gun and gang allegations to be factors.

Caballero's codefendant, Pete Trejo, Jr., 32, was found guilty of first-degree murder and kidnapping. Jurors also found gun and gang allegations, as well as the special circumstance allegations of lying in

wait and murder during the course of a kidnapping, to be factors.

Another defendant in this case, Andrew Valenzuela, 23, was also convicted of first-degree murder and kidnapping, along with the gun and gang allegations, and the special circumstance allegation of murder during the course of a kidnapping.

Trejo and Valenzuela were both sentenced in October 2014 to life in state prison without the possibility of parole.

On Sept. 29, 2009, prosecutors said that Caballero killed Armando Vidana, a Cherryville gang member. Vidana was shot eight times and his body was found in the street.

On Nov. 5, 2009, Caballero was at a home with an 18-year old kidnapped female victim, his cousin David Padilla, and Lorraine Minjarez. During the visit, Caballero became suspicious of Minjarez

and believed she was going to tell police that he killed Vidana.

Caballero lured Minjarez to a nearby vehicle driven by his cousin. Seated in the car was the kidnapped female victim. From that location, Caballero, Minjarez and the kidnapped female victim picked up codefendant Trejo.

During the ride, Caballero directed the driver to take them to Mt. Baldy. After they arrived, Caballero then directed Trejo to dig a grave while he strangled Minjarez. Once she was killed, Trejo buried her body and Caballero ordered the kidnapped female victim to hide the evidence.

The next day, suspicious of Padilla's loyalty to him, Caballero lured his cousin to a remote freeway overpass. Once there, he directed codefendant Valenzuela to strangle Padilla while forcing the kidnapped female victim to



IMAGE COURTESY: CITY OF CHINO

Robert Louis Caballero

watch. Valenzuela strangled and beat Padilla to death with rocks, prosecutors said.

Two months later, Caballero, Trejo and Valenzuela were charged in connection with the crimes.

The case was jointly investigated by the Pomona Police Department, Chino Police Department and Los Angeles County Sheriff's Department. The defendant was arrested in 2009 by the Pomona Police Department, after a vehicle pursuit.

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PHOTO COURTESY: LASD
David Park, a Los Altos High School Teacher arrested on Feb. 23.

Hacienda Heights Teacher Arrested

LASD Special Victims Unit is investigating a Los Altos teacher for allegedly having a sexual relationship with a student at the high school.

STAFF REPORTS

Hacienda Heights - Special Victims Bureau Detectives have arrested a Los Altos teacher for having a sexual relationship with a student at the high school.

David Park, 37, of Chino Hills, was arrested on Feb. 23 at his residence by Industry Sheriff's Station Deputies and Special Victims Bureau Detectives after information reported by school officials led to an investigation.

According to the L.A. County Sheriff's Department (LASD), the suspect has been a full-time teacher at Los Altos High School since the fall of 2009. It was there that the suspect met the 15-year old victim who was enrolled in his classroom. An inappropriate intimate relationship developed where acts were committed inside the classroom, after class, and at the suspect's home. The relationship spanned between the months of Sept. and Nov. 2014.

Park had also worked as a "walk-on" football coach in 2007/2008 at Ruben Ayala Chino Valley High School in Chino, and at Western Christian High School in Upland.

The suspect was arrested for Oral Copulation, Lewd Acts with a 15-year old child, and Sexual Battery; bail was set at \$1,000,000.

The suspect is currently housed at Industry Sheriff's Station and was expected in Pomona Superior Court on Feb. 25.

Detectives are seeking the help of the public to identify any possible additional victims during the suspect's tenure at the various schools. Anyone with additional information is asked to call the LASD Special Victims Bureau at (877) 710-5273.

Walnut council recap

Council from page 1

to ensure that tattoo/body art establishments stay 500 feet away from child-related businesses.

For the consent calendar, the council approved all items on the agenda including a resolution of the City allowing certain claims and demands in the amount of \$605,241.94; the contract amendment for Placeworks to prepare environmental and technical analyses for the Shea Homes mixed-use project on Valley Boulevard; the request for installation of guard rails on Gartel Drive; and the request to provide legislative advocacy and governmental affairs services.

Walnut City Council

The Walnut Housing Authority only had one item approved, which was for certain claims and demands in the amount of \$20,023.11.

Finally, public comments given earlier during the meeting urged the City to seek litigation as a means of blocking the placement of Mt. SAC's proposed parking

structure. One resident even went so far as to use children to deliver prepared speeches, asking the Council to not to have the nearby school ruin the views in their neighborhood or further pollute the air.

After the public comments, Council Member Mary Su called for a future discussion about Mt.

SAC's master plan of upcoming construction projects.

The Council then adjourned into closed session to discuss the possible litigation against Mt. SAC and the proposed parking structure, with plans to hold their next meeting on Mar. 11 at 7 p.m. in the Council chambers at 21201 La Puente Road.



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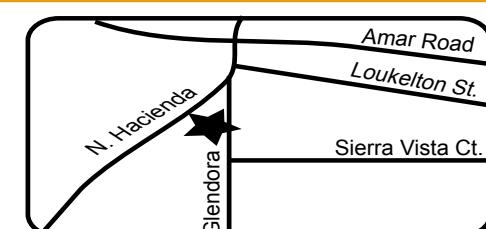
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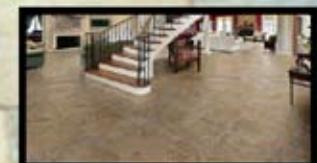
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MARY KAY



Prison for two local terrorists

IE from page 1

and Ralph Deleon, 26, of Ontario, a lawful permanent resident and citizen of the Philippines, were sentenced by U.S. District Judge, Virginia A. Phillips.

According to the United States Attorney's Office, the sentencing follows a 6½-week trial last summer in which a federal jury convicted Kabir and Deleon for their role in a plot to travel overseas to fight against U.S. and Allied forces in Afghanistan and elsewhere. Specifically, the jury convicted Kabir and Deleon of conspiring to provide material support to terrorists and conspiring to murder United States military and government personnel.

The jury also found Kabir guilty of conspiring to provide material support to a designated foreign terrorist organization, namely Al-Qa'ida, and conspiring to receive military-type training from Al-Qa'ida. In addition, the jury convicted Deleon of conspiring to murder, maim or kidnap overseas.

Two other defendants in the case – Miguel Alejandro Santana

Vidriales and Arifeen David Gojali – previously pleaded guilty and are scheduled to be sentenced by Judge Phillips on March 16.

"This case demonstrates the need for vigilance and swift action to counter the false allure of violent extremism," said United States Attorney, Stephanie Yonekura. "When confronted with young Americans who succumbed to the empty promises of violent extremism and sought to assist a terrorist group in killing American soldiers abroad, law enforcement acted swiftly to eliminate the threat."

David Bowdich, the Assistant Director in Charge of the FBI's Los Angeles Field Office, commented: "The defendants betrayed the citizens of the United States by supporting terror and conspiring to murder military members serving overseas. The lengthy prison sentences handed to Mr. Kabir and Mr. DeLeon should send a clear message to those who support terror groups that the FBI and our partners are committed to preventing deadly plots hatched either at home or abroad targeting the United States."

The evidence presented at trial showed Kabir introduced Deleon

and Santana to radical Islamic ideology in 2010. Kabir left the United States in the final days of 2011, arriving in Afghanistan in July 2012. While in Afghanistan, Kabir continued to communicate with Deleon and others, encouraging them to join him in Afghanistan. Kabir told the group that he had contacts with terrorist organizations and that, when they arrived, he and the group would join "the Students" – referring to the Taliban – and later "the Professors" – referring to Al-Qa'ida.

Deleon, Kabir, and others involved in the plot were heavily influenced by the doctrine of now-deceased Al-Qa'ida in the Arabian Peninsula spokesman Anwar Al-Awlaki and other advocates of violent jihad, whose teachings they frequently invoked during their planning and preparation in this case.

In Sept. 2012, Deleon recruited Gojali to join the plot to travel overseas to engage in violent jihad. As part of their planning and preparation, Deleon led Santana and Gojali in training activities in Southern California, including participating in paintball activities and traveling to firearms ranges to fire AK-47s and other assault

weapons, which they expected to use in future fighting.

The men made plans to rejoin Kabir, who had relocated to Kabul, Afghanistan. In effort to avoid detection by law enforcement, Deleon and the others planned to cross the border into Mexico by land and from there to travel to the Middle East by air. In Nov. 2012, Deleon purchased airline tickets for the group. On Nov. 16, 2012, the FBI arrested Deleon, Santana and Gojali as they departed a Chino apartment in a car driven by one of Deleon's associates intending to drive to Mexico. Kabir was taken into custody by American military personnel in Afghanistan.

The investigation of this terrorist plot was conducted by the Joint Terrorism Task Force (JTTF) in Riverside, California. The Riverside JTTF is comprised of members from the Riverside County Sheriff's Office, the Riverside Police Department, the San Bernardino Sheriff's Department, the Beaumont Police Department, the Ontario Police Department, U.S. Immigration and Customs Enforcement's Homeland Security Investigations, the United States Attorney's Office, and the Federal Bureau of Investigation.

Santa Ana stabbing prompts shooting

OC from page 1

of 1900 South Susan Street. As officers were responding to the location, callers continued to state the male suspect was repeatedly stabbing a female victim.

Witnesses intervened to assist the victim and followed the suspect who fled on foot southbound on Susan Street, and then eastbound on Harvard Street.

The first officer arrived at the scene within six minutes of the original 911 call and found the suspect walking in the middle of the street. A confrontation occurred as the officer attempted to detain the suspect, who was still armed with a knife. The confrontation resulted in an officer involved shooting.

The 21-year old female Hispanic victim was an immediate family member of the suspect, and sustained multiple stab wounds to her body. The suspect, Francisco Alvarez, a 50-year old male Hispanic, sustained gunshot wounds to the torso. Both the victim and suspect remain in critical condition at a local hospital.

As in all officer-involved shooting incidents, there are three parallel investigations now occurring: The Orange County District Attorney's Office is conducting a criminal investigation of the officer-involved shooting. Santa Ana Police Department Homicide Detectives are investigating the attempted murder of the female as well as other potential criminal actions by the suspect. Lastly, Santa Ana Police Department Professional Standards Inspectors are conducting an internal investigation of the officer-involved shooting.

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Garage fire ruins Chino Hills home

Fire from page 1

at \$150,000.

The Fire District encourages residents to check and clean their home dryers. Lint can

build up in your dryer or in the exhaust duct over time, blocking airflow and causing excessive heat buildup that can result in a fire. Below are some safety tips to help prevent a dryer fire in your home.

• Have your dryer installed and

serviced by a professional.

- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Make sure the air exhaust

vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.

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Towimg from page 1

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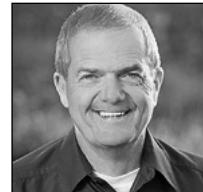




Don't Stop Running

By PASTOR MARK HOPPER

When I was in high school, I enjoyed playing several different sports. My parents discouraged me from playing football, so I opted for cross-country in the fall. I was not the top runner at our high school, but I did manage to earn a varsity letter my sophomore year.



Distance running is a lot more popular today, and it is common to see people jogging through neighborhoods and along the main streets in our community.

Many people now participate in 26-mile marathon races. In fact, the Los Angeles Marathon is coming again in a few weeks. Thousands of runners will fill the city streets and thousands of fans will line the sidewalks to watch them.

When I ran cross-country many years ago, it was one of the loneliest sports in school. Five runners from each school would participate in the race and there

were usually fewer spectators than actual runners!

I grew up in Arizona, so it was common for the race course to wander along desert paths lined with cactus instead of people. There might be a few people at the starting line and a few at the finish line, but there were no cheerleaders or marching bands to urge us on.

The basic principle in long distance running is, "don't stop." You have to keep on moving, keep on trying and keep on running.

There were times when you just felt like stopping and giving up. Your muscles would get tired and your feet would get sore. It was tempting to just stop and not run anymore.

I was not the fastest member of our team. I actually only won one race when I was in high school, and that was on the JV team. But it was thrilling to win the race and be the first to cross the finish line!

In many ways, life is like a long distance race. You have to keep on running and never give up. You may be exhausted and feel like stopping, but you have

to keep on going. You may be involved in a difficult project at work or school and feel like you are ready to give up. Don't! Keep your eye on the finish line and keep on going!

There is a verse in the Bible, in Hebrews 12:1, which says, "Therefore, since we have so great a cloud of witnesses surrounding us...let us run with endurance the race that is set before us." The author is using the image of the ancient Greek games where thousands of spectators cheered the athletes in the sports arena. But, the author is applying the analogy to our everyday life and faith. Keep on running. Don't give up.

Whatever you are facing in life, keep on going, and don't give up. And, encourage those around you that may be weary and discouraged to keep on going, too!

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.

Finding Balance in Your Life

By NANCY STOOPS

Some of us work really hard. Some of us play really hard. I believe it's finding the balance between the two that gives us a good life. Finding the balance is what makes us happy and helps us discover how wonderful life can be.



Many people are very good at working hard so they can have a good life, but what if we never take the time to enjoy it all? I think people are sometimes afraid that if they slow down to enjoy it all, maybe they will lose what they have built for themselves.

I think if we don't slow down and play and enjoy it all, we will burn out and then maybe lose it

all. I think the secret is finding that balance between work and play.

I think it's very hard as an adult to find and maintain that balance, when our society tells us we must always keep working harder if we want the good life. If we lived in Europe, we would get a different message about how important it is to enjoy our lives and to balance work and play. I think we could learn a lot from the way the Europeans live their lives.

All I know is that many of us seem to always be stressed out because all we do is work, and I think it's so very important to take some time out to enjoy all that we work for. If we don't take time, then what are we really working for? I know things are expensive and our world is hard, but we deserve to enjoy our journey called life.

So take some time to smell the roses, walk on the beach, feel the breeze on your face, and just enjoy your life.

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:
I recently had back surgery. I attend physical therapy three times a week. The facility is near my home and I am making progress. My wife wants me to change to a new facility because the therapist who works with me is an attractive redhead. She knows I like redheads, and she is jealous. I don't feel I should have to do this just because she is



insecure.

-AI

Dear AI:

I agree that your wife is insecure, but I'd like to know why? If you've ever given her a reason to doubt you, then this is the result. If her insecurities are unfounded, then that's a different type of difficulty. Either way, you need to address the problem; it won't disappear on its own. Seek a coach or therapist to assist you. When trust issues arise, there is usually an issue that has never been dealt with properly, and I'll bet you know exactly what that is. If you don't, I'm almost

certain you can get your wife to fill you in. Good luck. Thanks for writing.

-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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PHOTO COURTESY: KELLI GILE

Nearly 200 Dual Language Immersion students at Walnut Elementary rang in the Lunar New Year for their parents and families on February 20

Walnut Rings in Lunar New Year

Dual Language Immersion students perform songs, dances, and play

By KELLI GILE

Walnut – Fri., Feb. 20 was an exciting day at Walnut Elementary. Nearly 200 Dual Language Immersion students in kindergarten through 3rd Grades celebrated Lunar New Year by performing for their parents and families.

Mandarin songs, ribbon dances, and even a play explaining how the animals were chosen to be part of

the 12 signs of the Chinese Zodiac were performed.

The dress rehearsal on Thursday was equally as meaningful as all 560 students sang in Mandarin for the finale.

This Lunar New Year celebration would not be possible without the hard work of the Dual Language Immersion teachers: Carol Cheng, Jeannie Lin, Henry Lin, Krystin Wong, Connie Shiroishi, Amy Wu, Connie Chen, and Vivian Ramirez. In addition, parents assisted in costume and prop preparation.

Dual Language Immersion is one strand of world language education at Walnut Elementary,

Principal Janet Green said.

The FLES program (Foreign Language in Elementary School) is taught to students in kindergarten through third grades by the Chinese exchange teacher.

Students in Grades 3 to 5 are enrolled in the online Middlebury Interactive Language program and may choose among Spanish, French, and Chinese.

Every teacher on campus provides global education through the Units of Study, which reflect Common Core standards.

Walnut Elementary is truly a neighborhood school with a global perspective!

Walnut Board Honors Star Students

By KELLI GILE

Walnut – The Walnut Valley Unified School District Board of Trustees recognized exemplary students and community volunteers during the Feb. 19 meeting.

Westhoff Elementary 5th Grader, Philbert Loekman, received the Super Star Student Award.

Loekman came to Westhoff as a kindergartner. All his teachers concur that he is a young man who works hard, stays positive, perseveres, and achieves his goal.

While his teachers have certainly contributed to his success, it's also greatly due to his hard work, drive to excel, and incredible amount of love and support from his parents and siblings.

"I believe it's because of the partnership between his family and our school, and Philbert himself, that he has grown and matured into a confident, polite, high-achieving student that we can all be very proud of," Rendon added. "He is one of Westhoff's finest!"

Longtime Westhoff Elementary community member and talented artist, Shel Dominica, was honored with the Partner in Education Award. The relationship began several years ago when her son Shane was a student. Dominica created and painted a "Where the Wild Things Are" wall mural on the school library. The featured teacher is WVUSD retiree, Ann Hedstrom, who is surrounded by former students, including the artist's son.

15 years ago, Dominica designed the first school logo for t-shirts that is still used today. Recently she repaired and repainted the Blue

Ribbon logo and mural. Dominica has contributed banners for back-to school nights, Halloween parades, and Mrs. Nelson's book club events. She is currently working on a dedication script for the school's new walking labyrinth.

Westhoff is very fortunate to have Shel as our Community Partner. But the real reason we love Shel is her quiet demeanor, her generosity, and her talent in creating our fabulous Westhoff wear.

The Board lauded Suzanne Middle School parent volunteers, Christina Kondo and Lenora Wong, with the Community Partner Award.

Kondo and Wong currently serve as co-presidents for the school's Community Club. The organization plays a pivotal role in supplementing additional resources that the general budget cannot support.

"These ladies are often at our school site counting money, organizing events, and supporting our students with many activities they provide. They work exceptionally well with one another and bring a feeling of unity and hard work to the parent group," Ojeda said.

Community Club supports numerous activities including 6th Grade Renaissance Faire, Greek Festival, and Summit; 7th Grade Science Assembly, Wildlife Learning Center; 8th Grade Blue and White Tea, Summit, End of Year Picnic, Promotion, Science Olympiad, Math Counts, Reading Challenge, school-wide assemblies, Spring Musical, Binder Reminders, teacher support funds, and even new benches for the lunch area. A successful booster drive helped raise close to \$70,000 for the school.

"Thank you both for your dedication, commitment, and of the time you spent working at our school. You have truly made a positive difference for all our students and teachers!" Ojeda added.

The Board presented Suzanne Middle School 8th Grader, Jocelyn Nakamine, with the Super Star Student Award.

"Jocelyn has a heart of gold," Ojeda commented. "What stands out the most about Jocelyn is her passion to help others and make a difference in their lives."

The teen often spends time reaching out to kids on campus that look sad or lonely.

"She will simply sit and get to know them for a bit and make sure the conversation ends with a smile," Ojeda explained.

Nakamine is a member of the Elite Leadership class. Her committee work focuses on activities that inspire unity and friendship. She recently led the Hot Cocoa Chatter event that helped students get to know each other.

"It was a difficult task that required tons of planning, hard work, and even running with cups of cocoa! But she executed it flawlessly, demonstrating true leadership ability," Ojeda said.

Ojeda shared a tribute from leadership teacher, Kristina Natividad.

"When filling out student recommendations, the highest level on the rating scale is top 10 in a teacher's career," she explained. "In the past ten years, I have checked that box maybe once. Without hesitation, I would choose that explanation for Jocelyn Nakamine."



PHOTO COURTESY: KELLI GILE

Mary Harms was crowned 2014 Classified Employee of the Year at the "A Class Act" Cornerstone Awards Gala on Feb. 19 (shown with Board Members Dr. Tony Torg, Helen Hall, Larry Redinger, Cindy Ruiz, and Personnel Commissioners Ron Everett and Gayle Pacheco).

Walnut Valley Hosts Cornerstone Awards

By KELLI GILE

2014 Classified Employee of the Year at the culmination of the program.

"I'm so proud to be part of Walnut Valley," Harms said. "I've worked at several school sites and always tell parents that every school is wonderful and so are the people. And I really mean it!"

Harms has been a familiar face in the District for many years as an active parent volunteer. She was hired in 2000 as a PIP/PALS intervention aide and provided vital support to at-risk students. She joined the staff at Evergreen in 2012. Harms is the ultimate professional and works tirelessly, while always maintaining a positive attitude. She helps set the tone for the school and makes everyone feel welcome and cared for. Harms was nominated for the award by Principal, Carolyn Wills.

The Walnut Valley Educational Foundation and WVUSD Personnel Commission co-sponsor the annual recognition event. Dr. Michelle Harold, Assistant Superintendent of Human Resources and Robert Chang, Director of Human Resources, hosted the ceremony.

"Mary goes above and beyond for kids. I've seen her around our schools, in the community, and at church always helping people. She is a really great person and absolutely deserves this award!" said Gayle Pacheco, Personnel Commissioner and WVEF Board Member.

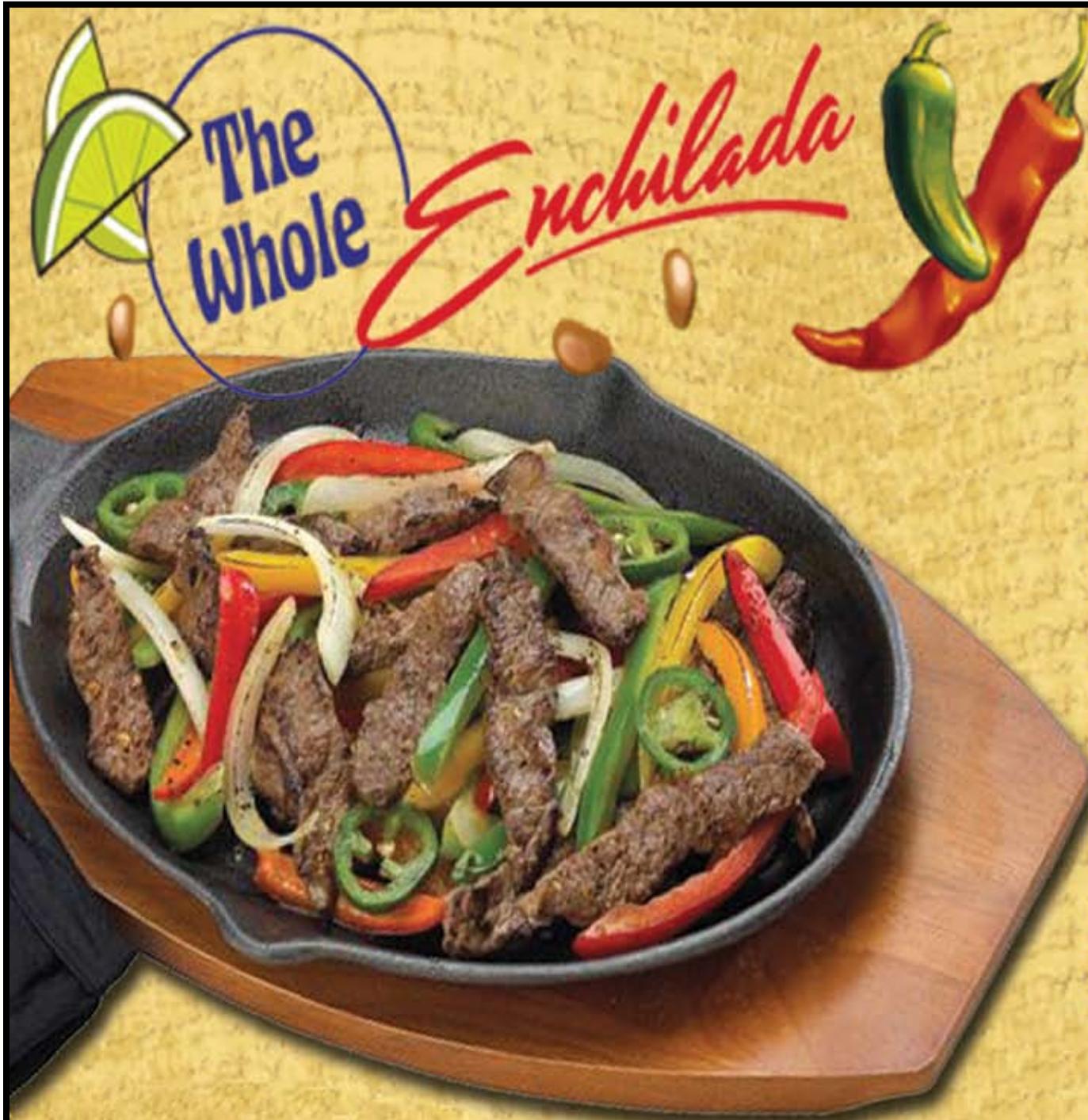
"Classified employees are exemplary representatives of the District. The heart of the Walnut Valley Unified School District is people like Mary," Board President Larry Redinger stated.

Thank you to the following event sponsors: Schools First Federal Credit Union; Sandy Best; BB & T Insurance Services; Massage Envy; and LifeTouch Photography.



PHOTO COURTESY: KELLI GILE

WVUSD Board of Trustees lauded Suzanne Middle School parent volunteers, Christina Kondo and Lenora Wong, with the Community Partner Award during the Feb. 19 meeting (shown with their children, Principal Les Ojeda, and Board President, Larry Redinger).



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