

# Our Weekly News.com

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## Diamond Bar

### Diamond Bar Host Restaurant Week

#### STAFF REPORTS

**Diamond Bar** – The city of Diamond will be hosting their inaugural Restaurant Week event. Diamond Bar Restaurant Week (DBRW) is an event that aims to advertise and commend the many dining options within the city. It is co-sponsored by the city

see DB page 10

## Walnut

### City Council Recap

#### NATALIE KIM

**Walnut** – The Sep 14 Walnut City Council meeting began with a moving invocation. During the public comments, residents expressed concern over the new general plan for the City, and requested more information concerning the rezoning of Mt. Sac. Many residents were concerned that Mt. Sac would use the rezoning to move forward with construction projects widely protested by residents such as a new park-

see Walnut page 6



PHOTO COURTESY: CHINO PD

A Walk of Honor Ceremony for Corporal Burton on Sept 15 for his recognition, 31 years of service.

### Woman Murdered Alive

#### STAFF REPORTS

**Pomona** – Alexander Anthony Clever was sentenced to life in prison without parole after the murder of his girlfriend, Yvette Silva, in 2014.

On Nov. 29, 2014, Clever and Silva were heard arguing

in their motel bathroom, according to Michael Matoba, the Deputy District Attorney who prosecuted the case.

Two of the victim's friends, who were also inside the motel, tried to intervene as soon as they heard muffle screaming coming from the bathroom.

Inside, Clever held Silva in a chokehold as she lay unconscious, Matoba said. Unable to free Silva from Clever, the two witnesses went to find help.

When Pomona deputies

see Woman page 10

### Thank A Police Officer Day

#### STAFF REPORTS

**Chino** - September 17 is the official "Thank a Police Officer Day." The City of Chino Police Department were celebrated by the outpouring of support from the citizens of Chino and the generosity of the Chino Wal-Mart Store #3464. Multiple cards and goodies were left by

see Thanks page 10



PHOTO COURTESY: CITY OF CHINO POLICE DEPARTMENT

Chino PD receives multiple goodies from Citizens and Chino Wal-Mart

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## Inland Empire

### Eastvale Rated #1 City In California

#### STAFF REPORTS

**Eastvale** – Just being east of downtown Los Angeles, Eastvale manages to shine brighter than the all known county. Eastvale is a relatively new city

see IE page 6

### Man Arrested With Firearm

#### Staff Reports

San Bernardino County - Reports of shots fired were announced Sunday, September 18, 2016 on the 1900 block of Adams Street at approximately 3:17 p.m.

Witnesses recalled that a man, later identified as Jose

see Man page 10

## Our Featured Businesses

### Law Doesn't Need To Be Complicated

By Claire Lewis

Do you have a legal issue? Are you not sure where to go or who to talk to? Apex Lawyers, Inc. is here to help you! Apex Lawyers, Inc. is a full service boutique law firm that strongly believes in forming relationships with its clients by

see Apex page 5



Apex Lawyers, Inc. is located at 21671 Gateway Center Drive, Suite 108, in Diamond Bar. They can be reached at (909) 860-0342, or visit [www.apexlaw-inc.com](http://www.apexlaw-inc.com) for more information.

### Top Quality Auto Body Repair And Towing

By J.D. ALBERTS

**Walnut** – For over 25 years, California Coach Auto Collision has served its community with top notch repair and assistance services, reaching from "Diamond Bar to Chino and beyond."

Under original ownership, California

see Towing page 6



California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. See their ad on page 5.

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Do you have any comments, questions or concerns about the community?  
Write a letter to the Editor.

**The Weekly News**  
Please contact us at:

**LETTERS:**  
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# Did You Know?

*How to Talk to Aging Parents about the Future*

BY STATEPOINT

Parents care for and guide children into adulthood. But as parents age, sometimes the roles are reversed. Establishing a plan will help everyone feel more at ease about the years ahead. Here are four common concerns you may face with aging parents and tips to manage each conversation.

### Plan Living Arrangements

Multi-level homes and complicated floor plans can make everyday living difficult and dangerous for seniors. However, convincing parents to move into a more manageable home or assisted living may be tough. Suggest the transition early, while parents are still active to help them ease into the idea. If they insist on staying put, consider homeware and installing assistive equipment, like handrails.

### Focus on the Road

Driving can be a sensitive topic because for many, it's a key part of remaining independent.

Take 90-year-old Vivian Cash who started driving in 1949. While always priding herself on her safe driving -- in fact, she's never had an accident -- she recently pulled into her driveway and stopped too close to a telephone pole, ultimately needing help moving her car. That was when she decided it was time to stop driving.

"If I'm driving and I had a problem, I could hurt someone or myself. It just isn't worth it," explained Cash.

Of course, not everyone will be willing to hang up their keys, so approach the topic before noticeable problems surface, such as with vision or dexterity, and agree to certain warning signs that might indicate it's time to rethink transportation.

When it is time for parents to



PHOTO COURTESY: "ABANDONED" BY MICHAEL SANCHEZ

# Not Of This World

BY MICHAEL ARMIJO

What's interesting to me is that although I believe I'm an expert in relationships, I cannot seem to keep one anymore. I cannot see God's ability to restore my life when I am in a crisis. This happens when I am brought back to my old self. That little child standing on the shore, alone and abandoned. While life has sailed away because I had missed the boat due to my innocence. My naivety. I was just a child and I trusted and believed others would take care of my heart, only to have them leave me. My fear cycle consistently resurfaces. Each mistake and every time I trust someone with my heart they

do something to jeopardize my feelings. Then I am violently taken back to that six year old standing at the shore. I sometimes hope that God's love can provide the boat and the oars on the shore, which will allow me to paddle to that place that holds the missing links to my life. As I get older, I can no longer see the boat in the distance but instead the hazy fog that clouds my vision. I am left with a huge hole in my heart that I feel I can never fill. Then I become self destructive. I was left only to believe that I am in a world that I may never belong to. That may never understand me. That I am at times willing to let go of. Because I sometimes believe that I am not of this world. ■

stop driving, help them map out ways to get to all their activities.

### Update Important Documents

Most people don't like discussing wills and life insurance. As a result, they're often written and not revisited. However, both need to be updated periodically, especially when major life changes take place, like marriage, death or divorce.

Ensure your parents have a will that's been updated in the past five years. If not, it should be revised to reflect their cur-

rent wishes. Establish who will be in charge of executing the details, and determine where documents will be stored.

Any updates to wills need to be reflected in life insurance policies, since beneficiaries take precedence over whatever the will specifies. Consider working with a trusted advisor who offers both life insurance and retirement planning, such as an Erie Family Life insurance agent, to ensure parents

see **Know** page 3

# History 101

*The Brady Bunch premieres*

BY HISTORY.COM

On this day in 1969, American television audiences hear the soon-to-be-famous opening lyrics "Here's the story of a lovely lady who was living with three very lovely girls..." as *The Brady Bunch*, a sitcom that will become an icon of American pop culture, airs for the first time. The show was panned by critics and, according to the Museum of Broadcast Communications, during "its entire network run, the series never reached the top ten ranks of the Nielsen ratings. Yet, the program stands as one of the most important sitcoms of American 1970s television programming, spawning numerous other series on all three major networks, as well as records, lunch boxes, a cookbook, and even a stage show and feature film."

Created by Sherwood Schwartz (whose previous hit sitcom was *Gilligan's Island*), *The Brady Bunch* followed the story of Carol (Florence Henderson), a widowed mother of three blonde daughters, who marries architect Mike Brady (Robert Reed), a widower and the father of three brown-haired boys. The blended family lives together in a suburban Los Angeles home with their cheerful housekeeper, Alice (Ann B. Davis). The show focused primarily on issues related to the Brady kids—Greg (Barry Williams), Marcia (Maureen McCormick), Peter (Christopher Knight), Jan (Eve Plumb), Bobby (Mike Lookinland) and Cindy (Susan Olsen)—who ranged from grade-school age to teenage. Although set in the late 1960s and early 1970s, a time of political and social upheaval in the United States, *The Brady Bunch* generally avoided controversial topics and instead presented a wholesome view of family life, tackled subjects such as sibling rivalry (including Jan's now-famous complaint about the focus on her sister: "Marcia, Marcia, Marcia"), braces and dating.

After 177 episodes, ABC cancelled *The Brady Bunch* and the last original episode aired on August 30, 1974. However, the show soon became a massive hit in rerun syndication. The show's various spin-offs have included a 1977 variety program, *The Brady Bunch Hour*; a 1988 TV movie *A Very Brady Christmas*; the 1995 big-screen parody *The Brady Bunch Movie* (with Shelley Long and Gary Cole as Carol and Mike) and its follow-up *A Very Brady Sequel* (1996); and the 2002 TV movie *The Brady Bunch in the White House*. In 1992, Barry Williams published a best-selling memoir titled *Growing Up Brady: I Was a Teenage Greg*, which provided a behind-the-scenes look at the show and revealed that life behind the *Brady Bunch* cameras was less wholesome than it seemed on TV. ■

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# Recent Recalls

STAFF REPORTS

- 1. **Galaxy Note 7 Smartphone-** The lithium-ion battery in the Galaxy Note7 smart phones can overheat and catch fire, posing a serious burn hazard to consumers.
- 2. **Bungee Chairs Sold Exclusively at Big 5 Sporting Goods** Stores recalled-The chair rivets can break while in use, posing a fall hazard to the consumer.
- 3. **Toys R US** recalls pacifier clips-The pacifier clip's spring mechanism can break and release small parts.
- 4. **Baby Jogger, LLC-** is recalling certain City GO Infant Car Seats (**models BJ64510 and BJ64529**), City GO Base for infant car seat (**models**

- BJ80400 and BJ61500**); City Mini Infant Car Seat/Stroller Travel Systems (**model BJ72510**); and Vue Lite Infant Car Seat/Stroller Travel Systems (**models BJ70411, BJ70424, and BJ70431**). The affected child seats have information on the labels, instruction manual and registration card that is either the wrong size, has an incorrect background color, or is in the incorrect order or is missing. As such, these seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard number 213, "Child Restraint Systems."
- 5. **Graco Children's Products Inc.-** is recalling certain Milestone child seats, **model numbers 1910130, 1923980, 1926538, and**

- 1926539**, for failing to comply with the requirements of Federal Motor Vehicle Safety Standard number 213, "Child Restraint Systems." The affected child seat have labels that are missing the required phrase "Secure this child restraint with the vehicle's child restraint anchorage system (LATCH) if available or with a vehicle belt."
- 6. **Paradise Valley Market, Inc.** (Carnival Supermarket) recalls ground beef products due to possible E. Coli- The Paradise Valley Market, Inc. (Carnival Supermarket), located at 870 3rd Avenue, Chula Vista, Calif., is voluntarily recalling approximately 35 pounds of ground beef products that may be adulterated with E. coli O157:H7. ■



PHOTO COURTESY: STATEPOINT

## Did you know?

Know from page 2

and family members are covered for the future every step of the way.

**Gather Financials**

Finances need to be discussed -- from retirement planning, debt consolidation and payment to logistics like where important documents are placed (digital and hard copies). Even if parents don't want to divulge all their information, getting a general sense of the

situation will make things easier when decisions need to be made.

Help your parents create a list of bank, benefits, pension and other accounts, as well as usernames and passwords. Keep this information in a safe place, such as a fire-resistant safe. Know where items like tax files, car titles and the key to the safe are kept.

Aging isn't easy. Address everything now to leave your family at ease for the changes ahead. ■

# 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 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.

- 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. ■

## 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, October 22, 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.

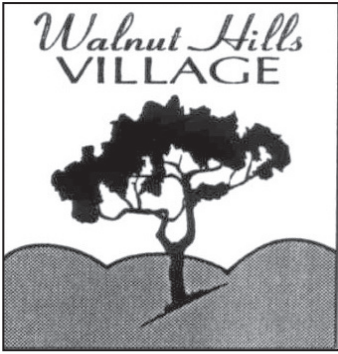
- Attendees can expect to learn what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.  
**Contact:** Call (626) 859-5269, or visit [www.charteroakhospital.com](http://www.charteroakhospital.com).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

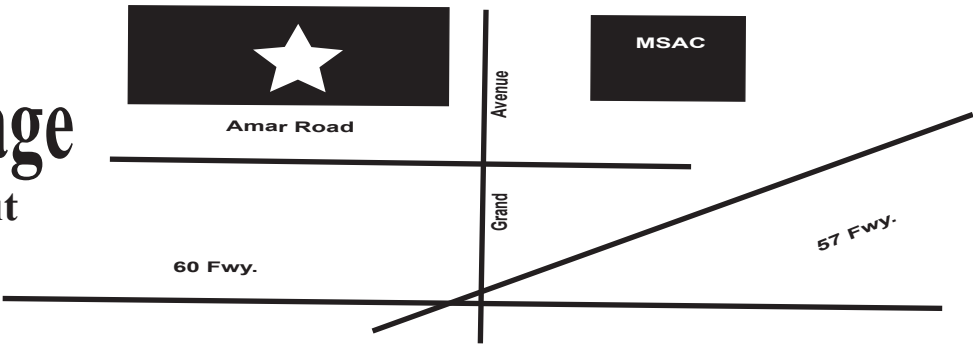
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Burger King	468-3672
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Walnut Village Shopping Ctr.





Artist Corner

Anthony Hernandez  
a.k.a. Anthm

By RACINE GUAJARDO

Anthony grew up in the suburbs of Eastside LA, moving around often in his younger years but primarily stayed in Whittier, CA. His writing began after the passing of his grandmother in the sixth grade. Anthony recalls, saying, “Ms. Grubb took me aside the day after she passed and gave me a composition book, she told me to write what I felt and it would help me, it did.” As most kids went home as soon as the bell rang, Anthony would stay at school longer than anyone else where he found bonds with teachers who would encourage his artistic side.

In his early 20’s he fell into a destructive lifestyle that led to partying, sex, and drugs. However there was no real meaning which made him lose his artistic vision. Eventually, Anthony moved past this phase and into a more socially acceptable standard way of living with a job and a girlfriend. Although his life seemed to be on the right track, he fell into a deep depression. He would attend therapy sessions and took medication but it didn’t help as he still felt unhappy. His life took a turn when a close friend introduced the idea of him turning his poetry into rhymes. These same friends started to convince him to also get into a studio and start recording.

Around 2007, Alex Ibarra was in his beginning stages of creating Illegal Productions (ill P), a local production studio, when he noticed Anthony rapping to himself. Seeing promise in the young rapper, Ibarra offered Anthony the opportunity to record an album. Since there meeting, Anthony has released



PHOTO COURTESY: MVISIONLA

Anthm performing at The VapeGoat in Boyle Heights

two albums, and has performed at multiple venues all over the Los Angeles area.

When asked what he would want people to know about him, Anthony said, “that one day soon I can tell my niece that she can do anything if she puts her mind to it and show her my music as an example of that and to connect with people and let them know that they are not alone.”

Anthony describes his style as being poetic, speaking on real world situations and honest emotions. He sees himself like anyone else who has the same fears and concerns stating, “I don’t speak on things

that I don’t live through. I’m not afraid to be uncool.”

If Anthony could give anyone advice, he said, “I love my people and truly hope that anyone who whole heartedly follows their dreams finds some level of success in it and a deep sense of satisfaction.”

Anthony a.k.a Anthm can be found on multiple social media sites; Facebook at Facebook.com/anthanthm, on Twitter @Antanthm, and Instagram as TheRealAnthm. His albums can be found on anthm.bandcamp.com, various songs on soundcloud.com/antanthm as well as his crew on soundcloud.com/alexibarrabeats. ■

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Apex from page 1

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Shazad D. Omar, Esq., is the managing attorney at Apex Lawyers, Inc. and has experience in a wide variety of legal issues. Mr. Shazad is a graduate of Whittier Law School and prides himself in providing high-quality services to all his clients regardless of the type of issue the client is facing.

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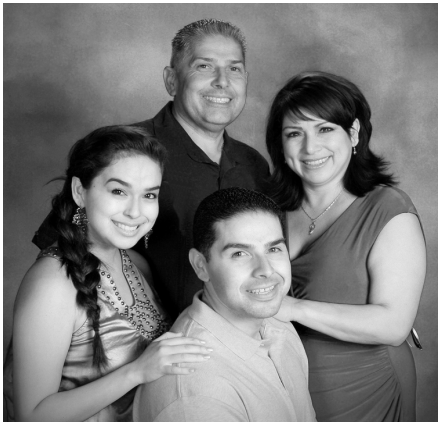
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# Eastvale rated #1 city in California

IE from page 1

because its previous owners were dairy farmers. Now at just six years old, and still growing, Eastvale is bursting with opportunity and prowess.

Since the city itself is so modern, nearly every resident is new which means that Eastvale is immensely diverse in culture. What pulls in new residents is the city's highly rated and awards winning schools

as well as the low crime rate. Also, since Eastvale is so new, so are the houses. With most starting at just \$500,000, it might sound overwhelming but it buys homeowners approximately 3,000 square feet.

Up until recently, Eastvale was without public spaces such as parks and community centers. Now that they've been added, the city also plans to build two new elementary schools. While the new extensions to the community provide

revenue and more space for citizens, it also increases the local property taxes more than two percent. That's twice the state's average.

Jobs within the Eastvale city limits are limited but a new Amazon fulfillment center was recently built to offer more job opportunities to city. Residents wishing to find work outside of Eastvale must endure 45 minutes of rush hour traffic since the city sits between Irvine and San Bernardino. ■

# City council recap

Walnut from page 1

ing structure and a solar farm.

A representative of One Legacy also announced the success of a Run/Walk fundraising event, thanking the City for their participation and reminding residents of the beauty and power organ donations can bring.

The City staff reassured Walnut residents that concerns regarding the general plan were unfounded. The purpose of the general plan update is to follow state law and bring the general plan up to date to reflect the city of Walnut as it is now and how

residents wish for it to grow.

The City staff also reminded residents of the public workshop with the City Council and the Planning Commission on October 19, as the general plan relies heavily on resident participation and input.

The Council then approved the minutes of the August 24 City Council/Walnut Housing Authority meeting, as well as all items on the consent calendar, including:

- A resolution allowing claims and demands in the amount of \$623,628.20;
- A resolution approving Walnut City Employee's Asso-

ciation Classified & Permanent Part-Time 2016-2018 Memorandum of Understanding;

- A resolution approving salary schedules for the Management, Classified, and Permanent Part-Time units;
- A resolution approving City Council support and endorsement of the 2017 Regional Mayor's Summit;
- And acceptance of sewer easement on Camino de Rosa.

Following individual reports and comments, the Council adjourned until the next meeting on September 28 at 7 p.m. at 21201 La Puente Rd. ■

# Top quality auto body repair and towing

Towing from page 1

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California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. Body Shop hours are Monday through Friday, 8 a.m. to 6 p.m.; and Saturday, 9 a.m. to 12 noon. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. For more information visit their website at [www.calcoachautobodytowing.com](http://www.calcoachautobodytowing.com), or send them an email at [info@CalCoachAutoBodyTowing.com](mailto:info@CalCoachAutoBodyTowing.com). And see their ad on page 5 of this publication. ■

## WATER CONSERVATION | IT'S FOR LIFE!

### UPDATED CONSERVATION MEASURES

In response to the State's ongoing drought conditions and statewide permanent conservation measures, the Walnut Valley Water District (WVWD) is asking customers to make conservation a way of life.

On July 25, 2016, the WVWD Board of Directors implemented a Stage 1 Water Supply Shortage based on projections of both short and long-term water supplies. Stage 1 conservation measures are in place to continue our longstanding efforts to better manage scarce water resources, especially outdoors.

The following conservation measures are now in effect for all of our customers:

 Outdoor watering is limited to 3 days per week	 All leaks in water users' plumbing systems must be repaired within 5 days
 Lawn or landscape watering is also prohibited between 8 a.m. – 5 p.m.	 Using a hose to wash a vehicle is prohibited unless the hose has a shut-off nozzle
 Watering is limited to no more than 15 minutes per day per irrigation station	 Operating a water feature that does not use recirculated water is prohibited
 Washing hard or paved surfaces such as sidewalks or driveways is prohibited	 Filling ornamental lakes or ponds is prohibited except as needed to sustain life
 Watering any landscaped area cannot cause excessive water runoff onto hardscape	 Watering during or within 48 hours of measurable rainfall is prohibited

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## Recipes:

### Rockfish Piccata

*With Sautéed Spinach,  
Israeli Couscous, and  
Lemon Caper Sauce*

BY HELLO FRESH

Piccata is a simple yet elegant cooking style where meat or fish is sautéed and served with a lemon, caper, herb, and butter sauce. Although piccata is traditionally associated with chicken or veal, our chefs opted for rockfish as the star of this dish because it's mild and flaky but doesn't fall apart while cooking. Plus, it serves as the perfect counterpart to pearly couscous and spinach.

**Cooking Time:** 30 min.

**Servings:** 2

**Nutrition:** Calories: 623 cal, Fat: 22g, Sat. Fat: 9 g, Protein: 43g, Carbs: 68 g, Sugar: 5 g, Sodium: 371 mg, Fiber: 8 g

**Ingredients:**

- Rockfish Fillets -12 oz
- Israeli Couscous- ¾ Cup
- Spinach- 5 oz.
- Shallot- 1
- Lemon- 1
- Capers- 1 oz.
- Vegetable Stock Concentrate- 1
- Thyme- ¼ oz.
- Butter- 2T
- Olive Oil- 1T

**Preparation:**

**1. Prep:** Wash and dry all produce. Halve, peel, and finely chop the shallot. Halve the lemon. Drain and rinse the capers.

**2. Cook the couscous:** Heat a drizzle of olive oil in a medium pot over medium heat. Add the shallot. Cook, tossing, for 2-3 minutes, until softened.



PHOTO COURTESY: HELLO FRESH

Add the couscous, stock concentrate, 2 cups water, and a large pinch of salt. Bring to a boil, cover, and reduce to a low simmer for 10-12 minutes, until tender.

**3. Cook the spinach:** Heat a drizzle of olive oil in a large pan over medium heat. Add the spinach and toss until wilted, 2-3 minutes. Season with salt and pepper, and cover to keep warm.

**4. Cook the fish:** Season the fish on all sides with salt and pepper. Heat a drizzle of olive oil in a large pan over medium-high heat. Once very hot, add the fish. Cook 2-3 minutes per side, until lightly golden brown and almost opaque in the center.

**5. Make the sauce:** Turn off the heat, then add the thyme sprigs and 2 Tablespoons butter to the pan. Once melted, spoon over the fish. Add the capers and the juice of half a lemon, and cook until warmed through. Season the sauce with salt and pepper. Discard the thyme.

**6. Plate:** Serve the rockfish piccata on a bed of Israeli couscous and sautéed spinach. Drizzle with the lemon caper sauce. Enjoy! ■

## Tips:



## “What is in pomegranate juice that makes it good for me? How much should be consumed on a daily basis?”

*A question from Julian  
of Chino Hills*

BY CLARK'S NUTRITION

Pomegranate juice first became popular a few years ago and has remained a good seller in many stores. First things first; this juice is a source of sugar so I think it is important to remember how much total sugar one consumes a day. When it comes to fruit juice we have a tendency to think that because it is fruit that we should be able to consume as much as we want and the more juice we consume the better off we are. We need to remember that we should not consume more than 10 percent of our total calories from sugars. In the United States we typically follow the Recommended Daily Allowances (RDA) for recommendations of foods (carbohydrates, proteins, and fats), and the Estimated Energy Requirements for calories. The RDA for calorie consumption is 2000 per day. This calorie total varies depending on age and gender. Based on 2000 calories, 10 percent would mean that 200 calories or 50 grams of total sugar a day is sufficient. This might seem like a lot

or a little depending on your body type and diet. But by paying attention to the foods we eat, 50 grams will add up really fast. For instance 1 cup of milk provides 12 grams or so (milk substitutes and chocolate milk can be higher), a glass of orange juice provides 28 grams, and a piece or serving of fruit provides 20-50 grams of sugar. One thing to remember is that whole fruits have more fibers and water content thereby diluting down the amount of sugar that is consumed.

What about the benefits of juice and specifically pomegranate juice? Consuming juice is a great way to get some concentrated nutrients. In the case of pomegranate juice it is loaded with antioxidants. Vitamin C is one of the typical antioxidants we hear about often, and pomegranate juice is a great source of this vitamin. But a lesser known antioxidant called polyphenols is in pomegranate as well. Polyphenols are called phytonutrient antioxidants. A lot of current research has sprung up with these newly found antioxidants. As you might already know, polyphenols are in green teas and red wines. Pomegranate research has included such

topics as prostate and breast cancer. A lot of the research is focused around the polyphenols and other phytonutrients. Although pomegranate is not a cure for cancer it has some great prevention properties that when combined with eating other fruits and vegetables can help maintain a healthy diet. Other benefits for these antioxidant phytonutrients include mental alertness, better circulatory systems and cardiovascular protection making pomegranate a great juice of choice. One of the most popular brands on the shelf is Pom Wonderful which has the juice of 4 pomegranates in each 16oz bottle and a total of 64 grams of natural sugar (this product has no added sugars from other sources). You might want to consume ½ a bottle (8 oz) at a time if you are watching sugars. Capsule and concentrated liquids are options as well.

Have a health related question?

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



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# Straight Talk With Danice

*My angry and offended neighbor assumes I think he's a "charity case" - A letter from Tiffany*

BY DANICE AKIYOSHI, N.D.



**Q:** Last month I was cleaning out my closets, kitchen and storage areas. We are downsizing now that our kids are in college. I had lots of stuff piled in my driveway because I was going to donate it to our local shelter. My neighbor was working in his garage looking at the stuff and I asked him if he could use any of it. I offered a brand new waffle iron, crock pot, coffee maker and skillet. He said sure, his wife uses all of those things. I was happy he could use them.

Yesterday he approached my husband when he was washing his car and asked if I'd left stuff on his porch. He said he didn't appreciate me dropping off canned goods and loaves of bread on his front porch because he wasn't a charity case. My husband was confused but since I wasn't home, he couldn't give him an answer. My husband told me he was really upset and offended. I did not leave any food on his porch! I can't believe that he assumed it was me just because I gave him free kitchen items a month ago. This makes me mad. How should I handle it?

**A:** I think you were quite neighborly with your initial offering of house wares. His assumption that you would leave groceries on his porch and treat him like a charity case is a bit on the rude side. You have done nothing out of line and are obviously quite charitable. My advice is for you

to knock on his door and ask him directly why he would assume such a thing about you. If you wait a day or two I'll bet he and his wife will probably discover who actually did drop the food off on their doorstep. Leave him with the impression that you don't shy away from inaccurate assumptions about your actions. Politely invite him to speak to you directly in the future if he ever again has a question about you. Continue to be neighborly, but dial it back a little bit. This guy is obviously not on the same page as 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](mailto:straighttalk@candidcoachingservices.com). You can also visit her website at [www.candidcoachingservices.com](http://www.candidcoachingservices.com). ■*

# Anxiety and Our Youth

BY NANCY STOOPS



Most people believe that there is a road to happiness. Most people believe that certain things need to occur to be happy. Most people spend their whole life on a quest for happiness but never get there. I believe happiness is a choice. I believe happiness is a mindset. I believe it's about looking at all that is right with your life and being grateful. If you spend your days always thinking about what your life isn't or what you don't have you won't be very happy. Now I'm not implying that people shouldn't dream big and make those dreams come true. I'm just saying be happy along the way to making those dreams come true.

Happiness occurs every day I have the honor of being alive. Yes I had a brother that was murdered, a brother that committed suicide and a father that died from Pancreatic Cancer but I am still here for a reason. I appreciate each and every day I am here and can make a difference. I appreciate having a healthy body and the ability to work out every day with my amazing dog Midnight. I appreciate the sunrise and all the beauty that nature has to offer. I am happiest doing the simple things even though I have travelled the world. Saturdays with my grandson are about horseback riding and swimming and just laughing. Saturdays make me very happy. Watching my dog do his happy roll on the grass makes me filled with joy as I see him filled with joy.

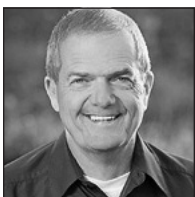
I tell myself every day I re-

fuse to let anybody steal my joy. People might do and say things that could potential steel my happiness but I decide how I want to respond to their words and behaviors. We are in control of us and how we respond to others. I wish happiness and joy for all of you every day!!!!

*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](mailto:nancystoops@verizon.net). ■*

# How About The Angels

BY PASTOR MARK HOPPER



When we want to change the subject in a conversation in our family, we often use the phrase, "How do you think the Angels are going to do this year?" This is a little "code" to help us steer the conversation in a new direction when things get a little testy or out of hand.

However, in this case, I really am talking about the Angels. The Los Angeles Angels of Anaheim. The baseball team that plays down at the "Big A" off the 57 freeway.

I suppose every competitive sports team starts off the season with high hopes and great expectations. I'm sure that is true of the owner, the manager, the coaches and the players.

A few years ago, the Angels made the playoffs almost every year. They were expected to

win and usually did. But, recently, the team has not done as well and many fans are disappointed and discouraged.

There will be no playoffs for the Angels this year. They are about 20 games out of first place. There are not enough games left to catch up. Even if the first place team lost all of the rest of their games and even if the Angels won all the rest of their games, I don't think the Angels could make the playoffs this year.

However, the other baseball team in Los Angeles is doing pretty well. In fact, they are currently in first place in their division with San Francisco right behind them. Go Dodgers! So how do Angel's fans deal with this situation? How should we react to another losing season?

First, we should avoid conversations with Dodger fans. Fans of winning teams love to ask the fans of other local teams, "How are the Angels doing this year?" They already know the answer,

but they love to rub it in a little.

Second, think about Spring Training. Baseball will begin again next February. There is a good chance the Angels will do better next year and they may even make the playoffs in 2017. Don't focus on the past, look toward the future!

Third, you may want to buy tickets for next season now. Since ticket sales have been down this year and since attendance has fallen, you may be able to pick up some season tickets at a deep discount. It is kind of like the stock market - buy low and sell high!

Finally, never give up hope. Be loyal to your team - rain or shine, win or lose. That is what true fans do. They will be glad you did and you will too!

*Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Blvd. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit [Efreedb.org](http://Efreedb.org). ■*

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## Acupuncture Awareness Day

Come get FREE 20 minutes stress reduction ear acupuncture

**What is Acupuncture Awareness Day?**  
It is a day where Ida Mat Aris, Licensed Acupuncturist, founder of Healing Circle Community Acupuncture (HCCA) and Healing Circle Veterans Acupuncture Project (HCVAP) opens up her clinic to provide free Acupuncture to members of the community. This is the day where Ida Mat Aris and her team show gratitude to countless number of patients, health care professionals, veterans and their families that have supported HCCA since 2011.

**Who Can Come?**  
Anybody and everybody

**Why Should You Come?**  
The benefits of acupuncture are numerous. Patients report improvement in sleep quality, mental clarity, focus and memory, reduction in pain, stress, anxiety and irritability.

**KEEP  
CALM  
AND  
DESTRESS**

**Event Details:**  
Day/ Date: Tuesday/ Sep 27, 2016  
Time: 5pm - 7pm  
Location: 12598 Central Ave, Suite 113, Chino, CA 91710  
Tel: 909-390-4183  
[www.healingcirclecommunityacupuncture.com](http://www.healingcirclecommunityacupuncture.com)



# Pomona Inner City Homeless Ministry

STAFF REPORTS

Join on Saturday October 22, at Purpose Church (formerly First Baptist Church) of Pomona at the corner of Garey and Holt (601 N. Garey Avenue, Pomona, CA 91768) to serve the homeless and economically disadvantaged. Volunteers meet in E202 (2nd floor) at 1:30pm for prayer / devotion, then promptly at 2:00pm for orientation, clothing and hygiene kit distribution, devotion and a 2nd orientation prior to serving dinner to the homeless. Dinner is now at 4:30pm. Ministry ends by 5:30pm.

Proverbs 19:17 "He who is kind to the poor lends to the Lord, and He will reward him for what he has done."

Donation Needs

Thanks for all who have donated items to this ministry! We are collecting items for hygiene kits (travel size toothpaste, travel size shampoo, small soaps, lotions, deodorant, Kleenex, single-serve coffee or teas). We are also collecting adult, packaged (new) sox and underwear for men and women.

Whether or not you donate an item, the most important "donation" is you, as you do-

nate your time to those in need. May God continue to bless you for your service.

Please bring any donations with you to E202 on any ministry day.

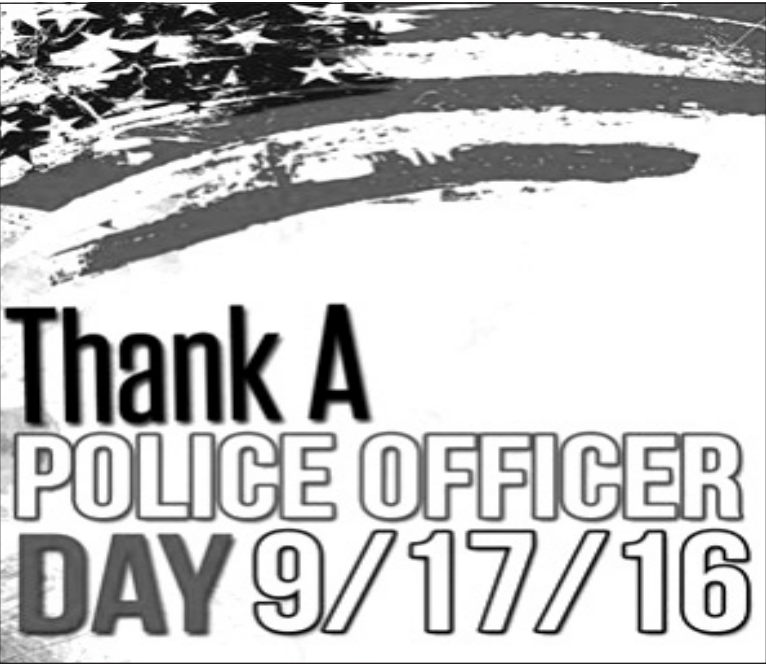
STARTING JANUARY 2017: PICM will end clothing distribution (only). Because of this change, we are no longer collecting clothing or household items. As stated above, we ARE collecting new adult socks and underwear as part of the hygiene kit service. We will continue to provide haircuts, hygiene kits, and are looking at potential new ministry services. You will hear more information in the coming months.

Important Information for GROUPS of 10 or MORE - Please Read!

To ensure the best possible service and ministry experience, if you would like to bring a group, please have the group leader contact Steve Sable to coordinate your group's attendance. We ask that groups of 10 or larger inform us of their desire to serve at least 2 months prior. This includes attendance by school groups. The leader of all new groups must complete a group application "Share with Us" form prior to attending. ■



PHOTO COURTESY: CPD (ABOVE), WHOLE TRUTH PROJECT (BELOW)



# Man arrested with firearm

Man from page 1

Diaz, was driving around in a sedan and shot at the victim's foot. When police spotted Diaz' vehicle in the 2500 block of Ogden, a brief foot pursuit occurred. After Diaz was taken into custody, he was positively identified by witnesses as the suspect responsible for the assault.

Deputies found a semi-automatic handgun in Diaz' vehicle that was linked to the shooting.

At Diaz' home, police also found approximately one pound of marijuana and a sawed-off rifle. Diaz was later arrested for PC 245 Assault with a Deadly Weapon (Firearm) and booked into the Central Detention Center.

If you have any more information regarding this incident, you are urged to contact Central Station at (909) 387 – 3545. If you wish to remain anonymous, feel free to call the We-Tip Hotline at 1-800-78-CRIME or leave information on the website at [www.wetip.com](http://www.wetip.com) ■

# Woman murdered alive

Woman from page 1

arrived, they found Silva in the shower with her right lung and heart removed. Police determined that Silva was alive when her lung was cut out of her body.

Two days after the event, Clever was arrested outside his home where police found the knife that was linked to Silva's murder inside.

Clever admitted to torturing Silva before ultimately killing her and pleaded to one count of first-degree murder, according to the Los Angeles County District Attorney's Office. ■

# Thank a Police Officer day

Thanks from page 1

citizens, and Wal-Mart brought in cake and goody bags for all the men and women of the po-

lice agency. The City of Chino Police Department responded on their Facebook page, "We appreciate you taking time out of your busy Saturday to say thanks!" ■

# Diamond Bar Host Restaurant Week

DB from page 1

and the Regional Chamber of Commerce of San Gabriel Valley. DBRW starts Saturday, October 8 until Friday, October 14 and will include the following restaurants:

- Blue Sky Café
- Chili's Grill & Bar
- Dillwalla Indian Kitchen
- Encore Teppan
- GUACS
- Holiday Inn Grill & Bar

- Jasmine Mediterranean & Persian Cuisine
- Mr. G's Pizzeria & Pasta
- Paper Pot Shabu
- Peacock Gardens Cuisine of India & Banquet Hall
- The Attic
- Whole Enchilada
- You and Me Café

The participating restaurants listed above will be offering special deals that will range from appetizers to full course meals. The city has also created a website - [www.DBRestaurantWeek.com](http://www.DBRestaurantWeek.com) – to draw in large crowds for the city's week long dining function. The website itself consists of images, audio and video of the restaurants participating in the event.

Any other restaurants within the city limits wishing to participate in the event are urged to contact the Chamber at 626.810.8476 or Diamond Bar's Administration Department at 909.839.7015 or [ordbrestaurant-week@diamondbarca.gov](mailto:ordbrestaurant-week@diamondbarca.gov). ■

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\*\*\* Funding for clinic provided in part by the City of Chino Hills through CDBG Funding



# Evening Out With Dad: Adams Elementary Holds “Dad’s All In” Event

By CNUSD

**Corona** – On September 15, Adams Elementary invited fathers, grandfathers, and other male role models to spend an evening of barbecued burgers and fun activities with their children. This time spent playing and engaging is crucial in the development of every student. The Dads All In event is an initiative put on at school communities that invites fathers (or other male role models) to spend some quality time with their kids. The goal of Dads All In is to increase the contributions of fathers to the well-being of their children by providing them with opportunities to engage with their child academically, socially, and within the community.

Dads and students were treated to burgers as the sun set over Adams Elementa-

ry. A photo booth was set up along with a paper airplane table. Dads and kids then got the chance to play together in activities such as an obstacle course, sack races, a pizza box run, and more. Smiles and laughter echoed throughout the

late afternoon as dads and kids ran and played together.

The Adams Dads All In evening was lead by Assistant Principal Manny Gonzalez and Russo Vargas, a parent of the school's community and Dads All In representative. ■



Dad participating in event activities.

PHOTO COURTESY: CNUSD

## CNUSD Holds 9/11 Remembrance Assemblies

By CNUSD

The National Day of Service and Remembrance, also dubbed Patriot Day, is held on September 11th in remembrance of the 2001 9/11 attacks. Throughout CNUSD schools held assemblies and presentations in honor of the 2,977 people who lost their lives, and the service men and women who sacrificed their lives to help others implemented in the September 11th attacks. Students involved in the boys and girls scouts were asked to wear their uniforms while other students were encouraged to wear red, white and blue to show their respect and support. Students also participated in activities and crafts with their grandparents in order to learn more about the events of 9/11.

Campuses were decorat-



School decorated the campus with American flags.

PHOTO COURTESY: CNUSD

ed with flags and posters titled “We Remember” in honor of those to who lost their lives. Some of our secondary schools held assemblies that featured retired service men and women. Students had the opportunity to with speak them, ask questions and learn more about what goes into protecting our country.

While some classes gathered outside their rooms as their choir sang patriotic songs and recited the Official Proclamation from former President George Bush, others told stories of what they were doing on September 11th, 2011. Students also participated in a flag salute and moment of silence led by their principals. ■

## Walnut Valley Seniors Named National Merit Semifinalists for 2017

BY WVUSD

**Walnut** - Thirty-two Walnut Valley USD high school seniors are among 16,000 students nationwide named National Merit Scholarship semifinalists.

The following students have been recognized for demonstrating exceptional academic ability and potential for success in rigorous college studies:

**Diamond Bar High:** Jason Ahn, Shannen Rikki Barameda, Vinay Bhupathiraju, Benjamin Chen, Connie

Chen, Justin Chuang, Brandon Hung, Peyrin Kao, Su Min Kim, Vickie Kuo, Aaron Lee, Adeline Lee, Monica Lin, James Lo, Leslie Sim, Sabrina Tseng, and Joanna Zhang.

**Walnut High:** Farhan Baig, Brittany Chiu, Stephanie Djajadi, Hannah Hu, Nellie Kwang, Rachel Lee, Savanna Lee, Joyce Lin, Vivian Lo, Tiffany Loo, Cynthia Lu, Ayesha Ng, Jo Ann Sun, Shiaw-Hern Wu, and Brian Zeng.

These students represent less than 1 percent of the

U.S. high school seniors and are the highest-scoring entrants in each state.

Last fall, about 1.6 million juniors across the country entered the prestigious contest by taking the 2015 Preliminary SAT college-readiness exam.

The semifinalists are now eligible to advance to the finalist level in February and compete for \$33 million in scholarships offered by the National Merit Scholarship Corporation, private companies, colleges, and foundations. ■



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A total of 32 Diamond Bar and Walnut high school seniors have been named 2017 National Merit semifinalists.

PHOTO COURTESY: WVUSD





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