

# OurWeeklyNews.com

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## Walnut

### Water Conservation Measures

#### STAFF REPORTS

**Walnut** - Are you following the water guidelines? Be sure to check out the updated changes that have been made as follows by the Walnut Valley Water District:

**Limits on Watering Hours:** Watering or irrigating of lawn, landscape, or other vegetated areas with potable water is prohibited between the hours of 8

see **Walnut** page 4

## Diamond Bar

### South Pointe History Day Team Lauded

#### WVUSD

**Diamond Bar** - Last spring, a foursome of South Pointe Middle School students earned state and national attention with their National History Day project titled "NASA's Early Manned Missions" exhibit. The team of 8th grade boys even earned a trip to compete in Washington D.C. as California champions.

Recently, another South

see **DB** page 11

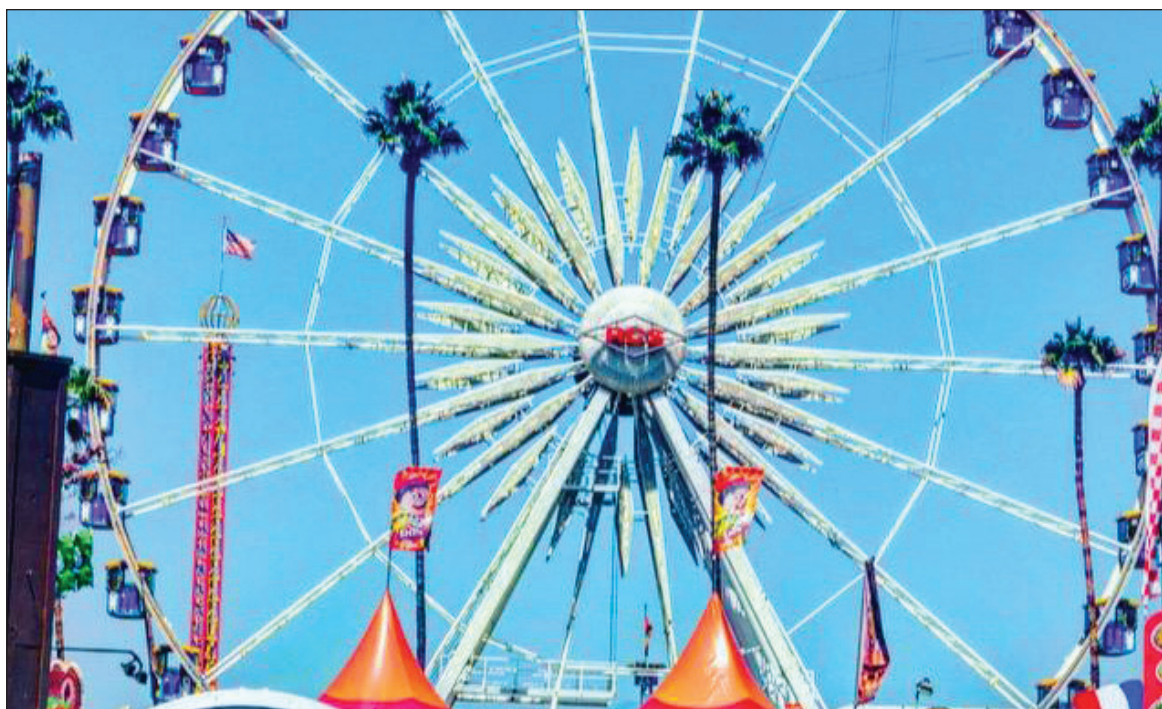


PHOTO COURTESY: JESSIE D. MEDINA

L.A. County Fair opened Sept 2 and will be ongoing until the 25 of Sept, check page 10 for your cities day!

### Driver Collides With Pedestrian

#### STAFF REPORTS

**Chino** - On September 2, the Chino Police Department responded to an injury that happened on the intersection of Central Avenue and Francis Avenue. The injury was made to a pedestrian hit by someone

in a Ford Edge vehicle.

The incident happened at approximately 6:37 p.m. During the preliminary investigation, Chino PD states, "John Colaiani, age 67 of Chino, was traveling northbound on Central Avenue in a Ford Edge when he collided with a pedestrian,

Robert King, age 65, of Madera. King was traveling eastbound on foot, crossing the street."

Robert King was transported to Arrowhead Regional Medical Center, suffering from non-life threatening injuries. Colaiani

see **Collides** page 10

### Woman Rescued At CH State Park

#### STAFF REPORTS

**Chino Hills** - On September 3 at Chino Hills State Park, 56 year-old resident of Yorba Linda, Mary Glaser was hiking a trail at the Chino Hills State Park where she had slipped and fell.

The California State Park Rangers responded to the inci-

see **Rescue** page 10



PHOTO COURTESY: SBSO

## Inland Empire

### Arrests At Nocturnal Wonderland Festival

#### STAFF REPORTS

**San Bernardino** - The Nocturnal Wonderland Festival was held at the San Manuel Amphitheater in San Bernardino, about 22,844 people attended and 176 arrests were made after day 4 on September 4.

The gates opened up around 4 p.m., as the festival goers entered the grounds, they were searched, and their ages were

see **IE** page 4

### Senior Citizen Attacked by SB Resident

#### STAFF REPORTS

**San Bernardino** - On September 3, at 24600 block of Sixth Street in San Bernardino, the victim, who is a senior citizen, called 911 for help after he was attacked by Antonio Tellez, who tried to stab him in the face.

The victim first ran into his bedroom because he was overwhelmed by Tellez. Tellez chased after him and tried

see **Attacked** page 10

## Our Featured Businesses

### GO GREEN For Less with Advanced Improvements

Advanced Improvements, experts in solar power, heating and air conditioning, water heating, and water filtration, has been providing eco-friendly, energy saving, home and office comfort solutions for over 20 years. Serving Riverside, Orange, San Bernardino, San Diego and Los Angeles counties, Advanced

see **Green** page 5



They are located at 1200 North Barsten Way, Anaheim, 92806. They can be reached at (888) 863-9504 or (714) 630-6611, or visit their website at www.AdvancedIMP.com.

### Traditional Chinese Cuisine At Mandarin Taste

#### STAFF REPORTS

**Diamond Bar** - If you are looking for a wonderful meal, look no farther than Diamond Bar's most authentic Chinese restaurant, Mandarin Taste. For over 32 years, Mandarin Taste has brought quality service and traditional Chinese

see **Mandarin** page 4



Mandarin Taste is located at 23391 E. Golden Springs Drive, in Diamond Bar. For reservations, call (909) 861-1819. Open daily from 11 a.m. to 10 p.m.

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# Weekly News

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# Did You Know?

## 10 Tips for Freshening Up Your Family's Routine

BY STATEPOINT

Running a household can be stressful, so finding a way to streamline your routine is a must. While you may have short-cuts and tricks already in place, stocking your home with the best supplies and most innovative products will help to make each day even easier.

How can you find the best products for your family? "Product of the Year," the world's largest consumer-voted award for product innovation backed by the votes of 40,000 consumers, is a great source for learning about great products introduced each year. The list of winners can serve as a helpful guide when navigating store aisles, and here are some of this year's highlights:

- Keep your car looking great for the daily commute with a multitasking cleaner. The Turtle Wax Dash & Glass, the Car Care category winner, uses a proprietary formula for streak-free cleaning of both dashboards and windows.
- Don't cover laundry odors, neutralize and prevent them. The new Downy Fresh Protect helps you get more out of each load by infusing fabrics with motion-activated technology to keep clothes smelling fresh no matter how active you and your family are each day.
- With the right tools, you can skip the prices and the lines of the salon. Buff away thick and stubborn skin, extending the life of pedicures with the Amopé Pedi Perfect Extra Coarse Electronic Foot File with Diamond Crystals, which exfoliates to reveal beautiful feet.
- Pack a protein punch on the fly with a healthy grab-and-go snack. The Gold Emblem

see Know page 3



PHOTO COURTESY: HISTORY.COM

# My Fear Cycle

BY MICHAEL ARMIJO

While attending a Labor Day barbecue, I sat and talked with a group of interesting friends. As we shared our lives, one person mentioned that they were in training to be a therapist. When asked about how they were doing, they shared some points that I thought were interesting. The biggest question was "why do couples divorce or break up?" There were many reasons, such as money, age, frustration, lack of confidence, etc. But one point she shared grabbed me by the heart of my spirit.

"People don't realize that we all have a 'fear cycle'. What happens within our lives, especially as we get older, something happens to tap into that fear cycle". And then she went on..... "We sometimes mistake someone triggering our 'fear cycle' as a change of heart or as a personal attack. This can ruin a marriage or a relationship unless you are aware of what's going on."

Our "fear cycle" includes unpleasant memories, traumatic instances, painful scenarios, lost love, and many other life impacting, unwanted experiences.

This concept intrigued me as I've never heard of it before. I've never heard about such a thought process. This cycle can include fears of abandonment, pain, fear of the unknown, misunderstandings, loyalty, anger, and so on.

I have experienced many of

these, so in retrospect, I can see how so many have tapped into my "fear cycle". I completely get it. It wasn't their fault. It wasn't mine. It's a behavior that I must understand in order to not let it impact my life.

Understanding this has taught me a few things about myself: When I get depressed I feel awkward and lonely. I feel abandoned. And during these particular times within my life, I feel I've been attacked by family or friends. But I now understand that something or someone is tapping into that "fear cycle"

I believe that when you're aware of something, you have a better chance of either understanding it, controlling it, or beating it all together. I believe in fate. God put me here for a reason, and he's put me through many things for a particular reason. More importantly, as I struggle through life, I have a better understanding about what transpires because I try to understand it, figure it out, and then fix it. And most importantly, as I am spiritually attacked, and when incidences cripple my soul, it confirms that something or someone out there is trying to stop me from making a substantial difference within my life and the lives of others. This tells me that I am of value. An enemy would never attack anyone unless they feel threatened. I am a threat to the negativity of life because I hold special abilities.

The bible reminds me that

see Cycle page 3

# History 101

## Key pens Star-Spangled Banner

BY HISTORY.COM

On this day in 1814, Francis Scott Key pens a poem which is later set to music and in 1931 becomes America's national anthem, "The Star-Spangled Banner." The poem, originally titled "The Defence of Fort McHenry," was written after Key witnessed the Maryland fort being bombarded by the British during the War of 1812. Key was inspired by the sight of a lone U.S. flag still flying over Fort McHenry at daybreak, as reflected in the now-famous words of the "Star-Spangled Banner": "And the rocket's red glare, the bombs bursting in air, Gave proof through the night that our flag was still there."

Francis Scott Key was born on August 1, 1779, at Terra Rubra, his family's estate in Frederick County (now Carroll County), Maryland. He became a successful lawyer in Maryland and Washington, D.C., and was later appointed U.S. attorney for the District of Columbia.

On June 18, 1812, America declared war on Great Britain after a series of trade disagreements. In August 1814, British troops invaded Washington, D.C., and burned the White House, Capitol Building and Library of Congress. Their next target was Baltimore.

After one of Key's friends, Dr. William Beanes, was taken prisoner by the British, Key went to Baltimore, located the ship where Beanes was being held and negotiated his release. However, Key and Beanes weren't allowed to leave until after the British bombardment of Fort McHenry. Key watched the bombing campaign unfold from aboard a ship located about eight miles away. After a day, the British were unable to destroy the fort and gave up. Key was relieved to see the American flag still flying over Fort McHenry and quickly penned a few lines in tribute to what he had witnessed.

The poem was printed in newspapers and eventually set to the music of a popular English drinking tune called "To Anacreon in Heaven" by composer John Stafford Smith. People began referring to the song as "The Star-Spangled Banner" and in 1916 President Woodrow Wilson announced that it should be played at all official events. It was adopted as the national anthem on March 3, 1931.

Francis Scott Key died of pleurisy on January 11, 1843. Today, the flag that flew over Fort McHenry in 1914 is housed at the Smithsonian Institution's Museum of American History in Washington, D.C. ■

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# Recent Recalls

STAFF REPORTS

- 1. **John Deere** Recalls Tractor Backhoe- The mounting hardware could loosen and cause the backhoe frame to rotate toward the operator.
- 2. **SAHN Designs** Recalls Bicycle Helmets Due to Risk of Head Injury- The helmets do not comply with the impact requirements of the federal safety standard for bicycle helmets.
- 3. **Asher's Chocolates/ Lewistown, Inc.**, an affiliated partner of Chester A. Asher Inc. ("Asher's") is initiating a voluntary recall of multiple

- chocolates, chocolate bars, cellophane wrapped chocolates, and individually wrapped chocolates, etc. under the Asher's brand due to possible Salmonella contamination of items produced in their Lewistown, PA facility distributed nationwide.
- 4. **Wegmans Food Markets, Inc.** is voluntarily recalling one date code of Wegmans Italian Classics Striped Ricotta & Spinach Ravioli, 9 oz. (UPC # 0-77890-38934), sold between Tuesday, Aug. 2 and Tuesday, Aug. 30, 2016 because the product may contain pieces of white plastic.

- 5. **Ford Motor Company** is recalling certain model year 2013-2015 Ford Taurus, Ford Flex, Lincoln MKS and Lincoln MKT vehicles equipped with 3.5L GTDI Ecoboost engines and 2013-2015 Ford Taurus Police Interceptor vehicles. A component within the fuel pump electric module (PEM) may overheat causing a loss of electrical power to the fuel pump.
- 6. **Atherstone Foods**, a Richmond, Calif. establishment, is recalling approximately 422 pounds of chicken wrap products due to misbranding and undeclared allergens. ■



PHOTO COURTESY: STATEPOINT

# Did you know?

Know from page 2

- Abound Unsalted Pistachio & Almond Blend meets the American Heart Association's criteria for heart-healthy food and tastes delicious.
- Simplify family dinners on busy days with easy side dishes like Ore-Ida Bold & Crispy Fries. They are easy to prep and add great flavor to any meal.
  - Pack an extra dose of nutrition into your dog's daily diet. The new Purina Beyond Purées are easy to serve with your dog's everyday food. Different varieties target a healthy immune system, digestive system or skin and coat.
  - Maintain an active lifestyle each day. The Playtex Sport Collection, winner of the Feminine Care category, is designed to move with the body so women feel confident and protected

- while exercising and on-the-go.
- Want to indulge without the guilt? The Skinny Cow Dipped Ice Cream Bars fulfill ice cream cravings for only 190 calories each.
  - Satisfy your family's sweet tooth with a new twist on a classic. The SweetTARTS Soft and Chewy Ropes are bendable and chewy with a fruit-punch filling, combining sweet and tart flavors.
  - Stay well-rested with Emergen-Zzzz, an innovative dietary supplement that includes melatonin, vitamin C and key antioxidants and helps you fall asleep naturally. Take it approximately 30 minutes before bedtime to fall asleep and stay asleep.
- Visit [productoftheyearusa.com](http://productoftheyearusa.com) for more information about this year's winners.
- When the going gets tough, seek out the supplies you need to make life easier. ■

# Scam Alert!

SBSD

There is currently a plethora of scams out there aimed at getting your money. Criminals will continue coming up with different scams to get your money by either tugging at your heart strings or putting fear in you through a threat, often perceived to come from a government agency such as the IRS or law enforcement. Please note the following information to help you not fall victim to these scammers and share with friends and loved ones to keep them safe as well.

One of the common denominators is that the criminal will ask you to make payment through the following methods: Green Dot Cards, I-tunes Cards, Western Union, Money Gram or other wire transfers. Anyone asking for those forms of payment is scamming you.

Legitimate government or bill

collecting agencies will not use the above mentioned tactics to collect from you. Members of law enforcement agencies do not accept payment for outstanding warrants and do not enforce delinquencies for other government agencies, such as

the IRS. If you receive one of these calls please do not give out any personal information and do not wire any money.

If you have questions or believe you are a victim of such a scam, please contact your local Sheriff's Station. ■



PHOTO COURTESY: GOOGLE

# Community Events

UPCOMING EVENTS:

- 'Where Warbirds Fly and Aviation History Lives'**  
*When:* Saturday, October 1, 2016, 10am-12 noon  
*Where:* Planes of Fame Air Museum, 7000 Merrill Avenue #17, Chino, CA 91710  
*Details:* North American F-86 Sabre  
*Description:* A speaker panel of distinguished aviation experts, historians and veterans is featured, followed by a question & answer period and flight demonstration when possible. The North American F-86 Sabre will be on display and perform a flight demonstration. At 12:00 noon, the Raffle Flight will occur. Become a member to enter the Raffle. All members are eligible to enter the Raffle, but you must be present to win.
- Pomona Inner City Homeless Ministry Dinner**  
*When:* Saturday, September 24, 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.
- Walnut-First Friday Food Trucks**  
*When:* Friday, Oct 7, 5 pm – 8:30 pm  
*Where:* 880 S Lemon Ave, Walnut  
*Description:* Enjoy gourmet food, great weather and good friends while supporting education!
- REGULAR EVENTS:**
  - Alcohol and Addiction Intervention Information**  
*When:* Third Tuesday, monthly at 6 p.m.  
*Where:* Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina  
*Details:* Free information sessions about the intervention process, a powerful tool to combat alcoholism and addiction.

- Attendees can expect to learn what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.  
*Contact:* Call (626) 859-5269, or visit [www.charteroakhospital.com](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.

# My Fear Cycle

Cycle from page 2

I do not have to be prisoner to my "fear cycle," that my spirit can take me somewhere else. "Fear and trembling overwhelm me, and I can't stop shaking. Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness." **Psalms 55:5-7**

So, without sounding over religious or over spiritual, I will admit that I will continue to pray and ask God for guidance. I will continue to push myself through the bad experiences, the painful memories, the poor decisions, and the hurtful people who continually try to hurt me. Because I will acknowledge and protect through prayer and faith the biggest obstacle that constantly tries to interfere with my life: my "fear cycle". ■



# Man Caught With Flammables In Vehicles

### STAFF REPORTS

**Devore** - On September 3, in the N. Cajon and Cleghorn Rd area of Devore, a 61-year-old resident of Ontario, Larry Missirilian parked his car that trespassed on railroad property. The Union Pacific Railroad Police were contacted where the officer discovered that Missirilian was on parole and was an arson registrant. After the officer alerted the Sheriff's Department, Deputy

L. Sandoval from the Central Station responded to assist. They ran a vehicle search and found out that Missirilian had a 5 gallon can of gasoline, large butane torches, lighter fluid, and new cigarette lighters underneath the driver's seat. The items seemed to be for immediate use. Missirilian was approximately parked 10 feet away from a large dry unburned area where the Blue Cut Fire had not burned. Missirilian was arrest-

ed for arson and for violating his arson and parole terms, in which he was booked at West Valley Detention Center without further incident. If you have or know anyone with information regarding this investigation and would like to remain anonymous, you may call the We-tip Hotline at 1-800-78-CRIME (27463) or you may leave your information on the We-Tip Hotline at [www.wetip.com](http://www.wetip.com). ■

# Water conservation measures

### Walnut from page 1

a.m. and 5 p.m.

**Limits on Watering Days:** Water or irrigating of lawn, landscape, or other vegetated areas with potable water is limited to three (3) days per week. This provision does not apply to landscape irrigation zones that exclusively use very low-flow drip type irrigation systems when no emitter produces more than two (2) gallons of water per hour. This provision also does not apply to watering or irrigating by use of a hand-held bucket or similar container, a hand-held hose equipped with a positive self-closing water shut-off nozzle or device, or for very short periods of time for the express purpose of adjusting or repairing an irrigation system.

**Limit on Watering Duration:** Watering or irrigating of lawn, landscape, or other vegetated areas with potable water using a landscape irrigation system or a watering device is limited to no more than fifteen (15) minutes water per day per station.

**No Excessive Water Flow or Runoff:** Watering or irrigating of any lawn, landscape, or other vegetated areas in a manner that causes or allows excessive water flow or runoff onto an adjoining sidewalk, driveway, street, alley, gutter, or

ditch is prohibited.

**No Washing Down Hard of Paved Surfaces:** Washing down hard or paved surfaces, including but not limited to sidewalks, walkways, driveways, parking areas, tennis courts, patios or alleys, is prohibited except when necessary to alleviate safety or sanitary hazards.

**Obligations to Fix Leaks, Breaks, or Malfunctions:** All breaks, leaks, or other malfunctions in the water user's plumbing or distribution system for any period of time after such escape of water should have reasonably been discovered and corrected and in no event more than five (5) days after receiving written notice from the District is prohibited.

**Limits on Washing Vehicles:** Using water to wash or clean a vehicle, including but not limited to any automobile, truck, van, bus, motorcycle, boat, or trailer, is prohibited, except by use of a hand held hose equipped with a self-closing water shut-off nozzle. This subsection does not apply to any commercial car washing facility.

**Limits on Watering Following Precipitation/Rainfall:** Water or irrigating of lawn, landscape, or other vegetated area with potable water within forty-eight (48) hours following measurably precipitation is prohibited.

**Re-circulating Water Required for Water Fountains and Decorative Water Features:** Operating a water fountain or other decorative water feature that does not use re-circulated water is prohibited.

**No Irrigating Ornamental Turf on Public Street Medians:** Irrigating ornamental turf on public street medians with potable water is prohibited.

**No Installation of Single Pass Cooling Systems Water Systems:** Installation of single pass cooling systems is prohibited in buildings requesting new water service.

**Drink Water Served Upon Request Only:** Eating or drinking establishments, including but not limited to a restaurant, hotel, café, cafeteria, bar, or other public place where food or drinks are sold, served, or offered for sale, will not provide drinking water to any person unless expressly requested.

**Option to Decline Daily Linen Services at Commercial Lodging Establishments:** Hotels, motels, and other commercial lodging establishments are encouraged to provide customers the option of not having towels and linen laundered daily.

If you wish to report water waste and unauthorized uses of water, visit Walnut Valley Water District at [www.wvwd.com](http://www.wvwd.com) or you can call (909) 348-8228. ■

# Upcoming RHCCC Meeting

### By TED EBENKAMP

**Rowland Heights** - The Rowland Heights Community Coordinating Council (RHCCC) holds a monthly community meeting the second Monday of each month from 7:00 to 9:00 p.m. at the Rowland Heights Community Center located at Pathfinder Park, 18150 E. Pathfinder Road, Rowland Heights. Supervisor Don Knabe & Sheriff Jim McDonnell will be featured at this event. This month's meeting will be held September 12, 2016. The first hour of the meeting

will consist of a reception and award ceremony honoring Los Angeles County Fourth District Supervisor Don Knabe on his 20 years of service. At 8:00 p.m. the featured speaker for the evening will be Los Angeles County Sheriff Jim McDonnell. He will give a presentation on a special training program he has introduced to better train deputies to recognize mentally ill patients and provide them options to minimize the need for resorting to deadly force. All residents in surrounding areas are welcome to attend. There is no admission fee. ■

# Traditional chinese cuisine at Mandarin Taste

### Mandarine from page 1

cuisine to the Diamond Bar community. The restaurant has thrived because of the many mouth-watering dishes it serves and the family-friendly atmosphere that keeps people coming back for more. Skip slaving over the stove all day, or cooking after a long day at the office. Mandarin Taste hopes to make every day less stressful and more enjoyable for you while you feast and share memories with your loved ones. They have added freshly made items to their menu; snow crab legs, California rolls, and Sushi rolls. From Peking duck and Hunan lamb to customer-favorites pork fried rice, wonton soup and orange-flavored chicken, guests will definitely feel lucky getting their grub on at Mandarin Taste. There's an abundance of tasty food options to satisfy every palate. The restaurant's owners and staff want everyone who comes to their establishment to relax and enjoy themselves over the delectable food.

"We're like a family restaurant," said restaurant manager Chi Young, when describing the feeling that customers get when visiting the long-lasting eatery. "People are always smiling [here]," said Young. The restaurant holds a very popular champagne brunch on Sundays. The champagne is all-you-can-drink and freshly made California rolls and Ginger lobster that is made by a Japanese master chef, have been added to the menu. All-you-can-eat buffets are available as well. Mandarin Taste also serves traditional and specialty cocktails. Join them during Happy Hour, held Monday through Friday, 3 p.m. to 5:30 p.m. If customers can't come in to enjoy the pleasant ambience, they have the option to order food for carryout. Share the love and give your family and friends Mandarin Taste gift certificates, available year round! For more information, please call (909) 861-1819, or just stop by their location at 23391 E. Golden Springs Drive, Diamond Bar. ■

# Arrests at Nocturnal Wonderland festival

### IE from page 1

confirmed by a valid form of identification. The California Highway Patrol, San Bernardino County Probation, and Sheriff's Department organized to have uniformed and undercover law enforcement on patrol to monitor alcohol and beverage control with the help of K-9's. Of the 176 arrested that were made, most of them were drug and alcohol related as well as

trespassing. There were 2 attendees transported to the hospital for various medical reasons. According to San Bernardino Sheriff's Department, "One music complaint was received from the neighborhood near the Amphitheater. Deputies and sound engineers responded to the complaint to take a decibel reading. The purpose was to ensure the reading did not exceed the County Code for loud music. The music was found to be within the acceptable limits." ■



PHOTO COURTESY: WALNUT DIAMOND BAR SHERRIF'S STATION  
Walnut-Diamond Bar Station say farewell to Sgt. Marc Saunders after he served over 31 years but finished his last day in service with a two-man patrol unit with his son, Michael Lee.

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# Artist Corner

## RACINE GUAJARDO

Born into a musical family in 1981, David Gomez has been surrounded by musicians all his life. It was only natural for him to develop a passionate skill that has taken him all around the country and different parts of the world. He is proficient in reggae, blues, church music, Spanish rock, smooth jazz, and classical guitar.

He started playing music at the tender age of 7 when he was inspired by an amazing church musician that played the piano accordion. He first started on the piano accordion and eventually fell in love with the guitar at the age of 10. His parents, grandparents, and uncles were all musicians. It was common for them to have family jam sessions. Therefore, it was only a matter of time before he would put an instrument in his hands and figured out that he had a knack for it. When asked what makes him different, he stated, "I am heavily influenced by all kinds of different music from Rock, Blues, Latin music, Church (spiritual) music, Reggae and Ska. When you hear me play, you can hear the inspiration from guitarists like Carlos Santana, Stevie Ray Vaughn, Eric Clapton, and Bob Marley."

As a music major in college, David studied classical guitar and jazz, where he honed his skills and soon became a prominent "go to guy" for music performances and accompaniment for his peers. He was involved in several ensembles and performed in the college scene throughout his early 20's. David was lucky enough to be selected to play rhythm and lead guitar for Grammy



nominated Reggae artist "Pato Banton" who is a legend in the Reggae Community.

Since then, he has built a name for himself being an instrumentalist and vocalist for various different artists in the scene. He is also a private music teacher skilled in the art of piano, guitar, the bass, the ukele, and the drums. David is also the co-founder of a reggae band called "SolRising" based out of Ontario, Ca. They have a residency in Santa Monica at

the Basement tavern for Reggae Sundays. You can hear their music on all music platforms such as Spotify, Apple Music, Soundcloud, Youtube, etc. You can also find David playing at I and I brewery in Chino every Thursday with different vocalists and musicians.

www.wearesolrising.com You can also type in "wearesolrising" (one word) to any social media outlet and you can keep track of when and where we will be performing next. ■

# Advanced Improvements

## Green from page 1

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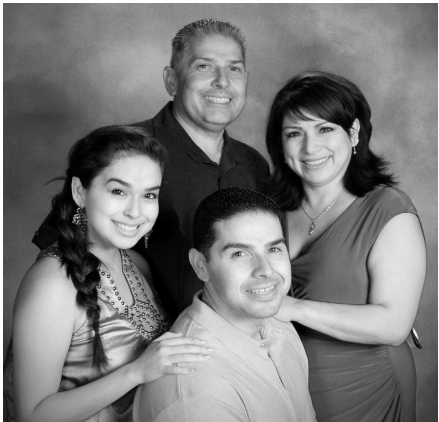
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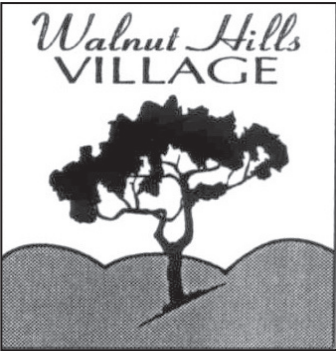
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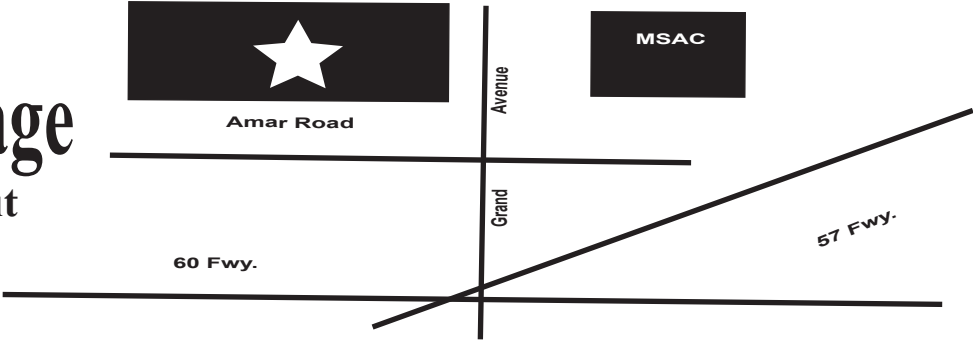
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## Recipes:

### Crispy Chicken Parmesan Salad

With Spinach and  
Roasted Potatoes

BY HELLO FRESH

Best part of chicken Parmesan? The thick layer of gooey, creamy cheese melted on top of crispy chicken. In this dish, we've recreated the same dreamy combination but given it a lighter twist by tossing in some greens. Needless to say, it's the best of both worlds.

**Cooking Time:** 30 min.

**Servings:** 2

**Ingredients:**

- Chicken Breasts- 12 oz.
- Yukon Potatoes -12 oz.
- Spinach- 5 oz.
- Panko Breadcrumbs- ¼ cup
- Parmesan Cheese- ¼ cup
- Garlic Powder -1t
- Source Cream-3 T
- Lemon- 1
- Olive Oil- 4t

**Preparation:**

**1. Prep:** Wash and dry all produce. Preheat the oven to 450 degrees. In a shallow dish, combine the panko, Parmesan cheese, garlic powder, and a pinch of salt and pepper. Cut the potatoes into 3/4- inch cubes and toss on a baking sheet with a drizzle of olive oil and a large pinch of salt and pepper.

**2. Roast the potatoes:** Place the potatoes in the oven for 25 minutes, flipping once, until golden brown and tender.

**3. Pound the chicken breasts:**



PHOTO COURTESY: HELLO FRESH

Working one at a time, place the chicken breasts between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until ½-inch thick. Season with salt and pepper.

**4. Bake the chicken:** Place the chicken on a lightly oiled baking sheet and spread with 1 Tablespoon sour cream each. Press the panko mixture into the sour cream. Place in the oven for 12-15 minutes, until the chicken is cooked through and crispy.

**5. Make the dressing:** Halve the lemon. Cut one of the halves into wedges. In a large bowl, combine 1 Tablespoon sour cream, a large drizzle of olive oil, a squeeze of lemon juice, and a pinch of salt and pepper.

**6. Dress the spinach and potatoes:** When the potatoes are ready, toss them into the bowl with the dressing along with the spinach. Season with salt and pepper.

**7. Plate:** Serve the crispy chicken Parmesan on a bed of spinach salad with a wedge of lemon for squeezing. Enjoy! ■

## Tips:



## “What are antioxidants and how do they help the body? Can I get them in my foods?”

A Question from Tim  
of Palm Desert

BY CLARK'S NUTRITION

The body's primary antioxidants are a group of substances including vitamins C and E, beta carotene and the mineral selenium. The sulfur amino acid called cysteine; lipoic acid and CoQ10 are also popular antioxidants. Other plant, non-vitamin or mineral food antioxidants are called phytonutrients. Popular phytonutrients antioxidants such as lycopene (tomato), lutein (spinach and egg yolks), catechins (green tea, dates), anthocyanins (berries), quercetin (apples, onions) make eating fruits and vegetables daily a must for good health. Vitamin E is found in foods that are high in polyunsaturated fats (although most polyunsaturated fats are refined and there is a lack of vitamin E), such as nuts, seeds and whole grains. Vitamin C is found in fruits and vegetables that are fresh or frozen and not cooked. While phytonutrient antioxidants come from eating fruits and vegetables, the biggest thing to remember is antioxidants help each other. As an example, some antioxidants often have certain areas in the body that

they are more effective in helping to maintain good health, such as lutein (eyes). Large amounts of antioxidants are not as beneficial as smaller consistent amounts with a wide variety of antioxidants being the most advantages. To get a good array of antioxidants from foods, you will need to make sure that your diet includes a variety of fruits and vegetables on a daily basis.

The primary action of antioxidants is to reduce cell damage from what is known as free radicals. Free radicals are created when there is an unbalance of electrons on molecules such as oxygen. Normal metabolism of foods and exercise can produce indigenous (inside the body) free radicals. Free radical exposure also happens when we get sunlight (oxidizing radiation) and exposure to environmental toxins such as smoke (cigarette directly or second hand) or smog (exogenous).

A lot of research has been done with antioxidants in relation to health and disease. Research shows that a lack of antioxidants from foods can lead to accelerated disease in some situations and is linked to chronic inflammation. (The Linus Pauling Institute of Medicine at Oregon State University is a primary

research institute for micronutrients and human health). While food fortification was instilled circa 1940 to eliminate vitamin deficiencies, vitamin deficiencies are still prevalent (vitamin D, B-12, and calcium amongst the elderly). It is important to eat good quality whole foods and not rely on processed foods which are typically low in antioxidants and other nutrients, even when fortified. Remember the body needs 45 micronutrients (vitamins and minerals) that are necessary for life and must be provided by the diet. Antioxidant supplementation has been shown in some circumstances to have good benefits (daily vitamin E 100-400 IU, vitamin C 250mg, beta carotene 6 mg and selenium 70-200mcg in supplemental form) have been shown to reduce age related eye disorders. Remember eating color is one way to ensure phytonutrients(s) consumption and is a foundation in any antioxidant plan.

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what you are doing, but nobody else does.”*

*- Stuart Henderson Britt*



## Straight Talk With Danice

*A guy I'm dating asked me to be his date for his friend's wedding last month - A letter from D.O.*

By **DANICE AKIYOSHI, N.D.**



**Q:** I spent a lot of money on my dress and shoes because it required formal attire. The night before the wedding he called and asked me if I would shop for the wedding gift because he ran out of time. He asked me to spend around \$300.00 and told me to choose something from their registry. I took care of this for him and he never mentioned paying me back. When I received my credit card bill I made a copy and circled the charge that he was responsible for. He said he thought that the

gift was my contribution to the evening. He brought up the fact that we enjoyed a country club wedding and everything that goes with it and reminded me that I had a great time. I felt awkward and was quick to let it go, but this still bothers me. Our dates are usually casual and not very expensive and we both pitch in, but this seems like bad manners on his part. What's your opinion?

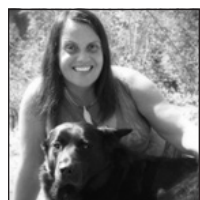
**A:** I have no problem with both men and women contributing to the fun, entertainment, and obligations that arise from dating. I DO have a problem with poor communication. In my opinion, you were his guest and should not be required to pay for the wedding gift that he gives his friends just because you were provided a nice meal and a couple of cocktails and dances. This is very poor form on his part. If you had a delightful time then you should reciprocate by creating a nice evening for him. This is how

polite people operate. Polite people do not make assumptions and stick other people with their bills. I think this guy is pretty classless. At the very least, he lacks the refinement and social graces that are appreciated and often expected in a classy venue like this Country Club wedding that he's so proud of taking you to. He gets a solid "F" from me in the dating department. Make an effort to get this turned around if you see something special in him. This means, open a discussion and speak up about the things that bother you. Good Luck. Danice Akiyoshi ND

*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). ■*

## Everyday Provides a Chance for a New Start

By **NANCY STOOPS**



We all make mistakes and encounter every day challenges we think we will never overcome. We beat ourselves up and convince ourselves that things will never get better. I think we get caught up in these lies that seem to hold us hostage. We seem to be much better at forgiving others verses forgiving ourselves. I believe with each new day we have an opportunity to start over. We have an opportunity to starting journeying down a different road. Close your eyes for a minute and picture yourself travelling down this new road and seeing the unlimited possibilities it holds. Now that you see your new plan for your life open your eyes and

start putting it in motion.

Change doesn't come easily so you will have to all learn to be patient with yourselves. You will have to learn to really appreciate all of your baby steps. Remember it's those baby steps that will eventually take you to where you want to be. Learn to reward yourself with each step you take in the right direction down that new road. I believe positive affirmations can take us far and are very important to help change permanently occur. Take out a piece of paper and write some down so when you make some progress down that road you will have them to look at.

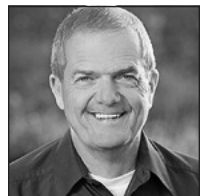
**Today** can be the magical start that you have been wishing for. I believe in all of you and know you can make the changes necessary for you to become somebody you are proud of. You must start by getting

rid of all of those excuses and loving and forgiving yourself enough to make the change. I have faith in all of you now it's time for all of you to start having faith in yourselves!!!!

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, a group on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909) 229-0727. You may e-mail Nancy at [nancyjstoops@verizon.net](mailto:nancyjstoops@verizon.net). You may purchase Nancy's books "Live Heal and Grow" and "Midnight the Therapy Dog" at Amazon.com. ■*

## The Ice Maker

By **PASTOR MARK HOPPER**



My wife and I have been married for over 45 years. We have four adult children and seven grandchildren and another grandchild on the way in November. We have shared many exciting adventures raising four kids and we certainly enjoy making special memories with our grandchildren.

Over the years, we have lived in many different places including several apartments and two different houses. Some had small kitchens and some were a little larger. But, in all these years, we never owned a refrigerator that had

an ice maker. We made ice the old fashion way - we used ice trays!

Most of our friends and neighbor's had refrigerators with ice makers. We would notice with a touch of envy that our friends always had plenty of ice. Most of them probably never knew what an ice tray even looked like.

I guess we were a little behind the times! However, when we remodeled our kitchen last year, we purchased new, matching appliances. This was a radical step in our married life. And, the new refrigerator included an ice maker!

I felt like we had finally entered the 21st century. It only took us 45 year of marriage to have an ice maker of our own!

My wife and I are now emp-

ty nesters. The adult kids are gone and the grandkids visit from time to time. Our last dog died about a year ago. So our house is pretty quiet, especially in the evenings.

But, now there is a new sound at our house. It is the ice maker doing its job. The sound of the ice maker dumping a fresh batch of ice in the refrigerator is pretty exciting. When we hear the tumbling sound of fresh ice cubes filling the bucket, one of us usually makes a comment like "Nice kitchen" or "Nice appliances!"

However, I learned that progress comes with a price. I discovered that the refrigerator and ice maker has a water filter that has to be replaced from time to time. The manufacturer recommends replacing the filter

every six months. When I purchased a new filter at Lowe's recently, I was shocked that it cost over \$50! Ouch! We never needed water filters when we used trays to make ice.

I wonder how many bags of ice we could purchase for the cost of a new filter? I wonder what we could do with all of the money we would save if we didn't have an ice maker? Progress does have a price!

I suppose that I should be grateful and not grumble that we have our own ice maker. There are probably a lot of other people still using ice trays who would gladly replace the filter if they had an ice maker of their own!

*Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South*



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# Woman Rescued At CH State Park

Rescue from page 1

dent and requested the assistance of the Sheriff's Aviation Unit. Glaser slipped and fell, with non-life threatening injuries; however she was not able to hike back out of the area on her own.

The Sheriff's Air Rescue 06 performed a hoist rescue after the Sheriff's 40King1 was the first one to respond and finding Glaser in a steep narrow ravine. Deputy Dave Cruz was able to hike down to her after the crew landed on a ridge above her location.

Also on the crew, Chief Cor-

poral Mike Ellis helped in lowering Air Medic Bernie Horak down to the ground about 80 feet down. According to the San Bernardino Sheriff's Department, "Glaser was flown to Chino Hills Dog Park and transferred to a ground ambulance for treatment of her injuries."

**Thanks to the following crew and rescue members:**

40King1 crew:  
Pilot: Deputy John Roberg  
Flight Officer: Deputy Dave Cruz  
Air Rescue 06 crew:  
Pilot: Corporal Jon Anderson  
Crew Chief: Corporal Mike Ellis  
Air Medic: Bernie Horak  
Air Medic: Jim Fagelson ■

# Senior citizen attacked by SB Resident

C3 from page 1

to stab the victim in the face again. The victim was able to call 911 on his cell phone while Tellez ran from his house. Deputies from the Central Station responded to the call to help the victim. The victim provided information to identify the suspect.

In a resident's front yard, Tellez was located approximately one block away. He was then taken into custody without incident. He was booked at the Central Detention Center and he violated his parole. Tellez is an active gang member with an

ample violent criminal history who recently had been released from prison on parole for assault with a deadly weapon.

It is encouraged that residents are aware of their surroundings in their neighborhood. They should keep their doors and windows secure at all times and they should call the police when suspicious subjects are near their home.

If you have any information regarding this investigation and wanting to remain anonymous should call the We-tip Hotline at 1-800-78-CRIME (27463) or you may leave your information on the We-Tip Hotline at [www.wetip.com](http://www.wetip.com). ■

# Driver Collides With Pedestrian

Collides from page 1

was arrested and booked into West Valley Detention Center for driving while impaired, causing injury after he had been suspect to be under the influence of alcohol.

The investigation was ongoing for about a three hour span, which caused a portion of the intersection to be closed while the Chino Police Department Traffic United completed their investigation. ■

# Your Cities LA Fair Days

Eastvale  
Saturday, Sept 10

Chino  
Wednesday, Sept 14

Diamond Bar, West Covina, and Walnut  
Thursday, Sept 15

Rowland Heights, Fontana, Ontario, and San Bernardino  
Friday, Sept 16

Chino Hills, Azusa, and Rancho Cucamonga  
Friday, Sept 23

# Tips for Planning Your Wedding and Beyond

BY STATEPOINT

While making the wedding day spectacular may seem like the main goal for engaged couples, savvy twosomes are also considering how they will build their home and life together after the honeymoon.

Luckily, these days, there are plenty of ways to plan your big day and happily ever after at the same time, say wedding trend experts.

"Couples who personalize their weddings are also quietly setting a tone for their future," says Nelson Tejada, senior vice president and chief merchandising officer at Things Remembered, a leading retailer with 50

years of experience providing personalized wedding gifts and accessories.

Tejada suggests creating a customized wedding logo to adorn everything from invitations to keepsake items at the reception like champagne flutes and cake servers (items that can be used during future celebrations.)

If you work with a retailer like Things Remembered, you can celebrate your marriage every day by using the logo on needed items for your home, like cutting boards and picture frames.

The company also provides the files to the couple, so you can use the logo on items they

don't sell. For example -- the cake!

Including your monogram on wedding items like drinkware, the guest book, photo albums and unity candles is another personalized way to celebrate the big day and beyond. Many couples use the same stylized initials on home items like wall art, blankets and aprons, as well as accessories like keychains, wallets and jewelry.

Your monogram can also make a fun and memorable addition on items in your gift bag for the wedding party and guests. To thank your wedding party properly, be sure to seek out items they will actually use, such as t-shirts and high-quality water bottles like Corkcicle, Contigo or TruHydrate.

Attending a wedding? Guests too can help the couple create a life together with personalized wedding gifts that help make the house a home. There are many useful, beautiful home gifts that can be given a personalized touch.

For more ideas for bride and groom and everyone in attendance, visit [ThingsRemembered.com/Weddings](http://ThingsRemembered.com/Weddings).

When wedding bells are ringing, take care to make that day and every day following one-of-a-kind with unique flourishes that speak to you.

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# WVUSD Welcomes Glenn Miller

By WVUSD

Walnut High School will welcome the world-famous Glenn Miller Orchestra on Saturday, September 17.

Originally formed by Glenn Miller in 1938 during the Swing era of the 1930s and 40s, they

enjoyed a matchless string of hits including their signature "Moonlight Serenade," "Chattanooga Choo Choo," "A String of Pearls," "Tuxedo Junction," and of course "In The Mood."

Performances are slated for 3 p.m. and 7 p.m. in the Performing Arts Center. Tickets are \$26.

A barbecue dinner will be offered at 5 p.m. for \$11.

Proceeds from this event will benefit the WHS Instrumental Music Department.

Tickets may be purchased at: [www.walnuths.net/apps/news](http://www.walnuths.net/apps/news)

Walnut High School is located at 400 N. Pierre Road in Walnut. ■

## How To Discipline A Child With ADHD

### While Avoiding Feelings Of Guilt

The symptoms associated with attention-deficit-hyperactivity disorder can put even the best parenting skills to the test.

Children and teenagers with ADHD don't listen, or at least don't seem to listen. They often fail to complete tasks, whether it's a school assignment or a household chore. They can be impulsive, hitting a sibling or classmate when they feel frustrated, or failing to wait their turn when playing a game.

As a spotlight is put on the condition during October, which is ADHD Awareness Month, it's worth noting that the disorder has an impact on the parents as well as the offspring.

Irritated by repeated undesirable behaviors, mothers and fathers may lash out, dealing more harshly with infractions than they should. Later, feeling guilty because of their overreaction, the parents may allow the child to get away with other misbehaviors.

Then tension builds again until once more the peeved parents explode and begin feeling guilty about their reactions all over again.

"It's important to break that

cycle of guilt when dealing with the ADHD child," says Daniel Amen, M.D., a clinical neuroscientist and brain-imaging expert who also is the founder of Amen Clinics ([www.amenclinics.com](http://www.amenclinics.com)), which treat patients at six locations around the country.

"The best way to do that is to deal with difficult behavior whenever it occurs and not allowing the tension to build up. Retraining difficult behavior patterns is an essential part of the treatment for ADD."

Amen, author of "Healing ADD" and the New York Times bestseller "Change Your Brain, Change Your Life," says there are steps parents can take that will help shape positive behavior in a child with ADD/ADHD and help the parent avoid those guilty feelings.

- Define the desired and undesirable behaviors. Before you can shape behavior, you need to be clear on what behaviors you want and don't want, Amen says. A desirable behavior might be doing homework before going out to play. An undesirable behavior might be talking back to a parent.

- Establish how often negative or positive behavior occurs. Keep a log for anywhere from a week to a month to track how many times a behavior occurs. Having a baseline will allow you

to know whether your interventions are having an effect.

- Communicate rules and expectations clearly. When children know what is expected of them, they are much more likely to do it. Too often, Amen says, parents believe children should know how to act without the rules being clearly communicated.

- Reward desired behavior. Once clear expectations are given, it's essential to reward the behavior that meets expectations. Rewards can be such things as verbal praise, a hug, a small present, a trip to the library or park, and even money.

- Administer clear, unemotional consequences for negative behavior. Be in control of your emotions, don't nag or belittle the child, and use logical consequences. For example, if a child refuses to put away his or her toys, the toys could be taken away for a few days.

Having a good relationship with the child is perhaps the most important factor, Amen says.

"With a good parent-child relationship, almost any form of discipline will work," he says. "With a poor parent-child relationship, any form of discipline will probably fail. Relationships require two things: time and a willingness to listen." ■

## South Pointe History Day team lauded

DB from page 1

Pointe top team that competed during the L.A. County and California History Day events received accolades for their outstanding work.

Lauren Chen, Fiona Huang, Lindsay Kashiwabara, and Morgan Joe were honored for their documentary on the "Harlem Renaissance: A Revolution of Music and Literature."

While conducting research, the girls had a unique opportunity to interview the Black Chamber of Commerce of Orange County president, Bobby McDonald.

He was so impressed with their professionalism and curiosity about the Harlem Renaissance that he requested to see their final product.

Upon viewing the documentary, he was thoroughly impressed by both the quality of the video and the depth of their research.

"He was moved by the fact that students chose to honor Black History and thought it was appropriate to pay tribute

to them at the annual banquet," explained social studies teacher Kevin Duh.

The group of girls, who are now 9th graders, spoke to the crowd of 500 guests during the celebration held at the Disney Hotel on August 20.

Each team member received prestigious county and the state awards.

Additionally, the Black Chamber of Commerce of Orange County presented a generous

\$500 scholarship to each student.

"I am incredibly proud of how each member of the group invested their time and energy to a historical event that is rarely discussed in the classroom. Lauren, Fiona, Lindsay, and Morgan went above and beyond in their project to highlight and honor African American's contributions to art in pop culture of today. Their work ethic and dedication to excellence is rare to see at this age," Duh said. ■



PHOTO COURTESY: WVUSD

Lauren Chen, Fiona Huang, Lindsay Kashiwabara, and Morgan Joe were recently honored for their documentary on the Harlem Renaissance by the Black Chamber of Commerce of Orange County. (SP National History Day)

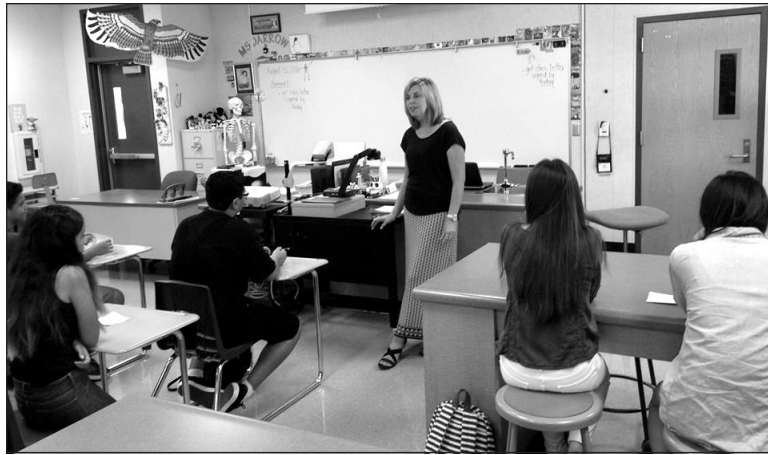


PHOTO COURTESY: CVUSD

The teachers at CVUSD have been recognized as Educators of the Year at County and State levels. CVUSD also plans to retain and attract quality teachers by investing in the aging classrooms, laboratories and technology so they maintain high level of academic excellence.



Dr. Carmela Larino, O.D.

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