

OurWeeklyNews.com

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Walnut

Walnut City Council Recap

BY NATALIE KIM

Walnut - The July 13 Walnut Council meeting began with the recognition of the Mayor's Advisory Committee. The Council and outgoing Mayor Bob Pacheco thanked the committee for their hard work and everything they gave back to the City. The Council then proclaimed July as Parks and Recreation month, commending the Parks and Recreation Commission for keeping the City beautiful and pleasant for everyone.

see **Walnut** page 5

Diamond Bar

DB Coyote Sightings

STAFF REPORTS

Diamond Bar - In the last few weeks, there have been numerous reports of coyote sightings.

One resident reported that, "Coyote sighting tonight behind my backyard nearby by Ronald Reagan Park and the fire station. My mom called me to tell me she was outside with our pug when she spotted out of the corner of her eye a coyote. She immediately grabbed our pug and ran inside. Luckily,

see **DB** page 6



PHOTO COURTESY: CITY OF CHINO
The Chino City Council, Garden Architect, and Community Service Director Dr. Reich officially opened the Chino Community Garden on July 16. Visit the garden at 5976 Riverside Drive in Chino.

Powerball Winners Come Forward!

BY RACINE GUAJARDO

Chino Hills - The holders of the winning Powerball ticket bought at a Chino Hills 7-11 have finally come forward!

Marvin and Mae Acosta, residents of Eastvale, have been

announced as the third winners of the \$1.6 billion Powerball lottery jackpot.

The original drawing was on January 13, and three tickets shared the jackpot. The other two have already claimed their money, one from Florida and one from

Tennessee, but the third winner never came forward. Finally after 6 months of remaining a mystery, the Acosta's came forward with their ticket before the 180 days of the draw date. Just like the other

see **Winners** page 10

CH Allows Watering 3-Times Per Week

STAFF REPORTS

Chino Hills - A meeting that was held on July 12 recommended that the Chino Hills City Council review a recommendation to adopt an urgency Water conservation Ordinance that would allow watering to move to three-times per week instead of the two-times per week.

June has been a record high with the heat, so concerns

about distressed and dying trees was fast tracked for a special meeting in the City Council Chambers at the City Hall.

On July 13, Chino Hills City Council released that they took action on an Urgency Water Conservation Ordinance and declared a Stage II Moderate Conservation Alert that went into effect immediately. This is now allowing the community to use water for outdoor irrigation

three-times per week.

The City of Chino Hills released the following restrictions:

The Stage II Moderate Conservation Alert that went into effect immediately with last night's Council action limits outdoor irrigation to 3 days per week. Residential addresses ending in an even number may use

see **Water** page 6

Inland Empire

SB County DA Named President

STAFF REPORTS

San Bernardino - On July 18, San Bernardino County released that District Attorney Mike Ramos was sworn in as President of the National District Attorneys Association (NDAA).

This ceremony was held in Boston, Massachusetts and Ramos was honored during the NDAA's 2016 Summer Conference and National Victim's Right Summit.

The former NDAA President,

see **IE** page 11

Theft Suspect Sought

STAFF REPORTS

Chino - The Chino Police Department is asking for the public's assistance in identifying a vehicle theft suspect after a pursuit took place in Chino last week.

On Monday, July 11, at 7:49 a.m., a Chino Police Officer attempted to stop a blue Sand Rail, off-road vehicle that was driving recklessly near the intersection of Bickmore and Euclid Avenue in Chino. It was later learned that the vehicle was

see **Sought** page 10

Our Featured Businesses

Chino's Hidden Treasure: Clark's Nutrition

STAFF REPORTS

Chino - Have you ever heard of Clark's Nutrition? Imagine a Whole Foods, Sprouts, Trader Joes, and Nutrishop all under one roof... in your back yard, Chino! Clark's Nutrition & Natural Foods Market is a rare find in the natural foods industry. If you haven't

see **Clark's** page 3



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

Quality Comes First At Peterson Auto Repair

BY K.P. SANDER

Walnut - If you are looking for a local automotive repair center that performs quality work at reasonable prices - and delivers it all with excellent service - look no further than Peterson Auto Repair Center.

Peterson now houses a full mechanic

see **Peterson** page 6



Visit Peterson Auto Repair Center in the Big Valley Industrial Park, located at 3980-A Valley Boulevard, in Walnut. They can be reached at (909) 598-3881. Also see their ad on page 8.

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Did You Know?

*Bring The Family
Together For Meal Time*

BY STATEPOINT

Between work and school-year commitments, it can be difficult to carve out time to sit down at the table and enjoy a home-cooked dinner as a family, but it is well worth the effort. In addition to offering an opportunity to bond, eating together and engaging in conversation can have a deeper influence on children. Follow these tips to bring the family together and create a lasting tradition.

Mark the Calendar

Create a monthly calendar that incorporates a few meals a week in which everyone can be present when there are no sports, activities or after-work functions. Research shows that children benefit when the family eats together at least three times a week. In fact, reported improvements range from healthy eating habits to improved literacy and verbal skills, according to the Family Dinner Project. If three dinners is a stretch for your busy family, consider morning brunches or evening desserts.

Create a Family-Friendly Menu

Integrate family favorites to create excitement around supper, such as a weekly pizza night. Make homemade crust as a team and craft personal pies incorporating fresh toppings, such as bell peppers, onions, spinach, zucchini and tomatoes. To further maximize time, create dishes on a weekend to freeze and thaw when ready. Try a simple tortilla soup that can be prepared in minutes using a high-performance blender, such as a Vitamix.

Have Hands-on Meal Prep

Incorporate the kids into every step of meal prep in a safe and easy way. Drop vegetables

see Know page 3



PHOTO COURTESY: GOOGLE

History 101

Puerto Rico Invaded

BY HISTORY.COM

During the Spanish-American War, U.S. forces launch their invasion of Puerto Rico, the 108-mile-long, 40-mile-wide Island that was one of Spain's two principal possessions in the Caribbean. With little resistance and only seven deaths, U.S. troops under General Nelson A. Miles were able to secure the island by mid-August. After the signing of an armistice with Spain, American troops raised the U.S. flag over the island, formalizing U.S. authority over its one million inhabitants. In December, the Treaty of Paris was signed, ending the Spanish-American War and officially approving the cession of Puerto Rico to the United States.

In the first three decades of its rule, the U.S. government made efforts to Americanize its new possession, including granting full U.S. citizenship

to Puerto Ricans in 1917 and considering a measure that would make English the island's official language. However, during the 1930s, a nationalist movement led by the Popular Democratic Party won wide support across the island, and further U.S. assimilation was successfully opposed. Beginning in 1948, Puerto Ricans could elect their own governor, and in 1952 the U.S. Congress approved a new Puerto Rican constitution that made the island an autonomous U.S. commonwealth, with its citizens retaining American citizenship. The constitution was formally adopted by Puerto Rico on July 25, 1952, the 54th anniversary of the U.S. invasion.

Movements for Puerto Rican statehood, along with lesser movements for Puerto Rican independence, have won supporters on the island, but popular referendums in 1967 and 1993 demonstrated that the majority of Puerto Ricans still supported their special status as a U.S. commonwealth. ■



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The Carpenter

BY MICHAEL ARMIJO

I received an email a while back that has always resonated with me. I find myself thinking about it from time to time, as the words it contained often remind me to work hard and be proud of what I've accomplished. It has encouraged me to continue to keep my heart within my work, as you never know what life will bring you. It is good advice, no matter who you are or what you do, and I share it with you now.

The Carpenter: An elderly carpenter was ready to retire. He told his employer of his plans to leave the house-building business and live a more leisurely life with his wife and extended family. He would miss the paycheck, but he needed to retire. They could get by.

The employer, who was sorry to see his good worker go, asked if he would build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said, "my gift to you for all of your hard work and dedication."

The carpenter was shocked; what a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we've built. If we could do it over, we'd do it much differently. But we cannot go back.

You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. "Life is a do-it-yourself project," someone once said. Your attitudes and the choices you make today, build the "house" you live in tomorrow. Build wisely, and remember: Work like you don't need the money. Love like you've never been hurt. Dance like no one is watching. Enjoy life like it's your last day on Earth. ■

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Recent Recalls

STAFF REPORTS

This week's newest recalls are listed below:

1. **Things Remembered recalls children's jewelry** due to violation of lead standard- The clear surface coating on the bracelets and necklaces contain lead in excess of the allowable limits. Lead is toxic if ingested by young children and can cause adverse health issues.

2. **PharmaTech LLC issues voluntary nationwide recall of Diocto Liquid** distributed by Rugby Laboratories due to product contamination- PharmaTech LLC of Davie, FL, the manufacturer of the Rugby®- branded product, is voluntarily recalling all lots within the expiry of Diocto Liquid, a docusate sodium solution

due to a risk of product contamination with Burkholderia cepacia. Use of docusate sodium liquid contaminated with B. cepacia may result in serious infections that could be life-threatening in patients with compromised immune systems and in patients with chronic lung conditions such as cystic fibrosis.

3. Kiddy USA (Kiddy) is recalling certain World Plus combination forward facing child restraints that convert to a high back booster seat, model 51 100 WP, manufactured from July 2, 2012 through October 5, 2013. The buckle/tongue on the affected booster seats may only partially engage. As a result, the consumer may have a false impression that the buckle is fully latched when it is not. As

such, these seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 213, "Child Restraint Systems."

4. Jaguar Land Rover North America, LLC (Land Rover) is recalling certain model year 2016 Land Rover LR4 vehicles manufactured May 3, 2016 through May 10, 2016. The affected vehicles have driver side frontal air bags that may not inflate properly.

5. GSI Outdoors recalls Children's Water Bottles due to violation of lead standard - Sold Exclusively at L.L.Bean- The lead solder exterior base of the bottles contains high levels of lead, which is toxic if ingested by young children and can cause adverse health issues. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

into the blender to chop for pizza or salad toppings, tortilla soup or even a Taco Tuesday fiesta. Then, allow kids to add these veggies to the recipe. Engage your children further by having them set timers and watch for meals to cook. As a final step, allow them to add spices and fresh herbs before setting dinner on the table. Fast and tasty family recipe ideas that you can create together can be found at Vitamix.com.

Turn Off Electronics

Make the table an electronic-free zone. Turn off cell phones and television shows to make room for face-to-face

communication. Removing cell phones from the equation can positively influence the quality of conversation, while helping kids to gain a better understanding of social cues, facial expressions and changes in tone that lead to more fruitful interactions, according to a study by researchers at Virginia Tech. Unplugged conversations can help create memorable family moments.

Think of the kitchen and the dinner table as family gathering places to help instill good habits -- from great communication skills to healthier eating. If you look at meals as more than just food, your family will reap the benefits. ■

Clark's Nutrition

Clark's from page 1

discovered this amazing store yet, it is worth your time to investigate.

Marketing Director, Mike Barnett says, "Often people will tell us that they've heard of Clarks and they think it's just another supplement shop, but once they walk inside our Chino store, they get what all the fuss is about."

Clark's stores not only have

a huge selection of supplements (their Chino location has one of the largest supplement sections in the entire country), but they have a wide variety of organic grocery items, complete with gluten-free sections, including Vegan and Vegetarian options, as well as a large selection of organic produce.

Want to get a free make-over with natural, cruelty-free make-up too? No problem, Clark's has

a make-up section that looks like something you'd see at a MAC make-up counter. Clark's is the only retail partner with actress, Suzanne Somers, to offer her organic cosmetics and skin care line, SUZANNE Organics.

Clark's is a pioneer in the health food world. They opened the doors of their first location in Riverside in 1972, long

see **Clark's** page 6

Community Events

UPCOMING EVENTS:

Pomona Inner City Homeless Ministry Dinner

When: Saturday, July 23, 5 p.m. to 7 p.m.

Where: First Baptist Church, 601 North Garey Avenue, Pomona

Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at 12 noon for prayer/devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

DB Free Sustainable Gardening Workshop

When: Saturday, July 23, 1 p.m. to 2:30 p.m.

Where: Diamond Bar Center
Details: Free Water-wise Gardening and Organics Composting workshops. Learn how to compost with and without worms and which are the best drought tolerant plants for your garden. Workshops open to all LA County residents.
Contact: Register by emailing greendb@diamondbarca.gov or calling 909.839-7015

Walnut Music and Movies in the Park

When: Tuesday, July 26, 6 p.m. to 10:30 p.m.

Where: Creekside Park, Walnut

Description: Concert will be held from 6 pm to 8:30 pm and the movie will play from 8:30 pm to 10:30 pm
Diamond Bar Movies and Concerts in the Park

When: Wednesday, July 27 at 6:30 p.m.

Where: Sycamore Canyon Park, Diamond Bar

Description: Concerts begin at 6:30 p.m. and movie begins at dusk. No pets allowed. July 27: Hot August Night (Tribute to Neil Diamond and sponsored by DB Community Foundation) and Mary Poppins.
Contact: 909.839.7070

Chino Hills Movies in the Park

When: Thursday, July 28, 7:30 p.m. to 8:30 p.m.

Where: Chino Hills Community Center

Description: Movies in the park are every Thursday nights through August 11th.
Week 4- Mighty Ducks.
Contact: Visit ca-chinohills2.civicplus.com or call (909) 364-2826

Diamond Bar Movies and Concerts in the Park

When: Wednesday, Aug. 3 at 6:30 p.m.

Where: Sycamore Canyon Park, Diamond Bar

Description: Concerts begin at 6:30 p.m. and movie begins at dusk. No pets allowed. July 27: Cold Duck (70s Top 40) and The Good Dinosaur.
Contact: 909.839.7070

Chino Hills Movies in the Park

When: Thursday, Aug. 4, 7:30 p.m. – 8:30 p.m.

Where: Chino Hills Community Center

Description: Movies in the park are every Thursday nights through August 11th.
Week 5- Despicable Me
Contact: Visit ca-chinohills2.civicplus.com or call (909) 364-2826

Walnut-First Friday Food Trucks

When: Friday, Aug. 5, 5 pm – 8:30 pm

Where: 880 S Lemon Ave, Walnut

Description: Enjoy gourmet food, great weather and good friends while supporting education!

REGULAR EVENTS:

Alcohol and Addiction Intervention Information

When: Third Tuesday, monthly at 6 p.m.

Where: Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina

Details: Free information sessions about the intervention process, a powerful tool to combat alcoholism and addiction. Attendees can expect to learn what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.
Contact: Call (626) 859-5269, or visit www.charteroakhospital.com.

Free Acupuncture for Veterans, Active Military, First Responders

When: Every Tuesday at 5 p.m.

Where: 12598 Central Avenue, Unit 113, Chino, CA 91710.

Cost: Free
Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce

When: Every Saturday from 8 a.m. to 2 p.m.

Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue,

Walnut
Cost: Free Admission/Parking

Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.
Contact: (909) 869-0701

Chino Farmer's Market

When: Every Saturday from 9 a.m. to 2 p.m.

Where: Preserve Community Center 15800 Main Street Chino, CA 91708

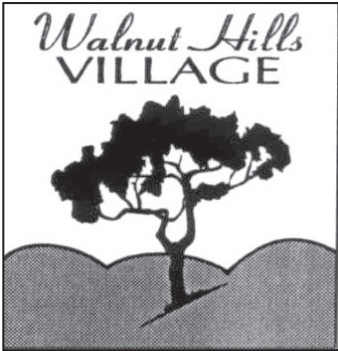
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Pomona Inner City Homeless Ministry Dinner

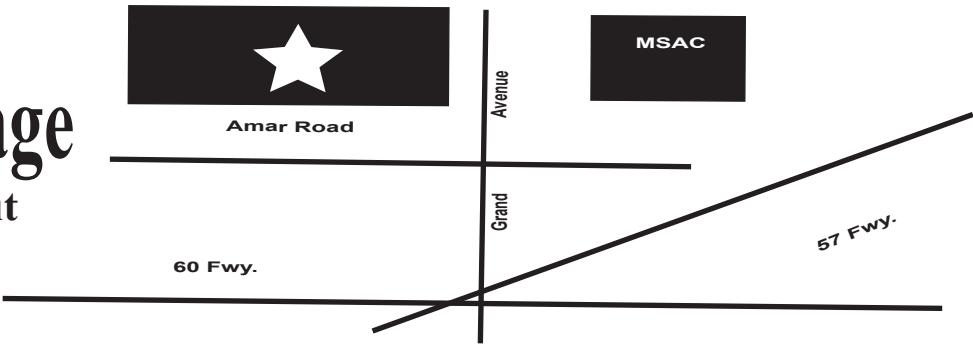
When: The 4th Saturday monthly

Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona

Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at noon for prayer and devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.



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Walnut City Council recap

Walnut from page 1

Outgoing Mayor Pacheco then received several commendations for the work he accomplished this last year, including from Congressman Ed Royce, Senator Bob Huff, Assemblywoman Chang, and more. As his last act as mayor, Pacheco commented on all the progress the City made in the past year, praising City employees, Council members, and Walnut residents for all working together to make Walnut a beautiful community for people to live in.

The Council was then reorganized. Eric Ching was appointed as the new mayor, and was sworn in by his wife of thirty years.

Although Mary Su and Nancy Tragarz were both nominated as mayor pro tem, Nancy Tragarz refused the position and Mary Su remained mayor pro tem.

The reorganized Council approved the minutes of the June 22 City Council meeting and opened the public hearing on an ordinance prohibiting parking on various city streets in the vicinity of Mt. SAC. The ordinance was approved, although Councilmember Su pointed out that in most cases, such an ordinance is only a temporary solution, as students respond to such measures by simply parking in other streets. Su called for a meeting with Mt. SAC and an opportunity to teach the students directly about alternative parking areas and residential ar-

eas which should be avoided.

The Council then held the second public hearing for the appeal of a conditional use permit for Lot 269. Although opinions varied wildly between residents, the Council approved the appeal on the condition that a pocket park should be added to the tract map, satisfying both ends of the spectrum of opinions brought to the Council. The Council also approved all items on the consent calendar, including a resolution allowing claims and demands in the amount of \$1,169,489.20; a public improvements and release of improvement bond for tract 72827; and a continuance for the appeal of the Planning Commission denial to construct

over-height fences in the front yards of four homes on Sunset Circle. The Council agreed that more discussion was necessary in the case of the over-height fence construction. The owners wanted a fence for added safety in response to the new crime wave that appeared

to have hit Walnut. While the Council was sympathetic to the homeowners' concerns, the effect of the City-wide fences was important to consider.

Following individual reports and comments, the Council adjourned to July 27 at 7 p.m. at 21201 La Puente Rd. ■

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Peterson Auto Repair

Peterson from page 1

shop to serve all your automotive needs. They not only specialize in lube and oil changes, but also repair and maintain radiators, alternators, starters, brakes, clutches, shocks and struts, axles, air conditioning, belts and hoses, and much, much more.

In business for over 15 years, owner Eric Peterson says, “For me, it’s all about providing quality automotive repair for the neighborhood. I grew up in La Puente and Walnut, and we have so many good customers in this area. We really appreciate the business and word of mouth referrals.”

Carhelp.com customers agree constantly giving Peterson high marks for quality workmanship and fair pricing.

Look for Peterson to add quality auto-body services to the business in the future.

Peterson Auto Repair is located in the Big Valley Industrial Park, at 3980-A Valley Boulevard in Walnut. They are open Monday through Saturday, from 9 a.m. to 5 p.m., and can be reached at (909) 598-3881. Mention their ad (see page 8 of this publication) and get a discount on your brakes. ■

Clark’s Nutrition

Clark's from page 3

before health food became vogue. Today there are stores in Riverside, Loma Linda, Rancho Mirage and now Chino.

But have you ever been to a “health foods” store before and felt overwhelmed or weren’t sure where to start? Have you felt the opposite, like you knew more than the employee? Have no fear, Clark’s knows how refreshing it is to speak with health food store employees that know their stuff and are willing to share their knowledge.

The Clark’s slogan is, “Live better, we can help.” How does Clark’s actually help people you ask? Clark’s has made their business thrive on helping to educate people about their health. Starkie Sowers, the Director of Education at Clarks says, “We have Nutritional Consultants at Clarks. These employees go through our 5 level in-house training program. It takes about 3 ½ years to get to a Level 5 at Clarks.” Clark’s takes education about health seriously. These knowledgeable (non-commission) Nutritional Consultants are one of the keys to why people love Clarks so much.

Clark’s is a great find for anyone looking to improve their health. They have competitive pricing, knowledgeable staff, a great product selection and a beautiful Chino location close to home.

Discover this Chino treasure located at 12835 Mountain Ave in Chino. ■

CH allows watering 3-times per week

Water from page 1

water: Mondays, Wednesdays and Saturdays (except 9 a.m. - 6 p.m.). Residential addresses ending in an odd number may use water: Tuesdays, Thursdays, and Sundays (except 9 a.m. - 6 p.m.). Non-residential addresses may use water: Mondays, Wednesdays, and Fridays (except 9 a.m. - 6 p.m.). All irrigation shall not exceed fifteen (15) minutes per watering-station, except for drip or micro-spray irrigation systems which shall not exceed 30 minutes per station.

The Stage II Moderate Con-

servation Alert also imposes the following restrictions:

- Prohibits outdoor watering of landscaping between the hours of 9 a.m. and 6 p.m.
- Prohibits application of water to hard surfaces such as sidewalks, driveways, and parking areas etc. or irrigation causing runoff, etc.
- Requires the repair of leaks within 48 hours.
- Prohibits use of water hose without a shutoff valve.
- Prohibits irrigating outdoor landscape after measure rain (1/10” or more within a 48 hour period)
- Limits pool-filling to the above specified irrigation days.

- Decorative water fountains at commercial properties may only be operated if the water is part of a re-circulating system.
- Vehicles, trailers, boats, and livestock can be washed with a hand-held hose equipped with a shut-off nozzle.
- Restaurants may not serve water unless the customer request water.
- Water may not run off or leak from landscaped areas to streets, sidewalks, or other paved areas due to incorrectly directed or maintained sprinklers or over watering.
- Fire hydrants may only be used for firefighting. *
- *An exception may be made

for construction use through a City-designated meter when recycled water is not available. City of Chino Hills reminds everyone that the new Ordinance reinforces the need to continue to conserve water with the current drought conditions, and will continue to encourage the replacement of turf with drought tolerant vegetation; improve the water system to limit failures; and increase the use of recycled water as well as enforce water restrictions. For additional information, you may view the Water Conservation Ordinance on the City website at: www.chinohills.org/water-conservationordinance.org ■

Diamond Bar coyote sightings

DB from page 1

we always go outside with our dogs for this reason. Keep an eye on your pets diamond bar!” Another report was made by a resident saying, “Coyote alert.....behind the homes of Armitos between Pikes and Goldpoint. It stood behind the fence staring at my dog. I scared it off....and it ran toward the hillside behind the homes. Watch your fur babies.”

Not only were there report of coyotes, a Diamond Bar resident reports of a bobcat sighting while at home saying, “I sat quietly reading under our patio Monday evening when I saw something move in the corner of my eye and to my amazement it was a bobcat about to sneak past me to get to our back hill garden. To my surprise the bobcat stopped about ten feet from me considering its

option and then as I stood up it turned, it jumped up on the wall and went on its way to our garden where it stayed for at least fifteen minutes, even with my wife and I stalking it!” Diamond Bar residents have given some advice saying, “just wanted to warn anyone who has a very small dog: do not leave it in your garden alone especially at dusk as not only do you have to watch out for coyotes but I have noticed that the bobcats are also around. They normally only feed on rats, mice and rabbits but a large bobcat could potentially kill a very small dog.” **The City of Diamond Bar also provided the following tips:** If coyote sightings are common in your neighborhood or place of recreation, the City recommends the following tips to help deter them for inhabiting private properties or having conflicts with small pets.

- Make your property less hospitable for wild animals by removing shelter, water and food sources:
- Thin ground level shrubbery that can serve as a den or hiding place, take down and store bird feeders, and promptly gather low-hanging fruit and collect any fallen pieces.
- Teach your children to learn how to identify coyote and know what to do if they come in contact with one.
- Keep a close watch on small pets, feed them indoors, supervise them while they are outdoors, and always walk dogs on a leash.
- Store refuse containers in your garage or another secure area until collection day.
- Also of great importance is that you and your neighbors do not intentionally feed or attempt to tame coyotes as this causes them to lose their innate fear of humans, thereby increasing the

potential for encounters and conflicts with people and pets. In the event you encounter an aggressive or fearless coyote, the Department of Fish and Wildlife suggest you take the following steps:

- Make sure you are standing up and pick up any small pets or young children who may be with you.
- Face the coyote and try to frighten it away by shouting loudly and waving your arms above your head to appear larger and menacing; do not stop until it has left. If it does not leave or starts walking toward you, throw rocks, sticks or other objects in its direction.
- Retreat by walking backward so that you do not turn your back on the coyote.

Report incidents of aggressive coyotes or conflicts to City Hall by calling 909.839.7010 or visiting www.diamondbarca.gov/wildanimal ■



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Restrictions apply on these holidays: Valentine's Day, Mother's Day, Memorial Day, Labor Day, & 4th of July

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Recipes:

Jamie's Salsa Spaghetti

With Black Olives & Fresh Basil

BY HELLO FRESH WITH JAMIE OLIVER

There are some beautiful Mediterranean vibes going on in this dish – juicy ripe tomatoes, fresh fragrant basil and delicious olives, all tossed and tangled up in al dente spaghetti. The flavor combo here is mega-simple, but when you put them together, something magical happens. Let the tomatoes ripen naturally out of the refrigerator – the warmth will ensure all those lovely flavors and juices are at their best and ready to flow. Tomatoes are source of vitamin C, a nutrient our bodies need for so many different things, including immune function and keeping our energy levels up.

Cooking time: 15 min.

Servings: 2

Nutrition: Calories: 466 cal, Fat: 15g, Sat Fat: 3g, Protein: 16g, Carbs: 70g, Sugar: 7g, Salt: 164 mg, Fiber: 4g

Ingredients:

- 6 ounces dried spaghetti
- 10 ounces ripe tomatoes
- 6 black olives
- ¼ of a bunch of fresh basil
- ½ a clove of garlic
- 4 teaspoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- ½ ounce Parmesan cheese

Preparation:

1. Cook the spaghetti in a pot of boiling salted water until al dente, which



PHOTO COURTESY: HELLO FRESH

means that it should be soft enough to eat, but still have a bit of bite and firmness to it.

2. On a large cutting board, chop the tomatoes. Add the olives to the pile of tomatoes.

3. Pick the basil leaves, reserving the smaller ones for later and throw the rest onto the pile.

4. Chop and add ½ a clove of garlic to the pile, then run your knife back and forth through all of the ingredients, chopping and mixing as you go, until you get a rough-looking salsa.

5. Add 4 teaspoons of extra virgin olive oil, 1 tablespoon of red wine vinegar and a pinch of sea salt and black pepper, and keep chopping and mixing until well combined.

6. Scoop out and reserve a cupful of the pasta cooking water, then drain the spaghetti in a colander.

7. Put the spaghetti in a large bowl, scrape in the salsa dressing, adding a splash of the reserved cooking water, if needed, to make a lovely loose sauce.

8. Sprinkle over the reserved baby basil leaves and add half of the Parmesan before serving. ■

Tips:



What is gluten and is it bad for me?

A letter from Melissa of Loma Linda

BY CLARK'S NUTRITION AND NATURAL FOODS MARKET

Gluten is a protein found primarily in wheat, rye, triticale and barley. A smaller protein found in gluten which is called gliadin is a "simple cereal protein" that can be problematic for some individuals as well. As for gluten being bad for you? This depends on whether or not you are gluten intolerant or gluten sensitive. Individuals that are gluten sensitive or allergic may have moderate to severe reactions when consuming gluten. People with Celiac disease (called Celiac Sprue originally) are often the most concerned with gluten. Celiac, once considered to be rare is being better diagnosed which is leading to a larger numbers of individuals being identified as gluten intolerant. Celiac individuals are considered to be DNA-gene susceptible for gluten intolerance. Often identified early in life, Celiac is also diagnosed later in adolescence as well. Celiac individuals who consume gluten respond with an immune (T-cell)

reaction to gluten. This effect causes lesions on the intestinal lining and malabsorption, preventing nutrients from getting into the body, and is often accompanied by pain and diarrhea. Prevalence of Celiac disease is about 1 in every 1000-3000 individuals. Other gluten complications exist as well. Gluten is also a commonly known allergen to the U.S. population. There are also non-Celiac gluten sensitive (NCGS) Individuals. These people have allergy response gluten sensitivity. Symptoms of digestive complications such as gas, bloating and diarrhea along with general symptoms often overlap and make it difficult to distinguish between Celiac and non-Celiac conditions.

The avoidance of wheat is becoming a little on the 'vogue' side lately as well. One thing to remember about wheat is that it is considered to be a great source of nutrients. Although wheat is not native to the Western Hemisphere more than 1/3 of the world's population utilize wheat as a main dietary staple. Some individuals suggest that a lot of the wheat berries in use today in the US have gone through decades of se-

lective changes, and that older wheat like spelt is much easier to digest. This would also include the gluten protein in them. Although considered to be an allergen alternative by some people, it is not for all. If you are sensitive to wheat, consider other grains such as amaranth and quinoa as an alternative. This would allow you to make sure you are getting the full range of nutrients that your body needs. ■

Have a health related question?

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

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

Reference

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Straight Talk With Danice

Our house needs repairs – a letter from Bebe

By DANICE AKIYOSHI, N.D.



Q: My husband has been ignoring me for years about updating our house. This is just not a high priority for him even though I offered to save for all the various things by working extra hours so it wouldn't hurt our budget. We used to entertain, but over the years things started breaking, paint and carpet looks old, one toilet doesn't flush right, landscape dies, sliding glass door doesn't slide. I started to feel embarrassed about the appearance and condition of our home so I said no more entertaining un-

til we addressed the issues. The house has gone downhill for years and I have lived with it and accepted the fact that this is the way it is. I stopped asking for improvements, but I won't volunteer for hosting holidays or parties. He's always acted like he didn't care and I don't want to fight. Now he wants his football buddy to visit us from another state. I came home from work to find my husband changing all the doorknobs in the house so they would match and there's a guy outside jack hammering our damaged concrete. When I complained that this was not exactly what I had in mind, he said there is no making me happy and that I'm too picky and he stomped off. This is not fair. I haven't said a word to him about home repairs for years. Please give me your opinion. I hate fighting but

I don't want to give in on having a visitor. A: It sounds to me like your husband fully ignored your requests until he needed you to change your stance on house guests and entertaining in your home. This gets a solid "F" from me. The fact that you have become embarrassed about your home to the degree that you have stopped all entertaining and hosting of holiday events tells me that you have all but given up. I don't think your husband realizes how much this hurts you to not be able to have pride in your home. I don't speak for everyone, and certainly there are many men who take great pride in the appearance and condition of their homes, but it's hard for most people, especially women, to feel embarrassed about their dwelling and to feel continually helpless

and hopeless to bring it up to par because the goals and desires of the joint householders are in conflict. Tell me, Bebe, in what other areas has your marital happiness become as diminished as your home? I'm willing to bet that you don't have stars in your eyes for your husband anymore. I'm willing to bet that you have made a habit of not looking at much of anything in an effort to block out your frustration and disappointment about the condition of your home. It's troubling to me that your husband is more concerned about enjoying a visit with his football buddy then he is about your overall basic happiness. You have far bigger problems than home repairs and houseguests. You and your husband are not playing on the same team. Your marriage lacks communication, respect, and cooper-

ation. I'm positive that this will eventually affect your romantic happiness. It's time to sit down and really address this problem with your husband before you wake up one day and find yourself giving up on him like you've done with your house. Believe me Bebe, this is a common outcome when couples ignore serious problems. You have the perfect opportunity right now to get this important conversation started. Seek guidance if you need to, but don't miss this opportunity. 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. ■

An Unforgettable Week

By PASTOR MARK HOPPER



One of the highlights of summer at our church is Vacation Bible School. Many others churches in the community also offer VBS in June, July or August. Vacation Bible School is a huge undertaking. We will have over 100 volunteers serving in a variety of capacities to make this week possible. The planning and preparations have been going on for months. In fact, the theme and many ideas began last summer. Vacation Bible School includes Bible lessons, crafts,

recreation, and music. The children love it and often remember it for many years to come. One of the unforgettable benefits of VBS are the friendships that develop between the volunteers. When you spend a week serving together, you get to know people on a much deeper level. New friendships are formed that last a long time. VBS touches multiple generations. And, many of the current teen and adult volunteers attended VBS as children in the past. This year one of my adult daughters and her four children will attend Vacation Bible School at our church. Almost 30 years ago my daughter was an attendee and 20 years ago she was a volunteer! Now she is bringing her own children to VBS. Please accept this invitation

to bring your children to Vacation Bible School this month. The dates are July 25-29th from 9 a.m. to noon. VBS is open to children from Kindergarten through the fifth grade. There is a nominal registration fee. You can find out all of the details and register online at our web site - efreedb.org. Or you can call the church office at (909) 549-7604. I hope you will enroll your in Vacation Bible School. It really is an unforgettable week. You will be glad you did and they will too! .Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Blvd. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit Efreedb.org. ■

Attitude Is Everything


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



Do you see a half filled glass as half empty or as half full? Do you tend to see what's wrong with your life or do you focus on what is right with your life? Would you consider yourself a negative person or a positive person? Do you wake up every day being happy do be alive and hopeful about a new day or do you dread getting up? The way that you have answered the above questions is probably also the way that you live your life and the way you view your life. I believe having a positive attitude is foundational in being a successful human being. Being positive is es-

sential to everything good that comes with this life. I think it all starts by being positive about who you are and about behaving in a manner that makes you proud of whom you are. Generally, if you like who you are and are a good person, people will like you as well. Also, if you like who you are, you will want only the best for yourself. This will cause you to go to college, get a good job, find a good mate and believe that you can make your dreams comes true. On the other hand, being negative only prevents you from following your dreams. Being negative also causes a lot of self doubt and really gets in the way of accomplishments. Learn to look at the good in your life and at what you have done right so far. Learn from your mistakes but don't focus on them, otherwise your life will

feel like one big mistake. Look at all that you already have going right for you and learn to build on the positive. If you do, more positive will come to you! 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 also 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. ■



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PHOTO COURTESY: CITY OF DIAMOND BAR

Local residents had a fun night of entertainment at the Diamond Bar concert in the park on July 13 with Saved By The Band.

Theft suspect sought

Sought from page 1

previously stolen from the City of Norco.

The driver fled at high speeds in the off-road vehicle and refused to stop. A pursuit began for several minutes until it was cancelled due to safety concerns. The vehicle then became disabled in the 15500 block of El Prado Road, where the driver fled on foot into the Chino Creek Basin, according to the City of Chino.

Chino Officers and Chino Hills Deputies, along with an

Ontario Police Department helicopter, searched for the suspect for several hours but they were unable to locate him.

The suspect was identified as a Hispanic adult male who is approximately 25-30 years old. Surveillance camera images of the suspect were released and the Police Department is asking for the public's assistance in locating or identifying the suspect.

Anyone who can help locate or identify this suspect can contact Officer Thomas at (909) 334-3103 or mthomas@chinopd.org. ■



PHOTO COURTESY: CITY OF CHINO
Chino PD is asking for the public's assistance in identifying the theft suspect pictured above.

Powerball winners come forward!

Winners from page 1

two winners, they opted for a one-time payment of \$327.8 million before federal taxes.

The 7-Eleven store who sold the winning ticket is located at 492 Chino Hills Parkway and the store owner received \$1 million.

California Lottery Director, Hugo Lopez, released a statement saying, "We finally know who our mystery winners are! It may have taken six months for them to come to one of our offices, but these winners did just what we tell all our winner to do—they read our Winner's Handbook and then assembled a team

of legal and financial advisers to help them make the most of this windfall and prepare them for their new life as lottery winners."

The Acosta's want to remain private as possible but have released the following statement, "We are thankful and blessed for the rare gift that has been placed in our care. We have engaged a team of advisers to educate and guide us through this process so that we can be good stewards of these new resources. While many decisions are still to be made, we have committed nearly all of this new resource to a Trust and to charities that are important to us. While we are very grateful for the wonderful wishes and encourage-

ment we've received, it is not our intention to become public figures, and we ask for and appreciate privacy going forward. Thank you."

A neighbor of the couple reported to ABC7 that the Acosta's left last Friday without a word of where they were going or of their lottery winnings, but that is not confirmed.

Another neighbor, Emily Waithira, reported to Eastvale News that various news teams were outside the couple's home on the morning of July 19. "[They're] flooding our neighborhood!" said Emily. However, it is not confirmed if the Acosta's were at the residence when the news teams were there. But Emily did say, "I am so happy for them!" ■



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Don Lugo Earned A Six-Year Accreditation

CVUSD

Chino - This spring, Don Lugo High received a six-year accreditation from the Western Association of Schools and Colleges, the longest accreditation granted by the organization to an educational institution.

The WASC accreditation process aids institutions in developing and sustaining effective educational programs and assures the educational community, the general public, and other organizations that an accredited institution has met high standards of quality and effectiveness.

In its more than 350-page WASC Self-Study Report, Don Lugo administrators and teachers listed a variety of data, citing its strengths, weaknesses, improvements, and goals for the future.

According to the document's writers, the Chino school has undergone many significant changes in the last six years, and particularly in the last three years.

The school has a new principal and all three new assistant principals. Led by the administrative team, the school has implemented new attendance protocols, new behavior management programs, and new curriculum in English and math, while also making notable changes in social science, career and technical subjects,

language, and arts instruction. Don Lugo has added new Academics and Pathways to its course catalog and expanded its enrollment in honors and Advanced Placement courses.

In the summer of 2015, approximately 60 teachers (85% of the instructional staff) attended three days of training in the Capturing Kids' Hearts program, a comprehensive philosophy and set of protocols to ensure a culture in which all students feel safe, supported, and where instructional and learning time is optimized. Teachers taking the training use strategies to build better relationships with students, such as getting them to learn each other's names, sharing something good at the start of class, and creating social norms. The teachers were trained to ask four questions before sending students out on a referral: What are you doing? What are you supposed to be doing? Are you doing it? What are you going to do about that?

Many Don Lugo teachers have said they have noticed an improved atmosphere at the school since the Capturing Kids' Hearts program was implemented. Plans are in place to provide the remaining staff with training.

Don Lugo now has a second Intervention Specialist for Math who is available to assist teachers with quality instructional strategies for rigor, the formative

process, checking for understanding, providing formal and informal feedback, incorporating technology, and differentiation. The Intervention Specialist's goal is to facilitate self-reflection and growth in teachers and provide instructional support for the new Common Core State Standards in math.

The Chino school's administrators, teachers and students have worked diligently to increase Don Lugo's Honors and Advanced Placement program. Don Lugo added AP Psychology and AP Economics to its course offerings. Site administrators and teachers have removed the more stringent prerequisites for admittance into AP courses as a way to ensure that all students have access to those classes. AP courses are publicized to all students during the spring prior to enrollment, and at AP Student and Parent Information Nights. Don Lugo's AP Club holds fundraisers to help students pay for exams. All AP instructors are trained. Seventy-five percent of Don Lugo's AP teachers attended the 2015 Summer AP By the Sea Institute in San Diego and/or Pre-AP trainings at the University of California, Riverside.

While the school's AP program enrollment dropped from 245 in the 2012/2013 school year to 214 in 2013/2014 and



PHOTO COURTESY: CVUSD

192 in 2014/2015, renewed efforts by the faculty and students have resulted in 320 students (about 20% of the student population) enrolling in AP courses in the 2015/2016 school year.

Two pilot programs are underway at Don Lugo. The school had adopted a multi-tiered system of support for positive behavior and have hired an Intervention Counselor to create the program. Also, four special education teachers are participating in the California Department of Education's transitional project. In that project, teachers are taught how to successfully develop, implement, and monitor

college and career awareness goals in the special education students' Individual Education Plans (IEPs).

Don Lugo's academies include the Lugo Engineering and Design (LEAD) Academy; Sports Management Academy; and Technology, Environment, Animal Medicine, Agriscience, and Agribusiness (TEAM A & A) Academy. It recently added an equestrian component and service animal program to its Agricultural department. Under the service animal program, students are raising puppies for the Guide Dogs for the Blind organization. ■

Community Robotics Workshop At Mt. SAC

BY MIKE TAYLOR

Walnut - The Mt. San Antonio College STEM (Science, Technology, Engineering and Math) Center and the college's Robotics Team will host a Robotics Workshop for ages 8 and up on Saturday, July 30, from 10 a.m. to 2 p.m. in the Science Laboratory Building, building 60, room 1506. This event is free and open to the public.

"Robots are fun, and they're fun to build," said Mt. SAC Physics Professor and Robotics Team advisor Daniel Anderson. "No prior experience necessary."

Workshop participants will learn about and help Robotics Team members build robots as well as learn about a robotics competition, building components, and design.

"This workshop is designed to take the fear out of engineering and technical things," said Anderson.

This year, Mt. SAC's Robotics Team qualified to compete at the VEX International World Competition in Kentucky. The competition hosts teams from around the world. Mt. SAC was one of only four community colleges in the nation at the competition.

"The field of robotics is doubling every year as interest in robots grows," said Anderson.

Minor children participating in the workshop must be accompanied by an adult at all times.

Established a year ago with its first cohort group of students, the STEM Center fosters student interest in science and provides academic support, enrichment activities, teaching opportunities, and research experience.

For more information on this event, call the Mt. SAC STEM Center at (909) 274-4224. ■



PHOTO COURTESY: VISUAL ARTS MASTERS

A Chino Hills High student performed ballet at The Music Center on June 11 for the 28th annual Spotlight program. Ria competes in ballet and was named among 14 grand prize finalists in The Music Center's Spotlight program, a year-long scholarship and arts education program.



PHOTO COURTESY: CVUSD

Several Don Lugo High students competed in the Chino Fair on July 6th and July 7th. Don Lugo High seniors Amanda Gallegos (front) and Alexis Gonzalez (back) wash dairy cattle in preparation for showing at the Chino Fairgrounds on Edison and Central avenues.

SB County DA named President

IE from page 1

Onondaga County District Attorney William Fitzpatrick, administered the oath of office to Ramos and the Massachusetts Governor Charlie Baker was a main speaker for the ceremony and conducted the "Passing of the Gavel."

As Ramos made his inaugural speech, he states, "I am honored to have earned the support of my colleagues and given the opportunity to represent the thousands of elected District Attorneys across our great nation," and also stating,

"My intent is to work with my fellow District Attorneys and utilize this position to continue to fight for justice and victims' rights at a national level."

According to SB County District Attorney's office, Ramos also promised to continue working cooperatively with all local, state, and federal partners in the law and justice community and to help further develop the functions and valuable services NDAA has to offer.

His previous leadership roles for the organization have included vice president and current co-chair of NDAA's Training and

Education Committee. He currently is serving his fourth term as District Attorney of SB County and previously served as president of the CA District Attorneys Association, as well as currently one of three members appointed by the Governor to the CA Victim Compensation Board.

Memberships include District Attorneys from across the United States for NDAA, formed in 1950 and represents the interests of prosecutors and influences federal and national policies affecting law enforcement and prosecution across the country, which is based in Arlington, Virginia. ■

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