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## Walnut

## Golf Tourney Successful

BY MARISSA MITCHELL

Walnut and Diamond Bar Sheriffs stations recently held their annual Booster Club Golf Tournament. The tournament was successful and another testament to the support, both monetary and action-based, behind the station. Not only do the funds help generally, but the funds aid specifically the volunteer and auxiliary programs within the communities of service.

This support is vital to main-

see Walnut page 3

## Diamond Bar

## Waste Collection and National Drug Take Back Day

BY MARISSA MITCHELL

In honor of "Earth Day," there will be free electronic recycling Saturday, April 22, from 9 a.m. to 2 p.m. You can turn in your "electronic waste," including, but not limited to, computers, computer parts, cameras, speakers, phones, video-game accessories, and DVDs.

Turn in your old electronic

see DB page 3

## Prior Chino Hills City Hall Being Bought Out By Private Owner

New Residential Area

BY MARISSA MITCHELL

**Chino Hills** – On April 4, the Chino Hills Planning Commission met to discuss the plan that private owner Trumark Homes is requesting approval of for the area over which previously stood Chino Hills City Hall.

Due to various issues with municipal code and site plan reviews, the hearing was continued to April 18, and the report from that review meeting is still being drafted.

What is termed as the "Founders Village Project" because it is located on Founders Drive has been beset with various issues. Previously the



PHOTO BY: MICHAEL ARMijo

38 duplexes consisting of 76 dwelling units have been proposed in this former municipally-owned area.

location of Chino Hills Civic Center, with the new purchase, the sloped areas of the property would be designated as "pri-

vate open space" and the flat area of the property would be

see CityHall page 3

## Heart To Serve: Offering Hope To The Hopeless

Combining Community Outreach with Business Services

BY MARISSA MITCHELL

**Chino Hills** – For four years now, an organization has existed somewhat under the radar providing services to both individuals and the community at large.

Heart 2 Serve, a privately owned and operated 501(c)(3) non-profit organization, currently assists adult individuals in substance abuse recovery and reintegration as productive members of society through community service and construction businesses offered

to the San Bernardino and Los Angeles County areas.

This faith-based (Christian) organization was founded by Brian and Cindy Baughman, with the help of fellow faith members, in 2013. It initially began as a construction company, followed by what was termed an "RV ministry" for transitional living. In 2015, Heart 2 Serve, Inc. became a 501(c)(3) entity, focused entirely on individuals who truly wanted help.

Heart 2 Serve provides all that is necessary to rebuild individual lives that have fallen into hopelessness due to substance addiction through the business

see Hope page 3

A  
He<sup>art</sup>  
of  
Service

John 13:1-20

PHOTO COURTESY: GOOGLE

## Planes of Fame Has Much To Offer!

BY STAFF REPORTS

**Chino** – From the Air Museum and the Airshow to the delicious food at the café, there are several reasons to visit the Planes of Fame.

The Planes of Fame Air Museum at Historic Cal Aero Field in Chino, was

see Planes page 10



60th Anniversary Airshow! May 6-7  
8am - 4pm See all of your favorite airplanes fly! SAVE \$5 ORDER TICKETS ONLINE! FOR INFO AND TICKETS GO TO WWW.PLANESOFFAME.ORG 909-597-3722.

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

BY MARISSA MITCHELL

**Chino Hills** – 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, conservator-

see Attorney page 10



Law Offices of Rossana Mitchell is located in The Courts of Chino Hills next to Citi Bank: 14780 Pipeline Ave., Suite A, Chino Hills. 909.597-3111

# Weekly News

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**PUBLISHER**  
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**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**  
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## Our Life: A Place Called Brilliance

BY MICHAEL ARMijo

I believe in the old premonition that we all have a special purpose in this world, but I also believe that each of us holds a special talent. We all possess "special powers."

It's not fable-like, or something you're "born with," but more of a skill that we hold. A passion we've spent our lives preparing for and defining. Something we are really good at.

I believe we all have something special inside of us, something that we grew to love, were exposed to all our lives, or something we've spent countless hours doing. And now, after dedicating so many years to this passion, we've found ourselves experts at that one thing we do.

Whether it's a simple job, or a defined art, it's our dedication and desire that makes us great at what we do. And I believe that there is no job that is demeaning or unworthy, just as long as we take pride in it and embrace that we're experts at it.

Not all of us can quite claim fame to a particular ability, because there are only some of us that have found a route, or a path, that has given us the freedom in our lives. And there are others who have not. That path has set us free of having to create self worth, experiencing self-pity, and feeling selfishness. We've learned our special purpose, and we've defined it. We've perfected our craft; we've polished our crystal ball.

And then there are the others. The ones who haven't seen the light, developed the confidence, or haven't found their special purpose. They still spend countless hours watching the time clock, bearer to their insecurities, prisoner to their past. They hold a special talent that they're either too detached to realize or too insecure to pursue. I know that for a fact, because that described me years ago.

It's too bad for those who haven't yet felt their own light. It harbors inside them, it looks for opportunities to flourish. It wants to come out, like an eagle, and spread its wings, to fly and soar above the earth. But we often clip its wings and often discourage it from taking flight because we are fearful or sometimes allow obstacles to get in the way.

I've recognized my special place, my brilliance, on a dark and lonely day. I felt pain, and one day, at 13 years of age, I wrote about it. I was candid, I was open, and I was honest. It made me feel so powerful and gave me so much freedom that I realized my calling. So I continued and I practice. Today, it's my living. Tomorrow it will be

see OurLife page 9



PHOTO COURTESY: GOOGLE

## History 101

**April 22, 1954: McCarthy Army Hearings Begin**

BY HISTORY.COM

Senator Joseph McCarthy begins hearings investigating the United States Army, which he charges with being "soft" on communism. These televised hearings gave the American public their first view of McCarthy in action, and his recklessness, indignant bluster, and bullying tactics quickly resulted in his fall from prominence.

In February 1950, Senator McCarthy charged that there were over 200 "known communists" in the Department of State. Thus began his dizzying rise to fame as the most famous and feared communist hunter in the United States. McCarthy adeptly manipulated the media, told ever more outrageous stories concerning the communist conspiracy in the United States,

and smeared any opponents as "communist sympathizers" to keep his own name in the headlines for years. By 1954, however, his power was beginning to wane. While he had been useful to the Republican Party during the years of the Democratic administration of President Harry S. Truman, his continued attacks on "communists in government" after Republican Dwight D. Eisenhower took over the White House in 1953 were becoming political liabilities.

In an effort to reinvigorate his declining popularity, McCarthy made a dramatic accusation that was a crucial mistake: in early 1954, he charged that the United States Army was "soft" on communism. McCarthy was indignant because David Schine, one of his former investigators, had been drafted and the Army, much to McCarthy's surprise, refused the special treatment he demanded for his former aide. In April 1954, McCarthy, chairman of the Government Operations Committee in the Senate, opened televised hearings into his

charges against the Army.

The hearings were a fiasco for McCarthy. He constantly interrupted with irrelevant questions and asides; yelled "point of order" whenever testimony was not to his liking; and verbally attacked witnesses, attorneys for the Army, and his fellow senators. The climax came when McCarthy slandered an associate of the Army's chief counsel, Joseph Welch. Welch fixed McCarthy with a steady glare and declared evenly, "Until this moment, Senator, I think I never really gauged your cruelty or your recklessness... Have you no sense of decency, sir, at long last?" A stunned McCarthy listened as the packed audience exploded into cheers and applause. McCarthy's days as a political power were effectively over. A few weeks later, the Army hearings dribbled to a close with little fanfare and no charges were upheld against the Army by the committee. In December 1954, the Senate voted to censure McCarthy for his conduct. Three years later, having become a hopeless alcoholic, he died. ■

## 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

## Prior CH city hall bought out

### CityHall from page 1

classified as "medium density residential."

Discussed at this planning meeting was the adoption of a Municipal Code Amendment, which would exempt developments consisting only of duplex housing units from the obligatory building separation standards for multi-family developments in Chino Hills Municipal Code (CHMC).

There would be 38 duplexes consisting of 76 dwelling units in this former municipally-owned area. These proposed 76 units would range from 2,442 sq. ft. to 2,569 sq. ft., each unit possessing five (5) bedrooms, a two-car garage, and a minimum of 525 square feet of private open space (such as backyard space).

Senior Planner Ryan Gackstetter presented the information on this project to the Planning Commission on April 4. The project applications include a General Plan Amendment, Zone Change, Municipal Code Amendment, Site Plan Review, and Vesting Tentative Tract Map. Overall, it would help the city reach housing and population goals.

One public speaker and resident of the adjacent neighborhood on Deer Haven Drive, Antonio Tau, voiced concerns about parking. He stated that the on-

street parking within the project may be insufficient, and so residents and guests would park on surrounding streets, such as his own. He suggested prohibitions to overnight parking or required permits as a solution to this potential problem. This concern played a part in the continuation of the hearing until April 18.

The senior planner Gackstetter stated of the proposed alterations and concerns, and the private application overall, "The applicant is making concerted efforts and strides toward adaptation to code and paying heed to surrounding citizens' concerns."

A few of the issues the Commission discussed with both staff and applicant included the following: street improvements and project requirements to ensure driver visibility entering and exiting Founders Drive; guest parking on the driveways of the duplex units with fewer on-street parking; landscaping, irrigation, and maintenance of project perimeter slopes; project design, the connection of the duplex units, and the quality of the architecture, among others.

After the application is brought to the commission, it will be brought before the City Council. Citizens of Chino Hills will soon see just what their "old" city hall becomes, and who that land houses. ■

## Waste collection and national drug take back day

### DB from page 1

parts to 21865 Copley Drive in Diamond Bar, where the Air Quality Management District will be there to help you recycle successfully. If you have a lot of paper you need shredded as well, feel free to bring that too!

A week following, on Saturday, April 29, Kaiser Baldwin Park and Kaiser Diamond Bar Medical Offices are hosting an event in honor of "National Drug Take Back Day."

At either location, from 10 a.m. to 2 p.m., you can turn in unused or expired medica-

tions for both safe and proper disposal. These include prescription medications and over-the-counter medications (NOT used syringes/lancets or hazardous or household waste).

In collaboration with L.A. County Sheriff's station, the City of Diamond Bar encourages safe disposal of medications this April 29 at these two locations: Kaiser Permanente Baldwin Park Medical Center (1011 Baldwin Park Blvd., Baldwin Park, CA 91706) and Kaiser Permanente Diamond Bar Medical Offices (1336 Bridgegate Drive, Diamond Bar, CA 91765). ■

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(909) 598-4332

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(800) 704-5908

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(626) 913-1074

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(909) 869-1077

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20747 E. Amar Ave.  
(909) 598-8394

### Lemon Creek Cleaners

360 N. Lemon Ave.  
(909) 594-7504

### NY Pizzeria

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(909) 594-5000

### Osuna's Mexican Food

18746 Amar Road  
(626) 810-4101

### Post Box Plus

382 N. Lemon Ave.  
(909) 595-5924

### Shane Chiropractic

20803 Valley Blvd #103  
(909) 598-2111

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Senior Center  
21215 La Puente  
(909) 598-6200

### Starbucks

505-A A Grand Ave.  
(909) 598-4459

### UPS

20687 Amar Rd # 2  
(909) 444-1303

### 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 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

### It's A Grind

1223 S. Diamond Bar Blvd.  
(909) 861-5120

### La Olla

1123 Grand Ave.  
(909) 861-4499

### Paco's Tacos

1131 Brea Canyon Rd.  
(909) 595-0044

### The Whole Enchilada

1114 S. Diamond Bar Blvd.  
(909) 861-5340

### CHINO

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

### Chino Hills Pharmacy

2140 Grand Ave Ste 130  
(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  
(909) 465-9911

### Taco Dudes

5065 Riverside Dr.  
(909) 591-3950

## Heart To Serve: offering hope to the hopeless



PHOTO COURTESY: HEART 2 SERVE

### Hope from page 1

built from these humble beginnings. Currently, the organization assists often-stigmatized individuals, including parolees and homeless persons, in their recovery through provision of work, shelter, food, and clothing, so as to reintegrate them as productive members of society.

Heart 2 serve offers a 2-year program that begins with establishing a life-plan of achievable goals designed to measure a client's progress, rebuild his confidence, and discover newfound hope.

According to its mission statement, Heart 2 Serve Inc. is "the substance of things hoped for and the evidence of things unseen." From the ashes of all

the ruins of lives destroyed by addiction, there is birthed a new life amidst despair in the act of serving others. Thus, the name was chosen: Heart 2 Serve.

Among the services required and/or available for a client of the transitional living and reintegration program is participation in the following: substance abuse recovery programs (12 Step meetings), spiritual counseling, safe shelter, employment and skill training (through the construction and moving services training), health and care, food and clothing, legal assistance, education and transportation, and, finally, gainful employment.

The professional contracting and moving services that Heart 2 Serve provides through its nonprofit not only helps fun

their ministry, but it also offers an opportunity for individuals in the program to learn new skills and earn an income.

To that end, Heart 2 Serve is a licensed, bonded, and insured general contractor, able to meet every commercial and residential construction and moving needs.

What attracts individuals and businesses to hire Heart 2 Serve over other companies is not just the low pricing, but, as a non-profit, there is also a substantial tax savings provided in using the service, as it is considered a "charitable contribution" on tax forms.

Good cause. Good savings. Rebuilding society from the ground up – literally. Not much else one could desire from a non-profit, really. For more information, visit [www.h2si.org](http://www.h2si.org). ■

## Golf tourney successful

### Walnut from page 1

taining the safety of the public and continuing to sustain the communities as safe and enjoyable.

Thanks were made specifically to Booster Club President Gil Rivera, the Board of Directors, and the sponsors who donated generously. Thanks have also been given to all participants for the tournament's great success. ■



PHOTO COURTESY: GIL RIVERA

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10:00am – 3:00pm (Break 12pm – 1pm)

**Location: Chino Hills Community Center**

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# Home Prices Continue To Rise!

BY NEF CORTEZ

Home prices across the US have continued their steady rise after its dramatic drop which began in 2007-2008 fiscal year. The expansion in home prices has continued since the low point of \$152,000 reached at the end of the first quarter of 2012. The major impact of the Great Recession of 2008-2009 translated into a decrease in prices from 2007 until 2012.

Although it has suffered some fits and starts through the 8 year dip and then ascension, the median price in that period of time has increased by a strong 29%.

Diamond Bar and Chino Hills home prices have seen a similar dip and rise, although it has been more pronounced. The median sales price of a home in Diamond Bar was approximately \$597,000 in 2007, and it dropped down to about \$441,000 in 2012, a drop in median sales price of 24%. The increase after the Great Recession has been more dramatic in Diamond Bar, go-

ing from \$441,000 to the now current \$646,000, an increase of 46%, an average of 9% per year!

The median price of a home in Chino Hills went from the peak in 2007 of \$592,000 down to its low point in 2012 at approximately \$424,000, a larger drop of 29%. Home values came back stronger in Chino Hills (as a percentage of median sales price) than it did in Diamond Bar, going from the low point of about \$424,000 up to its current level of \$626,000. This represents an increase of 48% over the last 5 years, an average of a little over 9% per year.

In retrospect, the "Right Time to buy" in the last decade was April 2012. That goes along with the Old Adage, "Buy Low; Sell High"

This article was written by Nef Cortez is a licensed Real Estate Broker, Ca BRE # 00560181, licensed since 1976. He can be reached via e-mail at nefcortez@gmail.com. Please feel free to email any questions regarding real estate. ■



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BY STATEPOINT

## ACROSS

1. Trattoria staple
6. \*The \_\_\_\_ River, Voyageurs National Park
9. Mowgli's friend Bagheera
13. Grouchy Muppet
14. Simon & Garfunkel, e.g.
15. Echo sounder
16. Doled out cards
17. Singer Yoko
18. Q in PDQ
19. \*Home to Devil's Garden
21. \*Every \_\_\_\_-grader gets a free pass
23. Family truck?
24. \*\_\_\_\_ Royale National Park in Michigan
25. Geological Society of America
28. Reduced Instruction Set Computer
30. Make slightly wet
35. Ice crystals
37. Alice Waters' "\_\_\_\_ Panisse"
39. Apprehensive
40. Deborah Kerr to Yul Brynner's King Mongkut
41. Skeleton leg part
43. Military no-show
44. Nigerian money
46. Earth's satellite
47. First queen of Carthage
48. Broadband predecessor
50. Pot contribution
52. Sophomore's grade
53. Breathe after a race
55. Not in good health
57. \*"Into the Wild" park
60. \*Oldest national park east of Mississippi
63. Capital of Vietnam
64. British mom
66. Where to steal a kiss?
68. Passion
69. "Farewell" to Birdie
70. Church topper
71. Office furniture
72. Asian capital
73. Alleviated

## DOWN

1. Pea container
2. On a cruise
3. Harry Potter's mark
4. Face powder mineral, pl.
5. Head of the Round Table
6. "Without further \_\_\_\_," pl.
7. \*Going-to-the-\_\_\_\_ Road in Glacier National Park
8. Hooves, alt. spelling
9. For, in France
10. Gram or pound
11. Speed of an object divided by speed of sound
12. One of Indiana Jones' quests
15. Cry like a piglet
20. Give the boot
22. Like Methuselah
24. Watercraft with skis
25. \*Canyon or Teton
26. Moses' mountain
27. Embryo sacs
29. Door-stopping wedge
31. \*Lake in Nevada desert
32. Small European gull
33. Make a canyon, e.g.
34. Leg cover
36. "Me and \_\_\_\_ and the Dying Girl"
38. \*The Virgin River cuts through it
42. Mad hatter's act
45. Live-in helper
49. Chum
51. Go by
54. Not in my backyard, in text
56. Parkinson's disease drug
57. Truth alternative
58. Odds and \_\_\_\_
59. Barnes & Noble reader
60. End of grace
61. Author Murdoch
62. Homesteader's measure
63. Owned
65. Sailor's affirmative
67. He had

# SB gang member sentenced to 80 yrs

IE from page 1

formerly assigned to the Central Division Gang Unit, prosecuted the case.

Prior to sentencing one of the victim's family members addressed the judge:

"We do not understand how another human being, who bleeds just as we do, could be so quick to pull the trigger and take the life, the very last breath, last drop of blood from the most kind-hearted and loving human being to walk this earth... While we were standing over his casket waiting for him to wake up, give us a hug and tell us it was just a dream, his body never moved. After a while, we were all forced to realize that we were living in a nightmare." ■

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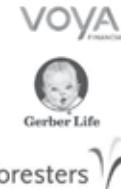


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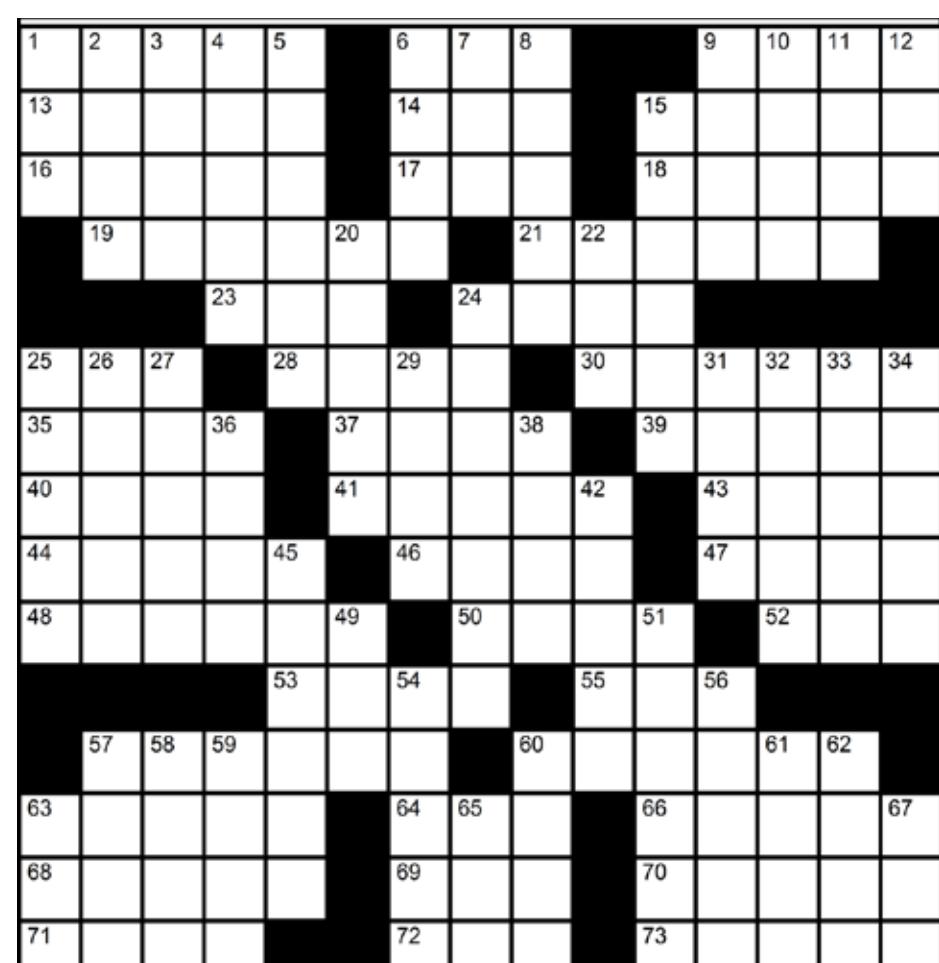
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# Healthy Living

## 5 Heart Healthy Habits



PHOTO COURTESY: STATEPOINT

By STATEPOINT

Heart disease and stroke cause one in three deaths among women each year, killing approximately one woman every 80 seconds. While there are many risk factors involved that are beyond one's control, a healthy lifestyle can make a big difference.

Here are five healthy habits that can reduce your risk for illness.

- Move about: Exercise doesn't have to be daunting! Aim for 10-minute sessions, three times daily. Movement sets your metabolism in motion, so make sure it's a consistent part of your life.

- Get sleep: Sleeping fewer than seven hours a night can make you gain weight and have more trouble taking it off, according to Columbia University research. Another study found that people who get enough sleep have a five percent higher metabolism than people who don't. That means more calories burned while you're sleeping! Doesn't get much easier than that.

- Eat small and well: "Studies have found that losing five to 10 percent of your body weight can lower the risk of a heart attack," says Dawn Zier, CEO of Nutrisystem and the 2017 Go Red for Women Campaign Chair in Philadelphia, a movement to help end heart disease and stroke in women.

Research suggests that eat-

ing smaller, balanced meals throughout the day promotes greater weight loss and maintenance, and can also be good for your heart. Schedule meals every two to three hours, six times a day. Programs designed to help you eat healthy portions can mean seeing quick results. For example, Nutrisystem Lean13 is a new program designed to help you lose up to 13 pounds and seven inches in the first month. For more information visit nutrisystem.com.

- Rise, shine, drink water. You'll burn more calories all day: A German study found that drinking 48 ounces (about six cups) of cold water increased calorie burn at rest by up to 50 calories per day. This alone could melt a pound in a little more than two months. And drinking it before meals could give you an added bonus, as a Virginia Tech study found that dieters who drank two, eight-ounce glasses of water before meals for 12 weeks lost 36 percent more weight than those who didn't down the water.

- Put your phone away: Checking your email in the morning will just stress you out. Many productivity experts recommend waiting at least an hour once you get to work before checking your inbox, so you can tackle your most important priorities calmly without getting distracted.

Be proactive. Take steps to improve your health and reduce your risk for serious illness. ■

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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:

#### Crusted Dijon Cod

with Dilled Fingerling Potatoes and Roasted Broccoli

By HELLO FRESH

**Cooking Time:** 35 mins.  
**Servings:** 4  
**Nutrition:** 460 Calories  
**Ingredients:**

Oil- 2 Tbsp  
Butter- 2 Tbsp  
Fingerling Potatoes- 24 oz.  
Broccoli Florets- 16 oz.  
Dill – ¼ oz.  
Parsley – ¼ oz.  
Garlic – 4 Cloves  
Lemon - 2  
Panko Breadcrumbs – ½ cup  
Cod – 24 oz.  
Dijon Mustard – 4 tsp.



PHOTO COURTESY: HELLO FRESH

broccoli florets on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Roast in oven until beginning to turn bright green, about 5 minutes (we'll be adding more items to the sheet later).

**4. Make crust and prep cod.** In a small bowl, combine parsley, lemon zest, panko, half the garlic, a pinch of salt and pepper, and a drizzle of olive oil. Pat cod dry with a paper towel, then brush fillets with a drizzle of olive oil. Season all over with salt and pepper.

**5. Roast Fish.** After broccoli has roasted 5 minutes, remove sheet from oven. Give broccoli a toss and push toward one side. Place cod on other side of sheet. Brush a thin layer of mustard onto tops of fillets, then press crust mixture into mustard. Return sheet to oven and cook until broccoli is tender and cod is cooked through and flakes easily, 8-10 minutes.

**6. Finish and plate.** Add 1 TBSP butter, remaining garlic, and dill to pot with potatoes. ■

**1. Preheat and Prep.** Wash and dry all produce. Preheat oven to 450 degrees. Cut potatoes into 1-inch pieces. Pick fronds from dill and discard stems. Finely chop fronds until you have 1 TBSP. Finely chop parsley. Mince or grate garlic. Zest lemon until you have ½ tsp zest, then cut into wedges.

**2. Boil Potatoes.** Place potatoes in a medium pot with a pinch of salt and enough water to cover by 2 inches. Bring to a boil and cook until potatoes are easily pierced by a knife, about 15 minutes. Drain, then return to pot.

**3. Roast broccoli.** Meanwhile, toss

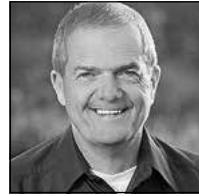
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# Playing Catch

BY MARK HOPPER



On a recent trip, my wife and I were able to visit some of our out-of-town grandchildren. They have grown up so much since we saw them last summer. It was delightful to spend time with them.

One grandson specifically requested that I bring a baseball and a glove so that we could play catch together. He has a glove and a ball, but you need two to play catch. I was glad to oblige.

One day we grabbed our gloves and a well worn baseball and walked to a nearby field. It wasn't a traditional baseball field. It didn't have a back stop, pitcher's mound or bases. But, it was covered with green grass and bright colored yellow wild flowers. It looked more like a mountain meadow than a baseball diamond.

We started to play catch. While we tossed the baseball

back and forth, and we talked. We talked about the weather and if it was likely to rain today. We talked about how beautiful it was with the fresh green grass and beautiful flowers covering the field.

We talked about some of the unusual rules that there are in baseball. For example, when you are batting and the catcher drops the ball on a third strike, you can still run to first base. There is a rule that says if you bunt the third strike into foul territory you are automatically out.

There is a rule that says if the pitcher hits the batter with the ball, the batter automatically gets to go to first base. And, there is another rule that says if a batter hits the ball over the outfield fence it is a home run, but if the ball bounces over the fence it is only a double.

We also talked about life. We talked about what it was like to be nine years old. We talked about his school and what he was learning. We also talked about his friends and what they are like.

I'm sure we talked about a lot more things. We played catch for quite a while. It was relaxing and casual. He dropped a few throws but he caught most of them. My grandson is a pretty good ball player. Who knows, maybe he will be in the majors one day.

But, regardless of what the future holds, I will remember playing catch with my grandson for a long time.

Let me encourage you to make a plan and take some time to spend with someone special in your life. It is not the activity that matters but spending time together.

Is there someone who has been asking you to do something with them recently? Have you put it off because you are too busy to do it right now? Don't let the opportunity pass you by. Make a plan and set aside some time to do something soon. You will be glad you did and they will too!

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# Spreading Good In The World

BY NANCY STOOPS



I am very blessed in that, as a therapist, I help people heal and then allow them to become the best version of themselves. This is truly why I was put in this world. As awesome as my life's work is, please don't underestimate the power that you all have in this world. Every morning when Midnight - my dog - and I are doing our miles of walking we always run into people in our neighborhood. It always amazes me how when they see Midnight they smile and when I say hello and wish them a beautiful day they light up. It's in the moment of connection with another being that we all

have the chance to spread the good in our world.

You may not be a therapist, but each and every day you all have the power to spread the good in the world. Saying hello and wishing somebody a beautiful day can make somebody's entire day. It's such a simple act of kindness and goodness and you don't need lots of letters after your name to do this. I chat with the crossing guards as they help Midnight and I make our way safely across the street. I chat with my neighbors and everybody I can. I wish them some good and they smile. It's about giving the gift of joy and spreading the good and ultimately changing somebody's day. If you and I offer this gift, then hopefully they will pay it forward.

Yes I am an optimist, and I do

have faith that we can change this world for the better. It starts with you and me and even Midnight. Together we can spread the good and help everybody understand that they have the power to make our world a better place.

*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 [nancyjstoops@verizon.net](mailto:nancyjstoops@verizon.net). You may purchase Nancy's books *Live Heal and Grow* and *Midnight the therapy Dog* at Amazon.com. ■*

# Straight Talk With Danice

*I dont want a gun- a letter from Evelyn*

BY DANICE AKIYOSHI, N.D.



Q: My husband has become very paranoid about all of the shootings that have been on the news. He owns several guns and he is always asking me to go with him to the shooting range to practice. I go with him so I can keep up my skills and I hope this will help him feel better, but now he wants me to choose a gun for myself. I do not want a gun for myself.

I do not really feel comfortable with guns. I carry a taser device instead and I don't want to go any further with my personal protection devices. He says he needs me to be prepared to protect our family in case he's not home, but guns are not for me. I don't want my own personal gun. I need your advice.

A: This is a personal choice. You have every right to make this decision for yourself. The fact that you accompany him to the shooting range and are willing to understand basic gun operations in order to protect your family is quite cooperative of you. If you don't choose to be a gun owner yourself, state that firmly to your husband. Let him know

that you've agreed with and taken the proper steps to back him up in an emergency but you are just not willing to take it to the next level of purchasing a gun for yourself. If he pressures you, then point out that he is acting in a way that is similar to the people he fears.

*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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## Our life: a place called brilliance

### OurLife from page 2

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A place where we're at our best, where we learn our calling, where we find ourselves. A place in our hearts and minds that is and always will be there once we gather the courage to seek it out within ourselves. A place we are so comfortable, so content, so adamant about being. Where we shine and feel the presence of how intelligent we are. Because when we feel it, we are only embracing what's already there. We are embracing something deep inside us all, a place called "brilliance." ■

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## Planes from page 1

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

## Attorney from page 1

ships, guardianships, and living trusts.

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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 courtroom.

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

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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.)

