

OurWEEKLYNEWS.com

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Walnut

Man Killed By Freight Train Near Walnut And Industry

STAFF REPORTS

Walnut - A man was killed by a freight train on the border of Walnut and City of Industry last week.

On Saturday, May 7 at about 7 a.m., a Union Pacific train approached a man on a set of train tracks near Lemon Avenue and Lycoming Street. The

see Walnut page 10



PHOTO COURTESY: CITY OF EASTVALE

Dickie Simmons, who was previously the field deputy for the County of Los Angeles Board of Supervisors, was appointed to the city council of our neighboring city of Eastvale (which borders Chino and Ontario). He was appointed and sworn last Wednesday evening at Eastvale's council meeting. Dickie is well known for his presence in the San Gabriel Valley and Inland Empire since he's been working for LA County since 1999. He will serve the recently vacated term of Bill Link, and his term will last until this November.

Diamond Bar

Diamond Bar Community Hero Award

STAFF REPORTS

Diamond Bar - The City of Diamond Bar is looking for nominees for their Community Hero Award. This award is given to a community member who has "dedicated his or her spare time volunteering for an organization or who has performed other acts of kindness to improve the lives of others within the community," according to the City of Diamond Bar. The award can

see DB page 3

BY MICHAEL ARMIJO

Chino - Four male suspects were taken into custody for stealing food from patrons at a local restaurant after a brief Police pursuit, according to the Chino Police Department.

Last Wednesday at around 4 p.m., four suspects in a black Hyundai Elantra pulled up to a Yogi's Burgers on Central Ave in Chino. Two suspects exited the vehicle and used physical force to steal food from two restaurant patrons. Police re-

sponded to the robbery call and located the vehicle at Euclid and Philadelphia St. Two suspects fled northbound on foot and were immediately taken into custody. The remaining

see Pursuit page 10

USPS Carriers Attacked By Dogs

STAFF REPORTS

The United States Postal Service (USPS) released its annual Top Dog Attack City Rankings this week, which concluded that a total of 6,549 employees were attacked by dogs last year. Fifty-one cities make up the top 30 rankings, according to a

USPS news release.

"Dogs are protective in nature and may view our letter carriers handing mail to their owner as a threat," said USPS Safety Director Linda DeCarlo at a news conference in Houston.

Safety is the number one

see USPS page 8



PHOTO COURTESY: USPS.com

Inland Empire

Closures On 91 On-Ramp

91 Project, the westbound 91 Lincoln Avenue on-ramp will be reconfigured to run parallel to westbound Pomona Road

STAFF REPORTS

Staff Reports - The Riverside County Transportation Commission has announced the reconfiguration of a 91 on-ramp and closure of nearby

see IE page 6

Full Closure of Southbound 71 Highway

BY SHELLI LOMBARDO

The California Department of Transportation will close all southbound lanes of State Route 71 (SR-71) between Euclid Avenue and the Riverside County line from 8 p.m. Friday, May 20, 2016 to 5 a.m., Saturday, May 21, 2016.

Maintenance crews are repairing and/or replacing con-

see 71 page 10

Our Featured Businesses

Apex Lawyers, Inc.

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

BY CLAIRE LEWIS

Diamond Bar - Do you have a legal issue? Are you not sure where to go or

see Apex page 10



Apex Lawyers, Inc. is located at 21671 Gateway Center Drive, Suite 108, in Diamond Bar. They can be reached at (909) 860-0342, or visit www.apexlawinc.com for more information. See their ad on page 5.

"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! See their ad on page 7.

Weekly News

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ARMIJO
NEWSPAPERS
& PUBLIC RELATIONS



Shown above are the winners at the first Academy Awards ceremony.

PHOTO COURTESY: GOOGLE IMAGES

History 101

First Academy Awards Ceremony

COURTESY OF HISTORY.COM

On May 16, 1929, the Academy of Motion Picture Arts and Sciences hands out its first awards at a dinner party for around 250 people, held in the Blossom Room of the Roosevelt Hotel in Hollywood, California.

The brainchild of Louis B. Mayer, head of the powerful MGM film studio, the Academy was organized in May 1927 as a non-profit organization dedicated to the advancement and improvement of the film industry. Its first president and the host of the May 1929 ceremony was the actor Douglas Fairbanks, Sr. Unlike today, the winners of the first Oscars—as the coveted gold-plated statuettes later became known—were announced before the awards ceremony itself.

At the time of the first Oscar ceremony, sound had just been introduced into film. The Warner Bros. movie *The Jazz Singer*—one of the first “talkies”—was not allowed to compete for Best Picture because the Academy decided it was unfair to let movies with sound compete with silent films. The first official Best Picture winner (and the only silent film to win Best Picture) was *Wings*, directed by William Wellman. The most expensive movie of its time, with a budget of \$2 million, the movie told the story of two World War I pilots who fall for the same woman. Another

film, F.W. Murnau’s epic *Sunrise*, was considered a dual winner for the best film of the year. German actor Emil Jannings won the Best Actor honor for his roles in *The Last Command* and *The Way of All Flesh*, while 22-year-old Janet Gaynor was the only female winner. After receiving three out of the five Best Actress nods, she won for all three roles, in *Seventh Heaven*, *Street Angel* and *Sunrise*.

A special honorary award was presented to Charlie Chaplin. Originally a nominee for Best Actor, Best Writer and Best Comedy Director for *The Circus*, Chaplin was removed from these categories so he could receive the special award, a change that some attributed to his unpopularity in Hollywood. It was the last Oscar the Hollywood maverick would receive until another honorary award in 1971.

The Academy officially began using the nickname Oscar for its awards in 1939; a popular but unconfirmed story about the source of the name holds that Academy executive director Margaret Herrick remarked that the statuette looked like her Uncle Oscar. Since 1942, the results of the secret ballot voting have been announced during the live-broadcast Academy Awards ceremony using the sealed-envelope system. The suspense—not to mention the red-carpet arrival of nominees and other stars wearing their most beautiful or outrageous evening wear—continues to draw international attention to the film industry’s biggest night of the year.

The Eye Of The Beholder

BY MICHAEL ARMijo

It was a warm yet windy day filled with strong sorrow. The air reflected a deep sense of respect as people gathered to say goodbye to a friend whose spirit had left the earth.

As everyone gathered, the vibrant, wooden casket lay atop the ground as the family huddled closely around. The youngest, a young boy, gazed at the casket while tears flowed from his swollen eyes. He walked up and laid his cheek on the rigid, shiny, wooden box, as his white-gloved hands gently caressed the top of the last home his father’s body would ever have. He laid gentle kisses on the top of the casket, as his unconditional love was reflected in front of all those who watched. A gentle whisper was heard a row back; “Did you see that? How sad.”

When I heard those words, “how sad,” I felt something deep inside that disagreed; something that didn’t see the message of sadness when the boy showed his emotions. Instead, I saw an act of love. A love so strong, it displayed the true meaning of unconditional love; something deep inside that didn’t care if the world looked on or what people felt. This was a feeling of purity, of joy, and of strength.

I believe old proverbs and words of wisdom, and I believe we all see life in certain light,

and sometimes, in certain darkness. I also believe that when we express the darkness, which surrounds our lives, it spreads like a contagious and cancerous disease. It attaches by simple contact, clings like a dependent child, while deteriorating in a short amount of time.

I’ve learned that opinions are only perceptions of a person’s immediate thinking, and reflections of someone’s inner self. What we see is usually what we feel, what we feel deep inside. Without realizing it, we express past experiences, deep histories, insecurities about our future, and we reflect the perception of our own lives.

I also believe that when we see life in its darkest hour, we have the opportunity to see life through the brightest light. For some, it’s a short path traveled to a place inside that holds our mind hostage from our heart. For others, it’s a level of confidence that sits deep within that’s been damaged by a careless act from an irresponsible adult.

I also believe that the true meaning of life can only be understood through beauty and joy that sits deep in our hearts. The vision of what will come can only be seen through the eyes of a believer of life. I feel the truest form of emotion can only be felt when a person can feel the presence of a higher power, a stronger entity, something or someone greater than themselves.

I understand that life is not always what it is expected to be. It changes moods like a spoiled child. But I also understand that life can be what we want it to be; all we have to do is apply our hearts in front of our minds. Following what we truly feel, not what we think we see, is the only way to put aside our petty angry thoughts and our insignificant bitterness. Because just as the young boy who helped bury his only father, the tears that flow from our swollen eyes are tears of love that can only be understood when beauty is in the eye of the beholder.

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Calling All Food and Retail Vendors

STAFF REPORTS

Chino - The City of Chino is seeking food and retail vendors for their annual "Fireworks Spectacular: A Salute to Our Armed Forces Heroes" event on Saturday, July 2, at Ayala Park.

This popular event is held in conjunction with the Chino Girls Fastpitch Milkcan Softball Tournament.

Last year's Fireworks Spectacular brought approximately 8,000 people to Ayala Park. However, more people are expected to attend now that Ayala Park will also be the host to the Mobile Vietnam Veterans Memorial Wall from June 30 - July 5.

Requests for a retail vendor application can also be made by calling the Chino Senior Center at 909.334.3271 or by calling the Neighborhood Activity Center at 909.334.3260. The deadline to submit a food vendor application is Saturday, May 21, at 1 p.m.

All applications to be a retail vendor will be accepted on a first-come, first-served basis at the Chino Senior Center, 13170 Central Avenue, until all spots are filled or until June 24, 2016.

For more information, please contact the Chino Community Services Department at 909.334.3258 or email communityservices@cityofchino.org.

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Did You Know?

Women and Blood Clots: Know the Risk Factors

BY STATEPOINT

Blood clots are dangerous. About 100,000 Americans die annually due to blood clots, which is more than those who die from AIDS, breast cancer, and automobile accidents combined. Women have different risk factors than men.

Pregnancy hormones, such as estrogen, cause women's bodies to produce extra clotting factor proteins, making pregnancy a major risk factor for life-threatening blood clots. Similarly, any birth control method or menopause therapy containing estrogen can pose a blood clot risk.

To reduce risk, the National Blood Clot Alliance (NBCA) offers these tips:

- If you're pregnant, ask your

doctor about your blood clot risk to determine if you need to be on blood thinning medication.

- If taking birth control, consider methods not associated with pregnancy hormones, including barrier methods, copper IUD and progestin-only pills, IUDs and implants.

- When managing menopause symptoms, consider non-estrogen and natural treatments that don't carry blood clot risks.

NBCA's experts urge women to know the signs of blood clots, which include swelling and pain in limbs, shortness of breath, chest pain and coughing up blood.

To learn more, visit WomenAndBloodClots.org.

Reducing your risk for blood clots is crucial, particularly when it comes to choices connected to pregnancy, family planning and menopause treatment.

DB Community Hero Award

DB from page 1

be given to a senior, adult or a youth in the community.

The winner will be recognized for their volunteer service at this year's Diamond Bar Day at the Fair on September 15. The winner will receive free admission to the fair and be "honored with a special reception, parade, and awards presentation," according to the City of Diamond Bar.

To nominate someone, you can download the form by visiting www.diamondbarca.gov/fair. Hard-copy forms are also available at Diamond Bar City Hall (21810 Copley Drive), Diamond Bar Library (21800 Copley Drive), and the Diamond Bar Center (1600 Grand Avenue). The deadline to submit nominations is Friday, July 1.

Questions regarding this Community Hero award recognition program may be directed to Fairplex Community Relations Coordinator, Shanell Fuquay, by email at fuquay@fairplex.com or phone at 909.865.4075.

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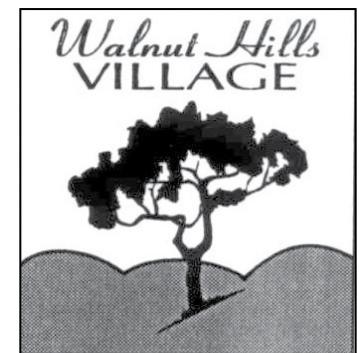
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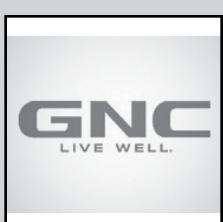
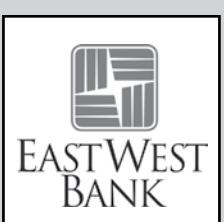
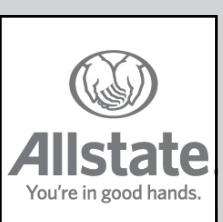
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Backyard Pool Safety

CITY OF DIAMOND BAR

Diamond Bar - A backyard swimming pool can provide hours of summer fun for families, but without proper safety measures in place, it can also pose a danger to young children.

According to statistics kept by the Centers for Disease Control and Prevention, drowning ranks fifth among the leading causes of unintentional injury death in the United States and approximately one in five people who die from drowning are age 14 and younger.

Also, for every child who dies from drowning, another five receive emergency care for nonfatal injuries that result in severe brain damage and long-term disabilities such as memory problems, learning disabilities, and permanent vegetative state.

To help prevent a pool-related death or injury, backyard pool owners are urged to ensure that they have in place the following layers of protection:

- A self-closing and locking fence enclosing the pool area, clear of ladders or other furniture that can be used by children to climb over.

- A responsible adult with swimming experience and trained in CPR and other life-saving techniques always supervising children in or near the pool.

- Visible and quickly accessible water rescue equipment, such as a rescue hook pole and life buoy, as well as a list of emergency phone numbers, a wireless phone and CPR instructions.

A three-minute video on pool safety produced by the City in



PHOTO COURTESY: CRYSTALANDCOMP.COM

"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."

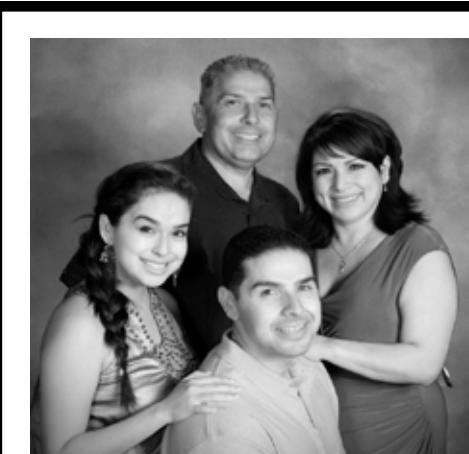
Clark's puts an emphasis on connecting with the community through various in-store and local events. They provide regular free lectures on various health related topics and make-up tutorials with professional make-up artists.

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.

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. Whatever your health goals, Clark's can help! Visit www.clarksnutrition.com. ■



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Closures on 91 Fwy on-ramp

IE from page 1

streets in Corona, beginning on May 16.

"As part of the Riverside County Transportation Commission's (RCTC) 91 Project, the westbound 91 Lincoln Avenue on-ramp will be reconfigured to run parallel to westbound Pomona Road and enter the 91 just before the Smith Street overpass," according to a news release. This reconfiguration will start Monday, May 16 at 4 a.m. through the end of 2016. Also, Pomona Road Eastbound will be closed from Industrial Way to just west of the westbound 91 Lincoln Avenue on-ramp. Pomona Road Westbound will remain open.

"As a detour for eastbound travel, motorists can head north on Smith Avenue and then east on Railroad Street to Lincoln Avenue," according to Riverside County Transportation Commission.

The reconfiguration of the on-ramp will allow crews to widen the roadway and the new westbound 91 Lincoln Avenue

91 PROJECT DETOUR/DESVÍO-PROYECTO 91

Pomona Road Eastbound Closure

Beginning Monday, May 16 to the end of 2016

From Industrial Way to before the westbound 91 Lincoln Avenue on-ramp

Note that Pomona Road westbound is open between Lincoln Avenue and Smith Avenue.



PHOTO COURTESY: RIVERSIDE COUNTY TRANSPORTATION COMMISSION
The map shown above is the detour route for eastbound travelers.

on-ramp that will connect directly from the Lincoln Avenue bridge," added the Riverside County Transportation Commission.

In preparation for this reconfiguration, Pomona Road will be closed in both directions to through travel from just west of the Lincoln Avenue on-ramp to Industrial Way, starting Saturday, May 14 at 9 p.m. This new

configuration will open Monday, May 16 at 4 a.m. Flaggers will be on site to allow access to local businesses on Saturday night to Monday morning.

Please note that closures may change depending on weather, field conditions or other operational factors.

For questions, please call the helpline or visit www.sr91project.info.

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USPS carriers attacked by dogs

USPS from page 1

priority of USPS, so they've released new safety initiatives that have been put into place in order to keep their employees safe.

Two new safety measures will alert USPS Carriers of dogs on their delivery routes. The first safety measure went into effect on May 13 on usps.com's Package Pickup application. "Customers will be asked to indicate if there is a dog at their address when they schedule a package pickup," according to the news release. The sec-

ond safety measure plans to be implemented later this spring.

"The Mobile Delivery Devices that letter carriers use to scan packages to confirm delivery will include a feature that allows carriers to indicate the presence of a dog at an individual address. This is especially helpful to substitutes who fill-in for letter carriers on their days off," said DeCarlo.

The National Dog Bite Prevention Week was held in Houston from Sun., May 15 to Sat., May 21 in order to bring awareness to the nationwide issue of dog attacks. The

American Academy of Pediatrics, American Humane Association, American Veterinary Medical Association, Insurance Information Institute and State Farm Insurance joined forces with USPS to educate the community about this concern.

Of the 4.5 million Americans bitten by dogs annually, half of all victims are children, according to the Centers for Disease Control and Prevention (CDC). "Many attacks to children are by the family pet or a dog familiar to the child, so it's important to keep children and dogs separate, especially if a dog is known to

act aggressively," according to the USPS news release.

USPS believes that education can help prevent dog attacks to people of all ages. They have released the following tips to help keep our USPS mail carriers safe:

- If a letter carrier delivers mail or packages to your front door, place your dog in a separate room and close that door before opening the front door. Dogs have been known to burst through screen doors or plate-glass windows to get at strangers.

- Dog owners should keep the family dog secured. Parents should remind their chil-

dren not to take mail directly from letter carriers in the presence of the family pet as the dog may view the letter carrier handing mail to a child as a threatening gesture.

- The Postal Service places the safety of its employees as a top priority. If a letter carrier feels threatened by a vicious dog or if a dog is running loose, the owner may be asked to pick up the mail at the Post Office until the carrier is assured the pet has been restrained. If the dog is roaming the neighborhood, the pet owner's neighbors may be asked to pick up their mail at the Post Office as well.

Healthy Living

Local Races

Walnut Valley Relay For Life
When: Jun. 25-26, 2016, 9 AM - 9 AM
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

Local Farmers Markets:

Chino Mobile Fresh Program
Chino Senior Center
13170 Central Ave., Chino
Tuesdays, 12:00 to 12:30 p.m.
(909) 334-3478, healthychino.com

Jack Newe's Farmers Market
Mt. SAC Campus, Lot B
1100 N. Grand Ave., Walnut
Saturdays, 8 a.m. to 2 p.m.
(626) 810-8476

Corona Certified Farmers Market
488 Corona Mall, 6th and Main Street
Saturdays, 8:30 a.m. to 12:30 p.m.
(760) 728-7343

Recipes:



PHOTO COURTESY: THEHEALTHYFAMILYANDHOME.COM

Raw Chia Seed Nut Butter Balls

COURTESY OF THE HEALTHY FAMILY AND HOME

(Raw, Vegan, Gluten-Free, Dairy-Free, Paleo-Friendly, No Refined Sugar)

Ingredients

- 1 cup organic almond butter (or other nut butter)
- 1/4 cup organic maple syrup
- 2/3 cups organic almond flour
- 1/4 cup organic coconut flour
- 1 tablespoon organic coconut oil
- 1/4 cup organic chia seeds

Preparation

1. In a medium size bowl, add all ingredients (EXCEPT the chia seeds) and stir until everything is well combined.
2. Start with 1/4 cup of coconut flour.

If the balls are too soft and don't hold their shape, gradually add a little more coconut flour until they reach a firm consistency.

3. Take a spoonful out at a time and roll into bite-sized balls with the palms of your hands.
4. Put the chia seeds in a separate small bowl.
5. Roll the nut butter balls in the chia seeds until they are completely covered.
6. Put the balls in the freezer for about 10 - 15 minutes to firm before serving.
7. They will get soft if left out, so keep in the refrigerator or freezer until ready to eat. Enjoy!

Makes: 20-22 balls

Tips:

Three Ways to Improve Your Healthy Routines

COURTESY OF STATEPOINT

When you feel strong, nothing can hold you back. From building your muscles to strengthening your mind and conditioning your body, every day you strive towards looking and feeling healthy in the truest sense.

Here are some tips that will help to improve your long-term health.

Amp Up Your Workout:

Don't let your workout routine get stale. Mix up your regularly scheduled program to work different muscles and ward off workout boredom.

Take time to regularly evaluate your fitness regimen and make sure you're spending enough time on improving your endurance, strength and flexibility.

For instance, training for a big race? Shave a few miles from your long run and supplement it with a bike ride. And, switch up non-cardio days with a barre, yoga or Pilates class.

Also, don't forget to carve out time to warm up with dynamic stretches before your workout and deep stretches afterward. Get out a foam roller to stretch and massage your muscles to keep them limber. Using a foam roller will help to increase the range of motion of your muscles, which can help prevent injuries during future workouts.

Smile With Strength:

Oral health is an es-

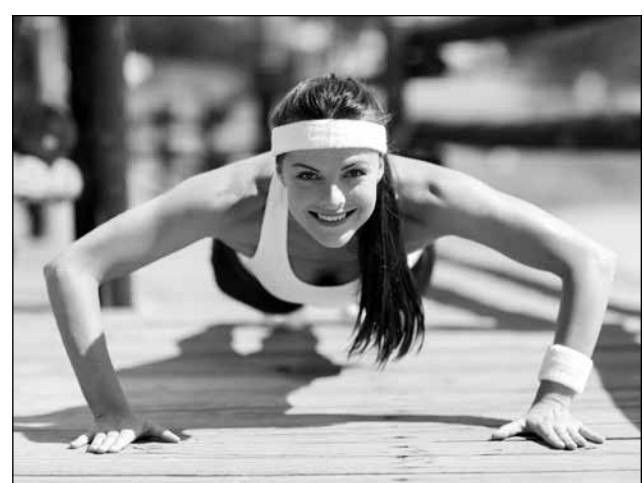


PHOTO COURTESY: STATEPOINT

sential part of staying healthy in the long-term. Strengthening and repairing your enamel from everyday wear and tear can be part of your daily personal health routine.

Similar to how moisturizing lotions and conditioners replenish skin and hair, by brushing with toothpaste such as Colgate Enamel Health Mineral Repair Toothpaste twice daily, you can help strengthen weakened enamel by replenishing it with vital minerals. This toothpaste replenishes natural calcium and other minerals back into weakened enamel, for stronger, healthy enamel.

More information about Enamel Health toothpaste can be found at colgateenamelhealth.com.
Fuel Your Body:

Give your body the fuel and energy it needs to keep you strong and healthy.

Start each morning with a breakfast full of nutrients and protein to set a good tone for the rest of the day. Make your

mornings easier with simple tricks like preparing overnight oats the night before so you have no excuses to skip this crucial meal.

Stick to a healthy eating plan with meal planning. Prepare as many lunches and dinners for the week as you can on Sunday, before work and family obligations get in the way.

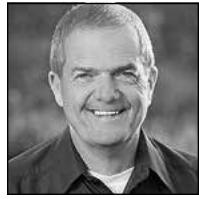
Look to fill those meals with a balance of lean meats and proteins, legumes, fruits and vegetables, and healthy grains like brown rice and quinoa.

A healthy balanced diet will improve your energy level throughout the day and during workouts. You should also make sure that you are hydrating post-workout with water, or for an extra hydration boost, try coconut water.

When you amp up these aspects of your overall routine your body will feel the difference and you will see the difference. Follow these tips and you will feel stronger than ever.

Teacher Appreciation Dinner

BY PASTOR MARK HOPPER



I have shared before about a special dinner that we do at our church each year. We call it our "Teacher Appreciation Dinner".

When our children were young, my wife and I would invite their school teachers to come to our home for dinner. This was one way we could get to know each teacher better and to express our thanks to them for helping our children learn.

After we moved to California, we got the idea to expand our effort by encouraging all of the children in our church to invite their teachers to come for dinner. We have been doing this annually for over 20 years.

Each child is encouraged to invite their teacher to come to the dinner. Parents are also invited to come. This way the teacher, the student, and the parents are able to enjoy a nice

dinner together. Public school, private school and home school teachers are all welcome. We also extend an invitation to school principals and local superintendents.

We realize that this is an extracurricular activity for all of these educators and some are unable to attend. But, we have found that parents, teachers, and students always love this event.

At the dinner, students give their teacher a small gift. In addition, we usually have a game for students, parents, and teachers to play together. Speed Scrabble and Paper Bag Charades have been popular in the past. I don't know what is planned for this year.

We believe that teachers and parents are partners in the education of our children. Together they help children to learn and discover the wonders of our universe, the order of mathematics, and the depths of literature.

In the Old Testament, parents are commanded to teach their children well. In Deuteronomy

6:7, it reads, "...teach your children when you sit at home and when you walk along the road, when you lie down and when you get up."

In addition, children are instructed to listen to their teachers and learn from their wisdom and knowledge. Jesus said, "A student is not above his teacher, but everyone who is fully trained will be like his teacher" (Luke 6:40).

As the school year comes to a close, I hope you will make a special effort to express your thanks to your children's school teachers. Teachers deserve our support and appreciation!

If you would like to know more about our annual Teacher Appreciation Dinner on Tuesday, May 17th at 5 p.m., please feel welcome to contact our church office at (909) 594-7604.

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. ■

Spreading Good In The World

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



As a therapist, I am very blessed to be able to help people heal and then allow them to become the best version of themselves. This is truly why I was put in this world. As awesome as my life's work is, please don't underestimate the power that you all have in this world. Every morning when Midnight and I are doing our miles of walking, we always run into people in our neighborhood. It always amazes me how when they see Midnight, they smile and when I say hello and wish them a beautiful day, they light up. It's in that moment of connection with another being that we all

have the chance to spread the good in our world.

You may not be a therapist, but each and every day you all have the power to spread the good in the world. Saying hello and wishing somebody a beautiful day can make somebody's entire day. It's such a simple act of kindness and goodness, and you don't need lots of letters after your name to do this. I chat with the crossing guards as they help Midnight and I make our way safely across the street. I chat with my neighbors and everybody I can. I wish them a good day and they smile. It's about giving the gift of joy and spreading the good. This will ultimately change someone's day. If you and I offer this gift, then hopefully they will pay it forward.

Yes, I am an optimist and I do have faith that we can

change this world for the better. It starts with you and me, and even Midnight! Together we can spread the good and help everybody understand that they have the power to make our world a better place!

*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 family doesn't support my medical decision - A Letter from Vickie

BY DANICE AKIYOSHI, N.D.



Q: I am dealing with breast cancer. I've declined surgery, radiation and chemo therapy. I am doing all the research necessary to make informed choices for myself. My problem is my family and friends. They are all pressuring me to listen to my doctor and start the regular processes and I want nothing to do with any of that. It seems

that I cannot even have lunch with friends or family without them lecturing me. I am an adult in my mid thirties and I am capable of thinking for myself. How do I get through to them? I need support, not lectures.

A: You are taking a path that frightens your loved ones. Surgery, radiation and chemotherapy are the accepted treatments for cancer at this time. When people reject those treatments, it's bound to cause conflict with medical practitioners and loved ones. You sound certain of your choices so I will address your question of how to get through to your family and friends. If I were in your shoes, I would explain to them that it is very stressful to be dealing with a serious diagnosis without feeling like you have to

also defend your own personal choices. Let them know that you would appreciate their support, love and friendship as you tend to your health in your own way. Express your desire to have their basic respect about your choices. Help them understand that you take full responsibility for your outcomes and that you would just appreciate kindness during this difficult time. After this conversation, if there is anyone who continues to upset you as you are working to recover your health, it is my recommendation that you put those people out of your personal circle for awhile. You will need supportive positive people around you as you work to improve your immune system and improve your health picture. Obviously, negativity should be



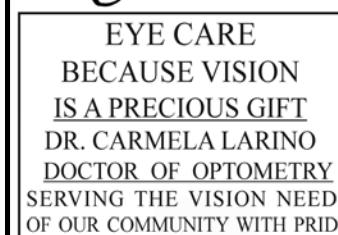
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avoided.

I'm wishing you a smooth path, Vickie.

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. ■

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Apex Lawyers, Inc.

Apex from page 1

who to talk to? Apex Lawyers, Inc. is here to help you! Apex Lawyers, Inc. is a full service boutique law firm that strongly believes in forming relationships with its clients by providing the highest quality of legal representation possible.

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a broad range of high quality legal services throughout Southern California. Their attorney's engage in the practice of law in the following fields: Real Estate; Business Law; Family Law; DUI; Personal Injury; Civil Litigation; and Immigration.

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

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

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

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

Apex Lawyers, Inc. is located at 21671 Gateway Center Drive, Suite 108, in Diamond Bar. They can be reached at (909) 860-0342, or visit www.apexlawinc.com for more information. See their ad on page 5.

Man killed by train

Walnut from page 1

personnel conducting the train sounded the horn and applied the brakes, but the train could not stop in time, according to the LA County Sheriff's Department. The train hit the man and he was pronounced dead at the scene.

The man's name or age has not been released. An autopsy will be conducted by the Los Angeles County Department of Medical Examiner-Coroner.

Anyone with information regarding this incident is encouraged to contact the Industry Sheriff's Station at (626) 330-3322.



PHOTO COURTESY: GOOGLE

Full closure of southbound 71 highway

71 from page 1

crete slabs in the number one and two lanes of southbound SR-71. Northbound lanes will remain open.

The southbound detour is as follows: use eastbound SR-60 to the southbound I-15 to westbound SR-91 or use SR-60 as an alternate route into and out of Los Angeles and Orange County.

Thank you for your patience as Caltrans works to improve your commute.

To stay on top of roadwork in the Inland Empire go to www.caltrans8.info and sign up for commuter alerts. View traffic conditions at <http://quickmap.dot.ca.gov>.

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Robbery suspects entice police pursuit

Pursuit from page 1

two in the Hyundai fled westbound on Philadelphia St., leading Chino police officers on a short vehicle pursuit.

The pursuit ended when the Hyundai crashed into a white Chrysler passenger vehicle that was stopped at the light in the westbound lanes of Philadelphia St and Mountain Ave. After colliding with the Chrysler, they then hit a street light.

The two remaining suspects fled on foot but were quickly apprehended by Chino Police. One suspect was on Mountain Ave. and the other was hiding in a yard nearby. Three suspects are juveniles: two are 16 and one is 17. The fourth suspect is 18-years-old. The name of the adult was not yet released.

The Chrysler that was hit by the suspects was driven by a 77-year-old Ontario resident. The vehicle has substantial damage and the driver was transported by ambulance to a local hospital to be treated for minor injuries. She was soon released.

The Ontario Police Department responded to the accident as well and is handling the investigation. Philadelphia was closed for a few hours and the robbery investigation is ongoing. Anyone who witnessed any of the events is asked to call the Chino Police Department at 909.628.1234.

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Future Scientists!

First WHS graduating class receives white coats during ceremony

BY KELLI GILE

Walnut – Forty-eight Walnut High School (WHS) seniors are charting a course to careers in the medical field.

The teens were presented with white lab coats and honor medallions during a ceremony marking the completion of the International Baccalaureate Career-Related/Project Lead the Way (IBCC-PLTW) Biomedical Sciences Program on April 26.

"We're very proud of their accomplishments!" said Instructional Dean Barbie

7 DBHS Seniors Receive National Merit Scholarships

BY KELLI GILE

Diamond Bar – Seven Diamond Bar High School (DBHS) seniors have won prestigious \$2,500 scholarships from the National Merit Scholarship Corporation.

Congratulations to the following DBHS students: Eric T. Chen, Charlene L. Hsu, Jung Hyun Kim, Hsuan-Te Sun, Jonathan Sun, Crystal Tin-Tin Chang, and Margaret Wang.

The 2,500 Merit Scholar designees around the country were chosen from a talented pool of more than 15,000 finalists in the 2016 National Merit Scholarship Program, according to a May 11 release from the non-profit corporation.

National Merit Scholarship winners are the Finalists in each state judged to have the strongest combination of accomplishments, skills, and potential for success in rigorous college studies.

They were judged on their academic record, scores from two standardized tests, contributions and leadership in school and community activities, an essay, and a recommendation written by a high school official.

The competition for the 2016 scholarships started in October 2014, when more than 1.5 million juniors applied for the 7,500 scholarships, which will have a total value of more than \$33 million.

Cole. "These amazing students displayed knowledge, ability, and aptitude in the area of biomedical science."

Walnut High is the only school in the state to offer both IBCC with the PLTW Biomedical Sciences program as its career-related component.

Students signed up for the new program three years ago as sophomores interested in becoming pharmacists, family doctors, and neuroscientists and quickly became immersed in building DNA double-helix models.

Teachers facilitated the inquiry-based PLTW classes while students tackled real world "CSI" style investigative and collaborative work.

In addition, they explored different medical intervention strategies of the past, present, and future including the invention of prosthetic limbs and personalized medicine for patients.

"The engaging curriculum, student enthusiasm, and a special sense of community have allowed this program to be successful," said teacher Chiara Morgan.

To earn personalized lab

coats, students were required to complete four biomedical science courses and two IB Diploma courses, a special Approaches to Learning course, numerous service projects, and a written reflective project.

"This is definitely a very exciting day!" said senior Kaitlyn Fujii, who credits the PLTW program's labs and practical applications for solidifying her interest in psychology.

"I didn't know what to expect, but I liked the classes and coursework. It helped me find a direction."

Students researched numerous careers, logging education requirements and job duties in journals during the course of the program.

"It gave me a taste of every type of career in the medical field," said classmate Tiffany Casarez. "Now I'm going to study biology and hope to become a pediatrician."

She believes the pre-med class benefitted from more hands-on learning than other graduating seniors. "We've already experienced half the labs from the first two years in college."

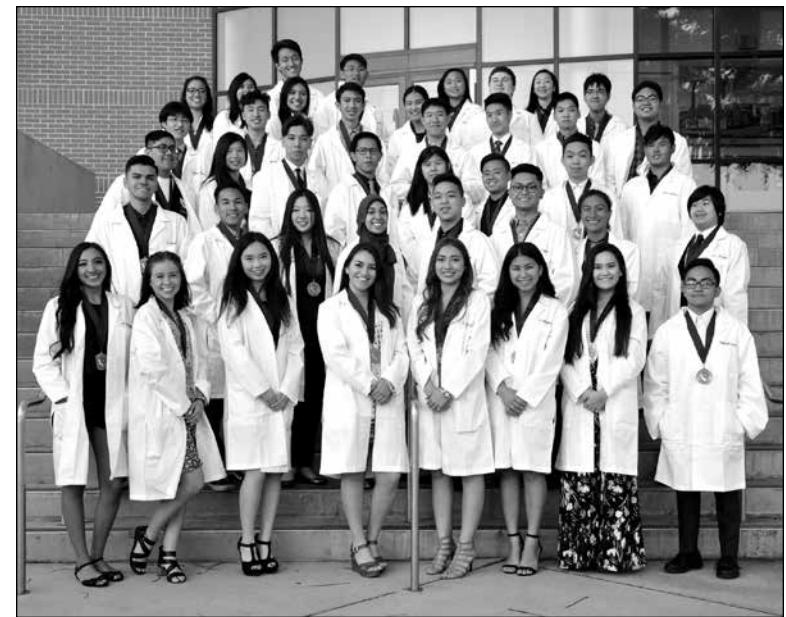


PHOTO COURTESY: KELLI GILE
Forty-Walnut High seniors were presented with white coats and honor medallions at the completion of the IBCC-PLTW program.

"I felt like this was an amazing program for someone like me who wanted to go into the medical field," said Emilio Triguero, age 17.

"The hands-on training, labs, and volunteer experience really made it possible for me to utilize my dream of becoming a doctor."

While volunteering in 2nd floor surgery at Inter-Community Hospital in Covina, Triguero gained "front row" experiences working alongside doctors and nurses.

"I thought I'd just be cleaning trash cans (which I did),

but they also taught me how to do vitals and about hierarchy in the workplace."

He'll be studying at UC Riverside in the fall. "When I applied for colleges, they asked if I had contacts – and I did!"

Walnut High became one of only 32 IBCC schools in the country and four in the state after completing an extensive application and authorization process in 2013.

"Our students have done some pretty remarkable things in these classes," Cole added.

Walnut Student Wins 'Missing Children's Day' Poster Contest

BY KELLI GILE

Walnut – Walnut Elementary fifth grader Michael Wu has been named the grand prize winner in the National Missing Children's Day poster contest.

The talented 11-year-old's entry in the "Bring Our Missing Children Home" competition depicts the silhouette of a young boy hugging his teddy bear.

"It shows that the child feels lonely and he wants to be back home," Michael explained.

The annual competition is sponsored by the U.S. Department of Justice to create awareness and promote child safety.

Michael was named the 1st place winner in California. His original artwork was then submitted for the national judging.

"It feels awesome!" the soft-spoken student said about receiving the national award.

Teacher Seema Bagai was happily "shocked" after learning the news that her student took the top prize.

"I am thrilled for Michael and can't wait to celebrate with him in Washington D.C. later this month!"

Michael learned about the contest from his mom, Wendy, an art teacher at the school. He quickly decided to pull out his paint brushes for a good cause.

"I wanted to help find missing children!"

Michael used colored pencils in shades of brown to bring life

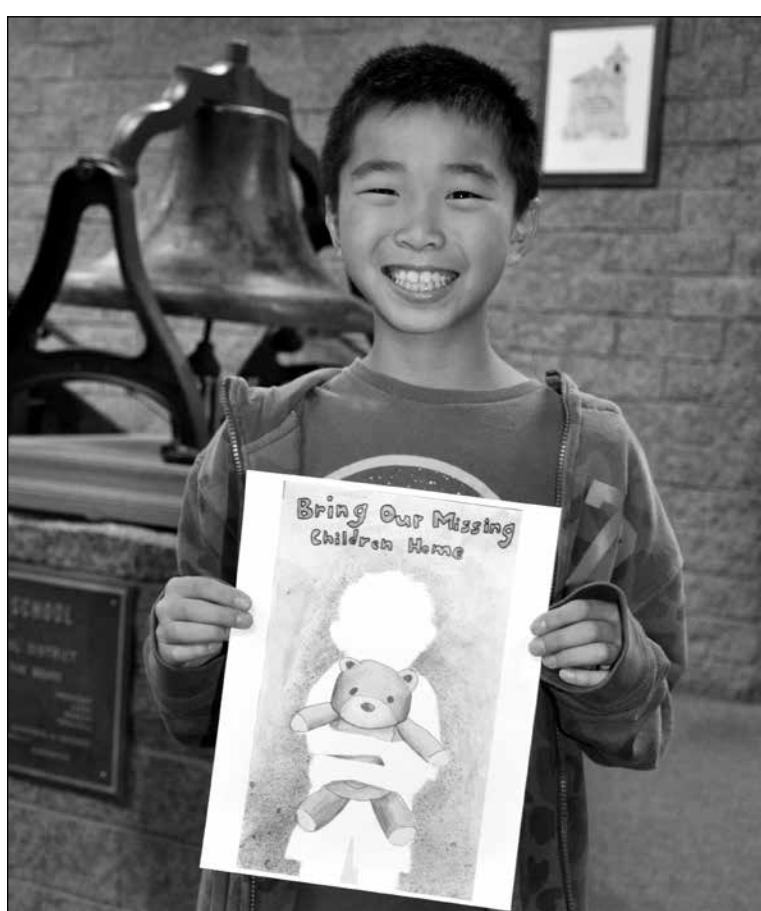


PHOTO COURTESY: KELLI GILE
Walnut Elementary student Michael Wu is the big winner in a National Missing Children's Day Poster Contest.

to the cuddly teddy bear. To achieve a splattered shadow around the outline of the child, he flicked dark green paint from an old toothbrush.

Michael, along with his parents, and teacher have been awarded a trip to Washington D.C. to be recognized during the National Missing Children's Day ceremony on May 25. This ceremony honors the heroic and exemplary efforts of agen-

cies, organizations, and individuals to protect children.

The young artist also took 1st place in the fifth grade category of the Walnut Valley Water District 2016 Water Awareness Month Poster Contest. Michael is a back-to-back winner and his entire class will be visiting the Three Valleys Municipal Water District Miramar Treatment Plant for a tour and pizza lunch.

Chino School Raises Funds For Foster Children

STAFF REPORTS

Chino – Last month, Borba Elementary School students raised \$1,700 to help purchase duffel bags that foster children can use to carry their belongings. The students raised the funds in just two weeks.

Foster youth are in need of the duffel bags because they are usually provided with trash bags to carry their personal items when they are placed in a foster home or agency. Borba Elementary started the fundraiser after partnering with Together We Rise, a local non-profit group that assists foster youth. "Borba students and staff members also discussed the 'Character Counts' trait of caring in April as part of the fundraising effort," according to a Corona Norco Unified School District announcement.

Representatives from Bienvenidos Foster Care Agency in Montclair will be accepting the donation on Friday, May 20 at 9 a.m. The donation ceremony will take place at Borba Elementary in Chino. "Representing the school in the donation ceremony will be members of Borba's Safe School Ambassadors, a student-run anti-bullying group," say Corona Norco Unified School District officials.

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