

OurWeeklyNews.com

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Walnut

Walnut Council Recap

BY NATALIE KIM

Walnut - The June 8 Walnut Council meeting began with the recognition of the outgoing youth advisory commissioners. The Council thanked the outgoing advisors for their work in the City and their hard work in providing younger residents of the City a sense of community. The Council also recognized the Mt. San Antonio College Men's Track Team for winning the state title. The Council recognized the team's hard work and dedication

see **Walnut** page 10

Diamond Bar

Diamond Bar Council Recap

BY NATALIE KIM

Diamond Bar - The June 7 Diamond Bar Council meeting began with a bittersweet moment of recognition. The Council presented a City Tile to Isaac Aziz upon his resignation to become the IT Manager for the City of Aliso Viejo. After thanking Aziz for his years of service to the City they wished him luck on his new venture.

Following the public comments, the schedule of future events was read, including the following:

- Traffic and Transportation

see **DB** page 10



Guests enjoy dinner at the Puente Hills Republican Women Federated event.

PHOTO COURTESY: MICHAEL ARMIJO

Local Politics Over Dinner A Success

STAFF REPORTS

Diamond Bar - The Diamond Bar Republican Women Federated (DBRWF) hosted a dinner and social gathering on Thursday, May 26. The event took place at the Diamond Bar Golf

Course/Country Club, located at 22751 E. Golden Springs Drive in Diamond Bar.

The cost to attend was \$25 and it included dinner. The social gathering started at 6:30 p.m. and the dinner began at 7 p.m.

The dinner was combined with

the Puente Hills Republican Women Federated. The guest speaker was the Chairman of the California Republican Party, Jim Brulte.

"Jim will no doubt have some great insights for us, having just

see **Politics** page 10

Chino PD DUI Checkpoint Results



PHOTO COURTESY: GOOGLE

STAFF REPORTS

Chino - Chino Police Department conducted a DUI checkpoint June 10 from 8 p.m. to 3 a.m. on the 12300 block of Mountain Avenue.

Out of the 870 vehicles to drive through, 2 arrests were made for DUI, 12 citations for driving while suspended/unlicensed, 6 vehicles were towed, and 6 other citations

see **DUI** page 6

Inland Empire

Man Hit By Metro Link Train

STAFF REPORTS

Fontana - A man was hit by a Metro link train on June 6, at approximately 5:00 p.m.

Officers responded to the call in the area of Palmetto and the railroad tracks south of Arrow Blvd; calls reported that a person was hit by the Metro link train.

According to Fontana Police Department, "Witnesses told investigators they observed a 41-year-old male subject calmly

see **IE** page 10

Students Sought For Local Committee

STAFF REPORTS

Chino Hills - Are you a high school or college student interested in prioritizing health and improving the quality of life in Chino Hills? The Chino Hills Healthy Hills Steering Committee encourages you to be a part of their committee and submit an application by July 1.

The committee will be formed

see **Students** page 10

Our Featured Businesses

U.S. Black Belt Center

BY RACINE GUAJARDO

Walnut - "The average person does not earn a black belt. We take the average person and allow them to discover that they are way more than average!"

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see **Belt** page 6



U.S. Black Belt Center is located at 20781 Amar Rd. Suite 7, Walnut, CA 91789. Cross streets are Amar and Grand Ave, next to Verizon. You can also visit their website at www.BBCblackbelt.com or call them at 1-888-763-0222. See their ad on page 6.

Top Quality Auto Body Repair And Towing

BY J.D. ALBERTS

Walnut - For over 25 years, California Coach Auto Collision has served its community with top notch repair and assistance services, reaching from "Diamond Bar to Chino and beyond."

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see **Tow** page 3



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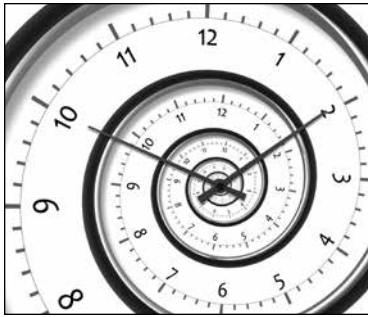


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Did You Know?

Time Is Truly A Complicated Matter

DIDYOUKNOW.ORG

Remember how as a child you were waiting for your birthday and how it seemed to take forever to arrive? And now as an adult, the time from Monday to Sunday passes all too briefly.

How does time do that? How does time trick us?

Looking from a scientific, psychological and biological perspective, the greatest influence on how we perceive time is made by our internal rhythms, gained experiences, and memories.

Everyone perceives time differently - Five minutes seems to be a definite time limit. However, after five minutes, ask ten people how it passed for them – did it go quick or did it seem long? We can bet that each of them would have a different opinion.

Emotions and time are connected - How do you feel? Happy, depressed, horrified, fascinated, angry, or sad? When you look at the full scale of emotions, you will soon realize that time is perceived differently during each of those sensations. However, one study suggests that pleasant emotions theoretically last longer.

Researchers say that negative emotions can be adopted in different ways; especially then it comes to anxiety or tension. Meanwhile, boredom is usually distinguished by the sense that time slows or stops.

The older we become, the faster time seem to pass - Why does time appear to pass more quickly the older we get?

It is argued that as a younger

see **Know** page 3

History 101

"Jaws" Released

HISTORY.COM

On June 20 in 1975, *Jaws*, a film directed by Steven Spielberg that made countless viewers afraid to go into the water, opens in theaters. The story of a great white shark that terrorizes a New England resort town became an instant blockbuster and the highest-grossing film in movie history until it was bested by 1977's *Star Wars*.

Jaws was nominated for an Academy Award in the Best Picture category and took home three Oscars, for Best Film Editing, Best Original Score and Best Sound. The film, a breakthrough for director Spielberg, then 27-years-old, spawned three sequels.

The film starred Roy Scheider as principled police chief Martin Brody, Richard Dreyfuss as a marine biologist named Matt Hooper, and Robert Shaw as a grizzled fisherman called Quint. It was set in the fictional beach town of Amity, and based on a best-selling novel, released in 1973, by Peter Benchley. Subsequent water-themed Benchley bestsellers also made it to the big screen, including *The Deep* (1977).

With a budget of \$12 million, *Jaws* was produced by the team of Richard Zanuck and David Brown, whose later credits include *The Verdict* (1982), *Cocoon* (1985) and *Driving Miss Daisy* (1989). Filming, which took place on Martha's Vineyard, Massachusetts, was plagued by delays and technical difficulties, including malfunctioning mechanical sharks.

Jaws put now-famed director Steven Spielberg on the Hollywood map. Spielberg, largely self-taught in filmmaking, made his feature-length directorial debut with *The Sugarland Express* in 1974. The film was critically well-received but a box-office flop. Following the success of *Jaws*, Spielberg went on to become one of the most influ-

see **History** page 3



PHOTO COURTESY: SARAH SANCHEZ

The Man Who Can Move Mountains

BY SARAH SANCHEZ



Moving mountains is a popular phrase that means you can do the impossible. It even talks about moving mountains in the Bible in verse Matt 17:20: "...Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Growing up, my dad told us that we can move mountains. He told us that we could be anything we desired if we set our mind to it. My dad taught us about life and lessons that we can't learn from a textbook. He showed us how to love, how to laugh, and how to dream.

My dad is one of the reasons why I know what love is. He showed me unconditional love and support no matter what I did (even if I did things wrong). He showed me that marriages can still survive after 30 years, where my parents have overcome life obstacles, different stages of life, career changes, and even owning a business together. He also showed me what to look for (and what not to look for) in a husband.

When I was younger, I used to imagine my future husband taking care of me the way my dad did. I was daddy's girl and I relied so much on my dad that I was

afraid I would never be able to find that same love and support from any other man. But then, my dad taught me that I didn't need to rely on anyone else. He taught me that I was independent and I could take care of myself if I needed to. That lesson opened by eyes to stop looking for the security in a man and to stop looking for someone to take care of me, but to instead, look for the love. No, not the same love that my dad gave me because he was the only one who can love me as a father. But instead, I looked for the love of a husband, a companion, and a best friend. Then, I ended up finding just that in a man that would end up being my husband.

You see, my dad is a man that I've always looked up to. He has always provided for our family and wanted nothing but the best for us. And he didn't just tell us that we could move mountains, but he showed us too. When I was six years old, my parents packed up our things and moved us all to Walnut, where they would soon start their own company. My dad had a dream to write so he started this very newspaper from the ground up, without a journalism degree or several years of experience, like many think they need today. He had a dream to be a writer, to be a business owner, to raise his family in a great community, and to help others; and that's exactly what he did. He showed us that we could do anything that we set our mind to do and that we can succeed at anything in our life. But most importantly, he showed us that dreams do come true.

Father's Day is a day to honor our dads, our grandpas, or people who have been like a father in our lives. This Father's Day, I would like to honor a man that many of you may even know, a man who started this newspaper from scratch, a man who taught us everything when he had nothing, a man who showed us how to love, how to dream and how to do the impossible. This Father's Day I would like to honor my dad: the man who can move mountains. ■

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4th Of July Celebrations Near You

By RACINE GUAJARDO

Looking for a local Independence Day Celebration? Here are lists of local events you may attend!

Chino - On Saturday, July 2, City of Chino and Chino Girls Fastpitch present “Chino Fireworks Spectacular” at Ruben S. Ayala Park, 14225 Central Avenue.

The event starts at 3 p.m. and ends at 9:30 p.m. Included will be carnival rides and games, a food court, a performance by The Answer, Military recognition, and end with a firework showing starting at approximately 9 p.m.

For more information about this event, you may visit www.cityofchino.org/events or call (909) 334-3258.

Chino Hills - The City of Chino Hills invites you on June 29 to attend the Independence Celebration at Veterans Park, 14877 Eucalyptus Avenue.

The event will be held from 5 p.m. to 9 p.m. including free activities, live tribute band, concession booths, carnival games, face painting, arts and crafts, live entertainment, balloon artists and giveaways.

Diamond Bar - Diamond Bar High School, 21400 Pathfinder Rd., will be hosting a 4th of July Blast!

This event will start at 5 p.m. with a musical performance by the band, Cold Duck; followed by a firework show that will start promptly at 9 p.m. Parking and admission are free. You may bring a picnic dinner or purchase concessions from local non-profit vendors.

If you have any questions about the event, you may email atarazon@diamondbarca.gov or call (909) 839-7070.

Walnut - City of Walnut will be celebrating on 4th of July at Suzanne Park, 625 Suzanne Rd.

The event will begin at 5:30 p.m. with activities such as face painting, pie eating contest, and food trucks. The firework show will start at approximately 9 p.m.

For more information, contact The Walnut Community Services Department at (909) 598-5605. ■



PHOTO COURTESY: GOOGLE IMAGES

History 101

History from page 2

ential, iconic people in the film world, with such epics as *Close Encounters of the Third Kind* (1977), *Raiders of the Lost Ark* (1981), *ET: the Extra-Terrestrial* (1982), *Jurassic Park* (1993), *Schindler's List* (1993) and *Sav-*

ing Private Ryan (1998). *E.T.*, *Jaws* and *Jurassic Park* rank among the 10 highest-grossing movies of all time. In 1994, Spielberg formed DreamWorks SKG, with Jeffrey Katzenberg and David Geffen. The company has produced such hits as *American Beauty* (1999), *Glad-*

National Night Out Registration Open

STAFF REPORTS

Chino - A kick-off meeting will be held on Monday, June 20 at 6:00 p.m. at the Chino Police Department, 5450 Walnut Avenue. Previous National Night Out Team Captains as well as prospective participants are encouraged to attend.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live.

Registration is now open for the 2016 National Night Out event taking place on Tuesday, August 2 from 5:00 p.m. to 8:00 p.m. If you or your community would like to participate in the event, please contact us to obtain a registration form.

If you have any questions re-



PHOTO COURTESY: NATW.ORG

garding the event, would like to obtain a registration form or would like to RSVP for the kick-off meeting please contact Olivia Ap-

plegate at 909-334-3087 or email oaplegate@chinopd.org. You can also visit the website at www.natw.org for further information. ■

Quality Auto Body Repair and Towing

Tow from page 1

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Did you know?

Know from page 2

person gets acquainted with the world, all that new information raises a lot of intrigue and thus, according to Scientific American, a lot of “firsts”. But as we get older, we generally lack new experiences.

Psychologist William James, in his 1890 text *Principles of Psychology*, wrote that as we age, time seems to speed up because adulthood is accompanied by fewer and fewer memorable events.

One study states that 20-year-olds felt time quite accurately while the persons in their 70s significantly overestimated the time (they said, that the time has passed much faster). The mentioned Scientific American article points out the following:

“How fast did the last 10 years pass for you?” yielded a tendency for the perception of the speed of time (in the last decade, anyway) to increase with age; this pattern peaked at age 50, however, and remained steady until the mid-90s.

Latest technologies changing the concept of time - A few recently done studies state that social networks and smart devices are “stealing” our time more than we think about it. We are always checking the latest news or messages, often wasting time, and we

become new technologies' hostages. In fact, a 2013 Internet Trends report by Kleiner Perkins Caufield & Byers shows that people check their phones up to 150 times a day. According to RawHide, “Every year, teens spend almost 7 full work days taking selfies.”

Stanford University psychologist Dr. Phillip Zimbardo believes that social networking is actually changing the concept of time, and how we take it.

So maybe if you are constantly online but can't understand where the time passed, log off and enjoy your life without the blue screens.

Joan Rivers said it perfectly: “Yesterday is history, tomorrow is a mystery, today is God's gift, that's why we call it the present.”

Past, present, future - However, if you don't want tomorrow to be a mystery, you should realize that every moment is now, because the past and future concepts become one. The essence lies in the fact that every event in the past and the future is and will be affected by what we do now.

As G.I. Gurdjieff explained: “In order to know the future it is necessary first to know the present in all its details, as well as to know the past. Today is what it is because yesterday was what it was. And if today is like yesterday, tomorrow will be like today. If you want tomorrow to be different you must make today different.” ■

ALPHA DOLLAR MART

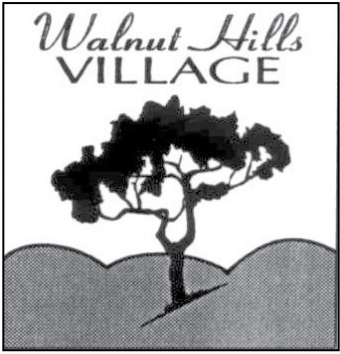
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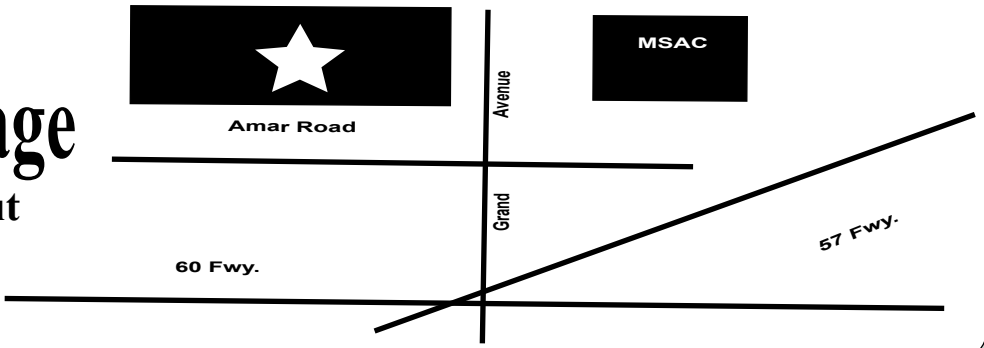
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U.S. Black Belt Center

Belt from page 1

when individual family members seem to be doing their own thing. Martial arts offers you an opportunity to share the benefits of training with those you love, while developing important quality-time together. And although you work towards your Black Belt together, each member of the family will also discover a valuable personal benefit from his or her training.

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WAYS the most important principle enforced. Your child will develop a love for self-respect followed by a desire to respect others - EVEN when this respect is not reciprocated. The desire to succeed will manifest itself. For loving parents like you, being able to see your children do well in life is truly the greatest reward that you can hope for.

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To get further information or where to register you may call 1-888-763-0222, visit in person at 20781 Amar Rd. Suite 7 Walnut, CA 91789. Cross streets are Amar and Grand Ave, next to Verizon. You can also visit their website at www.BBCblackbelt.com. ■



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Chino PD DUI checkpoint results

DUI from page 1

were given.

Chino PD remains committed to keep drunk drivers off the street and also encourages people to look for alternate ways of transportation if they know they will be drinking.

From a recent article in www.quitalccohol.com, millions of people worldwide drive after drinking. Many say "What's the harm, I got home safely and no one was hurt?" Just because you made it home without an accident does not mean that you've made a right decision. When putting those keys in the ignition and driving away after drinking you are not only putting your life at risk but also risking the lives of all those you come across while driving. For more information, further read "The Dangers of Drinking and Driving" and how you can make a difference at www.quitalccohol.com.

Funding for this checkpoint was provided by a grant from the Office of Traffic Safety through the National Safety Administration. ■



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Recipes:

Sriracha Turkey Burgers

With Sweet Potato Crisps
and Mixed Green Salad

BY HELLO FRESH

Cooking time: 35 min
Servings: 2

Ingredients

- Ground Turkey- 8 oz.
- Shallot- 1
- Garlic- 2 cloves
- Sweet Potato- 12oz.
- Soy Sauce- 1 T
- Sriracha- 2t
- Ginger- 1 Thumb
- Cilantro- ¼ oz.
- Spring Mix Lettuce- 2 oz.
- Potato Buns- 2
- Mayonnaise- 2 ½ T
- Oil- 1 T

Preparation

1. Bake the sweet potato crisps: Wash and dry all produce. Preheat the oven to 450 degrees. Thinly slice the sweet potato into 1/8-inch rounds, like chips. Toss the rounds on a baking sheet with a drizzle of oil, then season with salt and pepper. Bake in the oven for 25-30 minutes, flipping halfway through cooking, until golden brown.

2. Prep the remaining ingredients: Halve, peel, and mince the shallot. Mince or grate the garlic. Peel, then mince or grate the ginger. Finely chop the cilantro.

3. Make the burgers and sriracha mayo: In a large bowl, combine the ground turkey, shallot, half the ginger,

half the garlic, half the cilantro, 1/2 teaspoon sriracha, and 2 teaspoons soy sauce (we sent more). Season with salt and pepper. Form the mixture into 2 patties. In a small bowl, combine the mayonnaise and as much sriracha as you like. Season to taste with salt and pepper.

4. Cook the burgers: Heat a drizzle of oil in a large oven-proof pan over medium high-heat. Season the burgers liberally with salt and pepper. Add the burgers to the pan and cook for 2-3 minutes per side, until browned. Transfer the burgers to the oven to finish cooking for 5-7 minutes.

5. Make the mixed green salad: In a large bowl, combine the remaining ginger, garlic, and a drizzle of oil. Season to taste with salt and pepper. Toss the spring mix into the bowl to coat.

6. Assemble the burgers: Spread a little sriracha mayo onto each bun, then top with a sriracha turkey burger and the remaining cilantro. Serve the mixed green salad, sweet potato crisps, and remaining sriracha mayo to the side (for dipping!) TIP: You can also add some of the salad on the burger, if you like. Enjoy! ■



PHOTO COURTESY: HELLO FRESH

Local Races/Hikes:

Chino Hike The Valley
When: Sat., Jul. 9, Aug. 6, 8 AM
Where: Carolyn Owens Community Center
Various Hiking Trails
Details: (909) 334-3258 or 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

Tips:



What Is A Superfood?

COURTESY OF
MICHAEL BARNETT
OF CLARK'S NUTRITION

Superfood is "a nutrient-rich food considered to be especially beneficial for health and well-being, increasing health and vitality," according to the Oxford Dictionary. With this definition it might be possible that a lot of foods are Superfoods. The reason for the 'super' foods label is because of the benefits some foods provided to health.

For example, **cod liver oil** is considered to be a super food. During the mid-1900's cod liver oil was used to support immunity, joint, and cardiovascular disorders. Cod liver oil is abundant in vitamins A & D and high in Omega-3, an essential fatty acid. Cod liver oil is an example of a nutrient rich food that might provide benefits for individuals not consuming these nutrients, ultimately filling a gap in diet.

• **Vitamin A** is essential for cell and bone growth, and eye function. According to the World Health Organization (W.H.O.), vitamin A has proven to

be beneficial in the prevention of infectious diseases such as Measles in developing countries.

• **Vitamin D** also plays a significant role in supporting healthy immune function.

• **Omega-3 fatty acids** not only help regulate inflammation and aid in cardiovascular health, they also play a significant role in maintaining proper brain function, as well as several other critical functions in the human body.

One of the more popular Superfoods currently is "**greens**." Green powders come in all varieties, but are mainly comprised of fruit and vegetable extracts. Fruits and vegetables are rich in nutrients including vitamins and minerals. More importantly, fruits and vegetables have an array of color. Often times color is attributed to **phytonutrients**, which are pigments that provide health benefits as well. An example of a phytonutrient can be seen in lycopene.

Lycopene is the pigment that makes tomatoes and watermelon red. Lycopene acts as an antioxidant in the skin and aids in protecting against

breast and prostate cancers. Because of its lycopene dense nature, tomatoes can be considered a Superfood. Most fruits and vegetables have great protective factors for your health.

Having a diet rich in whole foods is the best approach to getting today's Superfoods. Whole foods include fruits and vegetables (not peeled or skinned), whole unrefined grains, nuts, seeds, beans-legumes, lean grass fed beef, free range hen eggs, chicken, and fish.

Try to avoid processed foods and simple refined sugars and high saturated fat diets. Those individuals with plant based diets rich in Superfoods tend to be less susceptible to disease. So you may consider making plant based diets the focus.

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Due to the number of responses, we will only be able to answer published questions. ■

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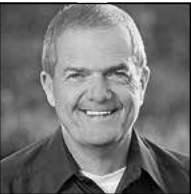
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Need A Plumber?

BY PASTOR MARK HOPPER



I shared in my last article about discovering a major water leak at our house just before we left town for a week. I was grumpy to have a water leak but grateful that we discovered it before we left on our trip. I have built several room additions and helped on construction projects at our church. I am willing to do repairs on our house, too. The problem is that sometimes I don't have the right tools or enough experience to finish the job. Probably the smart thing to do is call a plumber who has the tools and experience to get the job done quickly and properly. But, plumbers cost money. So I thought I would try to fix the water leak myself. As soon as we returned home from our trip, I changed clothes and got to work. The leaky pipe was right next to the foundation. It was the main supply line leading from the street to the pipe that enters our house. I used my shovel and a hand tool to clear away the dirt and expose the pipe. Thankfully, the water had dried up during

the past week so I wasn't working in a pile of mud. I was able to cut the copper pipe below the leak and proceeded to solder a new coupling on to it. Then I removed the valve leading to the sprinkler system and soldered a new valve on the line. I also decided to put in a new valve on the main line to the house too. I must say that it looked pretty good! Progress was slow, but I was feeling confident that we would have the water on again by the end of the day. When I got the last pieces in place, it was almost dark. A neighbor came over to inspect my progress. When I turned the water on again at the street, I still had a small leak! After all of those hours digging, disassembling and repairing the water line, I still had a leak. Bummer! When we went to bed that night, we still had a leak in the line. It was much smaller than the original problem, but we still had a leak. We turned the water on briefly to shower and refill the toilets then turned it off again at the street for the night. Early in the morning, I went back to the hardware store and got a new rubber gasket that I thought might solve the problem. No luck - the leak was still there. Finally, I came to my senses and called a plumber!

The plumber and his helper arrived in a few hours and they were able to fix the leak. I didn't feel too bad when I saw that it took him two tries to get it right! Finally, no more leaks! I don't think we really appreciate having running water in our homes. We turn the faucet and expect water in our sinks and showers. It is very inconvenient to not have running water. I am thankful for water that works! I am also thankful for plumbers who come when we call and have the tools and experience to fix our problems. Three cheers for plumbers! I am also thankful that God comes to our aid when we call and that He is able to fix our problems. A verse in the Bible says, "Let us draw near (in prayer) with confidence to the throne of grace, that we may receive mercy and find grace to help (us) in our time of need" (Hebrews 4:16). If you have a water problem - call a plumber. If you have a personal problem - call on God. He is ready and willing to help you in your time of need. *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.*

There Are No Magic Pills

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



There seems to be a pill for everything these days. The advertising shows us that we can pop a pill and our depression and anxiety will be gone. Nothing could be further from the truth. All the pills do, is **lessen** our symptoms. The problem is the cause for the symptoms is still there. It looks like all you need to do is take that pill and you will be healed, but it's not true. Granted, you may feel somewhat better for the meantime but the pill can only do so much. There will come a time where it is inevitable that you must deal with your stuff, if you are genu-

inely going to heal. So I could see how a magic pill could be much less painful, but is really only a temporary solution. I do understand there are many conditions that do require medication, but I believe low-grade depression and anxiety do not require the use of medication. I believe there are many holistic approaches that will better serve your needs. My clients will journal, exercise, meditate, and look at the issues that are causing the depression and anxiety in the first place. I find many times, it is an issue of helping a client correct a false belief system that was acquired in childhood. So again, it's about going back to something painful and dealing with it and then finally having the strength to let go of it. To me, magic pills are like putting a Band-Aid on Cancer.

This just isn't a very aggressive way to deal with the disease. So how aggressive are you being with your depression or anxiety? What are you waiting for? Decide now is the time to finally get some help and get healed! *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 nancy-jstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com.*

Straight Talk With Danice

Our marriage isn't exciting – A Letter from Brian B.

BY DANICE AKIYOSHI, N.D.



Q: My wife has started to make suggestions about making our marriage more exciting. This confuses me. I asked her if

she was dissatisfied about something in particular and she said no, that she just wanted our marriage to be a little more exciting. I feel like I'm a good husband and I don't think we need any changes. Is she having a mid-life crisis? We've been married for 19 years and our marriage has been good in my opinion. I'm confused. **A:** Your wife should be able to freely make a request like this after 19 years of marriage. Her desire to have a little more excitement does not mean you are lacking as a husband, nor

does it mean she's suffering from a mid-life crisis. At this time, I would advise you to take her words seriously and open a conversation with her to discover exactly what she has in mind. Ignoring her request will be a big mistake and probably cause her to feel that her needs are insignificant to you. If you've been married for 19 years, you already know that this is not a desirable situation. Give it a try, Bryan. You might be pleasantly surprised. If her requests are over your personal limit, that also requires a con-

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versation, but you won't know until you start the conversation. Don't delay. *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.*

CH Deputies Arrest A Pomona Man

STAFF REPORTS

Chino Hills - On June 4, Chino Hills Police Department attempted to conduct traffic stop on a reported reckless driver in the Chino Hills area of the 71 freeway and Chino Hills Parkway. The driver was identified as Robin Antonino Luna, 40-years-old, a Pomona Resident. According to the San Bernardino Sheriff's Department, "The suspect led the deputies on a pursuit through

the San Bernardino, Los Angeles, and Riverside Counties." The pursuit ended when the suspect collided with the freeway guardrails and crashed into a tree on the south side of the freeway in Riverside County. Luna was apprehended after a short foot pursuit after trying to flee deputies. Luna was booked at the West Valley Detention Center for failure to yield and driving under the influence of illegal narcotics. ■

DB council recap

DB from page 1

Commission meeting, June 9 at 7 p.m.

- Planning Commission meeting, June 14 at 7 p.m.
- Premier Concert in the Park, June 15, featuring *The Answer* at Sycamore Canyon Park
- Premier Movie Under the Stars, June 15, featuring *The Minions Movie* which immediately followed the concert
- The next City Council meeting to be held June 21 at 6:30 p.m.

The Council then approved all items on the consent calendar, which included the following:

- City Council minutes of the study session of May 17 and the regular meeting of May 17
- Traffic and Transportation Commission minutes of the regular meetings of January 14, March 10, and April 14
- Parks and Recreation Commission minutes of the regular meeting of April 28
- Planning Commission minutes of the regular meetings of March 8 and April 26
- Ratification of a check register totalling \$1,565,222.41
- Treasurer's Statement for the month of April
- Supplemental appropriations of \$300,727 into the fiscal year 2015-16 building fees revenue accounts, and \$118,000 into the fiscal year 2015-16 building and safety contract services expenditure account to fund the payment of RKA Consulting Services in-

voices

- An amendment to the agreement with Tennis Anyone to extend the contract period to July 1, 2015 through June 30, 2017 in the amount of \$70,000
- Award of a contract to Hilton Farnkopf & Hobson, LLC for as needed solid waste and recycling consulting services
- Award of a contract to Accela, Inc. for legislative management software services and authorize the City Manager to execute future contract renewals
- Approval of an amendment to the contract with ValleyCrest Landscape Maintenance to extend the term of the contract from July 1, 2016 through Sept 30, 2016 to provide landscape maintenance services at 9 City parks, the grounds of the Diamond Bar Center, the football field and slope at Lorbeer Middle School, and the Mesa Trail at Sycamore Canyon Park, and to accept the change of the company's name to Brightview Landscape Services, Inc.

The Council also adopted a resolution approving and adopting a budget for the fiscal year commencing July 1, 2016 and ending June 30, 2017 including maintenance and operations, special funds and capital improvements and appropriating funds for accounts, departments, divisions, objects and purposes therein set forth.

After individual reports and comments, the Council adjourned to June 21, at 6:30 p.m. at 21865 Copley Dr. ■

Man hit by Metro Link train

IE from page 1

walk over to the tracks and lay down on them as a Metro Link train approached." The man was struck by the train and died from the injuries sustained. This case is currently under investigation and being treated as a suicide. Once the family members have been notified, the identity of the man will be released by the San Bernardino County Coroner's Office. Suicide Awareness Voices of Education (SAVE) has the following information on knowing

what do if you see someone about to commit suicide and possible warning signs:

Know What to Do: Stigma associated with mental illnesses can prevent people from getting help. Your willingness to talk about mental or emotional issues and suicide with a friend, family member, or co-worker can be the first step in getting those help and preventing suicide.

If You See the Warning Signs of Suicide: *Begin a dialogue by asking questions.* Suicidal thoughts are common with some mental illnesses and your willingness to

talk about it in a non-judgmental, non-confrontational way can be the help a person needs to seek professional help. Questions okay to ask:

- "Do you ever feel so badly that you think about suicide?"
- "Do you have a plan to commit suicide or take your life?"
- "Have you thought about when you would do it (today, tomorrow, next week)?"
- "Have you thought about what method you would use?"

Please visit www.save.org to learn more information, however also calling 9-1-1 immediately is a beneficial way to help prevent a tragic suicide. ■

Local politics over dinner a success

Politics from page 1

held the California Republican Party convention in Burlingame last weekend," said a DBRWF newsletter. It was an honor to have Jim Brulte as a special guest speaker at the event. He has many accomplishments such as; Chairman of the CA Republican Party

in March 2013, 14 years in the CA State Legislature, recent Senate Republican Leader, joined CA Strategies to head up the IE office, and completed a term as a member of the Board of Visitors of the US Naval Academy. Brulte has focused a lot of his efforts on education, regulatory reform, crime reduction, and common-sense legislation representing the IE to improve

California's business climate. He had been described as "arguably the most powerful elected Republican in California." This event was open to the public and opened to any political party. The newsletter encouraged anyone to attend and become up to date on California's politics. For future events, if you would like to attend, please contact Trisha at BrahmaMama1@aol.com. ■

Students sought for local committee

Students from page 1

of three high school students and one college student. They will only be accepting high students who are a resident of Chino Hills or attending high school in the City. You must be a junior or senior during the 2016/2017 school year, as well as in good academic standing. Interviews will begin the week of July 11 and plan to recommend appointments to the Healthy Hills Steering Committee at their August 8, 2016 meeting. New committee members will serve August 2016 through August 2017. Once a member of the Committee, there will be opportunities to attend special events throughout the year to represent Healthy Hills at City-wide events such as Easter Egg-Citement, the Independent Day Celebration, Concerts in the Park, and other programs. Also be part of health-related events within the community such as the Health Fair, hikes, walks, screenings, etc.

Four times a year, The Healthy Hills Steering Committee meets at the Chino Hills Community Center, 14250 City Drive, unless otherwise noted. The month's meetings are held in February, May, August, and November at 6 p.m. Meeting dates for 2016 will be August 8 and November 14. The Healthy Hills Steering Committee was revamped in 2014 after originally being formed in 1994 as The Healthy Cities Steering Committee, established to assist in assessing community needs, defining health priorities, and developing programs to enhance the quality of life within the community. The goals are to evaluate and recommend programs for all ages, offering programs such as; fitness and hiking, opportunities for youth involvement, health and wellness seminars, and more listed on the application. Along with the students, the committee has 5 residents that are appointed by the Committee and 5 residents appointed by the City Council as well as being

comprised of City Commissioners; representatives from Chino Valley Unified District, Chino Valley Chamber of Commerce, Chino Hills Police Department, County of San Bernardino, Chino Valley YMCA, and Chino Valley Fire District. The goal behind Healthy Hills Committee is to inform through education, offer employment opportunities, ultimate and social well-being of people in the community, and striving to solve complex social, physical, and environmental health problems with the support of local residents. Applications were sent to local high schools and are also available at the City Clerk's Office on the second floor, 14000 City Center Drive. You may also visit www.chinohills.org/HealthyHills to download the application. The application must be submitted to the City Clerk's office by 3:30 p.m. on Friday, July 1st. If you have any questions, you may call the City Clerk's Office at (909) 364-2620. ■

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Walnut council recap

Walnut from page 1

in winning the state level competition. Following the public comments, the Council approved the minutes from the May 19 Budget Workshop, the May 25 Study Session minutes, and the May 25 City Council/WHA minutes. The Council also approved a resolution adopting the fiscal year 2016-17 to the fiscal year 2020-21 Capital Improvement Plan. The

Council then heard and approved two ordinances, adopting the Los Angeles County Code Title 8 relating to the operation of mobile food facilities and amending and restating Walnut Municipal Code regarding City commissions. The Council also approved all items on the consent calendar, including the following:

- Resolution allowing claims and demands in the amount of \$731,044.48
- Resolution adopting a 2016-17 annual budget

- Resolution establishing the 2016-17 appropriation limit
- Sport groups requests for bi-annual field use for fall 2016
- Bingo permit application submitted by the Walnut Senior Citizens Club and request for waiver
- Appeal for a conditional use permit amendment vesting tentative tract map 72017 and environmental impact report addendum.

Following Council reports and comments, the Council adjourned to June 22 at 7 p.m. at 21201 La Puente Rd. ■

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Collegewood: Reducing Trash 90% Wins \$1000

Inspiring students to care for the environment

BY KELLI GILE

Walnut - This year, Collegewood Elementary decided to go green! Students, staff, and parents worked hard to implement a Grades of Green recycling program, and at the same time compete for a cash award.

Twenty-two Los Angeles County schools joined the environmental non-profit's 2015-16 Trash Free Lunch Challenge.

The quest focused on encouraging kids to bring reusable water bottles, lunch containers, and napkins to school, and to sort any waste they may have into recycle, compost, landfill, liquids, and tray stacking bins.

By the end of the year, Collegewood decreased lunchtime waste by an average of 95% and was named a \$1,000 grand prize winner!

The school rolled out the "green" carpet to celebrate during a May 6 spirit day assembly.

"We used to send 20 bags to the landfill everyday. Because of all your hard work, we have reduced our trash to 1-3 bags a day," Principal Joan Perez said. "I'm so proud of our team effort and most importantly - our kids!"

Students were eager to pitch in to help increase recycling on campus.

"I learned to make more green choices," said 3rd grader Advika Ganapathy who also taught her family to recycle bags.

Six different youngsters helped sort recyclables each day at lunch.

"A lot of kids really wanted to help!" said 5th grader Monica Mossmosen about volunteers who didn't mind giving up recess to be a part of the green effort.



PHOTO COURTESY: KELLI GILE

Collegewood Elementary is a grand prize winner in the Grades of Green trash-free lunch challenge.

One day, when custodian David Morales had to leave early, the children stepped up and ran the stations by themselves.

"This became much more than a trash-free lunch challenge," commented parent Leslie Lopez. "Our students learned things that are life skills. They are becoming ambassadors of trash!"

In addition, the school's Green Team was successful in banning Styrofoam trays from Walnut Valley schools and creating the first-ever battery recycling center in Walnut.

"A group of kids came into my office and talked to me about Styrofoam," said Mike Hodson, assistant superintendent of business services. "They convinced me right there on the spot!"

"Collegewood students truly care about the Earth and making sure we have a clean and healthy place to live," said Anjuli Koentopp, Grades of Green program manager who pointed out that the school had reduced its trash by about 3,000 bags or 30 tons.

"That's the size of 10 elephants!"

"It makes me proud to help Collegewood be more earth friendly," said 2nd grader Connor Salazar. ■

Brahma Science Bowl Team Competes In DC

BY KELLI GILE

Diamond Bar—A stellar group of Diamond Bar High School (DBHS) students took 3rd place in their division during the 2016 National Science Bowl held this month in Washington, D.C.

DBHS team members Miriam Sun, Jeff Chow, Leslie Sim, Ben Chen, and Brandon Hung qualified for nationals after winning the regional competition in February.

The academic competition tests students' knowledge in all areas of science and mathematics, with more than 14,000 students from across the country participating in the bowl each year.

"Our students played brilliant-

ly, showing strong competitive spirit, and sportsmanship," said science teacher Jose Marquez, who coaches the team with math teacher Latitia Thomas.

Teams face off in a fast-paced format as they answer questions about biology, chemistry, Earth science, physics, energy, and math.

After getting off to a slow start and losing the first two rounds, the Diamond Bar students regrouped and won six consecutive rounds by impressive margins.

In the exciting last round, while down 14 points, DBHS buzzed in and answered the final question, along with a bonus question, earning the needed points to end the game in a tie.

WVUSD Recognizes Young Artists, Star Students, And Community Partners

BY KELLI GILE

Walnut - Walnut Valley Unified School District (WVUSD) Board of Trustees honored a large group of exceptional students and parents during the May 18 meeting.

Twenty-seven children representing all nine elementary schools were lauded as winners in the nationwide **Music K-8 Magazine Cover Contest**. Music Specialist Judy Brunelle introduced the talented 5th grade artists who received certificates of special recognition and color prints of their original designs. This year's top WVUSD winner is 1st Runner-Up Michael Wu from Walnut Elementary. Top Finalists are May Chaisakulchai, Stephanie Wong, Winnie Chang, Katherine Viala, and Hanna Wu. Finalists are Susanna Wang, Ryan Chung, Jasmine Matsuda, Masyn Ramos-Johns, Susan Wang, Catherine Zhang, Jessica Wang, Leticia Camberos, Jillian Wong, Ashley Len Bouey, and Emily Kwok. Honorable Mention Awards: Rohit Bishoyi, Jessica Rojas, Tammi Lin, Hannah Jang, Talyah Ejan, Luke Lee, Rachel Lee, Michelle Chan, Ryan Kung, and Olivia Gagar.

Diamond Bar High School senior **Jordan Osmena** received the Super Star Student Award.

Jordan received rave reviews as the innkeeper in the school's production of "Les Miserables."

"Sometimes someone catches fire and that's what happened this year," said interim principal Denis Paul about the first year drama student that had never acted before. "Jordan found his niche!"

Parent **Rachel Chang** was honored with the Partner in Education Award.

"This past year, Rachel was the chairperson of our Magnificent 7 parent organization. She ruled with a velvet glove!" Paul added.

The dedicated volunteer serves as a liaison for translating information and has the ability to make sure that everyone has a voice during meetings. Next year, Rachel will step into a new role as president of the Korean American Parents Association.

Walnut High School senior **Nia Phillips-Johnson** received the Super Star Student Award.

"Nia came to Walnut this year

"I have never been more proud to be a Brahma!" said Marquez, adding that DBHS, one of the largest public schools at the competition, was just one point away from moving on to the next round. "Our students achieved academic success while competing with class and poise. They left an indelible mark at the event."

The National Science Bowl was created in 1991 to encourage students to excel in math and science and pursue careers in those fields. The two seniors on the DBHS team are doing just that.

Next year, Miriam Sun will study biology at Caltech, while



PHOTO COURTESY: KELLI GILE

Trustees honored the District's top winners in the 2016 Music K-8 Cover Contest.



PHOTO COURTESY: KELLI GILE

Diamond Bar High School's CIF Champion Badminton team was honored by the Board of Trustees on May 18.



PHOTO COURTESY: KELLI GILE

Diamond Bar High Science Bowl team won the state championship and placed third in the nation.



PHOTO COURTESY: KELLI GILE

Walnut HS Girls Golf was honored as CIF Champions by the WVUSD Board of Trustees.

halfway through the semester and hit the ground running," said Principal Brandon Dade.

The hard-working student successfully took seven Advanced Placement courses, completed over 280 credits, and has been accepted to Loyola Marymount University.

"Her character, perseverance, and the positive relationships she has with other people will be her legacy at Walnut High," Dade added.

The Zhan Family received the Partner in Education Award for their efforts in meeting the needs of Walnut High students. Through several financial donations, totaling \$13,000, the school has been able to purchase clothing, holiday gift baskets, gift cards, and additional items.

"These items have helped break down financial barriers so that our students can enjoy their high school experience," said Dade.

Several outstanding groups of high school students were also honored with special awards.

Diamond Bar High School:

The Math Team was recognized as Division IIE national Math Madness champions and California Math League 1st place winners. Science Bowl team took 1st place in California and 3rd place in division at the national competition. Girls Basketball received two 1st Team All-CIF awards, and competed in quarterfinals for the first time in 20 years. Boys Golf won the Palomares league cham-

pionship. The CIF championship Badminton team has been undefeated for the past five years. Color Guard placed 15th nationally, won the northern and southern California regionals, and are two-time state parade champions with Band. Band also won its second state championship, All-State, and All-Southern awards led by drum major junior Becky Kim, who is an All-State, All-Southern, and nationally ranked clarinetist. Next year, the two-time state champion drum major has the chance to be first-ever three-time state champion!

Walnut High School: Future Business Leaders of America (FBLA) ranked 3rd in the state for the second year in a row. Harrison Li took 1st place in Accounting 1 and 2, Fond Kuo, Matt McBride won 1st place in the David Bowie Digital Production, and 25 students qualified for nationals. All five choirs received Superior rating at festivals. Chamber Singers received national recognition for the second year in a row as a Heritage Festival gold-rated group, received 1st place in the Chamber choir division at a San Francisco festival, named Top Choir in all divisions, received Adjudicator's Award, Gold Award, Outstanding Soloist award for Dana Hernandez; and five students were named to the All-State Honor Choir and ACSA Western Division Honor Choirs. Girls Golf was recognized as CIF champions and wrestler Mia Dow as a three-time CIF champion and 3rd in the state. ■

Jeff Chow plans to focus on bio-engineering at Massachusetts Institute of Technology (MIT).

"Attending the National Sci-

ence Bowl with some of Diamond Bar's best and brightest was definitely a highlight from high school!" Chow said. ■



PHOTO COURTESY: KELLI GILE

Diamond Bar High took 3rd-place awards in their division at the 2016 National Science Bowl. Shown: Advisors Jose Marquez and Latitia Thomas, with students Brandon Hung, Jeff Chow, Miriam Sun, Leslie Sim, and Ben Chen.

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