

OURWEEKLYNEWS.com

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Walnut

Join The Neighborhood Watch Program

STAFF REPORTS

Walnut/Diamond Bar - The Walnut/Diamond Bar Sheriff's Station encourages you to be involved with the Neighborhood Watch Program because you can make a difference.

At the recent Concert in the Park Event in the City of Diamond Bar, Deputy Aaron Scheller distributed Neighborhood Watch information to the community. The

see Walnut page 10

Diamond Bar

Diamond Bar Council Recap

BY NATALIE KIM

Diamond Bar - The June 21 Diamond Bar Council meeting began with several special presentations. First, a City Tile was presented to Bob Rose for his many years of service to the City as the Community Services Director. Thanks to Rose's hard work, the city of Diamond Bar blossomed into a beautiful city with a strong community. The Council then proclaimed July as Parks and Recreation month.

During the public comments,

see DB page 10



Mobile Vietnam Memorial Wall is here for a limited time only, June 30 to July 5.

PHOTO COURTESY: KFROG

Veterans Memorial Wall Now In Chino

"Most walls keep people out, this wall brings people together."

STAFF REPORTS

Chino - The Vietnam Wall For Chino and City of Chino present

The Mobile Vietnam Veterans Memorial of the Antelope Valley, which will be on display from June 30, 5 p.m. to July 5, 8 a.m.

There will be officers and local veterans from the Chino Police Department who will escort the Memorial Wall to Ruben S. Ayala Park. The procession will

begin at 10 a.m. on June 30, and Chino Police Department will proceed south on Tenth Street, west on Riverside Drive, south on Central Avenue, east on College Park Avenue, and left into the second parking lot

see Memorial page 6

Illegal Fireworks Operation In Chino



PHOTO COURTESY: CHINO VALLEY FIRE DISTRICT

BY RACINE GUAJARDO

Chino - The Chino Police Department has partnered with the Chino Valley Fire District to confiscate illegal fireworks off the streets. This operation resulted in nearly 600 pounds of illegal fireworks taken, which was more than double the amount from previous years.

Fire Chief Tim Shackelford says, "The illegal fireworks confiscated by the Chino

Inland Empire

SB County To Rid Rave-Style Events

BY RACINE GUAJARDO

San Bernardino - Rave-style events have been held at the San Manuel Amphitheater in Devore for the past 3 years. However, the San Bernardino County Board of Supervisors proposed on June 28 to consider a ban on the events.

According to documents available online, as of September 6, 2016 it will go into effect to no longer permit Live Nation to host any more Electronic

see IE page 3

Speed Contest Results In Collision

STAFF REPORTS

Chino Hills - On June 25, two suspects were arrested after a speed contest that resulted into a collision on Soquel Canyon Parkway and Pipeline Avenue in Chino Hills.

The two suspects were identified as 18-year-old resident of Chino, Juan Nungaray, and a male juvenile resident of Chino

see Speed page 10

Our Featured Businesses

Liposuction Without The Suction

BY MICHAEL ARMIJO

Claremont - Body Sculpting is best described as an alternative way to lose body fat in specific areas that are hard to reach, including under the arms, love handles, inner thighs, or even the breast area on a man. The procedure seems to be relatively new, but it's actually an old technique that is revised.

see Sculpt page 10



Premier Body Sculpt is located at 250 W. 1st Street Suite 116, Claremont. You can reach them at 1-(855) 8-SCULPT or visit their website at www.premierbody-sculpt.com.

One-Stop Shopping At Walnut Hills Village

STAFF REPORTS

Walnut - Walnut Hills Village can help you be more productive and efficient while doing your daily errands. With more than 30 stores in one location, and anchored by Stater Bros., this is one-stop shopping at its finest. There

see Shop page 6

Walnut Hills Village

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Walnut Hills Village is located at 20747 Amar Road, just 1/2 block west of Grand Avenue, with easy access from the 60 and 57 freeways.

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 **ARMIJO**
NEWSPAPERS
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Did You Know?

Fun Activities To Foster Children's Love Of The Outdoors

STATEPOINT

Many families spend summer vacation taking advantage of the great outdoors -- from picnics to hikes to time at the pool.

Parents are often looking for ways to turn these typical warm weather activities into creative adventures and engaging learning experiences.

Jessica Turner, author of "The Fringe Hours," and mother of three, is an expert at incorporating the sun, sand and surf into crafting activities. She's sharing some of her best summer tips to encourage creative play, while keeping kids healthy, happy and safe.

Crafty Ideas

• Take a hike: There over 6,000 state parks nationwide. Take advantage of one near home. While traversing the terrain, gather leaves, sticks and fallen flowers. Print out an 8x10 inch picture of your child and glue the nature finds around the edges.

• Picnic imprints: Let little ones run around in search of rocks and sticks. Place the items on top of a piece of construction paper and leave somewhere sunny. Check back in an hour and remove the objects. Kids will be amazed to see the objects' outlines imprinted on the paper.

• Seashells by the seashore: Bring along pails and stroll the shore in search of seashells of varying sizes. Once home, break out the glue, paint and googly eyes to create whimsical jewelry, funny fish and even wind chimes.

• Backyard adventure: All it takes to turn a backyard into a deserted island is a little paint. Grab some rocks, paint them gold and hide them around the yard. Create a treasure map and get into the theme by dressing the kids up in pirate gear. Then head outside to hunt for gold.

see Know page 3

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PHOTO COURTESY: GOOGLE

History 101

U.S. declares independence

HISTORY.COM

In Philadelphia, Pennsylvania, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of the United States of America from Great Britain and its king. The declaration came 442 days after the first volleys of the American Revolution were fired at Lexington and Concord in Massachusetts and marked an ideological expansion of the conflict that would eventually encourage France's intervention on behalf of the Patriots.

The first major American opposition to British policy came in 1765 after Parliament passed the Stamp Act, a taxation measure to raise revenues for a standing British army in America. Under the banner of "no taxation without representation," colonists convened the Stamp Act Congress in October 1765 to vocalize their opposition to the tax. With its enactment in November, most colonists called for a boycott of British goods, and some organized attacks on the customhouses and homes of tax collectors. After months of protest in the colonies, Parliament voted to repeal the Stamp Act in March 1766.

Most colonists continued to quietly accept British rule until Parliament's enactment of the Tea Act in 1773, a bill designed to save the faltering East India Company by greatly lowering its

tea tax and granting it a monopoly on the American tea trade. The low tax allowed the East India Company to undercut even tea smuggled into America by Dutch traders, and many colonists viewed the act as another example of taxation tyranny. In response, militant Patriots in Massachusetts organized the "Boston Tea Party," which saw British tea valued at some 18,000 pounds dumped into Boston Harbor.

Parliament, outraged by the Boston Tea Party and other blatant acts of destruction of British property, enacted the Coercive Acts, also known as the Intolerable Acts, in 1774. The Coercive Acts closed Boston to merchant shipping, established formal British military rule in Massachusetts, made British officials immune to criminal prosecution in America, and required colonists to quarter British troops. The colonists subsequently called the first Continental Congress to consider a united American resistance to the British.

With the other colonies watching intently, Massachusetts led the resistance to the British, forming a shadow revolutionary government and establishing militias to resist the increasing British military presence across the colony. In April 1775, Thomas Gage, the British governor of Massachusetts, ordered British troops to march to Concord, Massachusetts, where a Patriot arsenal was known to be located. On April 19, 1775, the British

see History page 3

When Did Fear Become Your Master?

BY MICHAEL ARMijo

When I sat at my desk, I felt this uneasy queasiness overwhelm me. It was a nauseating feeling as though someone had kicked me in the stomach. Although the "beating" was over, I could still feel the soreness. It lingered as long as my failure to act lingered. I knew I had to march into that office and begin my new quest of pursuing my dream. But I just couldn't do it that day, so I waited. And then I waited. Soon, the wait went from hours, to days, to weeks, to months, and then it finally went on for years. I was too fearful to leave. I was too afraid to pursue a career I've always dreamt about.

How many times have you heard or felt: "I just can't do it, I'm too afraid"? How many times have you heard or said: "maybe someday, but not right now"? Or the worst feeling of all: "I just can't love again because I'm afraid of being hurt." Every time I hear those phrases, I have to ask, "When did I become so fearful that I just couldn't make a move?"

I'm a firm believer in the philosophy that you can do whatever you want in life and that you can have whatever you desire. You can be whatever you want to be. A single emotion can hold many of us back (and has held me back many times), when fear interferes with a goal. Maybe it's a desire. A passion. A dream. When fear takes hold of those things from your mind and cheats your heart, it can take things from your family as well.

My father claimed he was a cautious man, he did things what he SAID was out of caution. I believe it was completely out of fear. He set out to do many things but he never did, although he had the means to do so. He acted like a pauper, but he died with almost a million dollars in property.

You see, we have the confidence inside us; the confidence we're born with. It's a confidence we deserve. I believe when we carry this and our ability, we become whatever we want to become. But when fear overwhelms us, it starts to take control. You don't take chances when you're fearful and you don't roll the dice. Instead, you let fear overpower and overcome that birth-given confidence. This is the time when you have hit a low in your life. This is a time when you paralyze yourself. A time you are actually standing still. Because this is the time when fear has become your master. ■



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Jazz And Blues Concert

By Barbara Morrison

STAFF REPORTS

Chino Hills - On Saturday July 9, The Art Committee of Chino Hills Community Foundation (chARTS) presents a Jazz and Blues performance by Barbara Morrison.

Barbara is a three-time Gram-

my nominee, and considered one of the 50 greatest female jazz vocalists who will be performing as part of chARTS Artists Series.

The performance will be held from 7 p.m. to 9 p.m. indoors at the Chino Hills Community Center, 14250 Peyton Drive. Doors will open at 6:30 p.m. Space is limited.

Tickets may be purchased for \$20 online at www.chinohills.org/chARTS. Beer and wine will be available for purchase at the event.

For more information, you can call at (909) 364-2826 or visit the website at www.chinohills.org/chARTSEvents. ■

Recent Recalls

STAFF REPORTS

A variety of products have been recalled recently. Here is a list of the most recent recalls this month:

1. Following an Additional Child Fatality, IKEA Recalls 29 Million MALM and other models of Chests and Dressers due to serious Tip-Over Hazard. Consumers urged to anchor chests and dressers or return for refund. The recalled chests and dressers are unstable if they are not

properly anchored to the wall, posing a serious tip-over and entrapment hazard that can result in death or injuries to children.

2. Evenflo Company, Inc. (Evenflo) is recalling certain Transitions 3-in-1 Combination Booster Seats, model numbers 34411686, 34411695, and 34411029, produced from December 18, 2014, through January 29, 2016.

3. National Van Builders, Inc. (National Van) is recalling certain model year 2015 Ford Tran-

sit vehicles manufactured July 1, 2015 to October 30, 2015, and equipped with certain model S2005, S2010, S500.

4. 3M Recalls Hard Hats Due to Shock Hazard. Hard hats sold online were marketed to protect against electric shock, but they do not provide this protection.

5. Sony Recalls VAIO Laptop Computer Battery Packs Due to Burn and Fire Hazards. The lithium-ion battery packs can overheat, posing burn and fire hazards. ■

History 101

History from page 2

regulars encountered a group of American militiamen at Lexington, and the first shots of the American Revolution were fired.

Initially, both the Americans and the British saw the conflict as a kind of civil war within the British Empire: To King George III it was a colonial rebellion, and to the Americans it was a struggle for their rights as British citizens. However, Parliament remained unwilling to negotiate with the American rebels and instead purchased German mercenaries to help the British army crush the rebellion. In response to Britain's continued opposition to reform, the Continental Congress began to pass measures abolishing British authority in the colonies.

In January 1776, Thomas Paine published *Common Sense*, an influential political

pamphlet that convincingly argued for American independence and sold more than 500,000 copies in a few months. In the spring of 1776, support for independence swept the colonies, the Continental Congress called for states to form their own governments, and a five-man committee was assigned to draft a declaration.

The Declaration of Independence was largely the work of Virginian Thomas Jefferson. In justifying American independence, Jefferson drew generously from the political philosophy of John Locke, an advocate of natural rights, and from the work of other English theorists. The first section features the famous lines, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." ■

The second part presents a long list of grievances that provided the rationale for rebellion.

On July 2, 1776, the Continental Congress voted to approve a Virginia motion calling for separation from Britain. The dramatic words of this resolution were added to the closing of the Declaration of Independence. Two days later, on July 4, the declaration was formally adopted by 12 colonies after minor revision. New York approved it on July 19. On August 2, the declaration was signed.

The American War for Independence would last for five more years. Yet to come were the Patriot triumphs at Saratoga, the bitter winter at Valley Forge, the intervention of the French, and the final victory at Yorktown in 1781. In 1783, with the signing of the Treaty of Paris with Britain, the United States formally became a free and independent nation. ■

SB county to rid rave-style events

IE from page 1

Dance Shows at the San Manuel Amphitheater at the Glen Helen Regional Park. This was due to numerous objections of noise and nuisance complaints generated by the Electronic Dance Show events.

The Board of Supervisors have also taken into consideration the results of deaths that have happened at these events. According to Janice Rutherford, "Sadly, two deaths have been linked to rave festivals at

the Venue. Arrel Cochon, 22, of Hollywood suffered a seizure after taking Ecstasy and methamphetamine at the Nocturnal Wonderland festival in September 2013. John Hoang Dinh Vo, 22, of San Diego died at Loma Linda University Medical Center after suffering a seizure and collapsing at the Beyond Wonderland festival in March 2015. The cause of death was acute toxicity from MDMA (Ecstasy)."

No actual impact financially is known at this time. However, also according to Rutherford's report, "it is unclear to what

direct extent the EDS events contributed to the overage. The elimination of EDS may also impact the County's negotiations with Live Nation to extend the management contract for the San Manuel Amphitheater and the level of financial guarantee. Additionally, the County may see a loss of revenue from Live Nation for the leasing of additional space at Glen Helen Regional Park for camping or other needs during EDS events or may recognize an increase in revenue resulting from other usage opportunities." ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

Be Prepared

- Sun protection: Young children can be especially sensitive to sun. Seek shade when possible and wear hats and sunglasses.

Protect babies' skin from harmful UV rays with a pediatrician-tested sunscreen created with the fewest ingredients possible. For example, Tom's of Maine Baby Sunscreen is comprised of only five ingredients, including zinc oxide. It provides SPF 30 protection and is water-resistant up to 80 minutes.

- Basic first aid: Outdoor fun can lead to scrapes and boo boos. Don't leave home without basic first aid items. Your kit should include bandages, anti-septic wipes, tweezers for splin-

ters and anti-itch relief, in the event of bug bites.

- Baby care: Babies are prone to a number of skin irritations, particularly in warmer weather. Prevent diaper rash with a gentle hypoallergenic cream, such as Tom's of Maine Baby Diaper Cream. More information can be found at TomsofMaine.com.

- Healthy hydration: No matter how much fun the kids are having, never forget the importance of hydration, particularly when they are active. For maximum benefit, stick to water, healthy drinks and fresh fruit. On a similar note, keep kids fueled for outdoor exploration with plenty of nutrition-packed snacks!

This season, foster a love of the great outdoors. To maximize your fun in the sun, be prepared with all the essentials for creative, safe adventures. ■

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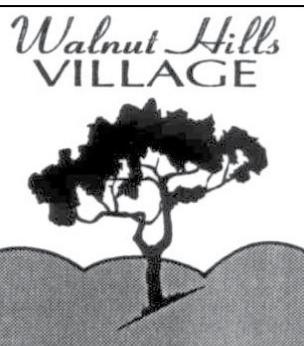
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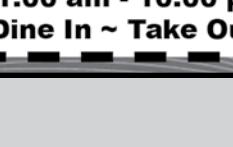
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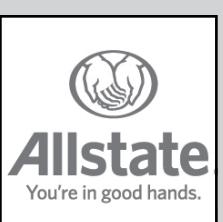
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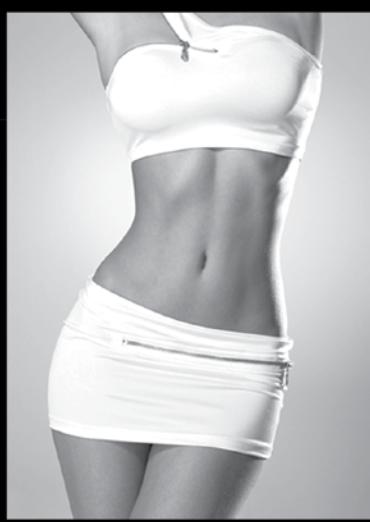
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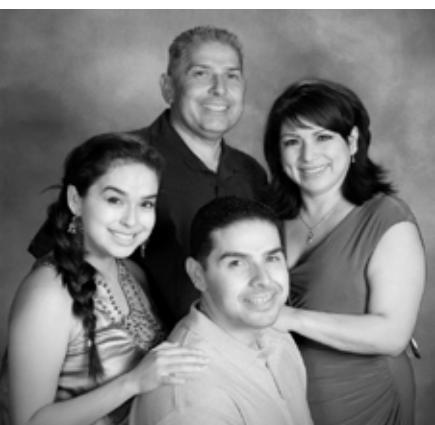
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PHOTO COURTESY: CINDY REYNA

Raleigh Reyna enjoying the Vietnam Memorial Wall festivities.

Veterans Memorial Wall now in Chino

Memorial from page 1

on the left side of the street.

For the duration of the display being up, the Mobile Vietnam Veterans Memorial for the Antelope Valley will be open to the public 24 hours a day and volunteers will be present to assist

you with locating the names of your loved ones.

For more information on this event, you may visit www.city-ofchino.org/events or you may also visit The Mobile Vietnam Veterans Memorial for the Antelope Valley at www.avwall.org. Either sites will have Procession Route Map available. ■

One-stop shopping at Walnut Hills Village

Shop from page 1

is something for everyone. And with so many independent merchants, this is the perfect opportunity to shop small by shopping local.

Drop your pet off at Sophie's Wags to Whiskers boutique for some grooming, while you relax at Newen's Beauty Salon or Art Nails. You can run errands at several retailers, and then grab a quick lunch at Baby Elephant Thai Cuisine. There is even time to schedule that dental or vision appointment that you've been putting off, get your banking done, and run into Dollar Tree for discounted items.

Asian Kitchen Express will set you up with delicious Pho-Thai party trays for your next celebration, while Royal Florist takes care of your table centerpiece. And, the UPS Store is right there to help mail out a birthday card.

With so many options in one place at Walnut Village, now you can tackle those daily errands.

The Walnut Hills Village is located at 20747 Amar Road, just a 1/2 block west of Grand Avenue in Walnut. See the full page ad on page 4 of this publication for coupons and a full listing of all of the retail establishments you can find there. ■



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Illegal fireworks operation in Chino

Fireworks from page 1

Police Department will go a long way toward keeping the communities we serve safe during this Fourth of July holiday. Illegal fireworks not only compromise your own safety, but also the safety of others. They can cause serious injuries and can cause devastating fires."

Within one week, three different operations were conducted where officers responded to online sales advertisement for fireworks.

The first response was on June 22, which netted approximately 25 pounds of illegal fireworks. The suspect was identified as Raymond Flores, 21-year-old resident of Chino, who was booked into West Val-

ley Detention Center for three violations: advertise sales of dangerous fireworks without a permit, sales of dangerous fireworks without a permit, and possession of dangerous fireworks without a permit.

The second response was on June 24, which netted 500 pounds of illegal fireworks. The suspect identified as Lauro Aguirre, 32 years-old of Chino, was booked into West Valley Detention Center for two violations: possession of dangerous fireworks over 100 pounds and possession of explosives.

The third response was on June 28, which netted approximately 40 pounds of illegal explosives. The suspect was identified as Francisco Morales, 26 years-old of Chino Hills, and was booked into

West Valley Detention Center for three violations: advertising sale of fireworks, sale of dangerous fireworks without permit, and possess dangerous fireworks without a permit.

"We are very pleased with the results of the pre fourth of July operations. Make no mistake; Chino PD will continue to strictly enforce the city ordinance as it relates to fireworks. While safe and sane are legal, inappropriate use of "safe and sane" fireworks and possession or use of illegal fireworks will not be tolerated in Chino. These operations are just the beginning of our commitment to making sure the chino community celebrates responsibly," states Police Chief Karen Comstock.

Stay safe and enjoy the Fourth of July Holiday! ■

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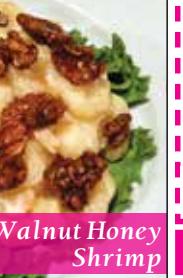
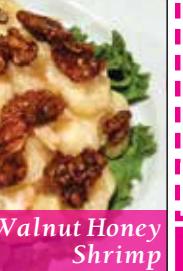
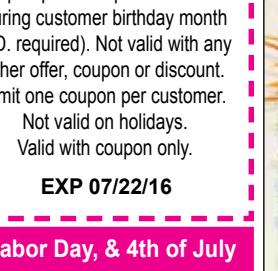
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“Many a small thing has been made large by the right kind of advertising.”

- Mark Twain

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Healthy Living

Local Races/Hikes:

4th of July Faith and Freedom Run (5k)
When: July 4, 2016, 7 AM, Check-In 6 AM
Where: 6829 Etiwanda Ave., Rancho Cucamonga
Details: FREE pancake breakfast and patriotic program to follow!

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

Local Farmers Markets:

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

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

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

Recipes:

Shrimp Taco Lettuce Wraps

with Smoky Chipotle Beans, Charred Fajita Veggies, and Garlic-Lime Crema

BY HELLO FRESH

Cooking time: 30 min

Servings: 2

Nutrition: Calories: 542, Fat: 20g, Sat. Fat: 4g, Protein: 39g, Carbs: 46g, Sugar: 6g, Sodium: 1018mg, Fiber: 21g

Ingredients

- Shrimp- 10oz.
- Kidney Beans- 1 box
- Boston Lettuce- 1 head
- Sour Cream- 1 oz.
- Lime- 1
- Garlic- 2 cloves
- Chipotle Powder- 1 t
- Yellow Onion- 1
- Green Bell Pepper- 1
- Avocado- 1
- Olive Oil- 2t

Preparation

1. Prep the ingredients: Drain and rinse the beans. Core, seed, and remove the white veins from the bell pepper, then thinly slice. Halve and peel the onion; dice one half, thinly slice the other. Mince or grate the garlic. Zest and cut the lime into wedges. Separate the Boston lettuce into individual lettuce leaves.

2. Make the garlic-lime crema: In a small bowl, combine the sour cream, $\frac{1}{2}$ teaspoon lime zest, a squeeze of lime, and up to half the garlic (start with a little and go up from there!). Season with salt and pepper.



PHOTO COURTESY: HELLO FRESH

3. Make the bean mixture: Heat a drizzle of oil in a medium pan over medium heat. Add the diced onion and cook, tossing, for 4-5 minutes, until softened. Add the beans, remaining garlic, and up to half the chipotle powder (add a little and go up from there!) to the pan. Cook, tossing for 2-3 minutes, until warmed through and fragrant. Season with salt and pepper. Remove the pan from the heat.

4. Cook the shrimp: Heat a drizzle of oil in a large pan over medium high heat. Add the peppers and onions and cook, tossing, for 6-7 minutes, until softened and lightly charred. Season with salt and pepper. Add the shrimp and as much remaining chipotle powder as you like (remember, it's spicy!). Cook while tossing for 1-2 minutes until the shrimp are opaque. Season with salt, pepper, and a squeeze of lime.

5. Quickly reheat the bean mixture over high heat. Halve, pit, and thinly slice the avocado.

6. Finish: Plate the shrimp, beans, avocado, and lettuce cups. Serve the garlic-lime crema to the side. Assemble the shrimp taco lettuce wraps with all the components, finishing with a squeeze of lime. Enjoy! ■

Tips:

Nutrition Questions?

Clark's NUTRITION®
 & Natural Foods Market

ASK CLARKS

"I have heard a lot about Resveratrol. What is it and what is it good for?"

A letter from Lisa of Chino Hills

BY CLARK'S NUTRITION AND NATURAL FOODS MARKET

Resveratrol is a defense mechanism or organism produced by plants to prevent infections on the plant such as fungus. The main source of Resveratrol is grapes used to make wine and Japanese Knot weed. Varieties of grapes are called Labrusca and Muscatine a typically the most abundant in Resveratrol. Resveratrol is produced in the grape plant's vines, roots, seeds, and stalks, but the skin of the grapes is the most abundant source of resveratrol. Resveratrol is much more abundant in red wines because both the seeds and skins are used. Conversely, white wines are prepared mainly from the juice. It is noted that red wines vary considerably in Resveratrol content depending on length of time the skins are present during the fermentation process and climatic areas. Non-fermented grape juice has lower concentrations of resveratrol. Smaller amounts can be found in mulberries, peanuts and eucalyptus as well.

The popularity of Resveratrol developed primarily because of its benefits with cardiovascular support. Known actions of resveratrol include, but are not limited to: antioxidant, inhabitation of cholesterol synthesis, inhibition of atherosclerosis, reduced inflammation and promotion of vaseodialation. Human and animal studies indicate possible benefits of Resveratrol including reduced risk in certain types of cancers and heart disease.

Although a lot of these studies are not double blind studies and they have no definitive conclusions, researchers are positive about the strong outcomes and positive benefits of resveratrol research that is currently taking place.

The benefits of Resveratrol have been seen using a supplemental form as well. Dietary supplements can obtain resveratrol from the Japanese knotweed plant (*Polygonum cuspidatum*) as well as grapes. Many individuals like the supplemental form the best because of the disadvantages of wine consumption. Although one to two glasses of

wine a day (5-6 oz) are considered to be healthy for adults, many end up drinking more than what is 'healthy', making wine a possible deterrent when not consumed properly. While alcohol consumption for resveratrol is not always optimal, supplemental forms have shown benefits. There are many studies for supplemental forms with positive results. It is noted these are preliminary studies and some are *vitro* (test tube) studies and more conclusive studies are on the horizon. Consumption of resveratrol from foods and supplements has shown great health benefits. It is always a good reminder to note that resveratrol is a colorful compound. Foods that have color also have healthy benefits. Remember to eat fresh fruits and vegetables for color and health benefits. ■

Have a health related question?

Send us your question along with your first and last name, and city you live in to: askclarks@clarksnutrition.com

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

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Summer Adventures

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



I always travel every summer. I travel so much that the only continent I haven't been to is Antarctica, but I will be traveling there in 2017. This July I'm going to a dude ranch high in the Rocky Mountains in Colorado and then in October I will be going to Jamaica. At the dude ranch I will have the opportunity to ride horses twice every day and also have an overnight ride as well. I will also have the opportunity to go white water rafting and to go fishing. This week at the dude ranch is Native American week. There is a Native American chief that lives on the property for the week in his teepee with some of the other members

of his tribe. I will have the opportunity to have conversations with him, make a medicine bag and collect and learn even more about medicinal uses of plants. Finally at the end of the week, the ranch is hosting a Native American Pow-Wow.

In Jamaica, I will swim with the dolphins, parasail, snorkel, scuba dive and ride and swim with horses. I have a private ocean-front suite, which will be very quiet and very good for my practice of daily meditation, along with watching sunrises and sunsets. I love the beach and the delightful reggae music, which Jamaica is famous for. I know I will spend lots of time in the water marveling at the underwater world and all the beauties that inhabit this magical world.

Most importantly, as a therapist, I need to recharge and I know these magical places will surely make that happen. ■

also will have time to celebrate life and just being alive, which is very important to me. I hope you will find some time to go somewhere special this summer to refuel your soul!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, a group on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her 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 walked in on my parents! What should I do? - A Letter from Jen

By DANICE AKIYOSHI, N.D.



Q: I was out for a business meeting on Saturday night that was about ten minutes from my parent's house. I decided to visit and didn't call in advance. As I walked up the driveway, I could hear my mom and dad laughing on the patio. I let myself in with my key and headed toward the

patio. I was pretty surprised to see my parents in a party mode like I have never seen before. In order to avoid embarrassment for all of us, I left without making my presence known. My cheeks are still burning. My parents never did these things when my sister and I lived at home. Should I pretend like I never saw this?

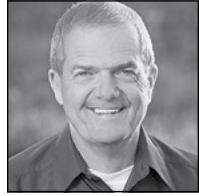
A: Yes, you should pretend that you never interrupted the privacy of other adults. When parents are finally done raising their children they often go back to enjoying themselves in ways that are inappropriate when youngsters are around. Never show up anywhere uninvited or unannounced. If your family shares house

keys, it's probably for emergency reasons at this point in your lives. Is it also possible that you might be caught in a private situation if your parents decided to let themselves into your home uninvited and unannounced? Learn from this one, Jen. Please be respectful and keep their business to yourself.

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. ■

For The Birds

By PASTOR MARK HOPPER



I forgot that there are wild birds where we live. They are active and busy this time of year, but I hardly notice their presence in the busyness of everyday life.

However, that changed recently. Unexpectedly, I found several birds to be directly involved in my life.

My first bird encounter was up in the mountains of Arrowhead. My wife and I had stayed at a cabin with some members of our family. As some in our group were loading their car and getting ready to leave, a small bird flew inside their car.

Because their car windows were down, the small bird flew right in and couldn't find his way out again. After several minutes of fruitless effort, it huddled fear-

fully on the floor of the back seat.

We rushed over and opened all the car doors hoping it would escape. But this frightened little bird would not move. So I finally reached in and gently picked it up and set it on a ledge nearby.

I have heard that if you touch a baby bird, the mother will abandon it. But, I researched on Google and learned that this is not true. The article said that birds have a poor sense of smell and that it is okay to touch them if necessary.

After our guests drove away, I kept looking out the cabin window to see if the bird was okay, but it had not moved. I watched and looked many times worried that it was injured.

Finally after several hours, the bird was gone! Maybe the mother came to the rescue and persuaded the little feathered friend that it was time to get going. Or maybe it got hungry and decided to find some food! ■

I was relieved that the bird was gone and was apparently okay.

There is a verse in the Bible in Matthew 10:29-31 that says, "A sparrow does not fall to the ground without your Heavenly Father knowing it."

In the context of this passage, Jesus is talking about fear. He reminds us that God knows every detail of our lives and cares for us, just as He knows about even the smallest bird that falls to the ground.

If you are experiencing fear or anxiety, remember that God knows your situation and cares about your every need. Talk to Him in prayer and rely on Him for the strength you need to face your fears and worries today.

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. ■



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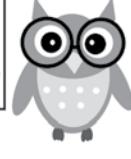
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ADVANTES Speech Therapy Services of Diamond Bar, CA is seeking a CA Licensed Speech-Language Pathologist (SLP) to evaluate, assess, research, plan, and deliver individual pediatric infant/child speech therapy for 0-18 year olds, with Developmental Delays, Autism Spectrum Disorder, Hearing Loss, Cleft-Palate, Cerebral Palsy, and/or Traumatic Brain Injury patients, including working with infants & children. Must be familiar with augmentative devices, tablets, and associated software. Must have excellent recognition, listening & therapy skills, as well as excellent diagnostic, treatment, and speech therapy skills. Must be CA State Licensed or provisionally Licensed in Speech-Language Pathology. This position does not apply to SLP-Assistants.



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Seven Tips For Children's Summer Safety

Protect your kids while playing outside this summer

BY WASTE MANAGEMENT

Waste Management of Southern California encourages parents to review summer safety tips around waste and recycling collection trucks. Now that summer time is in full swing, the company has issued seven tips to help you be mindful of your family's safety during this fun and adventurous season when everyone enjoys more time playing outside.

"Children are fascinated by our beautiful green waste and recycling trucks," said Eloisa Orozco spokesperson for Waste Management of Southern California. "Because safety is top priority for us, we encourage parents to take a moment to review these important safety tips with their kids to help prevent dangerous situations."

Summer Safety Tips:

- **Learn Collection Schedules:** Learn the schedule of when service vehicles are in the area and share the schedule with your children. Waste and recycling trucks, postal vehicles and other package delivery services keep regular schedules within each neighborhood.

- **Keep a Safe Distance:** Keep a safe distance from the truck – at

least 15 feet. Never climb on the truck. Do not play or stand in or around waste and recycling bins or cans, since you may not know when the truck is coming to empty them.

- **Stay Clear:** Do not attempt or allow children to help with loading any materials into the truck. In addition to moving truck parts, debris can come out of the truck when its contents are being compressed.

- **Stay Alert:** Vehicles like Waste Management trucks make frequent stops and often back-up, so don't follow the truck closely while walking, running, biking or skating. Stay alert and listen for the back-up alarm with "beep-beep-beep" sounds.

- **Stay Visible:** There are several areas where the visibility is restricted for the driver. If you can't see him/her in the eyes, they most likely can't see you.

- **No Sudden Stops:** It takes service vehicles about twice as long to stop as a passenger car, so never cut in front of or stop suddenly in front of one. Always keep a safe distance from a truck.

- **Listen for Alarms:** Every Waste Management truck is equipped with a back-up alarm. Whether you are walking or driving near one of our trucks, if you hear this sound or see the white back-up lights, be sure to move out of the way of the truck. ■

Neighborhood Watch

Walnut from page 1

event took place on June 22 at Sycamore Canyon Park.

The Neighborhood Watch Program is one of the oldest and most successful community and law enforcement partnerships in the United States. Established in 1972, the Neighborhood Watch Program organizes and trains community members to act as the eyes and ears of law enforcement, successfully reducing crime in their neighborhood. The success of the program lies in the vigilance of the members who are committed to the safety of their neighborhoods and depriving criminals with easy opportunities to commit crimes.

Remember, if you see something that looks out of place or suspicious, call the Walnut/Diamond Bar Sheriff station at 909-

595-2264. If you witness a crime in progress call 9-1-1 and report it.

Neighborhood Watch organizations are active in Walnut, Diamond Bar and Rowland Heights.

For further information about joining a Neighborhood Watch group, contact the following individuals:

Walnut:

Deputy Doug Daley at (909) 595-7543 ext. 306
www.cityofwalnut.org

Diamond Bar:

Community Relations Deputy Aaron Scheller at (909) 839-7079
www.cityofdiamondbar.com

Rowland Heights:

Deputy Louis Denver at (909) 595-2264

Additional community safety resources:

LA Crimestoppers:
www.lacrimestoppers.org
 WeTip: www.wetip.com
 National Crime prevention Council: www.ncpc.org ■

Speed contest collision

Speed from page 1

who is 17 years-old.

According to the Chino Hills Police Department, the suspects were driving at speeds that doubled the speed limit, about more than 80 mph. The juvenile of the vehicle lost control and collided with several trees before the vehicle came to rest on the side-

walk of Soquel Canyon Parkway. There was also a passenger with the juvenile, who suffered minor injuries from the collision.

Both suspects were arrested for participating in a speed contest, and both vehicles were impounded.

If you have any additional information, please contact Deputy J. Arden of the Chino Hills Police/Sheriff's Department at (909) 364-2000. ■

Diamond Bar council recap

DB from page 1

a representative from the Diamond Bar public library announced several upcoming events, including a presentation on the Zika virus and a music mixing workshop run by a professional DJ. A representative from Waste Management presented the Council with a check in recognition of the City's excellent performance in paint recycling.

The City Manager then read the schedule of future events, which consisted of the June 22 Concerts in the Park and Movies under the Stars, featuring Upstream and Goosebumps respectively; the Parks and Recreation Commission meeting on June 23 at 7 p.m.; the Planning Commission meeting on June 28 at 7 p.m.; the June 29 Concerts in the Park and Movies Under the Stars featuring Stone Soul and Cinderella (2015); Independence Day on July 4, during which City offices will be closed; the 4th of July Blast at Diamond Bar High School; the cancellation of the July 5 City Council meeting; the July 12 Planning Commission meeting

at 7 p.m.; the July 13 Concerts in the Park and Movies Under the Stars, featuring Save by the Band and Hotel Transylvania 2; the July 14 Traffic and Transportation Commission at 7 p.m.; and the next City Council meeting on July 19 at 7 p.m.

The Council then approved all items on the Consent Calendar, including the minutes from the City Council Study Session of June 7; the minutes from the Traffic and Transportation Commission meeting of May 12; ratification of a check register totaling \$1,633,765.77; a two year agreement with On-Line Transcription Services to provide minute secretarial services for the City Council, Commission and Committees; approval to adjourn the City Council meeting of July 5 to July 19; a one year consulting services agreement with Diana Cho and Associates for Community Development Block Grant Labor and Contract Compliance services; the first amendment to the contract with R. F. Dickson Company, Inc. to provide street sweeping services and new composting program; the second amendment to the consulting services agreement with

Sytech Solutions, Inc. extending the contract term through June 30, 2017; construction administration services contract to Onward Engineering for the Diamond Bar Boulevard and Brea Canyon Road Intersection Enhancement Project; the first amendment to the Consultant Services Agreement authorizing SJC3 for Consulting Inc. to administer the City's Home Improvement Program; appropriation of Prop C fund reserves to the fiscal year 15-16 Capital Improvement Program Budget, amend the construction agreement with All American Asphalt; and a two year agreement with Inland Valley Humane Society to provide animal care and control services starting July 1, 2016 through June 30, 2018.

Following a public hearing, the Council approved a resolution levying an assessment on landscaping districts 38 39, and 41.

Finally, the Council awarded a consulting services agreement to Dyett & Bhatia to prepare the City's Comprehensive General Plan Update. Following Council reports and comments, the Council adjourned to July 19, at 6:30 p.m. ■

Liposuction without the suction

Sculpt from page 1

Upon visiting the Premier Body Sculpt Center in Upland, I was a bit skeptical about their amazing new technology actually working. The combination of Ultrasonic Cavitations and Radio Frequency was said to show amazing results without the inconvenience, pain and down-time of surgery. But the skepticism is over.

This non-invasive, liposuction technology works by using sonic energy and vibration to destroy and collapse fat cells, thereby facilitating the body's natural process to metabolize and move fat out through the lymphatic system. Unlike liposuction - and for a fraction of the cost - results can be seen immediately with no bruising, swelling, or scars.

The best way to describe it would be: imagine getting a huge bag and placing small water balloons inside. Then imagine tapping the bag until the water balloons break. This same concept is applied to Body Sculpting. It liquefies the fat and then the body processes the fat through the urine. Sounds different, but the body processes fat this way, and the results are immediate, with further results seen throughout the week.

When I experienced Body Sculpting myself, all I had to do was lie down and sit up while the three step process was administered. The ultrasound radio frequency was a bit different, as sound waves emitted through my body. That's what ultrasound is, an emission of sound waves. But this is at a higher rate, and

this is how fat is broken down. And during the process, I could actually hear sound coming out of my ears. It took a moment to get used to, but eventually it didn't faze me a bit.

When it comes to my health, I am on it. I need to know all the facts, the downsides, and the repercussions. I am a diabetic, so I always have some type of risk. But what gave me confidence was that the technician was an RN, BSN, and Aesthetic Specialist – who also worked in an emergency room at a local hospital (yes, I checked).

I could not find anything neg-

ative about the procedure and I did see results right away (the before and after pictures were amazing). I completed three sessions, and I am pleased with the results so far. I would go back to do more.

I recommend Premier Body Sculpting, and I also recommend you check out their website, watch the video, and make the best decision for yourself.

Premier Body Sculpt is located at 250 W. 1st Street, in Claremont. You can reach them at (855) 8-SCULPT, or visit their website at www.premierbody-sculpt.com. ■



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CH High Director Added To MVP Athletic Director List

STAFF REPORTS

Chino Hills - Athletic Director at Chino Hills High, Phil Garcia, has recently been named to the CIF Southern Section's MVP Athletic Directors list, according to the Chino Valley Unified School District. Garcia is known for being an outstanding leader and making a positive impact on student athletes, which is why he was given this high honor. ■

Mt. SAC Health Career Students Win 10 Medals At Nationals

BY MIKE TAYLOR

Walnut - Mt. San Antonio College health career students recently won 10 medals—seven gold and three silver—at the Health Occupation Students of America (HOSA) national competition held at Anaheim Hilton. More than 6,6400 secondary and post-secondary students competed in 56 different health-related events at the national leadership event held June 22-26 in Nashville, TN.

Remington Cole (Pomona), Rebecca Cruz (Rancho Cucamonga), Sue Mass (Chino Hills), and Felicia Ngo (Alhambra) all won gold medals in the creative problem solving competition.

Maria Jauregui (Covina), Kirk Loualhati (Covina), and Jose Montiel-Flores won gold medals in the biomedical de-

bate competition. Yessenia Campos (El Monte), Keili Hiniker (Walnut), and La Tonya McDaniel (Perris) all won silver medals in creative problem solving.

"We had 10 competitors this year, and all 10 were either gold or silver medalists. That is quite an achievement," said Mt. SAC psychiatric technician professor and HOSA advisor Mary Ellen Reyes. "Being involved in and competing in HOSA is a life-changing experience for students."

HOSA, established in 1976 by the U.S. Department of Education, is the national organization for secondary and post-secondary health career students. The organization provides students in 40 states with skills, leadership development, and career development. ■

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PHOTO COURTESY: KELLI GILE

WVUSD Students Honored At Lunch With The Principal Event

BY KELLI GILE

Walnut - Nine students were treated to a sizzling reward for achieving their personal best during Benihana's Lunch with the Principal.

After enjoying a teppan-style lunch prepared by a personal chef, the students were honored by their principals.

Each of the nine elementary schools in the Walnut Valley Unified School District chose a hard-working student to celebrate during the special lunchtime adventure held at the City of Industry restaurant.

Congratulations to this year's honorees: Andrea Illingworth - Castle Rock, Noah Evans - Cyrus J. Morris, Edgar Wu - Collegewood, Daniel Lee - Evergreen, Anthony Ruiz - Quail

Summit, Jazmine Brooks - Maple Hill, Francesca Campos - Vejar, Roy Lin - Walnut Elementary, and Madison Apolo - Westhoff.

The 18th annual event was held at the popular City of Industry restaurant on May 17.

The skilled chefs entertained audiences by creating tiny smoking volcanos from onion rings and flipping shrimp tails in their stovepipe hats.

"I liked the fire with the volcano best!" exclaimed Evergreen fifth grader Daniel Lee.

Principals took turns bragging about their students.

CJ Morris Principal Shehzad Bhojani credited his honoree, 4th grader Noah Evans, for showing tremendous improvement in reading and writing, always smiling, and sharing jokes.

Quail Summit Principal Jeanette Koh shared that her 5th grade lunch guest, Anthony Ruiz, is a positive influence on his peers.

"He is a student of character and always rallies above to do the right thing," Koh said.

"We selected Roy for his outstanding academic achievement this year. He maintained a perfect 4.0 GPA, was in the GATE program, and very involved in school," said Walnut Elementary Principal Robert Chang.

"One of the qualities Andrea Illingworth demonstrated this year, along with academics and citizenship, is perseverance after a surgery," said Castle Rock Principal Dr. Resma Brown.

Honorees received certificates, chef's hats, and keepsake photos. ■

Evergreen Odyssey Of The Mind Team Competes At World Finals



PHOTO COURTESY: KELLI GILE

Evergreen students, parents, coaches, and principal Carolyn Wills at the Odyssey of the Mind world finals held at Iowa State University.

BY KELLI GILE

Diamond Bar - Evergreen Elementary students clinched 2nd place in the United States and 5th place in the world during the Odyssey of the Mind world finals held at Iowa State University.

The team won a regional contest in February, then swept the state championship in April to secure a spot at the finals.

Students built and designed a 14.9-gram structure made of balsa wood and glue that held 900 pounds.

Over 10,000 people and 830 teams from around the world competed in the 37th annual international championship that emphasizes creativity and teamwork.

Students competed among teams from the United States,

China, Poland, Switzerland, Mexico, Canada, Indonesia, and North Korea.

Congratulations to students Ianna Lin, Annie Chen, Alexander Kuo, Alex Teng, Carrie Chen, William Qian, and Alexander Dollar.

"It's an amazing achievement for these creative thinkers and problem solvers!" said Principal Carolyn Wills. ■

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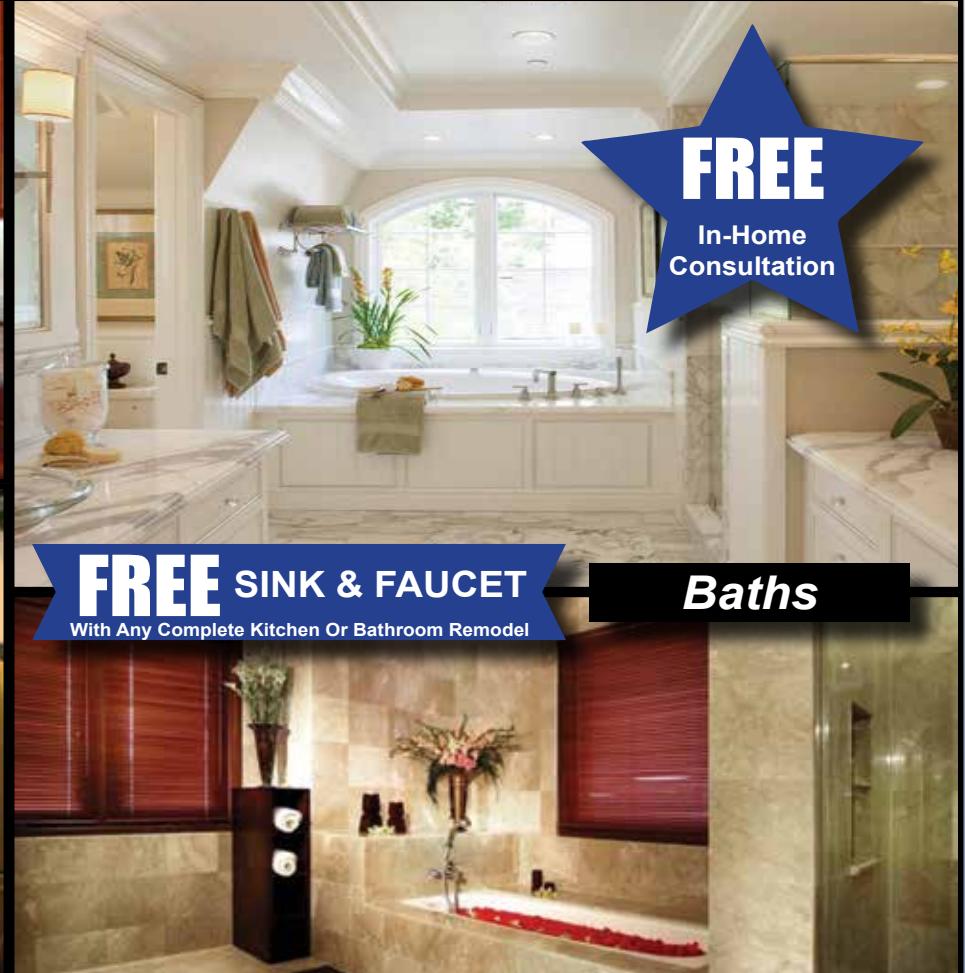
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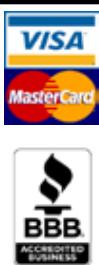
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