

www.OURWEEKLYNEWS.com

Volume 19 • Issue 45 • May 20, 2017- May 26, 2017 • ANAPR.COM

Walnut

WV Students Honored at Lunch With the Principal

BY WVUSD

Walnut, CA—Nine students were treated to a sizzling reward for achieving their personal best during the 19th annual Benihana Lunch with the Principal on Tuesday.

Each of the nine elementary schools in the Walnut Valley Unified School District chose a

see Walnut page 11

Diamond Bar

Chaparral Students Make Global Connections

BY WVUSD

Diamond Bar, CA—Chaparral Middle School 8th grader Izzy Reedy and a dozen classmates learned about culture, education, weather, and even sports in Tanzania this year.

But, it wasn't by opening a textbook or conducting research on a computer.

The Diamond Bar students gained knowledge through a global connection with the

see DB page 11

Chino Valley Officials' Texts and Emails Must Be Disclosed on All Public Matters

BY MARISSA MITCHELL

Chino Valley, CA—In early March, the California Supreme Court ruled in a unanimous decision to disclose all public-related information regardless of source, a cause supported by open-government advocates. Cities in and around Chino Valley are looking to comply

with said ruling, which generally forces public employees, including politicians, to share texts and emails to public record, even when they come from personal devices.

This ruling came from a long-standing 8-year battle after the city of San Jose refused to release "private" texts and emails to a public records re-

quest. These texts and emails, sent by officials, discussed a downtown development project. According to the new ruling, the court stated that communication sent on personal cell phones and computers must be disclosed to the public

see Texts page 10

"Protect Chino" Launches Prop H Campaign



PHOTO BY: MICHAEL ARMIJO

The City of Chino will hold a special election on July 11 to vote on Measure H. If the measure is passed, 20 acres of rural land in North Chino will be rezoned, allowing home developer D.R. Horton to build 180 new homes.

BY MARISSA MITCHELL

Chino, CA—There is a grassroots group—“Protect Chino No on H”—campaigning against a large housing development that will be built if passed on special ballot July 11. Developer D.R. Horton plans to build 180 homes in north Chino if the special election ballot passes.

There is vehement opposition to this ballot in and around

the surrounding neighborhoods. If approved, the measure stipulates that 20 acres of rural land south of Francis Avenue would be rezoned. In place of rural space will be 12 single-family homes, 87 detached single-family homes, and 73 condos.

A community meeting will be held on May 20 at 4 p.m. at Wolfinbarger Landscape Store, 5675 Francis Avenue, in Chino,

for those opposing Measure H.

In response to this group, property owners of the rural land have organized a committee called “Support Chino Jobs and Schools, Yes, on Measure H.”

Currently, 30 acres of parceled land north of Cinemark Movies in Chino is zoned for one house per acre, possess-

see Chino page 10

In This Issue

Community Events	2
History 101	2
Our Life	3
Crossword	5
Healthy Living	8
Columnists	9
Schools	11

Inland Empire

Mother Kills 2-Year-Old; Sentenced to Life

BY MARISSA MITCHELL

San Bernardino, CA—Last week a mother, who physically assaulted her 2-year-old and inflicted what would become fatal injuries, was sentenced to

see IE page 5



PHOTO COURTESY: SBSD

Jaimi Roberts, 24, was sentenced to 25 years to life for involuntary manslaughter and assault after the death of her 2 year-old son in April 2014.

Our Featured Businesses

Competitive Coverage To Meet Your Family's Needs

STAFF REPORTS

Norco—At the Melanie Smith-Rice State Farm Office, 24-hour good neighbor service is at the forefront. Smith-Rice is confident that she can meet your needs for all insurance and financial services, and promises



Melanie Smith-Rice of State Farm Insurance in Norco.

see Insured page 10

Advanced Improvements Provides Comfort For Your Home

BY STAFF REPORTS

SoCal—Advanced Improvements is an expert in air conditioning and heating, water heating, water filtration, and solar power. For over 20 years, they have been providing eco-friendly, energy saving home and office comfort solutions



Advanced Improvements can be reached at (888) 698-8859. See their ad on page 12.

see Solar page 10

Weekly News

WEEKLY NEWS
EASTVALE NEWS
SGV NEWS
382 N. Lemon Ave #402
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

ADVERTISING SALES
909.464.1200
Director:
Diane Armijo

Account Executives:
Todd Salazar

Commercial Website



Website



The **Weekly News** is owned by Armijo Newspaper. It is directly delivered each week to homes and businesses. **Weekly News** is not responsible nor liable for any claims or offerings, nor responsible for availability of products advertised. All rights reserved. Reproduction in whole or in part without permission is prohibited.

Write to Us

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

The Weekly News
Please contact us at:

LETTERS:
382 N. Lemon Ave #402
Walnut, CA 91789

E-MAIL:
editor@anapr.com



A Real Estate Minute

BY GIL RIVERA



This is my first in a series of short articles giving you up date about the local real estate market.

We are all busy with our jobs, family and friends so I will make these articles short enough to read in "A Real Estate Minute"!

As for my background, I've been a State Certified Real Estate Appraiser for 25 years and have owned my real estate sales company, SellYourCasa.com, for the past 17 years. I appraise over 250 homes a year for refinances, sales, listings, trusts, bankruptcies, divorces, and estates. I've lived in Diamond Bar for the past 26 years. I appraise homes from Los Angeles thru the San Gabriel Valley to the Inland Empire and down thru North Orange County.

As I write this, May 2017 has come upon us and the 2nd financial quarter is almost complete. It is still a SELLER'S market! In the past few weeks, homes have been selling within 7-14 days! Ever since the interest rates went up at the end of March, the market has been booming. Why? Many Buyers who were sitting on the fence decided to take action before the rates rise again. Many buyers equals More offers which in turn yields Higher prices for Sellers!

Check in next time for more updates! ■

History 101

May 23, 1934: Police Kill Outlaws Bonnie & Clyde

BY HISTORY.COM

On this day in 1934, notorious criminals Bonnie Parker and Clyde Barrow are shot to death by Texas and Louisiana state police while driving a stolen car near Sailes, Louisiana.

Bonnie Parker met the charismatic Clyde Barrow in Texas when she was 19 years old and her husband (she married when she was 16) was serving time in jail for murder. Shortly after they met, Barrow was imprisoned for robbery. Parker visited him every day, and smuggled a gun into prison to help him escape, but he was soon caught in Ohio and sent back to jail. When Barrow was paroled in 1932, he immediately hooked up with Parker, and the couple began a life of crime together.

After they stole a car and committed several robberies, Parker was caught by police and sent to jail for two months. Released in mid-1932, she rejoined Barrow. Over the next two years, the couple teamed with various accomplices to rob a string of banks and stores across five states—Texas, Oklahoma, Missouri, New Mexico and Louisiana. To law enforcement agents, the Barrow Gang—including Barrow's childhood friend, Raymond Hamilton, W.D. Jones, Henry Methvin, Barrow's brother Buck and his wife Blanche, among others—were cold-blooded criminals who didn't hesitate to kill anyone who got in their way, especially police or sheriff's deputies. Among the public, however, Parker and Barrow's reputation as dangerous outlaws was mixed with a



PHOTO COURTESY: GOOGLE

romantic view of the couple as "Robin Hood"-like folk heroes.

Their fame was increased by the fact that Bonnie was a woman—an unlikely criminal—and by the fact that the couple posed for playful photographs together, which were later found by police and released to the media. Police almost captured the famous duo twice in the spring of 1933, with surprise raids on their hideouts in Joplin and Platte City, Missouri. Buck Barrow was killed in the second raid, and Blanche was arrested, but Bonnie and Clyde escaped once again. In January 1934, they attacked the Eastham Prison Farm in Texas to help Hamilton break out of jail, shooting several guards with machine guns and killing one.

Texan prison officials hired a retired Texas police officer, Captain Frank Hamer, as a

special investigator to track down Parker and Barrow. After a three-month search, Hamer traced the couple to Louisiana, where Henry Methvin's family lived. Before dawn on May 23, Hamer and a group of Louisiana and Texas lawmen hid in the bushes along a country road outside Sailes. When Parker and Barrow appeared, the officers opened fire, killing the couple instantly in a hail of bullets.

All told, the Barrow Gang was believed responsible for the deaths of 13 people, including nine police officers. Parker and Barrow are still seen by many as romantic figures, however, especially after the success of the 1967 film *Bonnie and Clyde*, starring Faye Dunaway and Warren Beatty. ■

Community Events

UPCOMING EVENTS:

chARTS: Author Talk- David Allen

When: Wednesday, May 24, 7:00 pm to 9:00 pm

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

Details: The Chino Hills Arts Committee (chARTS) is pleased to host Inland Valley Daily Bulletin columnist David Allen. Allen will read excerpts from his new book "Getting Started," which is a collection of humorous essays culled from the first four years of his column for the Daily Bulletin.

Contact: (909) 364-2826

Cost: FREE

Downtown Collectors Street Faire

When: Saturday, May 27, 8:00 am to 3:00 pm

Where: 100 & 200 block of E. 2nd Street, Antique Row, Pomona

Details: The Antique Row regularly plays host to the Collectors Street Faire. Treasure hunters from far and near pack the streets and stores to explore three blocks of antique vendors.

Part flea market, part festival, part open house. This is a fun and FREE popular event

Contact: ckhemming@hotmail.com

Cost: FREE

Newcomer's & Friends of SGV's "Meet and Greet Coffee"

When: Wednesday, June 7, 10:00 am

Where: Fireside Room, Santa Anita Church, 226 W. Colorado Blvd., Arcadia

Details: Arcadia and Pasadena, California. Are you interested in meeting new people, making new friends, exploring well-known landmarks, and enjoying new activities? Newcomers and Friends of San Gabriel Valley, a social club, invites local residents to attend their June meeting. This general meeting is a great way to meet the members of Newcomers and Friends and learn about the club's wide variety of daytime, weekday, fun activities. Anyone interested in joining is welcome to attend.

Contact: sgvnewcomers@gmail.com or visit www.

sgvnewcomers.com

Windsong Southland Chorale presents "Rememberance: A Concert"

When: Sunday, June 4, 4:00 pm

Where: Rock of the Foothills Lutheran Church, 4620 Wheeler Ave., LaVerne

Details: Windsong Southland Chorale will present a concert entitled Remembrance. The concert is dedicated to the memory of Dave Davis, long-time Windsong member, who served as Treasurer for many years. The Fauré Requiem will be the featured piece, along with selections by Eric Whitacre and Samuel Barber, and a piano solo by Felix Macovei.

Contact: To reserve tickets call (909) 983-9879

Cost: \$15 if ordered early; \$30/family; \$20 at the door

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.

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

Details: 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

Cost: Free Admission/Parking

REGULAR EVENTS:

Alcohol and Addiction Intervention Information

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

Where: Aurora Charter Oak

Our Life:

Is Anything Really Forever?

By MICHAEL ARMIJO

The hardest day of my life was a year ago in May. It was like every other morning with the exception that it was their anniversary. Mom and dad got up, went to brunch, went home, and then got into a little argument. My dad wanted somewhere to go to be by himself so he went to check on his rental property that was recently vacant.

I got home that night around 9 p.m. and found out my mother had called. Mom was wondering why dad wasn't home yet, but it was like him to stay at his rental property and fix things. Mom wasn't too worried, so I went to bed. A few hours later she called me again; "Your father still isn't home yet, now I'm worried." At a frantic pace, I went to his rental property and found his truck in the front of a darkened house. With a racing heart and fear to go in and find him, lying there, I called 911 for assistance.

LIFE MAKES A LEFT

I told the operator that I was afraid to enter the house by myself, I was afraid of what I might find. A sheriff deputy arrived and shined his flashlight on the front door. It was so dark at 2 am, I didn't even notice the front door wide open. We walked inside and there was my daddy, lying in the hallway, lying on his side without movement.

I remember yelling; "He isn't moving, why isn't he moving?" The officer grabbed me and dragged me outside, calmed me down, and told me to wait while he checked what was going on.

At that point I tried to convince myself he was asleep on the floor or just passed out. I was in complete denial that he would be gone – and gone forever – until the paramedics

came. They ran into the house in the hopes of helping a victim survive, but three minutes later they walked out. I wasn't sure what to do, but I knew one thing, I had to try to be responsible, I had to go home and tell my mom.

YOU NEVER KNOW WHAT TO EXPECT

When I told my brother and sisters the news of our father, I received a different reaction from each. But the strongest reaction embedded in my memory is the one from my mom. I called my sisters to help me tell mom about dad, but they lived so far away they couldn't be there for quite some time. I knew I couldn't let my mom wait that long, she was waiting for me to bring my father home. I knocked on my neighbor's door but they couldn't hear me from their back bedroom. It was at that time I realized that no one was around and I was going to have to do this on my own, so be it.

It wasn't the screaming or the crying that affected me so much; it was what my mother said. She was angry because she and my father had promised each other they'd leave this earth together. They made a pact. They had a deal. She was angry because he broke that pact. The deal was off. At that point I admired how strong their love was; I admired how much they really loved each other. So much so, they not only discussed how they'd be together, but how they'd leave together as well. I never knew this, and it saddens me that I had to find out about it this way. I guess sometimes regardless of what this life gives you, and regardless of how much you think you know, you find out that you never know what to expect.

A FIRST FOR EVERYTHING

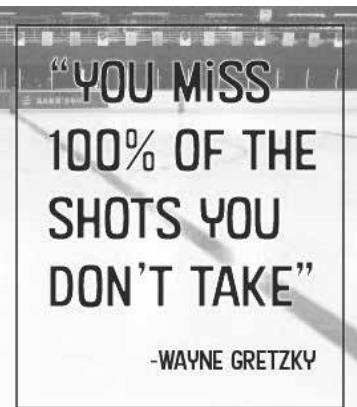
Whoever said, "the hardest time after a death is the first year" was right. It's been interesting and difficult. Death really does something to people; it really makes them change. You hear things you never thought

you'd hear; you see things you never thought you'd see. That first Thanksgiving, that first Christmas. The first time one of your parents isn't at your son's sixth grade graduation or your daughter's recital. Your kid's birthday parties, your son's little league games. You sit there enjoying yourself and then sense that something missing. The first time I felt stressed and dad wasn't there to tell me; "it'll all work out ok," was my hardest. Dad wasn't kidding when he told me; "there's a first for everything."

YOU NEVER KNOW

If there was one thing I've really had to push into my life is to enjoy it. If one of my children gets out of line or has done something wrong, I talk about it. I don't scream and yell, and I don't smack them. I never send them to bed on a bad note, and whenever I leave, I always give them a hug and a kiss (something my 12-year-old son tries to avoid, but I force it on him). I do this because my father and I had the worst relationship in the world. And then one day, for a reason only God may know, I confronted him with my feelings. We really opened up, laid it all on the table, and enjoyed ourselves. It took time for us to heal, but we worked on it, and in the end I had the fortunate opportunity to have a close and loving relationship with my dad. It was the fastest five years of my life.

We had fun, forgave each other, and told each other we



-WAYNE GRETZKY

loved each other. I am very fortunate to be able to say that I don't have any regrets about our friendship. I always wanted more from life but he always told me to "stop striving for bigger toys and invest yourself in love, because you never know, son, you just never know."

SOME THINGS ARE FOREVER

There's something about seeing your parents in enormous grief that does something to a person. They're your safety net in life, they're the one thing you can bet your life on who'll always take you back if you failed out there in the world. They're the ones that you knew would love you forever, regardless of what you've done or where you've been. When that gets destroyed or damaged, you come to the realization that you're definitely, and I mean definitely, on your own. Life becomes this big "do or die" situation. Ready or not it's time to grow up. You get kind of nervous that the encouraging source in your life is gone. The wisdom they provided turns into a distant whisper.

It's kind of like when you were in school; you'd walk into the class and find you were having a pop quiz. You felt this panic

overwhelm you, and you'd try your hardest to remember what the teacher told you the day before. You had no warning, no time to prepare, the test is here and it's now. You never anticipated this coming; it never even entered your mind. All you can do now is hope you were paying attention all that time, all you could do was hope you were a good student. Teacher's not going to give you any answers today; you are on your own.

A day will then come, when life tests you and your ability. After you feel confident you've passed that test you realize an important reality: just like the love you never knew that your parents shared, some things really are forever.

Originally published in August of 1998, this is the very first "Our Life" ever printed in The Weekly News, and the reason why we started this newspaper. It was after writing this story that I decided how short life was, and how important it is to do what you believe in. This story helped me realize what we believe in. Michael can be reached at Michael@anapr.com. ■

Become A Land Owner

**\$9000 Per Acre!
2 acres Water/Power
Joshua Tree**

**WE FINANCE.
Will trade for car/truck.
Invest or build a home or ranch.**

**Call 562-355-9579 for a FREE map.
Hablamos Español • www.landvesting.com**



Pick Up Your Copy!

In addition to delivering to homes and businesses, our papers are also available at these locations:

WALNUT

20/20 Vision
20687-6 Amar Road
(909) 468-9622

Animal Hospital
20670 E. Carrey Rd
(909) 594-1737

Clearwater Bagel
20747 E. Amar Rd.
(909) 598-4332

Curves
385 S. Lemon Ave.
(800) 704-5908

Daily Donuts
18766 Amar Rd.
(626) 913-1074

Farmers Insurance
378 N. Lemon Ave.
(909) 869-1077

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

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

NY Pizzeria
364 N. Lemon Ave.
(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

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

DIAMOND BAR

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 Branch Library
13180 Central Ave.
(909) 465-5280

Chino Chamber of Commerce
13150 7th Street
(909) 627-6177

Chino Commercial Bank
14345 Pipeline Ave.
(909) 393-8880

John's Hamburgers
13511 Central Ave.
(909) 902-5602

Parkview Real Estate
3873 Schaefer Ave., Ste. C
(909) 591-8477

Taco Dudes
5065 Riverside Dr.
(909) 591-3950

Why Sell Now?

By NEF CORTEZ



How can it be a good time to buy and at the same time a good time to sell?

Real Estate is local!

Although Macroeconomic factors are the overall influence on the real estate market, individual property values are most influenced by local market conditions. We have all heard the mantra "Location, Location, Location!" in describing the desirability of homes. The right area...the right school district... and for some people, even the right orientation.

So when is it a good time to sell?

Now would be a good time to sell and "move up", If you are going to outgrow your cur-

rent residence within 2-5 years, thereby locking in an interest rate that is still close to historical lows at just under 4 %.

If you are going to downsize due to retirement, or have become an empty nester, it is a good time to sell and lock in the dramatic gains achieved by the huge increase in property values over the last 5 years. Even if you go out and rent for a while, because you are not able to determine exactly where you want to settle in...it might be better to rent in a couple of different locations, sort of "scouting" those areas out to make sure you like them before making the permanent investment.

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

EXCLUSIVE
Special Offer!
EXCLUSIVE

JUNE, JULY & AUGUST
JIU JITSU
KICKBOXING
FITNESS *for only* **\$199!**

CALL: 626.977.1050 - WALNUTBJJ.COM
18856 AMAR RD, STE 4, WALNUT 91789

BRE License# 01854533

Parkview
REAL ESTATE

Professionally Serving ALL Your Real Estate Needs Since 1979
909-591-8477

• Stop by or call us today! • FREE Home Value Estimates Provided!
• We can save you thousands by beating any competitor's written listing commission offers!

3873 Schaefer Ave., Suite C, Chino



Tax Services (All Business Entities and Individuals) • Estate Planning Services
Comprehensive Bookkeeping Services • Payroll Services • QuickBooks Support & Training

646 N. Mountain Avenue, Suite 107 • Upland, California 91786
(800) 920-9200 Office • (909) 920-3996 Fax


Dr. Carmela Larino, O.D.



— WALNUT HILLS —
OPTOMETRY
"Because you know WHO will care for your eyes..."

Offering you...
• High Fashion Quality Frames
• Customized Contact Lens Options
• Thorough Vision Examinations
• Up-to-Date Treatment of Eye Diseases
• Specialized Care For Those With Diabetes
• Convenient Evening and Weekend Hours
• Friendly, Personalized Eye Care Service

**NEW YEAR!
NEW OFFICE!**


EYE CARE
BECAUSE VISION
IS A PRECIOUS GIFT
DR. CARMELA LARINO
DOCTOR OF OPTOMETRY
SERVING THE VISION NEEDS
OF OUR COMMUNITY WITH PRIDE


\$39 Children's Eye Exam Special!
"Limited Time Offer: \$39 Eyeglass Exam* w/ coupon"
*Restrictions Apply

Office Hours:
Tues/Thurs: 10 am- 1 pm & 3 pm- 7 pm
Wed/ Fri: 10 am- 1 pm & 3 pm- 6 pm
Saturdays: 9 am- 2 pm

We Welcome:
VSP
Eyemed, MESC, Healthy Families, School Districts, Medi-Cal/Medicare, Unions, Local 1428

Se Habla Español / Kababayan
(909) 594-1153
(626) 965-3878
NEW LOCATION:
18800 E. Amar Rd., #A5
Walnut/ West Covina

Luminary Leaders Presents
Women's UNSTOPPABLE Retreat
JUNE 23-25 2017

at the legendary
Riviera Resort Palm Springs

\$649* Early Bird Rate
until May 5, 2017!

Includes hotel & resort fees, transformational speakers, wellness gift bag, meditation & movement, vision boards, art from the heart, free bike rental, poolside reception, snacks, and meals (dinner Saturday is on your own).

Register TODAY! www.Eventbrite.com
Women's Unstoppable Retreat 2017!

JILL WAGNER CHLOE TATRO DIANNE CALLAHAN PATTI COTTON SHELLY HARRISON

* Rate after May 5 is \$699. Based on double occupancy. For more information, contact Shelly Harrison, Founder & CEO of Luminary Leaders: luminaryleaders@gmail.com or Event Marketing Director Dianne Callahan: diannecallahan@yahoo.com.

BALDY VIEW HEALTHCARE
Partners in Your Health

D.O.T. \$75
Physicals

Office hours:
Monday - Friday 9 AM - 5 PM
• Walk-ins welcome
• Weekend and evening appointments available on request
• FMCSA Certified

www.baldyviewhealthcare.com
(951) 270-0757

1780 Town And Country Dr. #103 • Norco, CA 92860

**Have A
Bouncy, Jumpy Day With
Koki's Bouncers!**

kokijr@yahoo.com

Koki's Bouncers & Party Supplies is insured

Koki's Bouncers & Party Supplies
Call Us
909-68-kokis
909-685-6547

Serving Eastvale & Surrounding Cities

SPIDEY
PARTY ENTERTAINMENT
By VISIONARTS

STRENGTH AND COURAGE SQUAD

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



f /STRENGTHANDCOURAGESQUAD
909.239.4644

Mother kills two-year-old

IE from page 1

25 years to life in state prison.

Hesperian mother Jaimi Roberts, 24, was sentenced for the crime she had been found guilty of on March 22 of this year: involuntary manslaughter and assault on a child causing death. Her son, Grant Dunn Jr., died of complications due to the injuries she inflicted upon him. Superior Court Judge Eric M. Nakata in Victorville imposed the term.

During the trial, jurors witnessed Roberts' video-recorded statement, in which she admitted she "dropped elbows" on her son's abdomen. After autopsy, it was found these stomach blows had ruptured his intestines and brought about his death two days later. She also re-enacted striking the child with her elbow in the video.

Judge Nakata stated, "For you to sit here and tell me this was an accident is outrageous." Roberts had claimed both in court and during interview that she was "play-wrestling" with her son, and that his death was an "accident." She claimed no

prior child abuse and insisted that they "play-wrestled" on April 22, 2014.

The prosecutor Deputy District Attorney David Foy indicated to the court that Roberts did not procure medical care for the 2-year-old for two days after the injury, even though the toddler was vomiting, could not stand, and felt cold sensations in his legs.

Quoting a probation report, Judge Nakata said: "The crime involved great bodily harm and/or other acts disclosing a high degree of cruelty, viciousness and callousness in that the victim suffered for an extended period of time after the defendant struck him, and made a conscious decision to avoid medical attention for him until after he lost consciousness."

Paramedics had gone into the Hesperia home of Roberts (then age 21) in the afternoon after the child had lost consciousness. The child was then hospitalized, but died later that afternoon from sepsis in the bloodstream – what occurs once internal organs have been ruptured.

Roberts will serve her sentence in state prison. ■

Gabrielino HS Earns State Exemplary Program Award for Art Education

San Gabriel, CA- Gabrielino High School has received a 2017 Exemplary Program Award for its outstanding visual and performing arts program, a distinction reserved for 23 of the 275 California Gold Ribbon schools honored in April.

The recognition shines a light on Gabrielino's 24 visual and performing arts courses – including speech and debate, visual arts and theater – and their ability to evoke creativity, collaboration, critical thinking and communication.

"We are proud to provide an engaging variety of educational opportunities and incentives to our students, like art gallery visits, meet and greets with professional artists, and classes for uncommon interests like stop motion animation," said Kat Ross, Gabrielino's visual

and performing arts department chairwoman. "Our dedication to a unique and well-rounded arts education is part of what sets Gabrielino apart."

Only schools that have been awarded the Gold Ribbon distinction can be considered for the Exemplary Program Award, which Gabrielino received this year for increasing English learner graduation rates and improving college eligibility for Hispanic students.

The award measures a program's excellence through several benchmarks, such as whether students can gain industry or academic certifications, whether the program provides adequate equipment and facilities and whether it proves accountability through internal and external program reviews.

"I'm thrilled for Gabrielino to

receive such a distinguished award because the work of art educators often goes unseen," Gabrielino Principal Sharron Heinrich said. "This state recognition validates the hard work of our visual and performing arts teachers."

In addition to arts education, Exemplary Program Awards were also granted for schools with outstanding career and technical education and physical activity and nutrition education.

"San Gabriel Unified is dedicated to providing the best academic and artistic programs for promoting student growth, and this award acknowledges our ongoing efforts," SGUSD Superintendent Dr. John Pappalardo said. "Congratulations to Gabrielino High School for the visual and performing arts program's phenomenal success." ■

YOUR AD HERE

CALL US TO FIND OUT HOW! (909) 464-1200

CROSSWORD

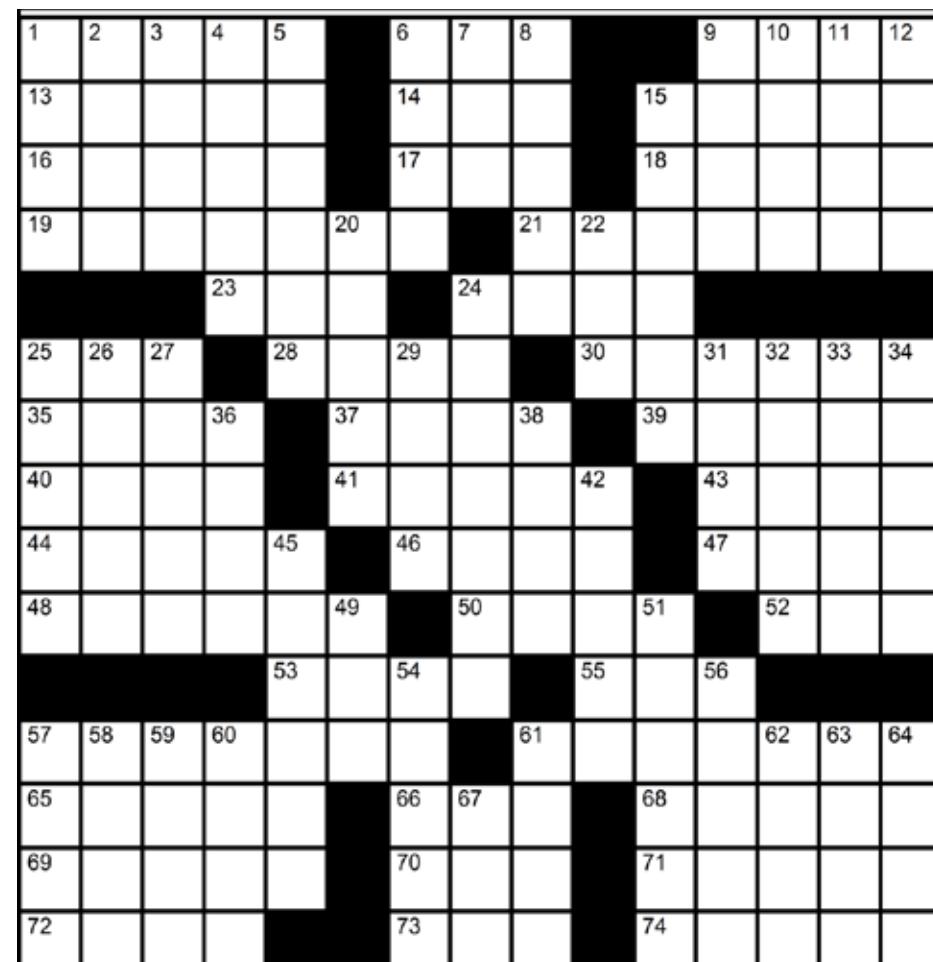
THEME: APPETIZING APPETIZERS

ACROSS

- Bluffer's game
- R&R spot
- "For" in Spanish
- Nimble
- Not square?
- South Korean port
- "Superman" Christopher
- Turkish military leader
- 1960s abstractionism
- * ____ eggs
- *Small decorative appetizer sandwiches
- Questionnaire check box
- Insubstantial
- Tank filler
- Willy Wonka mastermind
- #4 Down hometown
- Building extensions
- Charles Manson's home
- Eucharist plate
- Strip of wood
- Batu Khan's people
- *Chicken Satay is popular app in this eatery type
- Separate head from body
- Popular symbol of extinction
- Comme ci, comme ça
- *Served on a half-shell
- *These frog limbs are a French delicacy
- D.C. bigwig
- Two of a kind
- Beehive State native
- *Indian restaurant appetizer staples
- *Hors d' ____
- Mojave plant
- Tube in old TV
- Black ____ in "Pirates of the Caribbean"
- Papal court
- Porridge grain
- Broadway's famous orphan
- Bird feed
- Il to Romans
- Lodged with pigs

DOWN

- Leopard or such
- Curved molding
- Capital of Ukraine
- "Love Me Tender" singer
- Wound like an old movie
- Lil' Bow Wow's first name
- *Appetizer wrapped in a blanket
- Rapidly
- Between larva and adult
- Rush job notation
- Steak preference
- *Kids' appetizer: " ____ on a Log"
- Part with cash, reluctantly
- Dead-on
- Sun Tzu's " ____ of War"
- In sum
- Plaster of Paris on a canvas
- Homeless cat's home
- Poles and Serbs, e.g.
- * ____ cheese is not a dairy cheese
- Encouraging taps
- Community spirit
- Renter's paper
- *Blooming bulb
- Proofreader's mark
- *Serve soup
- " ____ One: A Star Wars Story"
- Indian Ocean's saltwater inlet
- Swedish shag rug
- Buddhists' sacred mounds
- Fancy tie
- Black tie one
- Cul de ____, pl.
- A fit of shivering
- Foal's mother
- "Metamorphoses" poet
- Football great ____ Graham
- Jasmine of "Aladdin," e.g.
- Cleveland, OH lake
- Dog trailer
- *Like a vegetable in crudité platter



dish

**Our Best
Deal Ever!**

DISH TV
\$39.99
MO
2 Year Price Guarantee

INTERNET
\$14.95
MO
Where Available

Free Installation!

Call Today, Save 30%! **1-800-318-5121**

for more information

© StatePoint Media

SOLUTION ON PAGE 10

Place an ad! For prices and information call (909) 464-1200



BOARD CERTIFIED PLASTIC SURGEON

DR. DEV WALI MED SPA

PREMIER BODY SCULPTING | COSMETIC SURGERY
SKIN CARE | FACIALS / PEELS | MED SPA

909-624-4440




Dev Wali, MD Linell Wagers, RN BSN
Board Certified Plastic Surgeon Medical Aesthetics Nurse

ULTRASONIC CAVITATION (LIPO SCULPTURE)



Our unique, one-hour fat loss procedure combines 3 treatments in every session for maximum results. **NO PAIN | NO NEEDLES | NO DOWN TIME**
\$69 (Reg \$250)
Limit 2 per person

BOTOX® Cosmetic

Botox
\$10 a unit & Free
Carboxy Eyes Treatment
(\$125 Value) With a minimum 30 unit Botox purchase
Limit 1 per person

ULTRA RF FACE LIFT



A Non-Surgical way to tighten your face and look years younger! Most people see results after their first treatment. **NO PAIN | NO NEEDLES | NO DOWN TIME. \$69 (Reg \$169)**
Limit 2 per person

THE LATEST EUROPEAN HYDRO FACIAL JET PEEL



Make It A Part Of Your Routine! This deluxe Hydro Facial Jet Peel focuses on deep cleansing, extractions, the removal of dead skin cells and impurities as well as lymphatic drainage. Lymphatic drainage, is a very gentle yet powerful technique which helps to detoxify the skin. This must-have treatment will leave your skin glowing, hydrated and refreshed. **\$75 (Reg \$150)**
Limit 1 per person

JUVEDERM



Luscious Lips! Get plump, kissable lips with minimal discomfort! Injections done by Linell Wagers, RN our Aesthetic Specialist
\$479 (Reg \$550) Per Syringe
Bring a friend and both pay \$450. Limit 1 per person

Honoring Women in Business

is celebrating the female physicians who care for our patients every day. These doctors share our dedication to creating a healthier community.



Physicians in Leadership

Left to right: **Dr. Patricia Bogema**, Medical Director, Home Health, Hospice, Home Health & Palliative Care; **Dr. Aimee French**, Medical Director, Intensive Care Unit & Skilled Nursing Facility; Seated: **Dr. Rupal Shah**, Chair, Family Practice; **Dr. Fari Kamalpour**, Medical Director, Hospitalist Program

The Female Physicians Serving Corona Regional Medical Center

Hermelinda Abcede, M.D.
Arti Amin, DPM
Arezou Aryai, D.O.
Anousheh Ashouri, M.D.
Fadia Attia, M.D.
Nawal Badran, M.D.
Crescencia Banzuela, M.D.
Rehana Baqai, M.D.
MiMi Biswas, M.D.

Patricia Bogema, D.O.
Linda Bosserman, M.D.
Irena Cabrera, M.D.
Judith Chung, M.D.
Xiaoying Cui, M.D.
Rosalie De Guzman, M.D.
Michelle Dinh, M.D.
Michele Domico, M.D.
Yvonne D'Sylva, M.D.
Aakanksha Fenster, M.D.
Pamela Foley, Ph.D.
Aimee French, M.D.
Afshan Hameed, M.D.

Naz Haque, D.D.S.
Tamera Hatfield, M.D.
Kristi Hebert, M.D.
Juliette Hunt, MD
Dina Iwai, M.D.
Rajini Iyer, M.D.
Fari Kamalpour, D.O.
Erin Katz, M.D.
Talat Khan, M.D.
Neelu Kohli, M.D.
Ama Lacy, M.D.
Joyce Lazarus, M.D.
Jeong Lee, M.D.

Jasmine Leong, M.D.
Doris Li, M.D.
Patricia Liao, M.D.
Roxanne Lim, M.D.
Darice Liu, M.D.
Cecilia Loh, M.D.
Vicky Mai, D.O.
Carol Major, M.D.
Laura Mayer, M.D.
Holly McCune, M.D.
Paulina Mendoza-
Mancini, D.O.
Joanna Meshreky, D.O.

Alicia Montanez, M.D.
Sudha Moola, M.D.
Talin Nemri, M.D.
Tina Ng, M.D.
Kim-Anh Nguyen, M.D.
Beibei Oelrich, M.D.
Angelita Palanca-Capistrano, M.D.
Aruna Pallapati, M.D.
Mithlesh Prakash, M.D.
Archana Rao, M.D.
Evangeline Reyes, M.D.
Patricia Samuels, M.D.

Anuradha Sathya, M.D.
Rupal Shah, M.D.
Susrap Song, M.D.
Mona Tafti, M.D.
Adina Tanasescu, M.D.
Vilaivan Tarin, M.D.
Melissa Taylor, D.O.

Sana Thara, M.D.
Meg Camille Tiangco, NP
Julianne Toohey, M.D.
Sukhdev Uppal, M.D.
Xiu-Jie Wang, M.D.
Julie Wareham, M.D.
Deborah Wing, M.D.

Need a Doctor? Call Direct Doctors Plus® at 800-882-4362

Physicians are independent practitioners who are not employees or agents of Corona Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. 160170



Partners In Health and Healing
800 S. Main Street • Corona, CA 92882



Tofu Apple & Walnut Sandwich

#REAL FOOD REVOLUTION

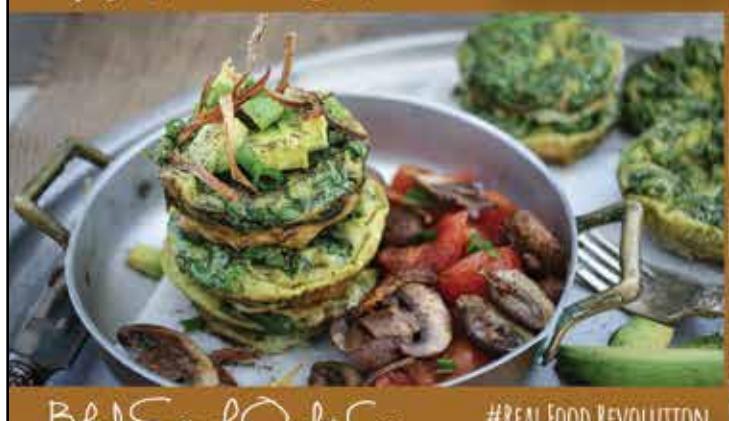
#REAL FOOD REVOLUTION

MAKE THESE RECIPES
& HAVE A CHANCE TO
WIN A \$100 RECIPE
SHOPPING SPREEGet these free recipe
cards and rules at any
Clark's Nutrition location

Our Family Serving Your Family Since 1972

Clark's **NUTRITION**®

& Natural Foods Market



Baked Spinach Omelet Cups

#REAL FOOD REVOLUTION

Organic Italian Parsley
(limit 10) 94901Organic Raspberries
6 oz pkg. (limit 6) 347Organic Broccolini
(limit 10) 93277

Nutty Berry Pie

#REAL FOOD REVOLUTION

99¢ per bunch

\$2.49 per pkg.

\$1.99 per bunch

ORGANIC
FRESH FROM THE FIELDOver 90% of Clark's
produce is organic!Look in-store for
the Organic icon
belowDeals Good
Through Tuesday
May 23, 2017Organic Baby Peeled Carrots
1 lb bag (limit 10) 033383902050Organic Green Cabbage
(limit 10) 94069Organic Tomatoes on the vine
(limit 5 lbs) 94664CHINO
12835 Mountain Ave.
(909) 993-9200LOMA LINDA
11235 Mountain View Ave.
(909) 478-7714RANCHO MIRAGE
34175 Monterey Ave.
(760) 324-4626RIVERSIDE
4225 Market St.
(951) 686-4757www.clarksnutrition.com

The Whole Enchilada

Open for Breakfast
Sat. & Sun. 7:30 am

www.WholeEnchilada.com

The Whole Enchilada **DINE IN SPECIAL**
2 for \$22

Each entrée includes choice of any 2:

- taco (shredded beef or chicken)
- cheese enchilada
- (2) taquitos- plus 2 fountain drinks or 2 Mug-A-Ritas served with rice and beans

Exp. 7/1/2017

\$22

With this coupon. Not valid Friday, Saturday, Sundays or Holidays. Not valid with any other offers.

The Whole Enchilada

1/2 off

With this coupon. Not valid Friday, Saturday, Sundays or on Tamale Orders. Not valid with any other offers.

The Whole Enchilada

\$5 off

With this coupon. Not valid Friday, Saturday, Sundays or on Tamale Orders. Not valid with any other offers.

ENTRÉE

Buy one entrée and receive the second entrée of equal or lesser value at 1/2 off.

Exp. 7/1/2017

Any Purchase
of \$25 or more.

Exp. 7/1/2017

Diamond Bar - (909) 861-5340
1114 S. Diamond Bar Blvd.
(at Grand next to Chase Bank)

Healthy Living

News Tips to Ease Recovery from Addiction



PHOTO COURTESY: (c) KASPARS GRINVALDS- FOTOLIA.COM

BY STATEPOINT

Those recovering from an addiction know what a major challenge the process can be on the body and mind, as well as on the wellness of friends and family supporting your endeavor.

While a physician should be consulted in working out a recovery plan, there are steps one can personally take to smooth the road ahead.

Thinking Positively

Recovery is an ongoing process, and won't be resolved overnight. Knowing this can help you stay motivated when the going gets tough. Acknowledging but also forgiving yourself for past mistakes is a good place to start.

Including family and friends who have been affected by your addiction in this healing process is important.

Feeling Your Best

Addiction puts major stress on the mind and body. Good nutrition and proper sleep can restore your body's systems and processes.

Seek out a diet that contains probiotics, which replenish the digestive system with beneficial bacteria that may have been depleted as a result of toxins and chemical overload, poor diet, bodily stress and overall poor digestive health. B-vitamins are needed to energize metabolism and proper cell and muscle function, and fish oil with omega-3 fatty acids is proven to support cognitive function and brain health, joint health, heart health, eye health and more.

However, keep in mind that it can be difficult to satisfy all of one's nutritional needs under normal circumstances, and can be even more challenging when your body is recovering from addiction. In addition to a healthy diet, consider seeking out supplements designed specifically for people in recovery, such as Recovery24, which was developed by addiction recovery experts and a board-certified nutritionist. ■

Recovery24 is designed to replenish your body's nutrients and support sleep, energy, healthy digestion, and overall well-being around the clock. The special formulation contains key nutrients such as probiotics, B-vitamins, fish oil, chamomile, jujube fruit, lemon balm leaf, phosphatidyl serine and antioxidants. The A.M. packs are taken with the first meal of the day and support sustained energy and mental focus. The P.M. Packs are taken 30 minutes before you go to sleep and support a calm, restful sleep.

The road to recovery is challenging and loved ones may also experience their own stresses, sleeplessness and nutritional gaps. Recovery24 supplements are safe and effective even for those not in recovery. More information can be found at TryRecovery24.com.

Get Active

Your road to recovery should involve new hobbies and interests. Start with some fun, physical activity to get your body moving, get healthier and boost endorphins. Whether it's training for a 5k or joining a pickup game of basketball in the park, exercise is a crucial component to your overall wellness.

Get Involved

Consider joining other local organizations -- from being an involved member of a religious congregation to participating in a local volunteer group to taking art or music classes at a community center. It's important to stay focused on positive, healthy activities and goals, and make friends and connections with people who are doing likewise.

Experts know that addiction recovery requires a multifaceted approach that addresses the mind, the soul and the body. While recovering from addiction, take the best care of yourself possible to support your goal. ■

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

Local Races/Hikes:

Geared: Trail Edition
When: June 3, 2017
Where: Crystal Lake Recreation Area
9877 N. Crystal Lake Rd., Azusa
Hosted by: Popular Mechanics
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:

Sriracha Turkey Burgers

with Sweet Potato Chips and Ginger-Dressed Greens



PHOTO COURTESY: HELLO FRESH

BY HELLO FRESH

Cooking Time: 35 mins
Servings: 4
Nutrition: 800 Calories
Ingredients:

- Sweet Potato- 2
- Shallot- 2
- Garlic- 2 cloves
- Ginger- 1 thumb
- Cilantro- 1/4 oz.
- Mayonnaise- 4 tbsp
- Sriracha- 4 tsp
- Ground Turkey- 20 oz.
- Soy Sauce- 4 tsp
- Potato Buns- 4
- Spring Mix Lettuce- 4 oz.

1. BAKE SWEET POTATOES.

Wash and dry all produce. Preheat oven to 450 degrees. Slice sweet potato into very thin rounds, like chips. Toss on a baking sheet with a drizzle of oil. Season with salt and pepper. Bake in oven until browned and crisp, about 25 minutes, flipping halfway through.

2. PREP AND MAKE MAYO.

Halve, peel, and mince shallot. Mince or grate garlic. Peel ginger, then mince or grate until you have 1 TBSP. Finely chop cilantro. In a small bowl, combine mayonnaise and up to 1½ tsp sriracha (use less to taste). Season with salt and pepper.

3. SHAPE BURGERS. In a large bowl, combine ground turkey, shallot, half the garlic, 2 tsp ginger, half the cilantro, ½ tsp sriracha (to taste), and 2 tsp soy sauce (we sent more). Season with salt and pepper. Form mixture into two patties. Season all over with salt and pepper.

4. COOK BURGERS Heat a drizzle of oil in a large pan over medium-high heat (use an ovenproof pan if you have one). Add burgers and cook until browned, 2-3 minutes per side. Transfer pan to oven and bake burgers until no longer pink in center, 5-7 minutes. TIP: If your pan isn't ovenproof, place burgers on baking sheet with sweet potatoes.

5. TOAST BUNS AND MAKE SALAD.

Split buns down center, then place on baking sheet with sweet potatoes to toast, 2-3 minutes. In another large bowl, whisk together a pinch of ginger, a pinch of garlic, and a drizzle of oil. Season with salt, pepper, and more garlic and ginger (as desired). Add spring mix and toss to coat.

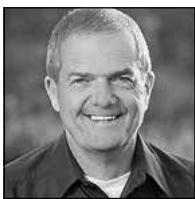
6. FINISH AND SERVE. Spread a little sriracha mayo on each bun, then top with a burger and remaining cilantro. Serve with salad, sweet potato, and any remaining sriracha mayo for dipping on the side. TIP: Add a little salad to your burger, if desired. ■

"It is health that is real wealth and not pieces of gold and silver."

-Mahatma Gandhi

A Cow Bell

BY MARK HOPPER



Many years ago my wife and I and a group of adults from our church traveled to Romania. We worked in partnership with a young pastor and growing church in the middle of the country. In addition to visiting their church in the city of Cluj, we spent a week together in a rural village near the Transylvania mountains. A number of young couples participated in a week-long marriage retreat.

In addition to daily discussions on marriage, there was also time for recreation and relaxation. The Romanians were just as competitive as Americans. Coed volleyball games were enjoyed by all of us.

One day during the week, I saw a line of cows walking down a dirt road near the field where we were playing volleyball. The lead cow had a small brass bell hanging from a strap around his neck. He was leading the other cows back into the village at

the end of the day from the grassy fields nearby. I told the members of our team that we were going to continue to play volleyball until the "cows come home". They didn't know how accurate my prediction was. We ended the game a few minutes later after the cows passed by us on the dirt road.

Recently while I was playing with our granddaughter at our house, she had discovered a small cow bell on a shelf in our bedroom. She was intrigued by its size and sound. She didn't know that this small bell was a gift from our friends in Romania. I had not noticed that bell for years, but it immediately brought back fond memories of our trip to Romania and the wonderful friends we met there many years ago.

You probably have some keepsakes and souvenirs that remind you of people and events in your life. You may have a picture or a plaque that brings back special memories of places you have been.

In one example in the Bible, the people of Israel piled up twelve large boulders along the bank of the Jordan River.

These large stones were to serve as a reminder that the Israelites crossed the Jordan River on dry ground (Joshua chapter 4). These large stones were to remind future generations of this remarkable event in their nation's history.

I think we all need visual, tangible objects to help us remember special events and special people in our lives. You probably have some things around your house - pictures, trophies, and souvenirs. Let me encourage you to take some time this week to look around your house or office and reflect on the memories you find there.

Take time to tell your children and grandchildren the meaning and significance of some of the things that are hanging on your walls or sitting on the shelves in your house. Maybe it is time to add a few new ones while you have the time. You will be glad you did and they will too!

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

GIFT BASKETS BY RITA

"We can create any basket within your price range."

Don't just tell your clients how much you appreciate them, Show them with a basket. Personalize the perfect basket for that golfer or fisherman. Order Today!!!

(909) 354-9610

GIFT BASKETS By Rita

We deliver & ship!

MasterCard
Visa
Discover
American Express

ritaivas86@yahoo.com
giftbasketsbyritarenee.com

Office, Professional, Commercial and Retail Space



Canyon View Offices at 21308 Pathfinder Rd., Diamond Bar

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

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

Happiness Is Free For Everybody

BY NANCY STOOPS M.A., M.F.T



They don't sell happiness at the mall or online. Happiness is free and available to all that want it. Happiness is in those indescribable amazing moments. Those moments that give you goose bumps and really let you know you are alive. I call them as-good-as-it-gets moments. I know the world feels hard but that doesn't mean we can't embrace the good and all the wonderful we have in our lives. I think the secret to happiness is in feeling grateful every day for all that we are blessed with and not taking all the little miracles about life for granted. The honor of being alive each day is truly a little miracle and an opportunity to be happy.

Take this moment out and take a moment to be grateful, to smile and to feel how you deserve to feel every moment of every day. Now think about what you allow to steal your happiness and make a promise to yourself that you no longer will allow that anymore. We all have hard pieces in our stories regarding our lives. It's in our reaction that we have the power. Even though we have disappointments, loss, trauma and bad experiences we still have the power to decide we really want to be happy. In fact in deciding we are going to be happy no matter what we are incorporating a fabulous coping skill into our tool boxes. Learning to love yourself helps with feeling you are deserving of happiness every day. Let go of the guilt and forgive yourself for whatever you have done. Self-pity is also the root to unhappiness. The past

needs to be something that we all just learn from. The present is truly a gift and an opportunity to be happy each and every day. Make today the day you forgive yourself and set yourself free by choosing happiness!!!

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. You may purchase Nancy's books Live Heal and Grow and Midnight the therapy Dog at Amazon.com. ■

Straight Talk With Danice

BY DANICE AKIYOSHI, N.D.



Dear Danice Akiyoshi,
My father has a terminal illness that he is in denial about.

He has asked me to take him house hunting close to the beach so he can have a better yard to enjoy the sun. He is frail and weak and I'm not sure that he can survive the move or get used to a new neighborhood. He sleeps a lot so I'm not sure when he's planning on enjoying this new yard that he talks about. He would also be moving away from his health provider

ers which he says he hates. None of this is logical to me, but I want him to be happy. Please help.

-Bob

Hi Bob,

Sometimes when people are faced with a difficult diagnosis they try to become involved in things that give them the impression that they are still involved in the process of life and true living. Do you think you could provide these feelings for your dad if you spent some days at the beach or in the mountains or even in the desert? We have so many wonderful locations in our area that help people feel like they're on a true get

away. The week end cruises might be a good idea too. Remind him that moving has far too many nasty tasks involved and that having fun and enjoying the nice weather is a possibility without the hardships of moving. I hope you find a way to enjoy this time together.

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. You can also visit her website at <http://www.candidcoachingservices.com>. ■

ANGIEL AIR INC.

Because it's Heavenly when we keep your Home comfortable

• Sales
• Service
• Installation

Licensed, Bonded, & Insured
License # 961290

(909) 923-9086

Home Improvement
12672 LIMONITE STE 3E #199
Corona, CA

angielair.net



FOLLOW US ON FACEBOOK!

Check out our page and give us a like at Facebook.com/TheWeeklyNews.

CROSSWORD SOLUTION



Chino Valley officials' texts and emails must be disclosed on all public matters

Texts from page 1

if they "relate in some substantive way to the conduct of the public's business."

In response, the city of Chino Hills has set up email accounts for all public commissions, and is provided a training workshop on Monday May 22 at 7 p.m. in council chambers. Assistant City Attorney Elizabeth Calciano will commence with the training that day.

Now, public officials will be subject to scrutiny on multiple levels. The thought is that they will be disinclined to conduct public business on personal devices or avoid scrutiny.

California Supreme Court Judge Carol A. Corrigan wrote of this recent ruling, "A city employee's communications related to the conduct of public business do not cease to be public records just because they were sent or received using a personal account."

In the city of Chino, email accounts will be issued to the planning commission, but not to the community services commission because it is not a "decision-making authority," according to spokeswoman Monica Gutierrez. Even prior to the San Jose court ruling, the city of Chino established a policy encouraging the use of city-issued cell phones and other such devices.

The Chino policy stipulates that all communication on city-issued equipment is subject to perusal at any time, and open to monitoring and public record requests. ■

The Chino Valley Unified School District spokeswoman Brenda Dunkle stated the district is awaiting recommendations in the middle of May from the CSBA (California School Boards Association) regarding this ruling. She also stated that the district's current technology use policy declares that any device accessing the district's network is not private, whether used on site or off.

Fire Chief Tim Shackelford stated he has iterated to his personnel only to use fire district servers and accounts to correspond, create, or store documents and communications related to district business. Training will also be provided for fire station employees.

Various news media representatives have called the decision "a resounding victory for the public." This new ruling sends a strong message that public officials and employees cannot evade public scrutiny by using personal accounts.

Local governments have expressed concerns about invasion of privacy for its workers, so further concrete details are to come from the California Supreme Court on just how to go about this monitoring. Executive director of the First Amendment Coalition David Synder stated, "If employees are conducting written business about the people's business on email, that ought to be available to the public. It shouldn't matter if the email is privately owned or owned by the government." ■

Advanced Improvements provides comfort

Solar from page 1

for Riverside, Orange, San Bernardino, San Diego and Los Angeles counties.

Advanced Improvements' mission is to build top quality home and office improvement projects on time, with exemplary customer service, and within your budget. Right now, Advanced Improvements is offering specials and discounts on a variety of their products.

Solar: Whether you're looking to go completely off the power grid, or just reduce your carbon footprint, Advanced Improvements can help by providing you with solar solutions. They offer both solar electric (photovoltaic) and solar thermal (solar water heating) technologies. The average solar system pays for itself in as little as four years. When you fit your home for solar, you can receive up to 30% in tax credits, and Advanced Improvements has 2.99% financing options available for solar upgrades (OAC).

Water Heating: Advanced Improvements carries a full line of different models and types of water heaters. They offer everything from traditional tanks and tankless, to the new hybrids and eco-friendly solar water heaters. Advanced Improvements specializes in tankless water

heaters, claiming the title of the largest tankless water heater installation company in the nation. They have installed over 10,000 tankless water heaters over the last ten years. Take advantage of their \$500 discount coupon on a Rheem Tankless Water Heater, or \$100 discount on a Rheem Tank Water Heater.

Water Filtration: Advanced Improvements offers water filtration systems that protect against hardness elements, iron, rust, sediment, and a variety of other substances that may be present in your water. Their systems are high flow and low maintenance machines that are designed for optimum performance. Ask about their \$500 discount coupon for Anti-Scale and Carbon Water Filtration systems.

Heating and Air: Advanced Improvements has trained professionals that provide expert analyses, top quality equipment, and skilled installation or repair of your heating and air conditioning equipment. They can give your home a heating or cooling system that is not only reliable, but efficient. They also offer heat pumps, gas furnaces, package units, air handlers, and cooling coils. Their current heating special will allow you to get \$1,500 off in factory rebates for qualifying systems. Also, ask about their \$75 special for a winter

tune-up for your current system.

Go Green: You can GO GREEN with Advanced Improvements, as they provide eco-friendly, energy saving, green products for your home and business. They can help you go completely independent with solar power, replace your heating and cooling system with a new high-efficiency unit, or lower your energy usage by installing a tankless water heater.

Advanced Improvements stands behind their products and services and is committed to excellence. They are also committed to the community. Owners Jason and Athena Hayes have lived in Eastvale for over seven years, and as homeowners, they love to see Eastvale flourish. Advanced Improvements has been the platinum sponsor for the Eastvale Community Foundation's Annual Golf Tournaments, and they will continue to invest in the City and support its growth. Make sure to ask about their \$500 discount coupon for Eastvale residents only.

• Make your home or business comfortable today with Advanced Improvements (Contractor State License Board #947761). Their office is located at 1352 E. Valencia Dr, Fullerton, CA 92831, and they can be reached at (888) 887-7808. Visit their website at www.AdvancedIMP.com, and see their ad on page 12. ■

Competitive coverage to meet your family's needs

Insured from page 1

to wow you with expert professional service.

A State Farm Agent since 1985 and a Corona resident since 1971, Smith-Rice understands the needs of the community and has worked hard to provide a palette of services that makes one-stop-shopping easy and affordable. Along with Auto insurance, Smith-Rice provides Home Owners and Renters Insurance.

"A home is a big investment, so let's make sure you have enough coverage at the right rate," says Smith-Rice. As well, protecting your personal property may be more

affordable than you think. "The average person has over \$200,000 worth of stuff that is probably not covered under your landlord's policy. That's where our State Farm Renters insurance comes into play," she adds.

More important than the care of your property is the care of your family. Along with Life Insurance, the Melanie Smith-Rice State Farm Office can provide various types of health insurance, including Long-Term Care should you become unable to care for yourself.

And for the business owner, Smith-Rice says, "I understand the needs of a business owner like you. Together we can help protect your business and plan

a roadmap for your financial future.

As if all this weren't enough, the Melanie Smith-Rice State Farm Office can provide you with financial services such as Mutual Funds, Annuities, and even Banking (yes, Banking!), including Bank Accounts, Credit Cards, and Loans.

Don't wait another minute to help ensure your family's well being. Call the Melanie Smith-Rice State Farm Office today, and get peace of mind in return. A staff of professional experts is standing by at (951) 734-5290, or Toll-Free at (888) 734-5292. They are located at 2027 River Road in Norco, in the Stater Bros. shopping center at Second Street and River Road. ■

"Protect Chino" launches Prop H campaign

Chino from page 1

ing the grazing land and 8 single-family houses. In a Chino City Council meeting in April, the council voted 4-1 to place Measure H on the ballot for citywide election.

Chairman of "No on H" Ed Layaye stated, "The neighborhood is very concerned about this project, "We're meeting weekly and figuring out how to compete with a multi-billion dollar corporation like D.R. Horton."

Former mayor Larry Walker is the group treasurer and

wrote the argument opposing Measure H, stating, "I've become aware of a dramatic number of developments cooking in Chino and it seems like everyone is a violation of the general plan," he said. "I told the people 40 years ago the general plan should be the guide for the development of Chino."

The property owners of the rural land are long-time Chino residents, and state that this development is a benefit for the city. Matt Evans and father-in-law Ron Brewer, stated that more than 600 Chino residents have expressed support for the project.

Evans declared, "Ron Brewer and I believe that Measure H will be a positive step forward for our entire community. It will enable young Chino residents the opportunity to raise their families here and offers new home ownership in an affordable part of the city."

Other owners echo this sentiment, saying that this development will lure more potential residents to Chino, thus bringing in more economical revenue to be used municipally.

Special ballot is to occur on July 11 of this year. ■

Sarah Marie's Creations

Custom Cakes, Crafts, & Creations



SarahMariesCreations.etsy.com
@SarahMariesCreations
/SarahMariesCreations

SarahMariesCreations.com
SarahMariesCreations@hotmail.com
(909) 992-9036

WV students honored at lunch with the principal

Walnut from page 1

hard-working student to celebrate during the special lunchtime adventure held at the City of Industry restaurant.

Congratulations to this year's fifth grade honorees: Aayati Sangal- Castle Rock, DJ Ruffin - Cyrus J. Morris, Estrella Gallegos - Collegewood, Alicia Agalos - Evergreen, Alice Shen - Quail Summit, Leah Owens - Maple Hill, Brianna Velez - Vejar, Sunny Morales - Walnut Elementary, and Emily Santos - Westhoff.

Personal chefs entertained audiences while creating flaming onion ring volcanos, drizzling eggs into a cartoon characters, and flipping shrimp tails in stovepipe hats.

After enjoying the teppan-style meal, principals took turns sharing success stories



PHOTO COURTESY: WVUSD

**WHY
PAY
MORE?**
**4% Total
Commission
with
Full Service!**

SellYourCasa.com
877.888.SOLD

Gil Rivera
REALTOR®
CALBRE #01213587

4%
TOTAL COMMISSION
FULL SERVICE
GRiveraEmail@gmail.com

These are some of my \$20 million in SALES in 2016!



520 Golden Springs Dr. #A
Diamond Bar - \$385,000



23846 Decorah Road
Diamond Bar - \$540,000



1107 Golden Springs Dr #D
Diamond Bar - \$335,000



1221 N. Diamond Bar Blvd
Diamond Bar - \$450,000



857 Silver Fir Rd
Diamond Bar - \$310,000



1202 Longview Dr
Diamond Bar - \$740,000



323 S Del Sol Ln
Diamond Bar - \$550,000



15234 Las Flores Ave
La Mirada - \$699,000



825 Rolling Hills
Fullerton - \$705,000



34230 Sundew Ct
Lake Elsinore - \$285,000



19810 Camino Arroyo
Walnut - \$740,000



455 Ocean Blvd #206
Long Beach - \$220,000



5609 Rosemead Blvd
Pico Rivera - \$420,000



9373 Calle Vejar
RCUC - \$400,000



4839 Sapphire Rd
Chino Hills - \$735,000

Chaparral students make global connections

DB from page 1

Gyekrum Arusha Secondary School, located over 8,500 miles away in East Africa.

Education specialist Kimberly Ramos formed the partnership with teacher Zaituni Njovu and her students through the World Education Connection program.

The students and teachers got to know each other by communicating back and forth using email and Google Hangout.

"They would ask lots of questions and post photos," Ramos said about the 21st century-learning technology.

"Anything I received from the teacher, I would post on Google Classroom to share with my kids."

Ramos said her students

embraced the program and were amazed with how many similarities they had with their new friends.

"The kids loved seeing each other. And the things we learned this year have had more meaning because we were able to connect with the other half of the 'Kilimanjaro Squad' on a personal level."

The relationship deepened when students recently held a campus clean-up project to provide supplies to the school in Karatu Urusha.

On May 10, global teams shared their thoughts of the power of connection during an inaugural World Education Day event.

Classmates Julia Brandt, Alex Ginez, and Reedy arrived before the 7:45 a.m. opening bell, eager to participate in the live global broadcast.

"Asante Sana!" the students exclaimed in Swahili while waving to one another.

"We got to experience the way they live and learn," Brant said. "I wouldn't have changed a thing about this experience!"

"I hope we can stay connected with the kids in Tanzania."

"The best thing has been the sharing," Ginez offered.

"We talked about our siblings, our pets, and hobbies. We have a lot in common."

Students said they also gained appreciation for their own lives after seeing the East African partner school squeeze 80 students inside a class with dirt floors and dilapidated furniture.

"It showed me to be grateful for what I have, and to respect elders and family," Reedy said. ■



PHOTO COURTESY: WVUSD

Spacious 2 bedroom, 2.5 bath residence., 2 Car detached garage. Highly rated schools. Upgraded Kitchen with Quartz counter tops and Cherry wood cabinets. Newer dishwasher, range and oven, and refrigerator. Upgraded carpeting, Imported Spanish tile and "Faux" laminate flooring in Living Room. Newer Washer and Dryer included. Newer A/C, water heater. "One way view" window screens. Security door. Private fenced patio Community pool and spa, as well as tennis court. Transportation nearby. Close proximity to freeways 10, 57, 71, etc

JUSTED LISTED

\$378,888



Call me for more information

Nef Cortez

Broker CalBre#00560181

English & Spanish (909) 762-2379, Mandarin 中文 (909) 802-4898

Cell # (909) 762-8135

E-mail: nefcortez@gmail.com Website: www.nefcortez.com

For more details SCAN this to your phone APP



SOLAR

POWER

Go GREEN for LESS



Install Micro Inverter Systems that produce 20% MORE POWER

Solar doesn't have to be expensive.

Our systems pay for themselves in as little as 6 years. Let us show you how buying solar with Advanced is **3 TIMES LESS EXPENSIVE** than leasing.



FREE Heating & Air Conditioning Unit
With installation of a complete solar system. Restrictions apply, call for details.

Interest
FREE
Financing
O.A.C.



OUR SYSTEMS ARE



888-698-8859
www.AdvancedIMP.com

ADVANCED
HEATING & AIR

ADVANCED
POWER & SOLAR