

# OurWeeklyNews.com

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## Walnut

### Walnut High Student Killed

BY RACINE GUAJARDO

**Walnut** - Walnut High School Student, Fernando Basurto, 18, was shot and killed on Thursday, May 19.

The Walnut/Diamond Bar Station responded to the 18400 Block of Desidia Street, Rowland Heights for a "gunshot victim" call. Immediately, they were directed to the alley, where the victim had been shot, according to the Sheriff's Department. Basurto was treated by paramedics but pronounced dead

see **Walnut** page 10

## Diamond Bar

### Community Helps Woman

STAFF REPORTS

**Diamond Bar** — A resident reported on a social media website that her car was broken into while parked by the Steep Canyon Trail in Diamond Bar.

On May 20, the resident said that her window was shattered and her purse and bag were stolen, even though they were covered in the back seat. The theft occurred within 45 minutes, according to the resident.

She explained that she was more devastated that her kids'

see **DB** page 3



PHOTO COURTESY: WALNUT/DIAMOND BAR SHERIFF'S DEPARTMENT  
The Walnut/Diamond Bar Sheriff's Department has created an "exchange zone" for residents who are selling or buying an item from someone they met online. Read the full story on the right.

### DUI Suspect Arrested For Possession

STAFF REPORTS

**Chino Hills** - On Friday, May 20, Deputies responded to a domestic violence call in the 4000 block of Willowbend Court in Chino Hills, where the suspect allegedly assaulted a victim.

A description of the suspect's vehicle was aired and the deputies quickly located the vehicle. The suspect, Zachary Stephens, 25, led deputies on a short pursuit where he failed to stop at a signal light on Soquel Canyon at Slate Drive.

Stephens, of Chino Hills, was driving speeds of up to 50 miles per hour in residential streets, according to the Chino Hills Police Department.

Stephens was arrested on

see **DUI** page 10

### Chino Stater Bros. Plaza For Sale

STAFF REPORTS

**Chino** — Recently, Hanley Investment Group has been chosen to represent and place Stater Bros. Plaza on the market for \$35 million. The plaza is located on the cross streets of Schaefer Ave and Euclid Ave.

Stater Bros. had previously been located on Euclid Ave. and Riverside Dr. In 2008,

see **Sale** page 10



PHOTO COURTESY: SHOPPING CENTER BUSINESS  
The Stater Bros. Plaza is for sale, which is located off Schaefer Ave. and Euclid Ave., in Chino.

## Inland Empire

### Bus Crash Injures 21

STAFF REPORTS

**Highland** - On Sunday, May 22, 22 people including the driver were on board a shuttle bus that was involved in a crash on Highway 330 in Highland, according to the California Highway Patrol.

This shuttle bus was driving southbound on Highway 330 following a white Nissan versa, in which the bus rear-ended the vehicle, causing the shuttle bus to overturn. Apparently, this shuttle bus was one of many that were transporting women

see **IE** page 10

### Exchange Zone Created At Sheriff's Station

STAFF REPORTS

**Walnut/Diamond Bar** - Buying and selling online has become a new trend within social media sites, internet sites, and new apps that have been created. However, reports of thefts have raised an issue with Walnut/Diamond Bar Sheriff's Department. Therefore, the Sheriff's Department has created an "exchange zone" for resi-

see **Zone** page 10

## Our Featured Businesses

### Make Your Backyard Extreme

BY MICHAEL ARMIJO

**SoCal** — Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with name brand components for over 20 years.

"A key component to staying in busi-

see **Backyard** page 10



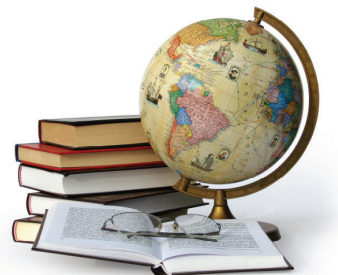
Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111 or online at [www.extremebackyarddesigns.com](http://www.extremebackyarddesigns.com).

### ACI Institute: Unique Lesson Plans And Test Prep

BY RACINE GUAJARDO

**Diamond Bar** — ACI Institute is a learning center that provides after-school enrichment in English and Math for students in grade levels 2nd-12th. They offer weekend classes for

see **ACI** page 8



ACI Institute is located at 660 N. Diamond Bar Blvd. Suite 168. You can visit their website at [www.studyforcollege.com](http://www.studyforcollege.com) or call them at (909) 860-9345. Also, see their ad on page 11.

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**ARMIJO**  
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## Letting The Ball Go By

BY MICHAEL ARMIJO

I recently played tennis for the first time in over 8 years and I learned a few things. For example, my body isn't the same as it was 8 years ago.

While speaking to a chiropractor, I learned something that I felt was very interesting. I explained that while watching pro tennis players on TV, I noticed they would sometimes let (what I thought was) a very hittable ball go by.

My chiropractor explained that a professional tennis player is well disciplined and knows the limitations of his or her body. If a ball that seems returnable is in an awkward spot, it could cause serious injury to the player if he or she hits it. An awkward swing against the flow of the body can tear ligaments, pull muscles, or injure a player to a career-ending injury. So they simply do not take the swing.

What's interesting to me is that this can apply to our everyday lives. If a "professional human being" knows the limitations of their heart and mind, they should pass on certain things, just like the tennis player passed on the ball. Maybe they should pass on a job that's hazardous to their health, maybe avoid negative people, or even avoid excessive drinking, eating, exercise, or doing drugs all together. Or maybe they need to stop letting others control them or mistreat them; they should stay away from toxic people.

I believe we should know our emotional, mental, and physical limitations. We should take time to evaluate our own lives and protect our own well-being. And sometimes we just have to protect ourselves in life by just letting the ball go by. ■

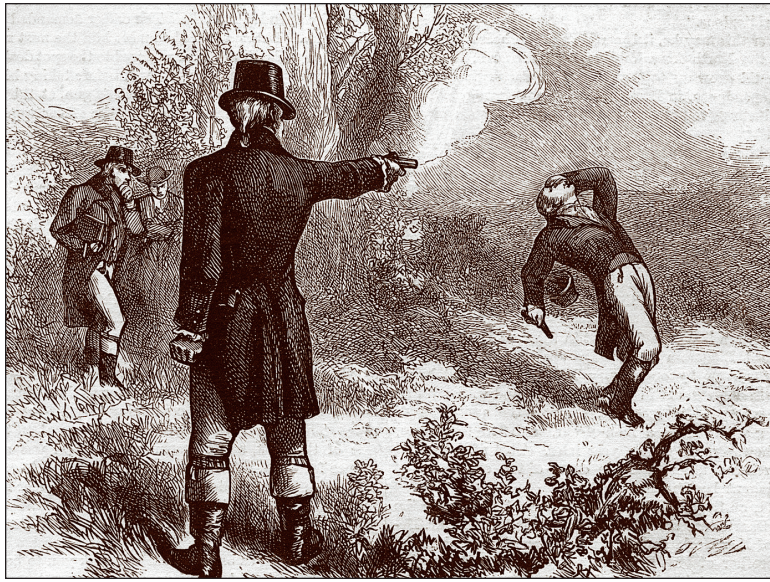


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## History 101

*Andrew Jackson  
Kills Charles Dickinson  
In Duel*

HISTORY.COM

On May 30, 1806, future President Andrew Jackson kills a man who accused him of cheating on a horse race bet and then insulted his wife, Rachel.

Contemporaries described Jackson, who had already served in Tennessee's Senate and was practicing law at the time of the duel, as argumentative, physically violent and fond of dueling to solve conflicts. Estimates of the number of duels in which Jackson participated ranged from five to 100.

Jackson and Dickinson were rival horse breeders and southern plantation owners with a long-standing hatred of each other. Dickinson accused Jackson of reneging on a horse bet, calling Jackson a coward and an equivocator. Dickinson also called Rachel Jackson a bigamist (Rachel had married Jackson not knowing her first husband had failed to finalize their divorce). After the insult to Rachel and a statement published in the National Review in which Dickinson called Jackson a worthless scoundrel and,

again, a coward, Jackson challenged Dickinson to a duel.

On May 30, 1806, Jackson and Dickinson met at Harrison's Mills on the Red River in Logan, Kentucky. At the first signal from their seconds, Dickinson fired. Jackson received Dickinson's first bullet in the chest next to his heart. Jackson put his hand over the wound to staunch the flow of blood and stayed standing long enough to fire his gun. Dickinson's seconds claimed Jackson's first shot misfired, which would have meant the duel was over, but, in a breach of etiquette, Jackson re-cocked the gun and shot again, this time killing his opponent. Although Jackson recovered, he suffered chronic pain from the wound for the remainder of his life.

Jackson was not prosecuted for murder, and the duel had very little effect on his successful campaign for the presidency in 1829. Many American men in the early 1800s, particularly in the South, viewed dueling as a time-honored tradition. In 1804, Thomas Jefferson's vice president Aaron Burr had also avoided murder charges after killing former Treasury secretary and founding father Alexander Hamilton in a duel. In fact, Rachel's divorce raised more of a scandal in the press and in parlors than the killing of Dickinson. ■

## CH Residents Have Priority Registration For Swim Lessons

STAFF REPORTS

**Chino Hills** - Starting Monday, May 23rd, Chino Hills residents will have the opportunity to receive priority registration for the City's summer swim lessons. At 7:30 a.m. residents may visit [www.chinohills.org/RecOnline](http://www.chinohills.org/RecOnline) and follow the steps to creating an account. If you wish to physically submit a form, you may mail in the registration form from page of the City's Summer Recreation Guide & City News, in which has been delivered. The form may also be obtained at [www.chinohills.org/RecOnline](http://www.chinohills.org/RecOnline), where you can click on the Recreation Brochure and print page four.

The registration form that has been mailed in must be postmarked prior to Friday, May 20th or will be returned with no exceptions.

On June 1st, non-residents may check availability and register online, in person, or by mail. If mailed in, the form must be postmarked prior to Tuesday, May 31st or will be returned with no exceptions.

With recent feedback, City of Chino Hills decided to provide more flexibility for families by offering swim lessons in one-week session for 45 minute classes, instead of the previous two-week session for 30 minute classes.

The City's swim lessons will be at Chino Hills High School for Sessions 1 (June 20-24), session 2 (June 27-July 1), and session 3 (July 5-8). Swim lessons are also offered at Ayala High School for session 4 (July 11-15), session 5 (July 18-22), session 6 (July 25-29), and session 7 (August 1-5). Class times will vary.

New this year, an H2O Aerobics class has been added for any person over the age of 15 years old, offered by City Staff at Ayala High School pool (July 11-22: 12:40- 1:25 p.m.). Swimming skills are not required and conducted in 4 feet of water.

City of Chino Hills has also made changes to their refund policy, which is as follows: requests for refunds for swim lessons must be submitted in writing and turned in 10 business days prior to the start of the session. Refunds will be honored if your spot in the swim lesson can be filled with someone on the waitlist. A refund request is available at the Chino Hills Community Center. A \$4 processing charge will be deducted and a refund or credit will be issued. If the amount to be returned is over \$99, a refund will be issued. For amounts of \$99 or less, the customer may choose a refund or a household credit in which is valid for 3 years.

For additional information, you can go online and access page 15 of the City Recreation Guide or contact the Community Services Department at (909) 364-2700. ■

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# Vote-By-Mail Ballots Accepted

## STAFF REPORTS

**Chino Hills** - Election Day is coming up! **On June 7th, the City Clerk’s office in Chino Hills City Hall will be available as an official drop-off location for vote-by-mail ballots from 7:30 a.m. to 8 p.m.**

Voters may also deposit their ballots in a secure election box during regular business hours Monday through Thursday from 7 a.m. to 5:30 p.m. and on Friday from 7:30 a.m. to 4:30 p.m.

The exact location to drop off ballots is on the second floor at City Hall, 14000 City Center Drive.

Polling place information and official election results are available at the San Bernardino County Registrar of Voters website [www.sbcountyelections.com](http://www.sbcountyelections.com). ■

# Community Helps Woman

DB from page 1

birthday gift cards were in her purse and money for her husband’s birthday was saved in there as well. However, the Diamond Bar community stepped up and offered to help the woman.

A Diamond Bar resident, Raviya Tej, said that her husband owned the Dilliwala Indian Restaurant in Diamond Bar. Tej offered to have the family come to the restaurant so they can celebrate the victim’s husband’s birthday at no charge.

Another Diamond Bar resident, Wes Fuller, went out of his way to drop off a card and a special donation to the woman and her family. Many community members offered support, good thoughts, and prayers to the woman, as well.

To avoid vehicle thefts, view the following tips provided by the Buffalo Police Department:

- Don't leave valuables in your vehicle: You'd be surprised how often this happens, but individuals leave valuable items in plain sight all the time. If you leave items in your vehicle and they're visible, the chances your vehicle will get broken into, increase greatly.
- Place items out of sight BEFORE reaching your destination: Someone may be watching when you put your valuables under a seat or in the trunk and the moment you're gone, a thief could break into your car. So place those items in a safe place before you get to the park, beach, baseball game, etc.

Valuable items that thieves target are GPS units, MP3 players, credit cards, money, packages and so forth. If you can't take the items with you, secure them in a safe place in your vehicle, like a locked glove compartment or your trunk.

- Avoid leaving packages or shopping bags out in the open: Lock them into your trunk, if you have to leave the vehicle unattended. Never open a trunk, fill it full of valuables, close it, and then just walk away.

- Lock ALL of your vehicle's doors: This is true even if you plan on only being gone for "just a second". Remember, it only takes seconds to steal items from your car. It's not uncommon, for thieves to walk down a row of parked vehicles, looking for unlocked doors. Also, make sure car windows aren't left open.

- Park in busy, well lit areas: Pick a parking spot where there is a lot of activity. Auto thieves prefer breaking into cars in isolated areas.

- Don't leave a trace: Don't leave any sign that there might be valuables "out of sight" in your vehicle. For example: the suction cup on your dashboard, might tell thieves, that you have a GPS system in your vehicle. Leave nothing in plain view. Very few auto break-ins are "random". The thieves usually see something out in the open or hints of possible hidden valuables.

- Alarms or anti-theft devices work: Thieves are usually looking for the "easiest" target. If your car has an alarm, it could act as a deterrent. But don't make this common mistake: Just because you have an alarm, doesn't mean thieves won't break-in, IF you leave valuable items in plain sight.

- Don't leave spare keys in your vehicle: An experienced thief knows all the hiding places. Store spare keys elsewhere, possibly your wallet or purse.

If you would like to see additional tips from a former car thief, visit <http://bluecollarworkman.com/tips-from-a-former-car-thief-on-how-to-protect-your-car/>. ■



PHOTO COURTESY: GOOGLE IMAGES

# Did You Know?

## How Women Can Recover After Hitting Rock Bottom

BY BRITTANY THOMAS

Movies from the 1980s profiled the prototypical “It Girl” – pretty, blond, wealthy, who drove luxury sports cars to high school, was liked by other girls and chased by all the boys.

Jane Zarse was that girl, and the persona continued into the '90s, when she eventually graduated Boston University on the dean’s list and began acting in New York City and in Hollywood films.

That’s what nearly every young woman wants, right? Unfortunately for Zarse, it was a parallel image of her true self, she says. All the while, she’d been devolving into alcoholism and other self-abuses.

“My folks did very well and thought they were doing all the right things for their kids, but we never – *never* – spoke about our problems,” says Zarse, author of *Love and Compassion Is My Religion*.

“It was more important to keep up appearances, especially how we appeared to ourselves. After punishing myself with substance abuse, doomed relationships and more, I’d finally hit rock bottom.”

It’s the life story for countless Americans. For Zarse, a non-romantic relationship opened her eyes, aiding her to a robust recovery and a new way of experiencing spirituality. She offers insights for those who need help recovering after

hitting rock bottom.

- **You can’t change or improve what you don’t acknowledge.** Spirituality includes more than mental abstractions; it’s about *applying* transcendent insights into everyday life. Admitting problems, for instance, means transcending the powerful forces of pride, habit, complacency, etc. Hitting rock bottom forces you to see what you’ve been hiding for so long – that ugly, desperately addicted side of yourself.

- **Don’t fall for a false sense of control.** When alcohol, serial dating and unsuccessful job prospects gave Zarse the sense that her life was spinning out of control, she developed an eating disorder. It gave her a false sense of security via an unhealthy expression of discipline. While recovering from rock bottom, such temptations may occur. If so, be honest that you may be grasping, once again, at something unsustainable.

- **Successful relationships require kindness and respect.** As the “It Girl,” Zarse received plenty of attention from men. If she wanted a relationship, she was able to find herself in one quickly. But an entitled mentality, coupled with substance abuse, fostered toxicity in her first marriage. You get back what you put into relationships.

“I remember thinking: What’s the point of quitting drinking? – I’ll still be thinking about it constantly,” Zarse says. “If you find yourself with similar thoughts, it may be time seek help. Remember, that help may come in unexpected people.” ■

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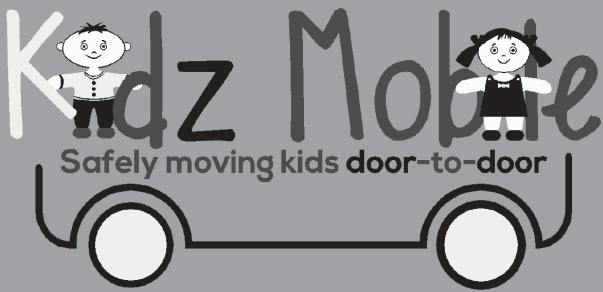
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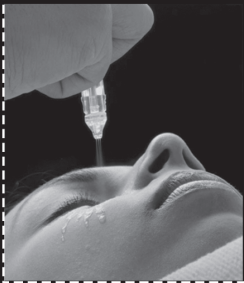
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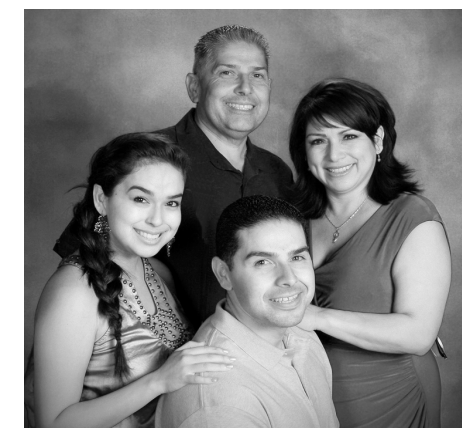
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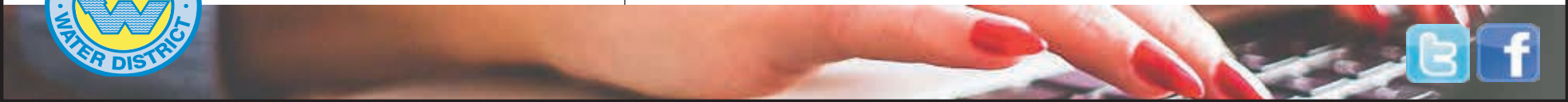
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If you have questions, e-mail us at [cservice@wvwd.com](mailto:cservice@wvwd.com) or call (909) 595-7554.







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## The Whole Enchilada

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EXP 6/26/16

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EXP 6/26/16

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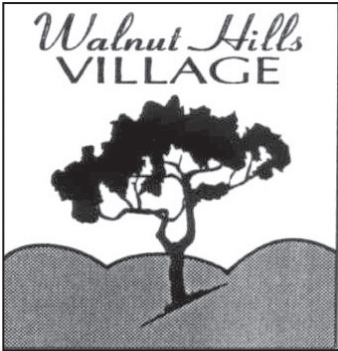
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[www.WholeEnchilada.com](http://www.WholeEnchilada.com)

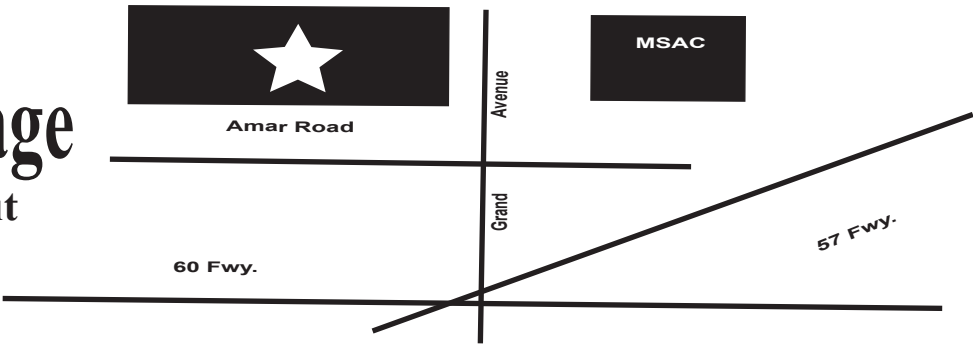
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20/20 Vision Optometry	468-9622
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Electric Beach Tanning	839-1992
GNC Vitamins	869-7272
International School of Montessori	594-8172
Baby Elephant Thai Cuisine	595-3034
MJ Café & Teahouse	612-7480
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# Healthy Living

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**Chino Hike The Valley**  
When: Sat., Jun. 4, Jul. 9, Aug. 6, 8 AM  
Where: Carolyn Owens Community Center  
Various Hiking Trails  
Details: (909) 334-3258 or [HealthyChino.com](http://HealthyChino.com)

**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](http://main.acsevents.org/site/TR?fr_id=74432&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](http://healthychino.com)

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

**Amy's Farm**  
7698 Eucalyptus Ave., Ontario  
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**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:

### Lemon Chicken

COURTESY OF MYRECIPES.COM

This easy lemon chicken recipe is one of our most popular main dish chicken recipes. Pair it with crisp veggies and a side of rice for a delicious dinner.

**Makes: 8 servings**  
**Total Time: 30 minutes**

- Ingredients**
- 4 skinned and boned chicken breasts (about 1 1/2 lb.)
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/3 cup all-purpose flour
  - 4 tablespoons butter, divided
  - 2 tablespoons olive oil, divided
  - 1/4 cup chicken broth
  - 1/4 cup lemon juice
  - 8 lemon slices
  - 1/4 cup chopped fresh flat-leaf parsley
- Garnish:** Lemon Slices

- Preparation**
1. Cut each chicken breast in half lengthwise. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet. Sprinkle chicken with salt and pepper. Lightly dredge chicken in flour, shaking off excess.
  2. Melt 1 Tbsp. butter with 1 Tbsp.



PHOTO COURTESY: MYRECIPES.COM

- olive oil in a large nonstick skillet over medium-high heat. Cook half of chicken in skillet 2 to 3 minutes on each side or until golden brown and done. Transfer chicken to a serving platter, and keep warm. Repeat procedure with 1 Tbsp. butter and remaining olive oil and chicken.
3. Add broth and lemon juice to skillet, and cook 1 to 2 minutes or until sauce is slightly thickened, stirring to loosen particles from bottom of skillet. Add 8 lemon slices.
4. Remove skillet from heat; add parsley and remaining 2 Tbsp. butter, and stir until butter melts. Pour sauce over chicken. Serve immediately. Garnish, if desired. ■

## Tips:

### How Foods Can Help Heal Common Ailments



PHOTO COURTESY: GOOGLE

#### COURTESY OF STATEPOINT

When you're not feeling well, conventional wisdom says you should reach for over-the-counter or prescription remedies. But many experts point out that foods have healing properties that can be complementary in helping to treat common ailments and prevent illness.

"The concept of using food as medicine isn't a new one; however, the evolution of society and science has moved us further from this concept," says Grand Master Nan Lu, OMD, one of the country's foremost teachers and practitioners of traditional Chinese medicine (TCM) and author of the new book *Digesting the Universe: A Revolutionary Framework for Healthy Metabolism Function*. "In my view, we are missing some of the most powerful and supportive steps we can take to remain well and prevent disease and illness."

Lu says the teachings of TCM can help patients

deal with the root cause of their problems, rather than just eliminate the symptoms. While complex, he is offering a few quick insights into the subject of food as medicine.

- Nutritionists today base their work on the physical and chemical properties of food alone, but this is just half the picture. "There are many immaterial things contained within food as well," says Lu, who cites Qi, or vital energy, as a key aspect of food you can't see.
- The "right" foods won't necessarily protect your health by virtue of their properties alone. Good organ function is also necessary for your body to process and digest what you eat. However, foods can help restore balance to an ailing organ system.
- Listen to your body, not cultural beliefs about what is good or bad for you. Lu offers the example of a woman craving sugar or salt during her menstrual cycle. "Assuming she listens to the wisdom of her body and satisfies her

craving, she'll have some chocolate or eat some potato chips. This woman is doing something natural."

- You may have heard of the adage, "you are what you eat." Lu says to also consider the phrase, "you are what you think," and avoid a steady diet of negative emotions, which you then must digest and process. Your thoughts impact your body and health, he says.
- The next time your stomach is upset, consider reaching for something natural. Ginger can be eaten or used topically to deal with stomach discomfort, reduce inflammation and even lower pain from arthritis.

More information about TCM and *Digesting the Universe* can be found at [tcmworld.org](http://tcmworld.org).

While modern science has offered us groundbreaking medications and treatments, traditional healing systems can help patients recognize the root cause of physical conditions for a healthier, more balanced life. ■

## ACI Institute: Unique lesson plans and test prep

### ACI from page 1

SAT, PSAT, ACT, and Writing.

The in-house team of ACI has created challenging, original materials to ensure that each child is learning what he/she needs to succeed on their road to higher education. Each classroom is equipped with smart board technology to bring lessons to life and increase interactivity within the class.

Teachers on staff are college educated, experienced professionals with a passion for teach-

ing. Director of ACI, Diane Sartor, has served as director and curriculum coordinator since 1993. She has been teaching since 1989, majored in English and French, fluent in mandarin Chinese and, also involved in Motivational speaking for Educational Seminars. Sartor has stated, "my personal goal is to inspire students to embrace challenge and find joy and self-worth through achievement."

"An education should foster students' intellectual growth along with their social and emotional development. Our

classroom environment is educational, yet fun and motivates student to excel in school." Discounts are available for school-year programs and for returning students. All students in grades 2-12 are encouraged to walk-in for a free test evaluation and consultation. Currently, a full 10-week summer school program that begins June 6th is available.

ACI is serving the communities of Diamond, Bar, Walnut, Pomona, and surrounding communities with their Week-end Programs at 660 N. Diamond Bar Blvd. Suite 168. This

new location is equipped with a rest area for student snack time and security cameras throughout the facility to ensure that your children are learning in a safe and comfortable environment. Major cross streets are Diamond Bar Blvd., just north of Sunset Crossing; entrance is at the back of the building on the first floor.

You can visit their website at [www.studyforcollege.com](http://www.studyforcollege.com) or email [office@aciprep.org](mailto:office@aciprep.org). You may also call them at (909) 860-9345 so see their ad on page 11.

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# My Favorite Mother-In-Law

BY PASTOR MARK HOPPER



Recently, my wife's mother died in Arizona. She was born in Bethlehem, Pennsylvania on August 20, 1924. She was 91-years-old. I always called her my favorite mother-in-law. Actually, she was my only mother-in-law. My wife and I have been married for 45 years, so she has been my mother-in-law for all that time! She was a remarkable woman. She was born during the "Roaring 20's" and lived through the Great Depression in the 1930's. After earning her nursing degree, she worked at a hospital in Washington, DC during World War II. After the end of the war, she married my father-in-law and they settled down on Long Island, New York in the first modern subdivision called Levittown.

It was a futuristic master planned community filled with returning veterans and their brides. This young couple was also part of the post-war "Baby Boom", having four kids in New York and a fifth child after they migrated to Scottsdale, Arizona. My favorite mother-in-law was a stay-at-home mom who was actively involved in the lives of her five children. When the kids got into high school and college, she became a school nurse and enjoyed helping young students at the local elementary school. My in laws enjoyed their retirement years and traveled to Europe and the British Isles several times. One of their favorite trips was to Ireland because she had Irish roots. Her maiden name was Gallagher! My wife and I enjoyed some memorable times with her parents. We traveled with them to San Diego on several occasions. And, we will always remember a special trip with them to Hawaii. I was surprised at how many

people attended her memorial service. There were many former neighbors and friends in attendance, plus many family members. Almost all of her grandchildren came, too. She had five children, 13 grandchildren and 20 great-grandchildren with two more on the way. There were also a number of our high school friends and former classmates at the service. They considered her to be their adopted mom, too. Let me encourage you to take time this week to express your love and appreciation to an older adult in your life. Why not put a note in the mail or pick up the phone and make a call? Tell them how much they have meant in your life. You will be glad you did and they will too! *Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Blvd. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit Efreedb.org. ■*

# Your Child's Best And Most Productive Summer

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



I am a very big believer in rest and relaxation, and I feel summer is a great time to do that. I take a lot of time off in the summer to relax, but I feel that summer must also be productive as well. I force myself to move at a much slower pace and I do play a lot more, but I try to remember the concept of balance, as well. Summer also allows for some unique activities for your children. For example, I see summer as a time to work on special talents and projects. Having a project can be very grounding and give you something to be working toward, which I believe

is a very important concept. But, this doesn't take away from a very well deserved break. The other really great piece about being productive this summer is that your child won't lose all of their skills over the summer and returning to school will be easier. If we don't use something for three months, our skills can become rusty. By allowing our children to do absolutely nothing over the summer, we are not doing them a favor; we are doing them a grave injustice. So encourage your children to read a book, write a story about something fun, walk the dog to keep their muscles strong, help you add and subtract how many miles you'll be traveling this vacation, understand why when you throw the ball up, it always comes back down, and just

keep learning the whole summer through. Teach them the way to find that balance that will enhance their relaxation, make them feel good about their productivity, and allow them to have more fun than they ever have! *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

***I'm not my best friend's maid of honor! – A Letter from Desi***

BY DANICE AKIYOSHI, N.D.



**Q:** I am terribly upset. My best friend and I have had a fight and I don't know what to do. Her boyfriend proposed to her a few months ago and they have started to plan their wedding. We met at a boutique last weekend to start shopping for her wedding dress. There, she told me that she hoped I would understand,

but she wouldn't be able to have me as her maid of honor because her fiancé doesn't feel I'm deserving of that position. He told her that he would like to see her choose his cousin that he's close to and she agreed. I was speechless. I admit that I am not close to this man, but my friend and I have been best friends for three years. I was hurt and upset and I told her that her fiancé is an idiot and so is she for allowing him to control her that way. I left the store and we haven't spoken to each other since that day. I'm very upset. Should I call her? Should I call him? My mom says that I should send her an apology card and accept that I will be just a regular bridesmaid. Just the thought

of that upsets me because we are best friends and she hardly even knows his cousin. What's your opinion? **A:** I'm so sorry to inform you of this, but it looks to me like you've already lost your best friend. If your friend's fiancé feels like he can insert his opinions about who she chooses as a maid of honor and she allows this, then she has already lost her personal identity and given away her personal power to the degree that your friendship is bound to fade away no matter what you do. Work hard to accept the reality of that now and save yourself the expense of a bridesmaid dress and all of the painful additional drama that goes along with being involved in this wedding. My



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guess is that your friend has probably reported your behavior to her fiancé and he has already been pointing out that this just proves that his cousin is the better choice. Manipulation will probably continue to be a big part of your friend's life until she resumes thinking for herself. Look at it this way; she is no longer a good match for you in the best friend department. I hope you will find some delightful new friends soon. *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. ■*



# Walnut High student killed

Walnut from page 1

at the scene.

After the Los Angeles County Sheriff's Homicide detectives conducted an investigation, they've learned that the victim was shot at approximately 11:41 p.m. Witnesses recalled seeing two acquaintances with the victim hanging out in the garage of an apartment complex, when two Hispanics in their 20's had confronted them. The verbal confrontation led to a physical altercation, which at some point a gun was pulled out and the suspect allegedly started firing at all 3 victims. The Sheriff's Department confirmed that Basurto was the only one hit, in the upper torso.

The two suspects immediately fled east from the alley and out of view after the shooting. The other two victims were not injured, and it is unknown whether this incident was gang related.

Walnut High School announced that they have mobilized a crisis team who are available on an ongoing basis, including Grade Level Counselors, school psychologists, and direct personnel.

There is no additional information available at this point, but this is an ongoing investigation.

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

# Make your backyard extreme

Backyard from page 1

ness so long is to treat people the way we would want ourselves to be treated," said James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience of getting things done correctly and creatively.

Extreme Backyard Designs can provide custom Barbeque islands, outdoor fireplaces, fire pit tables, spas, patio furni-

ture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60 Freeway and Vineyard, right

across from the newest Kaiser building.

"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at [www.extremebackyarddesigns.com](http://www.extremebackyarddesigns.com). Also, see their ad on page 12. ■

# DUI suspect arrested for violence and possession

DUI from page 1

Slate Drive at Copper Road and then was booked at West Valley Detention Center for felony evading, domestic violence, possession of illegal narcotics, and driving under the influence of drugs. ■

# Stater Bros. Plaza for sale

Sale from page 1

they relocated to this new plaza to target an area expected to grow. They are currently on a lot of 7.54 acres, and about 95% occupied. This leaves a 5% vacancy available, a total of 3 suites available at approximately 3,660 feet in total of free

space.

Some of the existing tenants besides the grocery store include: restaurant and food service, general services, education, and a clothing store.

According to Hanley Investment Group Analysis, Stater Bros. Plaza is expected to steadily increase in revenues for the next 10 years. ■

# Exchange zone created at local Walnut/Diamond Bar Sheriff's station

Zone from page 1

dents to meet safely while selling or buying an item from someone they met online. The "exchange zone" is clearly marked for either party involved.

Walnut/Diamond Sheriff's department would like to also note

that they "cannot act as official witnesses to any transactions, will not give legal advice, and will not settle civil disputes related to any transaction," according to a Sheriff's Department News Release.

If you have any additional concerns or questions, you may contact Captain Jeffrey Scroggin at (909) 595-2264. ■

# Bus crash injures 21

IE from page 1

from Iglesia De Cristo Ministerios Llamada Final Church back home in Downey from a weekend women's retreat in the Big Bear area.

According to CHP, of the 22 people inside the shuttle bus, 21 were treated for injuries and 4 were in critical condition without life threatening injuries. No reports of injury to the Nissan versa driver have been made thus far. The women have been transported to local hospitals,

including St Bernardine Medical Center and Arrowhead Regional Medical Center, to be treated for injuries.

Until the area was further investigated and cleaned up, the roads were briefly closed at Live Oak and Highland Ave on Highway 330. No details at this time have been released as to what exactly caused the shuttle bus to overturn. There is speculation that either the breaks weren't working properly or speed was possibly a factor, but again nothing released as to the exact cause. ■

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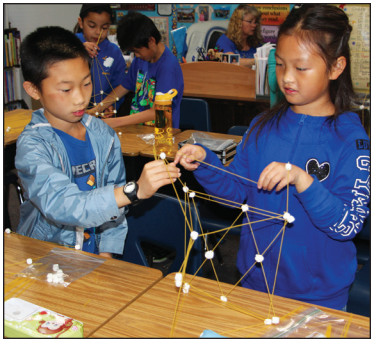


PHOTO COURTESY: KELLI GILE  
Maple Hill PLTW students use engineering skills to build spaghetti and marshmallow towers.

## Let's Talk STEM!

Maple Hill PLTW classes enjoy engineering day with Cal Poly students

BY KELLI GILE

**Diamond Bar** – Cal Poly Pomona Project Lead the Way (PLTW) and Women in Engineering (WE) students recently spent a day with 200 Maple Hill Elementary students to talk about STEM (science, technology, engineering, and mathematics) and how it relates to everyday life.

The college students visited 4th and 5th grade classes for 10-minute presentations about engineering and a spaghetti tower challenge.

The youngsters raced to build the “strong and tall” structures using dried pasta, with tiny white marshmallows as the “glue.” They quickly demonstrated teamwork, leadership, and creativity skills to successfully work with the fragile materials.

“We worked together to find lots of ways to solve the problem,” said 4th grader Joshua Chan.

“Engineering is hard, but fun too!” added classmate Leah Owens.

The Cal Poly visitors worked alongside the elementary students during the activity.

“It was very inspiring to see the frustration during the building turn into excitement when a free-standing structure was achieved,” Cal Poly student, Teresa Rodriguez, commented.

“We went to the school to help the students understand how engineers play a role in society, and to help them experience the process through a hands-on learning experience,” added another visitor, Jonathon Roberts.

Maple Hill launched the innovative PLTW program at the beginning of the school year, with kindergarten through fifth grade students immersed in robotics and engineering projects.

“It was a great day and our students enjoyed it a lot,” said kindergarten teacher Lisa Esse.

“We are hoping to continue and build our partnership with Cal Poly so that next year the engineering students will be coming on a regular basis.”

“I am glad to see both girls and boys so interested in STEM, and can't wait to see the big creations their little minds develop in the future,” said Rodriguez. ■

## Mustang Athletes Commit To Play College Sports

BY KELLI GILE

**Walnut** – Walnut High School celebrated six athletes who have committed to play college sports during a lunchtime rally with proud coaches, families and friends.

Seniors Dwight Ramos (basketball), Eli Goichenberg (football), Micah Maes (football), Hassan Nasir (football), Quinn Cooper (baseball), and Christian Longoria (baseball), took to the amphitheater stage to mark the milestone moment.

“Most kids can only dream about this opportunity, and you're going to live it!” said Principal Brandon Dade.

Guard Dwight Ramos is one step closer to realizing his dream of playing professional sports.

The 17-year-old basketball star signed a national letter of intent to play at Cal State University, Fullerton on April 29.

The 6-foot-five-inch player received a prestigious full-ride scholarship to the Division 1 school, where he plans to study business.

“It feels really good,” he said at the signing ceremony. “I worked

really hard to get here!”

Dwight's been a part of varsity basketball team for the past two years, most recently being named an MVP, winning 1st Team All-Hacienda League, and All CIF First Team awards.

The standout Walnut team has made it to the CIF quarterfinals for the past two years.

“Dwight's probably one of the most talented players to come to Walnut,” said coach Joe Khouzam. “He put in the work and did whatever we needed him to do this year,” he added.

“I'm sad to see him leave, but happy for him!”

“Dwight's got the drive. I see him all the time working out and doing the extra beyond practice to improve his skills,” said Athletic Director Jerry Person. “He's got a three-point shot that won't quit. You name it, he's got it!”

Several student athletes received assistance to get on a team and play for a college. Eli Goichenberg received a financial package to play football at Monmouth College in Illinois in the fall.



PHOTO COURTESY: KELLI GILE

Walnut High student athletes, Eli Goichenberg, Hassan Nasir, Dwight Ramos, Micah Maes, Quinn Cooper, and Christian Longoria are moving on to play collegiate sports. Shown with Principal Brandon Dade and Athletic Director Jerry Person.

“In the time-span of an hour it rained, snowed, was over 80-degrees, and extreme wind,” he said about his visit to the school.

“It was wild! I'm going to wear a tank top under a shirt, under a jacket, under a North Face jacket!”

Micah Maes committed to play football at Sewanee University in Tennessee, receiving a financial package arranged through the athletic department.

Hassan Nasir will also play football at nearby Pitzer College in Pomona, receiving a financial pack-

age arranged through the athletic department.

Baseball players Quinn Cooper, outfield/DH, is Cal Poly Pomona bound and pitcher Christian Longoria is headed to Azusa Pacific University

“It's important to know that even though they went to Division III schools, two turned down offers to play, and one a full-ride scholarship, to Division I schools. But, because they're academically inclined, they made great choices for their future,” said head football coach Alfredo Silva. ■

## Mt. SAC Honors Student Awarded \$40,000 Scholarship

BY MIKE TAYLOR

**Walnut** – Mt. San Antonio College honors student Kristin Ho is one of only 75 community college students selected from a pool of over 2,000 applicants across the nation to receive the 2016 Jack Kent Cooke Transfer Scholarship. Ho's selection marks the fourth time in the last 10 years that Mt. SAC students have been named for this prestigious scholarship.

A Pomona resident, Ho, 24, was awarded a scholarship valued at up to \$40,000 annually, which she will use to continue her education next fall. She will transfer to Mount Holyoke College majoring in art history and philosophy. Ho will graduate from Mt. SAC this June with a degree in art history and a 3.64 GPA.

“Kristin has worked hard both



PHOTO COURTESY: MIKE TAYLOR

Mt. San Antonio College student Kristin Ho was selected to receive the 2016 Jack Kent Cooke Transfer Scholarship.

academically and as a student leader on campus,” said Mt. SAC Student Services Vice President Audrey Yamagata-Noji. “It's a very prestigious honor to be selected for this scholarship. Kristin is very deserving and represents the best that community colleges have to offer.”

Ho was instrumental in founding the Roosevelt Institute at Mt. SAC, which promotes progressive policy ideas and leadership. At the college, she has been fundamental in inspiring her fellow student to become engaged in policy research and analysis at local, national, and international levels.

The Jack Kent Cooke Undergraduate Transfer Scholarship Program was designed to help community college students with exceptional promise and demonstrated financial need make the transition to four-year colleges and universities. It is the largest private scholarship in the nation for community college transfer students. Recipients are eligible for graduate school scholarships as well.

Every year, the Jack Kent Cooke Foundation selects high-achieving, low-income students from community colleges for scholarships that provide funding for tuition, room and board, fees and books. Since 2000, it has awarded about \$147 million in scholarships to more than 2,000 students and \$90 million in grants to organizations that serve outstanding low-income students. ■

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