

OurWEEKLYNEWS.com

Volume 18 • Issue 44 • May 7 - 13, 2016 • ANAPR.COM

Walnut

Swingin' the Night Away!

Walnut teens and local seniors come together at Big Band dance

BY KELLI GILE

Walnut - The Walnut High School Swing Club and Jazz Band joined the fun during the Swinging Good Times dinner and dance at the Walnut Senior Center on April 22.

High school musicians took to the stage to perform a set

see Walnut page 11

Diamond Bar

Wine Soirée A Success

BY KATHLEEN NEWE

Diamond Bar - Chairs Nancy, Lyons, Rick Rogers and Tony Torg sincerely thank everyone who helped make the 23rd annual Wine Soirée such a resounding success. Special thanks to Los Angeles County Supervisor Don Knabe and Julie Knabe for leading us this year as Honorary Chairs. The Diamond Bar Center was buzzing with activity that Sunday afternoon, April 24, as hundreds of people gathered for an

see DB page 3



PHOTO COURTESY: HARRY GEIER

Nearly 50 historic aircrafts were featured at last week's Planes of Fame Airshow and over 30,000 people were in attendance. Read the full story on page 5.

Collision Results in Motorcyclist Death

STAFF REPORTS

Chino - A motorcyclist was killed last week when it collided with a vehicle that allegedly made a left hand turn in front of the cyclist.

Last Wednesday, at around

3:45 in the afternoon, the Chino Police Department responded to an injury traffic collision at the 59020 block of Riverside Drive, near Oaks Drive.

An investigation concluded that a Nissan Altima was travel-

ing westbound and made a left turn in front of a 1998 Yamaha motorcycle that was traveling eastbound. The motorcycle struck the Nissan that was turning into an apartment complex

see Collision page 10

Two Arrested For Mail Theft And Drug Possession

STAFF REPORTS

Chino Hills - The Chino Hills Police Department arrested two people last week for mail theft and drug possession.

At about 3 a.m. on Thurs., April 28, deputies from the Chino Hills Police Department observed a white Mer-

see Arrest page 6



PHOTO COURTESY: YOUTUBE

Anyone with additional information, please contact Deputy Chris Bassett at the Chino Hills Police Station at (909) 364-2000, and refer to Case # 221601431. Callers wishing to remain anonymous may call WeTip at 800 78-CRIME.

Inland Empire

3 Arrested In Terrorist Attack

3 People Connected to Shooter in SB Terrorist Attack Arrested on Federal Conspiracy, Marriage Fraud and False Statement Charges

BY UNITED STATES ATTORNEY'S OFFICE

Riverside - Three people with family connections to Syed Rizwan Farook, one of the perpetra-

see IE page 10

Luke Skywalker Supports Bill

AB 1570 helps ensure fans purchase only authentic memorabilia

BY CHRIS WANGSAPORN

Sacramento - Assemblywoman Ling Ling Chang (R-Diamond Bar) announced her AB 1570 passed out of the Assembly Privacy & Consumer Protection Committee. Mark Hamill – also known for his portrayal of Luke Skywalker in Star Wars – has been a strong

see Bill page 8

Our Featured Businesses

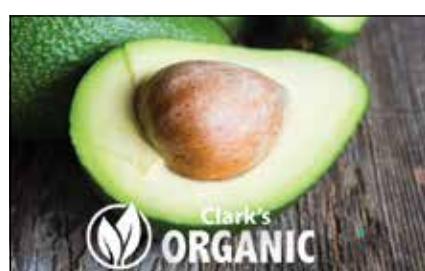
"Live Better" With Clark's Nutrition

STAFF REPORTS

Chino - When it comes to health and nutrition, one size does not fit all. Just ask your neighborhood's health and nutrition market, Clark's Nutrition and Natural Foods Market who strive to make lives better one customer at a time.

Clark's equates success not with size but with integrity, responsibility and ser-

see Clark's page 5



Clark's is open 7 a.m. to 9 p.m. every day. Stop by for yourselves and experience Clark's great customer service, knowledgeable staff, and affordable pricing. Clark's can help! Visit www.clarksnutrition.com.

Treat Your Mom To The Whole Enchilada!

BY CLAIRE LEWIS

Diamond Bar - Treat Mom to a wonderful Mother's Day at The Whole Enchilada! Moms deserve to have the day off and relax, and enjoy a delicious meal of their Mexican favorites – like sizzling Fajitas, Carnitas, or Chili Colorado! And

see Enchilada page 6



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication.

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Did You Know?

4 Alternative Ways To Heal ADD

BY BRITTANY THOMAS

A visit to the school nurse is a daily ritual for a growing number of American students who take a pill to calm their hyperactivity or to help them concentrate.

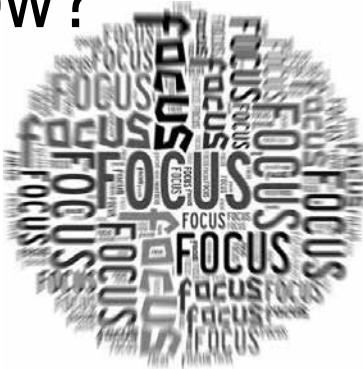
If that's surprising, it shouldn't be. The number of cases of attention deficit disorder (ADD), also called attention-deficit/hyperactivity disorder (ADHD), is on the rise among children and teenagers, up 43 percent over an eight-year period, according to a recently published study by the Milken Institute School of Public Health at George Washington University. Today, roughly 12 percent of children and teens have the diagnosis.

But medication isn't the only alternative for treating ADD. Focusing on natural treatments and the individual ADHD type can produce great results, says Daniel Amen, MD, a clinical neuroscientist and brain imaging expert who also is the Founder of Amen Clinics (www.amenclinics.com), which treat patients at six locations around the country.

"Through our work with over 20,000 ADD patients over the last three decades, using a powerful brain-imaging tool called SPECT (single photon emission computed tomography), we discovered that ADD is not a single or simple disorder; there are seven different types," says Amen, author of numerous books, including "Healing ADD" and "Change Your Brain, Change Your Life."

"In addition, many natural treatments can help all the ADD types. I always prefer to start with the least toxic, most effective treatment," said Amen.

That doesn't mean medication is never right, he says. "For some children, medication is the best option," Amen says. "But whether they are on medication or not, there are several lifestyle changes that can help all types."



He suggests parents consider these four non-medical interventions:

- Nutrition.** The right diet can have an impact. Amen says parents should try putting their children on a high protein, low carbohydrate diet that is relatively high in healthy fat. The reason: Such a diet has a stabilizing effect on blood sugar levels and helps with both energy level and concentration.

- Exercise.** Parents need to make sure their children aren't just sitting around watching TV. Exercise increases blood flow to all parts of the body, the brain included. That, of course, is particularly beneficial to people with ADD. Exercise also increases the availability of serotonin in the brain, helping to calm hyperactivity.

- Meditation.** Parents should teach their children how to meditate because research shows that meditation can calm stress and enhance brain function.

Help them find a quiet spot where they can sit comfortably, Amen says, then tell them to gently close their eyes and focus on their breathing. He suggests starting with just a few minutes and working up to 10, 15 or 20 minutes.

- Neurofeedback.** This is a specialized treatment that uses computer technology to balance and optimize the brain.

During each session, patients play a video game using just their brain. Amen says it's both fun for the child, and also helps strengthen their brains "to a healthier, more focused state."

"Parents shouldn't automatically discount medication as a way to treat children with ADD," Amen says. "But they also need to be mindful that medication isn't their only option." ■



Proverbs 31 Woman

BY SARAH SANCHEZ

The Bible describes a perfect woman in Proverbs 31. It describes a beautiful woman who cares for her family and teaches them about God. It describes a woman that is faithful and serves God with all of her heart, mind and soul, in addition to serving His people. A Proverbs 31 woman is described as someone who works hard and is smart with her money. In addition, the passage describes a woman who is "clothed with strength and dignity" (Proverbs 31:25). These are just a few of the many traits described in this passage.

When reading Proverbs 31, many women will strive to be this "perfect" woman and many men will strive to marry someone with these qualities. But when I read this passage, I instantly think of my mom. Of course, my mom isn't perfect, but she is pretty close and she is truly a great role model. I believe she is a Proverbs 31 woman.

My mom cares and loves others, and she has taught me to do the same. Growing up, we would drive by a person living on the street and she would go out of her way to find the nearest drive-through, purchase food, and go back to give it to that person.

My mom is also a loving mother that has always cared for our family. Growing up, she would make our lunch-

es everyday and put a heart shaped note inside that would tell us how much she loved us. She would pack us healthy snacks to take to school too. She still brings me snacks and lunch at work and I'm already a married adult! But she just has the gift of nurturing and loving others.

Proverbs 31 talks about this perfect woman being a woman of God; and man do I owe my faith to my mom. She would be the one to drag us out of bed for church every Sunday. Even when my brother and I went through a rebellious stage, she still prayed for us and sent us scripture (whether our punky teenager-selves wanted to hear it or not). She never gave up on us. I think it paid off because we were all baptized and are currently striving to live Godly lives. If it wasn't for my mother constantly sharing her faith with us and believing in us, I'm not sure where we would all be.

My mom is a woman I admire and hope to be one day: both as a wife and mother. She is a strong woman who never loses faith in our God, no matter what circumstance we are going through. Growing up, I always believed she had a special direct line to God because her prayers were always answered. But really, it was because she had an enormous amount of faith and she truly believed that God would answer her prayers.

My mom is amazing and I'm sure yours is too; or maybe you know someone who has been like a mother to you. Whoever it may be, as we celebrate Mother's Day this weekend I ask that you honor your mothers. Whether she is with you today or not, take a moment to remember all the good things that she has done for you...even if the only good thing is that she gave birth to you. Whatever it is, tell her, show her, write to her, and honor her. Because Proverbs 31:31 says, "Honor her for all that her hands have done, and let her works bring her praise at the city gate." ■

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Chino PD Seeking Owner Property

CITY OF CHINO

Chino - Chino PD is looking to find the owner of a bicycle that was collected as found property in December of 2015. The item is described as an orange Jet 9 "Niner" model bicycle.

Per civil and department regulations, information about the item must be published, after a 90 day hold, giving a seven day response period from the time of publication, in attempt to find the owner before releasing it to the individual who turned it in.

If you believe you are the owner of this item, and have documentation to prove so, or may have information regarding ownership of the item, please contact the Chino PD Evidence Unit at (909) 334-3078 - reference case number 15-11550. ■

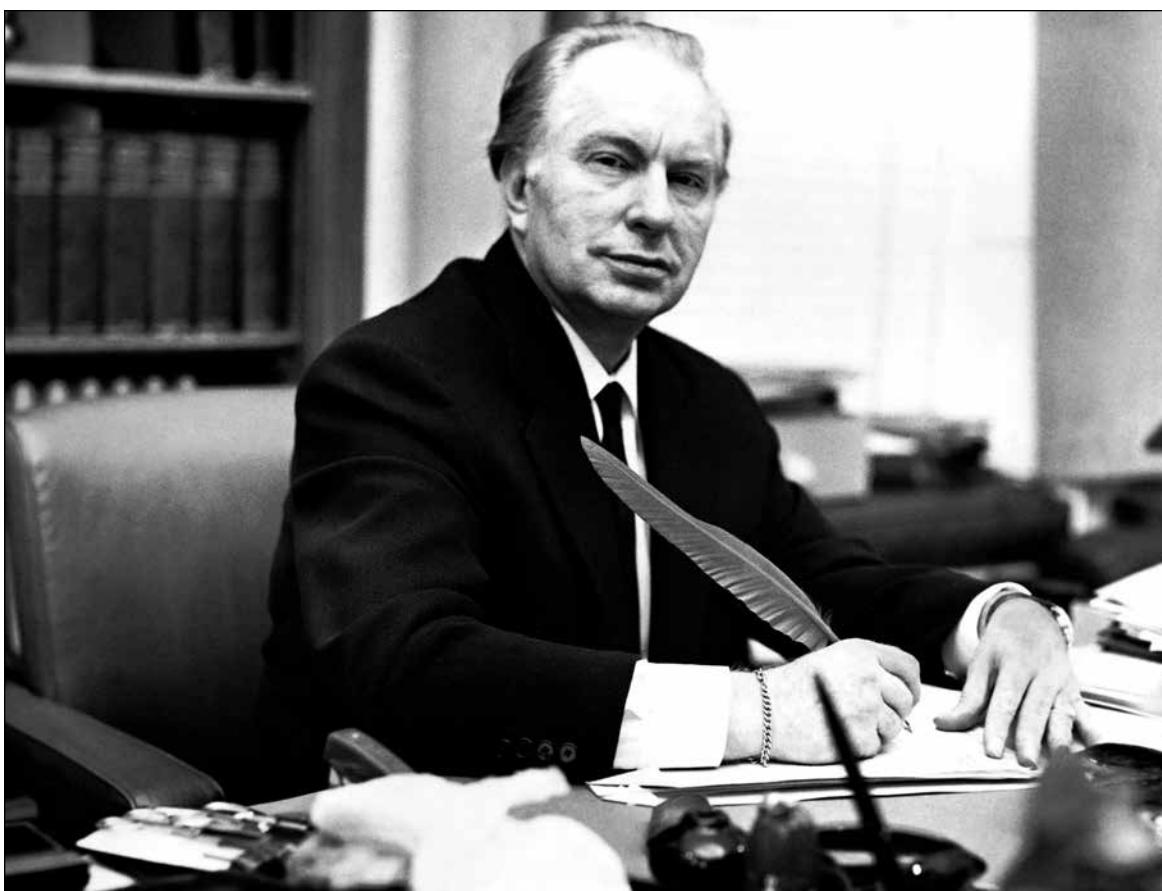


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History 101

L. Ron Hubbard publishes Dianetics

COURTESY OF HISTORY.COM

On this day in 1950, Lafayette Ronald Hubbard (1911-1986) publishes *Dianetics: The Modern Science of Mental Health*. With this book, Hubbard introduced a branch of self-help psychology called Dianetics, which quickly caught fire and, over time, morphed into a belief system boasting millions of subscribers: Scientology.

Hubbard was already a prolific and frequently published writer by the time he penned the book that would change his life. Under several pseudonyms in the 1930s, he published a great amount of pulp fiction, particularly in the science fiction and fantasy genres. In late 1949, having returned from serving in the Navy in World War II, Hubbard began publishing articles in the pages of *Astounding*

Science Fiction, a magazine that published works by the likes of Isaac Asimov and Jack Williamson. Out of these grew the elephantine text known as *Dianetics: The Modern Science of Mental Health*.

In Dianetics, Hubbard explained that phenomena known as "engrams" (i.e. memories) were the cause of all psychological pain, which in turn harmed mental and physical health. He went on to claim that people could become "clear," achieving an exquisite state of clarity and mental liberation, by exorcising their engrams to an "auditor," or a listener acting as therapist.

Though discredited by the medical and scientific establishment, over 100,000 copies of *Dianetics* were sold in the first two years of publication, and Hubbard soon found himself lecturing across the country. He went on to write six more books in 1951, developing a significant fan base, and establishing the Hubbard Dianetics Research Foundation in Elizabeth, New Jersey.

Despite his fast-growing popularity from books and touring, strife within his organization and Hubbard's own personal troubles nearly crippled his success. Several of his research foundations had to be abandoned due to financial troubles and he went through a divorce from his second wife.

By 1953, however, Hubbard was able to rebound from the widespread condemnation beginning to be heaped upon him, and introduced Scientology.

Scientology expanded on Dianetics by bringing Hubbard's popular version of psychotherapy into the realm of philosophy, and ultimately, religion. In only a few years, Hubbard found himself at the helm of a movement that captured the popular imagination. As Scientology grew in the 1960s, several national governments became suspicious of Hubbard, accusing him of quackery and brainwashing his followers. Nonetheless, Hubbard built his religion into a multi-million dollar movement that continues to have a considerable presence in the public eye, due in part to its high profile in Hollywood. ■

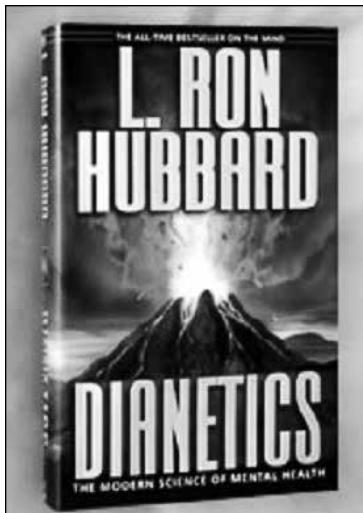


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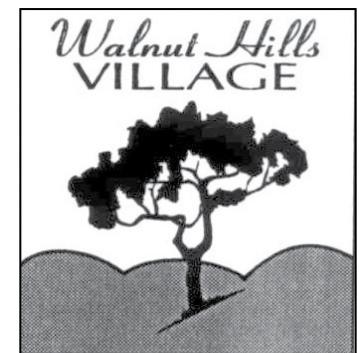
Wine Soirée a success

DB from page 1

exciting afternoon of festivities all focused on our Diamond Bar Library and literacy in our community. The food tasting was exceptional with generous servings of delicious food offered by Albertsons Market, Al-jibani Halal Market, Chili's Grill and Bar, Claro's Italian Restaurant, Del Taco, Diamond Palace, Encore Teppan, Got Taco Party?, Gruber Olive House, It's A Grind, Jeseca Creations, Jasmine Mediterranean, Julie's Café, Mandarin Taste Restaurant, Mr. G's Pizza, NiNi Bakery, The Noodle, and The Whole Enchilada. Thanks to Total Wine and More for hosting our first French Wine Tasting Table. Cal Poly Innovation Brew-Works generously hosted a table of their delicious micro brews. Visit them in person and thank them for their support for literacy in our community.

By participating in the annual Wine Soirée, you know you will have great afternoon with old and new friends and know that all of the proceeds go directly to your local Diamond Bar Library and literacy in our community. Those attending this great event can feel good that all the fun they are having - the food and wines they taste, the auction and raffle items they win, the music they enjoy - all the proceeds from this will go to improve our quality of life and learning. The annual Wine Soirée is an institution in Diamond Bar and is a great way to meet new and old friends and neighbors. If you are interested in participating in next year's Soirée, contact Rick Rogers at www.dblibraryfriends.org.

With your help the Friends will give over \$40,000 this year for much-needed materials, programs, books, magazines, etc. that would not have been possible without the Wine Soirée and our two non-profit bookstores, Basically BOOKS. The Friends also will be sponsoring Read Together Diamond Bar 2016 with many exciting events planned around our 2016 RTDB selection: Robert Crais' Suspect. Look for information on Read Together Diamond Bar 2016 in the coming months. ■



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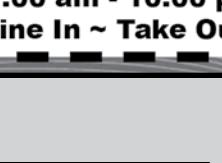

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History Airplanes Filled The Sky At Chino Airshow

STAFF REPORTS

Chino - Over 30,000 people came by the Planes of Fame Air Museum for their Planes of Fame Airshow on April 29 to May 1. The event was held at the Chino Airport, located at 7000 Merrill Avenue in Chino.

The event celebrated the 75th Anniversary of the Attack on Pearl Harbor, where they recognized the history, contributions, and sacrifices of our veterans.

This year's airshow featured nearly 50 historic aircraft, performing for the community's enjoyment. Performers included: U.S.A.F. F-16 Viper Demo Team and Heritage Flight, Sean D. Tucker Team Oracle Aerobatics, Texas Flying Legends, Sea Fury Aerobatics by Sanders Aeronautics, Rob Harrison and the Tumbling Bear, Gregory Colyer T-33, Granley Yak Aerobatic Team, Jelly Belly Airplane, John Colver's AT-6 Aerobatics, and over 40 WWII aircraft including the B-25 Mitchell, P-47 Thunderbolt, and P-51 Mustang. In addition to many other fantastic airplanes that performed, there

was also a special panel discussion with honored veterans. Lastly, there were Military vehicles, a 'Kids Zone', food, drinks

and vendors!

Visit www.planesoffame.org to see what the museum will be hosting their next airshow! ■



PHOTO COURTESY: HARRY GEIER

"Live Better" With Clark's Nutrition

Clark's from page 1

vice.

"The cornerstone of Clark's market position is to provide reliable scientific information for the consumer's benefit in making educated and informed decisions resulting in vibrant health," Clark's website states.

Spanning three generations, Clark's Nutrition and Natural Foods Markets was founded in 1972 in Riverside by the Clark family patriarch, Jim Clark, whose vision of healthy living grew into what is today a 60 billion-dollar industry.

Jim's grandchildren have taken over the reins of Clark's Nutrition and Natural Foods Markets. Grandson Jeff Clark is president, his brother Bruce

Clark is vice president of retail development, and their sister Tracy Clark is the director of finance.

Their newest location in Chino, 12835 Mountain Avenue (at corner of Mountain Avenue and Riverside Drive), boasts a large selection of organic, gluten free, grass-fed beef, vitamins and raw foods. They also carry an extensive collection of health and beauty production, including celebrity Suzanne Somers' skin care and cosmetic line, "SUZANNE Organics."

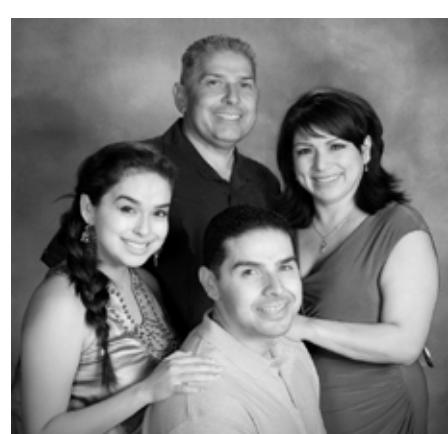
Clark's puts an emphasis on connecting with the community through various in-store and local events. They provide regular free lectures on various health related topics and make-up tutorials with professional make-up artists.

With locations in Loma Linda, Riverside, Rancho Mirage, and now Chino, Clark's Nutrition lives up to their motto, "Live Better ...We Can Help!"

Customers will appreciate their knowledgeable and helpful staff. Clark's employees undergo a comprehensive in-house training curriculum, and continuing their education "which is now accredited".

So, for all your health and nutritional needs, look no further than Clark's in Chino or any of their other Inland Empire locals.

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Treat moms to The Whole Enchilada!

Enchilada from page 1

don't forget to treat Mom to some Mexican Kaluha Flan or Rio Grande Mud Pie after the meal!

Having a Mother's Day Fiesta at home? Why not let the party come to you by having The Whole Enchilada cater your celebration? Delectable handmade tamales – available year round – as well as street tacos and taquitos with all the fixings can be the hit of your party.

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Enchilada offers fresh, authentic Mexican recipes their resident chef brought from their homeland. They guarantee you will enjoy your dining experience.

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The restaurant has been in business for over 30 years, offering a variety of tasty Mexican dishes and outstanding service. The Whole Enchilada wants to become your local favorite, and they look forward to helping you celebrate the spe-



cial moments in your life.

Don't deny your taste buds this Mother's Day, visit the Whole Enchilada soon!

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication. ■

Theft and drug possession arrest

Arrest from page 1

cedes Benz driving "aimlessly around" in the area of Peyton Drive an Olympic View. Olympic View is two blocks north of Grand Ave.

The occupants of the vehicle, identified as Tasean Holt, 19, and Martin Guevara, 36, were questioned by deputies

after they were seen parking in the driveway of an unknown residence. When deputies approached the car, mail was sitting in plain view, which allegedly belonged to a residence in the 13000 block of Emerald Way in the city of Chino Hills. Guevara was also in possession of suspected methamphetamine.

Both suspects were arrested

for mail theft and drug possession and were booked into the West Valley Detention Center in Rancho Cucamonga.

Anyone with additional information, please contact Deputy Chris Bassett at the Chino Hills Police Station at (909) 364-2000, and refer to Case # 221601431. Callers wishing to remain anonymous may call WeTip at 800 78-CRIME. ■

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Luke Skywalker supports bill

Bill from page 1

advocate for the bill. In some memorabilia markets, forged signatures make up over half of the supply – making it all too easy for consumers to be defrauded. AB1570 will put safeguards in place as well as provide civil recourse for buyers of autographs.

"I was astonished to learn how big the market is for fake memorabilia," said Assemblywoman Chang. "And when you have kids falling victim to dealers selling sham autographs, that's what really makes me angry. I've teamed up with artists

like Mark Hamill, but also law enforcement and consumer advocacy groups to make sure we have protections in place."

AB 1570 will require dealers of any signed memorabilia to provide a certificate of authenticity upon sale of the autograph. The bill will also provide victims of forged memorabilia with civil recourse including ten times the amount of actual damages. Current law already protects consumers in the narrow case of sports related memorabilia.

In a letter of support for AB 1570: Mark Hamill writes: "I cherish the fans who have given me their support for decades. I

will do anything I can to protect them from predatory and fraudulent dealers and AB 1570 has my unqualified support."

In fact, Star Wars icon Mark Hamill recently took to Twitter to tell fans which of their signed collectibles were forged and which were genuine.

PSA/DNA, JSA, and other professional authenticators evaluate hundreds of thousands of autographs annually worldwide, and often determine the signatures to be forged. According to industry experts, the rejection rate can reach over 50% of submitted items for the more prominent names, including Neil Armstrong, Mi-

chael Jackson, and others. For example, experts estimate that only 94 percent of all autographed Beatles memorabilia is forged, as are 76 percent of Marilyn Monroe and Elvis Presley collectibles.

In the last twenty years, the FBI instituted two major investigations uncovering millions in forged sports, entertainment and historical autographed memorabilia – both cases involved operations in California. During the most recent investigation, the FBI estimated forged memorabilia "comprises between \$500,000,000 and \$900,000,000" of the overall billion dollar market. ■

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Where: Suzanne Middle School
Details: http://main.acsevents.org/site/TR?fr_id=74432&pg=entry

Cal Poly Pomona Relay For Life
When: Sat., May 22, 2016, 1 p.m. to 1 p.m.
Where: Cal Poly Pomona
Details: http://relay.acsevents.org/site/TR/RelayForLife/RFLCY16CA?fr_id=71652&pg=entry

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Corona Certified Farmers Market
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(760) 728-7343

Recipes:

Chicken Breasts with Mushroom Cream Sauce

COURTESY OF EATINGWELL

The secret to a good cream sauce is always the same: not too much cream or it can be overpowering, masking the more delicate flavors. Here it contains a bountiful amount of mushrooms and is served over chicken breasts.

Ingredients

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens

Preparation

1. Season chicken with pepper and salt on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the



PHOTO COURTESY: EATINGWELL

heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.

3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

Makes: 2 servings

Total Time: 30 minutes
275 cal. per serving 15 g fat
(5 g sat, 7 g mono)



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The meal is a gourmand's fantasy, the drinks are mixed perfectly, and the leather chair fits like a glove. Everything seems idyllic, yet slowly a burning sensation, accompanied by pressure, starts to radiate from the middle of the torso extending upwards into the chest. An uninvited guest in the form of recurrent heartburn snakes its way past the upper stomach, through the normally closed cardiac sphincter, and into the esophagus.

This stranger in a strange land occurs at least once monthly to 60 million Americans and daily to 15 million. While occasional heartburn may not raise any immediate red flags, chronic heartburn has the potential to become something much worse: Gastroesophageal reflux disease (GERD). This condition occurs when the contents of the stomach (gastro), including its acid, back up into the esophagus on a regular basis. This backwash (reflux) can create an environment whereby the esophagus may become more susceptible to damage. This damage, although not usually life-threatening, may lead to "Barrett's Esophagus" (a condition wherein stomach and intestinal cells translocate to the esophagus in 5 percent of sufferers) or may even become

precancerous.

Frequent heartburn can lead to vomiting, difficulty swallowing, unexplained weight loss, and interfere with activities of daily living (ADL), in these circumstances it is imperative to inform one's doctor. Meanwhile, there are many things that can be done to lower one's risk of experiencing heartburn or to support a diagnosis of GERD.

What to avoid:

1. Alcohol
2. Fried, greasy, and spicy foods
3. Caffeine
4. Carbonated sodas
5. Citrus, peppermint, raw onions and tomatoes
6. Smoking

It may be beneficial to keep a food diary and track which foods (or situations) lead to the occurrence of heartburn. Trigger foods may worsen the effects of heartburn when mixed or at certain times of the day; unfortunately, more than 80% of day-time heartburn sufferers also report poor or compromised sleep quality. This may manifest itself in difficulty falling or staying asleep, frequent awakenings, and coughing fits.

What to emphasize:

1. Smaller more frequent meals
2. Melons, red apples, mangos, and bananas (low-acid fruits)
3. Lean meats and fish
4. Egg whites
5. Potatoes and rice
6. Plenty of vegetables of all colors

While foods play a large role in the occurrence of heartburn, so too can the judicious use of supplements. The following supplements may be beneficial in mitigating the effects of heartburn:

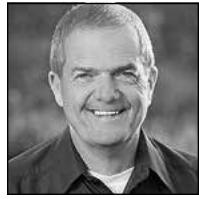
1. Calcium (acid buffer) - supplemental or as found in dairy products
2. Digestive enzymes - food lingering too long in the stomach may give rise to prolonged acid-secretion periods
3. Ginger tea - soothing and reparative to intestinal gastrointestinal mucosa
4. Deglycyrrhizinated licorice (DGL) - may improve function and integrity of stomach lining
5. Melatonin for sleep

Enjoying sumptuous meals and elaborate drinks does not have to be completely off limits, yet heartburn in millions of people is not just a sign of a few rich indulgences. There may be structural or chemical issues present that require a period of evaluation and abstinence. If you experience heartburn more than twice weekly, schedule an appointment with your doctor, and in the interim, utilize the suggestions herein to reduce its effects. As always, "Carpe Salutem"!

Clark's Nutrition and Natural Foods Market is open every day from 7 a.m. to 9 p.m. They have a location in Chino, Loma Linda, Rancho Mirage, and Riverside. See their ad on page 7 for more information. ■

An Early Harvest

BY PASTOR MARK HOPPER



Thank you for all of your prayers and support for our little garden. Every time the grandkids come to visit, they run to the back yard to see what has been happening.

Their enthusiasm is contagious. They are so excited to see tomatoes growing and strawberries multiplying. They are amazed at how big some of the plants are getting.

Recently, they pulled a few carrots out of the ground. Wow! They looked like real carrots. This may not seem like a big deal to you, but for these young children, it is amazing!

In the past, my feeble efforts have produced a few squash and some tomatoes, but I have not

had a lot of luck growing carrots. I don't know if my soil is too hard or if I did not water often enough.

But this year, there are real carrots - just like the ones you see in the store. And, we grew them and harvested them ourselves!

My eight-year-old granddaughter seemed to understand how amazing it is that those little tiny seeds that we planted a few months ago have grown into these big plants and tasty carrots!

We have planted some more carrot seeds and some onion seeds, too. We also planted some snow pea seeds in the garden. We are already seeing some new little seedlings emerging from the soil.

However, there is a dark side to this story. Someone or something is eating our strawberries. On more than one occasion, I have seen a large ripe strawberry happy and healthy in the evening, but gone the next morning.

Someone is eating our berries!

In addition, I know that we will face more challenges in the weeks to come as the tomato worms and other adversaries discover our little garden. I know that the birds and the bugs need food too, but why do they have to dine at my house?

The writers of the Bible often used examples from farming and gardening to help their readers learn. In one passage the author says, "One plants and another waters, but God makes things grow" (1 Corinthians 3:6-8).

My grandkids and I are planting the seeds and watering the soil, and we are amazed at how much God has made things grow!

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. ■

Calling For Responsible Pet Owners

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



It is on behalf of dogs everywhere that I write this article. Being the

proud owner of Midnight, the black lab/black shepherd mix shown with me in my photograph is truly a joy and honor. Midnight is almost eight years old and very healthy. Midnight and I take lots of long walks in our neighborhood and he has many buddies along the way. Some of his buddies are very well cared for and live safe lives. Some of his buddies aren't so lucky and are let out to walk themselves.

I can't believe how many wonderful dogs I have seen without tags and let out to walk themselves. I can't believe how many dogs end up hit by

cars and die because they are illegally let out by themselves. Legally, dogs are supposed to be licensed, vaccinated, and leashed when they are out off their property. They should be walked by humans that can help guide them on what is safe and what is not when they are out of their house or yard.

A dog is a huge responsibility and an enormous joy. Caring for a dog properly involves feeding them healthy food, bathing them, taking them to the vet, talking them on walks, licensing them, cleaning up after them, and always providing clean drinking water. This is in addition to sheltering them and giving them lots of love, affection and attention. It's not okay to have a dog or any animal that is neglected. There have been many new laws passed to help protect animals and people lose their animals everyday because of neglect. So I ask you to think

about all of this before you get an animal. I beg you to stop allowing your dogs to walk themselves. I ask you to understand how helpless they are and how much they count on us to care properly for them. Please take the time to be a responsible and loving pet owner!

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

A Wedding Date Decision - A Letter from Antonia G.

BY DANICE AKIYOSHI, N.D.



Q: My favorite Aunt is having an all-expenses paid destination wedding this

summer that will be quite luxurious. I am looking forward to this event. I know I should take my boyfriend as my guest, but my dearest friend's family lives on this island. She hasn't had the extra money to visit her parents in six years and I know this would be a dream come true for her. My boyfriend doesn't dance and never really enjoys himself when

he accompanies me to weddings. He also tries to rush through the festivities and this annoys me. When I told him that I was considering taking my friend, he said that even though he hates weddings, he was looking forward to surfing and sightseeing and that would be disappointed to miss this trip. He seems to be taking it for granted that I will take him, but I'm not sure this is the right choice for me. Please help me decide.

A: You give clues that show your dissatisfaction with your boyfriend when you mention things like the way he rushes you through previous wedding festivities and refuses to dance with you at these events. You also state that he takes things for granted. I have a strong feeling that you'd prefer to take your dear friend instead of your boyfriend. If the only commentary your boyfriend has is that he wants to see

the sights and do some surfing, then he seems to be self-serving and is missing the point of the whole event, "the wedding". Perhaps you'd like to let him know that you would be happy to join him if he'd like to plan a vacation that includes surfing and sightseeing activities. Remind him again that the main focus is actually your Aunt's wedding and invite the person who would be the best companion to enhance the entire experience.

Have a wonderful time.

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. ■



Dr. Carmela Larino, O.D.

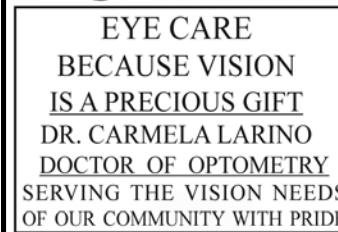


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Collision results in motorcyclist death

Collision from page 1

on Riverside Drive.

The motorcyclist, Ryan Colwell, 19, of Ontario, suffered serious injuries and was airlifted to an area hospital. During surgery, he succumbed to his injuries. The driver of the Nissan, Veronica Jimenez, 42, of Chino, suffered minor injuries. Jimenez was released after being treated by Chino Valley Fire Department personnel at the scene.

Chino Police released a statement indicating the cause of the collision is still under investigation. The roadway was closed for over five hours during the investigation by the Chino Traffic Unit.

If you have any information regarding the case, please contact Corporal Trosper: strosper@chinopd.org or (909)334-3153. ■

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3 arrested in connection with terrorist attack

IE from page 1

tors of the December 2, 2015 terrorist attack at the San Bernardino Inland Regional Center (IRC), were arrested last week on federal conspiracy, marriage fraud and false statement charges.

A five-count indictment returned by a federal grand jury charges three defendants in a marriage fraud conspiracy that involved making false statements under oath for the purpose of obtaining immigration benefits for one of the defendants.

The three defendants arrested are:

- Mariya Chernykh, 26, of Ontario, who, according to official records, is married to Enrique Marquez, Jr., who is awaiting trial on charges of conspiring with Syed Rizwan Farook in 2011 and 2012 to provide material support to terrorists;

- Tatiana Farook, 31, of Corona, who is Chernykh's sister;

- Syed Raheel Farook, 31, of Corona, who is Tatiana Farook's husband and Syed Rizwan Farook's brother.

The indictment charges all three defendants in a conspiracy to knowingly make under oath a false statement with respect to a material fact in an application, affidavit, and other document required by the immigration laws and regulations of the United States. This charge carries a statutory maximum sentence of five years in federal prison.

The indictment also charges Chernykh with fraud and misuse

of visas, permits, and other documents; perjury; and two counts of making material false statements to federal agents. These four charges carry a combined statutory maximum sentence of 25 years in federal prison.

When Marquez was indicted by a federal grand jury at the end of 2015 with conspiring with Syed Rizwan Farook to provide material support to terrorists, he was also charged with entering into a sham marriage with Chernykh in November 2014 and illegally signing an immigration form that falsely declared he was living with her (see: <http://go.usa.gov/cuKEm>).

"This is the latest step in the comprehensive investigation into the horrific attacks in San Bernardino last year that took the lives of 14 innocent Americans and deeply affected so many more," said United States Attorney Eileen M. Decker. "As I have said previously, we owe the victims, and the entire community of San Bernardino, a thorough investigation that uncovers all criminal activity surrounding these events. Today's arrests open a new phase in the process of bringing to justice all individuals who allegedly committed crimes that were uncovered during our exhaustive investigation. The charges also reflect the importance we place on statements made to law enforcement officials during a terrorism investigation. Those who lie to or conceal material information from law enforcement officers investigating terrorist acts will be prosecuted to

the fullest extent of the law."

Acting Assistant Director of the FBI's Los Angeles Field Office, James Struyk, said, "Members of the FBI's Joint Terrorism Task Force worked around the clock in an attempt to find immediate answers in the days and weeks following the December murders in San Bernardino to ensure no additional threats to the community were present. As proof of our enduring commitment to the victims and their families, the FBI and our partners will continue to pursue all leads developed in this matter to build cases when evidence of a crime is revealed."

Joseph Macias, Special Agent in Charge U.S. Immigration and Customs Enforcement's (ICE) Homeland Security Investigations (HSI) in Los Angeles, stated: "Last year's tragedy in San Bernardino showed yet again how our nation's legal immigration system can be subverted and exploited by those intent on doing this country harm. As the second largest presence on the nation's Joint Terrorism Task Forces, HSI special agents, in collaboration with their JTTF partners, are using their unique skills and authorities, including their immigration expertise, to pursue individuals and organizations that pose a threat to domestic security. As this case underscores, that vigilance extends to those whose actions directly or indirectly put our communities and our country at risk."

The case against Chernykh and the Farooks stems from the overall investigation into the IRC terrorist attack. While investigating the terrorist attack, federal agents obtained official records showing that Marquez, a former neighbor of Syed Rizwan Farook's, is married to Chernykh. The investigation determined that Marquez agreed to marry Chernykh so she could obtain immigration benefits that were not available to her because

she is a Russian citizen and did not have legal status in the United States. The indictment alleges that Marquez received money from Chernykh to enter into the sham marriage.

In furtherance of this conspiracy, both Marquez and Chernykh signed immigration documents, under penalty of perjury, that included information that they lived at the same address, when they did not.

Syed Raheel Farook and Tatiana Farook participated in the conspiracy by, among other things, witnessing Marquez and Chernykh's wedding, taking staged family pictures of Marquez and Chernykh, establishing a joint checking account for Marquez and Chernykh, and creating a back-dated lease for Marquez and Chernykh to create the illusion that they shared a marital residence with Syed Raheel Farook and Tatiana Farook.

FBI agents interviewed Chernykh as part of the investigation into the IRC terrorist attack, and she allegedly made false statements that she lived with Marquez at Syed Raheel Farook and Tatiana Farook's residence in Corona.

All three defendants are expected to be arraigned on the indictment in United States District Court in Riverside.

An indictment contains allegations that a defendant has committed a crime. Every defendant is presumed to be innocent until proven guilty in court.

This operation is the result of an ongoing investigation by the FBI's Joint Terrorism Task Force, which includes partners with HSI, the San Bernardino Police Department, the San Bernardino County Sheriff's Department, the Riverside County Sheriff's Department, the Ontario Police Department, the Riverside Police Department, the Corona Police Department and the Chino Police Department. ■

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Mt. SAC Forensics Team Takes Second at Nationals

By MIKE TAYLOR

Walnut – The Mt. San Antonio College Forensics Team took second place overall at the 2016 Phi Rho Pi National Tournament held recently in Costa Mesa, with students winning five gold medals, seven silver medals, and 12 bronze medals. More than 500 students from 64 colleges throughout the nation competed.

Mt. SAC's Jacqueline Yu (Walnut) won first place overall and the Bovero Top Speaker Award as the outstanding speaker at the national competition, winning gold medals in informative speaking, after dinner speaking, and communication analysis, and a silver medal in the impromptu speaking competition.

Joey Fontana of Diamond Bar won a gold medal in informative speaking and a silver medal in persuasive speaking. Sarena Wang of Hacienda Heights won a gold medal in informative speaking and a bronze medal in debate.

Attaam Siddiqi of Walnut won a silver medal in impromptu speaking and a bronze medal in informative speaking. Christopher Robles of La Puente won silver in poetry interpretation and bronze in programmed oral interpretation. Amy Jajieh of Menifee won silver in persuasive speaking and bronze in dramatic interpretation. Matthew Rodriguez of Rio Rancho, NM won silver in persuasive speaking, and bronze as part of a parliamentary debate team. Tiffany Pla of Claremont won silver in extemporaneous speaking, a bronze in persuasive speaking, and a bronze as part of a parliamentary debate team.

Matthew Dowling of Norco won bronze in extemporaneous speaking and bronze as part of a parliamentary debate team. Anthony Flores of Baldwin Park won bronze in the prose competition. Kai Vibar of Walnut won bronze in programmed oral interpretation and bronze as part of a duo interpretation team. Lastly, Alexandria Romero of Chino won bronze in dramatic interpretation and bronze as part of a duo interpretation team.

The team is coached by faculty members Roxan Arntson, Danny Cantrell, and Roger Willis-Raymondo. Since 1994, Mt. SAC has won nine community college national titles and has placed among the top 10 in university-level competition four times. ■



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WVUSD Trustees Honor School Site Council Leadership

By KELLI GILE

Walnut – Walnut Valley Unified School District (WVUSD) Board of Trustees recognized School Site Council leaders during the April 20 meeting.

"Our School Site Council chairpersons generously give their time, dedication, perseverance, and feedback to help make sound decisions for our schools," said Jackie Brown, director of elementary education and assessment.

Congratulations to the following honorees: Patricia Ponce-Hernandez-Castle Rock Elementary, Fred Davies – Cyrus J. Morris Elementary, Kathy Youmans – Collegewood Elementary, Kevin Hoshi – Evergreen Elementary, Kimberly McNeil – Maple Hill Elementary, Marcus Lotto – Quail Summit Elementary, Angelica Razo – Vejar Elementary, Araceli Simeon – Walnut Elementary, Jenny Chen – Westhoff Ele-



PHOTO COURTESY: KELLI GILE
The WVUSD Board of Trustees honored School Site Council chairpersons during the April 20 meeting.

mentary, Enoch Choi – Chaparral Middle School, Jeanette Schaller – South Pointe Middle School, and Marlene Soto – Suzanne Middle School.

School Site Council members are elected by parents and staff members. During meetings, the chairperson, a parent or teacher at the school, leads discussions with the principal to review instructional programs and budgets, school data, and help develop goals and action

plans that align with budgets to help students achieve.

The valued community liaisons also lend their expertise and input as part of the team that develops School Site Plans which are approved annually by the Board of Trustees.

"From the bottom of our hearts, we so very much appreciate the work of our School Site Council chairpersons," Brown added. ■

Swingin' the night away!

Walnut from page 1

of 1930-40's swing-era music including "Not What" and "Sing Sing Sing."

Senior Ryan Maidment, who plays trumpet in the group, took the lead organizing the ensemble, selecting music, and scheduling rehearsals for the special performance.

"I love jazz completely and listen to it all the time!" he said.

The teens said they were a little nervous, but excited to be a part of the service project with senior citizens.

"It's definitely not like anything I've seen before," Maidment said. "It's been fun!" added electric bass player Matthew Distante.

The multi-generational social dance was the brainchild of English teacher Jennifer Maletz.

"I'm taking a class in community leadership, and we have to create a project that meant something to us. I was a dancer and band singer, so I know that this is a great opportunity to bridge the gap between generations through music and dance," she said.

A dozen members of the school's Swing Club showed off their skills performing a Shim Sham Shimmy dance routine.

The girls wore black and white polka dot dresses and the smartly dressed boys donned tuxedo shirts and bow ties for the event. Not the typical Friday night attire for teens.

The local seniors were then invited onto the dance floor for a beginning Lindy Hop lesson to the classic Big Band music.

"If you want to learn some basics of swing – please come and pair up with one of our Swing Club members," Maidment announced.



PHOTO COURTESY: KELLI GILE
Walnut High students paired up with local seniors for a Lindy Hop dance lesson. Shown: Freshman Brian Duran teaches community member Leann Curren some new steps.

The teens quickly partnered with the eager seniors.

The 20-minute tutorial included the quick turn, tuck turn, spin out, and Charleston moves, according to junior Patrick Stephanoff. "You can learn it in a night, but it takes longer to master," he said.

Walnut resident Leann Curren was one of the first to take the dance floor to learn steps from freshman Brian Duran.

"I love to dance! I've been married almost 48 years, but my husband doesn't dance," Curren said. So, she took up line dancing about a year ago at the Walnut Senior Center.

"You don't need a partner!"

"This has been great!" said Richard Pena after taking a spin on the dance floor. His group of retired friends attend ballroom dances that feature the rumba, foxtrot, salsa, cha cha, and waltz.

"I've done the West Coast Swing, but never tried the Lindy Hop. It brings back memories!" he added.

The Walnut High Swing Club members are passionate about jazz and it showed as they seamlessly quick-stepped and

twirled to the familiar sounds of Benny Goodman, Count Basie, and more.

"I've danced a lot of different genres, but I really like swing the most," said junior Chelsea "Cat" Tuason.

"I enjoy the fact that it gives me a chance to meet new people!" said 18-year-old Brion Robles.

"There's dance at school, but it's modern and it's very hip-hoppy," added senior Riley Herms, who has been a member of the after-school club for three years. "It's neat doing something fancier!"

"I think that sometimes we end up being segmented by our ages and not mingling," Maletz said.

"Here in Walnut High School, we have an amazing group of dancers who enjoy music from a very different generation, so there's a bridge of music and dance that can create a connection within the community."

"I am so proud of the students and the effort they put in. The event exceeded my expectations for connection and fun!" Maletz said. ■

Game On!

Odyssey of the Mind team going to World Finals

By KELLI GILE

Diamond Bar – Seven Evergreen Elementary students combined creativity and STEM skills to solve challenges that have put them in a class of their own.

The school's Odyssey of the Mind team won a regional contest in February, then swept the state championship at UC Riverside in April, securing a spot in the World Finals.

Members clinched the state title during the "Stack Attack" event by designing and building a 15-gram structure made of balsa wood and glue that held over 800 pounds.

"It's an amazing achievement, and an incredible opportunity for these creative thinkers and problem solvers! Congratulations, Evergreen Odyssey of the Mind team, it's GAME ON!" said

Principal Carolyn Wills.

Third and fifth-grade-team members Ianna Lin, Annie Chen, Alexander Kuo, Alex Teng, Carrie Chen, William Qian, and Alexander Dollar are now preparing to be part of an exciting global competition to be held at Iowa State University on May 25-28.

The close-knit team wrote the script, designed costumes, decorated a backdrop, and learned how to use tools for the contest.

"We worked together, and learned to listen and to respect each other," said 5th grader Alexander Dollar.

In addition, the team prepared for a spontaneous problem given during the challenge.

During every team meeting, students diligently practiced solving possible problems.

"It helped us learn to work as a team, to be leaders, and to make decisions under pressure," added teammate Alexander Kuo.

The team won the top awards in Style, Long-term, and Spontaneous events during the state championship.

Odyssey of the Mind utilizes a hands-on approach to building skills, creativity, perseverance, and teamwork.

The Evergreen team is headed up by parent coaches Sam and Jean Lin, and Natasha Dollar, and everyone is excited to represent the community during the world championship.

"It's something the youngsters have worked for all year long," according to parent Jean Lin.

"We really appreciate Evergreen's STEM program that provides students with many opportunities," she added.

"Today our children built a structure that held 800 lbs., tomorrow they'll be holding the world!"

The team is looking to raise \$7,000 and has set up a Go Fund Me account. To find out more information, visit <https://www.gofundme.com/6cxda2g4>. ■

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