OURWEIGHTYN JEWS.com

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Diamond Bar

Diamond Bar City Council Meeting

BY NATALIE KIM

Diamond Bar - The October 4 Diamond Bar Council meeting began with several presentations. First, the Council presented Captain Jeff Scroggin with a City Tile, thanking him for his years of service at the Diamond Bar/Walnut Sheriff station. Although the Council was disappointed to bid farewell to the Captain, they wished

see **DB** page 10

Walnut

Elderly Couple Found Dead In Walnut

STAFF REPORTS

Walnut - On September 30, Two bodies were discovered at a Walnut home after an apparent murder-suicide, according to The Los Angeles County Sheriff's Department.

The two were identified as a couple, the husband, Yasheng Zhuang, 68, and the wife, as Guizhi Zhang, 50 in a home

see Walnut page 6



See their flyer on page 6

PHOTO COURTESY: CHINO VALLEY CHAMBER OF COMMERCE

Win A \$500 Shopping Spree

BY STAFF REPORTS

Chino Hills - Residents of Chino Valley. Do you consider yourself involved in the community? If so, the Chino Valley Chamber of Commerce is hosting an event that can benefit you as well as your fellow local businesses. The Chino Valley Chamber of Commerce invites

residents to learn more about the products and services local business have to offer at the Chino Valley Business Expo. Make the Chamber booth your first stop so you can find out more about a chance to win a \$500 shopping spree at The Shoppes in Chino Hills. The Business Expo will be held on Saturday, October 22nd from

10:00 am to 3:00 pm at The Shoppes at Chino Hills, 13920 City Center Drive in Chino Hills. Be sure and visit the City of Chino Hills' booth too! For additional information, please contact the Chamber at (909) 627-6177 or visit the Chino Hills website at Chinohills.org under "Local News". Click view more to share the article online!

In This Issue

Columnists	9
Community Events.	3
Did You Know	2
Healthy Living	8
History	2
Our Life	2
Recalls	3
Schools	11

Inland Empire

New Walmart Plans For Eastvale

STAFF REPORTS

Eastvale - The City of Eastvale has compiled an Environmental Impact Report (EIR) for residents to inform them of new construction taking place

see IE page 6

Identity Theft Ring In Custody

STAFF REPORTS

San Bernardino - Six suspects from San Bernardino were arrested and charged in relation to a string of mail thefts in the City of Loma Linda and

see ID page 10

SoCalGas Conducts Demonstration

By SoCalGas

San Bernardino- Southern California Gas Co. (SoCal-Gas) joined first responders, excavators, contractors, utility owners and operators in a fullscale demonstration of what can happen when individuals or contractors do not dig safely in their backyards or work sites. The event took place at

see SoCal page 10



PHOTO COURTESY: SoCaLGAS

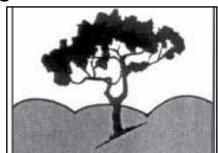
Our Featured Businesses

One-Stop Shopping At Walnut Hills Village

STAFF REPORTS

Walnut - Walnut Hills Village can help you be more productive and efficient while doing your daily errands. With more than 30 stores in one location, and anchored by Stater Bros., this is one-stop shopping at its finest. There

see Village page 10



Walnut Hills Village is located at 20747 Amar Road, just ½ block west of Grand Avenue, with easy access from the 60 and 57 freeways.

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.

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Know?

Tips to Overcome Personal Struggles and Achieve Goals

BY STATEPOINT

When faced with tough challenges, it can be tempting to throw in the towel. But experts say the power of goal-setting is fierce and the discipline behind it can help anyone overcome obstacles.

"Failure has the power to break you or it has the power to push you forward," says Scout Bassett, a U.S. Paralympian in track and field. "Use your experiences as an opportunity to reevaluate vour goals and move forward from there."

Having lost a leg early in her life in China. Bassett spent her early childhood in an orphanage before being adopted by an American family. She came to the United States at the age of seven just wanting to fit in. As a child she discovered a love of running and set off on a path to qualify for the Paralympic Games. In her first attempt in 2012, she came in dead last and did not qualify for the team. She briefly considered giving up her dream.

This year, she is relishing the progress she has made. As a member of Team USA who competed in Rio, she's showing off her skills on a global stage and participating in Citi's "#StandForProgress" program to inspire all Americans to think about the progress they want to achieve in their lives.

Bassett offers the following insights into goal-setting.

• "Progress" doesn't always come in the form of a medal or an award. Sometimes progress means you have to take a few steps back, go back to the drawing board, see what worked and what didn't, and

see Know page 3



PHOTO COURTESY: HISTORY.COM

Why Remember?

BY MICHAEL ARMIJO

I once read a story about a 9-year old boy named Travis, whose mother died at home one day. Without telling a soul, little Travis covered her body with a coat and he placed sheets of notebook paper over her face. He learned to fix his own meals mostly frozen pizza, cereal, and soup - cut his own hair, and attended school without fail. He did this for over a month because he was afraid he'd be placed into foster care if anyone found out his mother passed away. The mother's body was eventually discovered by family friends. Travis begged them not to call the police.

When I read this story I was moved to write about it from my perspective. A friend asked me why I sought out areas in life that are so traumatic, so emotional, and so powerful. He asked me why I seemed to focus on elements of life that are painful, emotional and disturbing. He asked me "why remember?"

It amazes me what life brings you. It's like an old, enormous tree that sits in your neighborhood. One day it catches your eye and you tell yourself, "I've never noticed that huge obstacle in front of me before."

Although that tree has been there and developed throughout your life, you never realized that you've had to go around it every day. You're so busy trying to survive that the small detour has become a part of your daily

I kind of feel that my emo-

tions are like that tree. I've driven past them for so many years without really paying attention. I kept wondering why it took so long to get anywhere productive; why life was such a hassle for me. And then one day, for a reason only God may know, I noticed this tremendous obstruction in my life that I was going around and avoiding over and over again. I finally became fed up and decided I wasn't going to go around it anymore - I was going to drive right through that humongous tree.

It was never my plan to have to go and examine the landscaping of my life. I thought I was supposed to follow the path that was laid out before me. But somewhere along the way, I developed a source of confidence that somehow convinced me that the path laid out before me was vulnerable to manipulation. I realized that I could change where I was going and how I was getting there.

I believe there are experiences in life that give you freedom and confidence, but sometimes you end up in a stagnant period where you have to take a moment to sit back and reflect. And during this reflection, you sometimes feel resentful of the circumstances that are before you. You realize that someone in your life planted seeds that grew into this enormous tree that distanced you from the success you feel you deserve. Somehow along the way,

see Why page 3

History 101

Capone goes to prison

By History.com

On this day in 1931, gangster Al Capone is sentenced to 11 years in prison for tax evasion and fined \$80,000, signaling the downfall of one of the most notorious criminals of the 1920s and 1930s.

Alphonse Gabriel Capone was born in Brooklyn, New York, in 1899 to Italian immigrants. He was expelled from school at 14, joined a gang and earned his nickname "Scarface" after being sliced across the cheek during a fight. By 1920, Capone had moved to Chicago, where he was soon helping to run crime boss Johnny Torrio's illegal enterprises, which included alcohol-smuggling, gambling and prostitution. Torrio retired in 1925 after an attempt on his life and Capone, known for his cunning and brutality, was put in charge of the organization.

Prohibition, which outlawed the brewing and distribution of alcohol and lasted from 1920 to 1933, proved extremely lucrative for bootleggers and gangsters like Capone, who raked in millions from his underworld activities. Capone was at the top of the F.B.I.'s "Most Wanted" list by 1930, but he avoided long stints in jail until 1931 by bribing city officials, intimidating witnesses and maintaining various hideouts. He became Chicago's crime kingpin by wiping out his competitors through a series of gangland battles and slayings, including the infamous St. Valentine's Day Massacre in 1929, when Capone's men gunned down seven rivals. This event helped raise Capone's notoriety to a national level.

Among Capone's enemies was federal agent Elliot Ness, who led a team of officers known as "The Untouchables" because they couldn't be corrupted. Ness and his men routinely broke up Capone's bootlegging businesses, but it was tax-evasion charges that finally stuck and landed Capone in prison in 1931. Capone began serving his time at the U.S. Penitentiary in Atlanta, but amid accusations that he was manipulating the system and receiving cushy treatment, he was transferred to the maximum-security lockup at Alcatraz Island, in California's San Francisco Bay. He got out early in 1939 for good behavior, after spending his final year in prison in a hospital, suffering from syphilis.

Plagued by health problems for the rest of his life, Capone died in 1947 at age 48 at his home in Palm Island, Florida.



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Recent Recalls

STAFF REPORTS

- 1. Kraft Heinz Company, a Fullerton, California establishment, is recalling approximately 959 pounds of readyto-eat "Lunchables Ham and **American Cracker Stackers**" packaged lunch products due to misbranding and undeclared allergens.
- 2. Kiwi Care Package Company, a South Tahoe, California establishment is recalling approximately 90 pounds of Wattie 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. Nestlé USA, Inc. is initiating a voluntary recall of its Nestlé Drumstick Club 16 count Variety Pack and 24 count Vanilla Pack due to a possible health risk. The two pack sizes contain 4.6 fl.oz.

cones and were manufactured in Bakersfield, California and distributed nationally. No other production codes, sizes or varieties of Nestlé Drumstick products are affected by this recall.

- 4. Vascular Solutions, Inc., initiated a nationwide recall of Twin-Pass Dual Access catheters used in catheterization procedures. All unexpired lots of the product have been recalled because there is a potential for excess manufacturing material to remain at the tip of the catheter or within the distal portion of the rapid exchange lumen. It is possible that the excess material may separate from the catheter during use and pose a potential risk of embolism, which could result in serious injury or death. No injuries have been reported in association with this issue to date.
- 5. Goodyear Tire & Rubber Company (Goodyear) is recalling certain G399A LHS tires, size 295/75R22.5 LRG,

manufactured January 24, 2016, to May 28, 2016. Due to an anomaly during the curing press set-up operation, incomplete adhesion between the tread and the top belt may have occurred.

6. General Motors LLC (GM) is recalling certain model year 2016-2017 Chevrolet Express manufactured September 25, 2015, to August 22, 2016, and **2016 GMC Savana** cargo and cutaway vans manufactured January 28, 2016, to May 18, 2016. The affected vehicles were manufactured without an inside rearview mirror and with a right-hand convex exterior review mirror. These vehicles are required to have either an inside rearview mirror or both left and right-hand flat exterior rearview mirrors. Thus, these vehicles fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 111, "Rearview Mirrors." ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

find a way forward from there. Most of us experience setbacks, disappointments and even failures sometimes, but ultimately those moments can be the greatest motivators.

- The biggest struggles you face may not be the ones handed to you by fate or outside forces. They may be the battles you fight within. Look past your own inner voice discouraging you from your hopes and dreams. Developing mental fortitude is a continuous process.
- You can't change the past but you can help write the future. Embrace and focus on what you have gained, not what you have lost.
- · Don't let naysayers hinder your progress or cause you

to lose faith in yourself. The beauty of being underestimated is you have an opportunity to defy the odds. Use pessimism to motivate you.

 No one can do it alone, so don't be afraid to rely on the help of others. Even at times when you don't believe in yourself, there may be others who do.

Citi's Stand for Progress program explores how all of us define progress, set goals, overcome obstacles and support and inspire others to do the same. Americans can share how they stand for progress by using #StandForProgress and posting their own goals on Twitter, Facebook or Instagram. Whether it's eating healthier, saving money for a house, or spending more time with loved ones, it helps to clarify your goals by writing them down.

Why remember?

Why from page 2

you've subconsciously watered those seeds and allowed them to grow into this enormous tree.

When you realize this, you get angry and resentful of your own carelessness and then you remember the selfish acts of irresponsible adults. You can't change what has happened in your life, you can't change these obstacles, those that have prevented you from going on with your life. It's puzzling why we remember those horrid demons that have scarred our lives with darkness and pain. But, I have to ask myself: Why do I remember?

After asking myself that question I realized I had no answer. I then felt compelled to just let the darkness go and try to remember how great life really is. And although that huge longstanding tree has strong roots that grow deep below the surface, the momentum I carry can uproot these life altering emotions and I can grow and love like many others.

And just like Travis, who used a few pieces of notebook paper to cover a painful sight, hoping that no one would discover it, we can ignore those chapters of our lives. This is why we must ask ourselves: "Why Remember?" ■





Community Events

UPCOMING EVENTS:

The 10th Annual Planes of **Fame Air Museum Taste of** Flight Gala

When: Saturday, October 22,

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 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, 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.

Aurora Charter Oak Where: Hospital, 1161 E. Covina Blvd., Covina

Details: Free information ses-

sions 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

Contact: (909) 869-0701

Pomona Inner City Homeless Ministry Dinner

When: The 4th Saturday monthly Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona

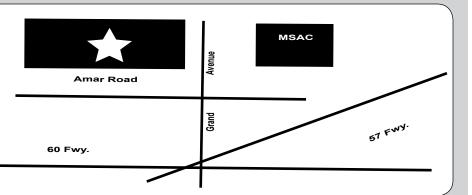
Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at noon for prayer and devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

Place an ad in The Weekly News! Call (909) 464-1200 for information and rates!



Walnut Hills Village

20747 Amar Road, Walnut (1/2 block west of Grand Avenue)







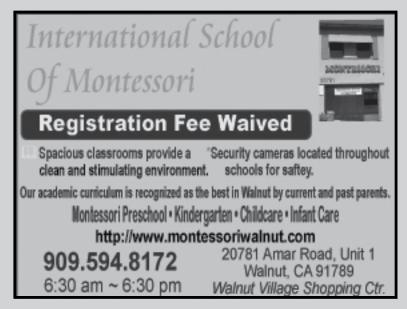






Walnut Hills Village Merchant Directory (area code is 909)

\$1 Drinks	869-8632
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4G Verizon Wireless	595-9109
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Allstate Insurance	468-1495
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Clearwater Bagels	598-4332
Dollar Tree	468-4850
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Newen's Beauty Salon	598-8394
Royal Florist	718-0688
Sake Sushi	594-5221
School Connection	594-1873
Skyline Dental / Harvey Chen, DDS	595-1800
Smoke Town	468-5816
Stater Bros.	598-6534
The UPS Store	444-1303
US Taekwondo	595-9222
Vapor Junkies	595-0255
Wags to Whiskers	594-4092
Yummy House	468-4991



















Artist Corner

Jaime Morales a.k.a. Lazy

BY RACINE GUAJARDO

Jaime Morales a.k.a. Lazy has been professionally tattooing for about 16 years. He originally started in prison where he learned with a homemade tattoo machine. He started off wanting to get tattooed, which moved into him trying to practice on himself then as well as his cell mate while he was incarcerated in Chino Youth Training School. As a three striker, Morales prayed that god would give him the ability to start a career as a tattoo artist saying, "I knew deep down in my heart that the ability was there, I just had to do my part in putting in the work. I realized that there's no substitute for hard work." Morales has now been attending Victory Outreach for the past 13 years.

Tattooing for some is beyond just the art, Morales says, "I haven't always been an artist but I always had a desire to tattoo. By being in the business and having to manage myself at times has taught a lot of other things besides just tattooing. It has also taught me how to be a good listener, how to be pa-



tient, how to communicate with others outside of my own race.

There are so many different styles in tattooing, but Morales says, "I love to do black and grey art and portraits, especially since they are the most challenging to do." When asked what makes him different from other tattoo artists, he states, "I am able to design you something from scratch and also my writing has won me multiple

awards. It's rare that you find an artist who can create from scratch and write well."

Jaime Morales is now working at a shop in West Covina called Living Dreams Tattoo Shop. You can contact him on multiple social media accounts; Facebook: Jaime morales, e-mail: lazyr13@ yahoo.com, Instagram: Mister_ Untouchable and Snapchat: untouchable laz.

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Quality Comes First At Peterson Auto Repair

Quality from page 1

shop to serve all your automotive needs. They not only specialize in lube and oil changes, but also repair and maintain radiators, alternators, starters, brakes, clutches, shocks and struts, axles, air conditioning, belts and hoses, and much, much more.

In business for over 15 years, owner Eric Peterson says, "For me, it's all about providing quality automotive repair for the neighborhood. I grew up in La Puente and Walnut, and we have so many good customers

in this area. We really appreciate the business and word of mouth referrals."

Carhelp.com customers agree constantly giving Peterson high marks for quality workmanship and fair pricing.

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

Peterson Auto Repair is located in the Big Valley Industrial Park, at 3980-A Valley Boulevard in Walnut. They are open Monday through Saturday, from 9 a.m. to 5 p.m., and can be reached at (909) 598-3881. Mention their ad (see page below) and get a discount on your brakes. ■







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Come See What Local Businesses Have To Offer!

Enter for a chance to win a \$500 shopping spree at The Shoppes







Place an ad in The Weekly News Call (909) 464-1200

New Walmart Plans For Eastvale

IE from page 1

on Limonite Avenue. The report addresses the constructions impact on traffic, noise and green house gases.

The development project will house a commercial retail center with a Walmart being at the center of construction. The retail center will also consist of a fast-food restaurant, gas station, rain water collector, and other various shops.

The EIR will be available to the public for a 45-day period from October 3 until November 17. Residents can receive a printed copy at Eastvale City Hall in the Planning Department on 12363 Limonite Ave, Suite 910 between the hours of 8 a.m. and 5:30 p.m., Monday through Thursday. Residents can also receive printed copies at the Eastvale Library and the Riverside County Clerk-Recorder. The EIR is also available online and can be downloaded on the

City of Eastvale's webpage at www.eastvaleca.gov/city-hall/planning/environmental-documents/walmart-project

Questions, comments, and concerns regarding the EIR should be submitted to Eastvale's Planning Director, Eric Norris, no later than 5 p.m. on November 17. Written comments can be mailed to the City of Eastvale Planning Department at 12363 Limonite Ave, Suite 910, Eastvale, CA 91752 and emails may be sent to enorris@eastvaleca.gov

Elderly couple found dead in Walnut

Walnut from page 1

near N. Avenida Alipaz and N. La Tortola Drive in Walnut.

Authorities initially said an hourslong standoff ensued after reports of a domestic dispute at the home, and that a barricaded man was possibly armed with an AK-47. Officials later stated the shootings were believed to have occurred before deputies and a SWAT team arrived at the scene, according to ABC7.

Also according to Diamond Bar/Walnut Patch, "Coroner's Assistant Chief Ed Winter identified the man as husband and wife. Investigators believe the husband shot his wife and then shot himself, Winter said."

"I'm shocked," said Valerie Guitron, who has lived in the neighborhood for 13 years. "I mean, that just doesn't happen here. "She said she did not know the man and woman but was heartbroken for their relatives. "I've never seen this," she added. "Our neighborhood is very, very quiet, so when I saw this

I knew that something serious must have happened. It's just sad with everything that's going on in the world," according to an interview conducted by ABC7.

The Walnut Sheriff's Department watch commander announced over its Twitter account that law enforcement activity was near Lemon Creek Park. However, there was no danger to the public and to avoid the area.

The couple was both pronounced dead at the scene. Further investigation is being done at this time. ■



Referral Networking Group

FOUNDED 1998

Strategic Alliance is a business networking group whose focus is to provide a serious environment conducive to business development and referral generation for all of its members.

Our goal is to grow the Group by adding business professionals with the highest integrity and professionalism who are committed to developing relationships with other professionals.

Categories are exclusive. Only one professional from each specific industry is allowed to join Strategic Alliance. When we refer a professional from our group, we do so with the confidence that our clients, friends and family are in good hands.

There is no membership fee. We want your experience, integrity and commitment, not your money. The only cost to members is breakfast dues.

Come find us at the Chino ValleyBusiness Expo
Oct. 27, 2016 • 10 am - 3 pm
The Shoppes at Chino Hills City Center



Meetings: Thursdays 7:00 - 8:30 am

Diamond Bar Golf Course 22751 Golden Springs Dr. Diamond Bar, CA 91765

Interested? To attend a meeting as our guest, or if you have any questions, please contact:

Johnny Hudson: **(909) 268-9470**

basictrainingmembers@yahoo.com strategicnetworking.org







"Many a small thing has been made large by the right kind of advertising."

- Mark Twain

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Healthy Living

Local Farmers Markets:

Claremont Farmers & Artisans Market

On Second Street between Indian Hill Blvd. & Yale Ave. Every Sunday, from 8 a.m to 1 p.m. (909) 626-3066, ClaremontForum.org

Amy's Farm

7698 Eucalyptus Ave., Ontario
Daily – If the sun is up and the gate is open!
(844) 426-9732

Jack Newe's Farmers Market

Mt. SAC Campus, Lot B 1100 N. Grand Ave., Walnut Saturdays, 8 a.m. to 2 p.m. (626) 810-8476

Corona Certified Farmers Market

488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m. (760) 728-7343

Recipes:

Creamy Prosciutto Panini

With Fresh Mozzarella Cheese, Basil, and Green Salad

By Hello Fresh

Let's face it: sometimes, you just want a warm and gooey grilled cheese for dinner. We totally get it, which is why our chefs created this hearty panini with all the cheesy goodness you love plus Italian ham, herbs, and a side of greens for balance.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 528 cal, Fat: 25g, Sat. Fat: 11 g, Protein: 28g, Carbs: 51 g, Sugar: 6 g, Sodium: 1146 mg, Fiber: 4 g Ingredients:

- Basil- ½ oz.
- Cucumber- 1
- Mozzarella Cheese- 4 oz.
- Flatbreads- 2
- Prosciutto- 2 oz.
- Grape Tomatoes- 4 oz.
- Spring Mix- 4 oz.
- Balsamic Vinegar- 1 T
- Olive Oil- 2 t

Prepraration:

1. Prep: Wash and dry all produce. Preheat oven to 200 degrees. Pick basil leaves from stems. Discard stems.



PHOTO COURTESY: HELLO FRESH

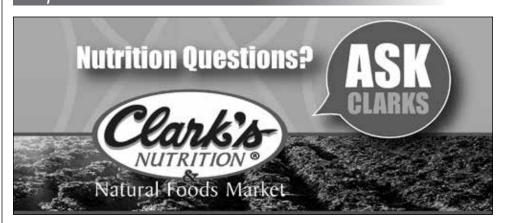
Peel and halve cucumber lengthwise, then thinly slice into half-moons. Thinly slice mozzarella.

- **2. Assemble the panini:** Pile one flatbread with mozzarella, prosciutto, and basil leaves. Top with other flatbread. Cut stack in half widthwise.
- 3. Cook the panini: Heat a drizzle of olive oil in a large pan over medium heat. Add panini. Cook until golden brown and cheese has melted, 3-4 minutes per side. Transfer to a baking sheet, and place in oven to keep warm. Repeat with remaining panini, and add more olive oil if necessary.
- **4. Toss the salad:** In a large bowl, toss tomatoes (halve the ones that are too large), spring mix, and cucumbers with a drizzle of balsamic vinegar and olive oil. Season to taste with salt and pepper.
- **5. Serve:** Cut the creamy prosciutto panini into triangles, and serve with green salad on the side. Enjoy! ■



Place an ad in The Weekly News Call (909) 464-1200

Tips:



What is the difference between organic and conventional produce?

A question from Danny of Arrowhead

By Clark's Nutrition

Organic produce is regulated by the United States Department of Agriculture (USDA) under the 2002 National Organics Program (NOP). This program defines the term 'organic' and provides the certification, labeling and growing standards for organic foods. Organic foods are produced without using conventional pesticides and fertilizers. These standards also state that organic foods shall not be processed using synthetic ingredients, sewage, sludge, bioengineering, or ionizing radiation. Before labeling with the USDA organic seal a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules and guidelines set by the USDA-Organics Program. When this is completed the use of the USDA ORGANIC seal is allowed

for use on packaging. A big concern for non-organic foods is the use of pesticides. The connection for pesticides and the long term health concerns for diseases like cancer have brought much attention to the use and overuse of pesticides. The USDA Pesticide Data Program (PDP) and Environmental Protections Agency (EPA) test foods for pesticide residues. The EPA suggests that 99% of all foods tested meet's their criteria for safety. Foods are also tested on a random basis as well.

GMO foods are foods that have been genetically modified. Simply put this means an apple's genes or DNA have been manipulated with another plant or animal DNA, by piecing together strands to make a product with certain out-

comes. A great illustration of this is found in Monsanto's (now owned by Bayer Aspirin Co.) golden rice which has been manipulated to include vitamin A content, this being an advantage for vegetarian individuals. The biggest argument for GMO's is less pesticide use and greater yield of foods for a growing world population. This argument has been greatly subdued since the New York Academy of Sciences (2016) reported that GMO foods offer no greater yield. Additionally lower pesticide use was prevalent in the beginning but now is comparable to before GMO use according to the New York Academy of Sciences. GMO grown foods, seeds, or farming practices are not allowed in the NOP.

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Finally how will you know if you are getting organic, conventional, or GMO fruits and vegetables when shopping? For fruits and vegetables a there is a standard coding system in the grocery industry. This standard is based on what is called a Program Look Up (PLU) code (which has been in place since 1990). Although this is a voluntary program, almost all grocery and produce companies use this system. This is denoted on the little sticker that is on individual pieces of fruits or vegetables. Of note, there are a few cool things about this system: These codes can be 4 or 5 digits. Four digits are for conventional and often start with the number 4. Organic codes are 5 digits and start with the number 9, while GMO foods have an 8 prefix number and a 5 digit system as well. There is also one other system that is in place to help in identifying where your produce came from. This system is called Country of Origin Labeling (COOL) which was enacted in the United States around 2004. You will notice that there are stickers or signs on either your produce itself, (this also includes meat, poultry, fish and some nuts etc.) or the price sticker on the grocery shelf. A product that comes from outside of the United States can be organically grown but obviously the USDA NOP would not be able to completely certify farms outside of United States. So when shopping for your fruits and vegetables, please keep in mind all of these factors when making your decisions.

Have a health related question? Send us your question, your first and last name, and the city you live in to: askclarks@ clarksnutrition.com ■

Straight Talk With Danice

I just found out that my wife hates camping! -A letter from S.P.

BY DANICE AKIYOSHI N.D.



Q: knew wasn't her favorite thing to do, but the kids and I love

it so I bought a toy hauler that can sleep 6 people. It has a full kitchen with a sink, range and microwave so she would be more comfortable than she was in a tent with regular camping and cooking gear. I bought it to surprise her so we could go camping more often. This is a good way for the kids to see different places without paying high prices for a hotel. I thought she'd be happy and surprised, but she was mad and hasn't been very nice to me in many days. I'm at a loss. Since when do women hate surprise gifts?

A: Sorry, but you'll have to sell your story to someone who hasn't been working with married couples for over 20 years. Let's take inventory here. First of all, I doubt you bought this toy hauler with a full kitchen and lodging to please your wife. It sounds more like it's something you really wanted. The "surprise gift for your wife" idea is just the story you tell yourself so you don't have to feel guilty or selfish for buying something to mainly just please yourself. Sounds like you've got her signed up to be pretty busy doing chores like cooking on these fabulous getaways that you have in mind. Pitching it as a surprise for her probably feels insulting to her intelligence and caused her to react negatively toward you. Not all people feel camping is a fun experience or a relaxing way to spend their time off from work. My question to you is this... If you were considering such a large purchase that was supposedly for the happiness and enjoyment for the whole family, why in the world would you not discuss this with your wife beforehand? Sounds like a passive aggressive, inconsiderate move in my book. I'll bet she's

feeling insignificant and has no interest in being your favorite gal pal at the moment. An honest sincere apology is in order. You did not treat her as your partner in this decision. This is a mistake. Here's a helpful hint... When you want to surprise a woman with a gift, give her something that you know for an absolute fact that she will love. In other words, please listen to her when she talks. I totally understand why she's unhappy with you. If you have no clue how to deliver a proper apology that will restore harmony, (and I believe that might be a huge possibility) feel free to contact me again. There are very distinct steps in making a sincere apology. I will be happy to teach you. Good Luck.

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. ■

Depression

By Nancy Stoops



Do you seem to be always sleeping or not able sleep

at all? Are you eating everything in sight or suffer from no appetite at all. Have you lost pleasure in doing the things that once made you so happy? Are you unable to focus and concentrate? If you are able to answer yes to the questions above, you may be suffering from some form of depression.

Depression comes in many forms. Dysthymic Disorder is a very mild form of depression. People suffering from this are very functional but just don't feel happy. People suffering from severe depression aren't very functional and need to be treated. Severe depression can lead to suicide and must the depression of a loved one

be taken seriously. Bipolar Disorder involves a cycle of a very manic mood and then a fall into a very severe depression. Many times the mania is accompanied by severe spending or some other risk taking behavior. People suffering from Bipolar Disorder need to be on medication. There are subtypes within these main categories that I won't be expanding upon.

Depression comes from a lack of serotonins, a chemical produced in the brain. Many people chose to take a pill that will put the serotonins you are lacking back into your body. Exercise is also a great way to increase your body's serotonins and to do it in a natural way. Many of my clients are asked to keep a daily feelings journal as a way to help combat their depression as well

Don't let your depression or

become a way of life. Everybody should be able to feel the joy and depression stops us from doing that. Take the time to journal, exercise and possible get some professional help you need to feel the joy in your life.

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 stoopsshecter@earthlinknet. You may purchase Nancy's books, Live, Heal and Grow and Midnight the Therapy Dog at Amazon.com.

The Worms Are Back

By Pastor Mark Hopper



This has been a long, hot summer. Recently, have enjoyed

weather in Southern California, but the hot summer weather took a toll on my vegetable garden. The tomato plants produced very few tomatoes during the hot summer months. But, now the plants look better and there are more

blossoms again. I hope we are in for a second harvest in the weeks ahead. But, there is a new adversary in the garden. Along with new green leaves and tiny new blossoms are some big, ugly green worms.

These green tomato worms have a large horn on their head. They blend in with the green leaves and are very hard

I am not sure where they come from or how they get into my garden, but I suspect that some butterfly's may be responsible.

Two ways I can tell that the worms are back are the black droppings that they leave behind and the twigs that they have consumed.

These ugly, green worms can devastate a healthy plant very quickly. They must eat night and day.

I don't like to use bug spray in my garden. My best way to get rid of the worms is to pull off the branch they are eating and toss it and the worm in the

I have been vigilant, keeping an eye out for these determined







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Diamond Bar-Canyon View Plaza is an ideal location for multipurpose offices with 24/7 access to building. Located right next to the 57 and 60 fwy makes it highly visible and easy to find. It is across the street from Diamond Bar High School and Chevron Gas Station. Offices are all inclusive. Starting at \$600 for an executive suite. Offices range in different size up to 2300 sq ft. Free utilities, including water, trash, gas, gardening and cleaning service. Verizon is the phone carrier. Wireless internet FIOS and direct tv are available. Great space for office, retail, medical, acupuncture, nail salon, beauty salon, and school related business like tutoring. Some of the current tenants are psychologist, dentist, beauty salon, real estate brokers, mortgage brokers, tutoring, driving school, music teacher, art studio, doctor, Diamond Bar Tailoring, and used car dealers.

Offered By

Rinehart Management Co Contact Terry at (626) 331-2441 Or Cell (626) 233-3952



adversaries. It is man against nature. It seems like nature and the worms are winning.

If you have had any success against these green tomato worms, please let me know. If you have a homemade or secret remedy, I would like to hear from you.

Raising healthy tomatoes is more difficult than you think. The little seeds that I planted last spring have grown into big, healthy plants. They have survived the heat of summer and seem to be ready to produce a new crop. But, the worms are back - they seemed determined

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. ■

Diamond Bar City Council meeting

DB from page 1

him well in his future. Captain Scroggin introduced his replacement, Captain Al Reyes. Captain Scroggin praised the new Captain's devotion, hard work, and ability. Captain Scroggin also assured residents that, as Captain Reyes lives very nearby, his ideals and the ideals of residents will be very much in line. The Council also presented See's Candies with a City Tile, recognizing the store as the City's Business of the Month for the month of October, 2016.

Next, the City Manager introduced Deputy German Perez, also a new addition to the Diamond Bar/Walnut Sheriff's station. The City Manager also updated the Council on Diamond Bar's Restaurant Week. Twenty restaurants are participating in the City's Restaurant Week, featuring a wide variety of cuisines and special deals only available from the week of October 8-24.

Following the public comments, the City Manager read the schedule of future events, which consisted of Diamond Bar's Restaurant Week from October 8-24; a Planning Commission meeting on October 11; the first meeting of the General Plan Advisory Committee on October 12; a Traffic and Transportation meeting on October 13; Barktoberfest on October 15; and a City Council meeting on October 18.

The Council then approved most items on the consent calendar, which included the minutes from the City Council meeting of September 29; minutes from the Parks and Recreation Commission meeting of July 28; minutes from the Planning Commission meeting of July 26; ratification of a check register totaling \$1,548,966.28; the Treasurer's statement for the month of August, 2016; a joint resolution with the board of supervisors of the county of los Angeles, the City Council of the city of Pomona and the city of Diamond Bar, approving and accepting the negotiated exchange of property tax revenue resulting from the reorganization of territory known as City of Pomona Reorganization 2015-14, consisting of detachment of territory of from the city of Diamond Bar and annexation to the city of Pomona and withdrawal from the County Public Library System; a professional engineering services contract for on-call soils and geotechnical engineering services with Leighton and Associates, Inc., Ninyo and Moore, and Willdan Geotechnical for a period of three years; and a on-call traffic and transportation engineering services contract with DKS Associates, Fehr & Peers, Iteris, Kimley Horn, Sasaki Transportation Services, and Stantec for a period of three years. The Council tabled the an item to appropriate traffic impact mitigation funds in the amount of \$20,000 to the fiscal year capital improvement program budget, adopting a resolution approving plans and specifications for the construction of the Grand Ave./Diamond Bar Blvd. street clock and median improvements project to CEM Construction Corp., to be resumed upon completion of the general plan update. Following a brief public hearing, the Council also adopted a resolution amending the City's Community Development Block Grant Program for the fiscal year of 2016-17 to reprogram funds to the Morning Canyon ADA Parkway Improvements Project from the CDBG Unallocated Balance in the amount of \$225,000.

After individual reports and comments, the Council ad-

journed until October 18, at 6:30 p.m. at the Government Center Auditorium.

SoCalGas conducts full-scale demonstration

SoCal from page 1

the San Bernardino Regional Emergency Training Center (SBRETC) in San Bernardino. The SBRETC provides comprehensive emergency training for Aircraft Crash Rescue Firefighters worldwide.

"Hitting an active gas line while digging, planting or doing demolition work can cause serious injury, property damage, outages and costly repairs," said Sergio Jimenez, SoCal-Gas spokesperson.

The event was hosted by the San Bernardino County Fire Department the California Regional Common Ground Alliance (CARCGA).

The CACGA is an association of utility operators, professional excavators and other stakeholders, dedicated to ensuring public safety, environmental protection, and integrity of underground services since 2004, according to the organization's website.

Utility line facts:

· SoCalGas reminds the public to dig safely by dialing 811 two working days prior to shoveling to know the location of underground utility lines so that you'll avoid hitting them.

- · Every six minutes an underground utility line somewhere in the country is damaged because someone did not call 811, the national "Call Before You Dig" phone number.
- · You could find utility lines, anywhere, including under streets, sidewalks and private property - sometimes you'll see them just inches below the surface.
- More than 100 billion feet of utility lines lay buried underground in communities throughout the United States and those lines bring us our Internet, cable TV, natural gas, electricity and water.
- · Hitting one of these pipelines while digging, planting or doing demolition work can cause serious injury, property damage, outages and costly repairs.
- · That's why it's important to know the location of underground utility lines before you dig, regardless if you're planning a big construction project or just landscaping your yard.
- · After you call 811, Underground Service Alert will contact SoCalGas and other utilities so that representatives from these utilities can visit the proposed dig site to mark the locations of buried utility lines at no charge. ■

Identity theft ring in custody

ID from page 1

other surrounding areas.

On September 13, 2016, the first suspect was stopped during a routine traffic stop by Deputy B. Ortiz of the Loma Linda Police Department. Daniel Bustos, the driver, was searched and in possession of pry tools as well as a vast amount of stolen checks, mail and ID cards. Deputies believed Bustos used the pry tools to break into residents' mail boxes in Loma Linda. Bustos was then arrested and booked, facing felony of identity theft and check fraud.

Deputy Ortiz continued to in-

vestigate and issued a search warrant for 2301 N. Sepulveda Ave. #22 which was believed to be the location of where more stolen mail and other illegal items were being stored. The search warrant was officially served on September 27, 2016 where Deputies discovered even more stolen mail, checks and ID information. Deputies were also able to successfully arrest three more suspects, Tina Nolan, Linda Crume and Juan Herrera, and charge them with ID theft, check and credit card fraud.

The remaining suspects, Eduardo Guzman and Nicholas Costello, had already fled the area before police had arrived but were later found and arrested.

Evidence suggests that dozens of victims had their were affected in the following areas: Loma Linda, Cooley Ranch Area of San Bernardino, Rancho Cucamonga, North Fontana, and Adelanto. Of the dozens affected, over 25 have been notified with the rest to be contacted shortly.

Any residents or citizens with information regarding this incident are encouraged to contact the Central station at 909-387-3545. Anyone wishing to remain anonymous should call the We-Tip Hotline at 1-800-782-7463 (CRIME) or visit their website at www.wetip.com.

One-stop shopping at Walnut Hills Village

Village from page 1

is something for everyone. And with so many independent merchants, this is the perfect opportunity to shop small by shopping local.

Drop your pet off at Sophie's Wags to Whiskers boutique for some grooming, while you relax at Newen's Beauty Salon or Art Nails. You can run errands at several retailers, and then grab a quick lunch at Baby Elephant Thai Cuisine. There is even Avenue in Walnut. See the full time to schedule that dental or vision appointment that you've been putting off, get your banking done, and run into Dollar

Tree for discounted items.

Asian Kitchen Express will set you up with delicious Pho-Thai party trays for your next celebration, while Royal Florist takes care of your table centerpiece. And, the UPS Store is right there to help mail out a birthday card.

With so many options in one place at Walnut Village, now you can tackle those daily er-

The Walnut Hills Village is located at 20747 Amar Road, just a ½ block west of Grand page ad on page 4 of this publication for coupons and a full listing of all of the retail establishments you can find there.



Legal Aid Society of San Bernardino Legal Clinic

FREE Attorney Advice on all civil matters. Thursday October 6, 2016 & April 27, 2017 10:00am - 3:00pm (Break 12pm - 1pm)

Location: Chino Hills Community Center 14250 Pevton Drive

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FREE Legal Document Prep for Family Law, Probate Law, and more!

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For more information you may call us at (909) 889-7328 You can also visit our website at www.legalaidofsb.org * Funding for clinic provided in part by the City of Chino Hills through CDBG Funding



Townsend Band Entertains Board Of Education

BY CVUSD

Members of Townsend Junior High's Band perform "The Star Spangled Banner" and football fight songs at the Oct. 6 Chino Valley Unified School District Board of Education meeting in Chino.

The band has approximately 100 members this school year and will perform with the Chino Hills High Band during a Chino Hills High home varsity football game on Oct. 21, said band director Anne Rutt. She led the group at the Oct. 6 Board of Education meeting.



University Professor Gives Chino High Students Advice On Applying To College

BY CVUSD

Chino High students with questions about the college application process recently received advice from Dr. Begona Echeverria, a University of California, Riverside professor.

Dr. Echeverria met in the school library on Oct. 3 with about 75 students from Diana Murillo's Advanced Placement math classes. Dr. Echeverria gave advice on college essays and offered to give free feedback to students who emailed their essay drafts to her. "She provided valuable insights into the admissions process and how (student)

essays can make a difference in getting into our top colleges and universities," Murillo said.

Dr. Echeverria also talked about misconceptions some students have about top colleges, and reminded students not to rule those schools out when applying for higher education. "She attended Stanford University and spoke highly of the experience she had," Murillo said. "She was not thinking of applying there until one of her teachers encouraged her. It changed her life."

Dr. Echeverria volunteers every year to talk to Murillo's students, the Chino High math



PHOTO COURTESY: CVUSD

Dr. Begona Echeverria of the University of California, Riverside, speaks to Chino High students on Oct. 3 about college admission reauirements.

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'Journey To The West' Coming To Diamond Bar High Stage

By WVUSD

Diamond Bar - The Diamond Bar High School Theatre Company begins its fall season with a performance of Mary Zimmerman's Journey to the West. Tickets are \$10 for students and \$15 for adults. The show times are November 3-5. at 7 p.m. and November 6 at 4 p.m. in the Diamond Bar High School theater. Tickets may be purchased online at seatyourself.biz/dbhsdrama.

Journey to the West is taken

from one of the four great Chinese classical novels from the sixteenth century and adapted from the translation by Anthony C. Yu. The play mixes whimsy with spiritual weight, and combines comedy, adventure, and satire to tell the rambling story of an unlikely foursome - an insatiable pig, a ferocious river monster, and a very energetic naughty monkey king, who become both disciples and protectors of Tripitaka, a monk, on his quest to Central Asia and India to obtain sacred texts.

"Part vaudeville, part mystical dreamscape and Eastern-inflected ballet, Zimmerman's meticulously choreographed production is a fabulous balancing act that stunningly juxtaposes the rambunctious energy and low comedy of a Wizard of Oz-like trip with the lyrical beauty of Chinese poetry and the mysterious revelations of a religious search." --Chicago Sun Times

Diamond Bar High School is located at 21400 E. Pathfinder Road in Diamond Bar.

WVUSD Is Sailing To Success!

BY WVUSD

Walnut - Walnut Valley USD joined the 40th annual Walnut Family Festival and Parade on October 8. This year, Board Members Tony Torng, Cindy Ruiz, and Larry Redinger, Human Resources Director Sergio Canal, and several students sailed down the parade route in a beautiful 30-foot boat courtesy of parents Sam and Nancy Castorena. The District also hosted a community awareness booth with brochures and give-a-ways during the popular community event held at Suzanne Park in Walnut. Walnut Valley USD proudly continues its rich tradition as a top school district in

the state and nation garnering elementary, middle, and high prestigious 2016 awards for

schools. ■



PHOTO COURTESY: WVUSD

Kids First! WVUSD officials and students wave to residents during the Walnut Family Festival Parade on October 8.



(in the former Albertson's Shopping Center next to Papa John's Pizza)

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