

# OurWEEKLYNEWS.com

Volume 18 • Issue 42 • Apr. 23 - 29, 2016 • ANAPR.COM

## Walnut

### Walnut Council Recap

By NATALIE KIM

**Walnut** - The April 13 Walnut City Council Meeting began by recognizing the many volunteers that gave their support to the City. To celebrate Volunteer Recognition Month, the Council recognized the Rotary Club, the American Youth Soccer Organization, the Walnut Valley Women's Club, the Chinese American Association

see Walnut page 3

## Diamond Bar

### DB High Ranked Best School

STAFF REPORTS

**Diamond Bar** - On Tuesday, April 19, the US News & World Report published their 2016 Best High Schools Report. Diamond Bar High School was once again ranked among the best schools in the state and the nation.

Diamond Bar High School was ranked 51st in California and 338th in the Nation. Their Magnet rank was 60th and

see DB page 10



PHOTO COURTESY: DIGITAL MEDIA SERVICES

## Toddler Bit By Snake In Chino Hills

STAFF REPORTS

**Chino Valley** - A three-year-old girl was airlifted to the hospital after a snake bit her in Chino Hills last week.

On Tuesday, April 19, Chino Valley Fire District firefighters responded to the snake bite incident at 9:22 a.m. The girl was

bit on her left leg while walking on a local walking trail on Soquel Canyon Road and Pipeline Avenue.

CVFD Firefighter/Paramedics provided advance life support care and the girl was transported by air ambulance to Loma Linda University Medical Center. She is currently in

critical but stable condition.

The Chino Valley Fire District warns that the chances of coming across a rattlesnake increases when the temperatures increase. The warm weather encourages rattlesnakes to come out, so it is important

see Snake page 10

## Fatal Traffic Collision In Chino

COURTESY CITY OF CHINO

**Chino** - A man suffered fatal injuries and another was airlifted with serious injuries after being hit by a vehicle while performing work on Edison Ave. The fatal traffic collision took place on Wednesday, April 13.

At approximately 4:12 p.m., Officers responded to an injury traffic collision in the 5900 block of Edison Ave. The collision in-

see Fatal page 3

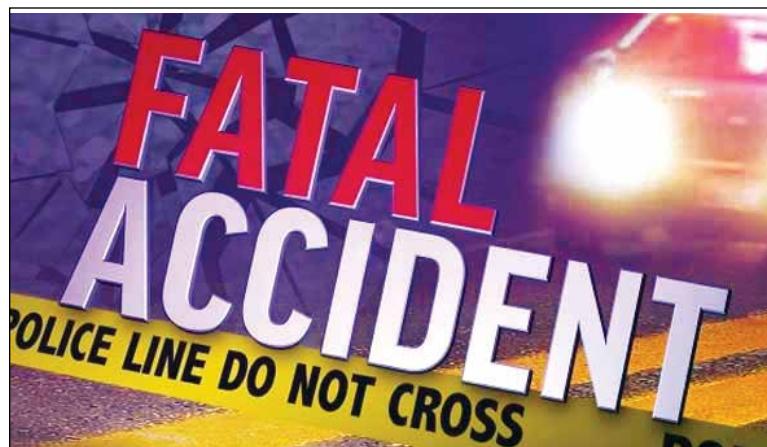


PHOTO COURTESY: GOOGLE

## Inland Empire

### Youth Takes Unique Approach To Leadership

*4-H proven to empower area youth through life skill development*

By DOUG GAEHLE

**Corona** - It's no secret that today's youth feel pressure. Pressure to excel in school, to go to college, to get a job,

see IE page 5

### Legislation Approved For State Cyber Security

*Establishes Strong Foundation for Securing the Most Sensitive Information Systems*

By CHRIS WANGSAPORN

**Sacramento** - Assemblywoman Ling Ling Chang (R-Diamond Bar) announced that her

see Cyber page 6

## Our Featured Businesses

### Quality Comes First At Peterson Auto Repair

By K.P. SANDER

**Walnut** - If you are looking for a local automotive repair center that performs quality work at reasonable prices - and delivers it all with excellent service - look no further than Peterson Auto Repair Center.

Peterson now houses a full mechanic

see Peterson page 3



Visit Peterson Auto Repair Center in the Big Valley Industrial Park, located at 3980-A Valley Boulevard, in Walnut. They can be reached at (909) 598-3881. See their ad on page 2.

### 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. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. See their ad on page 5.

# Weekly News

WEEKLY NEWS  
EASTVALE NEWS  
SGV NEWS  
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Phone: 909.464.1200

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## Write to Us

Do you have any comments, questions or concerns about the community?

Write a letter to the Editor.

**The Weekly News**  
Please contact us at:

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PHOTO COURTESY: GOOGLE IMAGES

OUR LIFE

## Did You Know?

### Not So Fast, Not So Furious

#### COURTESY OF THE CHP

From Greased Lighting to Eleanor, street racing has been woven into the fabric of Southern California both in real life and the movies. What is the allure of street racing?

Those involved have said it's an adrenaline rush similar to being on a roller coaster. The only difference is you are safely strapped into a roller coaster that has a beginning and an end. When you mix thousands of pounds of a vehicle with speed, it only takes a second for tragedy to occur. What is the draw for young people to street race even though many admit to the dangers and consequences? For many young people, it's the sense of belonging to a select group, for some it's a way to find some semblance of an identity they long for, and for others it's the thrill of doing something that's on the verge of recklessness.

Street racing is always illegal and extremely dangerous to both participants and onlookers. The California Highway Pa-

trol actively investigates street racing and takes enforcement action whenever possible. The CHP has partnered with several allied agencies to combat the issue of illegal street racing. This partnership has led to arrests, vehicle impounds and citations.

Here are just a few hazards associated with street racing:

- Some people think a vehicle is a toy and when used in this manner it becomes a deadly weapon.
- Street racers often don't wear safety belts and sometimes have been drinking or using illegal drugs.
- Racing should only be done on a dedicated track, not on public roads where accidents can occur.

If you engage in street racing, remember these possible consequences:

- Jail or prison time
- Injury resulting in death
- Injury to yourself or others
- Damage to property

The community's concern makes a big difference. Anyone who hears about a street race, planned or already taking place should advise the CHP promptly. We'll take it from there.

The CHP wants to remind you don't live your life a quarter mile at a time, you might not ever get a chance to cross the finish line. For more information, visit [www.chp.ca.gov](http://www.chp.ca.gov). ■



PHOTO COURTESY: CHP.CA.GOV

**SPIDEY**  
PARTY ENTERTAINMENT  
By VISIONARTS

STRENGTH AND COURAGE SQUAD

LOOKING FOR SPIDERMAN TO SWING ON BY AT YOUR NEXT BIRTHDAY PARTY/ EVENT OR TO SURPRISE AND LIFT THE HEART OF AN AMAZING CHILD BATTING AN ILLNESS?! LOOK NO FURTHER, YOUR FRIENDLY NEIGHBORHOOD SPIDERMAN IS ON THE WAY!



 /STRENGTHANDCOURAGESQUAD  
909.239.4644

## Pick Up Your Copy!

In addition to delivering to homes and businesses, copies of our papers are also available at these locations:

<b>WALNUT</b> 20/20 Vision 20687-6 Amar Road (909) 468-9622	<b>NY Pizzeria</b> 364 N. Lemon Ave. (909) 594-5000	<b>Walnut Hills Optometry</b> 18736 E. Amar Rd. (909) 594-1153	<b>Taco Factory</b> 1123 Grand Ave. (909) 396-5373	<b>Oke Poke</b> 3277 Grand Ave. Ste. L (909) 548-7887
<b>Animal Hospital</b> 20670 E. Carrey Rd (909) 594-1737	<b>Osuna's Mexican Food</b> 18746 Amar Road (626) 810-4101	<b>Walnut Library</b> 21155 La Puente Rd. (909) 595-0757	<b>Paco's Tacos</b> 1131 Brea Canyon Rd. (909) 595-0044	<b>Planet Beach</b> 13890 Peyton Dr # C (909) 465-9911
<b>Clearwater Bagel</b> 20747 E. Amar Rd. (909) 598-4332	<b>Post Box Plus</b> 382 N. Lemon Ave. (909) 595-5924	<b>Walnut Sheriff's Station</b> 21695 Valley Blvd. (626) 913-1715	<b>The Whole Enchilada</b> 1114 S. Diamond Bar Blvd. (909) 861-5340	<b>Señor Baja</b> 3908 Grand Ave. #A (909) 902-5110
<b>Donut Tree</b> 388 N. Lemon Ave. (909) 595-5337	<b>Shane Chiropractic</b> 20803 Valley Blvd #103 (909) 598-2111	<b>DIAMOND BAR</b> Barro's Pizza 21000 Golden Springs (909) 598-2871	<b>CHINO HILLS</b> Chino Hills Car Wash Grand Ave/Peyton (909) 464-8286	<b>La Olla</b> 3277 Grand Ave. (909) 465-9944
<b>Daily Donuts</b> 18766 Amar Rd. (626) 913-1074	<b>Senior Center</b> 21215 La Puente (909) 598-6200	<b>Diamond Bar City Hall</b> 21825 Copley Drive (909) 839-7000	<b>Chino Hills Pharmacy</b> 2140 Grand Ave Ste 130 (909) 364-9244	<b>CHINO</b> Chino Commercial Bank 14345 Pipeline Ave. (909) 393-8880
<b>Farmer Insurance</b> 378 N. Lemon Ave. (909) 869-1077	<b>Starbucks</b> 505-A Grand Ave. (909) 598-4459	<b>Diamond Mail &amp; Shipping</b> 1249 S. Diamond Bar Blvd. (909) 590-3688	<b>Chopstix House</b> 3938 Grand Ave. (909) 590-3688	<b>Chino Chamber of Commerce</b> 13150 7th Street (909) 627-6177
<b>Hair Perfect</b> 20747 E. Amar Ave. (909) 598-8394	<b>UPS</b> 20687 Amar Rd # 2 (909) 444-1303	<b>Walnut City Hall</b> 21201 La Puente Rd. (909) 595-7543	<b>It's A Grind</b> 1223 S. Diamond Bar Blvd (909) 396-0577	<b>Crossroads Urgent Care</b> 3110 Chino Ave Ste 150-B (909) 630-7868
<b>Lemon Creek Cleaners</b> 360 N. Lemon Ave. (909) 594-7504				

## Who Defines Your Worth?

BY SARAH SANCHEZ

One day about a year ago, I told my dad that I had struggled with self-esteem issues. He was extremely shocked at my statement and he



asked why I would feel this way because as he stated, "everyone loves me". He went on to say that all his friends always compliment how wonderful I am.

I thought it was interesting how my dad associated my self-esteem with the acceptance of others. If everyone loved me, then I should love myself right? This is the way we are trained to think: that the way we feel about ourselves should be based on if we're accepted by others.

I lived with this mentality growing up because I constantly compared myself to others. For example, if I see a beautiful woman with a thin waist, I'll instantly wish I had a thin waist so I can look at beautiful as her. I think many of us compare ourselves like this.

I've also noticed that when I go out with my group of girlfriends, I'll get more dressed up than I would if I went out with my husband. Why? Because if you're in a group of women who are all wearing dresses and heels to dinner, you will feel compelled to wear a similar outfit so you can look just as nice as them.

It's sad that this way of

matching others is the way many women (and even men) think today. It's all about comparing ourselves with others because we care too much about what others think.

I struggled with these self-esteem issues for a while but I recently learned that there are actually two separate ideas: self-esteem and self-worth. Self-esteem is what we think of ourselves but it's usually based on what others say to us, such as praise, compliments, or disapproval. So the reality is that our self-esteem can constantly change because we base it off of what others say.

But self-worth is not supposed to change because it's how we value ourselves personally. It's the high standard we are supposed to set ourselves at. However, we tend to combine self-esteem and self-worth together. We tend to rely on what others think of us in order to determine our own value.

We are taught to determine our self-worth based off how much others like us, compliment us, and accept us. Then when they don't like us or accept us, we no longer like ourselves. We are no longer valuable. We are no longer worth anything because they don't think we are worth anything.

But I think it's time we go against the norm and separate our self-esteem and our self-worth. Our self-worth should never change. It's how we value ourselves, not how others value us. So it's time to ask ourselves... who defines your worth? ■

**I need to be  
skinnier.  
love myself.**

PHOTO COURTESY: GOOGLE

  
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# Two Suspects Arrested At CH Shoppes

COURTESY OF THE CHINO HILLS POLICE DEPT

**Chino Hills** - On Wednesday, April 13th, at approximately 6:19 p.m., deputies from the Chino Hills Police Station responded to The Shoppes regarding suspects stealing merchandise from businesses.

Shoppes security officers located the suspect's vehicle in the parking lot and gave deputies a general description of the suspects. Deputies and Shoppes security located Felicia Kelley and Andrew Rodriguez in The Shoppes parking lot as they returned to their vehicle.

During a search of the suspect's vehicle, deputies located stolen property from Barnes and Noble, along with illegal narcotics and drug paraphernalia. Additional suspected stolen merchandise was located and collected for further investigation.

Both suspects were booked at the West Valley Detention Center on various charges.

Anyone with additional information is urged to call the Chino Hills Police Department or WeTip at 1(800)78-CRIME. ■

Notary Public

Joel Seigler  
Mobile Notary  
Certified Signing Agent

Cell: 951.858.8088  
JSeigler111@yahoo.com

# History 101

## William Shakespeare Born

COURTESY OF HISTORY.COM

According to tradition, the great English dramatist and poet William Shakespeare is born in Stratford-on-Avon on April 23, 1564. Shakespeare's date of death is conclusively known, however: it was April 23, 1616. He was 52 years old and had retired to Stratford three years before.

He probably attended the grammar school in Stratford, where he would have studied Latin and read classical literature. He did not go to university but at age 18 married Anne Hathaway, who was eight years his senior and pregnant at the time of the marriage. Their first daughter, Susanna, was born six months later, and in 1585 William and Anne had twins, Hamnet and Judith. Hamnet, Shakespeare's only son, died 11 years later, and Anne Shakespeare outlived her husband, dying in 1623. Nothing is known of the period between the birth of the twins and Shakespeare's emergence as a playwright in London in the early 1590s, but unfounded stories have him stealing deer, joining a

group of traveling players, becoming a schoolteacher, or serving as a soldier in the Low Countries.

The first reference to Shakespeare as a London playwright came in 1592, when a fellow dramatist, Robert Greene, wrote derogatorily of him on his deathbed. It is believed that Shakespeare had written the three parts of Henry VI by that point. In 1593, Venus and Adonis was Shakespeare's first published poem, and he dedicated it to the young Henry Wriothesley, the 3rd earl of Southampton. In 1594, having probably composed, among other plays, Richard III, The Comedy of Errors, and The Taming of the Shrew, he became an actor and playwright for the Lord Chamberlain's Men, which became the King's Men after James I's ascension in 1603. The company grew into England's finest, in no small part because of Shakespeare, who was its principal dramatist. It also had the finest actor of the day, Richard Burbage, and the best theater, the Globe, which was located on the Thames' south bank. Shakespeare stayed with the King's Men until his retirement and often acted in small parts.

By 1596, the company had performed the classic Shake-

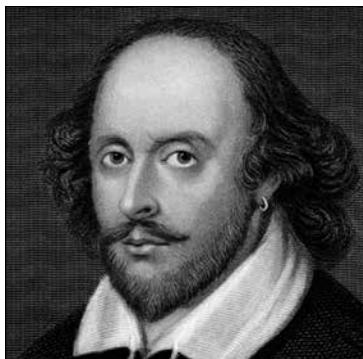


PHOTO COURTESY: BIOGRAPHY.COM  
William Shakespeare

speare plays Romeo and Juliet, Richard II, and A Midsummer Night's Dream. That year, John Shakespeare was granted a coat of arms, a testament to his son's growing wealth and fame. In 1597, William Shakespeare bought a large house in Stratford. In 1599, after producing his great historical series, the first and second part of Henry IV and Henry V, he became a partner in the ownership of the Globe Theatre.

Shakespeare died in Stratford-on-Avon on April 23, 1616. Today, nearly 400 years later, his plays are performed and read more often and in more nations than ever before. In a million words written over 20 years, he captured the full range of human emotions and conflicts with a precision that remains sharp today. As his great contemporary the poet and dramatist Ben Jonson said, "He was not of an age, but for all time."

# Walnut Council Recap

## Walnut from page 1

of Walnut, the Walnut Lion's Club, the Walnut Valley Relay for Life, and several residents who have offered many hours of hard work and service to the City.

Following the presentations, the Council approved all items on the consent calendar, including an ordinance amending water efficient landscaping requirements of the Walnut Municipal Code; a resolution allowing claims and demands in the amount of \$49,335.71; an alcoholic beverage license application for Valley Market & Liquor; a request by Canning Hunger for a non-profit solicitation permit and waiver of business license tax; rate increases for the fiscal year of 2016-17 and 2017-18 of a three year contract with West Coast Arborist for City wide tree trimming and related services and extension of the contract for an additional year, fiscal year 2018-19; the American Cancer Society 2016 Relay for Life request and fee waiver for City service and equipment fee; and an announcement for application period for the Senior Citizens, Parks and Recreation, and the Planning Commissions. The Council also approved a resolution of the Successor Agency allowing certain claims and demands in the amount of \$1,250.00.

The Council adjourned with plans to meet again on April 27 at 7 p.m. at 21201 La Puente Rd. in Walnut. ■

# Fatal traffic collision in Chino

## Fatal from page 1

volved a 2011 Toyota Yaris and a 2006 Ford F550 work truck with a warning signal trailer attached.

A preliminary investigation determined that the Toyota, driven by Bobby Bustos, 26 of Corona, was traveling eastbound in the 5900 block of Edison Ave. when he collided into the signal trailer. The trailer was stopped in the

Eastbound lane of Edison Ave.

At the time of the collision, the two victims, performing work duties for a landscaping company, were in the process of attaching the trailer to the truck. Due to the collision, both victims were pinned between the trailer and the truck.

Jose Chicas, 31 of Ontario, died instantly at the scene. The other male victim suffered severe, but non-life threatening injuries and was airlifted to a local

hospital for treatment. Bustos was uninjured.

During the investigation, Edison Ave. was closed for approximately six hours between Oaks Ave. and Magnolia Ave. The cause of the collision is still under investigation.

Please contact Chino PD, Traffic Unit, Corporal Trosper if you have any information regarding the case: strosper@chinopd.org or (909) 334-3153. ■

# Peterson Auto Repair

## Peterson from page 1

shop to serve all your automotive needs. They not only specialize in lube and oil changes, but also repair and maintain radiators, alternators, starters, brakes, clutches, shocks and struts, axles, air conditioning, belts and hoses, and much, much more.

In business for over 15 years,

owner Eric Peterson says, "For me, it's all about providing quality automotive repair for the neighborhood. I grew up in La Puente and Walnut, and we have so many good customers in this area. We really appreciate the business and word of mouth referrals."

Carhelp.com customers agree constantly giving Peterson high marks for quality workmanship and fair pricing.

Look for Peterson to add quality auto-body services to the business in the future.

Peterson Auto Repair is located in the Big Valley Industrial Park, at 3980-A Valley Boulevard in Walnut. They are open Monday through Saturday, from 9 a.m. to 5 p.m., and can be reached at (909) 598-3881. Mention their ad (see below) and get an oil change for just \$21.99 (plus tax and fees). ■

**PETERSON**  
Auto Repair Center

3980-A Valley  
WALNUT  
(626) 536-6917

We are Now a Full Mechanic Shop to Serve All Your  
Automotive Needs!

**Brake Job Special**  
**\$69.00\***  
per axle

Labor only. Larger vehicles  
and trucks additional charge.  
pads extra. Not valid with  
any other offer.  
EXP 04/30/16

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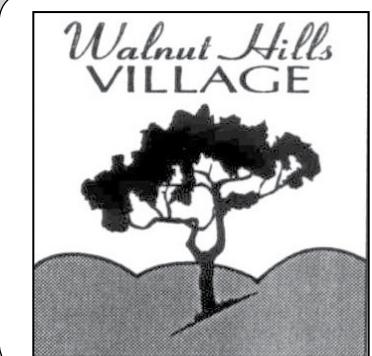
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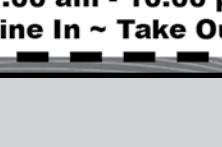
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# Four Juveniles Arrested For Arson And Vandalisms

## STAFF REPORTS

**Chino Hills** - Four juveniles were arrested for a string of vandalisms at Chino Hills schools.

Numerous vandalisms and arsons were reported at Litel Elementary and Ayala High School between January to March of 2016, according to the Chino Hills Police Department.

Following a lengthy investi-

gation regarding these crimes, deputies arrested four suspects responsible for the crimes. The suspects were identified as a 14-year-old male resident of Chino Hills, two 15-year-old male residents both of Chino Hills, and a 15-year-old male resident of Chino.

The suspects were involved in setting fire to the Ayala's athletic field and a building section of Litel, graffiti of racial slurs and phallic images, and

damage to school equipment. It is estimated the suspects caused over \$5,000 in damages.

Anyone with information regarding this case is urged to contact the Chino Hills Police Department at (909) 364-2000. Callers wishing to remain anonymous are urged to call the WE-TIP Hotline at 1-800-78-CRIME (27463) or you may leave information on the website at www.wetip.com. ■

# A unique approach to leadership

IE from page 1

etc. How they overcome those pressures is a true testament to their character. Take Corona native Aidan Longridge for example.

Aidan, 17, credits his enrollment in 4-H, the nation's largest youth organization, to helping him overcome adversity and build confidence along the way. The life skills taught through 4-H helped Aidan learn to work with others, overcome challenges and complete jobs once he started them.

Aidan took advantage of the breadth of programs 4-H offers, from science and agriculture to business and creative arts.

"I enrolled in 4-H after my mom received a recommendation to join from a family friend," said Aidan, a member of the Alvord Aggies 4-H club. "I've always had a passion for speaking in front of people and through my years in 4-H I've had many opportunities to get involved in projects that have made me more confident in myself and my abilities as a speaker."

Aidan started in 4-H when he was 5 years old, and since then has participated in the communications project.

Today, Aidan is involved in communication, chess, drama and leadership projects as well as part of a national home school speech and debate

league.

"Joining a speech and debate league was a direct result of the confidence and experience I gained through my 4-H projects," said Aidan.

America needs more true leaders focused on today's challenges, as well as the issues of tomorrow. A recent survey by National 4-H Council found that 71 percent of today's youth view leadership as something they can practice improve over time. But those same youth need supportive adults to help them along the way.

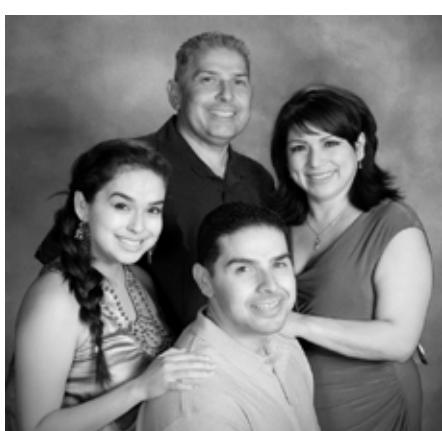
4-H brings a community together to grow true leaders in today's youth – helping build confidence, teamwork, curiosity and resilience.

"My advisor Heather Bean has been a positive impact on my 4-H experience," said Aidan. "In addition to valuable life skills, 4-H teaches you about building character, problem solving, fostering friendships and to keep challenging yourself."

Any child can grow with 4-H, an organization that has something for every interest. But 4-H is always looking for adult volunteers and funding to help expand their reach and empower young people through doing. To find out more about helping 4-H in your area, contact your local extension office or visit 4H.org. Or, visit www.ca4hfoundation.org to make a donation to the California 4-H Foundation. ■



PHOTO COURTESY: DOUG GAEHLE  
Aidan Longridge thanks 4-H for nurturing his passion for public speaking through the many leadership projects offered there.



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## Legislation approved for cyber security

### Cyber from page 1

legislation to put California's troubled cyber security system back on track was approved by the Assembly Privacy & Consumer Protection Committee. On the heels of a troubling audit of the state's cyber security program, AB 1881 will ensure the state's Chief Information Officer (CIO) establishes minimum security controls for state departments and agencies. California is vulnerable to thousands of hacking attempts per month but has a porous information security operation.

"Without proper security controls in place, it's akin to leaving your front door unlocked at night," said Assemblywoman Chang. "It doesn't matter if we have state-of-the-art technology or firewalls in place if you lack proper policies to keep data secure."

AB 1881 will require the State Chief Information Officer (CIO) to develop baseline security controls (minimum security requirements) for all state agencies and departments. The CIO would further be required to report on compliance to the Legislature. Security controls are procedures -- sometimes performed by people rather than IT systems -- that reduce

the risk of security vulnerabilities such as password procedures, personnel access, or data disposal.

In 2015, the California state auditor outlined an extensive assessment of the Department of Technology's oversight of California's State's information security operations. The results of the audit painted an alarming picture of California's cyber security system and practices. For example, 95% of surveyed departments and agencies stated they are not fully in compliance with existing state security standards. And shortly after a recent committee hearing on cyber security dis-

cussing the audit, a top cyber security official stepped down.

"The state is falling short on some of the most basic aspects of cyber security," said Chang. "There really shouldn't be an information security program in place without developed security controls."

State government is responsible for securing highly sensitive information of its citizens. From social security numbers and medical records, to the integrity of wastewater treatment plants, state government's information systems ensure our privacy as well as the reliability of critical infrastructure and resources. ■



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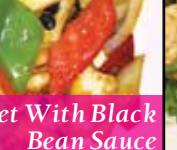
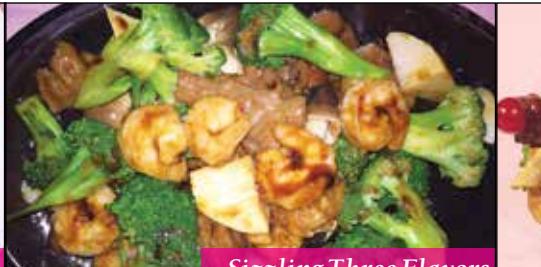
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<p><b>Restrictions apply on these holidays: Valentine's Day, Mother's Day, Memorial Day, Labor Day, &amp; 4th of July</b></p>						

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- Mark Twain

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## Towing from page 1

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In partnership with Mercury Insurance Group and Diamond Honda of Pueente Hills (as an approved repair facility), California Coach is also ASE certified, and a AAA Roadside Assistance Provider and Patrol. They are also members of the California Auto Body Association, the California Tow Truck association, and the Walnut Sheriff's Booster Club.

California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. Body Shop hours are Monday through Friday, 8 a.m. to 6 p.m.; and Saturday, 9 a.m. to 12 noon. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. For more information visit their website at [www.calcoachautobodytowing.com](http://www.calcoachautobodytowing.com), or send them an email at [info@CalCoachAutoBodyTowing.com](mailto:info@CalCoachAutoBodyTowing.com). And see their ad on page 5 of this publication. ■

# Healthy Living

## Local Farmers Markets:

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**Corona Certified Farmers Market**  
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## Recipes:

### Ginger Glazed Mahi Mahi

COURTESY OF ALLRECIPES

This sweet and sour recipe is bursting with flavor, is easy and delicious!

#### Ingredients

3 tablespoons honey  
3 tablespoons soy sauce  
3 tablespoons balsamic vinegar  
1 teaspoon grated fresh ginger root  
1 clove garlic, crushed or to taste  
2 teaspoons olive oil  
4 (6 ounce) mahi mahi fillets  
Salt and pepper to taste  
1 tablespoon vegetable oil

#### Preparation

1. In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into the dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.

2. Heat vegetable oil in a large skillet



PHOTO COURTESY: ALLRECIPES

over medium-high heat. Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm.

3. Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistently. Spoon glaze over fish, and serve immediately.

**Prep Time: 5 min**

**Marinade: 20 min**

**Cook Time: 12 min**

**Yield: 4 servings**

**Makes 4 servings**

**259 calories per serving**

## Local Races

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When: Sat., Apr. 23, 2016  
Where: Huntington Beach  
[www.abetterworldrunning.com](http://www.abetterworldrunning.com)

**Killer Cove 5K Challenge**  
When: Sat., Apr. 30, 2016  
Where: Dana Point  
[www.danapointgrandprix.com/run](http://www.danapointgrandprix.com/run)

## Tips:



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## Fresh vs. Canned vs. Frozen

### What's the best produce to buy?

COURTESY OF  
FOOD NETWORK

Spring is finally here! And with it, fresh, locally grown produce is starting to return to farmers markets that have peddled root vegetables all winter. But how do frozen and canned rank? Are they always inferior to the fresh stuff? Let's break it down.

Fresh, uncooked produce tends to be highest in the nutrients that break down or get leached out with heat (especially water-soluble vitamins, like vitamin C). Many nutrients in produce are also highest at the moment the fruits or vegetables are picked and

then start to degrade with time — so if it's fresh but has been shipped a long distance and takes a week or more to get to the supermarket, it's probably not bursting with nutrients.

ies (typically for an up charge). Canned fruit can be canned in fruit juice or in syrup — syrup adds a lot of extra sugar that's not good for you.

Frozen produce is frozen soon after picking, so a lot of the nutrients are locked in. And, since it stays frozen until you're ready to use it, it's often a better bet nutritionally than those fresh peas you bought last week and meant to use but didn't. However, the texture is definitely compromised,

and so it works better in some dishes than in others — you can't use frozen spinach in a spinach salad, for instance.

Your diet should include a variety of fruits and vegetables. Explore your supermarket and see what new foods await you! ■

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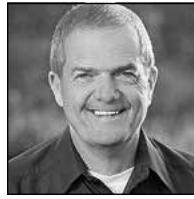
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# Feed The Kids First

BY PASTOR MARK HOPPER



Several years ago, we had our whole family together during the Christmas holidays. My wife and I have four adult kids, three son-in-laws and seven grandkids. That is a lot of people!

To save money, we decided to eat most of our meals at home. Each family was assigned to prepare a dinner for the whole group. This included purchasing the food, preparing the meal, and cleaning up afterward.

It sounded like a good idea and each family member accepted their assignment enthusiastically. As they planned their meal, they tried to select different foods that would also be kid friendly. Pizza, tacos

and spaghetti were at the top of the list.

The shopping went well and the food preparation too. But, when it came to serving dinner, things were not as easy. We learned quickly that it was difficult for the adults to eat dinner and feed the children at the same time.

We adopted a new plan. Feed the kids first! The adults could wait, but feed the kids first. After the kids were fed, we put on a movie so they would be entertained while the adults enjoyed dinner and conversation.

It made dinner so much more relaxed and enjoyable. The kids were fed and happy to watch a movie. The adults were happy to enjoy warm food and good conversation.

I have heard that leaders in the military always make sure that the troops are fed first, before the officers eat. An import-

ant responsibility of a leader is to serve and help others. Good leaders put the needs of others first.

In the Bible, Jesus emphasized the importance of serving others. He said that He did not come expecting others to serve Him, but He came to serve and help others (Mark 10:45). The Apostle Peter wrote, "Use whatever gifts that God has given you to serve others" (I Peter 4:10).

Let me encourage you to watch for an opportunity this week to put the needs of others ahead of your own needs. Remember - "feed the kids first". You will be glad you did and they will too!

*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 Efreedb.org. ■*

# Feel Very Proud

BY NANCY STOOPS, M.A., M.F.T.



I have one child named Bryan. Bryan, or should I say Dr. Stoops, will be 38 years old in July. This past week, Bryan became an Assistant Principal at the high school he was working at. He had been at another high school where no matter how great his work and qualifications were his boss just never gave him the promotion he was so very deserving of. For at least five years he would get his hopes up and then he would be let down. As his mother, it was heartbreaking to see him go through this. He finally moved to another school where he was a Dean for barely a year and now they

have promoted him to an Assistant Principal.

I am very proud of how hard he has worked on getting a Doctorate Degree and an Administrative Credential. I am equally proud of his tenacity and how he never gave up on his dreams. As defeated as he was made to feel, he never quit. Most parents love their children and I love mine, but I also like who he is. I have so much respect for this incredible man and his amazing spirit. I feel better about this world knowing Bryan is in it. I love seeing how confident he has become. He has accomplished all of this while raising two children and running his Martial Arts school.

So this week I celebrate Bryan and tenacity. Very rarely do I use this column to brag but this week I need to shout it out to the world how very proud I am

to be this man's mother. I also want to remind all of you parents to have faith in your children and to continue to support them however you can. So my hats off to Bryan and all of you that keep having the tenacity to make your dreams come true!

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients. She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. For more information about any of these services contact Nancy at (909) 229-0727. You may e-mail Nancy at nancyjstoops@verizon.net. You may purchase Nancy's books *Live Heal and Grow* and *Midnight the Therapy Dog* at Amazon.com. ■*

# Straight Talk With Danice

**My new guy is a drinker - A Letter From Linda**

BY DANICE AKIYOSHI, N.D.



Q: I'm going out with a new guy that I met at my spinning class. He always takes me out for smoothies after class and seems like he is very health conscious. He drinks lots of water during our work out and eats fruit and protein bars as snacks. Last weekend we went to the beach. When he went into a sandwich shop to get food for our picnic lunch, I took a drink of what I thought was iced tea in his travel tumbler cup. I was surprised

to taste alcohol and he was driving us around while he was drinking. I really like him so I decided not to say anything, but this bothers me. My health is my top priority and he knows that I only drink on special occasions. Should I wait and try his drinks a few more times to see if this is a habit? Did I mention that I really like him? I'm so disappointed. Help...

A: Intelligent, healthy people are generally opposed to drinking and driving. I'm having great trouble making sense of your date's behavior. On one hand he displays healthy behavior; on the other hand, he is secretly putting you both in danger by drinking and driving. It's my experience when people take steps to hide what they are doing, that's a red flag and cause for concern. If he was openly taking you to lunch in a restau-

rant and ordering a cocktail, I would be fine with it. If he took you on a picnic and openly had a cocktail I would not raise an eyebrow, but hiding the fact that he is drinking is unimpressive and causes me to wonder what his consumption is really like. Causal drinkers don't feel the need to hide the fact that they have a drink on occasion. If you really like him then address it, but don't be surprised to find out that this is a much bigger problem than you're prepared to handle. If he admits he has a problem and is willing to seek help, consider sticking around awhile and perhaps show support for his progress, but don't count on this happening. He knows he has a problem, that's why he's hiding it. Ultimately, he has to be ready to do this for himself. Please be wise in your choices. This is a big issue for a

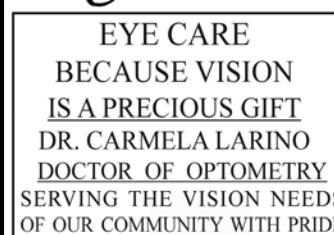


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# Mt. SAC Students Win 14 Medals At HOSA State Competition

Health career students advance to national competition in June

By MIKE TAYLOR

**Walnut** – Mt. San Antonio College health career students won a total of 14 medals, including seven gold medals and seven silver medals, at the Health Occupation Students of America (HOSA) state leadership conference held April 6–10 in Anaheim. More than 2,500 students competed at the state competition.

**Yessenia Campos** (El Monte), **Sierra Gomez** (San Bernardino), **Keili Hiniker** (Walnut), and **La Tonya McDaniel** (Perris) won gold medals in the creative problem solving competition. **Eduardo Guzman** (Baldwin Park) **Maria Jauregui** (Covina), and **Jose Montiel-Flores** (Baldwin Park) won gold medals in the biomedical debate competition.

**Remington Cole** (Pomona), **Sue Mass** (Chino Hills), **Sandra Medina** (La Puente), and **Felicia Ngo** (Alhambra) took silver medals in creative problem solving. **Rebecca Cruz** (Rancho Cucamonga), **Kirk Loualhati** (Covina), and **Joe Sanchez** (Covina) won silver medals in the biomedical debate competition.

All 14 Mt. SAC students will advance to the national HOSA competition to be held June 22–25 in Nashville, Tenn.

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. ■



PHOTOS COURTESY: CVFD

*Fred L. Burns Community Service Award recipients, Gary Ovitt and Ron Nadeau, are recognized at the April 13 CVFD board meeting. Both recipients were instrumental in the implementation of programs that reduced the fire risk in the Carbon Canyon area.*

## CVFD Announces Award Recipients

By MASSIEL LADRÓN DE GUEVARA

**Chino Valley** – The Chino Valley Fire District is proud to recognize former San Bernardino County Fourth District Supervisor Gary Ovitt and Carbon Canyon Fire Safe Council founding member Ron Nadeau as the 2015 recipients of the Fred L. Burns Community Service Award. Both award recipients were instrumental in the implementation of programs that reduced the fire risk in the Carbon Canyon area. “These two members of our community are certainly well deserving of the Fred L. Burns Community Service Award,” Board President Brian Johsz said, “Mr. Ovitt and Mr. Nadeau have made a real impact on protecting our community and removing a fire threat to many homes in Carbon Canyon.”

The Fred L. Burns Community Service Award was established to recognize an individual who has made a significant contribution to the Chino Valley Fire District in the area of furthering the District’s Mission Statement and/or who has made a significant

contribution to the Chino Valley Community in the area of community service in support of public safety.

Mr. Ovitt served as Fourth District Supervisor from 2004 to 2014. During his tenure as Supervisor, Mr. Ovitt demonstrated a commitment to public safety by supporting several projects related to reducing fire risks in the community. He was a strong supporter of the Carbon Canyon Fire Safe Council, which was founded in 2001 under the guidance of the Fire District to support and implement programs and events related to fire safety within the Carbon Canyon community. Mr. Ovitt was instrumental in securing funds to remove overgrown vegetation that posed a fire danger in Carbon Creek. He also played a vital role in securing a location for a critical fire communications repeater in Carbon Canyon.

Mr. Nadeau has taken a

lead with various projects that help protect Carbon Canyon from the devastating effects of fire. He has been instrumental with brush removal programs in the Canyon, wildfire defensible space planning and public outreach events. He also helped lead the arundo donax hazardous vegetation removal project in Canyon Creek that Mr. Ovitt helped fund. The overgrown brush in the creek is what helped fuel the fires that burned through the creek west of the San Bernardino County line during the 2008 Freeway Complex Fire.

Mr. Nadeau and Mr. Ovitt’s partnership with the Fire Safe Council has dramatically reduced the potential for loss of life, property destruction and damage to the environment that is associated with wildfire. The Chino Valley Fire District is proud to honor them for their work in keeping our communities safer from the detrimental effects of wildfires. ■

# DB High ranked best

DB from page 1

their STEM rank was 98th. This means that they received Gold Medal Status out of 30,000 US high schools.

Diamond Bar High School's student body makeup is 52 percent male and 48 percent female, and the total minority enrollment is 89 percent, according to the US News website. In addition, the school's data, district's data, AP® participation rate, and test scores calculated on student performance were also listed.

Visit the following website to see the full list of Diamond Bar High's results: <http://www.usnews.com.../walnut-valley.../diamond-bar-high-3634>. ■

## Toddler bit by snake in CH

Snake from page 1

to watch where you are walking and to stay on designated trails when out hiking and enjoying the outdoors. If you see a snake, stop and back away to a safe place. Never try to touch a snake or scare it away. Snakes seek warmer areas when it is cool, so be observant for snakes sunning on rocks or trails, especially in the cooler times of day. Conversely, when it is hot, snakes seek cooler areas. Use extra caution when around areas where there is high brush or when stepping over logs or fallen trees.

Below are additional safety tips provided by the Chino Valley Fire District.

Safety tips to help you avoid a rattlesnake bite:

- Never go barefoot or wear sandals when hiking or walking through grassy areas. Always wear hiking boots.

- When hiking, stick to well-used trails. Avoid tall grass, weeds and heavy underbrush where snakes may hide during the day.

- Do not step or put your hands where you cannot see.

- Never hike alone. Always have someone with you who can assist in an emergency.

- Do not handle a freshly killed snake, it can still inject venom.

- Teach children early to respect snakes and to leave them alone.

What to do if bitten by a rattlesnake:

- Do not panic. Remain calm and slowly move away from the snake.

- Call 9-1-1 immediately or send someone for help.

- Keep the bite at or below heart level.

- Do not apply a cold pack, tourniquet, cut the bite or attempt to suck out the venom.

- Do not attempt to catch or kill the snake. Do try to remember what the snake looked like.

- Take note of the time the bite occurred, if possible. ■

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# Percussion Teams Excel At World Championships

COURTESY CVUSD

**Chino Valley** – Congratulations to three Chino Valley Unified School District percussion teams for their winning performances at the 2016 Winter Guard International (WGI) Percussion World Championships, held April 15 and 16 in Dayton, Ohio.

A percussion team from Ayala High bested 14 other high schools from across the nation to be named the 2016 WGI Percussion Scholastic World Champions on April 16. Ayala won first overall in the prestigious division. Ayala also took first in caption awards for music effect, visual effect, and visual. They won second in music.

Chino Hills High's percussion team took second overall in the Scholastic World division. They also won first in music; second places in music effect and visual effect; and a third place in visual.

Ayala's Scholastic Concert World team came in first overall in that division of five teams at the WGI Championships on April 15. Ayala also took first in music, and second in artistry. ■

## Striking A Chord

*Chaparral, South Pointe music programs receive national recognition*

BY KELLI GILE

**Diamond Bar** – Two Walnut Valley Unified School District (WVUSD) middle schools - Chaparral and South Pointe - have been honored with the SupportMusic Merit Award from the nonprofit NAAM Foundation for outstanding commitment to music education.

A total of 118 schools across the country recognized with the prestigious award in 2016.

"This award puts Chaparral and South Pointe on an exclusive list that receives national attention - and that is something to celebrate!" said Chaparral band director Leslie Schroerlucke.



PHOTO COURTESY: KELLI GILE

*Chaparral Middle School's choir performs during grand opening event under the direction of teacher Rich Langham.*



*Hundreds of Chaparral Middle School students participate in music education courses each year. Shown: Orchestra in rehearsal with director Greg Rochford.*

The SupportMusic designation is awarded to individual schools that demonstrate outstanding achievement in efforts to provide music access and education to all students.

The award recognizes schools that are leading the way with learning opportunities as outlined in the new federal education legislation, Every Student Succeeds Act (ESSA), that recommends music and the arts as important elements of a well-rounded education for all children.

Congratulations to Chaparral music teachers Greg Rochford-orchestra, Leslie Schroerlucke-band, Rich Langham-choir, South Pointe music teachers Susan Willmerring-band, and Robin Wadsworth-choir.

"It is such an honor to be rec-

ognized for the second consecutive year by NAMM. It is fantastic to know that Chaparral is seen in such high regard," said Principal Ron Thibodeaux.

"Our music programs are essential to our students and their families," Schroerlucke added. "The NAMM award reaffirms once again that music programs in WVUSD are exemplary in terms of the number of students in our programs, the quality of the programs, and parent support."

At South Pointe, over 500 students participate in music arts classes. Choir teacher Robin Wadsworth, who works with about 150 students in her classes, is passionate about the benefits of music education.

"There have been many scientific studies that show that music helps creativity, coordi-

nation, reasoning skills, and improving test scores," she said.

Wadsworth also sites another benefit of being a part of music groups.

"Music performing groups give kids a place to belong. Playing, singing, or just listening to music relieves stress and gives groups of students that perform together a common purpose."

Her students agreed. "Music makes me happy. When I'm sad, I sing!" said 6th grader Shannon Kelly.

"Music helps me express my feelings," added 7th grader Maxine Magpayo.

"We are fortunate to have remarkable teachers and a district that understands the importance of the arts in education," said South Pointe's Principal, Susan Arzola. ■

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