

# OurWeeklyNews.com

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## Walnut

### Great Goat Escape

#### STAFF REPORTS

**Walnut - Diamond Bar** - On July 28, over 200 goats escaped and were seen on local residents' lawns.

According to the Walnut/Diamond Bar Sheriff's Station, "Apparently, over 200 goats had been brought in to clear the open field of dry overgrown brush and grass. However, sometime during the night, they hatched their escape plan by pushing over a perimeter fence."

Law enforcement's job de-

see **Walnut** page 6

## Diamond Bar

### So You Think You Can Dance

#### STAFF REPORTS

**Diamond Bar** - So You Think You Can Dance? A resident of City of Diamond Bar, Shaden Gabriel, had the opportunity to participate in the show on Fox where young kids were able to showcase their dancing talents.

He premiered in the show on July 11 and was voted as one of the top 5 contestants. Although he was recently eliminated, he

see **DB** page 10



PHOTO COURTESY: CITY OF CHINO POLICE DEPARTMENT

Chino PD sent a big Thank You to the Living Waters Church for stopping by over the weekend to spoil them with thank you cards, snacks, and drinks. Also stating, "we are very grateful to serve such a supportive community!"

### Suspect Attempts To Take Deputy's Gun

#### STAFF REPORTS

**Chino Hills** - The Chino Hills Police Department arrested a suspicious suspect last week after attempting to grab a Deputy's gun and vehicle during an altercation.

On July 27, a deputy from the Chino Hills Police Department came into contact with the suspect identified as Taylor Smith, 24 year-old, resident of San Bernardino.

Smith was standing suspiciously next to a vehicle in a com-

mercial business complex that is located near Los Serranos Country Club and Torrey Pines Drive.

Once the deputy approached Smith, the suspect fled on foot and out of the deputy's sight. The

see **Attempt** page 10

### Local Graduate Competes In Olympics

#### STAFF REPORTS

**Chino** - A 2000 graduate of Don Lugo High School in Chino will seek her fourth Olympic gold medal in this year's Olympic Games.

Diana Taurasi will attend the 2016 Olympics in Rio de Janeiro, Brazil as a member of the United States women's basketball team.

Taurasi has previously won

three Women's National Basketball Association (WNBA) championships in her 12 years with the professional basketball team, the Phoenix Mercury, according to the Chino Valley Unified School District. She also was named WNBA Most Valuable Player in 2009, and was on the All-WNBA First Team nine times.

Prior to her professional ca-

reer, she played for the University of Connecticut, assisting the team in winning three National Collegiate Athletic Association (NCAA) titles in the early 2000s.

The three Olympic gold medals she won for basketball were obtained in 2004, 2008, and 2012.

Many were anticipating the

see **Olympian** page 6

## Inland Empire

### 3 Die After HARD Event

#### STAFF REPORTS

**Fontana** - On July 30 and 31, the HARD Summer Music Festival was held at the Auto Club Speedway in Fontana, CA. After the two day musical festival, three people passed away.

The San Bernardino County Sheriff's Department released the three persons listed below who had attended the Hard Summer Music Festival:

Derek Lee, 22, of San Francisco, died at Arrowhead Regional Medical Center, Alyssa Dominguez, 21, of San Diego died at

see **IE** page 6

### Family Fun At NNO

#### STAFF REPORTS

**Chino/DB/Walnut** - The City of Chino, Diamond Bar, and Walnut held their National Night Out events on August 2, along with many neighborhoods throughout the nation.

National Night Out is a nationwide crime and drug prevention awareness campaign designed to generate support for and participation in local anti-crime efforts. It strengthens neighborhood spirit and law enforcement-community partnership to

see **Fun** page 10

## Our Featured Businesses

### WHO Will Take Care of Your Eyes

#### STAFF REPORTS

**Walnut** - Do you know WHO will care for your eyes? For many years, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community, serving patients from Walnut, West Covina, Diamond Bar, and Chino Hills to patients from La Puente, Rowland Heights, Hacienda Heights and

see **WHO** page 6



Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18736 East Amar Road. For information visit their website at [www.walnuthillsoptometry.com](http://www.walnuthillsoptometry.com).

### Quality Hair Care At Supercuts

#### STAFF REPORTS

**Walnut** - Walnut residents have a new option for all of their hair care needs! Supercuts is now open in Walnut at Suite G in The Village West Shopping Center. To celebrate its grand opening, the salon is offering \$12 haircuts until Aug. 5. Some discounts will also continue until Sept. 5.

Supercuts is ranked the top hair care

see **SuperCuts** page 5



Supercuts is now open at Suite G in The Village West Shopping Center. You can reach them at (909) 475-0888. Check out their ad on page 12 for great deals.

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# Weekly News

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SGV NEWS

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# Did You Know?

*How To Stay Safe  
When Digging On Your  
Property*

BY STATEPOINT

Whether you are a “do-it-yourself” homeowner or a contracted professional, before starting landscaping or home improvement projects, it is essential to protect yourself and stay safe when digging.

Most people are surprised to learn that there are more than 100 billion feet of underground utilities in the U.S. This equates to more than one football field’s length of buried utilities for every man, woman and child in the country, according to the Common Ground Alliance, an organization dedicated to protecting the safety of people who dig near underground utility lines.

Every six minutes in the U.S., an underground utility line is damaged because someone did not call 811, the national “Call Before You Dig” phone number, or connect online at [www.call811.com](http://www.call811.com).

Each year, August 11 (8/11) is a reminder to dig safely and lawfully. It’s important to dial 811 or connect online to have the approximate location of underground utilities and pipelines marked, whether you’re installing a fence, deck or swimming pool; planting a tree; or beginning any excavation project at home or on your property.

Protect yourself and those around you from injury by contacting 811. Not only is it the law, but knowing where pipelines and underground utility lines are buried prevents unintentional damage, service interruptions, potential fines and costly repairs.

You must contact 811 every time, even if you have done so previously for a similar project, as the depth of utilities can vary, and there may be multiple util-

see **Know** page 3



PHOTO COURTESY: GOOGLE

# Home Of The Brave

BY SARAH SANCHEZ

My family and I went to a baseball game together a few years ago. A talented singer sang the Star Spangled Banner beautifully, as usual. I’ve heard this song countless times before. I’ve done the Pledge of Allegiance every day since I started school. These songs were routine, just another part of the agenda when we attend a public event.

However, this baseball game was suddenly different because I happened to look over at my mom during the Star Spangled Banner song. There she was singing along to the song, smiling, and with tears in her eyes. I asked her why she was crying and she said she always cries during that song because she remembers the day she officially became a citizen of this great country.

My mom was born in Mexico and she came to this country with her family when she was a little girl. She said she’s grateful to live in this country because her family looked for a better life here in America, and that’s what they received. She said she will always remember the day she became a citizen: waving the little flag and hearing the National Anthem play. She said that every time she hears that song, she’s reminded of

that exact day.

I was truly touched by that moment at the baseball game because it’s such a routine to hear that song for us natural born citizens. Some of us will sing along because we’ve heard the song so much, some will cheer after the singer hits that amazing high note, and some of us will just clap in approval because the song was performed well.

But what we don’t realize is that this song means more than just something to be played at a sporting event. This song is our national anthem; it represents our country; it represents the freedom we have that many around the world don’t; and it represents the many brave soldiers that have risked and lost their lives for that freedom.

We live in a great country, despite the flaws we may have. We live in a fortunate country with a lot of opportunity, despite that fact that most of us inherited that fortune by just being born here. So every time we hear that Star Spangled Banner song, it should be more than just a routine. We should sing that song with pride, listening to, and meaning, every single word...It should remind us of how fortunate we are to live in the land of the free and the home of the brave. ■

# History 101

*Land Rovers Used In  
Famous Great Train  
Robbery*

BY HISTORY.COM

On August 1 in 1963, the 15 thieves involved in the Great Train Robbery, one of the most famous heists of all time, escape in an ex-British Army truck and two stolen Land Rover four-wheel drive all-terrain vehicles, making off with some \$7 million in stolen loot.

The mastermind of the Great Train Robbery was Bruce Reynolds, a known burglar and armed robber. Inspired by the railroad heists of the Wild West in America, Reynolds and 14 other men wearing ski masks and helmets held up the Royal Mail train heading between Glasgow, Scotland, and London, England. They used a false red signal to get the train to stop, then hit the driver with an iron bar, seriously injuring him, in order to gain control of the train. The thieves loaded 120 mailbags filled with the equivalent of \$7 million in used bank notes into their Land Rovers and sped off. The vehicles had been stolen in central London and marked with identical license plates in order to confuse the police.

In their hideout at Leatherslade Farm in Buckinghamshire, England, the robbers divided their loot. Viewed as folk heroes by the public for the audacious scale of their crime and their flight from justice, 12 of the 15 robbers nevertheless were eventually captured. In all, the gang of thieves received a total sentence of some 300 years. One of them, a small-time hood named Ronnie Biggs, escaped from prison after just 15 months and underwent plastic surgery to change his appearance. He fled the country and eluded capture for years, finally giving himself up in 2001 when he returned from Brazil voluntarily to serve the 28 years remaining in his sentence.

The two Land Rovers used in the robbery were discovered at the thieves’ hideout; a car enthusiast still owns one of them today. Produced by the British-based Rover Company, the Land Rover made its debut at the Amsterdam Motor Show in 1948. It was modeled after the four-wheel drive American-made Jeeps used by the British War Department during World War II and was made of cheaper, readily available aluminum alloy due to the postwar shortage of steel. By 1960, Land Rover production had reached 500,000 vehicles per year, and the all-terrain vehicle had become popular in all types of climates—desert, jungle and city—around the world. Rover later introduced an upscale version called the Range Rover, which became another bestseller for the company. The German automaker BMW purchased Rover in 1994, but split the brand six years later, selling the Land Rover name to Ford Motor Company. In 2008, Ford sold Land Rover, along with Jaguar, to Tata Motors Ltd., India’s top automaker. ■

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**Walnut City Hall**  
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**Walnut Hills Optometry**  
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**Walnut Library**  
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**Walnut Sheriff's Station**  
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**Paco's Tacos**  
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(909) 393-8880

**Chino Chamber of Commerce**  
13150 7th Street  
(909) 627-6177



# Recent Recalls

## STAFF REPORTS

1. **Let's Do Lunch, Inc.**, dba Integrated Food Service (IFS) of Gardena, CA, is expanding the scope of their June 19, 2016, voluntarily recall of certain ready-to-eat sandwiches because they have the potential to be contaminated with *Listeria monocytogenes*. No illnesses have been reported to date.

2. Laceration injuries to children prompt **Starbucks** to recall Stainless Steel Beverage Straws to Provide New Warnings- The stainless steel straws are rigid and can poke children in the mouth.

3. **Sage Products** issues voluntary nationwide recall of Comfort Shield Barrier Cream Cloths due to Microbial Contamination. Sage Products announced it is voluntarily initiating a nationwide

recall of one lot of Comfort Shield Barrier Cream Cloths to the distributor and health care facility/ user level. The recall is being initiated due to product contamination with the bacteria, *Burkholderia cepacia*.

4. **Combi USA, Inc.** (Combi) is recalling certain Cocco-ro Convertible Child Restraints, model number 8220, manufactured from January 1, 2009, to June 29, 2016. When the Cocco-ro car seat is installed in a forward facing position and only secured with the vehicle's lap belt, excessive force may be transmitted to the car seat occupant in the event of a crash, increasing their risk of injury. As such, these child seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 213, Child Restraint Systems.

5. **Michael Angelo's Gourmet Foods, Inc.** recalls Shrimp Scampi and Meat Lasagna products due to misbranding and undeclared Allergens. Michael Angelo's Gourmet Foods, Inc., an Austin, Texas establishment, is recalling approximately 5,677 pounds of frozen shrimp scampi and meat lasagna products due to misbranding and undeclared allergens.

6. **Good Food Concepts, LLC** D.B.A. Ranch Foods Direct recalls Non-Intact Beef products due to possible E. Coli O157:H7 Contamination- Good Food Concepts, LLC, doing business as Ranch Foods Direct, a Colorado Springs, Colo. establishment, is recalling approximately 2,606 pounds of non-intact beef products that may be contaminated with E. coli O157:H7. ■

# Did you know?

## Know from page 2

ities located in the same area.

**Contacting 811**

When you contact 811, info will be collected about your digging plans, and local pipeline and utility companies will be notified about your project. Representatives will be sent to mark the approximate location of underground utilities using color-coded paint, flags or stakes. If there are no underground utilities in the area, they will mark "clear."

The advance notice required to have underground utilities marked varies by state, although most require 48 to 72 hours (excluding weekends, holidays and the day the call was made). You can find state-specific information or place an online request to have utilities marked at [www.call811.com](http://www.call811.com).

**Project Planning**

- Regardless of the depth of your digging or your familiarity with the property, always contact 811 before starting a project that involves digging.
- If a contractor has been hired, confirm they have done so. Don't allow work to start until all utilities have been marked.
- After you have waited the required time for markings, if utilities have not been marked, you must contact 811 again to check the status of your request before digging. Also confirm whether the markings have an expiration date and when they will need to be re-marked.
- If your project is located near the paint, flags or stakes, contact the underground operator for the specific steps you should take.

Protect your safety, the safety of the community and the environment by digging with care. ■

# Veteran Reunited At Local Event

## STAFF REPORTS

**Chino** – Planes of Fame Museum in Chino will be hosting a unique Living History Flying Day event this weekend, where an author will be present and a WWII Fighter Pilot will be reunited with the actual aircraft that he flew in combat in 1944.

The museum recently received absolute proof that their Vought F4U-1A Corsair flew in the combat zone during WWII. The story behind this discovery goes down to the work of author Michele Spry.

In honor of this discovery, Planes of Fame will be hosting a unique, Living History event on August 6 from 10 a.m. to 12 p.m., which will feature the Vought F4U-1A Corsair and pilot. The event will take place at Planes of Fame Air Museum, located at 7000 Merrill Avenue #17, Chino, CA 91710. Museum doors will open at 9 a.m.

Major John Tashjian, who flew the F4U Corsair in combat and author Michele Spry will be the event's speakers. Unfortunately, Lt. Col. Purdy (who also flew the F4U in combat) will not be able to travel to California for the event, but his daughter Gayla Maier will be a guest speaker as well. A question and answer period will follow the speakers.

The Vought F4U-1A Corsair will be on display and perform a flight demonstration. At 12 p.m., the Raffle Flight will occur. All members are eligible to enter the Raffle, but you must be present to win. You can also become a member so you can enter the Raffle.

Author Michele Spry is a native of Columbia, Missouri and President of Midway Electric, Inc. Michele's business was awarded the 2009 Blue Ribbon Award from the US Chamber of Commerce. In 2011, her company received the Free Enterprise Honoree

Award from the US Chamber of Commerce given to 25 companies across the USA and in 2012 they received the Flag of Freedom Award for hiring veterans.

Among her numerous awards and honors for business and leadership, Michele is also an accomplished author. In 2013 she self-published her first children's book titled "Tom T's Hat Rack" and on July 4, 2106 has released her second children's book titled "A Trip To Remember".

Kevin Thompson (POF Moderator and Aviation Historian) and Edward Maloney (Museum founder & Curator, and Aviation Historian) will moderate and join in the presentation.

Planes of Fame Museum's mission is to preserve aviation history, inspire interest in aviation, educate the public, and honor aviation pioneers and veterans. The Museum sponsors regular events in the form of inspirational experiences,



PHOTO COURTESY: PLANES OF FAME  
Major Tashjian and Lt. Col. Purdy in 1944 (Above) and in 2016 (Below)



educational presentations, flight demonstrations, and airshows in fulfillment of this mission.

Planes of Fame Air Museum

is "Where Warbirds Fly and Aviation History Lives".

For more information, visit [planesoffame.org](http://planesoffame.org). ■

## Community Events

### UPCOMING EVENTS:

**Special Living History Flying Day - Open to the public!**

**When:** August 6, 2016,  
**Where:** Planes of Fame Air Museum (Chino, CA) Flight demonstration at 12 noon  
**Description:** A very Special Living History Flying Day featuring the Vought F4U-1A Corsair. Major John Tashjian, who flew our F4U Corsair in combat, author Michele Spry, and Lt. Col. Ferrill Purdy who also flew our F4U in combat (represented by his daughter Gayla Maier), will be our speakers followed by a question & answer period. The Vought F4U-1A Corsair will be on display and perform a flight demonstration. At 12 noon, the Raffle Flight will occur.

**Chino Hills Movies in the Park**  
**When:** Thursday, Aug. 11, 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 6- Inside Out  
**Contact:** Visit [ca-chinohills2.civicplus.com](http://ca-chinohills2.civicplus.com) or call (909) 364-2826

**2nd Saturday Artwalk**  
**When:** Saturday, August 13, 6 p.m. – 9 p.m.  
**Details:** Over 3 dozen galleries host artist receptions for their latest exhibits. Many shops, studios and restaurants open late. Experience the diverse array of top quality art work, ceramics, fiber, jewelry, mixed media, painting, photography and more. It's FREE.

**Pomona Inner City Homeless Ministry Dinner**  
**When:** Saturday, August 27, 5 pm -7 pm  
**Where:** First Baptist Church, 601 North Garey Avenue, Pomona  
**Description:** 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.

**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 res-

ervations are recommended.  
**Contact:** Call (626) 859-5269, or visit [www.charteroakhospital.com](http://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](http://www.healingcirclecommunityacupuncture.com)

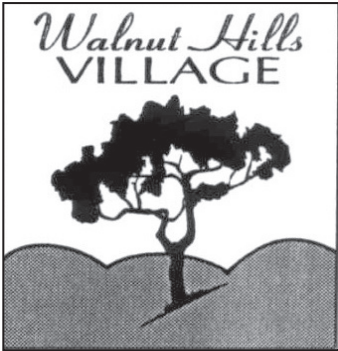
**Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce**  
**When:** Every Saturday from 8 a.m. to 2 p.m.  
**Where:** Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut  
**Cost:** Free Admission/Parking  
**Features:** Seasonal organic produce, breads and 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

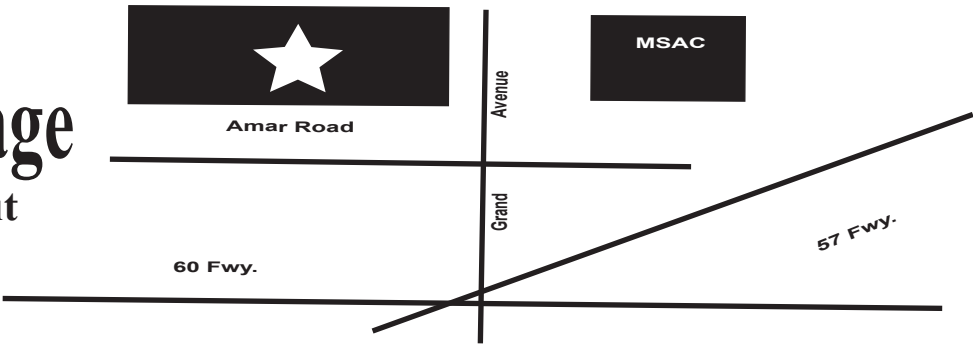
**Chino Farmer's Market**  
**When:** Every Saturday from 9 a.m. to 2 p.m.  
**Where:** Preserve Community Center 15800 Main Street Chino, CA 91708  
**Contact:** (909) 334-3478 or [www.healthyChino.com](http://www.healthyChino.com)

**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.





**Walnut Hills Village**  
20747 Amar Road, Walnut  
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**Party Tray Set**  
VIETNAMESE, THAI, CHINESE

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Burger King	468-3672
Clearwater Bagels	598-4332
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GNC Vitamins	869-7272
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Baby Elephant Thai Cuisine	595-3034
MJ Café & Teahouse	612-7480
Newen's Beauty Salon	598-8394
Royal Florist	718-0688
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# Distracted Drivers

By RIVERSIDE SHERIFF'S DEPARTMENT

Using an electronic device while driving is a serious safety problem. Most drivers know that texting while driving is a dangerous behavior, but many still use their cell phones and other mobile devices when they are behind the wheel, putting themselves and others at risk. Many drivers see distracted driving as risky when other drivers do it, but do not recognize how their own driving deteriorates.

In 2012, 3,328 people were killed and 421,000 were injured nationwide in crashes involving a distracted driver. That same year, eleven percent of fatal crashes were reported as distraction-affected crashes.

While anything that takes your eyes off the road (i.e. hands off the wheel) or mind off the task of driving is a hazard, there is heightened concern about the risks of texting while driving because it combines all three types of distraction – visual, manual and cognitive. In addition, most

drivers aren't aware that just talking on a cell phone, hand held or hands free, can lead to "inattention blindness" as critical brain functions needed for driving are used for cell phone talking.

At any given daylight moment across America, there are about 660,000 drivers using cell phones or manipulating electronic devices while driving. The Jurupa Valley Police Department is focusing on ways to change the behavior of drivers through enforcement, public awareness and education – the same activities that have curbed drunk driving and increased seat belt use.

In a national survey, almost half (48%) of drivers say they answer their cell phones while driving at least some of the time, and more than half of those (58%) continue to drive after answering the call. Your Police Department recommends the following safety measures:

**You can:**

- Turn off electronic devices and put them out of reach before starting to drive

- Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver, so his or her full attention stays on the driving task

**Parents can:**

- Be good role models for young drivers and set a good example. Talk with your teens about responsible driving

- If you know your teen is on the road – don't call or text them until you know they have reached their destination

**Employers can:**

- Adopt, publicize, and enforce company policies that prohibit employees from texting or talking on hand-held cell phones while in a company vehicle, or in a personal vehicle while using a company issued cell phone.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. For more information about distracted driving, please visit: [www.distraction.gov](http://www.distraction.gov) ■

# Quality hair care at Supercuts

## SuperCuts from page 1

franchise in the U.S. in Entrepreneur Magazine's 2015 Franchise 500. They offer professional haircuts, color services and facial waxing options to keep guests looking sharp.

The new Walnut Supercuts is locally owned and operated. They have hired an outstanding team of 6 stylists from the area, all of whom are passionate about delivering an exceptional guest experience. Ongoing training and certification allows the stylists to stay current on the latest looks so they can help guests with their existing style or give them a fresh new cut.

Haircuts at the Walnut location will finish with a relaxing Hot Towel Refresher to clean away stray hairs, starting at \$18 for adults, \$16 for children (12 and under) and \$16 for seniors (65 and older).

Supercuts accept all major credit cards and cash. Salon hours are:

- Mon-Fri, 10 a.m. to 8 p.m.
- Sat., 9 a.m. to 7 p.m.
- Sun, 9 a.m. to 5 p.m.

The Walnut salon joins over 2,300 Supercuts across the United States, Canada and Puerto Rico that provide consistent, high-quality hair-care services and

professional products to its guests at convenient times and locations with reasonable prices. Supercuts offer a broad selection of professional hair care products including: Paul Mitchell, American Crew, TIGI, Redken, Biolage and more.

Supercuts salons are owned and franchised by Regis Corporation (NYSE:RGS), the leader in beauty salons and cosmetology education. Supercuts is a salon industry leader in hair care services, with over 33 million guest visits per year for haircuts, hair color services and more. Supercuts primarily targets male guests who want a current look at an affordable price. Supercuts' proven technique, highly trained stylists and nationally recognized professional brands of hair care products offers an exceptional guest experience.

Call the Walnut Supercuts at (909) 475-0888 today for more information. Or download the Supercuts mobile app for iOS or Android, visit [Supercuts.com](http://Supercuts.com) to check-in for a same-day haircut, text 667788, or simply walk in when it's convenient for you. For additional information about Supercuts, give them a follow at [Facebook.com/Supercuts](https://www.facebook.com/Supercuts) and [Twitter.com/Supercuts](https://twitter.com/Supercuts). For more information about Regis Corporation, please visit [RegisCorp.com](http://RegisCorp.com). ■

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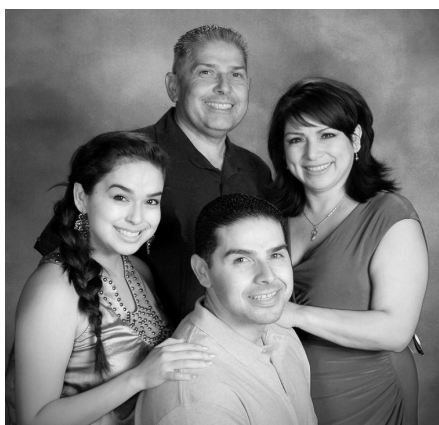
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# WHO will take care of your eyes

WHO from page 1

Whittier. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

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Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then attended U.C. Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2003, Dr. Larino was honored at her alma mater - Nogales High School - when she was inducted onto their Wall of Fame. She is a member of the American Optometric Association, the California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

WHO offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide variety of eyewear is also available, from progressive and polarized lenses to silicone high-oxygen contacts, and even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to the WHO offices and they will donate them to those in need of frames.

WHO is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18736 East Amar Road (at the corner of Nogales Street and Amar Road, next to Papa John's Pizza.) Their hours are Monday through Friday, 10 a.m. to 7 p.m.; and Saturdays, 9 a.m. to 2 p.m. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at [www.walnuthillsoptometry.com](http://www.walnuthillsoptometry.com).



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# Don Lugo graduate competes in Olympics

Olympian from page 1

Olympics opening ceremony held on Friday, August 5. With Rio just one hour ahead of the Eastern Time zone, the 2016 Summer Games will be the most live Olympics ever, according to NBC Olympics. NBCU will present 2,084 hours of Olympic programming across 11 networks. The Games will conclude on Sunday, August 21, with the Closing Ceremony on NBC.

This year's events include: Archery (4 events), Badminton (5 events), Beach volleyball (2 events), Boxing (13 events), Canoe slalom (4 events), Canoe sprint (12 events), Cycling - BMX (2 events), Cycling - Mountain Bike (2 events), Cycling - Road (4 events), Cycling - Track (10 events), Diving (8 events), Equestrian (6 events), Fencing (10 events), Field hockey (2 events), Golf (2 events), Gymnastics (14 events), Handball (2 events), Judo (14 events), Marathon swimming (2 events), Modern pentathlon (2 events), Rhyth-



Diana Taurasi

PHOTO COURTESY: CHINO VALLEY UNIFIED SCHOOL DISTRICT

mic gymnastics (2 events), Rowing (14 events), Rugby sevens (2 events), Sailing (10 events), Shooting (15 events), Soccer (2 events), Swimming (32 events), Synchronized swimming (2 events), Table

tennis (4 events), Taekwondo (8 events), Tennis (5 events), Track & field (47 events), Trampoline (2 events), Triathlon (2 events), Volleyball (2 events), Water polo (2 events), Weightlifting (15 events).

# 3 Die after HARD event

IE from page 1

Kaiser Foundation Hospital of Fontana, and Roxanne Ngo, 22, of Chino Hills, died at Loma Linda University Medical Center.

"Each was transported from the event to different hospitals for medical attention. These deaths are being investigated individually and, at this time, are not believed to be related. The cause and the manner of death are still under investigation. Because the cases are still being investigated, the coroner division will not be releasing any further details," said the San Bernardino County Sheriff's Department.

HARD summer festival goers

also had many concerns of the lack of properly trained medical staff on site for the event in case of someone needing attention. The organization of getting people into the event seemed to also be of concern, as metal wires sticking out through the tunnel they were led through to get into the event.

As per any event, things don't always run smoothly, but there are definitely some bright moments to these types of events that bring so many people together. Recent HARD event attendee Michele Pila says, "Raving and music festivals aren't just what you hear in the news. All the negativity you see is unfortunately all that gets out.

You don't see how it's one large community of people who just enjoy a good time. Don't let people's mistakes make you look down on our beautiful community!! I feel so free and absolutely LOVE this environment! I get it, it's not for everyone. But it's for me and thousands of others! For some it's our escape from reality for a bit...and for just a day or 2 we forget all our problems."

When asked how she felt about the three who passed, Pila said she didn't know how she felt about it because they haven't confirmed what the cause of death was. However, she did say, "It's really sad that lives were lost, and I just wish the outcome could have been different."

# Great goat escape

Walnut from page 1

scription includes a variety of situations, and they must be prepared to handle most of any given situation. However, Deputy Aaron Scheller most likely didn't think he was going to have to use his "training and experience" on this day to corral the herd of goats that were in the front yard of a residence. However, he helped turned them around back to a nearby open field on Fallow Field Drive in Diamond Bar.

"It took two hours but all of the 200 goats were captured and returned to their corral." The goats were of course eating the residents' grass along the way back to the field too. The event even resulted in the goats getting their 15 minutes of fame on ABC7 live news.

So for future reference, if there happens to be a herd of goats in your yard, call the Walnut/Diamond Bar Sheriff's Station.



PHOTO COURTESY: WALNUT DIAMOND BAR SHERIFF'S STATION

A herd of about 60-70 goats made the great escape into the Walnut/Diamond Bar area on July 28.



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# Healthy Living

## Local Races/Hikes:

### Chino Hike The Valley

When: Sat., Aug. 6, 8 AM

Where: Crystal Cove State Park • 8471 North Coast Highway, Laguna Beach, CA 92651

Details: Crystal Cove Loop; (909) 334-3258 or HealthyChino.com

### Lancer 5000

When: Aug 20, 2016

Where: California Baptist University

Details: 5k/1k; Solo and Family; Check in starts at 6:00 am ; www.cbulancers.com/lancer 5000 for updated map

## 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

### Amy's Farm

7698 Eucalyptus Ave., Ontario

Daily – If the sun is up and the gate is open!

(844) 426-9732

### 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:

### Toasted Brown Rice Bowl

With Cashews, Sesame, and Green Beans

BY HELLO FRESH

After-dinner grazers and midnight snackers, take note: this energy bowl is loaded with protein, which means your stomach definitely won't be grumbling tonight. Plus, it's got all the Asian-fusion flavors we love: soy, ginger, and garlic.

**Cooking time:** 30 min.

**Servings:** 2

**Nutrition:** Calories: 551 cal, Fat: 18g, Sat. Fat: 3 g, Protein: 14g, Carbs: 88 g, Sugar: 12 g, Sodium: 656 mg, Fiber: 10 g

#### Ingredients:

- Brown Rice- ¾ cup
- Carrot- 1
- Corn on the Cob- 1
- Green Beans- 6 oz.
- Scallions- 2
- Cashews- 1 oz.
- Ginger- 1 Thumb
- Garlic- 2 Cloves
- Sesame Seeds- 1T
- Soy Sauce- 2 T
- Oil- 3t
- Eggs (optional)- 2

#### Preparation:

**1. Cook the rice:** Preheat the oven to 400 degrees. Bring a large pot of salted water to a boil. Add the rice to the boiling water. Cook 20-25 minutes, until tender. Drain.

**2. Toast the cashews:** Place the cashews on a baking sheet. Place in the oven to toast 3-5 minutes, until fragrant. Keep an eye on these so they don't burn! Remove from sheet and set aside.



PHOTO COURTESY: HELLO FRESH

#### 3. Prep the remaining ingredients:

Wash and dry all produce. Peel and finely dice the carrot. Trim and cut the green beans into 1-inch pieces. Thinly slice the scallions, keeping the greens and whites separate. Shuck the corn, then cut the kernels off the cob. Mince or grate the garlic. Peel and finely mince or grate the ginger.

**4. Cook the veggies:** Heat a drizzle of oil in a large nonstick pan over medium-high heat before adding the carrot. Cook, tossing, for about 5 minutes, until slightly softened. Season with salt and pepper. Add the green beans and corn. Cook, tossing, for 3-5 minutes, until the green beans are crisp-tender. Remove from pan and set aside.

**5. Toast the rice:** Heat a large drizzle of oil in the same pan over medium-high heat. Add the garlic and ginger. Cook 1 minute, until fragrant. Add the rice to the pan. Cook, tossing, for 1-2 minutes, until slightly crispy and golden brown. Add the veggies, soy sauce, and scallion whites to the pan. Cook, tossing, for 1-2 minutes. HINT: This would be a great time to fry up a sunny-side-up egg to serve over each rice bowl!

**6. Finish:** Divide the brown rice between bowls. Sprinkle with toasted cashews, sesame seeds, and scallion greens. Enjoy! ■

## Tips:



Live Better  
HEALTH TIP

## Put Up A Resistance (Training) For Bone Health

BY C DOUSSETT M.P.H.,  
R.D.N. OF CLARK'S  
NUTRITION AND NATURAL  
FOODS MARKET

The oft-forgotten skeleton is one of our most powerful allies in the quest for health and a long life. Our skeletons not only keep us upright, but they protect vital organs, link body systems to each other and produce our oxygen carrying red blood cells and the majority of our immune cells. They also do wonderful things like nourish us when our diets are lacking and provide the basis for the pH balance in our blood. Taking care of our skeleton requires an adequate mineral and protein supply, as well as important fat soluble vitamins, specifically vitamins D and K. In addition, our skeletons require that we remain physically active and challenge ourselves in a way that sends vital neuro and hormonal signals to maintain bone integrity. Even a modest amount of exercise will have some benefit, yet the majority of individuals with sound bone health adhere to a well thought out and consistent exercise program. This means not only engaging in "cardio" (running, swimming, and biking) but resistance exercise, colloquially known as "hitting the weights".

Weight training allows bones to experience what is known as the minimal essential strain (MES). The MES is a specific force that induces positive changes in skeletal health and is generally calculated at one/tenth the strain it would take to fracture a bone. In other words, weight training places a healthy strain on our bones that signals those same bones to strengthen themselves. The effects of resistance training on bone health can be felt after only a few sessions and regular training can ensure bones are healthy for years to come.

Knowing this, we must ask, who is at risk for impaired bone integrity?

- Individuals with small skeletal structures, this unfortunately means a majority of women, including smokers and alcoholics
- Soda drinkers- due to the high phosphorous content and caffeine, also known to block calcium absorption, or simply because soda is replacing milk and fortified orange juice as the beverage of choice
- Everyone after a certain age as hormones decline.
- What problems does impaired bone health (a.k.a. osteopenia and in advanced cases, osteoporosis) present?
- Increased risk of

fractures and breaks, especially hip fractures which can also lead to pressure sores and blood clots which may lead to pulmonary embolisms

- Pain when exercising and performing activities of a physical nature

- Weakened muscles and decreased quality of life

There are important activities we can do to strengthen our bones at an early age so they carry us through life. The recommendations for both kids and adults are, not surprisingly, very similar:

- Get plenty of exercise. Playing like a kid is a great way to send signals to the bones to keep them strong, resistance training as well as an aerobics class, yoga or a walking group

- Get your calcium. Leafy green vegetables and bone/mineral broths. For those individuals eschewing dairy, calcium fortified grains, salmon in the can with the bones, and fermented soy products are great, as well as dried spices like thyme, oregano, and basil (up to 100 milligrams of calcium per three tablespoons)

Major fractures later in life can cause immune system compromise and leave us susceptible to opportunistic infections. Keep your skeleton young and your body will follow suit, and as always, have a healthy day. ■

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# Straight Talk With Danice

*My nephew asked me not to bring food – A letter from Confused Auntie Anne*

By DANICE AKIYOSHI, N.D.



**Q:** My nephew and his wife just had a baby. It is our tradition to deliver meals on a regular basis for the first two months to help the couple because they are tired. I'm very busy, but I've been taking meals twice

a week and so has his mom. Last weekend, my nephew told me not to bring any more food because his wife's family is bringing food that she prefers. I know that my nephew loves these dishes I've been cooking. I have gone out of my way to cook all of his favorite meals. This disappoints me.

**A:** I think that your nephew has made a decision to avoid conflict with his wife. The fact that he has disappointed you is probably low on his list of things he chooses to worry about during this trying time. You know in your heart that you followed your kind and generous traditions. If the

traditions are not appreciated by your nephew and his wife, so be it. Put your kindness and generosity where it is appreciated. I know many people who would appreciate a caring and devoted aunt like you. I am one of those people. Take care.

*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](mailto:straighttalk@candidcoachingservices.com). You can also visit her website at [www.candidcoachingservices.com](http://www.candidcoachingservices.com). ■*

# Making Friends At The Gym

By PASTOR MARK HOPPER



A new gym opened near our house a couple of years ago. It is close enough to where we live that we could walk to it.

However, we don't want to wear ourselves out before we get to the gym, so we usually drive there!

One of the things that you notice at the gym is the diversity of people. There are both men and women, younger and older. Everyone is welcome.

I know that most of us go to the gym to get some exercise, work up a sweat and improve our health. They offer a variety of equipment and they even have personal trainers available to help you if you need it.

But, I have noticed that there is more going on than just exercise. I notice that people greet one another when they arrive. I noticed that people talk with

one another as they exercise.

Of course, this is not true of everyone. Some people do keep to themselves. They wear head phones or ear buds, and they listen to music or do other things on their electronic devices.

The people with big muscles seem to take these work outs pretty seriously and they may not want to be distracted by casual conversation.

But, I have noticed that most people go out of their way to say hello to others. They seem genuinely glad to see people and talk with others as they exercise.

Although some people come with a friend, it appears that many people have made new friends at the gym. Recently, I met someone who had lived in my neighborhood for over 20 years. We had never met until we went to the gym!

I suppose the social aspect of the gym is probably just as important as the physical. As we improve our physical health, we are also improving our personal and social health, too.

I believe that God did not in-

tend for us to live life in isolation. He created us to be social creatures that need others to help us grow and enjoy life.

There is a phrase that is found many times in the New Testament. It is the term "one another". We are told to love one another, encourage one another and serve one another. We are also told to forgive one another and carry one another's burdens.

When we go to the gym, we not only help improve our physical health, but we may be improving the health of others. When we speak to others and listen to others, we may be improving their health, too.

Let me encourage you to join a gym near you and find some new friends. 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](http://Efreedb.org). ■*

# Calling For Responsible Pet Owners

By NANCY STOOPS



It is on behalf of dogs everywhere that I write this article. Being the proud owner of Midnight, the black lab/black shepherd mix shown with me in my photograph is truly a joy and honor. Midnight is nine-years-old and very healthy. Midnight and I take lots of long walks in our neighborhood and he has many buddies along the way.

Some of his buddies are very well cared for and live safe lives. But some of his buddies aren't so lucky and are let out to walk themselves.

I can't believe how many wonderful dogs I have seen without tags and let out by themselves. I can't believe how many dogs end up hit by

cars and die because they are illegally let out by themselves. Legally dogs are supposed to be licensed, vaccinated and leashed when they are out off their property. They should be walked by humans that can help guide them on what is safe and what is not when they are out of their house or yard.

A dog is a huge responsibility and an enormous joy. Caring for a dog properly involves feeding them healthy food, cleaning them, vet visits, walks, licensing them, cleaning up after them, and always providing clean drinking water and shelter and lots of love, affection and attention. It's not okay to have a dog or any animal that is neglected. There have been many new laws passed to help protect animals and people lose them everyday because of neglect. So I ask you to think about all of this before you get an animal. I beg you to stop al-

lowing your dogs to walk themselves. I ask you to understand how helpless they are and how much they count on us to care properly for them. Please take the time to be a responsible and loving pet owner!

*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](mailto: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 CHINO PD  
Officer Franks stopped to visit local kids and grab a cold glass of lemonade at their stand on August 2.



PHOTO COURTESY: CITY OF CHINO PD  
Please welcome the newest member of the Chino PD's K-9 team, Officer Haines and his partner Apollo-3 year old German Shepherd.

## Family fun at NNO

Fun from page 1

send a message to criminals that neighborhoods are organized and fighting crime.

National Night Out is sponsored by the National Association of Town Watch and co-sponsored locally by the Sheriff's Department. It will involve more than 10,000 communities from all 50 states, U.S. territories, Canadian cities, and military bases around the world. More than 35 million people are expected to participate in "America's Night Out Against Crime."

On August 2, residents in

## Suspect attempts to take deputy's gun

Attempt from page 1

suspect then returned to the vehicle after a short time. The deputy then attempted again to detain Smith to investigate, but Smith resisted the lawful orders and a physical altercation occurred. In the midst of trying to gain control of Smith, Smith grabbed the deputy's firearm and attempted to remove it from the holster.

Although the officer prevented Smith from grabbing his weapon,

the suspect was able to break free from the deputy and ran to the deputies marked patrol vehicle. However, Smith's failed attempts to gain control and take the vehicle led the deputy to arrest and take him into custody where he was booked into the West Valley Detention Center and is being held on \$50,000.00 bail.

If you have additional information, please call the Chino Hills Police Department at (909) 364-2000 or WeTip at 1 (800) 78-CRIME (27463). ■

neighborhoods across the nation were asked to lock their doors, turn on outside lights, and spend the evening outside with neighbors and law enforcement. Many neighborhoods host a variety of special events such as block parties, cookouts, and flashlight walks.

The Walnut/Diamond Bar Station celebrated the National Night Out event from 5:30 p.m. to 9:00 p.m., at the Rowland Heights Community Center at Pathfinder Park (18150 Pathfinder Road, Rowland Heights). The community enjoyed food, giveaways, and live music.

The City of Walnut held their National Night Out event at Creekside Park. Residents enjoyed food trucks, a perfor-

mance by Cold Duck, and The Avengers: Age of Ultron movie shown afterwards.

"Thank you to everyone who joined us last night for National Night Out," stated the City of Walnut Facebook page. They provided a quick recap video for the community to enjoy.

However, City of Chino residents didn't hold a big community event, but instead held multiple neighborhood barbecues, potlucks, and dessert social events throughout the community. Events that were registered received visits by the City Council Members, Deputies, Firefighters, Citizens on Patrol, and even McGruff the crime-fighting dog.

"Thank you to all of the members of our community who par-

## So you think you can dance

DB from page 1

says he still feels, "So blessed and thankful for this amazing experience. I just love my So You Think You Can Dance family. Thank you for following me on this journey and though it had come to an end, I'm excited for what's to come."

Also having the opportunity to perform at the Teen's Choice Awards, Shaden says, "Had the best time last night performing with my So You Think You Can Dance squad at Teen choice Awards 2016. It was amazing!!!!"

City of Diamond Bar residents are extremely proud of Shaden and knows this is not the end for him, he will continue to grow and be amazing on his journey. ■

ticipated in National Night Out! The support for our Police personnel was overwhelming and we thoroughly enjoyed visiting each of the participating neighborhoods. We are so proud to partner with you in keeping Chino safe. We also want to say thank you to Target for being a national sponsor of this program," stated the City of Chino. ■

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# WVUSD Discuss Potential Bond Measure With Community

Last public site tours slated for Aug. 9

By KELLI GILE

**Walnut** - Walnut Valley Unified School District kept its promise to begin an open conversation with community members during an informational meeting held on July 7. Officials shared their vision for a potential school bond that is being considered for the November ballot.

In return, the Diamond Bar and Walnut residents were encouraged to ask questions and give input during the two-hour meeting held at the Ron Hockwalt Academies in Walnut.

"Communication is key – that's why we're here tonight," said Superintendent Dr. Robert Taylor, who hosted the meeting.

At the time of the gathering, the Board of Trustees hadn't taken action to put a measure on the ballot, but the District chief said they would within the next month.

"The school funding doesn't pay for construction," explained Board President Helen Hall. "We have to go out to the community for local funding to keep our facilities and classrooms up-to-date. Here we are coming to the community asking for your support."

Dr. Taylor emphasized that the District will be transparent and specific with expenditure plans for this general obligation bond.

Walnut Valley schools are known for academic excellence and are among the highest performing in the state.

Improving outdated facilities will maintain the highest levels of student achievement and ensure that all students are prepared for the future with



PHOTO COURTESY: KELLI GILE

Superintendent Dr. Robert Taylor welcome residents to informational meeting on July 7.

21st-century skills in science, technology, engineering, arts, and math (STEAM).

Mike Hodson, assistant superintendent of business services, presented a comprehensive outline of the District's revenue, including the Local Control Funding Formula that provides school districts with the bulk of their funding each year. "Historically, Walnut Valley continues to be one of the lowest funded districts, ranking at 20th out of 21 neighboring districts," Hodson commented.

A draft list of projects for every school was on display and residents got a close-up look at the details during a gallery walk.

School teachers, staff, parents, and community members provided items on the lists that totaled over \$300 million, Taylor said. The District also received hundreds of responses from a parent survey conducted in April to identify needs and priorities for its nearly 14,600 students at the 15 campuses.

Dr. Taylor told the audience that the list would be narrowed to a manageable number and a funding structure the community will be comfortable with before the Board moves forward.

"We want to make sure we have open communication with

several local groups, including the Mt. SAC Task Force and United Walnut Taxpayers.

"Anything we can do to work a partnership with our community to meet the needs of our kids," Dr. Taylor added.

Two members United Walnut Taxpayers praised the District's efforts after the meeting.

"I thought the meeting was very good – we've been asking for transparency," said Layla Abou-Taleb. "We are very happy."

"Mt. SAC could learn a lot at this stage in the process of informing the community and conducting outreach for a future bond from Walnut Valley and Dr. Taylor," added Mansfield Collins.

WVUSD plans to host additional meetings and site visits for interested groups in the coming weeks.

Site tours were held on August 1 at 8:30 a.m. and August 4 at 1:00 p.m. The last tour is slated for August 9 at 3:30 p.m. The tour will depart from the District Education Center located at 880 S. Lemon Avenue in Walnut. Please contact Linda Armes at (909) 595-1261 ext. 31296 for reservations.

The informational meeting presentation and draft project list is also available on the District's website at [www.wvusd.k12.ca.us](http://www.wvusd.k12.ca.us). ■

## CVUSD Juniors Score Better Than State & Nation On SAT

By CVUSD

**Chino** - Chino Valley Unified School District 11th graders who took the SAT in March scored significantly better than similar students statewide and nationally on the standardized test that is widely used for college admission.

District wide, the 2,009 CVUSD 11th graders taking the test (evidence-based reading and writing, and math) had a mean score of 1,005. The State mean score was 965, and the national mean score was 971.

Chino Valley's mean score on the evidence-based reading and writing portion of the test was 505. The State's mean score was 486, and the national mean score was 490.

Chino Valley's mean score on the math portion of the SAT was 501. The State mean score was 479, and the national mean score was 481.

The "new" or redesigned SAT was administered for the first time in March. The redesigned test is scored differently as well as on a different scale, so comparisons between results on this test and previous versions cannot be immediately drawn, according to Julian A. Rodriguez, Director of Assessment and Instructional Technology.

Participation in the test by Chino Valley 11th-graders greatly increased from previous years because the SAT was offered to all students, the District paid the students' test fees and took care

of the registration process.

Ayala High had 89% of its 11th-graders taking the test; Chino High, 83%; Chino Hills High, 77%; and Don Lugo High, 64%.

Prior to the 2013/2014 school year, CVUSD student participation in the SAT "hovered around 45%, consistently," Rodriguez said. The district's highest percentage of participation was 48.3% in the 2013/2014 school year, according to Ed Data Education Data Partnership. Participation percentage rates were formerly calculated for students who took the test at any time in their high school careers.

Now that the district is a part of the SAT School Day program, it can begin tracking participation numbers based on students who take the test that single day. ■

Dr. Carmela Larino, O.D.

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## Save On Everything For Back-To-School

With these Smart Tips and Tricks

By STATEPOINT

Whether your kids are school playground-bound or college-bound, the back-to-school season can be an expensive time of year. Families with children in grades K-12 plan to spend an average \$673.57 while college students and families with children in college plan to spend an average of \$888.71, according to a National Retail Federation 2016 annual survey.

**Where are their dollars going?** The top five back-to-school supplies searched for are Crayola ColorStudio iMarker, BIC Pencil Xtra, TI 84 graphing calculator, Brita filtration water bottle and Crayola Washable Erase, according to Qmee, an online shopping companion.

**So how can you save on these popular items and more when shopping?**

"Whether it's a calculator, backpack or dorm furniture, before making a purchase, it's important to do your research. Educated shoppers always get the best deals," says Jonathan Knight, Co-Founder and CEO, Qmee.

Shopping online is the best way to save time and be sure you're getting a good deal, says Knight, who recommends a few strategies for how parents can get more bang from their back-to-school buck:

• **Price check:** Price comparison tools can help you know for sure whether you're getting the best deal on any given item. These tools automatically research what you're searching for to show you the best prices available.

• **Use coupons:** These days you don't need to spend hours scanning the paper with scissors.



PHOTO COURTESY: STATEPOINT

sors. Online coupons and discount codes can help you save big at checkout. Before clicking "Purchase," always verify whether any such deals are available.

• **Connect:** Brands are looking to connect with their consumers online. In some cases, you can earn cash for your everyday searches by clicking on relevant ads. Likewise, by sharing your valued consumer opinion through surveys, many brands will reward you with cash.

• **Use shopping tools:** Download a free browser app which will automatically allow you to earn cash for your everyday searches, and also find the best coupon codes while you shop online. For example, online search and save companion Qmee unobtrusively becomes part of your browser to work with search engines and commerce sites such as Google, Bing, Amazon and Walmart, to help you search for what you want, compare prices, secure discounts and offer opinions while earning cash. It's a good tool to help college kids stick to a budget while shopping for everything from books to dorm supplies. For more information or to download, visit Qmee.com.

Back-to-school shopping for students of any age can be expensive, but with the right knowledge, there are plenty of ways to save time and money. ■

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