

OurWeeklyNews.com

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Diamond Bar

Diamond Bar Council Meeting

NATALIE KIM

Diamond Bar - The September 20 Diamond Bar Council meeting began with several presentations. First, the Council presented David Liu with a certificate plaque in recognition for 25 years of service to the City. Now the Public Works Director, Liu's dedication and service to the City helped create the beautiful Diamond Bar

see DB page 4

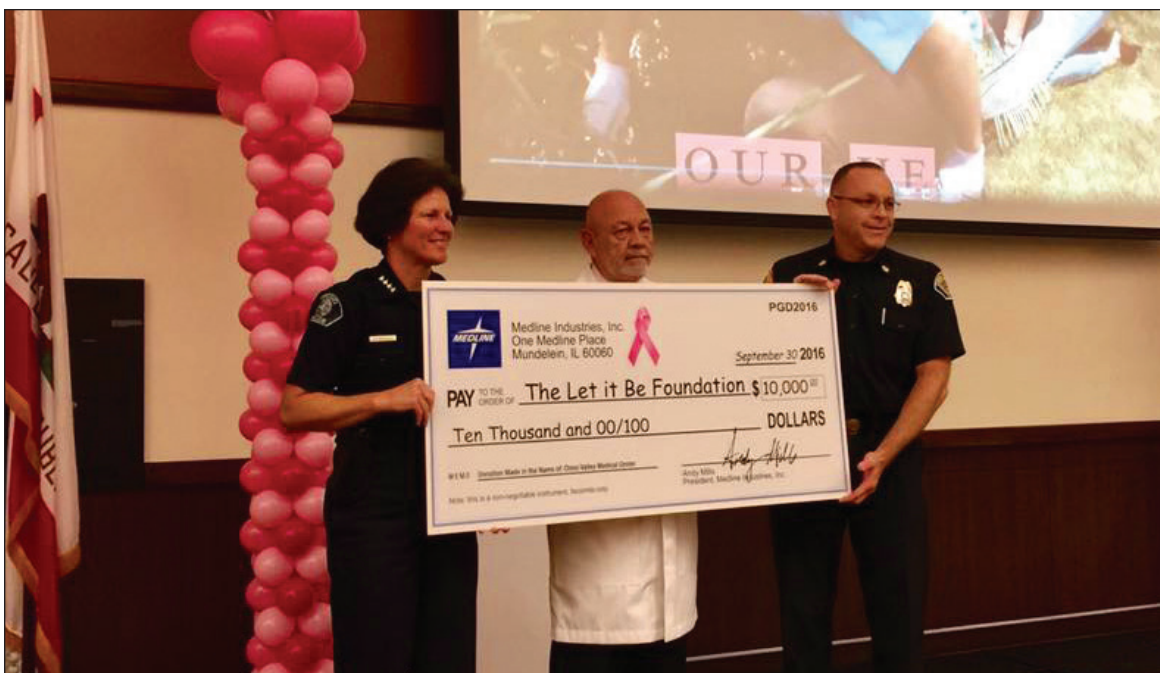
Walnut

Walnut City Council Meeting

NATALIE KIM

Walnut - The September 28 Walnut Council meeting began with a commendation for Captain Scroggin of the Sheriff's Department. The Council thanked the Captain for all his hard work in making Walnut a safer, better place to live, and wished him good fortune in his future. Although the Council were sad to bid farewell to Cap-

see Walnut page 4



The Let It Be Foundation is presented with \$10,000

PHOTO COURTESY: CHINO PD

CVMC Takes 1st Place!

STAFF REPORTS

Chino - On October 4, the Chino Valley Medical Center was awarded first place in the Pink Glove Dance video contest for 2016. CVMC was honored to host the \$10,000 check presentation ceremony to award the charity of choice, The Let It Be Foundation. The

City of Chino Police Department thanked all those who voted and showed support on their Facebook page.

Medline's Pink Glove Competition is a breast cancer prevention campaign that unites the community, healthcare practitioners and survivors to raise money for a cure and to honor those who have been af-

ected. The original Pink Glove Dance video debuted on YouTube in 2009, where 200 people from Providence St. Vincent Medical Center in Portland, Oregon danced in support of breast cancer awareness.

Last year, CVMC took first place in the Small Bed Category

see First page 10

Residents Attend "Coffee With A Cop"

STAFF REPORTS

Chino - On October 4, the Chino Police Department held their "Coffee with a Cop" day. It was held at Starbucks at 4013 Grand Avenue, between 3:30 and 5 p.m. Local residents attended to have the opportunity to open the lines of communications with the officers who serve their area.

According to the City of

see Coffee page 10



PHOTO COURTESY: ALICIA ANGUIANO

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Inland Empire

25 Year-old Cold Case Solved

STAFF REPORTS

San Bernardino - On May 27, 1991, the San Bernardino County Sheriff's Department (SBCSD) responded to the report of a death in the 1800

see IE page 4

Brakes On Breast Cancer!

STAFF REPORTS

Chino - During the month of October, 139 auto repair shops from across the United States offer free brake pads to their customers to help put the Brakes on Breast Cancer.

see Brakes page 10

Our Featured Businesses

Quality Comes First At Peterson Auto Repair

By K.P. SANDER

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

Peterson now houses a full mechanic

see Quality page 5



Visit Peterson Auto Repair Center in the Big Valley Industrial Park, located at 3980-A Valley Boulevard, in Walnut. They can be reached at (909) 598-3881. Also see their ad on page 5.

Have Your Party Catered By The Whole Enchilada

STAFF REPORTS

Diamond Bar - If you're planning a celebration, parties can be planned easily at a home or business with The Whole Enchilada's catering service. Book now and you can reserve a portion of the restaurant to celebrate with good

see Catered page 4



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on page 12.

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Did You Know?

6 Tips to Battle Everyday Messes

BY STATEPOINT

When it comes to cleaning up after children, it often feels impossible to keep up. Don't let the housework get the best of you; there are strategies that can help make being a parent just a little bit easier. Check out these helpful tips to ensure the kids are having fun, while your home stays tidy -- and your sanity remains intact.

1. The Cleanup Game.

In the words of Mary Poppins, "In every job that must be done, there is an element of fun. You find the fun, and -- SNAP! -- the job's a game!" Hold children accountable for picking up after themselves, by making it seem like less of a chore and more like a game. Issue each child a challenge, such as asking him or her to pick up as many red toys as possible before a timer expires. If successful, consider giving a small reward.

2. Sticky-Finger Solution.

Even the pickiest of eaters can't say no to a sticky peanut butter and jelly sandwich. However, the remnants on dishes can be a nuisance to wash. Ease the pain and upgrade to a faucet with extra power options, such as Power Clean spray technology, available on select Moen kitchen faucets. Power Clean makes clean-up fast and easy. You'll soon notice peanut butter, tomato sauce and other tough-to-rinse foods are no longer an issue.

3. Arts and Crafts Aftermath.

There's nothing more entertaining than a messy arts and crafts hour. From finger paints and crayons to markers and glitter, it's all fun and games until mom has to wipe up the aftermath -- especially the glitter. Easily tidy up glitter spills with a

see **Know** page 3



PHOTO COURTESY: GOOGLE

The Eye Of The Beholder

BY MICHAEL ARMIJO

It was a warm yet windy day filled with strong sorrow. The air reflected a deep sense of respect as people gathered to say goodbye to a friend whose spirit had left the earth.

As everyone gathered, the vibrant, wooden casket lay atop the ground as the family huddled closely around. The youngest, a young boy, gazed at the casket while tears flowed from his swollen eyes. He walked up and laid his cheek on the rigid, shiny, wooden box, as his white-gloved hands gently caressed the top of the last home his father's body would ever have. He laid gentle kisses on the top of the casket, as his unconditional love was reflected in front of all those who watched. A gentle whisper was heard a row back; "Did you see that? How sad."

When I heard those words, "how sad," I felt something deep inside that disagreed; something that didn't see the message of sadness when the boy showed his emotions. Instead, I saw an act of love. A love so strong, it displayed the true meaning of unconditional love; something deep inside that didn't care if the world looked on or what people felt. This was a feeling of purity, of joy, and of strength.

I believe old proverbs and words of wisdom, and I believe we all see life in certain light, and sometimes, in certain darkness. I also believe that when we express the darkness, which surrounds our lives, it spreads like a contagious and cancerous disease. It attaches by simple contact, clings like a dependent child, while deteriorating in a short amount of time.

I've learned that opinions are only perceptions of a person's immediate thinking, and reflections of someone's inner self. What we see is usually what we feel, what we feel deep inside. Without realizing it, we express past experiences, deep histories, insecurities about our future, and we reflect the perception of our own lives.

I also believe that when we see life in its darkest hour, we have the opportunity to see life through the brightest light. For some, it's a short path traveled to a place inside that holds our mind hostage from our heart. For others, it's a level of confidence that sits deep within that's been damaged by a careless act from an irresponsible adult.

I also believe that the true meaning of life can only be understood through beauty and

see **Eye** page 3

History 101

Achille Lauro hijacking ends

BY HISTORY.COM

The hijacking of the Italian cruise ship Achille Lauro reaches a dramatic climax when U.S. Navy F-14 fighters intercept an Egyptian airliner attempting to fly the Palestinian hijackers to freedom and force the jet to land at a NATO base in Sigonella, Sicily. American and Italian troops surrounded the plane, and the terrorists were taken into Italian custody.

On October 7, four heavily armed Palestinian terrorists hijacked the Achille Lauro in the Mediterranean Sea off the coast of Alexandria, Egypt. Some 320 crewmembers and 80 passengers were taken hostage. Hundreds of other passengers had disembarked the cruise ship earlier that day to visit Cairo and tour the Egyptian pyramids. Identifying themselves as members of the Palestine Liberation Front—a Palestinian splinter group—the gunmen demanded the release of 50 Palestinian militants imprisoned in Israel. If their demands were not met, they threatened to blow up the ship and kill the 11 Americans on board. The next morning, they also threatened to kill the British passengers.

The Achille Lauro traveled to the Syrian port of Tartus, where the terrorists demanded negotiations on October 8. Syria refused to permit the ship to anchor in its waters, which prompted more threats from the hijackers. That afternoon, they shot and killed Leon Klinghoffer, a 69-year-old Jewish-American who was confined to a wheelchair as the result of a stroke. His body was then pushed overboard in the wheelchair.

Yasir Arafat's Palestine Liberation Organization (PLO) condemned the hijacking, and PLO officials joined with Egyptian authorities in attempting to resolve the crisis. On the recommendation of the negotiators, the cruise ship traveled to Port Said. On October 9, the hijackers surrendered to Egyptian authorities and freed the hostages in exchange for a pledge of safe passage to an undisclosed destination.

The next day—October 10—the four hijackers boarded an EgyptAir Boeing 737 airliner, along with Mohammed Abbas, a member of the Palestine Liberation Front who had participated in the negotiations; a PLO official; and several Egyptians. The 737 took off from Cairo at 4:15 p.m. EST and headed for Tunisia. President Ronald Reagan gave his final order approving the plan to intercept the aircraft, and at 5:30 p.m. EST, F-14 Tomcat fighters located the airliner 80 miles south of Crete. Without

see **History** page 3

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(909) 594-1153

Walnut Library
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(909) 595-0757

Walnut Sheriff's Station
21695 Valley Blvd.
(626) 913-1715

DIAMOND BAR
Barro's Pizza
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Recent Recalls

STAFF REPORTS

- 1. Infant Carriers recalled due to fall hazard; Manufactured by Lenny Lamb- The internal stitching on the infant carrier is missing.
- 2. Kiwi Care Package Company, a South Tahoe, Calif., establishment, is recalling approximately 90 pounds of Wattle’s canned spaghetti with sausage that was not presented at the U.S. point of entry for inspection and was received from a New Zealand establishment that was not eligible to export product to the U.S.
- 3. Denon Recalls rechargeable battery packs due to fire and burn hazards- The lithium-ion battery packs can

- overheat.
- 4. Spices USA Inc. is recalling 772 bags, 50 pounds each, of TASTY SAWA GROUND TURMERIC, used for furthering manufacturing or repacking, because it contains elevated levels of lead. Consumers are warned not to use the product. Lead can accumulate in the body over time, and too much of it can cause serious and sometimes permanent adverse health consequences.
- 5. Toyota Motor Engineering & Manufacturing- Toyota Motor Engineering and Manufacturing (Toyota) is recalling certain model year 2016 Toyota Prius vehicles manufactured November 30, 2015, to June 14, 2016. An air bag inflator manu-

- facturing error may result in the inadvertent partial inflation of the front passenger air bag.
- 6. Subaru of America, Inc.- Subaru of America, Inc. (Subaru) is recalling certain model year 2010-2014 Legacy vehicles manufactured November 26, 2008, to June 7, 2013, and 2010-2014 Outback vehicles manufactured January 9, 2009 to June 7, 2013. Due to contamination, components within the windshield wiper motor bottom cover may interfere with each other. If an obstruction, such as a buildup of snow or ice prevents the wiper arms from being able to stop in the parked position, the wiper motor may overheat and the bottom cover may melt. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

- lint roller. It works wonders on all surfaces including clothing and furniture. For embedded sparkles, use rubber gloves to loosen them from the surface, then roll over the area with a lint brush or vacuum.
- 4. **Keep Towels Handy.** Spills and messes can often seem endless. Keep towels close by and easy to access for the entire family by installing a towel ring or towel bar in the kitchen. For instance, the new Press & Mark installation system by Moen makes it easy. It features a washable ink stamp to show users exactly where to drill, and select accessories even include a self-adhesive level, helping to ensure proper and accurate installation.
- 5. **When in Doubt, Dance.** Burn some energy and get

- the family involved in housework by enjoying a nightly pick-up session. Crank up the music and dance your way around the room until everything is back in order. Assign each family member a task, like dusting or organizing, and groove your way to a more orderly abode.
- 6. **Make Every Bath a Safe Bath.** After a long day of peanut butter sandwiches and finger painting, bath time brings about a sense of calm. But did you know that children younger than five account for 43,000 slips and falls in the bathroom annually? That’s one accident every 12.5 minutes, according to Nationwide Children’s Hospital research. Keep bath time fun and safe for little ones by installing a grab bar. Opt for one that pulls double-duty and features a shelf for added storage of shampoo and rubber duckies. ■

The eye of the beholder

Eye from page 2

joy that sits deep in our hearts. The vision of what will come can only be seen through the eyes of a believer of life. I feel the truest form of emotion can only be felt when a person can feel the presence of a higher power, a stronger entity, something or someone greater than themselves.

I understand that life is not always what it is expected to be. It changes moods like a spoiled child. But I also understand that life can be what we want it to be; all we have to do is apply our hearts in front of our minds. Following what we truly feel, not what we think we see, is the only way to put aside our petty angry thoughts and our insignificant bitterness. Because just as the young boy who helped bury his only father, the tears that flow from our swollen eyes are tears of love that can only be understood when beauty is in the eye of the beholder. ■

History 101

History from page 2

announcing themselves, the F-14s trailed the airliner as it sought and was denied permission to land at Tunis. After a request to land at the Athens airport was likewise refused, the F-14s turned on their lights and flew wing-to-wing with the airliner. The aircraft was ordered to land at a NATO air base in Sicily, and the pilot complied, touching down at 6:45 p.m. The hijackers were arrested soon after. Abbas and the other Palestinian were released, prompting criticism from the United States, which wanted to investigate their possible involvement in the hijacking.

On July 10, 1986, an Italian court later convicted three of the terrorists and sentenced them to prison terms ranging from 15 to 30 years. Three others, including Mohammed Abbas, were convicted in absentia for masterminding the hijacking and sentenced to life in prison. They received harsher penalties because, unlike the hijackers, who the court found were acting for “patriotic motives,” Abbas and the others conceived the hijacking as a “selfish political act” designed “to weaken the leadership of Yasir Arafat.” The fourth hijacker was a minor who was tried and convicted separately. ■

Community Events

UPCOMING EVENTS:

The 10th Annual Planes of Fame Air Museum Taste of Flight Gala
When: Saturday, October 22, 2016
Where: Planes of Fame Air Museum, 7000 Merrill Avenue #17, Chino, CA 91710
Description: The Museum will close at 4:00 pm for this event. 5:00 - 5:30 Sponsor/VIP reception with Bud Anderson; Food by Two Guys Grilling. 5:30 - 8:00 Food, Wine & Beer Tasting, Silent Auction, Dessert. 8:15 - 9:30 Keynote Speaker Bud Anderson who will be sharing his test pilot presentation.

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 month-

ly 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, November 4, 5 pm – 8:30 pm
Where: 880 S Lemon Ave, Walnut
Description: Enjoy gourmet food, great weather and good friends while supporting education!

REGULAR EVENTS:
Alcohol and Addiction Intervention Information
When: Third Tuesday, monthly at 6 p.m.
Where: Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina
Details: Free information sessions about the intervention process, a powerful tool to combat alcoholism and addiction. Attendees can expect

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

Free Acupuncture for Veterans, Active Military, First Responders
When: Every Tuesday at 5 p.m.
Where: 12598 Central Avenue, Unit 113, Chino, CA 91710.
Cost: Free
Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

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

a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.
Contact: (909) 869-0701

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

Pomona Inner City Homeless Ministry Dinner
When: The 4th Saturday monthly
Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona
Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at noon for prayer and devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

LOOKING FOR SPIDERMAN TO SWING ON BY AT YOUR NEXT BIRTHDAY PARTY/ EVENT OR TO SURPRISE AND LIFT THE HEART OF AN AMAZING CHILD BATTLING AN ILLNESS?! LOOK NO FURTHER, YOUR FRIENDLY NEIGHBORHOOD SPIDERMAN IS ON THE WAY!

/STRENGTHANDCOURAGESQUAD

909.239.4644

16 Restaurants Get “F” On Antibiotic Use In Meat

By MICHAEL ARMIJO

For the second year now consumer interest groups have been sounding the alarm about the antibiotics used in meat used by local food chains. This year 16 have received an “F”, which is down from last years 20 such ratings, for not restricting antibiotic use by their meat suppliers, according to reports on CNN and the Washington Post.

Like last year, only Panera Bread and Chipolte received an “A”, although Chipolte was hit with a huge bacterial outbreak nationwide. The restaurant chain claims it was an isolated incident and made changes to avoid the situation again. Even with that incident, they are still considered in the top two of 25 because it has restrictions on their meat purchase that the other places do not require.

KFC, Starbucks, Buffalo Wild Wings, Dominos, iHop, and Deny's were among the “F” rating by the consumer interest group Chain Reaction II. According to

their website, Consumer Reaction is “several public interest organizations working to eliminate the routine use of antibiotics in animal agriculture,” among other advocacies hey support.

According to Dr. Gupta on MSNBC.com, antibiotics should only be used to treat bacterial infection. Antibiotics on animals, when not needed, are used to prevent potential diseases, but can make bacteria resistant and are used when poor diets or crowded or dirty conditions exist. But a human can eat that bacteria the animals may carry, especially if the meat is not cooked properly. The end result: antibiotics may not work when you need them most on humans after consuming this meat.

The beef industry uses six hormones to promote faster growth and weight gain, which is legal in the US. A tip: Try to read the ingredients and try to avoid using food that contain ingredients that you cannot pronounce.

And remember: you are what you eat. ■

Have your party catered by The Whole Enchilada

Catered from page 1

food, family, and friends.

Gift shopping can also be made easy now that The Whole Enchilada has gift cards available for purchase in person or online at www.wholeenchilada.com.

You can also take a break from the kitchen and visit The Whole Enchilada Restaurant for great food and customer service. With its promise of authenticity, The Whole Enchilada guarantees that its customers will enjoy the taste of their savory entrees.

The Whole Enchilada can help you make at-home dinners easy by offering tamales all year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. From platters and entrée meals to taco bars, they also provide other options to serve fresh, authentic Mexican recipes their resident chef brought from their homeland.

“All our food is made fresh daily,” says Lil Palmer of The Whole Enchilada. The restaurant has been in business for over 30 years, offering a variety of Mexican dishes ranging from tacos and burritos to carne asada and fajitas.

The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent

customer service due to their family friendly servers being attentive, courteous, and knowledgeable.

The staff will be there to help you celebrate special moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, and special events for churches, sports, schools, clubs, and more.

Birthday parties are always fun at The Whole Enchilada, as well. No matter how old you are, the staff will provide you with a total birthday experience including singing, a special picture to take home, free birthday hat and dessert, and best of all, five “Enchilada Bucks” to use the next time you visit.

Better yet, The Whole Enchilada's “Kids Club” includes four mailings per year entitling your children to a free meal when accompanied by an adult, as well as a birthday invitation for a free meal and dessert.

And remember to ask your server for a Combo Punch Card on your next visit, which provides a free combo dinner when you purchase any nine of their combination dinners.

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on page 12. ■

25 Year-old cold case solved

IE from page 1

Block of Santa Fe Avenue. When deputies arrived, they found the victim, Cynthia White, dead from strangulation. Homicide detectives interviewed numerous possible suspects until the case went cold in 1993.

In 2012, the SBCSD's homicide cold case team re-opened the case and submitted new evidence for DNA analysis. The

following year in June, Dean Eric Dunlap was identified as the primary suspect for White's murder and began to be investigated. Unbeknownst to detectives, Dunlap was already in prison, on death row, for the kidnapping, murder, and rape of a 9-year-old girl.

At the end of the investigation, Deputy District Attorney Denise Yoakum reviewed the case and charged Dunlap with murder on October 4, 2016. Dunlap's bail was set

at \$1,000,000. He is currently serving on death row at San Quentin State Prison and will be transferred to San Bernardino County to face his charges.

Anyone with information is encouraged to call Detective Patty Ruiz, Detective Ed DeLaTorre, or Sergeant Greg Myler at 909-387-3589. Anyone wishing to remain anonymous can call the We-tip Hotline at 1-800-782-7463 or can go online at www.wetip.com. ■

Walnut City Council meeting

Walnut from page 1

tain Scroggin, they were glad to see his career flourish.

Next, the San Gabriel Valley Mosquito & Vector Control gave a presentation on mosquito and disease control. A representative from the San Gabriel Valley Mosquito & Vector Control explained that mosquitoes lay eggs in still water, and that mosquitoes can lay eggs in pools of still water small enough to fit inside a bottle cap. The representative also cautioned that rainwater collection barrels require modifications in order to prevent mosquitoes from laying eggs inside of them. Mosquito eggs are not toxic or harmful,

and prevention requires merely emptying out water receptacles and ensuring that the eggs are also removed from receptacles.

Following the public comments, the Council approved all items on the consent calendar, including a resolution allowing the City of Walnut claims and demands in the amount of \$864,006.09; a traffic mitigation agreement with the City of Industry Successor Agency for the Industry East and Industry Business Center Developments; and a three year contract extension for ICF Jones & Stokes, Inc. for biological monitoring of Meadow Pass mitigation area. The Council then approved all items on the successor agency consent cal-

endar, including a resolution of the City of Walnut as Successor Agency allowing certain claims and demands in the amount of \$3,000; and a resolution of the City of Walnut as Successor Agency to the Walnut Improvement Agency approving the amended recognized obligation payment schedule for January 1, 2017-June 30, 2017.

During the Council individual comments and updates, Councilmembers reminded residents of the upcoming Walnut Family Fun Festival, as well as to keep in mind the safety precautions presented earlier in the meeting.

The Council adjourned until Wednesday, October 12, at 21201 La Puente Rd. at 7 p.m. ■

Diamond Bar Council meeting

DB from page 1

residents know and love. The Council also proclaimed Sep 23, 2016 as “Vin Scully Day” in honor of Vin Scully's 67 years of broadcasting for the L.A. Dodgers. Finally, the Council presented Smart and Final Extra at 240 Diamond Bar Blvd with a certificate plaque honoring them as the new business of the month.

Next, the City Manager updated the Council on the Diamond Canyon Park project. Although bureaucracy and paperwork delayed work on the project, the City Manager announced the good news that the project is scheduled to be complete by this coming December. The City Manager also announced Diamond Bar's Restaurant Week, from October 8 to October 24. Diamond Bar will showcase its wide variety of restaurants and eating establishments, with participating restaurants offering special deals during Restaurant Week, and residents are encouraged to explore the many gastronomical options the City has to offer.

During the public comments, a representative from the Diamond Bar Public Library announced several upcoming events, including a celebration of Mexican culture and the chance to meet a police officer

and his canine partner.

Following the public comments, the City Manager then read the schedule of future events, which consisted of the Parks and Recreation meeting on September 22; the Planning Commission meeting on September 27; the next City Council meeting on October 4; and the highly anticipated Diamond Bar Restaurant Week from October 8-14.

The Council then approved all items on the Consent Calendar, including the minutes from the Special General Plan Update Kickoff Joint Meeting with the Planning Commission of August 10 and the minutes from the regular City Council meeting of August 16; minutes from the Traffic and Transportation meeting of July 14; ratification of a check register totalling \$2,131,130.81; the Treasurer's Statement for the month of July, 2016; an ordinance revising the City's purchasing system, amending the Diamond Bar Municipal Code and rescinding the previous ordinance in its entirety; an agreement with Los Angeles SMSA Limited Partnership, DBA Verizon Wireless, to construct a wireless communications site at Pantera Park; approval of full exoneration of a surety bond to complete in-tract private street improvement, reduction of 75% of a surety bond to complete landscape improvements, reduction of 75% of a surety

bond to complete traffic signal improvements and reduction of 90% of a surety bond to complete sewer improvements for Willow Heights located at the Southeast Corner of Diamond Bar Blvd and Brea Canyon Rd; adopting a resolution amending fiscal year 2016-17 budget in the Parks and Recreation department; approval of an amendment to the consulting services agreement for stormwater compliance and environmental engineering services with John L. Hunter & Associates; adopting a resolution approving and ordering the summary vacation of a portion of a 50' wide easement for a future street and a portion of a 20'-50' wide easement for slope purposes located westerly of Timbertop Lane and Southerly of Lazy Meadows Drive; and fiscal year 2017 appropriation adjustments for carry forward expenditures, special revenue funds carryovers, capital project carryovers, fiscal year 2015-16 final adjustments and the establishment of a new fiduciary fund.

Finally, during the Council consideration, the Council created the General Plan Advisory Committee and established committee rules and procedures, as well as appointed members to the General Plan Advisory Committee. Following individual reports and comments, the Council adjourned to October 4, at 6:30 p.m. ■

Artist Corner

Andrea Cruz

BY RACINE GUAJARDO

Andrea Cruz was born in Lake Tahoe, California but later moved to Southern California at an early age. A sketchbook and pencil played a huge role in her upbringing. Her first influence was her Grandfather, saying, "He was the one that opened my eyes to the arts." He was the one to put her first pencil in her hand and helped guide her through her passion as he was a self-taught color-blind artist.

At the age of 10, Cruz learned the meaning of life and death as her mother had lost her battle with cancer. The more she tried to comprehend what happened, the more she dove into her sketch book. After high school she moved to Hollywood, but due to unforeseen circumstances, she became homeless and lived her life on the streets of Los Angeles for the next 4 years.

No matter what extremes Cruz was faced with on a daily basis, one thing that she could count on was her sketch book and pencil that she carried around with her everywhere she went. It became her release and comforted her with the overwhelming amount of emotions she was experiencing. Through all her life experiences, she became more in tune with herself and the world around her. In 2004, she started experimenting with paint. The longer she worked with art, the more she realized how much it has helped throughout her life.

Cruz realized that creativity helps build self-esteem with young kids and adults across the board. She wanted to create a platform for people to express their creative side.

"I have been able to be part of some wonderful organizations with my art like donating my creative expertise, for example, building a dollhouse that won third place in a contest



for Habitat for Humanity, to help them to raise money for the organization. Partnership with Orangewood Foundation, helping our foster youth and soon to be aged out fostered teens express their creative sides by introducing them to painting on canvas," Cruz said.

When Cruz was asked what she would like people to know about her she said, "I am passionate about my art and it is important to live my life through my passion. I believe that we are all born with talents, it is up to us to recognize them, find ways to develop them, and as we are inspired, it will inspire others."

She is a self-taught artist; her own style allows her to be able to break down any paint for anyone to understand.

Today she has found a way to be able to share her talent as an artist by creating a business with her close friend, Oscar Torre. In 2015, they formed a paint and sip company called, The Painter's Loft.

"From day one, I knew we had something wonderful that we were offering to our customers. Oscar, with his witty sense of humor and zest for life, connects wonderfully with each of our customers. He creates a wonderful synergy while I step by step instruct the painting of the evening," Cruz said.

Cruz has since been featured in numerous publications including: The Chocolate Voice and Inland Empire Magazine. Her work has been featured in Dallas, Southern, and Central California. She also sells her work to a collector in the Philippines. She currently has art pieces hanging in The Robbins Nest Wine Bar in Orange County. You can also visit The Painter's Loft several times a week at Mimi's Café in Corona and Chino Hills, The Robbins Nest in the Artist Village district in Santa Ana, Renata's Café Italiano in Orange County, and Rodrigo's Mexican Restaurant in Corona.

Throughout the week, Andrea and Oscar instruct private parties in four-counties (Riverside, San Diego, Orange County and Los Angeles County).

Andrea and Oscar can be found on multiple social media sites including, Facebook: The Painters Loft, their website: www.thepainters-loft.com, Instagram: the_painters_loft, and Twitter: @thepaintersloft. ■

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Quality from page 1

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

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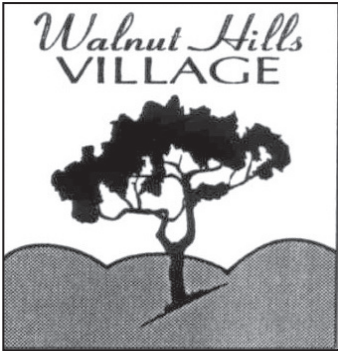


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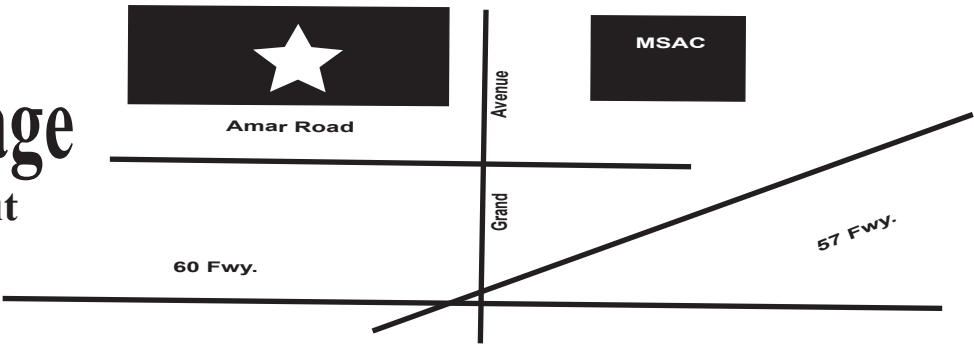
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Recipes:

Vietnamese -Marinated Steak

with Herb Salad, Quick
Pickled Veggies, and
Jasmine Rice

BY HELLO FRESH

Do you know what the secret is to perfectly caramelized marinades? A pinch of sugar! It adds a hint of sweetness to balance out the spiciness of the jalapeños and tanginess of the lime juice. The other star of this meal is the pickled cucumber and radish salad. It's quick, crunchy, and one of our go-to side dishes.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 499 cal, Fat: 11g, Sat. Fat: 2 g, Protein: 46g, Carbs: 54 g, Sugar: 7 g, Sodium: 787 mg, Fiber: 3 g

Ingredients:

- Sirloin Steak- 12 oz.
- Jasmine Rice- ½ Cup
- Soy Sauce- 1T
- Radishes- 3
- Cucumber- 1
- Garlic- 2 Clove
- Jalapeno Pepper- 1
- White Wine Vinegar- 2T
- Lime- 1
- Mint- ¼ oz.
- Sugar- 2t
- Oil- 4t

Preparation:

1. Cook the rice: Bring 1 cup water to a boil in a small pot. Once boiling, add the rice. Cover and cook 20 minutes, until tender. Remove from heat and keep covered.

2. Prep the marinade and steak: Wash and dry all produce. Mince or grate the garlic. Mince half the jalapeño. Thinly slice the other half into rounds, removing the ribs and seeds if you prefer less heat. Zest and halve the lime. Slice the steak in half, making



PHOTO COURTESY: HELLO FRESH

two ½-inch fillets.

3. Marinate the steak: Place the steak fillets in a medium bowl with the garlic, soy sauce, lime zest, 1½ teaspoons sugar, minced jalapeño (to taste), and a drizzle of oil. Season generously with salt and pepper. Turn the steak to evenly coat in the marinade.

4. Make the quick pickled veggies: Thinly slice the radishes. Peel and halve the cucumber lengthwise. Scoop out the seeds with a spoon, then thinly slice into half-moons. Toss both in a medium bowl with the white wine vinegar, ½ teaspoon sugar, and a large pinch of salt and pepper.

5. Sear the steak: Heat a drizzle of oil in a large nonstick pan (or grill pan) over high heat. Add the steak. Sear about 2 minutes per side, until browned and slightly charred. HINT: The sugar on the glaze may burn a bit, but that's ok! Char + caramelization = flavor!

6. Make the herb salad and serve: Pick the mint leaves off the stems. Tear any larger leaves in half. Discard the stems. Toss the leaves in a small bowl with a squeeze of lime, a large drizzle of oil, and as much sliced jalapeño as you like (careful, it's spicy!). Season with salt and pepper. Thinly slice the Vietnamese-marinated steak, and serve on a bed of jasmine rice. Scatter the herb salad over the steak, and serve the quick pickled veggies on the side. Enjoy! ■

Tips:



“I want to use essential fatty acids, but where do I start?”

A Letter from Janice
from Palm Desert

BY CLARK'S NUTRITION

First, I think it is important to understand what essential fatty acids are.

Essential fatty acids are fatty acids that cannot be made by the body and must be obtained from the diet. Essential fats are used by the body to make other substances that control or regulate growth, maintenance and proper function of many physiological processes. Some of the processes essential fatty acids (or EFA's) help include modulating inflammation, fever, regulating immune responses, and overall cardiovascular health. These manufactured substances are called eicosanoids. These substances are better known as prostaglandins, leukoteneines, cytokines and others that regulate inflammatory or anti-inflammatory actions in the body. Eicosanoids are local-acting hormones. The body makes eicosanoids from fats which include essential fatty acids. The essential fatty acids are called linolenic acid and linoleic acid. Linolenic

acids are omega 3 fatty acids while linoleic fatty acids are called omega 6 fatty acids. These are polyunsaturated fats (meaning they are not fully saturated with hydrogen's, which is one of the chemicals that make up fats). Omega 3 fatty acids and some omega 6 fats seem to have the most prolific effect on reducing the manufacturing of inflammatory substances. Omega 3 fatty acids are also involved in cardiovascular benefits such as reduction in blood triglycerides and blood pressure thus, making omega 3 fats often sought out. The American diet is typically abundant in omega 6 fatty acids, about 10 grams of fats a day, while the diet is typically low and often devoid of omega 3 fatty acids.

Omega 3 and 6 fatty acid food sources have become popular 'super' foods today. Omega 6 oils are found in nuts, soy, corn, sunflower, walnuts, peanuts, canola and safflower. Most salad dressings are rich in these omega 6 oils. Foods that are abundant in omega 3 fats include (in ascending order), olive oil, walnut oil, pumpkin, soy oil, canola oil, hemp and flaxseed oil (the highest). Certain

fish are abundant in omega 3 fats and are converted into a more active form called EPA and DHA. The American Heart Association recommends two servings of fish a week including salmon, cod and mackerel bringing in the higher amounts of omega 3's. The intake for omega 3 fats is considered to be adequate at about 2 grams a day for men and 1 gram a day for women. Many authorities suggest approximately 5 grams a day of omega 3 for health benefits. The use of foods is the primary recommendation while supplementation is helpful to achieve our needs. Supplementation should include rich sources of omega 3 fatty acids, GLA a specific omega 6 fats from borage, evening primrose oil or black current oil would be beneficial as well. A combination of fish and flax are good supplements in my opinion.

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Straight Talk With Danice

I am a single mother. My 15 year old daughter tries to embarrass me in public settings. —A letter from Janice B.

BY DANICE AKIYOSHI N.D.



or sports event, she feels like she can question me about how many drinks I've had and how stupid I'm acting. If she sees me dancing with someone she gives me hard looks the whole time. When I invite friends over to our apartment she scowls and waits for a chance to make a rude re-

Q: If I have a drink at a party, BBQ, wedding reception

mark. I've had it. I need advice.

A: Your daughter is somehow confused about who's in charge. This usually happens when a passive parenting approach is in play. If your daughter isn't sure who is in charge, she probably thinks she is. This is hard for kids and that's why she seems so upset and unhappy. Kids don't have the developmental skills or maturity to be the person in charge. You need to get things turned around by having her firmly understand that you are the parent and you are in charge. You might think kids will automatically rebel against this, but they actually often calm down and feel relief. It causes them great anxiety when they feel like they have to be in charge.

If you have a casual parenting style or are mistakenly trying to treat you daughter like your bud-

dy, I would recommend stopping that now. Regain control. Behave in a respectable manner when you're in the presence of your daughter. It appears that your choices for having a good time are rubbing her the wrong way. Develop rules and codes of conduct for public situations and don't waver. Kids should be answering to adults not the reverse, but that only works in a healthy way when the adult shows up as a strong, decent, and competent person. Be that person.

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Services. She offers personal coaching services relating to all types of issues and concerns. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com. ■

Visit My Booth At The Walnut Family Festival

BY NANCY STOOPS



Can you believe fall is here and we are getting ready for Halloween?

One of my favorite things about this time of year is the Walnut Family Festival. This year I will not only have a booth but Midnight the therapy dog and myself will be in the parade. The date of the parade and festival is Saturday October 8th. The festival is located at Suzanne Park and there are all kinds of wonderful things to do, buy, eat and it's a great opportunity to just see some old friends. The parade starts at 10 am until noon and the festival continues on until 6 pm.

I always run into people that I haven't see for years. I will

have flyers regarding my free support groups and copies of my self-help book entitled Live Heal and Grow (A common sense guide to life) and my latest book, Midnight the Therapy Dog for sale. I will be happy to sign each book purchased. It's a great opportunity to come on by and just chat about what's going on in your life and get some support. If you prefer the support of a furry friend Midnight the certified therapy dog will be at the booth part of the day as well.

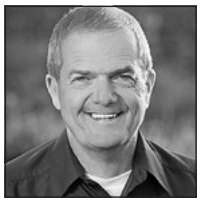
The festival is lots of fun and has tons of free information for you and your family. Over the years many of you have e-mailed me or called and left me messages about my column, I hope you'll stop by my booth and introduce yourselves. I'm always amazed about how many nice people

I meet at this event. It makes me feel proud to be part of such a wonderful community. I love seeing all the families and all the dogs that come out to this event. I hope you'll come out and join the celebration!!!!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients. She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. For more information about any of these services feel free to contact her at (909)229-0727. You may e-mail Nancy at nancy-jstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com. ■

Full Moon

BY PASTOR MARK HOPPER



I love the beautiful summer and fall evenings when the sky is clear

and the full moon comes up over horizon.

Recently, the TV weather forecasters were alerting viewers to watch for the harvest moon. In earlier times, farmers were able to work longer hours to harvest their crops with the aid of a bright, clear full moon illuminating the night sky.

In ancient times, people were apparently fearful of being "moon struck" by the light of a full moon. In Psalm 121:5-6, the author writes, "The Lord watches over you, he is a shade on your right hand. The sun will not

hurt you by day and the moon will not harm you at night."

I learned that the expression "Blue Moon" is when there are two full moons in the same month. Apparently this does not happen very often.

When we hear the expression "once in a Blue Moon" it means that something is unlikely to happen or refers to something that does not happen very often.

I remember when the first men landed on the moon in July. 1969, there was a full moon filling the night sky. It was amazing to look up at the moon and realize two men from our country were walking on the surface.

The moon influences our planet in a variety of ways. The moon affects the changes of the ocean tides.

The orbit of the moon around

the earth helps keep our planet's rotation steady and prevents the earth from wobbling and becoming unstable.

In Psalm 19, King David wrote, "The heavens declare the glory of God and the skies proclaim the work of His hands". The beauty of the full moon and the vastness of the star filled sky provide evidence of God's existence.

Let me encourage you to take time to stop and gaze at the next full moon or look up at a clear evening sky filled with stars. Take a moment to consider the majesty and wonder of the God who created it!

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. ■



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Riverside Medical Clinic Receives Award

STAFF REPORTS

Riverside – The Riverside Medical Clinic received the 2016 Excellence in Healthcare Award on September 23 from the Integrated Healthcare Association (IHA) at their Annual Stakeholder Meeting. The award was given to Riverside Medical Clinic out of 34 other physician organizations statewide for top performance on clinical quality, patient experience and cost measures.

“Through our internal patient care initiative that we call “RMC Signature”, we work hard to provide quality care. So we are proud to be recognized for indeed improving health care quality, making sure patients have a good care experience and working to keep care affordable,” said President Judy Carpenter.

The Excellence in Healthcare Award is a part of IHA’s program, Value Based Pay for Performance (VBP4P), and recognizes physician organizations that perform in the top 50 percent in the following areas: clinical quality, patient experi-

ence and total cost of care.

“Through the Excellence in Healthcare Award, we recognize physician organizations that are making a real difference in their communities and in their patients’ lives every day through their commitment to high-quality, affordable, patient-centered care,” said IHA President and CEO Jeffrey Rideout, M.D.

Out of over 200 physician organizations participating statewide, less than 1 in 5 reached the awards standards.

In order for any of the other organizations to win an award just as Riverside, they would have to have done the following:

- More than 41,000 California patients with diabetes would have their blood sugar controlled, helping to lower their risk of adverse health outcomes.
- More than 290,000 California patients would rate their overall care quality a nine or a 10 with 10 being the highest score.
- Health care savings would be about \$3.9 billion a year. ■

Residents attend “Coffee with a cop”

Coffee from page 1

Chino, the Chino Police Department’s Strategic Vision is Community Outreach and “Coffee with a Cop” is one way for police officers to build relationships with the community members one cup of coffee at a time. The majority of contact law enforcement has with the public occurs during emergencies or emotional situations. Those situations are not always the most

effective time for relationship building and some community members may feel officers are unapproachable on the street. “Coffee with a Cop” provides a unique opportunity for community members to ask questions and learn more about the Chino Police Department through relaxed, one-on-one interactions. There is no agenda, no guest speaker and no power point presentation: just coffee and conversation. ■

San Antonio Hospital Hosts Event For New Buildings

STAFF REPORTS

Upland – The San Antonio Regional Hospital will be hosting an event to show off their new patient tower and emergency department to the community. The emergency department will consist of 52 new beds while the patient tower will include 80 private rooms and 12 critical care beds on its main hospital campus.

Residents from the Inland Empire are encouraged to visit the event which will include tours of the newly added buildings. The event will also include a health fair which will provide attendees with important information and activities on how to promote and maintain a healthy

lifestyle. They may also receive free health screenings but are encouraged to reserve a time for an appointment at SARH.org/OpenHouse.

Children wearing their favorite superhero shirt will be entered into a drawing to win Disneyland tickets and will also be recognized as a healthcare superhero for the day. Local radio stations KOLA 99.9 and KFROG 95.1 will be at the event broadcasting live. Also, The Ontario Reign Ice Crew will be attending to join the children in outdoor activities along with mascot Kingston. Also in attendance will be Luc Robitaille of the Los Angeles Kings who will make a guest appearance at 10 a.m. ■

CVMC Takes 1st Place!

First from page 1

that brought \$10,000 for the win which was donated to Relay for Life. Also, taking a second place win in the School Health category. The Let it Be Foundation was started by the Rosen Family and says, “To understand that when a family is confronted with a life threatening childhood diagnosis, it is just too big to fight alone.” This foundation assists and cares for families who have children suffering through life-threatening diagnosis. Christen Grelling, MSN, FNP, PHN and Interim Chief Nursing Officer of CVMC states, “We are thrilled to dance for a great cause. We want to bring awareness to the survivors, they are our heroes.” ■

Brakes on breast cancer!

Brakes from page 1

For every break service that is performed, the customers will receive the brake pads for free, the customers just pays for the labor and other parts if necessary. The shop will donate 10% of the brake service to The Cleveland Clinic Breast Cancer Vaccine Research Fund. A local participating auto repair shop is: Gabriel’s Automotive at 13654 Central Ave. Chino, CA 91710.

Please go to their website, www.brakesforbreast.com to also find other participating automotive repair shops. If you don’t need brake work done, you may also go to the website to donate to this great cause. ■



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Making Treasure Out Of Trash

By CVUSD

Chino - Dickson Elementary School in Chino collects recyclable items from its students, staff, parents, and community every Friday. All proceeds are used to purchase Dickson's "Character

Counts" agendas for students.

"Not only does this help our school site to purchase agendas for our students, but it teaches the kids about responsibility and taking care of the environment," said front office staff member Leticia Tafoya. ■



Dickson Elementary School's Student Council with some of the recyclable items they collected on a recent Friday. PHOTO COURTESY: CVUSD

Eagle Canyon Helping Blake Fight Cancer

By CVUSD

Chino - Eagle Canyon Elementary School in Chino Hills kicked off its Cancer Awareness Month in October with a special assembly honoring 3-year-old Blake Wood who is battling leukemia.

Arriving in a Batmobile and greeted by the cheers and tears of students, teachers and parents, Blake became an instant hero in the eyes of the Eagle Canyon community.

Eagle Canyon will join the fight against cancer with Blake as they host four dress up days, take part in a memorial run, collect colorful band aids and socks for local

hospitals and spread awareness about cancer. Eagle Canyon's PTA and its Safe School Ambassadors, an anti-bullying group,

will host the month-long awareness campaign. ■



Blake Wood (top center) and his mother Janet Wood are pictured with the Eagle Canyon Elementary Safe School Ambassadors. PHOTO COURTESY: WVUSD

C.J. Morris Students Vie For Spots On Science Olympiad Team

By WVUSD

Walnut — C.J. Morris Elementary 5th grader Harrison Chung is hoping to win a spot on the school's Science Olympiad team.

On Tuesday, he patiently waited for his turn during the Egg Drop trials held at lunchtime. The mission was to create a cushioned package to protect a raw egg from a high free fall. Chung, who used bubble wrap and straws, was relieved that his egg bundle survived the drop.

"Last year, I was an alternate, so I really wanted to be on this year's team," he said.

Several retired educators were invited to coordinate and judge three different events held September 27-29. "They made the little containers and we put a fresh egg inside," explained C.J. Morris retiree Katie Trumbo who recorded the entries.

Steve Cusson, retired social studies teacher from Suzanne Middle School, climbed up a ladder to drop each egg package over a chalk bull's eye on the black top. "This has been a lot of fun! At Suzanne we did this from the top of the library!" he said.

For the second round, Cusson launched the egg bundles from about 15-feet atop a sup-

ply shed. A crowd of students and staff cheered as he held each entry over the drop area.

Five of the eggs survived the fall on the first day, others didn't and splatted their yolks.

Forty 3rd-5th grade students are competing for 15 spots on the Science Olympiad team.

They've been encouraged to enter more than one event during the trials for prepare for regional competition held next spring, according to Principal Shezhad Bhojani. "Our goal is to provide more access to students in experiencing hands-on science in an authentic selection process to represent C.J. Morris at the L.A. County Science Olympiad."

Students also showed off their creative skills during the Pasta Mobile and Can Race events. "This competition is also allowing them to think outside the box," Bhojani added. The tin can cars were designed to drag down a three-meter track on the playground.

"I like science a lot and wanted to give it a shot!" said 3rd grader Lorelei Silva-James while waiting to race.

Students fashioned running arms from toothpicks and rubber bands to propel their entries. "They can put weights inside the can, but they can't push it at the starting line," said

Suzanne retiree Ronnie Hee.


Teacher Dave Boots built a wooden ramp last weekend for the Pasta Mobile contest. Students used all shapes and sizes of dry pasta including penne, macaroni, and rigatoni to build their entries.

Boots steadied each car at the top of the ramp using a yardstick. On his cue, the little cars rolled down onto the 1.5-meter lane. The goal was to travel the farthest without going out of the boundaries or falling apart.

Fourth grader Hailey Chan's lasagna car rolled an impressive 150 centimeters on Day 1 of the trials. And Charles Lei, a 5th grader who was leading after the first day's noodle event, carved oversized wheels from flat noodles.

The elementary students are also invited to put their skills to the test this week during Anatomy, Astronomy, and Physical Science Knowledge multiple choice exams. In the Anatomy test, they will also be asked to identify structures and organs of the body. They'll be quizzed about the planets, the moon and its phases, the sun, a spiral galaxy, a nebula, a star cluster, and a comet on the Astronomy quiz.


"It takes courage and confidence to come out and try for this team!" Boots said. ■



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Charles Lei's Pasta Mobile with hand-carved wheels sails down the ramp during the Science Olympiad Trials. PHOTO COURTESY: WVUSD




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