

OUR WEEKLY NEWS.com

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IE News

A 5-Year Old Superhero

By SARAH SANCHEZ

Eastvale – Whether it's Superman flying or Spider-Man swinging, every 5-year old has a superhero. But Carter Forsyth is not like other 5-year olds, because Carter is his own superhero, with his "Papa", Jerry Davis, following right behind him.

Carter is an Eastvale resident that is one of 300,000 U.S. children suffering from Juvenile Idiopathic Arthritis (JIA). JIA is an autoimmune,

see IE page 10

OC News

4th Of July Trouble In OC

STAFF REPORTS

Santa Ana – On Sat., July 4, at approximately 9:40 p.m., Santa Ana Police Officers responded to the 2500 block of North Linwood Avenue to assist first responders with a male who was lying in the street, unresponsive. Officers arrived to find Orange County Fire personnel performing CPR on a 55-year old male.

The victim was transported

see OC page 4



PHOTO COURTESY: DBCG

DB Community Garden Now Open

By CLAIRE LEWIS

Diamond Bar – The Diamond Bar Community Garden (DBCG) has opened for community members to come and enjoy the benefits of growing

their own produce.

"There is nothing quite as satisfying as seeing something you've grown with your own hands on your dinner table," states their website.

While the Grand Opening

was earlier this year in May, the community of gardeners is growing. Sponsored by the Diamond Bar United Church of Christ, the DBCG serves the

see Garden page 3

Industry Weed Bust

Deputies seize over \$3 Million in Marijuana

STAFF REPORTS

Industry – On Wed., July 1, Special Assignment Team Deputies from the Industry Sheriff's Station - in collaboration with Narcotics Bureau personnel - arrested two indi-

viduals for cultivation of marijuana for sales. Deputies developed leads based on an anonymous tip, ultimately leading them to the service of a search warrant in the 1300 block of Darius Court in the City of Industry.

During the search warrant, hundreds of marijuana plants

see Bust page 4



PHOTO COURTESY: LASD INDUSTRY STATION
Marijuana plants seized at the Industry business.

Church Burglar Arrested

Media websites help identify the suspect

STAFF REPORTS

SGV – Over the course of the year, a male Hispanic suspect burglarized several churches in the Industry and Walnut/Diamond Bar Sheriff's Station's areas. The churches had fixed post surveillance cameras which recorded the suspect at the locations, and he was de-

see Burglar page 8

New Mayor For Walnut

STAFF REPORTS

Walnut – At the City Council meeting for the City of Walnut held on Wed., July 8, rather than swear in Mayor Pro Tem, Eric Ching, as the new mayor, the Council decided to reorganize and place Bob Pacheco in the position. In addition, Councilwoman Mary Su will now serve as Mayor Pro Tem, and Antonio Cartagena, former Mayor Nancy Tragarz and Ching will now serve as council members.

"I'm very pleased to have been

see Mayor page 5

Our Featured Businesses

Advanced Improvements Provides Comfort For Your Home

STAFF REPORTS

SoCal – Advanced Improvements is an expert in air conditioning and heating, water heating, water filtration, and solar power. For over 20 years, they have been providing eco-friendly, energy saving home and office

see Solar page 5



Advanced Improvements can be reached at (888) 698-8859. See their ad on page 4.

Apex Lawyers, Inc.

Law doesn't need to be as complicated as some firms make it out to be

By CLAIRE LEWIS

Apex Lawyers, Inc. is a full service boutique law firm that strongly believes

see APEX page 8



Apex Lawyers, Inc. is located at 21671 Gateway Center Drive, Suite 108, in Diamond Bar. They can be reached at (909) 860-0342, or visit www.apexlaw-inc.com for more information. See their ad on page 7.

Weekly News

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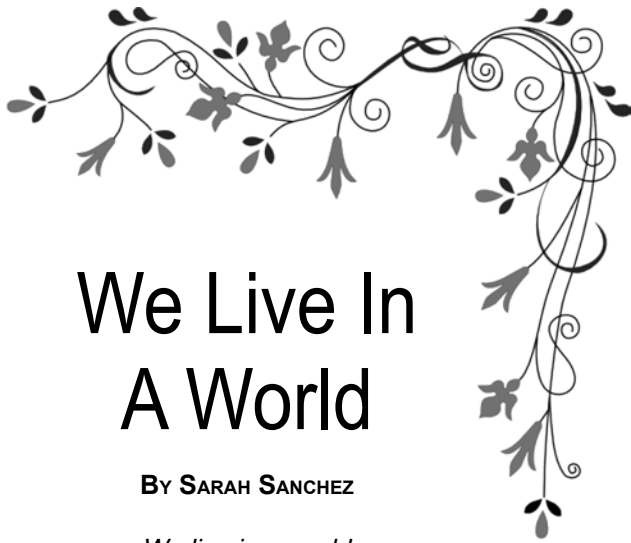
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We Live In A World

By SARAH SANCHEZ

*We live in a world
where we can't spend time with family
without looking at our phone
We live in a world
where we have thousands of "friends"
yet, we constantly feel alone*

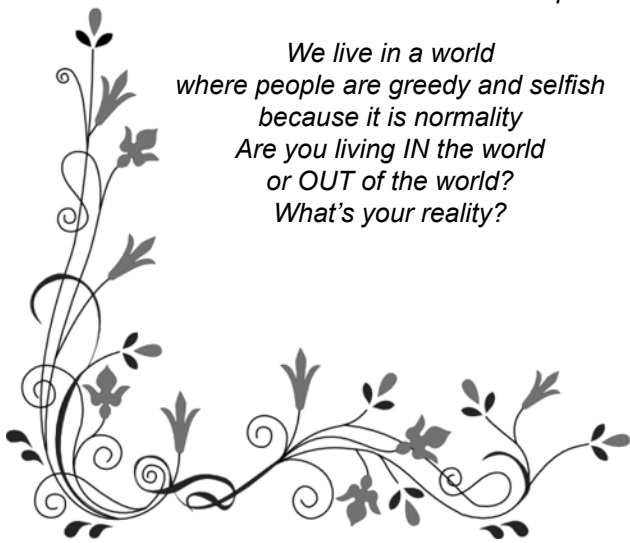
*We live in a world
where we don't know the time or directions
without relying on technology
We live in a world
where we'll say and do everything
BUT actually admit we owe an apology*

*We live in a world
where we teach kids to speak their minds
but only behind computer screens
We live in a world
where they tell us our sexuality
is determined by our genes*

*We live in a world
where our kids can be kidnapped
outside the house within our community
We live in a world
where children are starving around us
while we're calculating server gratuity*

*We live in a world
where we throw out food and water
Because we feel full
We live in a world
where we take 30 minute showers
while others bathe in a lake or a pool*

*We live in a world
where people are greedy and selfish
because it is normality
Are you living IN the world
or OUT of the world?
What's your reality?*



Did You Know?

Summer Shape Up Series #3

By K.P. SANDER

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

The artificial sweeteners, preservatives, dyes and flavor enhancers that have been added to our foods for decades have fattened not only corporate pocket books through prolonged shelf lives and disguised cheaper, sub-standard products, but they have fattened us up as well. They have created maladies in our bodies including Alzheimer's, cancers, diabetes and heart disease, and have contributed to emotional disorders in our children – even health concerns for our pets. A hundred years ago, when you grew your own food and "fast food" was a chicken on the run from the chopping block, these diseases were rare, and even non-existent. But with the initiation of processed foods in the second half of the 20th Century, the health of people everywhere has taken a turn for the worse.

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

unpleasant, even deadly, consequences from cancer to chromosomal damage.

And, are the poisons ingested in our bodies the only cause for concern? Is there more social anxiety prevalent because of social media? By involving more people in our lives via technology, are we becoming more anti-social by hiding behind it? Look around you. The majority of people walking

around (and yes, even driving around) aren't paying attention to where they are going because they are completely focused on their phones: texting, Facebooking, Instagramming. I'm guilty of all of it, but I can't remember the last time I truly felt full of health and vitality and just plain old GOOD. I wake up to caffeine, drive-thru when I'm rushed, crack open a can of high-fructose corn syrup for energy, and text instead of call. But I, for one, don't want to find myself looking a heart attack (or worse) right smack in the face, knowing I contributed directly to it. I'm going to educate myself, read more labels, and avoid ingredients I can't pronounce or know to be toxic. I'm going to buy more organic foods and less processed foods. I'm going to consider an apple and a handful of almonds "fast food". And I'm going to contribute to my general well-being by participating in some actual face time with those I love. I'm guessing my fitness routines will be enhanced, my body and mind will feel better, and my relationships will benefit.

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



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(909) 595-7543

Walnut Hills Optometry
18736 E. Amar Rd.
(909) 594-1153

Walnut Library
21155 La Puente Rd.
(909) 595-0757

Walnut Sheriff's Station
21695 Valley Blvd.
(626) 913-1715

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Community Events

UPCOMING EVENTS:

Chino Family Market Night

When: Wednesdays, now through Aug. 19, 5 to 8:30 p.m.
Where: City Hall lawn; 13220 Central Ave., Chino
Details: Entertainment, activities and food, appropriate for all ages
Contact: (909) 334-3258 for more information (including vendor set up)

Summer Smiles - Summer Day Camp 2015

When: Now through Aug. 19, Mon. - Fri., 6:30 a.m. to 6 p.m.
Where: Mt. Calvary Lutheran School, 23300 Golden Springs Drive, Diamond Bar
Contact: Call Director, John Battaglia, (909) 861-2740, ext. 4

Free Summer Lunch Program

When: Now through Aug. 21; Mon. - Fri., 12 to 1 p.m. (subject to change on Tues/Thurs).
Where: Community Building Park, 5443 B St., Chino; and Monte Vista Park, 13196 Monte Vista Ave., Chino
Details: Children 18 and younger are welcome to enjoy a free, nutritious lunch with fun activities this summer. The City of Chino is providing this in collaboration with the USDA and the California Department of Education.

West Covina Movies in the Park

Where: Civic Center Courtyard, 1444 W. Garvey Ave; and Shadow Oak Park, 2121 Shadow Oak Drive; West Covina
Details: Join the City of West Covina and the West Covina

Firefighters' Association for a FREE family event series. Bring your family, friends and a blanket and enjoy a relaxing evening under the stars.
 July 14 - Rio 2 (Civic Center)
 July 21 - Big Hero 6 (Shadow Oak)
Contact: (626) 919-6966 or visit www.westcovina.org for more information.

Baldwin Park Summer Concert Series

Where: Cesar E. Chavez Amphitheater (inside Morgan Park), 4100 Baldwin Park Blvd., BP; 7 p.m.
Details: Bring the whole family to enjoy this summer concerts, free to the public.
 July 16 - MALO (Latin Rock)
 July 23 - Mariachi Divas (Female Mariachi Band)
 July 30 - Brenton Wood (Soul & Oldies)
Contact: Department of Recreation and Community Services, (626) 813-5245

Kids' Night Out

When: 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 chinoyouthmuseum.com.

Vacation Bible School

When: July 20 to 24 (mornings)

Where: Faith Lutheran Church, 505 East Bonita Ave., San Dimas

Details: Children K through 6th Grade will learn about "Everest: Conquering Challenges With God's Mighty Power." \$30 per student; \$50 max per family.

Contact: Lia Gyore at (909) 962-7060; email liagyore@hotmail.com; or visit www.faithsd.net.

Pomona Inner City Homeless Ministry Dinner

When: The 4th Saturday monthly: July 25, Aug. 22, Sept. 26, Oct. 24, Nov. 28, Dec. 26.
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.

Free Summer Movie Nights

When: Fri., Aug. 7: "Planes - Fire & Rescue;" 6:30 p.m.
Where: Evangelical Free Church of Diamond Bar, 3255 S. Diamond Bar Blvd.
Details: Enjoy a great evening with free pizza, popcorn, juice and candy - perfect for the whole family.
Contact: For more information, call (909) 594-7604.

First Friday Food Trucks

When: 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.

Quartermania

When: Sat., Sept. 12; noon to 3 p.m.
Where: Heritage Park Center, 2900 S. Brea Canyon Rd., Diamond Bar
Details: Help support academic scholarships and enjoy Suds,

Spuds & Vino! There will be great things to bid on for just quarters, along with a delicious lunch and tasty beverages - all for just \$20 (bring extra cash to exchange for quarters). Lots of fun!

Contact: (909) 525-8828 to RSVP; or send check or money order to Diamond Bar Woman's Club, PO Box 4035, DB 91765.

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
Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

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

When: Every Saturday from 8 a.m. to 2 p.m.
Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut CA 91789
Cost: Free Admission/Parking
Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.
Contact: (909) 869-0701

Diamond Bar community garden open

Garden from page 1

residents of Diamond Bar and the surrounding cities by maintaining a garden that fosters community enrichment, education and economic empowerment.

According to the DBCG, this garden provides a local opportunity for community members of all ages, religious affiliations, cultural backgrounds, community standings, and socioeconomic classes to come together with a common activity of producing locally grown, organic food.

Community members can also look forward to educational classes and lectures, as well as special events like the upcoming work party to develop the Stella Hatzfeld's memorial lemon tree orchard - to be held July 18, from 9 am to noon.

This beautiful garden will also supply fresh produce for involved residents and organizations that are associated with its philanthropy, as well as benefit low-income families within the community by providing them with fresh, healthy produce.

The goal of the DBCG is to provide a safe and attractive environment for those individuals desiring a place to grow edible produce. A 4 x 8-foot, raised bed plot is available for just \$50 annually.

The DBCG invites you to come and see their garden and enjoy the beautiful and peaceful surroundings, located near the corner of Morning Canyon Road and Diamond Bar Blvd. You can also visit www.diamondbarcommunitygarden.com, or call (909) 861-4735 for more information.

The Diamond Bar United Church of Christ is located at 2335 Diamond Bar Blvd. They can be reached at (909) 861-4735.

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4th of July trouble in OC

OC from page 1

to Western Medical Center in Santa Ana, where he was pronounced deceased.

In their preliminary investigation, Homicide Detectives found that a fight occurred during a large neighborhood Fourth of July party. The victim was a participant in the fight, but it is unclear is the male sustained an assault injury, or died as a result of a medical condition. The cause of death is pending autopsy.

Anyone with information regarding this incident as asked to call SAPD Homicide Detectives at (714) 245-8390, or Orange County Crime Stoppers at (855) TIP-OCSS.

In another incident that occurred on Wed., July 1, at approximately 6:47 p.m., SAPD Officers responded to the 900 block of West 17th Street in reference to a fireworks complaint. Officers were advised that a resident at a complex had thrown a makeshift bottle bomb at a juvenile victim as he was walking in the alley.

Remnants of the device were recovered at the scene which consisted of a legal firework that was modified to explode inside of a bottle.

At the time of the initial investigation, the suspect – Ryan Matthew Brown, 37, of Santa Ana - fled the scene through the rear of his residence. Officers returned to the suspect's home at approximately 10:30

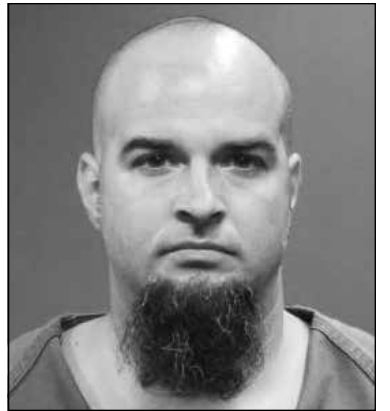


PHOTO COURTESY: SAPD
Ryan Matthew Brown

p.m., and took Brown into custody without incident.

The Orange County Sheriff's Department Bomb Squad assisted officers with this investigation, and Brown was booked on felony charges of Using a Destructive Device Causing Bodily Injury, and Willful Cruelty to a Child with Possible Injury or Death.

Industry weed bust

Bust from page 1

in various stages of growth, with an estimated street value worth over \$3 million, as well as hydroponic equipment were recovered. The equipment was used to cultivate the plants inside an otherwise nondescript local business/warehouse.

Deputies arrested David Nguyen, 32, and Phong Nguyen, 54, for cultivation

and sales of marijuana. The suspects are both of Vietnamese decent, and claimed to be from out of the state/country with no local residence. Both are being held at the Industry Station jail with bail set at \$50,000 each.

According to the L.A. County Sheriff's Department, this is the second such incident of marijuana being grown indoors locally in as many months. On June 6, the Special Assignment Team from

the Industry Sheriff's Station - accompanied by Detectives from the U.S. Marshals Fugitive Task Force - arrested three individuals for cultivation of marijuana for sales. In that case, Deputies seized over \$1.5 million in marijuana during a local search warrant operation.

For additional questions or comments, contact Lieutenant John Gannon at Industry Sheriff's Station at (626) 330-3322.

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PV Hospital To Provide Trauma Services

County enters into agreement for the East San Gabriel Valley

STAFF REPORTS

Los Angeles County - The Board of Supervisors unanimously approved the execution of a "Pre-Trauma Hospital Designation" agreement with \$4.4 million in funding for specialized personnel and equipment upgrades to prepare Pomona Valley Hospital for trauma center designation, according to Mayor Michael D. Antonovich and Supervisor Hilda L. Solis.

"This agreement is the vital next step in our effort to provide a designated trauma center to serve the residents of the East San Gabriel Valley and others needing trauma services in the region," said Antonovich. "The funding will ensure that the hospital meets the County's trauma center designation requirements and receives certification."

"Whether a patient is being

transported by helicopter or by ambulance, each second is critical to that patient's survival," Solis said. "Today's vote brings us one step closer to having Pomona Valley serve as our trauma center for eastern San Gabriel Valley."

In 1987, citing significant financial losses, hospitals providing services to the region withdrew from the trauma system. Since that time, patients who sustain significant trauma in the East San Gabriel Valley are transported to LAC+USC Medical Center or Huntington Memorial Medical Center by either ground or helicopter. Every year, over 1,200 patients have to spend the critical moments after an injury in commute to a trauma center, which could be the difference between life and death.

While the Department of Health Services has tried to re-establish services over the past 28 years, the largest hospitals in the East San Gabriel Valley did not feel they had the available physician support or financial incentive to re-establish the trauma program.

Advanced Improvements

Solar from page 1

comfort solutions for Riverside, Orange, San Bernardino, San Diego and Los Angeles counties.

Advanced Improvements' mission is to build top quality home and office improvement projects on time, with exemplary customer service, and within your budget. Right now, Advanced Improvements is offering specials and discounts on a variety of their products.

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Water Heating: Advanced Improvements carries a full line of different models and types of water heaters. They offer everything from traditional tanks and tankless, to the new hybrids and eco-friendly solar water heaters. Advanced Improvements specializes in tankless water heaters, claiming the title of the largest tankless water heater installation company in the nation. They have installed over 10,000 tankless water heaters over the last ten years. Take advantage of their \$500 discount coupon on a Rheem Tankless Water Heater, or \$100 discount on a Rheem Tank Water Heater.

Water Filtration: Advanced Improvements offers water filtration systems that protect against hardness elements, iron, rust, sediment, and a variety of other substances that may be present in your water. Their systems are high flow and low maintenance machines that are designed for optimum performance. Ask about

their \$500 discount coupon for Anti-Scale and Carbon Water Filtration systems.

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Advanced Improvements stands behind their products and services and is committed to excellence. They are also committed to the community. Owners Jason and Athena Hayes have lived in Eastvale for over seven years, and as homeowners, they love to see Eastvale flourish. Advanced Improvements has been the platinum sponsor for the Eastvale Community Foundation's Annual Golf Tournaments, and they will continue to invest in the City and support its growth. Make sure to ask about their \$500 discount coupon for Eastvale residents only.

Make your home or business comfortable today with Advanced Improvements (Contractor State License Board #947761). Their office is located at 1200 North Barsten Way, in Anaheim, and they can be reached at (888) 698-8859. Visit their website at www.AdvancedIMP.com, and see their ad on page 4.



PHOTO COURTESY: CITY OF WALNUT
Robert Pacheco

New mayor for Walnut

Mayor from page 1

selected to be mayor; I look forward to it," said Pacheco. "This year is going to be challenging. I'm looking forward to uniting Walnut, instead of dividing it."

Robert Pacheco has served the City of Walnut since 1994. He was first appointed to the Mayor's Advisory Committee and then to the Walnut Planning Commission, according to the City's website.

In 1996, Pacheco was elected to the Walnut City Council where he served for two years. In 1998, he was elected to the California State Assembly; making him the only City of Walnut resident to serve in the California Legislature. Pacheco was elected to three terms in the State Assembly until he termed-out in 2004. In July 2013, he was again appointed to the Walnut City Council.

Pacheco's professional career spans 60 years in business and the legal profession. For over 40 years, he was the Senior Partner of the law firm, Pacheco & Pacheco, located in the City of Walnut. He received a Presidential appointment to the United States Naval Academy Board of Visitors, and was also appointed as California Senior Advisor for Jobs and Workforce Development under Governor Arnold Schwarzenegger's tenure – as well as an Appellate Member of the Cal-OSHA Board of Appeals.

Pacheco, and his wife, Gayle, currently own and operate a multi-million dollar manufacturing company located in Walnut.

Pacheco is involved in numerous community organizations. He is the founder of the Walnut Valley Educational Foundation, co-founder of the Walnut Humanitarian Medical Mission, and The Gabriel Foundation, which sponsors the annual Industry Hills Charity Pro Rodeo. Most recently, he co-founded the newly formed Walnut Valley Symphony Orchestra and Master Chorale. He is also a member of the Industry Manufacturer's Council and also represents the City of Walnut with the Regional Chamber of Commerce.

Congratulations to Bob Pacheco on his new appointment as Mayor for the City of Walnut!

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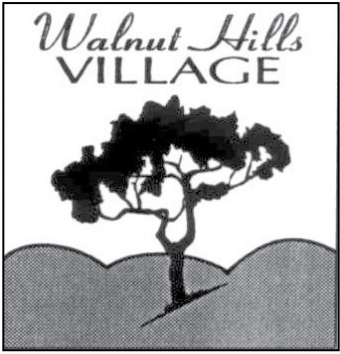
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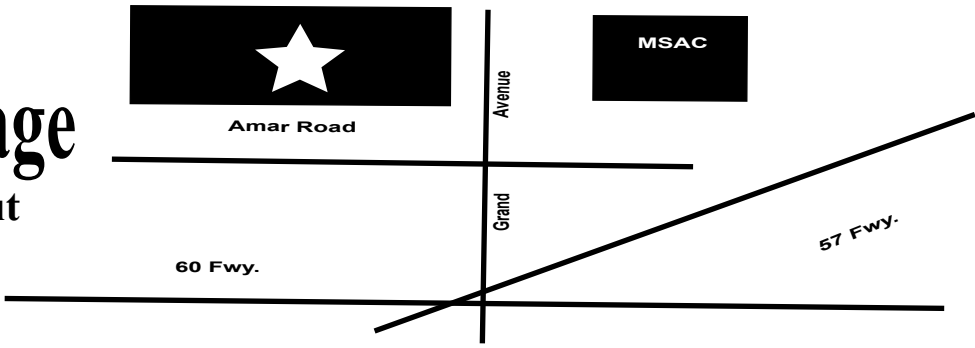
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PHOTO COURTESY: DBCF

Diamond Bar Community Foundation Helps Kids!

STAFF REPORTS

Diamond Bar – The Diamond Bar Soccer League/Legacy FC U17B Team recently won the President's Cup Title for California. From there, they went on to Snohomish, Washington, to play in the President's Cup Region IV – which they also won!

The team has now journeyed to Kansas, July 8 – 12, to play in the U.S. Youth Soccer President's National Cup, where the best teams from all over the US

will play for the National Title.

This excursion - including 22 players and three coaches - costs approximately \$20,000. To help the kids reach their goal of a national title, the Diamond Bar Community Foundation has donated \$1,000 to offset costs. The DBCF is pleased to be a part of their Legacy and help give these athletes a chance to play for the National Title.

The Diamond Bar Community Foundation is a non-profit 501(c)(3) organization, whose mission is to preserve, protect

and enhance the quality of life in the City of Diamond Bar by establishing programs and facilities to address the cultural, recreational and social needs of the community. A renewed emphasis is to raise funds to eliminate the shortage of sports fields for the thousands of kids playing youth sports in Diamond Bar. For more information, visit thedbcf.org.

The Diamond Bar Soccer League/Legacy FC is a non-profit organization, so all donations are fully tax-deductible.

Church burglar arrested

Burglar from page 1

scribed as having "tribal band" tattoos on both legs and large tattoos on both arms.

According to the L.A. County Sheriff's Department, the suspect entered churches, stealing large amounts of cash from locked donation boxes. The burglaries occurred during the day when the churches were open to the public.

Detectives from two stations worked diligently to identify the suspect - who appeared responsible for all of the burglaries - but were unsuccessful. Special Bulletin flyers were distributed to local police agencies seeking additional information

and assistance in identifying the suspect, but he remained unidentified.

Industry Station Detective, Charell Heard, who was the lead detective, created a Special Bulletin flyer with the suspect's photograph from the surveillance videos. Industry Station personnel contacted Sheriff's Information Bureau personnel seeking media coverage and the public's assistance in identifying the suspect.

On July 2, Heard conducted an interview with television and radio media personnel at the Industry Station. Shortly after the interview, and after the suspect's photograph was televised and posted on media websites, anonymous com-

munity members identified the suspect as Hacienda Heights resident, Carlos Montiel, 36.

Heard immediately queried Department resources and confirmed the suspect's identity. Industry Deputies conducted surveillance on the suspect's location, positively identified him, and arrested him without incident.

Detectives authored a search warrant for Montiel's residence and his vehicle to recover evidence related to the crime.

The collaboration of the Detectives from Industry and Walnut/Diamond Bar Stations, Sheriff's Information Bureau, media personnel and the community, led to the successful arrest of Montiel.

Apex Lawyers, Inc.

APEX from page 1

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Golf Is A Funny Game

By PASTOR MARK HOPPER



A group of men from our church play golf each Monday afternoon at a local golf course. We reserve a tee time for the same day, and the same time, every week. Some of you may wonder why men and women play the game of golf. Basically, it involves hitting a little round ball with a metal stick (club) for about three miles. It usually takes from four to five hours to complete a round of golf. Some people probably think that this is a strange way to spend your time. What is the purpose of trying to steer that little ball across miles of green grass just to get it into some very small cups? One benefit of playing golf is the physical exercise. Many golfers will walk the entire 18-hole course and most of them carry their own golf bag. The group from our church isn't quite so ambitious, so we rent golf carts that you can drive around the course. Another benefit from playing

golf is the social interaction that it provides. Although you are not supposed to talk when someone is getting ready to hit their next shot, there is plenty of time along the course to talk about family, work, sports and more. In fact, many people conduct a lot of business on golf courses. There are few distractions and during a round of golf you can discuss a lot of business related matters. Contracts are negotiated, sales are closed and new proposals are presented. Golf can be good for business! Golf also provides a peaceful setting where you can enjoy the outdoors. I often feel like I am walking or riding through a park when I am playing golf. There are shady trees, busy wildlife and usually a couple of lakes or ponds. Most courses are quiet and away from traffic noise. A golf course is a nice place to spend your day. I have two criteria for enjoying a round of golf. First, don't take it too seriously. Some golfers are so serious about every shot and every putt that they fail to enjoy the experience. Yes, it is nice to get a good score, but

there are no trophies or prize money for the average golfer. In addition, I enjoy the game more when I can find the ball! It can get frustrating when you hit a shot into the bushes or into the water. It is irritating when you and your partners have to spend time looking for a lost ball. I feel like I have had a good round of golf if I can finish the round with the same golf ball I started with. But, when I start losing golf balls and start getting too serious, I find that I am really not enjoying it. Let me encourage you to find something that you can enjoy - whether it is a round of golf with friends or something else that you enjoy doing. Make sure that you make time for a little recreation and relaxation. If you would like to know more about our weekly golf group, please feel welcome to contact our church office. *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.*

Living The Life You Were Intended To

By NANCY STOOPS



I have always believed there is a blueprint for our lives. I know that we are meant to live in a way that shows the best version of ourselves. I believe with my heart and soul that our creator doesn't want us to settle and only be part of who we really could be. I think sometimes we settle out of fear and self-doubt, but then we only sort of live the life we are intended to. To me, there is nothing sadder than this because there is so much more to most people - and so much more potential for a great life! I mean, what do you really have to lose by digging deeper and going after the life that

you were intended to live? You might actually be happy and fulfilled and live the life that you have always dreamed about. I also think that many people feel that they aren't deserving of a better life. I am here to tell you that you are wrong, and to stop throwing away the gift of life. Make today the day you stop making excuses and finally make a decision to get out of your own way. I know how hard change is, but I also think it's harder to come to the end of your life and be filled with regret. So right now, write down the life you want vs. the life you have, look at the gaps, and think about what you need to do to change the way you live. Start by setting some realistic goals that you can meet. Learn to be patient with yourself, because the kind of chang-

es I'm asking you to make will not occur over night. These changes will occur, however, if you are tenacious and have faith in yourself and focus on growing into the best version of you! *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

A Letter From Ross

By DANICE AKIYOSHI, N.D.



Q: When I was going through my divorce two years ago, my neighbor was very supportive. She listened to my concerns and offered good advice that helped me a lot. When I was suffering in the beginning, she even brought meals to my house. She was the nicest friend I had at the time. Now I'm having problems in my new rela-

tionship and I've tried to get together with her so I can get some advice. She always seems to be in a hurry and is not interested in talking in the driveway when she comes home from work. She used to invite me in, but I haven't had that invitation in months. I really need to talk to her. She already knows me and my problems and I can't afford counseling. How can I get her attention? **A:** Just because your neighbor is a good soul does not mean that she owes you her time or thinking skills. For whatever reason, it sounds like she has zero interest in getting involved in your problems again. Be grateful that she was once there for you and move on.

You are not entitled to her time just because you catch her in the driveway when she comes home from work, either. Reconsider your stand on professional coaching or counseling. You need help seeing the big picture. Wish you well, Ross. *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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A 5-year old superhero

IE from page 1

inflammatory joint disease that presents with varying degrees of pain, swelling, stiffness, lethargy and a reduction or loss of mobility. Growth retardation is common in children with JIA, and this symptom is often exacerbated with medications typically used to treat the disease. Muscle weakness or loss, and osteoporosis are also possible conditions associated with JIA.

Carter had been experiencing pain and medical attention from Juvenile Ankylosing Spondylitis since July 2013, but he was diagnosed with JIA on January 6, 2014. Facing a life-long disease as a young boy is tough for Carter and his family, but this superhero doesn't let his disease get him down.

Carter is a "shining force, radiating happiness and hope that he shares with everyone who touches his life," according to his family. He has a big heart and a silly personality. He is also a curious boy who constantly seeks knowledge and has an amazing memory. At his recent preschool graduation, Carter told the crowd that he wants to be a scientist

and study volcanoes when he grows up.

Carter and his family have high hopes that he will be able to do just that, since the treatment he is currently on has helped give him relief from the everyday pain he was experiencing. According to his grandfather, Jerry Davis, aka "Papa", Carter is doing much better today than he was at this time last year. His latest treatment still involves a trip to Loma Linda Hospital once a month for an all-day infusion treatment, but Carter has gotten used to them, for the most

part, and he hardly complains, according to Davis.

In order to raise funds and awareness of JIA, Davis will be participating in the 15th Annual California Coast Classic 525 Mile Ride For A Cure, hosted by the Arthritis Foundation. Last year, as a first-year individual rider, Davis raised just over \$13,000. This year, Davis founded "Team Carter," which currently has 46 registered riders participating. At press time, Team Carter is the top fundraising team at \$90,000.

"Our goal is \$125,000, and with three months to go, I'm hoping we can reach that goal," said Davis.

All funds will be donated to the Arthritis Foundation to further the search for a cure.

Carter's family also wants to give a big thank you to the Arthritis Foundation for all they have done for him. The foundation helped Carter find his current doctor at Loma Linda Hospital, who was able to find a successful treatment.

Davis says that the Arthritis Foundation also honored Carter as the official "Finish Line Juvenal Arthritis Honoree" of last year's CCC Ride For A Cure. They are also sending Carter and his whole family to this year's Juvenile Arthritis



PHOTO COURTESY: JERRY DAVIS
Carter and his "Papa" at last year's California Coast Classic 525 Mile Ride For A Cure.



5-year old Carter Forsyth PHOTO COURTESY: JERRY DAVIS

Conference, later this month in Florida.

"Our family is very grateful to the Arthritis Foundation and that is another reason why I, as Carter's grandfather, will be involved in the ride every year for a long time to come. I believe in this organization and I am thankful for what they do," said Davis.

To donate to Carter's per-

sonal fundraiser, please visit www.525m4Carter.com. To join Team Carter, visit www.TeamCarter525m4aCure.com. To follow the team and Carter on this journey, LIKE their Facebook at www.facebook.com/525miles4Carter. If you would like more information about this cause, you can email 525m4Carter@gmail.com.



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Big Wins For Mt. SAC Students

By MIKE TAYLOR

Walnut – Mt. San Antonio College vocational education student, Troy Majeska, won a silver medal at the SkillsUSA 51st Annual National Leadership Conference competition, June 22-27, in Louisville, KY.

Majeska, of La Habra, won the silver medal in the Residential Systems Installation competition, facing five competitors from other colleges across the nation.

The SkillsUSA championships are showcases for the best career and technical students in the country. Contests begin locally and continue through the state and national levels. More than 6,000 students competed at this year's national event.

SkillsUSA is a nationally affiliated vocational club representing secondary and post-sec-

ondary students in the trade, technical and health fields. The vocational education organization represents more than a quarter million students in over 13,000 chapters nationwide.

At another event, Mt. SAC's health career students recently won eight medals - four silver and four bronze - at the Health Occupation Students of America (HOSA) national competition held at the Anaheim Hilton. More than 8,000 secondary and post-secondary students competed in 56 different health-related events at the national leadership event held June 24-28.

Amy Barraza (Cudahy), Yessenia Campos (El Monte), Jose Montiel-Flores (Baldwin Park), and Yvonne Prempeh (Fontana) all won silver medals in the biomedical debate competition.

Daniel Lee (Fullerton), Holly



PHOTO COURTESY: MT. SAC

Miller (La Habra), Noehly Partida (Pomona), and Leilani Soto (Ontario) all won bronze medals in the creative problem solving competition.

Jessica Benavente (Hesperia), Patrick Chan (La Puente), and Nicole Villanueva (Pomona) were finalists in the creative problem solving event.

"We had 11 competitors this year, and all 11 ranked nationally as finalists. That is quite an achievement," said Mt. SAC psy-

chiatric technician professor and HOSA advisor, Mary Ellen Reyes. "Being involved in and competing in HOSA is a life-changing experience for students."

HOSA, established in 1976 by the U.S. Department of Education, is the national organization for secondary and post-secondary health career students. The organization provides students in 40 states with skills, leadership development, and career development.

Mt. SAC Fall Registration Begins July 15

STAFF REPORTS

Walnut – Online registration for Mt. San Antonio College's fall semester credit classes begins July 15. Classes begin on Mon., Aug. 24.

All credit students must register for classes online at my.mtsac.edu. New students must submit an admission application online. For students who do not have computer access, computers and assistance are available in the Student Services Center during business hours. The Admissions Office is open now Monday through Thursday, 8 a.m. to 7 p.m.

Prior to registering, new students are required to activate their personal Mt. SAC portal account through the college website, myportal.mtsac.edu. Instructions on how to do this, along with your username, are sent to the new student's email address the student used when applying to the college.

Through myportal.mtsac.edu, students will be able to view their registration date and time but will not be allowed to register before their assigned time.

New students must also sign up for their assessment tests at the Assessment Center. Appointments can be made at www.mtsac.edu/assessment, by calling (909) 274-4265, or in person at the Assessment Center. Students are urged to prepare for assessment testing by reviewing the information available on the Assessment Center webpage.

In addition, new students must also sign up for the required new student orientation session before registering for classes. For more information about required orientation sessions, call the Mt. SAC Counseling Department at (909) 274-4380.

The enrollment fee is \$46 per unit for California residents, and all fees are due upon registration.

For more registration information, call the Mt. SAC Admissions and Records Office at (909) 274-4415, or visit www.mtsac.edu.

Baldwin Park Unified Invests In STEM

District adopts a local accountability plan to prepare students for college and careers

STAFF REPORTS

Baldwin Park – Baldwin Park Unified will invest in a host of programs in 2015-16 - including an International Baccalaureate program, an alternative learning academy, STEM programs and added rigor for Advanced Placement and honors classes – to prepare students for success in college or careers as part of its 2015-18 Local Control and Accountability Plan (LCAP).

The three-year plan, adopted June 23, is the second such plan required since the state altered its school funding system. It identifies goals for each of the three years covered, strategies to achieve those goals and funding sources.

Some programs target all students, while others focus

on the state's three high-needs groups: economically disadvantaged students, foster children and English learners.

Baldwin Park Unified expects to spend \$13 million in 2015-16 on its high-needs students, who make up 89.4 percent of the District's enrollment.

"Our LCAP will transform how Baldwin Park Unified serves its students, adding depth and breadth to an already rich instructional program," said Superintendent Dr. Paul Sevillano. "We will provide avenues that prepare students to compete successfully for high-demand college majors and careers."

Programs include Project Lead The Way, a leading provider of hands-on educational curriculum in science, technology, engineering and math, or STEM. Baldwin Park High School will add a robotics course and Holland Middle School and Santa Fe Elementary School will provide the STEM program for the first time.

Baldwin Park Unified will also

boost the rigor of Advanced Placement and honors classes with an eye at how those courses can help the district develop an International Baccalaureate program (IB). IB degrees are highly valued by colleges and universities; programs can take three to five years to establish.

The District will also launch an Independent Learning Center at Baldwin Park High, where at-risk, disengaged students or those who need alternative approaches may pursue their diplomas. The Center will provide a blend of rigorous online and brick-and-mortar classes with flexible hours. Enrollment is expected to range from 75 to 120 students in its first year.

Other efforts are designed to improve student opportunities for success at all levels and improve student climate. These include:

- Holding a District-wide college fair.
- Expanding visual and performing arts resources.
- Boosting partnerships with community colleges, California

State University, University of California, Regional Occupational Program and the City's Teen Center.

- Implementing a Cal State readiness class to prepare students in high school and middle school for the demands of college.
- Creating online local assessments to better sculpt instruction to student needs.
- Extending the school year at the elementary level for struggling students.
- Enabling students to improve grades or take courses they may have missed.
- Creating professional learning communities to foster collaboration among educators.
- Creating a bridge program to help students transition from middle to high school.
- Investing \$2.5 million to improve educational technology.
- Implementing Positive Behavioral Interventions and Supports (PBIS), a discipline system that uses positive feedback to minimize conflicts, suspensions and expulsions.



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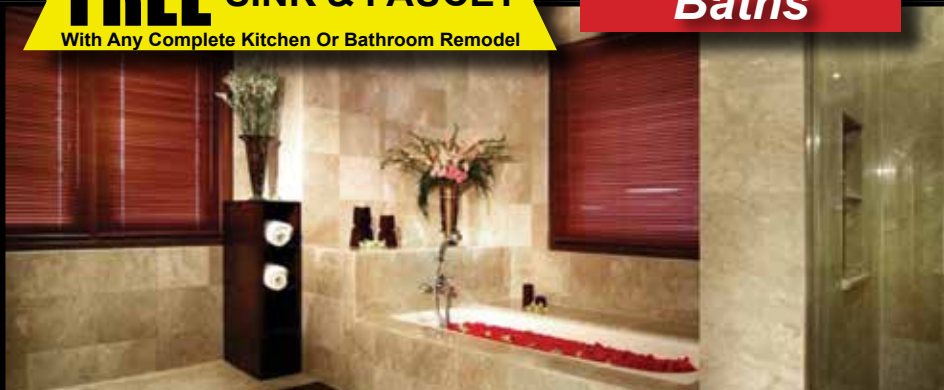
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