

OurWeeklyNews.com

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Walnut

Many Appointed At Council Meeting

BY NATALIE KIM

Walnut - The July 27 Walnut Council meeting began with the Council proclaiming August 2 as National Night Out. The Council invited residents of the City to come together and enjoy a night out while getting to know the local law enforcement. The Council also recognized the Walnut

see **Walnut** page 4

Diamond Bar

Aliso Canyon Leak Discussed

BY NATALIE KIM

Diamond Bar - The August 2 Diamond Bar Council meeting began with a presentation by Bob Cruz with Southern California Gas Company. Cruz discussed the Aliso Canyon leak, and the subsequent plugging. Unfortunately, in order to stop the leak, the gas reservoir in Aliso Canyon is currently offline, and Southern California Gas Company is unable to

see **DB** page 5



Relay for Life, Early morning group of people from the City of Chino who worked registration and the survivor tent on August 6.

PHOTO COURTESY: RAMONA ALMENDAREZ

Cancer Never Sleeps At Relay For Life

BY RACINE GUAJARDO

Chino - On August 6 starting from 9 a.m. to August 7 at 9 a.m., the Relay for Life event joins together to raise money for the American Cancer Society. The event took place at

Ayala Park in Chino in hopes to "Paint the World Purple."

The American Cancer Society says, "It unites communities across the globe to celebrate people who have battled cancer, remember loved ones lost, and take action to finish the

fight once and for all."

About 66 teams were formed with over 1200 participants who attended the event that helped raised over \$200,000. It is a 24 hour event because "cancer

see **Relay** page 10

Police Seek CH Citibank Robber

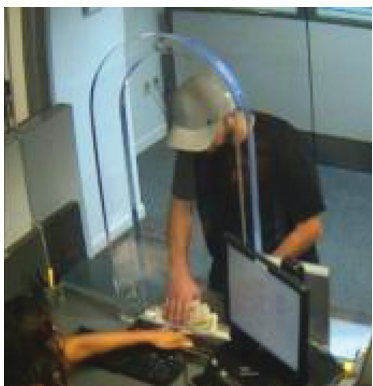


PHOTO COURTESY: CHPD

STAFF REPORTS

Chino Hills - On August 4, the Chino Hills Police/Sheriff's station assisted in a silent alarm call made by the Citibank on Pipeline Avenue around 4:51 p.m.

Once the deputies arrived on scene, they were notified by Citibank employees that a robbery had occurred inside.

According to the Chino

Hills Police/Sheriff's Station, "Through investigation, it was determined the suspect entered the bank, and after a short wait he approached the teller and handed her a hand written note. After reading the note, the teller gave the suspect an undisclosed amount of cash and left the bank. The

see **Robber** page 4

Inland Empire

Suspect Arrested After Disturbance

STAFF REPORTS

San Bernardino - A suspect attempted to flee from a deputy after a disturbance call was made at Glen Helen Regional Park last week.

On August 7, the Sheriff's Central Station responded to a call from the Glen Helen Regional Park of complaints that a subject had been causing problems with the employees and customers.

The suspect was identified as Victorville resident, Kadell

see **IE** page 4

Superheroes Unite

BY SARAH SANCHEZ

Chino - Spider-Man, Captain America, Wonder Woman, and Ironman all joined together to combat villains on Aug. 6 at the Jr. Hero Run.

The run took place at Prado Regional Park, located at 16700 S. Euclid Ave. in Chino. Between 8 a.m. and 11 a.m., waves of Jr. Heroes and spectators (their parents or guardians) started on their journey of combating bad guys. Their mission as a hero was to find

see **Heroes** page 10

Our Featured Businesses

Luxury for Less!

BY K.P. SANDER

Kitchen & Flooring Center, Inc. does it all. In fact, their motto is, "We Turn Houses into Homes."

More than just a house, your home is a very special place. With that in mind, the Kitchen & Flooring Center is committed to providing you with the materials and installation you need to make

see **Luxury** page 5



Kitchen & Flooring Center, Inc. is located at 20875 Golden Springs Drive, in the city of Diamond Bar. They can be reached at (909) 594-5020, or visit www.kitchennflooring.com. And see their ad on page 12 of this publication.

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 4



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.walnuhilloptometry.com.

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PHOTO COURTESY: HISTORY.COM

History 101

The Woodstock festival opens in Bethel, New York

BY HISTORY.COM

On August 15 in 1969, the Woodstock Music Festival opens on a patch of farmland in White Lake, a hamlet in the up-state New York town of Bethel. Promoters John Roberts, Joel Rosenman, Artie Kornfield and Michael Lang originally envisioned the festival as a way to raise funds to build a recording studio and rock-and-roll retreat near the town of Woodstock, New York. The longtime artists' colony was already a home base for Bob Dylan and other musicians. Despite their relative inexperience, the young promoters managed to sign a roster of top acts, including the Jefferson Airplane, the Who, the Grateful Dead, Sly and the Family Stone, Janis Joplin, Jimi Hendrix, Creedence Clearwater Revival and many more. Plans for the festival were on the verge of foundering, however, after both Woodstock and the nearby town of Wallkill denied permission to hold the event. Dairy farmer Max Yasgur came to the rescue at the last minute, giving the promoters access to his 600 acres of land in Bethel, some 50 miles from Woodstock.

Early estimates of attendance increased from 50,000 to around 200,000, but by the time the gates opened on Friday, August 15, more than 400,000 people were clamoring to get in. Those without tickets simply walked through gaps in the fences, and the organizers were eventually forced to make the event free of charge. Folk singer and guitarist Richie Havens kicked off the event with a long set, and Joan Baez and Arlo Guthrie also performed on Friday night.

Somewhat improbably, the chaotic gathering of half a million young "hippies" lived up to its billing of "Three Days of Peace and Music." There were surprisingly few incidents of violence on the overcrowded grounds, and a number of musicians performed songs expressing their opposition to the Vietnam War. Among the many great moments at the Woodstock Music Festival were career-making performances by up-and-coming acts like Santana, Joe Cocker and Crosby, Stills, Nash & Young; the Who's early-morning set featuring songs from their classic rock opera "Tommy"; and the closing set by Hendrix, which climaxed with an improvised solo guitar performance of "The Star Spangled Banner."

Though Woodstock had left its promoters nearly bankrupt, their ownership of the film and recording rights more than compensated for the losses after the release of a hit documentary film in 1970. Later music festivals inspired by Woodstock's success failed to live up to its standard, and the festival still stands for many as a example of America's 1960s youth counterculture at its best. ■

Did You Know?

5 Easy Ways to Live More Sustainably

BY STATEPOINT

It might not feel like you alone can have an impact on the environment, but over time, small lifestyle changes can make a substantial difference. Need some ideas to get started? Draw inspiration from the collective efforts of one California olive company working to run operations in an eco-friendly way. "Our employees are vital to our zero waste efforts," says Dennis Leikam, environmental manager at Musco Family Olive Company. "Through monthly sustainability topics and a compost program, they're encouraged to reduce not only our corporate environmental impact, but also their personal impact away from work, as well." Over 75 percent of residential waste is recyclable, but most people only recycle 30 percent, according to the Environmental

see Know page 3

Standing In The Light

BY MICHAEL ARMIJO

Doug was a simple guy who had worked hard to be "normal." His upbringing wasn't the best, but Doug beat the odds and found life within his spiritual realm. He found God and decided that his true place in life was with Him. He wanted to come out of the darkness and stand strong into the light. One day Doug stood in line at a mini-mart when a young woman came in. He immediately noticed her long brown hair, her beautiful eyes, and her slightly crooked smile. She raced in for her purchase, and without noticing, dropped a fifty-dollar bill on the floor. As he hesitated, Doug remembered his obligation to stand in the light. He remembered that he attends church on Sundays, and needs to do what is right; but he didn't. A little voice in Doug's head whispered, "Pick up the money and put it in your pocket." He picked up the fifty, placed it in his pocket, and turned the negative into a positive by bragging about how "lucky" he was. Soon after, he reexamined his actions and tried to justify them. He thought to himself, "God wanted me to have this

money; he knew how much I needed it." And then the guilt set in. He wasn't comfortable attending church on Sundays, and he began to run from his guilt by not caring anymore. Doug was lost to guilt and temptation. Several weeks went by and Doug's dishonesty grew. He felt content about his new place because he received things he didn't earn; he took things that he didn't deserve. His 'cheating the system' helped him receive tangible items that he usually couldn't afford. And then one day a friend invited him back to church and Doug was faced with an uncomfortable decision: Do I continue my wicked ways, or do I go back to the light? If Doug was to give up his newfound lifestyle, he would then have to change what he was taking from others. He would have to exchange his financial riches for spiritual ones. Honesty would once again have to prevail in his life. All the taking, which had grown into a disease, would have to transform into giving. But Doug was afraid of doing what was right. I believe that honesty doesn't just happen, and to many, it

see Light page 3

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Chino Chamber of Commerce
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(909) 627-6177

Recent Recalls

STAFF REPORTS

1. John Deere recalls **Lawn and Garden Tractors** due to Laceration Hazard. The reverse implement option (RIO) system can fail, posing a laceration hazard to bystanders. RIO is a safety system that shuts off power to the mower blades when the machine is placed into reverse.

2. Update: Gel Spice, Inc. Issues expanded the recall of **Ground Tumeric Powder** due to Elevated Lead - expanding its recall of ground turmeric powder to include additional brands because of elevated lead levels. Lead can accumulate in the body over time. Too much can cause health problems, including delayed mental and physical development and learning deficiencies. Pregnant

women, infants and young children especially should avoid exposure to lead.

3. **National Time Fire Alarm Pull Stations** recalled by Signal Communications due to failure to alert consumers; sold exclusively by National Time & Signal. The pull handle on the fire alarm pull station can break when manually pulled and fail to activate the alarm system.

4. **PharmaTech LLC** issues voluntary nationwide recall due to potential risk of product contamination- voluntarily recalling all liquid products from October 20, 2015 through July 15, 2016 as a precautionary measure due to a potential risk of product contamination with Burkholderia cepacia. If a product contains B. cepacia, its use could result in infections in patients with compromised im-

mune systems and in patients with chronic lung conditions such as cystic fibrosis. Some of these infections may be serious or even life-threatening in the at risk patient population.

5. Cinmar Recalls **World Magnetic Travel Maps** due to risk of magnet ingestion by children; sold exclusively at Frontgate. When two or more magnets are swallowed, they can link together inside the intestines and clamp onto body tissues, causing intestinal obstructions, perforations, sepsis and death. Internal injury from magnets can pose serious life-long health effects.

6. Brown Jordan Services recalls **Swivel Patio Chairs** due to fall hazard; sold Exclusively at Home Depot. The base of the chair can break during normal use, posing a fall hazard. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

Protection Agency. While it may be unrealistic to produce zero waste at home, you can get closer to that goal.

Such commitment to sustainability is achievable in your own home. Here are some simple actions you can take.

Buy the Right Stuff

Musco has an ethical sourcing program to ensure that every part of the olive production process meets their sustainability goals. Do your own ethical sourcing by:

- Buying local.
- Buying products with minimal, recyclable packaging.
- Reducing your use of disposable items.
- Choosing products from companies with a commitment to sustainability.

Drive Less and Bike More

In an effort to reduce greenhouse gas emissions at its facilities by five percent, Musco is tracking emissions through Carbon Disclosure Project, the leading non-profit working to reduce greenhouse gas emissions. You can lower your carbon footprint by consolidating car trips, and walking or riding your bike to work and on errands.

Conserve Water

In the last 10 years, Musco has recycled almost 1.5 billion gallons of water onsite in a closed-loop system. They even grow a special grass that pulls salt from the soil, is harvested and becomes a tasty supplement

for local cattle. Here are ways you too can conserve water:

- Turn off the tap when you brush your teeth.
- Use the dishwasher. Unless your dishwasher is more than a decade old, it uses less water than washing by hand. Really.
- Put a brick in your tank to get a low-flow effect without the cost of a new toilet.
- Add aerators to faucets. They cost less than \$10 and the accumulated water savings is substantial.
- Limit watering outdoors to the coolest times of day, use a moisture sensor, and landscape with native, drought-resistant plants.

Bring Your Own Bag

Remembering to bring your own bags to the supermarket is hard at first, but is a great habit. Keep market bags in the back of your car and get a foldable tote bag to store in your purse.

Feed the Soil

Take advantage of municipal compost programs. Most allow whole pizza boxes, paper plates, plate scraps, and bones in the green bin -- all no-no's for a backyard bin. Or, get yourself a worm box and compost small food scraps that will help your garden grow. You can also toss veggie scraps into a freezer bag until you have enough to make veggie broth.

To learn more about sustainability leadership, visit www.olives.com.

Remember every small step makes a difference. ■

Attempted Carjack In Chino Hills

STAFF REPORTS

Chino Hills - On August 5, an attempted carjacking and attempted robbery took place at 4200 Chino Hills Parkway, where a senior citizen couple was about to have lunch.

The suspect was identified as 45-year-old Scott Balcombe. According to the Chino Hills Police Department, as the elderly couple was getting out of their vehicle, "Balcombe approached

the male driver, pointing a black pistol and demanded the victim give him his money and keys to the vehicle. Balcombe threatened to shoot the victim. A verbal exchange occurred and Balcombe fled on foot."

An employee at a nearby restaurant witnessed the incident and reported what was happening to the deputies. The deputies were at the scene in less than a minute of the call and were able to apprehend

Balcombe at the gas station, which was also located in the shopping center.

The suspect was found with a plastic pistol in his waistband; he was booked and transported to West Valley Detention Center for Attempted Carjacking, Robbery, and Elder Abuse.

If you have any information related to this investigation, you may contact the Chino Hills Station and speak to Deputy Vega at (909) 364-2000. ■

Standing in the light

Light from page 2

has to be taught. To truly stand strong in the light requires commitment and focus on the bigger picture. And although life has given me unpredictable waves that have created confusion within my own life, I still believe that there is something out there, a higher power,

and an incredible universe that shines brighter than imaginable. In those moments when we do the right thing, when we feel inexplicable happiness and peace, we draw from this power and feel the benefit of this light.

I hope for Doug, and the many others who have fallen into the darkness of life, that they can overcome their fears about love, affection, honesty,

intimacy, goodness and truth. And is it really easier to live in that fear within the darkness? When we are able to overcome and understand who we really are, where we are going, and what we believe in, these elements of truth help keep us free from sin, pain, and being fearful. At that time we will have no fear, and we will stand strong with our hearts full of that light. ■

Community Events

UPCOMING EVENTS:

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 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
Contact: (909) 334-3478 or 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.

Police seek CH Citibank robber

Robber from page 1

suspect claimed he had a weapon but never brandished it. It is unknown if the suspect left on foot or in a car once he exited the bank.”

The suspect was described according to CH police department as an adult male with a medium complexion, light colored eyes, a dark mustache and beard. He appeared to be about 5'8 with a medium build. His clothing description was described as a grey hat, black shirt, long black shorts, black ankle socks, and black shoes with red shoe laces.

If anyone has information regarding the incident, you are urged to contact the Chino Hills Police/Sheriff's Station at (909) 364-2000. If you wish to remain anonymous, you may call WeTip at 800 78-CRIME. ■



PHOTO COURTESY: CHPD
This is the Chino Hills Citibank robber. If you have any information in regards to the incident, please contact CH police/sheriff's station at 909-364-2000.

Suspect arrested after disturbance

IE from page 1

Agee, 27-years-old. When Deputy Sandoval arrived on the scene, Agee took a fighting stance after refusing to speak with the deputy.

According to San Bernardino Sheriff's Department, "Sandoval attempted to gain control of Agee's arm when Agee struck Sandoval's arm and fled on foot. Deputy Sandoval chased after Agee and gave him orders to stop, but he refused. Agee then stopped, turned around and took a fighting stance again."

Once Agee took his fighting

stance against the deputy for the second time, Deputy Sandoval was able to gain control of the suspect and take him into custody without further incident.

Kadell Agee was arrested for Felony Resisting an officer and booked into the West Valley Detention Center.

If you have any information in regards to this incident, you may contact the San Bernardino Sheriff's Department's Central Station at (909) 387-3545. If you wish to remain anonymous, you can call We-Tip Hotline at 1-800-78-CRIME (27463), or you may also leave information on the website at www.wetip.com ■

Many appointed at council meeting

Walnut from page 1

High School golf team for their spectacular performance.

Following the public comments, the Council approved the minutes of the July 13 City Council minutes, as well as the rest of the consent calendar.

The consent calendar consisted of a resolution allowing claims and demands in the amount of \$555,984.83 from fiscal year 2015-16; a resolution allowing claims and demands in the amount of \$429,937.41 from fiscal year 2016-17; a resolution authorizing City application for supervisor Hilda L. Solis 2016-17 Competitive Excess Funds Tree Planting Grant Program; a three year contract with Continental Building Maintenance, Inc. for City-wide janitorial services; a one year contract with athletic field specialists for sports field maintenance at Creekside, Snow Creek, and Suzanne Parks; waiver of parking restrictions on La Puente road for the 2016-17 school year

for Walnut High School and Suzanne Middle School; and commission appointments to the Planning, Parks and Recreation, Senior, and Youth Advisory Commission.

Heinrich Dy, Danny Wu, Benjamin Natividad, Mark T. Fernandez, and Tony Koo were appointed to the Planning Commission; James E. Swartz, Dino Jimmy Pollalis, Ernie Quejado, Angelica Han, and Tem Pedersen were appointed to the Parks and Recreation Commission; Jean Sherwood Scott, Yolanda Velez, Flora Coday-Lamb, Vijay Vakil, and Joanne Sharon Miller were appointed to the Senior Commission; and Karen Ling Liu, Christopher Wong, Angela Cao, Angel Ko, Mandy S. Tsai, Florence Ao, and John Gu were appointed as Youth Advisory Commissioners. The Council also approved the Mayor's Agency Representatives.

Following individual reports and comments, the Council adjourned. The next meeting will be on Aug 10, 7 p.m., at 21201 La Puente Rd. ■

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.

WHO considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams.

WHO believes that quality eye care involves consistent care by a professional. Carmela Larino, O.D., and her loyal staff, will give your eyes the personalized care and attention they deserve.

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. ■



PHOTO COURTESY: CITY OF CHINO
Michael Soto served 35 years with the City of Chino and was presented with a retirement tile for the appreciation on August 2 at the Council meeting.



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Small Business Development Day

STAFF REPORTS

Ontario – If you are a business owner, you don't want to miss the Small Business Development Day on August 17. The event will be held at the Ontario Airport Hotel. Registration and Networking will be held from 1 p.m. - 2 p.m., Round Table Sessions 2 p.m. – 5 p.m., Exhibits 1 p.m. – 7 p.m., and the Networking Reception 5:30 p.m. - 7:30 p.m.

The topics that will be discussed are the following:

- 1. How To Start Your Business, and Writing Your Business Plan
- 2. Startup Costs, The Big 8, And Getting Licensed

- 3. Business Laws and Regulations
- 4. Business Financials and How To Finance Your Start Up Business
- 5. Choosing Your Business Structure; Filing and Paying Taxes
- 6. Hire & Retain Employees; Employee Benefits (Health Care, 401K)
- 7. Small Business Insurance (How To Protect Your Business)
- 8. Social Media Marketing
- 9. Financing For Growing Your Business
- 10. Managing Millennials & Staffing Solutions
- 11. Business Valuation & Exit

- Strategy
 - 12. International Trade (How To Get Into Import/Export - Open Markets)
 - 13. Certification and Procurement Opportunities with Government Agencies
 - 14. Cybersecurity- How To Protect Your Valuable Data
- Sponsorship and Exhibit opportunities are also available. You can RSVP at ABAIE.ORG. If you have any questions, please call or email: Radi Miranda, President, radi@abaie.org, 714-552-3993 Deborah Kristianto, deborah@abaie.org, 909-618-2616 Raziel Arcega, raziel@abaie.org, 714-349-2884 ■

Stolen Vehicle Recovered

STAFF REPORTS

Chino Hills - On August 10, deputies recovered burglary tools, drug paraphernalia, and a stolen car during a routine traffic stop in Chino Hills on the cross roads of Peyton Drive and the 71 freeway.

The two suspects were identified as Zena Padilla, 20-year-

old resident of Pomona and Raymond Rivera, 26-year-old resident of West Covina.

Deputy Brenes of the Chino Hills Police/Sheriff's Station pulled the vehicle over for expired registration tags and an inoperable brake light. Zena Padilla, who was driving, also happened to be unlicensed. As the deputy did his investigation,

he determined that the vehicle had been stolen, burglary tools were found, and drugs were located in the passenger compartment of the vehicle.

Both the suspects were booked into West Valley Detention Center and arrested for possession of stolen property and possession of burglary tools. ■

Aliso Canyon Leak Discussed

DB from page 1

store gas in their largest natural gas reservoir. Cruz called for awareness in the community and asked, while the reservoir is offline, for residents to conserve energy by lowering use of not only electricity but also appliances that use natural gas, such as central heating and gas stoves.

Following the public comments, the Council read the schedule of future events, which included the final Concerts in the Park and Movies Under the Stars, featuring Cold Duck and The Good Dinosaur

respectively; the next Planning Commission meeting on Aug 9; the next Traffic and Transportation meeting on Aug 11; and the next City Council meeting on Aug 16.

The Council then approved all items on the consent calendar, including the City Council minutes of the July 19 study session and regular meeting; the Traffic and Transportation Commission meeting of June 9; ratification of a check register totaling \$1,497,926.11; a contract with the Regional Chamber of Commerce of San Gabriel Valley for fiscal year 2016-17 in an amount not to exceed \$12,000; and lastly an

amendment to the contract with BrightView Landscape Services, Inc. to extend the term of the contract through June 30, 2017 to provide landscape maintenance services at nine City parks, the grounds of the Diamond Bar Center, the football field/slope at Lorbeer Middle School, and the Mesa Trail/Trail Head at Sycamore Canyon Park. The total contract amount is \$408,116 including \$25,000 for as needed work in fiscal year 2016-17.

The Council concluded with individual reports and comments and adjourned to Aug. 16 at 6:30 p.m. at 21865 Copley Dr. ■

Luxury for less!

Luxury from page 1

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Visit the showroom at Kitchen & Flooring Center, located at 20875 Golden Springs Drive, in the city of Diamond Bar. They can be reached at (909) 594-5020, or visit www.kitchennflooring.com. And see their ad on page 12 of this publication. ■



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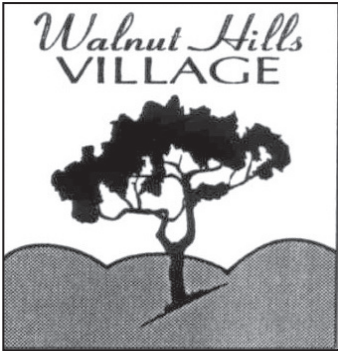


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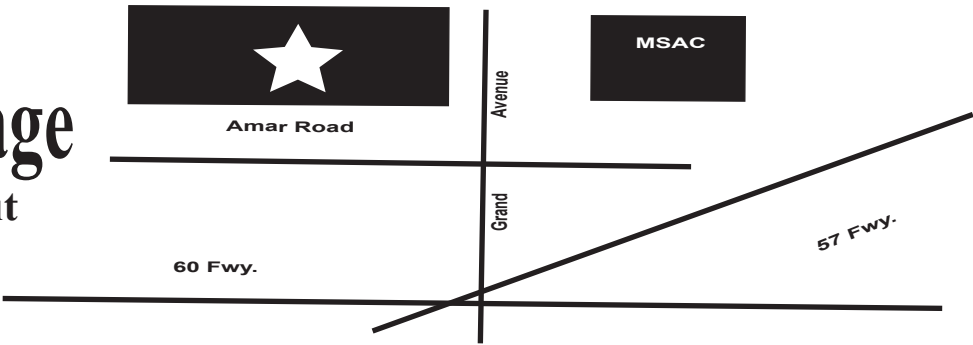
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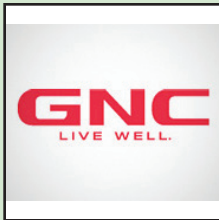
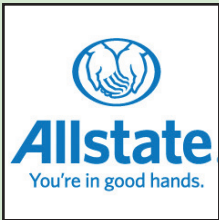
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Sale ends Tuesday Aug 16, 2016

Limited to stock on-hand. No Rain Checks

A close-up photograph of a single head of vibrant green broccoli, showing its characteristic florets and thick stalk. The background is a neutral, light-colored surface.

The logo for Clark's Organic, featuring a stylized green leaf inside a white circle.

Clark's
ORGANIC

Organic Roma Tomatoes

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per lb

(limit 10 lbs)
94087

Sale ends Tuesday Aug 16, 2016

Limited to stock on-hand. No Rain Checks

A photograph showing several bright red Roma tomatoes in a metal colander. Water is being poured over them from above, creating a dynamic scene with splashing water droplets. The background is dark.

The logo for Clark's Organic, featuring a stylized green leaf inside a white circle.

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- Mark Twain

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Healthy Living

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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/lancer5000 for updated map

Apple Valley Reverse Triathlon & 5k

When: Sat., Sept. 24

Where: Civic Center Park

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Recipes:

Smoky Chicken Tacos

with Charred Corn, Sautéed Veggies, and Salsa Fresca

BY HELLO FRESH

Celebrate taco Tuesday any day of the week with these crowd-pleasers. There's a bit of heat thanks to our unique southwest spice blend, a kick of tang from the lime crema, and a pop of color with the addition of sweet corn and succulent tomatoes. It's an unbeatable combination.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 647 cal, Fat: 22g, Sat. Fat: 7 g, Protein: 45g, Carbs: 65 g, Sugar: 11 g, Sodium: 618 mg, Fiber: 5 g

Ingredients:

- Chicken Thighs- 12 oz.
- Flour Tortillas- 6
- Red Bell Pepper- 1
- Red Onion- 1
- Roma Tomato- 1
- Lime- 1
- Jalapeno Pepper- 1
- Corn on the Cob- 1 Ear
- Sour Cream- 2T
- Southwest Spice Blend- 1t
- Olive Oil- 2t

Preparation:

1. Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Shuck the corn, then cut the kernels off the cob. Core, seed, and thinly slice the red bell pepper. Core, seed, and thinly slice the onion. Mince the jalapeño, removing the ribs and seeds if you prefer less heat. Zest and halve the lime, then cut one half into wedges. Thinly slice the chicken into strips.



PHOTO COURTESY: HELLO FRESH

2. Make the lime crema: Combine the sour cream, lime zest, and a squeeze of lime in a small bowl. Season with salt and pepper. Thin to a drizzling consistency with 1 teaspoon or so of water.

3. Cook the veggies: Heat a drizzle of olive oil in a large pan over medium-high heat. Add the onion and bell pepper. Cook, tossing, for 5-6 minutes, until slightly caramelized. Add the corn. Cook another 3-4 minutes, until slightly charred. Season with salt and pepper. Remove from pan and set aside.

4. Make the salsa fresca: Meanwhile, combine the tomato, a squeeze of lime, and as much jalapeño as you like (use with caution, start with 1 Tablespoon, you can always add more) in a small bowl. Season with salt and pepper.

5. Cook the chicken: Heat another drizzle of olive oil in the same pan over medium-high heat. Add the chicken strips to the pan. Cook 3-4 minutes per side, until browned and cooked through. Sprinkle with the Southwest seasoning and toss to combine. Season with salt and pepper.

6. Warm the tortillas and serve: Meanwhile, wrap the tortillas in foil, then place in the oven to warm about 5 minutes. Fill each tortilla with some chicken, veggies, salsa fresca, and lime crema. Serve the smoky chicken tacos with lime wedges for squeezing over and enjoy! ■

Tips:



I have been curious about cranberry juice. Is it helpful for the Urinary Tract System?

A letter from Maria of Ontario

BY CLARK'S NUTRITION

Is the use of cranberry juice for treatment of Urinary Tract Infections (UTI's) common folklore or traditional use? Folklore or traditional use of a substance is often not scientifically substantiated. Challenging folklore with science helps us to better understand the action(s) a substance might have on the body and substantiate the folklore information being touted. Science is often limited to what it can provide and prove. Therefore it is often beneficial in the area of understanding the uses of a substance and expanding the use for that given substance.

Looking at a recent study of women who experience frequent UTI's, there appears to be a significant reduction in the amounts of these UTI's while consuming 8oz of cranberry juice daily. This study was a double blind placebo control study and lasted for two years (2013-15) making folklore use current. There have been several other studies with cranberries and UTI's in previous years with many seeking the folklore prevention factor. Some of these studies have been done with the popular Ocean Spray

Cranberry Company, using cranberry juice concentrate (2oz.) and low-calorie cocktail (300ml or 10oz) products providing significant positive results as well.

Another area to consider would be capsule or supplement products. Of these products, CranActin® at 400mg a day was effective in reducing UTI's as well.

The most common explanation for cranberries effectiveness centers around (PAC-A ~ proanthocyanidin-A) an active antioxidant found in cranberries. Cranberry proanthocyanidins bind to proteins and specific bacteria like e-coli which can be a common culprit for UTI's. This binding action carries away the bacteria from the body through elimination preventing infection by attachment to the urinary tract.

Finally, the use of cranberries and the reduction of UTI's for over 100+ years is substantiated by current research. Additional information also suggests that cranberry can be used as an excellent antioxidant for the body. The use of science in this situation has brought about new information about cranberry, making it more valuable than what we had originally thought. Remember it is always advisable to seek a physician if you have any concerns about infection of other health concerns. ■

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.

1. *Effect of oral cranberry extract (standardized proanthocyanidin-A) in patients with recurrent UTI by pathogenic E. coli: a randomized placebo-controlled clinical research study.* Singh I, Gautam LK, Kaur IR. *Int Urol Nephrol.* 2016 Jun 17. [Epub ahead of print] PMID:27314247 www.ncbi.nlm.nih.gov/pubmed/27314247

2. *Consumption of a cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection.* Maki KC, Kaspar KL, Khoo C, Derrig LH, Schild AL, Gupta K. *Am J Clin Nutr.* 2016 Jun;103(6):1434-42. doi: 10.3945/ajcn.116.130542. www.ncbi.nlm.nih.gov/pubmed/27251185 summary and link below:

3. *Biomacromolecules.* 2014 Apr 14;15(4):1375-81. doi: 10.1021/bm401909c. Epub 2014 Mar 25. *Evaluating the binding of selected biomolecules to cranberry derived proanthocyanidins using the quartz crystal microbalance.* Weckman NE1, Olsson AL, Tufenkji N.

4. Barrett, PhD, *The Handbook of Clinical Tested Herbal Remedies vol. 1 The Hawthorn Press. Inc. New York NY. Pg 265-9*

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Straight Talk With Danice

Help! I have toenail fungus – a letter from Lauren

By DANICE AKIYOSHI, N.D.



Q: I have toenail fungus and an ongoing itchy rash on my back and chest. My coworker thinks

I need a Candida Cleanse because I constantly crave sugar too. I never feel good and I'm only thirty five. I've never heard of Candida Cleanse. Do you think this is true?
A: The things you mentioned are indicative of Candida/ yeast problems. The product that I recommend to my patients is called Candida Cell Wall Suppressor. You can read up on this topic at www.candidacleanse.com/blog.

This site will help you decide for yourself if this protocol seems right for you.
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. ■

Making New Friends (Part II)

By PASTOR MARK HOPPER



We recently concluded a wonderful week of Vacation Bible School at our church. Over 200 children attended and over 100 volunteers served on the leadership team.
The kids really enjoy VBS. There was a lot of great music with the children singing songs and learning hand motions that go with each song.
They love making different crafts that they get to take home. They cut and paste, color and decorate a variety of projects during the week.
Recreation is a lot of fun too. The favorite day of the week is "Wet & Wild Wednesday". We were careful to conserve water this year, but the students still managed to get pretty wet in the relays and other water games.

Another important part of VBS is the snacks. A whole team of volunteers work hard all week to provide healthy, tasty treats to feed these active young people.
The children also hear stories from the Bible and memorize Bible verses. The kids love learning lessons from the Bible that relate to their daily lives.
The purpose of Vacation Bible School is to help children learn more about God and help them grow in their spiritual lives.
But, there is an unexpected benefit from VBS. Not only do the children learn and grow, but the volunteers who lead the program do too!
And, many of the volunteers make new friends as they serve together. Every year, I see new friendships formed, especially among the women who serve on the leadership team.
Our church is not large by California standards. We have a several hundred people who

come each week. But, because we have two services each Sunday, many people never meet.
But, when you serve as a volunteer every day for a week at VBS, you meet people that you never see on Sunday morning. And, as you serve together, you get to know others better. This is true at work and school, too.
I know people at our church who met as volunteers at Vacation Bible School and who have become long time friends.
Let me encourage you to find a place to serve. It could be at your church, local school, or the YMCA. If you invest your time in serving others, I'm sure you will find some new friends along the way!
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. ■

Are You Living To Die Or Dying To Live?

By NANCY STOOPS



Our lives are truly about our mindset and how we view our lives. I must ask you if you are living to die or are you dying to live. These two ways for which people live sure do look and sound the same but they couldn't be more different. Take a look at the first one: living to die. To me, that means the person is merely existing and just going through the motions until they die. I don't believe there is much joy or quality of life with this style of life. I believe a pretty unhappy and dissatisfied person lives according to the idea of living to die. Now on the other hand, a person who

is dying to live has a life of joy and quality. I believe they are satisfied with their lives and appreciate each and every day they are honored with life.
So how do you live? Which of those two mottos do you follow? It's never too late to change. It all starts by changing your mindset. It starts by letting go of your past, forgiving yourself and others, and being grateful each and every day we are here. As you begin the healing process, your mindset will start to help you see all the good in everyday and you will start to feel empowered by the self-induced changes in you and the way you think.
I hope the change will start by reading this article. I hope you believe you deserve a better life and use this as a road map to take you there. I have

faith in you that you can make the change and get the life you are worthy of!
*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, a group on loss for seniors, and groups on how to manage anger. For more information about any of these services, feel free to contact her at (909) 229-0727. You may e-mail Nancy at nancystoops@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: SARAH SANCHEZ
A group of friends called themselves the Comic Crushers and sported their custom t-shirts



PHOTO COURTESY: SARAH SANCHEZ
The Hulk, Ironman, Captain America, and a Batman family were excited that they received their medals after the race.

Superheroes unite

Heroes from page 1

a fortress and recover a coin. Along the way, they were asked to shoot villains with their water guns, while battling large water cannons.

“Armed with courage and a water gun of your own, you will overcome great odds in an epic struggle to save the world!”

Once the Jr. Heroes completed their mission and got to the finish line, they turned their coin in and were awarded a medal in the Hall of Justice.

Local residents enjoyed vendors, a great selection of food, music from a local DJ, and photo ops with live action heroes. Spider-Man, Captain America, a Storm trooper, and even a Biker Scout stopped by for pictures! There was also a Hero costume contest at the end of the day.

If a hero didn't have a costume to wear, local vendors provided the runners with capes, t-shirts, water guns, and other merchandise they could purchase to wear at the event.

Merchandise was suggested to be picked up at the Gear Up event prior to the race day. The Gear Up event was hosted by Tommy Hilfiger and they donated \$1 to Make-A-Wish Greater Los Angeles for every hero that came to the event.



PHOTO COURTESY: SARAH SANCHEZ
Both adults and kids dressed up as superheroes and celebrated with Spider-Man in the Hall of Justice.



PHOTO COURTESY: SARAH SANCHEZ
Jr. Runners were excited for the Jr. Hero Run!

Jr. and adult heroes said they loved the run and had a lot of fun. One group of friends called themselves the Comic Crushers and wore matching t-shirts.

Spider-Man (provided by Strength and Courage Squad) said he had a great time at the event. There was a point where he was mistaken as a villain

though, as Jr. Heroes shot their water guns at him in a playful way! But he said he didn't mind.

“I was so honored to be at this event. I had a great time talking and taking pictures with the mini heroes. As Spider-Man, my goal is to bring smiles to kids' faces because remember, with great power comes great responsibility!” ■

Cancer never sleeps at Relay For Life

Relay from page 1

never sleeps”.

The booths had a variety of handmade items for sale, games, food, and raffle tickets being sold to win Sports event tickets, restaurant and fast food gift cards, movie theatre passes, clothing store gift cards, vacation certificate and the grand prize raffle prize was premium tickets to a Dodger game.

Local residents from Chino and nearby cities expressed how much they enjoyed attending the 24 hour event and what it means to them:

Chino resident, Sabrina Walker-Gonzales attended this event and says, “My family thought it was awesome.” Also local Chino resident, Ramona Almendarez says, “My cousin Deb and my mom Grace are both survivors. The reason I volunteer.”

An Ontario resident, Gloria Duran attends the event in honor of her daughter Espy Duran who is a cancer survivor and says, “The event is such a beautiful thing, we always have fun and love the atmosphere.”

The Relay for Life also en-

couraged Pokémon Go fanatics to attend saying, “take some laps, collect your PokéStop and hatch your incubating eggs all for a great cause!”

Chino Valley Fire Department's employee, Angelica Alva, says, “This is Chino Valley Fire's 4th year participating in the Chino Relay for Life. We are proud to be a part of such an amazing cause.”

The City of Chino is the presenting sponsor of the event. However, not only is Linda Abbott an employee of City of Chino, but she has a personal connection for volunteering and says, “I started participating about 8 or 9 years ago after my mom was diagnosed with Colon Cancer in 2007. I was involved a little more but when she was diagnosed in 2008 with breast cancer I participated again. With the encouragement from a close friend I joined the Survivor Committee. I have been on that committee ever since.”

“The survivor committee has a Fashion Show in June and a few restaurant fundraisers prior to the Relay,” added Abbott. “We raise funds to contribute to a nicer Survivor Experience.

We are able to purchase medals instead of sashes to put in our swag bags that are given out to all our survivors along with a T-Shirt from the American Cancer Society and other items, which are provided by local vendors like Waste Management. We offer breakfast and dinner provided by Papachinos, also snow cones and desserts are served in our survivor tent. Everything we offered in the survivor tent is free to all cancer survivors, it is also a nice place to just sit and relax or cool down for a few minutes. We have volunteers that decorate the tent, run bingo, and register survivors (over 300 survivors that were registered). Also the Young Marines set up the tables and chairs for us and serve dinner.”

Before the event ended, a closing ceremony celebrated the accomplishment of all those who volunteered to make it a successful event of coming together to also remember the lives lost, and to continue a fight against cancer.

For future participation or if you would like to just attend, you may visit the website at www.relayforlife.org. ■



PHOTO COURTESY: SABRINA GONZALES
“Mad about cancer booth” at the Relay for Life event in Chino on August 6.



PHOTO COURTESY: ANGELICA ALVA
“Let's extinguish cancer” Chino Valley Fire Department attended the Relay for Life event on August 6.

WVUSD Board Approves New School Leaders

By KELLI GILE

Walnut — Three familiar faces are moving up the ranks in the Walnut Valley Unified School District for the 2016-2017 school year.

In July, the Board of Trustees approved Mary Wendland as the new principal at Collegewood Elementary, Kelly Morris as principal at Maple Hill Elementary, and David Hong as assistant principal at Diamond Bar High School.

With 16 years of educational experience, Mary Wendland returns to Walnut Valley after serving the past two years as principal at Upland Elementary School.

Prior to that, she spent a total of 13 years in WVUSD as a classroom teacher and Title I Coordinator at Vejar Elementary.

She also served as an adjunct professor in the graduate reading program at University of LaVerne for two years.

"It is an honor to return to my home district. I am humbled with gratitude and look forward to partnering with staff, students, and families at Collegewood Elementary," Wendland said.

Wendland received her bachelor's degree at California State University, Fullerton, master's degree at Azusa Pacific University, and is currently pursuing a doctor-

al degree at University of LaVerne.

She attended Walnut Valley schools and is a graduate of Walnut High, where her husband, Kevin, is a math teacher. They live in Upland and have a son and daughter that attend Vejar Elementary.

Another hometown girl, Kelly Morris, has been appointed to take the helm at Maple Hill Elementary.

During the past two years, Morris has served as an Elementary Learning Specialist at Maple Hill and Castle Rock elementary schools. She also spent 15 years as a teacher at Maple Hill.

"I have had the great fortune of experiencing firsthand Maple Hill's dedication to enriching the heart, mind, and spirit of each student. The Maple Hill Community and I will continue the legacy of success and our commitment to nurturing and developing students who will make the impossible possible, and become the best versions of themselves," she said.

Morris attended Castle Rock, Chaparral, and is a Diamond Bar High graduate.

She earned her bachelor's degree at San Diego State University and master's degree at Concordia University. Morris currently resides in Corona.

Veteran educator David Hong returns to WVUSD as the new assistant principal at Diamond Bar High School. The Board of Trustees unanimously approved the appointment on July 25.

"Diamond Bar High School is a special place to me. I am excited and honored to return to work with the outstanding staff and students of DBHS and the Walnut Valley Unified School District," he said.

Hong brings 25 years of experience back to Diamond Bar High, where he served as an instructional dean, and AP Environmental Science, AP Physics, and Chemistry teacher. He also advised and coached the school's Science Club, Science Bowl, Solar Boat, and golf teams.

He spent the past six months at Monrovia Unified School District as associate principal.

Hong has earned national respect as an AP Program Consultant for The College Board, BioInteractive Educational Ambassador for The Howard Hughes Medical Institute, and AP Environmental Science Exam Leader.

Hong received his bachelor's degree from California State Polytechnic University and master's degree from California State University, Los Angeles.

He resides in La Habra with his wife Beverly. ■



PHOTO COURTESY: KELLI GILE

The WVUSD Board of Trustees appointed Kelly Morris as the new principal at Maple Hill Elementary.



PHOTO COURTESY: KELLI GILE

Mary Wendland has been named the new principal at Collegewood Elementary.

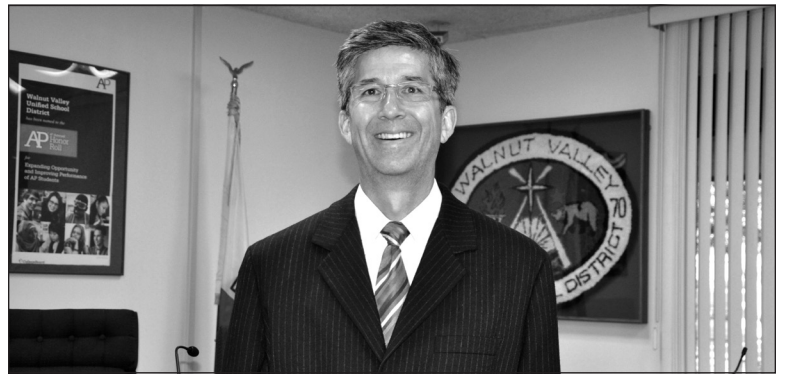


PHOTO COURTESY: KELLI GILE

David Hong was approved as the new assistant principal at Diamond Bar High School on July 25.

ALICE Training

By CVUSD

Chino Police: Action is better than just ducking for cover in active shooter situations

Chino Valley - Seconds after hearing gunshots on campus, Ayala High Principal Diana Yarboi crouched behind a student desk, pulled off a sneaker and prepared to hurl it toward the classroom door.

She and dozens of other Chino Valley Unified School District (CVUSD) administrators and secretaries were learning to fight back against an armed intruder. They were participating in the ALICE (active shooter) training offered by Chino Police officers on July 29 at Rhodes Elementary School in Chino. The event was coordinated by Officer Robert Troncoso, a school resource officer at Buena Vista High in Chino.

ALICE is an acronym for four actions to take in an active shooter/attacker incident: Alert, Lockdown, Inform, Counter, and Evacuate. The program is nationally endorsed by several law enforcement and safety agencies, according to Chino Police Officer Dustin Kato, a school resource officer at Don Lugo High.

Chino Police Department's school resource officers – local law enforcement personnel stationed at school campuses – took a 40-hour course from the ALICE Training Institute in Ohio to become certified ALICE trainers.

"If you see something, say something," Officer Kato said regarding the alert part of ALICE. Officer Kato said that among the lessons learned since the Colum-

bine mass school shooting in 1999, is that 81% of the shooters had revealed their intentions to others before they took action.

Schools should go on lockdown when a reliable threat is discovered, the officers said. School officials should not just say lockdown over their public address system, but should also give details of where the shooter is on campus, where he is going, what he looks like, and other details to help people decide what action to take. This is the inform part of ALICE.

The counter part of the program trains people to distract, swarm, and fight back against an intruder, allowing people to escape or possibly detain the shooter.

Officer Kato said the best thing to do in a campus shooting situation is evacuate, if possible. He said most of the students killed in the Columbine High massacre hid under desks in the school library where they were "sitting ducks" for the killers.

The administrators and secretaries attending the training were divided into four groups and sent to unlocked classrooms at Rhodes. They experienced three scenarios: duck and cover only, distract and swarm the intruder, and barricade the door and prepare to fight.

In the first scenario, CVUSD staff members ducked under lightweight student desks as the "intruder," Chino Police Officer Reggie Barber, burst in with a toy gun. Officer John Cervantes, who was among the trainers, said most of the group would have been killed using that strategy. He said people could have run out a back door of the classroom

and possibly escape completely.

In the second scenario, the staff was asked to attack the intruder with perforated, light-weight plastic balls, simulating throwing heavier items to distract the intruder from shooting. Officer Barber retreated from the room when pelted from all sides by the balls. "It was intense, they were coming from everywhere," he said.

Officer Cervantes told the staff members that most bad guys aren't good shots, so distracting them, moving in different directions, or attacking the suspect helps delay shooting. "When we're actively reacting to a threat, now we are a threat to them," Officer Cervantes said.

In the third scenario, staff members were tasked with barricading the door with anything they could find in the classroom, including chairs, desks, and a looped belt held tight around the metal closer at the top of the door. The officers said a barricade can "buy time" for people to escape or get help from law enforcement.

The administrators and secretaries in one room built a ceiling-high wall of chairs and bookcases against the door, while one of them looped a belt around the door closer and held it tight to prevent the shooter from entering. The pretend bad guy was unable to get inside.

The ALICE program recommends keeping classroom and school office doors locked at all times. Officer Cervantes acknowledged that constantly having to unlock a door to let someone in or out can be inconvenient.

"But I'd rather be inconvenienced and save my life than save time," he said.



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Officer Cervantes said even locked doors can be defeated, so the ALICE training recommends the other tactics: people barricading doors and looking for objects to throw, such as books, staplers, paperweights, and even shoes.

"Always go over what you did and what you can do better," Officer Cervantes said. "As a group, we have to prepare for (an armed intruder) and train." He suggested that school officials and students take 15 minutes each month to drill for an armed intruder.

"What good are we if we just go into panic mode?" Officer Cervant-

es asked.

Chino Police Officer John Monroe said people usually go through three steps when they hear gunshots where they shouldn't be: Denial, Deliberation, and Decisive Moment. In the denial step, a person might think the gunshots are firecrackers or some other harmless noise. In deliberation, they try to determine what is happening, and in decisive moment, they take some type of action, including running, hiding, or fighting.

"The faster you get to that decisive moment, the more people you save," Officer Monroe said. ■

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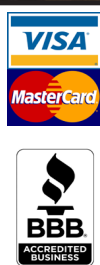
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