



# OURWEEKLYNEWS.COM

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## Walnut

### College Degrees, Certificates Pay Dividends

By CITY OF WALNUT

**Walnut** - Calif., Apr. 12, 2017 - Earning a community college degree or certificate continues to deliver a remarkable return on investment, according to a report from the California Community Colleges Chancellor's Office.

Based on information gleamed from the Chancellor's Office Salary, students who earn an associate's degree more than double their annual pre-degree wages after two years and nearly triple pre-degree wages after five years.

The data show that 48 percent of students who receive an associate degree earned \$56,000 or more annually within five years of graduation. Meanwhile, 44 percent of students who receive a certificate from a community college earned \$56,000 or more after five years.

"This proves once again that earning a degree or certificate from a California community college can lead students to a well-paying career," California Community College Chancellor Eloy Ortiz Oakley said in the report.

Degree programs with the highest median incomes five years after graduation include

see College page 3

## 2 Die And 4 Injured In Church Parking Lot Accident

By MARISSA MITCHELL

**Chino** - A man driving a sports utility vehicle (SUV) struck six people in a church parking lot on Sunday, April 9, killing two and injuring four. Police say it was not terrorist-related.

The crash occurred at 7 p.m. in the parking lot of East Sarang Community Church, located at 5540 Schaefer Avenue in Chino, CA. After an event held at the church, the senior male driver of the charcoal gray SUV reversed too forcibly when backing out, going over a curb and striking six pedestrians.

All six victims were women, and two were killed immediately upon impact. The other four were seriously injured, but with non-life threatening injuries.



PHOTO BY: GOOGLE

*Signs of an accident are obvious in the parking lot of East Sarang Community Church, located at 5540 Schaefer Avenue in Chino.*

The driver and his passenger also sustained non-serious injuries, per the police, and were transported to the hospital as

well.

"We do not believe that any alcohol or drugs played a part

see Accident page 3

## Planes Of Fame Airshow Being Sued For "Obstruction" Of Businesses

By MARISSA MITCHELL

**Chino** - A lawsuit recently filed is seeking to stop the historic airshow held annually at the Planes of Fame Air Museum. The air show is scheduled to take place on May 6 and 7 at Chino Airport.

The suit alleges that the event "obstructs and impedes" other tenants' business operations, thus violating the licensing conditions of the event itself. The lawsuit is seeking unspecified damages and the hearing is scheduled April 20 in San Bernardino County Superior Court.

Degree programs with the highest median incomes five years after graduation include

see College page 3

Harry T. Geier, director of marketing and development at Planes of Fame, remarked, "As we await the judge's decision on April 20th, we are going forward with preparations and looking forward to the show."

Planes of Fame is a non-profit organization led by Steve Hinton, a warbird devotee and former champion air-racer. The organization has submitted an online appeal for supporters to help save the 25th annual air show of this historic landmark.

The online petition had gath-



PHOTO COURTESY: PLANES OF FAME

see Airshow page 3

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## Inland Empire

### 78-Yr. Old Man Dies On Mt. Baldy

By MARISSA MITCHELL

**San Dimas, CA** - After days of searching, rescuers discovered the body of missing hiker Suek "Sam" Kim on Mount Baldy this past Tuesday afternoon, April 11th.

The 78-year-old had climbed Mount Baldy, Los Angeles County's highest peak and the fourth tallest in Southern California, over 800 times, according to reports.

San Bernardino County Sheriff's Department discov-

see Hiker page 3



## Our Featured Businesses

### Divorce? Don't Self-Destruct. Get A Good Attorney

By MARISSA MITCHELL

Going through a difficult time with family affairs? Sometimes, altering one's circumstances in life requires legal help. At the Law Offices of Rossana Mitchell, Esquire Mitchell provides legal services in the areas of family law, divorce, paternity, conservatorships, guardian-



Law Offices of Rossana Mitchell is located in The Courts of Chino Hills next to Citi Bank: 14780 Pipeline Ave., Suite A, Chino Hills.

see Attorney page 3

### Top Quality Auto Body Repair and Towing

By J.D. ALBERTS

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

Under original ownership, California

see Auto page 3



California Coach can take care of all your auto needs! They also have a 24-hour towing service. Read the article below for more information about California Coach.

# Weekly News

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Walnut, CA 91789  
Phone: 909.464.1200

### PUBLISHER

Armijo News

### EDITORIAL

*Editor In Chief:*  
Michael Armijo

*Assistant Editor:*  
Marissa Mitchell

*Staff Writers, Photographers,*  
*Editorial Team:*

Marissa Mitchell  
Natalie Kim  
Valerie Gutierrez  
Richard Gierman

**PRODUCTION**  
Hillary Couron  
(Graphic Design)

**SOCIAL MEDIA**  
[facebook.com/TheWeeklyNews](http://facebook.com/TheWeeklyNews)

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*Director:*  
Diane Armijo

*Account Executives:*  
Todd Salazar

Commercial



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[editor@anapr.com](mailto:editor@anapr.com)



## Our Life: "Missed" Opportunities

BY MARISSA MITCHELL

I used to think it was a shame when everything good that could happen, didn't happen.

Meaning, every time that I had an opportunity or potential opportunity present itself before me, if I did not avail myself of it, well, that was a shame. It was a waste. It was something to be moan and regret.

Oftentimes I've wished to split myself into ten different "me's" and act (or re-enact, if I have regrets) out scenarios, so that I could choose the best one, the better one. Which one leads to the happiest life? Which one brings long-lasting fulfillment? Which one gives the most joy? I choose that one.

Musing upon (perhaps imaginary) "lost" opportunities, or simply wondering "what if" something different would have happened, whether on the part of my own, another, or naturally, has eaten away many a moment in my life. Many a dream. Many a memory. Haunted by the "could have been's" is not a pleasant activity to frequently engage in, nor is the constant fretting over if "this" is the "right" decision or not.

Let's get scientific. Every event, in quantum mechanics, exists as a wave function. The Copenhagen Interpretation of quantum mechanics is a mainstream interpretation – namely, that a function (i.e., event) only "collapses" once an observer (such as you or I) enters the scenario. Thus, one outcome is realized. And we, most evidently, have a say in those outcomes. We are the captains of our own ships.

On the other hand, the Many Worlds theory (not that I ascribe to this theory, but it is thought-provoking) states that since this wave function theoretically never collapses, every single possible outcome of any which event is actualized in a distinct reality parallel to our own. So, maybe, somewhere, we already have chosen that "other" path and are finding out exactly how it is turning out.

"Could have been" is an obsolete and useless term and way of thinking, I have come to find. It is only in the here and now that anything at all is realized, that anything of value is decided. The moments that we have shared with others are precious, and while the "what-if's" may haunt us, the river has run a course for a reason.

Perhaps we chose it that way. ■



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## History 101

April 15, 1912:  
"Unsinkable" *Titanic*  
Sinks

BY HISTORY.COM

The RMS *Titanic*, billed as unsinkable, sinks into the icy waters of the North Atlantic after hitting an iceberg on its maiden voyage, killing 1,517 people.

The United Kingdom's White Star Line built the *Titanic* to be the most luxurious cruise ship in the world. It was nearly 900 feet long and more than 100 feet high. The *Titanic* could reach speeds of 30 knots and was thought to be the world's fastest ship. With its individualized watertight compartments, it was seen as virtually unsinkable.

On its first voyage, from Southampton, England, to New York with stops in Cherbourg, France, and Queenstown, Ireland, the *Titanic* was carrying 2,206 people, including a crew of 898. A relatively mild winter had produced a bumper crop of icebergs in the North Atlantic, but the crew, believing their ship was unsinkable, paid scant attention to warnings.

On the night of Sunday, April 14, other ships in the area reported icebergs by radio, but their messages were not delivered to the bridge or the captain of the *Titanic*. The iceberg that struck the ship was spotted at 11:40 p.m. Although a dead-on collision was avoided, the *Titanic*'s starboard side violently scraped the iceberg, ripping

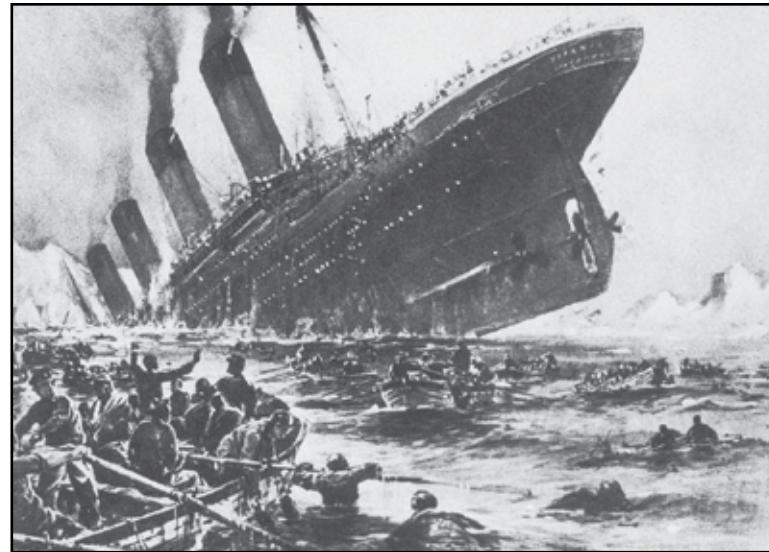


PHOTO COURTESY: GOOGLE

At 2:02 a.m. on April 15, 1912 the *RMS Titanic* sank into the Atlantic Ocean after colliding with an iceberg at full steam. Of the 2,206 souls on board only 705 survived.

open six compartments. The ship's design could withstand only four compartments flooding.

Minutes later, the crew radioed for help, sending out an SOS signal, the first time the new type of help signal was used. Ten minutes after midnight, the order for passengers to head for the lifeboats was given. Unfortunately, there were only lifeboats for about half of the people on board. Additionally, there had been no instruction or drills regarding such a procedure and general panic broke out on deck.

The survivors—those who successfully made it onto the lifeboats—were largely women who were traveling first class. In fact, the third-class passengers were not even allowed onto the deck until the first-class female passengers had abandoned the ship. White Star President Bruce Ismay jumped onto the last lifeboat though there were

women and children still waiting to board.

At 2:20 a.m., the *Titanic* finally sank. Breaking in half, it plunged downward to the sea floor. Captain Edward Smith went down with the ship. The *Carpathia* arrived about an hour later and rescued the 705 people who made it onto the lifeboats. The people who were forced into the cold waters all perished.

Official blame for the tragedy was placed on the captain and bridge crew, all of whom had died. In the wake of the accident, significant safety-improvement measures were established, including a requirement that the number of lifeboats on board a ship reflect the entire number of passengers. The sinking of the *Titanic* has become a legendary story about the dangers of hubris.

In 1985, after many attempts over many years, divers were finally able to locate the wreckage of the *Titanic* on the floor of the North Atlantic. ■

## Community Events

### UPCOMING EVENTS:

#### FREE Legal Clinic (Legal Aid Society of San Bernardino)

**When:** Thursday April 27, 2017

10:00 am 3:00 PM

**Where:** Chino Hills Community Center, 14250 Peyton Dr., Chino Hills, 91709

**Why:** FREE Legal Document prep for Family Law, Probate Law and more! You must bring proof of residency and income for everyone in your household to qualify. \*Funding for clinic provided in part by the City of Chino Hills through CDBG Funding

**Cost:** FREE

**Contact:** (909) 889-7328 or visit [www.legalaidofsb.org](http://www.legalaidofsb.org)

#### City of Diamond Bar Earth Day Celebration 2017

**When:** Saturday, April 22. 2017

9:00 AM to 2:00 PM

**Where:** AQMD Parking Lot, 21865 Copley Dr., Diamond Bar

**Why:** Held every April, this event features several family-friendly activities, displays

and demonstrations aimed at raising environmental awareness and promoting sustainable living.

**Services:** Free document/paper shredding, electronic waste and textile drop-off, self-service mulch piles (bring your shovel, gloves and containers). Displays: alternative fuel vehicles, drought-tolerant plants, aquaponics fish tank system.

Information and Giveaway Booths, Smart Gardening Workshop: Topics covered include backyard and worm composting, water-wise gardening and grass-cycling. Compost bins available for purchase.

**Cost:** FREE

**Contact:** (909) 839-7015, [www.cityofdiamondbar.gov/earthday](http://www.cityofdiamondbar.gov/earthday)

### REGULAR EVENTS:

#### Alcohol and Addiction Intervention Information

**When:** Third Tuesday, monthly at 6 p.m.

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

**Details:** Free information sessions about the intervention

process, a powerful tool to combat alcoholism and addiction. Attendees can expect to learn what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.

**Contact:** Call (626) 859-5269, or visit [www.charteroakhospital.com](http://www.charteroakhospital.com).

**Where:** 12598 Central Avenue, Unit 113, Chino, CA 91710.

**Cost:** Free **Contact:** (909) 590-4183 or [www.healingcirclecommunityacupuncture.com](http://www.healingcirclecommunityacupuncture.com)

#### Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce

**When:** Every Saturday from 8 a.m. to 2 p.m.

**Where:** Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut

**Cost:** Free Admission/Parking

**Features:** Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.

**Contact:** (909) 869-0701

# 78-Yr. old man dies on Mt. Baldy

## Hiker from page 1

ered the body via a helicopter crew on the north side of the mountain at 2:10 p.m. Tuesday.

Earlier in the day on Tuesday, search-and-rescue teams from 5 different counties were searching for Kim.

On Friday, he had gone hiking but never returned; Sunday, he was reported missing.

The Los Angeles Times pro-

filed Sam Kim last year. Kim had stated that he wanted to complete his thousandth climb in 2017.

Kim considered himself a sort of "ambassador" or representative to the mountain, handing out snacks to hikers and taking pictures with them.

From this time on, due to the location of the body, a Los Angeles County Sheriff's Department San Dimas Station will control the investigation. ■



PHOTO BY: GOOGLE

78 yr-old Sam Kim is shown above doing what he loved to do, hiking his beloved Mt. Baldy.

# Top quality auto body repair & towing

## Auto from page 1

Coach takes great pride in their quality service reputation and understands the importance of automotive safety. Their highly trained, certified mechanical technicians take great care of every vehicle they service. And with a 16,000 square foot "state of the art" collision repair shop and one acre adjacent storage space, California Coach is well-equipped to take care of all of your auto collision needs, including:

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California Coach has earned a reputation for courteous service, high standards, and extremely high customer satisfaction ratings since they opened in 1998. Most new customers are a result of referrals by happy customers, and this is a standing they don't take for granted. They understand the stress associated with an accident or tow, and their goal is to take care of your car and reduce your frustration. They will work hard to restore your car to its original condition and keep you updated throughout the process; and all insurance claims are welcome.

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Insurance Group and Diamond Honda of Puente Hills (as an approved repair facility), California Coach is also ASE certified, and a AAA Roadside Assistance Provider and Patrol. They are also members of the California Auto Body Association, the California Tow Truck association, and the Walnut Sheriff's Booster Club.

California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. Body Shop hours are Monday through Friday, 8 a.m. to 6 p.m.; and Saturday, 9 a.m. to 12 noon. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. For more information visit their website at [www.calcoachautobodytowing.com](http://www.calcoachautobodytowing.com), or send them an email at [info@CalCoachAutoBodyTowing.com](mailto:info@CalCoachAutoBodyTowing.com). And see their ad on page 4 of this publication. ■

# Degrees, certificates pay dividends

## College from page 1

radiation therapy technician \$98,185 annually, electrical systems and power transmission \$110,829 per year, and physician assistant \$112,127 annually.

Available online, the Chancellor's Office Salary Surfer estimates potential wages based on the aggregated earnings of community college graduates from a variety of programs and provides information on which colleges offer specific disciplines.

The California Community College system is largest system of higher education in the nation with 72 districts and 113 colleges serving 2.1 million students. ■

# 2 die and 4 injured in parking lot accident

## Accident from page 1

in this collision," stated Lt. Kevin Mensen of Chino PD. The investigation is ongoing.

All six female victims were attending the event at the church, but were not members.

Police do not believe the crash to be intentional, but there is no immediate cause for the crash at this time.

Kevin Mensen stated of the driver, "We don't know what his coherence was. We don't know what caused [his sudden acceleration], whether his age or anything else."

The names of the person involved have yet to be released. ■

# Planes of fame airshow being sued for "obstruction" of businesses

## Airshow from page 1

ered 14,670 voters by April 12 out of a desired 15,000, exhibiting a strong desire for the continuation of the show. On the petition website, the organization stated that the air show, "serves as the primary fundraising effort for the Planes of Fame Air Museum...[it] helps us to carry on our mission to preserve aviation history, inspire an interest in aviation, education of the public, and honor aviation pioneers and veterans."

On April 2, the law firm Borchard & Callahan announced the lawsuit on behalf of several airport tenants, including Zangeneh Aeronautics, Socal MRO, Flying Tigers Aviation, Yanks Air Museum, and AFT Center. All businesses allege that the losses over the 9-day period of set-up, event, and take down for the airshow are significant.

Nonetheless, Geier noted, the museum is still selling tickets online, but, he stated, "if the airshow is cancelled due to decision, we will refund all of the tickets bought in advance on our website."

Up to this point, all of the acts for the historic airshow have already been scheduled.

"The volunteers and workers are committed and the airshow performers are looking forward to participating and supporting the air show on May 6 and 7," declared director Geier optimistically. With much public support rallying behind them, Planes of Fame staff and community family hope to celebrate the sixtieth anniversary of the museum with another successful airshow. ■

# Divorce? Don't self-destruct. Get a good attorney.

## Attorney from page 1

ships, and living trusts.

At the Law Offices of Rossana Mitchell, the philosophy focuses on client support and structure during all stages. It is vital that clients become familiar with and aware of the court process, and, most especially, the particulars of any and all court processes regarding their case, during their

time seeking legal action.

Customers continue to seek out services with Attorney Mitchell precisely because of her known reputation to fight for her clients. She always provides aggressive representation in protection of clients' rights, no matter how daunting the odds may seem. "I enjoy using my skills and knowledge to protect the rights of all persons," declared Ms. Mitchell. She does so both in and out of the court-

room.

Ms. Mitchell provides novel ways of integrating technology and communication in her firm so that no client slips through the cracks. To this end, she has stated, "I want there always to be an open line of communication between myself and my clients. I have a cell phone specifically for my clients to reach me via text at any time." This allows constant attorney-client access for emer-

gency-type situations, just alleviating the client of panic in any period of panic.

Family law is rarely pleasant, but it is very doable. With Attorney Rossana Mitchell's guidance, your family law or legal trust need not be what can feel like an unbearable burden. Let someone else help you along the way, and you will have the assurance of both guidance and legal protection. ■

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20803 Valley Blvd #103

(909) 598-2111

### CHINO HILLS

Barro's Pizza  
21000 Golden Springs  
(909) 598-2871

### Diamond Bar City Hall

21825 Copley Drive  
(909) 839-7000

### Diamond Mail & Shipping

1249 S. Diamond Bar Blvd.

(909) 861-1290

### Walnut City Hall

21201 La Puente Rd.

(909) 595-7543

### Walnut Hills Optometry

18736 E. Amar Rd.

(909) 594-1153

### Walnut Library

21155 La Puente Rd.

(909) 595-0757

### Walnut Sheriff's Station

21695 Valley Blvd.

(626) 913-1715

### CHINO

Chino Hills Car Wash  
Grand Ave/Peyton  
(909) 464-8286

### Chino Hills Pharmacy

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(909) 364-9244

### Chopstix House

3938 Grand Ave.

(909) 590-3688

### Crossroads Urgent Care

3110 Chino Ave Ste 150-B

(909) 630-7868

### Oke Poke

3277 Grand Ave. Ste. L

(909) 548-7887

### Planet Beach

13890 Peyton Dr # C

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# Fun, Festive Ideas To Sweeten Easter Celebrations

BY STATEPOINT

Spring is here, which means it's time for throwing memorable celebrations for friends and family. Whether you are hosting an Easter brunch or attending a spring picnic, you can make these occasions unforgettable with a few fun and festive additions.

**Egg Hunt**

No Easter celebration is complete without an egg decorating station for children and the young at heart. Stock up on a variety of paints, glitter, dye, stencils, and textured fabric, and let imaginations run wild.

Plan for your Easter egg hunt to take place outdoors, but have an indoor back-up in case the weather does not cooperate. Make sure to take all the ages of participants into account when deciding where to hide eggs!

**Sweet Treats**

Anyone with a sweet tooth knows that Easter and delicious treats go hand in hand, so pay extra attention to this essential element of your party. A candy buffet invites guests to try an assortment of treats. To satisfy everyone's taste buds, offer milk and dark chocolates, lollipops, springtime truffles and sour bunnies.

Stick with go-to candy makers like See's Candies, which uses high-quality ingredients and is one of the few remaining candy makers that ages its chocolate -- a process that imparts a smoother, mellower flavor and elevates the overall taste experience, making it a great option for Easter entertaining.

**Spruce Up**

Take an opportunity to spring clean your home before your gathering. A new season and

knowing guests will be coming over can be great motivators for sprucing up your home.

For décor, gather flowers to create colorful centerpieces, including tulips and Easter lilies. Use brightly colored tablecloths and runners, scattering confetti and small sweet treats on tables for a special touch.

**Easter Basket**

Whether crafting Easter baskets or looking for a gift to take to your host, candy is always a great choice. No matter what your basket or gift budget is, treats can be found in a variety of sizes and price ranges -- from hand-decorated Rocky Road Eggs to chocolate bunnies and Strawberry Cream Lollipops. For more Easter inspiration, visit Sees.com or their Instagram page.

With a few sweet twists, you can spring into Easter with flair this year. ■



PHOTO COURTESY: FREEPIK.COM

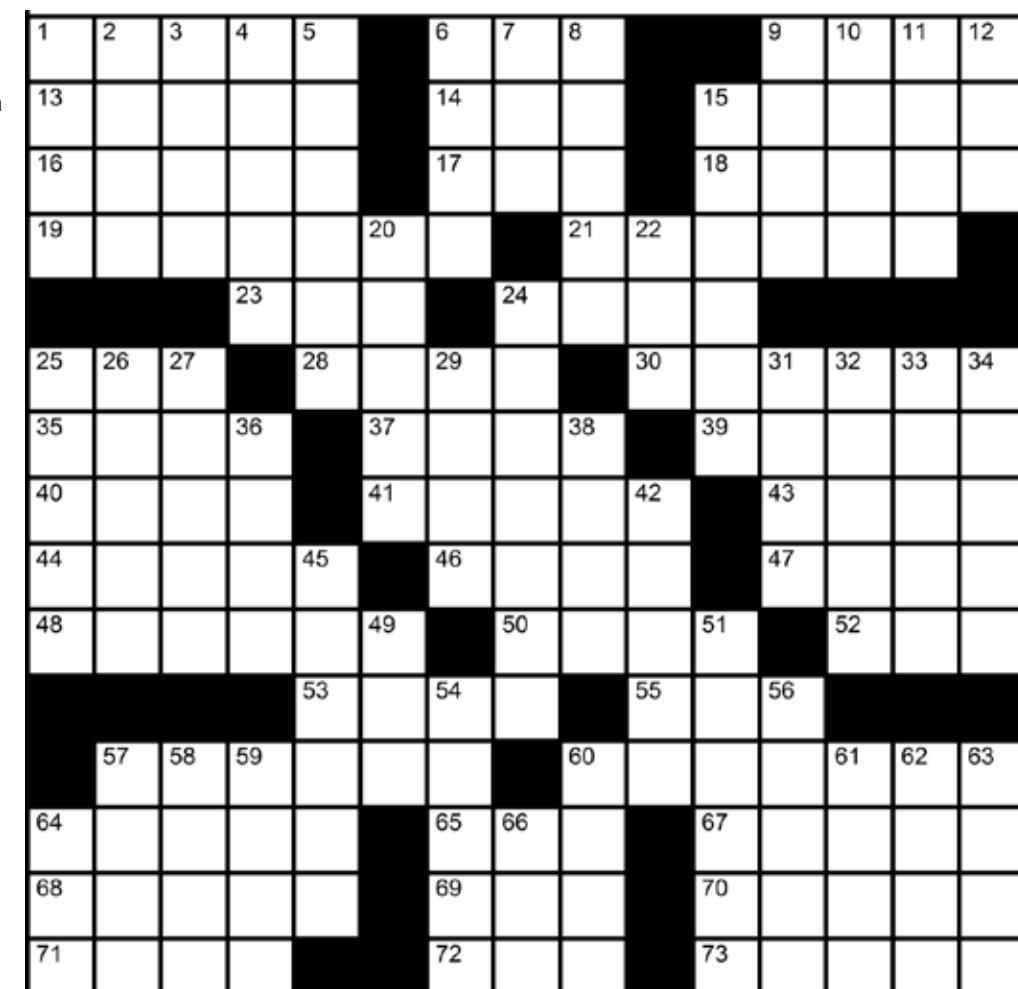
BY STATEPOINT

**ACROSS**

- Old European thrusting spears
- Art degrees
- Slight amount, pl.
- African sorcery
- \*Snowy one is endangered
- Prince's "Raspberry \_\_\_\_"
- Former Greek coin
- Hawaiian token of farewell
- Make one
- \*No more
- \*Meatless day?
- Unknown power
- Texting button
- Roll of Benjamins, e.g.
- Noisy talk
- First among siblings
- Black tropical cuckoo
- Not Sunni
- Comforter stuffing
- \*Outer layer of Earth's crust
- \*Gardener's cover
- Australian palm
- 2nd T in a T&T
- Jane Lynch's high-school musical TV show
- Newts in terrestrial stage
- Bewitch
- Consequently
- Kum Ba \_\_\_\_
- Like vacation day, sometimes
- Old-fashioned "before"
- \*Driver's bad habit
- \*It's changing
- Anemic-looking
- Grazing area
- Arabian chieftain
- Sound of colliding pots
- Roman goddess of fertility
- Smart candy?
- Snaky swimmers
- Acorn tree
- Rendezvous

**DOWN**

- \*South \_\_\_\_, Amundsen-Scott Station location
- Wild goat
- Best \_\_\_\_ secret
- Dine at home
- Ice fishing shelter
- World's fastest man
- Leave speechless
- Snail trail
- Be inclined
- "Tosca" tune, e.g.
- What oppositions do
- Chester White's home
- \_\_\_\_ of joy, a.k.a. baby
- Difference of opinion
- Comes before first Mississippi
- Like an expert
- \* \_\_\_\_-free lifestyle
- Opposite of cation
- Prince William's mother
- Chihuahua-Pug hybrid
- Have supper
- Instruct
- Anatomical divisions
- \*Treasure to some?
- Whitman of "Indian Love Call" fame
- Tennis serving whiz
- Father of dialectical idealism
- Dealing with difficulty
- Famous Akira Kurowasa movie
- Home to superb rugs
- Meltable home
- Type of wheat
- Capri, e.g.
- Lentil soup
- Carl Zeiss' product
- Wine container
- Insubstantial
- Kennedy and Turner
- Formerly, formerly
- Highest card in "War"
- \*Now headed by Scott Pruitt



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| <b>Organic Carrots</b><br>(limit 10) 94094<br><b>\$1.49</b><br>per bunch      | <b>Organic Russet Potatoes</b><br>(limit 10 lbs) 94072<br><b>49¢</b><br>per lb. | <b>Organic Strawberries</b><br>16 oz pkg. (limit 6) 94028<br><b>\$2.99</b><br>per pkg. |  |

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# Healthy Living



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HEALTH TIP

## Tips:

## What Baboons Can Teach Us About Stress

BY C DOUSSETT MPH, RDN

Stanford neurobiologist Robert Sapolski has spent the last 35 years studying baboons and the effects of stress in social situations. Throughout this time, he has observed some remarkable phenomena among these 'Old World' monkeys that may offer valuable insights into the myriad ways social hierarchies affect our health and chances for a longer life. The social hierarchy of baboons is similar to the hierarchical structures we find ourselves in at work, school, and home and may encourage us to rethink how we deal and choose to be with others. Two noteworthy phenomena observed by Dr. Sapolski centered on the effects of stress up and down the social hierarchy. Almost without fail, the lower a baboon was on the social chain, the more health problems it suffered; specifically, cardiovascular disease (atherosclerosis in particular), increased frequency of injury, and more time spent foraging foods for others rather than taking care of itself. The second observation was that baboons that happened to live in troops where all members were seen as equals, had less incidence of injury, degenerative disease, and domination cycles. This is congruent with professional viewpoints regarding healthy relationships both intimate and familiar for humans. Choosing groups that view every member as an equal and indoctrinating new members to this way of thinking is critical in avoiding unhealthy and potentially injurious power dynamics. Here are a few behaviors to strive for:

- Always 'fight fair' in your group - respecting a partner's/friend's rights means accepting differences in background and opinion
- Listen and clarify - focus on the intent of the speaker, don't interrupt, and repeat the message if needed in your own words
- Find your voice - speak your truth as clearly and succinctly as

possible

- Edit your voice - Choose your words as you would choose any tool for the task at hand i.e., not every job requires a hammer
- Your wants and needs should support the group's wants and needs, otherwise, find a new group/friend

Now that we have found our group, it behooves us to support our body's wants and needs. Treating our bodies like our best friend is one way to send the message that we only accept respectful friend requests. The following foods and supplements may further our efforts to manage stress and support healthy relationships:

- Nuts - a cholesterol free snack that may reduce inflammation
- Salmon - healthy omega 3s for brain health
- Avocados - potassium = great for blood pressure
- Dark chocolate - 'feel-good' compounds such as caffeine and theobromine
- Crunchy vegetables: celery, broccoli, and carrot sticks require mechanical digestion (chewing) which may directly reduce 'clenched-jaw tension'
- Water - a hydrated system is a fully functioning system
- Passion flower - discovered in Peru 500 years ago and still a great option in tea or tincture form for anxiety
- Gingko Biloba - circulation to the brain
- Vitamin C - reduces circulating cortisol (stress hormone) levels, especially when taken before or immediately after a stressful event. 500 mgs
- Physical activity - monkeys, when not moving as a troop, spend time playing, grooming, and engaging in short-bursts of activity throughout the day. This is not too far off the recommended daily "types" of activity for humans
- There is no monkey business when it comes to building healthy relationships and reducing distress to our life. Seek out a qualified nutritional consultant and discuss personalized options for achieving or maintaining positive-stress relationships. And, as always, have a healthy day! ■

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## Local Races/Hikes:

### Geared: Trail Edition

**When:** June 3, 2017  
**Where:** Crystal Lake Recreation Area  
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**Details:** 4 mile Hike; In partnership with American Hiking Society and Go RVing, Popular Mechanics is proud to present Geared, a purpose-powered challenge

to rebuild some of America's greatest trails. Join us at Crystal Lake in the San Gabriel Mountains National Monument to celebrate National Trails Day. Volunteers will be provided with the tools and gear needed, before setting out for trail maintenance. Lunch will be provided, followed by a series of demos and activities, with free product provided by event sponsors.

## Recipes:

### Sweet Pork Tenderloin & Apples

with Cauliflower Mash and Snap Peas

BY HELLO FRESH

**Cooking Time:** 35 mins.  
**Servings:** 4  
**Nutrition:** 620 Calories  
**Ingredients:**

Oil- 2 Tbsp  
Butter- 4 Tbsp  
Yukon Gold Potatoes- 24 oz.  
Cauliflower Florets- 10 oz.  
Pork Tenderloin- 24 oz.  
Dried Thyme- 1 Tsp  
Sugar Snap Peas- 12 oz.  
Gala Apples- 2  
Chicken Stock Concentrate- 2



PHOTO COURTESY: HELLO FRESH

with a drizzle of oil and pinch of salt and pepper. Roast in oven until pork is cooked to desired doneness and snap peas are bright green and tender, 10-12 minutes.

**4. Make pan sauce.** Halve and remove core from apple, then chop into  $\frac{1}{2}$ -inch cubes. Melt 1 TBSP butter with a drizzle of oil in same pan over medium heat. Add apple and cook until golden, 5-7 minutes, tossing occasionally. Season with salt and pepper. Stir in stock concentrate and  $\frac{1}{2}$  cup water. Increase heat to medium high and cook until apple is tender and sauce is thick, 3-4 minutes.

**5. Make cauliflower mash.** Add 1 TBSP butter to pot with potatoes and cauliflower. (TIP: If potatoes and cauliflower have cooled, reheat briefly over low heat.) Toss to melt butter. Mash with a fork or potato masher until mostly smooth. Season with salt and pepper.

**6. Finish and plate.** Slice pork into medallions. Divide cauliflower mash and snap peas between plates, then top with pork. Spoon pan sauce over pork, making sure to add pieces of apple. ■

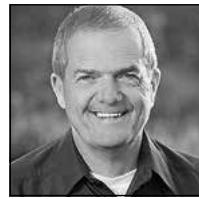
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# Changing Times

By MARK HOPPER



My grand-mother was born in Boone, Iowa in

1896. She died in 1978. She taught in a one-roomed country school house. Life sounded pretty simple in those days.

During her life time, she witnessed many changes. She remembered seeing her first automobile. She remembered electricity coming to her small farming community.

She remembered seeing her first airplane. She remembered the invention of the radio and television. There were so many advances in technology and science in her lifetime.

I'm sure she remembered the news of the first atomic bomb. She lived through the days of the First and Second World Wars. She would have known about the wars in Korea and Vietnam Nam. All of these occurred in her lifetime.

And, I know she witnessed the space program from the launching of the first satellites to the landing of men on the moon in 1969. Who could have imagined the changes during her life from the horse and buggy to a man on the moon?

The same could be said of our lifetime. Who could have imagined all of the changes and advances in communication, travel and technology in our life time?

I remember my family getting our first TV in the 1950's. It was a small "black & white" TV with large "rabbit ears" for an antenna and a very limited number of channels to choose from. Today, we have a flat screen TV with an unlimited number of cable channels to watch. And, now you can live stream TV shows on your computer too.

Transportation has changed as well. I wish I still had my first car. I bought a used, two-door 1957 Chevy when I was sixteen years old...It was a gas guzzler with a four barrel carburetor. Today, fuel injection has replaced the carburetor and many people are driving electric automobiles that can self-park!

I remember going to the airport to see propeller-driven planes. The first jet passenger planes arrived in the 1960's. Now, modern jet airplanes can carry over 500 passengers from one continent to another.

The most amazing advances have been in communication. When I was young, we had a telephone "party line" where four different homes shared one phone line. It was a big deal when we could

finally get our own private phone line. Today, many people have abandoned a landline and simply use their cell phones.

Computers have changed our world. In the 1940's only the military had computers. Later, large businesses began to use them. By the 1980's people could own a personal computer. Today, we carry computers around with us and call them "smart phones"!

I wonder what changes are ahead for our children and grandchildren? What advances will they see in travel and technology? What new devices will improve their ability to communicate? Only time will tell.

In the midst of all these changes, it is helpful to remember that God does not change. The Bible speaks of His unchanging nature and attributes. The Bible reveals God's limitless power and knowledge. He remains our firm foundation in a rapidly changing world.

Let me encourage you to dust off your Bible and read about God's steadfast love and endless power. Psalm 145 reflects on God's power and majesty. Take time to read and remember the One who made this amazing world we live in.

*Efree Church of Diamond Bar 3255 South Diamond Bar Blvd (909) 594-7604 Sunday services: 9:30 & 11:00 AM ■*

# Imagination

By NANCY STOOPS



I can remember gathering leaves of all colors and shapes, collecting sea

shells and anything else that one might find in the water. I would fill up my wagon with water and create an underwater adventure for everybody to enjoy with the use of a snorkel and mask. My friends and I would put on singing and dancing shows for all the neighborhood to enjoy. My brothers and I would create backyard carnivals for everybody to experience. I was always playing dress up and had the ability to become so many different people. This dress up play helped prepare me for all of the hats I have worn over the span of my lifetime.

I can remember my imagination was encouraged by my par-

ents, family, and friends. I credit that imagination for who I am today. I credit my imagination for making me a creative thinker and a person that always thinks way beyond the box. I know when I was raising my son, he always used his imagination in his play. He would create the most wonderful lands in our living room. His creations could make you feel as if you were transported to another world. We would spend days playing in the worlds he created. As an adult, my son Bryan is one of the most creative people I have ever met. His imagination was encouraged and totally supported in every way.

Universities now are looking for the well-rounded individual. I think helping your child develop their imagination is an important part of becoming well-rounded and learning to think for oneself and out of the box. Imagination is such a crucial part of play

but also a very important part of many careers. Don't allow technology to take the place of imagination. Instead, find a way to incorporate both imagination and technology into your life and your child's life. Don't be afraid to imagine. Many times our imagination creates a path for our lives.

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She 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 contact her at (909)229-0727 or e-mail Nancy at nancystoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the therapy Dog at Amazon.com. ■*

# Straight Talk With Danice

**"My best friend is bringing a lawsuit against my homeowners insurance..."**

By DANICE AKIYOSHI, N.D.



Dear Dr. Akiyoshi,  
My best friend is bringing a lawsuit against

my homeowners insurance because she fell down at my house when she got drunk at my Fourth of July street party. There was nothing dangerous in her path, she just had too many Margaritas and fell off her own high heels. She says she has to sue my homeowners insurance because she's been getting therapy on her hip and knee and doesn't want to pay for it. She said I'm being stupid for being mad because it's just

my insurance company and not me personally. I think I'm ready to discontinue this friendship. Am I too sensitive? This doesn't seem fair.

Jessica.

Dear Jessica,

Your friend lacks personal integrity and the ability to take personal responsibility for her own actions. These are not qualities that most people enjoy in their friendships. If your

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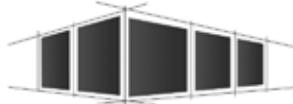
friend had been injured on your property due to an unsafe condition then I would be totally on board for your homeowners insurance to become involved. This is not attractive behavior in my opinion. Yes, take her off of your guest list for future parties and move on. Holding a grudge over something like this would be a waste of your valuable time. Let your insurance company sort it out after you give them

your side of the story. **Danice Akiyoshi** is a Naturopathic Doctor and the head of Candid Coaching Service. She offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her at [straighttalk@candidcoachingservices.com](mailto:straighttalk@candidcoachingservices.com). You can also visit her website at <http://www.candidcoachingservices.com> ■

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## Stopping Animal Diseases Before They Reach Humans

BY SATESH BIDAISEE AND CALUM MACPHERSON

It's hard to believe that medical researchers could underestimate the dangers of tuberculosis -- the world's deadliest infection.

Yet according to a study published by Lancet Infectious Diseases, a medical journal, one form of the disease is a far bigger threat than previously thought -- animal TB.

The illness, which can be acquired through contaminated food or close contact with animals, afflicts roughly 120,000 humans around the world. It's harder to treat than the conventional form of the disease -- and is resistant to the main antibiotic used to treat TB.

Zoonotic diseases -- illnesses spread between animals and humans -- represent some of the most serious public-health threats the world faces. Battling them effectively will require a broader approach to human health -- one that takes into account the relationship between human beings, animals, and the wider ecosystem.

Nearly 3 million people die annually of animal-borne diseases. These illnesses include everything from influenza and salmonella, to Ebola, malaria, and Zika.

In an alarming number of cases, zoonotic illnesses have led to devastating epidemics. The 2014 Ebola outbreak, for instance, is believed to have started when a bat transmitted the illness to a young boy in Guinea. The disease soon spread throughout West Africa, with cases emerging as far away as the United States. Ultimately, more than 11,000 people died.

The mosquito-borne Zika virus has infected tens of thousands of people in 73 countries and territories -- including 3,800 people in the continental United States.

We haven't seen the last of these kinds of outbreaks. Scientists estimate that nearly 75 percent of newly emerging infectious diseases will originate in animals.

Addressing the risk posed by zoonotic diseases will require an approach to global health that sees humans, animals, and the environment as deeply interconnected. Known as One Health, this holistic view calls for collaboration among experts in disciplines from veterinary medicine to public health and environmental science.

If researchers can understand the interconnected causes of zoonotic outbreaks, they'll

be better equipped to prevent the next epidemic.

Fortunately, the One Health movement is gaining traction in the public health community. USAID, for instance, has spearheaded a One Health Workforce initiative which partners with universities around the world to train future health professionals in this collaborative approach.

One Health is a guiding philosophy at St. George's University, where I teach. Our veterinary, medical, and public health students frequently collaborate on projects and coursework, like our recent effort to control the spread of rabies on the island of Grenada by providing vaccinations and hosting community clinics.

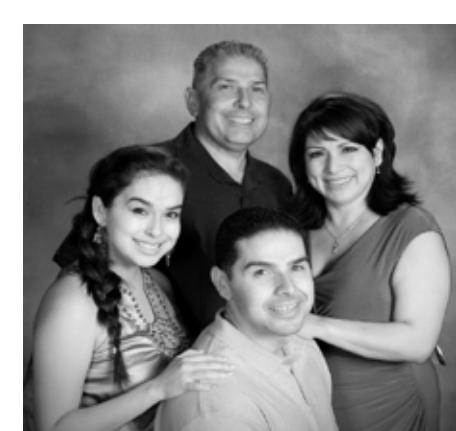
The rise of zoonotic diseases like Zika, and animal TB shows just how interconnected animal health and human health are. To effectively combat zoonotic disease, the medical community must recognize those connections -- and explore them fully.

Satesh Bidaisee is an Associate Professor of Public Health and Preventive Medicine and Assistant Dean for Graduate Studies at St. George's University, Grenada. Calum Macpherson is the Dean of the School of Graduate Studies and Director of Research at St. George's University in Grenada. ■



PHOTO BY: GOOGLE

**SIZING UP:** A doctor measures the head circumference of a baby girl in Brazil. The measurement can offer a quick way to gauge whether a newborn has microcephaly, a birth defect that leaves babies with underdeveloped heads and brains. Babies born to mothers who have contracted the Zika Virus are at high risk for being born with this incurable condition.



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- 3 Car Garage
- Built in 1986

Standard Sale of a wonderful area home by the original owner from 1986! This home offers 4 bedrooms and 3 baths! Large Family Room with fireplace, Formal Dining Room, Spacious Living Room with vaulted ceilings, comfortable kitchen, lattice-Covered Patio with deck, 3 large bedrooms upstairs and so much more. It needs upgrading throughout but it is clean and ready for you to make it your own!



Spacious interior with vaulted ceilings! Perfect for entertaining.



Warm kitchen offers plenty of counter space and ample storage.



Family room with fireplace will be sure to keep the family close and cozy.



Private backyard with fruit trees, lattice-covered patio and sturdy block wall.



Wide stairway leads to 3 of the spacious upstairs bedrooms!

Located on a corner lot with views to the neighboring Chino Hills!

# National Drug Take Back Day

**In collaboration with Baldwin Park Police Department,  
L.A. County Sheriff's Station – Diamond Bar/Walnut  
and Kaiser Permanente**

**Turn in your unused or expired medications for  
safe and proper disposal.**

**Saturday, April 29, 2017  
10 a.m. to 2 p.m.**

- **Kaiser Permanente Baldwin Park Medical Center  
1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
Near Patient Drop-off (medical center entrance)**
- **Kaiser Permanente Diamond Bar Medical Offices  
1336 Bridgegate Drive, Diamond Bar, CA 91765**

**What will be accepted:**

- Prescription medications
- Over-the-counter medications

**What will NOT be accepted:**

- Used syringes/lancets
- Hazardous or household waste  
(paint, oil, batteries, etc.)

