# News.com

San Gabriel Valley News • VOLUME 7 • ISSUE 2 • MARCH 2016 • ANAPR.COM

### IE News

# CarMax **Crash Fugitive** Sought

STAFF REPORTS

San Bernardino - A Union City, CA man charged with killing a CarMax salesman has been declared a fugitive.

Alex Demetro, 28, allegedly crashed a Corvette into a tree during a test drive around 12:45 p.m., Feb. 23, on Mercedes Lane in Ontario. Witnesses told police that the driver was traveling at a high rate

see IE page 3

### .A County News

# LASD Career Expo

LA COUNTY SHERIFF'S DEPT

LA County - Do you know someone looking for a career with consequence and meaning? Want to make a difference in people's lives? Do you want a rewarding career?

The Los Angeles County Sheriff's Department is now hiring for the position of Deputy **Sheriff Trainee!** 

Come to our Recruitment Expo on Saturday, April 16, 2016, and see what the Depart-

see LA page 3



PHOTO COURTESY: CHAFFEY COLLEGE COMMUNITY CENTER

The historic Spanish-style El Encanto building reflects the beauty of Monterey Park through its handcrafted architecture. See story on Page 3.

# **Prostitution Sting Nets 14 Arrests**

STAFF REPORTS

Pomona - Fourteen individuals were arrested this month after a prostitution sting was conducted.

On March 15, 2016, members of the San Gabriel Valley East AB109 Task Force, assisted the Pomona Police Department in conducting directed enforcement along the East Holt Corridor, targeting any and all prostitution related activities. Using officers in an undercover capacity, officers were able to arrest 14 individuals

see Sting page 9

# Deadly Stabbing in San Gabriel



PHOTO COURTESY: GOOGLE Crime Stoppers brings law enforcement together with the community.

**COURTESY LACSD** 

San Gabriel - On Tuesday, Mar. 8, at approximately 10:43 p.m. Temple Station personnel received a call for service of a victim assaulted with a deadly weapon in the 9100 block of Huntington Drive, San Gabriel.

When the deputies arrived at the location, they saw a 22-year-old man lying in the

see Stabbing page 9

# Actor & Humanitarian Speaks to **Students**

BY GINA WARD

City Of Industry - Community members become "Principal for a Day" tomorrow morning at schools across Bassett, Hacienda La Puente, and Rowland Unified School Districts, and the La Puente Valley Regional Occupational Program. Attendees will then gather to award 14 high school career scholarships at the Principal for a Day luncheon that begins at 11:30 a.m. at the Industry Hills

see Students page 11

# Shooting Investigation In San Gabriel

**LACSD Information Bureau** 

San Gabriel - Los Angeles County Sheriff's Department Homicide Bureau detectives responded to the 600 block of Los Olivos Drive, San Gabriel, to assist San Gabriel Police Department personnel in investigating the circumstances surrounding four male burglary suspects. All four suspects were taken into custody, two of which were

see Shooting page 10

# Our Featured Businesses

# Apex Lawyers, Inc.

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

BY CLAIRE LEWIS

Do you have a legal issue? Are you not sure where to go or who to talk to?

see Apex page 11



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

# Celebrate Sundays With The Whole Enchilada

STAFF REPORTS

Diamond Bar - Spring is here! Why not take a break from the kitchen and celebrate springtime at The Whole Enchilada. With its promise of authenticity, The Whole Enchilada guarantees that its customers will enjoy the taste of their savory entrees.

see Enchilada page 3



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com.

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Write a letter to the Editor.

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Please contact us at:

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# Did You Know?

FDR Gives First Fireside Chat

### **COURTESY OF HISTORY.COM**

On March 12, 1933, eight days after his inauguration, President Franklin D. Roosevelt gave his first national radio address or "fireside chat," broadcast directly from the White House.

Roosevelt began that first address simply: "I want to talk for a few minutes with the people of the United States about banking." He went on to explain his recent decision to close the nation's banks in order to stop a surge in mass withdrawals by panicked investors worried about possible bank failures. The banks would be reopening the next day, Roosevelt said, and he thanked the public for their "fortitude and good temper" during the "banking holiday."

At the time, the U.S. was at the lowest point of the Great Depression, with between 25 and 33 percent of the work force unemployed. The nation was worried, and Roosevelt's address was designed to ease fears and to inspire confidence in his leadership. Roosevelt went on to deliver 30 more of these broadcasts between March 1933 and June 1944. They reached an astonishing number of American households, with 90 percent of owning radios on which they were able to listen.

Journalist Robert Trout coined the phrase "fireside chat" to describe Roosevelt's radio addresses, invoking an image of the president sitting by a fire in a living room, speaking earnestly to the American people about his hopes and dreams for the nation. In fact, Roosevelt took great care to make sure each address was accessible and understandable to ordinary Americans, regardless of their level of education. He used simple vocabulary and relied on folksy anecdotes or analogies to explain the often complex issues facing the country.

Over the course of his historic 12-year presidency, Roosevelt used the chats to build popular support for his ground-breaking New Deal policies. After World War II began, he used them to explain his administration's wartime policies to the American people.

The success of Roosevelt's chats was evident not only in his three re-elections, but also in the millions of letters that flooded the White House. Farmers, business owners, men, women, rich, poor-most of them expressed the feeling that the president had entered their home and spoken directly to them. In an era when presidents had previously communicated with their citizens almost exclusively through spokespeople and journalists, it was an unprecedented step.



Elizabeth Taylor & Walt Disney at the 1953 Oscars

PHOTO COURTESY: OSCARS.OR

# History 101

1st Academy Awards Telecast

### Courtesy of History.com

Thursday, March 19, 1953, proved to be a historic date, because for the first time, audiences were able to sit in their living rooms and watch as the movie world's most prestigious honors, the Academy Awards, are given out at the RKO Pantages Theatre in Hollywood, California.

Organized in May 1927, the Academy of Motion Picture Arts and Sciences was envisioned as a non-profit organization dedicated to the advancement of the film industry. The first Academy Awards were handed out in May 1929, in a ceremony and banquet held in the Blossom Room of the Hollywood Roosevelt Hotel. The level of suspense was nonexistent, however, as the winners had already been announced several months earlier. For the next 10 years, the Academy gave the names of the winners to the newspapers for publication at 11 p.m. on the night of the awards ceremony; this changed after one paper broke the tacit agreement and published the results in the evening edition, available before the ceremony began. A sealed envelope system began the next year, and endures to this day, making Oscar night Hollywood's most anticipated event of the year.

Public interest in the Oscars

and from the second year on the ceremony was covered in a live radio broadcast. The year 1953 marked the first time that the Academy Awards were broadcast on the fledgling medium of television. The National Broadcasting Company (NBC) TV network carried the 25th annual awards ceremony live from Hollywood's RKO Pantages Theatre. Bob Hope was the master of ceremonies, while Fredric March, a two-time Academy Award winner for Best Actor (for 1932's Dr. Jekyll and Mr. Hyde and 1946's The Best Years of Our Lives), presented the awards. The statuette for Best Picture went to Cecil B. DeMille's The Greatest Show on Earth, while John Ford won Best Director for The Quiet Man. Winners in the top two acting categories were Gary Cooper (High Noon) and Shirley Booth (Come Back, Little Sheba).

was high from the beginning,

Hope, a star of stage and screen who tirelessly performed in United Service Organization (USO) shows for American troops during World War II, would become a mainstay of the new TV medium. He was also the most venerated Academy Awards host, playing MC no fewer than 18 times between 1939 and 1977. NBC broadcast the Oscars until 1961, when the American Broadcasting Company (ABC) took over for the next decade, including the first awards broadcast in color in 1966. Although NBC briefly regained the show in the

# 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 OF the world? What's your reality?

early 1970s, ABC came out on top again in 1976 and has broadcast every Academy Awards show since. The network is under contract to continue showing the Oscars until 2014.

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# LASD career expo

### LA from page 1

ment is all about! At the Expo, you will have an opportunity to talk with various deputy personnel who work different assignments within the Sheriff's Department. Recruiters, background investigators, Special Enforcement Team (SWAT), Special Victims Bureau. Sheriff's K-9 units. Aero Bureau. Arson/Explosives, boat enforcement, and others, will be present to demonstrate the wide variety of opportunities available with LASD.

The LASD application, background, and hiring process has been modified to find and hire the best candidates as quickly as possible. There are currently over one thousand open positions, and LASD intends to hire hundreds of deputies this year!

### Job Requirements:

- 19 1/2 years of age
- U.S. High School Diploma or equivalent
- U.S. Citizen or permanent resident who is eligible and has applied for citizenship
- A valid California Class "C" **Driver License**
- Good general physical health The Recruitment Expo will take place at the Los Angeles County Sheriff's Department's STAR Center at 11515 Colima Road, Whittier CA. 90604. The expo will be held from 9 a.m. to 2 p.m.

All Recruitment Expos include walk-in testing for the position of Deputy Sheriff Trainee, appointment necessary!

Testing will take place immediately after the Career Expo, at

The Los Angeles County Sheriff's Department is the largest sheriff's department in the country, and the opportunities this department provides are nearly endless. From Custody to Patrol. courts to detectives, SWAT teams, K-9 and air support, there is a job for nearly every interest. We're seeking only the most talented, most dedicated, and most committed people to join our team. Do vou have what it takes to earn the privilege of wearing this badge? We hope so.

For more information, come see us on Saturday, April 16th, call 1-800-A-DEPUTY, or visit us online at www.LASDcareers.org.

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birthday hat and dessert, and

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mailings per year entitling your

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as a birthday invitation for a free

cards available for purchase in

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chilada.com. And remember to

ask your server for a Combo

Punch Card on your next visit,

which provides a free combo din-

ner when you purchase any nine

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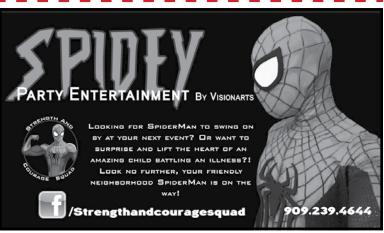
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Better yet, The Whole Enchi-

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# Sundays With The Whole Enchilada

### **Enchilada from page 1**

The Whole Enchilada can help you make at-home dinners easy by offering tamales all year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. From platters and entrée meals to taco bars, they also provide other options to serve fresh, authentic Mexican recipes their resident chef brought from their homeland.

"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada. The restaurant has been in business for over 30 years, offering a variety of Mexican dishes ranging from tacos and burritos to carne asada and

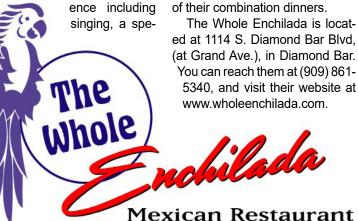
The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent customer service due to their family friendly servers being attentive, courteous, and knowledgeable.

If you're planning a celebration, parties can be planned easily at a home or business with The Whole Enchilada's catering service. Book now and you can reserve a portion of the restaurant to celebrate with good food, family, and

The staff will be there to help you celebrate special moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, and special events for churches, sports, schools, clubs, and more.

Birthday parties are always fun at The Whole Enchilada, as well. No matter how old you are, the staff will provide you with a total

birthday experience including singing, a spe-



# CarMax crash fugitive sought

### IE from page 1

of speed, possibly as high as 70 mph, when he lost control of the car and crashed.

After the collision Warren Smale, 43, of Montclair, a Car-Max employee, was taken to a hospital in critical condition. He was later pronounced dead as a result of his injuries. Smale had worked at the CarMax dealership since October 2013, and was the first CarMax employee to die during a test drive, according to the company. He zzgrew up in Pennsylvania and moved to California to find a good job.

Demetro was released from jail Feb. 24 after posting \$100,000 bail.

On March 7, the San Bernardino County District Attorney's Office charged Demetro with one count of gross vehicular manslaughter while intoxicated, one count of driving while under the influence of a drug causing injury, and one count of driving when privilege suspended or revoked with priors. When Demetro did not show up for his court hearing, a warrant for his arrest was is-

The case is currently under investigation by the Ontario Police Department. If you have any information regarding the whereabouts of Alex Demetro, please contact Ontario Police Officer Brian Olivo at (909) 395-4646 or callers



**PHOTO COURTESY: SBCS** Fugitive Alex Demetro sought

wishing to remain anonymous can dial WeTip at (800) 78-CRIME.

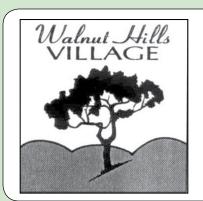




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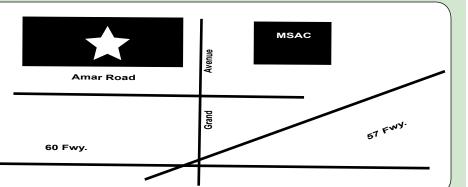
18736 E. Amar Rd Walnut/West Covina (in the former Albertson's Shopping Center next to Papa John's Pizza)





# Walnut Hills Village

20747 Amar Road, Walnut (1/2 block west of Grand Avenue)







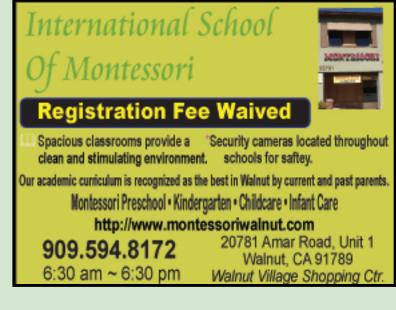






### Walnut Hills Village Merchant Directory (area code is 909)

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	Yummy House	468-4991



















# Two Tea Cups

By Pastor Mark Hopper



Having a cup of tea is one of my wife's favorthings. She enjoys a warm cup

of tea on a cold winter's night at home. She enjoys going out with friends to a local tea shop. She also enjoys taking our daughters and our grandchildren out to a special Tea Party. The grandkids get special sandwiches and desserts along with a variety of flavored tea, and they love having Tea Parties with Grammy at our house, too.

Enjoying a cup of tea and collecting tea cups are a big deal in our family.

Recently, one of our daughters, who lives out of the area, sent my wife a package. In the box was a beautiful tea cup and a note.

Her note explained that while she was out shopping, she saw this tea cup and thought of her mother. Our daughter knew that my wife already had plenty of tea cups, but she bought this one to let her mother know she was thinking of her.

Our daughter went on to explain that she had actually purchased two tea cups. One was for herself and one was for her mother. Even though they don't live nearby, my wife and our daughter would have matching tea cups to share.

In her note she wrote, "I got a matching tea cup for me - just like yours, so when I drink out of it, I will be praying for you and you can be praying for me."

These matching tea cups are a tangible reminder of the bond that is shared by a mother and her daughter.

You may share something similar with a friend or loved one. Some people have matching bracelets. Others have onehalf of a charm or necklace, with their friend or loved one having the other half.

In the Bible, there are many examples of visual, tangible reminders that God provided to remind his people of his love. In the Christian Faith, we share a piece of bread and a small cup of juice to remind us of the Last Supper that Jesus shared with His disciples. The bread is a reminder of His body that was nailed to the Cross and the cup is a reminder of His blood that was shed at His crucifixion.

In the Jewish faith, they share several items of food including unleavened bread and cups of wine as they remember the Passover recorded in Exodus. These are tangible and visible reminders of God's love and

I wonder if you have something on your shelf or in your cupboard that is a helpful reminder of someone's love or concern for you? Is there someone in your family or at your place of work that would be encouraged by a thoughtful gift from you?

Two tea cups can be a timely reminder that you are thinking of others and they are thinking

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







# Straight Talk With Danice

Spoiled Sister -A letter from Fed Up

BY DANICE AKIYOSHI, N.D.



Q: Both of my parents passed away two years ago. My sister was very

dependent on both of them. Now that they're gone, she looks to me to entertain her at every holiday and birthday, as if she were still a child, and bail her out financially when she makes stupid mistakes. She

never pitches in for anything that doesn't directly affect her. She makes comments like "mom and dad would want you to take care of me. I'm the baby of the family and you make more money than me," (she is 47). Neither of us is married, but I don't want her to think that she can lean on me for the rest of her life.

**A:** Your sister has a sense of entitlement. Make it clear that you have no interest in acting out the role of her parent or spouse. I'm guessing that your parents did her a major disservice by allowing her to arrive into middle age with this degree of emotional immaturity. Make it clear that your role is that of a sibling and not a caretaker. Be honest about the fact that you no longer even see her as enjoyable company because of the way she takes you for granted. If you have feelings of guilt, or have trouble standing up to her manipulation tactics, I would be happy to assist you.

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Services. She offers personal coaching services relating to all types of issues and concerns. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

# Free Counseling Is Available

BY NANCY STOOPS, M.A.,



For the past eighteen years, I have had the honor of facilitating a

free counseling group every Monday evening. Our group meets at the Walnut Teen Center and Gymnasium, located at 21003 La Puente Road, in the city of Walnut. We meet yearround from 6-8 p.m. every Monday, unless it is a holiday. The Teen Center's phone number is (909) 444-0089 and my contact number is (909) 229-0727, should you have any questions. You do not need to have an appointment to attend this group- you are free to drop by anytime. This group satisfies many court-mandated needs.

meets at a teen center. I invite people of all ages with all types of issues to come. This group helps parents, students, and many other people who are struggling in their lives. My goal is to make our community be healthier, make its population be effective in their lives, and create successful human beings. We work on an array of issues that many people in this day and age are dealing with. There is no reason for anybody to be stuck in an unhealthy

If you are tired of the fight between you and your child regarding homework, or need more effective ways to communicate, this is the group for you. Maybe depression or anxiety seems to be holding you or a loved one back- finding solutions could be life changing. If

Even though this group you or somebody you know is struggling with drugs or drinking, this group is a great place to get some coping skills to get clean. We talk about ways to deal with bullies and how damaging bullying can be for a person's self-esteem. Bring in an issue and I promise you will feel hopeful and have new tools to help you confront the issue head-on when you leave. Don't let embarrassment stop you or a loved one from getting the help you need to reclaim the wonderful life you are so deserving of.

> 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 employ-

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ees or group members. Nancy runs free family support groups, including a group on loss for seniors, and groups on how to manage anger.

more information about any of these services feel free to contact her at (909)229-0727. You may email her at nancyjstoops@verizon.net. ■

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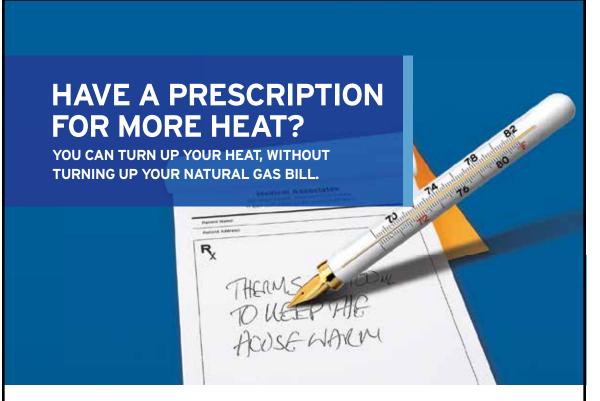


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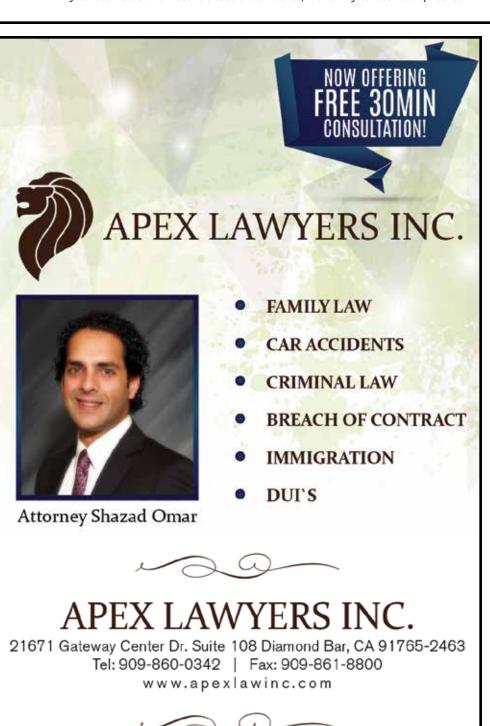


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Historic photo of the 1930 El Encanto building.

PHOTO COURTESY: WHATWASTHERE.COM

# Historic El Encanto Open To Public

By Dave Barron

Monterey Park - The Greater Monterey Park Chamber of Commerce is offering free public tours Wednesdays at 10 a.m. of the historic Jardin El Encanto building located at 700 El Mercado Ave., Monterey Park, CA 91754.

The Spanish-style building reflects the beauty of Monterey Park through its handcrafted architecture. The craftsmanship and efforts to embrace the city within the building can be

seen through the handmade tiles and woodwork of El Encanto. The historic building is owned by the City of Monterey Park and staffed by the Greater Monterey Park Chamber of Commerce. El Encanto serves as the offices of the chamber. El Encanto was originally built in 1927 by Peter K. Snyder as a sales office and community center for his ambitious development known as Midwick View Estates. Today, this historical treasure is enjoyed by locals and visitors alike. Tours

for weekends and afternoons for groups of five or more persons can be arranged upon request. To schedule a group tour call (626) 570-9429 or email Info@mpkchamber.org. A special Centennial Event will be held Saturday, March 19.

For any additional information, contact info@MPKchamber.org or call the Chamber at (626) 570-9429. Visitors may stop in at any time during regular office hours of 10 a.m. and 1 p.m. for self-guided tours or general information.



Today's El Encanto building.

PHOTO COURTESY: MONTEREYPARK.CA.GOV



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# **BP Reinstates Spring Egg Hunt**

Special "diamond egg" incorporated for city's 60th anniversary

### **COURTESY CITY OF BP**

Baldwin Park - A special hunt is coming to Baldwin Park just in time for spring! After a threeyear hiatus, the city's traditional Spring Egg Hunt celebration will return to Morgan Park, 4100 Baldwin Park Blvd., on Saturday, March 26.

The event, which is open to families and their children, is free of charge. It will begin at 10 a.m.

Mike Salas, a program supervisor with the city's Department of Recreation and Community Services, said officials are bringing back the traditional spring kickoff event, which was last held in 2012. Organizers are excited to reinstate the spring festivities that will bring residents out to enjoy some time with other locals.

"This allows families to gather, to create community, and to have a great time," said Salas.

On tap for the Egg Hunt celebration are arts and crafts activities, as well as a visit from the Spring bunny, who will also make an appearance on a fire truck to help kick off festivities. Photos with the bunny will be available for purchase for \$3 each.

The event highlight, of course, is children's scavenger hunt for treat-filled eggs. Salas said thousands of eggs and healthy snacks will be peppered across the park lawn in order to be claimed by participants when the egg hunt officially begins on



BP children visit with the Spring Bunny.

March 26.

Unique to this year's egg hunt are a series of "diamond eggs" that will be included in each hunt. to commemorate Baldwin Park's 60th anniversary according to organizers. Diamond eggs are similar to "golden eggs" typically incorporated into some largescale egg hunts; they are special to Baldwin Park, since the city is celebrating its diamond anniversary this year. Youth who discover a diamond egg will be awarded a special basket filled with a slew of goodies and treats.

Organizers anticipate as many as 800 people to attend the special Egg Hunt, which is designed for children age 12 and under. To accommodate young visitors,

egg hunt participants will be divided into four groups: those age 3 and under; 4-6 year olds; 7-9 year olds; and those age 10-12. To help children capitalize on

their hunting techniques and fun, parents will not be allowed in the hunt areas. "For kids, this event really al-

lows them to enjoy their parks, and, this year, it also allows them to know about the 60th anniversary of the city," said Salas. "We plan on putting in a special touch and allowing the next generation of Baldwin Park residents to ap-

For more information about the Spring Egg Hunt, contact (626) 813-5245, Ext. 317 or via e-mail at msalas@baldwinpark.com.

preciate the community."

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# Prostitution sting nets 14 arrests

### Sting from page 1

for Loitering With the Intent To Commit Prostitution.

The suspects include the following:

- 1. Razhane Wilson, 20, Female of Rancho Cucamonga
- 2. Joseph Weigel, 48, Male of Covina
- 3. Amy Hunt, 42, Female of Pomona
- 4. Raymond Albert Nava, 23, Male of Pomona
- 5. Armando Vazquez Martinez, 37, Male of Montclair 6. Federico Hernandez, 60,
- Male of Chino 7. Arthur Alvarez, 44, Male of
- Ontario 8. Tony Vanbeek, 73, Male of Colorado
  - 9. Joseph David Scaramozz-

ino, 77, Male of Brea

- 10. Victor Manuel Ruiz, 59, Male of Pomona
- 11. Andrea Henry, 35, Female of Pomona
- 12. Ladonna Hatch, 50, Female of Pomona
- 13. Keiaira Gross, 26, Female of Los Angeles
- 14. Leobardo Cabral, 55, Male of Perris

The Pomona Police Department continues to take a proactive approach to issues regarding Human Trafficking and prostitution along the Holt Ave corridor, according to a News Release. These types of operations serve as an opportunity for victims of Human Trafficking to speak with officers about the dangers of this

lifestyle and provide advocates

the opportunity to relocate them

to safe locations. Similar opera-

tions are scheduled to take place in the near future.

Anyone with information regarding these types of activities are encouraged to contact the Pomona Police Department at (909)620-2085. If you prefer to provide information anonymously, you can call "Crime Stoppers" at 1-800-222-TIPS (8477).

The San Gabriel Valley East AB109 Task Force is a multi-agency team comprised of officers from ten agencies and includes representatives from the LA County Probation Department, the Los Angeles District Attorney's Office, and Department of Homeland Defense. The Task Force is responsible for enforcement in the cities of Azusa, Baldwin Park, Claremont, Covina, Glendora, Irwindale, Pomona, La Verne, West Covina and Whittier.



# Deadly stabbing in San Gabriel

### Stabbing from page 1

driveway of the location, suffering from a stab wound to the upper torso.

The victim was pronounced dead at the scene.

There is no suspect informa-

tion available at this time.

The investigation is on-going and there is no additional information available.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Homicide Bureau at

(323) 890-5500. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), or texting the letters TIPLA plus your tip to CRIMES (274637), or by using the website http://lacrimestoppers.org.

**SUCCESS** isn't just about what you accomplish in your life - it's about what you **INSPIRE OTHERS** to do.

# Ten Easy Tips To Live By

### **COURTESY OF JAIME OLIVER.COM**

Eating healthily is all about balance. Every now and then it's perfectly okay to have pie for dinner or a nice slice of cake at teatime- treats are a part of life -but it's also important to recognize when we're pushing things too far. Indulgent food should be enjoyed and savored, but only occasionally. It's important to remember that the majority of our diet should be made up of balanced, nutritious everyday foods. Make healthy food a priority in your life and allow it to bring your family and friends together. Learn to love how it makes you feel, how delicious it is and remember that a healthy balanced diet and regular exercise are the keys to a healthy lifestyle.

Here are ten easy tips to live by:

- 1. Cook from scratch This is one of the most important life skills you can learn. It allows you to have complete control of what goes into your food;
- 2. Eat a balanced diet- Aim to eat a balanced diet that contains each of the food groups in the correct proportions;
- 3. Variety is key, eat the rainbow- Fill your diet with a wide range of fruits, vegetables, lean meats, fish, eggs, nuts, seeds, whole grains and naturally lowfat dairy foods. When it comes to fruits and vegetables, different colors provide your body with different nutrients it needs to stay strong and healthy- it's not just greens that are good for you!
- 4. Understand what you're eating- Make an effort to learn about the food you're eating-we all need to understand where our food comes from and how it affects our bodies;
- 5. Eat nutritious calories- Make sure the majority of your energy intake comes from nutritious calories that also provide your body with nutrients like vitamins, minerals, protein, fiber and good fats. Avoid empty calories;
- 6. Don't skip breakfast -Breakfast kick-starts your metabolism and helps you to be alert and awake throughout the day. Make sure you always eat a nutritious breakfast. Make it wholesome and make it count;
- 7. Read the small print- It's im-

# Shooting investigation in San Gabriel

### Shooting from page 1

struck by gunfire.

PHOTO COURTESY: GOOGLE

portant to read packaging correct-

ly. Be aware of the recommend-

ed portion sizes, and the sugar,

is an essential part of your diet.

Drink plenty of water and avoid

empty calories from things such

as soft drinks, energy drinks or

juices with added sugar. Eat your

an extremely important factor in

staying healthy, so try to be as ac-

get enough sleep, it's an essential

part of being healthy and directly

affects how well we are able to

learn, grow and act in life. While

we're asleep, our bodies have

that all-important time to repair.

9. Keep active- Exercise is

10. Sleep well- Make sure you

calories, don't drink them;

tive as you can;

8. Drink more water- Water

salt, and saturated fat contents;

LASD Homicide detectives have learned that San Gabriel Police Department (SGPD) personnel responded to the residence regarding a "man shot" at the location. Prior to SGPD's arrival, the call was updated to state that the person who was shot was a burglary suspect.

When SGPD officers arrived, they saw one male. Black suspect lying on the driveway of the residence suffering from gunshot wounds. SGPD officers also learned that the victim and resident of the house was an off-duty Los Angeles Police Department (LAPD) lieutenant.

Preliminary investigation revealed that the victim was home alone, sleeping, when he heard noises coming from inside of his house. Fearing for his life, the homeowner armed himself. During the burglary, the homeowner confronted two. unknown, burglary suspects inside his home. The suspects then fled through a kitchen window, which was also the initial point of entry. As the homeowner stood

near the window, he saw one of the suspects reach for his waistband and turn towards him. Fearing suspect

armed himself and was going to seriously hurt or kill the homeowner, an officer-involved shooting subsequently occurred.

Both suspects were struck by gunfire and fled the immediate scene. One of the suspects was detained by SGPD in the driveway of the residence, suffering from a gunshot wound to his upper torso.

The second suspect was also struck by gunfire in his upper torso and was driven to a local hospital by a third suspect. The driver then dropped off the wounded suspect and a fourth suspect at the hospital, and fled the scene.

During the course of the investigation, two suspects were detained at the local hospital and the driver of the car was detained at a separate location.



All four suspects have subsequently been arrested. The identities and ages of the suspects are not confirmed at this time. The off-duty LAPD lieutenant was not injured. No suspect weapon was been recovered at this time.

The investigation is ongoing and there is no additional information available at this time.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Homicide Bureau at (323) 890-5500. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), or texting the letters TIPLA plus your tip to CRIMES (274637), or by using the website http://lacrimestoppers.org.







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# Actor speaks to students

### Students from page 1

Expo Center in the City of Industry. Students and attendees will enjoy a keynote address by actor and humanitarian, **Edward James Olmos**.

Olmos' career in entertainment spans over 30 years. Originally a musician, Olmos branched out into acting, appearing in many small theatre productions until portraying the iconic El Pachuco in "Zoot Suit." In 1988, the actor was nominated for an Academy Award® and won the Golden Globe for his portrayal of Jaime Escalante in Stand and Deliver. He directed and starred in his first motion picture, American Me, in 1992.

Olmos' passion for the arts grows every year, but he never forgets to give back to the communities that support him with their dedication. He is an international advocate, spokesman, and humanitarian working with organizations such as Thank You Ocean, Project Hope Foundation, Children's Hospital of Los Angeles, The Boy's and Girl's Club of America, The River Keepers, Dr. Andros' Diabetic Foot Global Conference

and he speaks up to 150 times a year in schools, universities, and corporations.

Olmos' passion for the arts grows every year, but he never forgets to give back to the communities that support him. He is an international advocate, spokesman, and humanitarian working with organizations such as Thank You Ocean, Project Hope Foundation, Children's Hospital of Los Angeles, The Boy's and Girl's Club of America, The River Keepers, Dr. Andros' Diabetic Foot Global Conference and he speaks up to 150 times a year in schools, universities, and corporations.

A complimentary luncheon is provided for student scholarship winners, guest principals, educators and sponsors, with entertainment by Bassett Unified Jazz Band students with guest speaker, Edward James Olmos.

Considered the region's most comprehensive annual community outreach program for more than two decades, "Principal for a Day" is a business and education partnership. The event features a partnership between local education agencies along with the Regional Chamber of Commerce of San Gabriel Val-



IMAGE COURTESY: WIKIPEDIA Edward James Olmos

ley and the Industry Manufacturers Council. The Principal for a Day \$400 High School Scholarships that are awarded to 14 local high school students are possible thanks to the following corporate sponsors: AXA Advisors, Bernards Builders Management, California Credit Union, Chaffey Federal Credit Union, Costco Wholesale, Del Terra, Fairway Chiropractic, First General Bank, Industry Manufacturers Council, Kaiser Permanente, Ledesma & Meyer Construction Company, Inc., Lifetouch, Office Depot, Premier Business Equipment, Schools First Federal Credit Union, and Valley Vista Services.

# Apex Lawyers, Inc.

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Apex believes in providing big firm results while maintaining a cost conscientious approach normally associated with smaller law firms.

Shazad D. Omar, Esq., is the managing attorney at Apex Lawyers, Inc. and has experience in a wide variety of legal issues. Mr. Shazad is a grad-



PHOTO COURTESY: APEX Attorney Shazad Omar

uate of Whittier Law School and prides himself in providing high-quality services to all his clients regardless of the type of issue the client is facing.

Contact Apex Lawyer, Inc. and ask about their free 30-minute consultation to appraise your legal situation.

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. apexlawinc.com for more information. And see their ad on page 7.





