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Walnut

Run, Teach, Eat, Sleep, Repeat

Walnut High educator Jerry Knox breaks 3 World Records in 2017

By WVUSD

WALNUT, CA—To say that Walnut High teacher and alumnus Jerry Knox is passionate about running might be an understatement.

He laces up his running

see **Walnut** page 11

Diamond Bar

Memorial Day Traffic Explodes

By MARISSA MITCHELL

Diamond Bar, CA- This 2017 Memorial Day holiday, more southern California residents will be on the road than ever before, according to AAA.

The Automobile Club of Southern California states that this Memorial Day weekend will encounter the worst traffic to date, with the amount of cars on the road increasing. In the Southland, 3.03 million

see **DB** page 10

Memorializing a Vietnam War Veteran

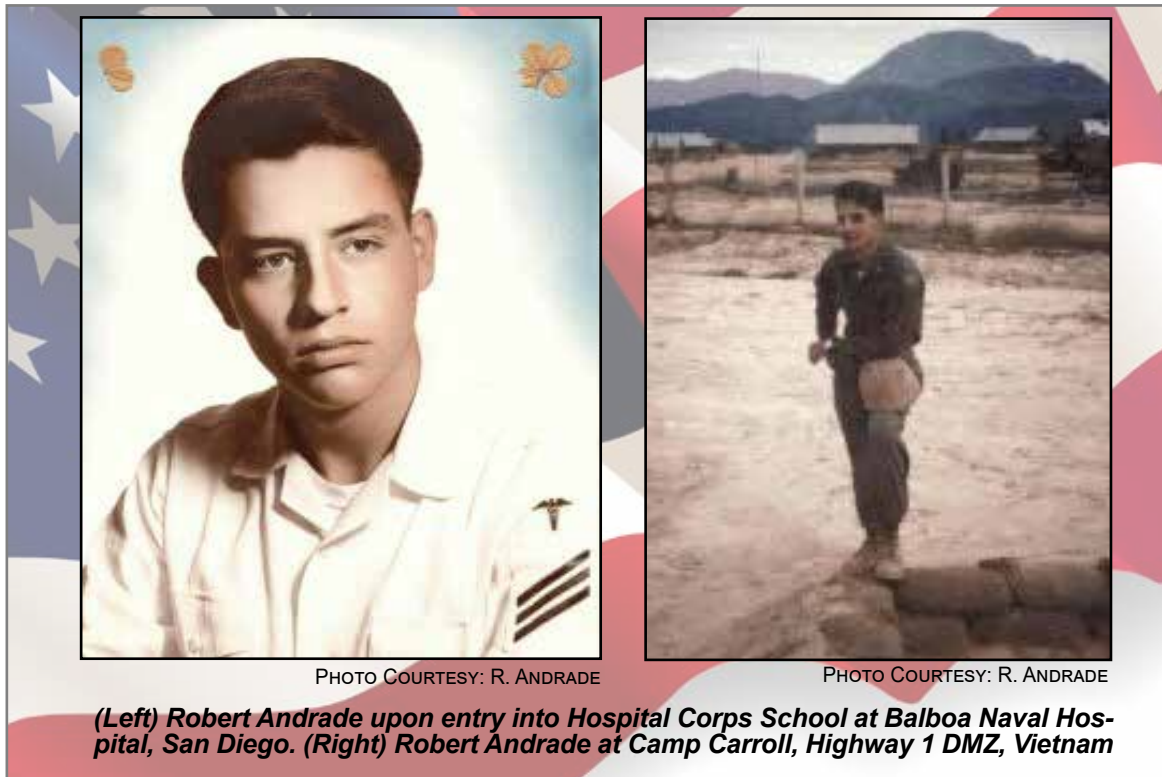


PHOTO COURTESY: R. ANDRADE
(Left) Robert Andrade upon entry into Hospital Corps School at Balboa Naval Hospital, San Diego. (Right) Robert Andrade at Camp Carroll, Highway 1 DMZ, Vietnam

By MARISSA MITCHELL

Chino, CA – Memorial Day is this May 29, and there is none better than Robert Andrade of Ontario, California to remind us of just how significant our veterans are.

Memorial Day honors the men and women who have

served in the U.S. military, particularly those who gave their lives. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

As a hospital corpsman, Robert Andrade served actively in the Vietnam War from

1966 to 1967, saving countless lives, and also bearing witness to many deaths. The widely unpopular Vietnam War was a long conflict that pitted the communist regime of North Vietnam and its southern allies (Viet Cong), against South

see **Veteran** page 10

Chino Hills Recreation Is On The Move, Literally



PHOTO COURTESY: MICHAEL ARMIJO

By MARISSA MITCHELL

Chino Hills, CA – Recreation in Chino Hills is now mobile. With its new “rec” van equipped to the tee with fun activities, Chino Hills Mobile Recreation is coming into local neighborhoods.

This year, the mobile recreation for the city has a

see **Recreation** page 10

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Eastvale

Wal-Mart Supercenter Coming Soon To Eastvale

By MARISSA MITCHELL

Eastvale– A new Wal-Mart Supercenter will be built in the city of Eastvale, as ratified by city council members. The Supercenter at large will feature Walmart and other stores,

see **Eastvale** page 5



Our Featured Businesses

New Tower Successful at San Antonio Regional Hospital

By SARH

Upland– San Antonio Regional Hospital is raving about with the opening of its new 52-bed Emergency Department and 92-bed patient tower earlier this year. The hospital's new Vineyard Tower not only provides the latest medi-

see **SARH** page 11



San Antonio Regional Hospital has opened the brand new “Vineyard Tower.”

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see **Insured** page 10



Melanie Smith-Rice of State Farm Insurance in Norco. See her ad on pg. 9.

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History 101

May 30, 1431: Joan of Arc Martyred

BY HISTORY.COM

At Rouen in English-controlled Normandy, Joan of Arc, the peasant girl who became the savior of France, is burned at the stake for heresy.

Joan was born in 1412, the daughter of a tenant farmer at Domremy, on the borders of the duchies of Bar and Lorraine. In 1415, the Hundred Years War between England and France entered a crucial phase when the young King Henry V of England invaded France and won a series of decisive victories against the forces of King Charles VI. By the time of Henry's death in August 1422, the English and their French-Burgundian allies controlled Aquitaine and most of northern France, including Paris. Charles VI, long incapacitated, died one month later, and his son, Charles, regent from 1418, prepared to take the throne. However, Reims, the traditional city of French coronation, was held by the Anglo-Burgundians, and the Dauphin (heir apparent to the French throne) remained uncrowned. Meanwhile, King Henry VI of England, the infant son of Henry V and Catherine of Valois, the daughter of Charles VI, was proclaimed king of France by the English.

Joan's village of Domremy lay on the frontier between the France of the Dauphin and that of the Anglo-Burgundians. In the midst of this unstable environment, Joan began hearing "voices" of three Christian saints—St. Michael, St. Catherine, and St. Margaret. When she was about 16, these voices exhorted her to aid the Dauphin in capturing Reims and therefore the French throne. In

May 1428, she traveled to Vaucouleurs, a stronghold of the Dauphin, and told the captain of the garrison of her visions. Disbelieving the young peasant girl, he sent her home. In January 1429, she returned, and the captain, impressed by her piety and determination, agreed to allow her passage to the Dauphin at Chinon.

Dressed in men's clothes and accompanied by six soldiers, she reached the Dauphin's castle at Chinon in February 1429 and was granted an audience. Charles hid himself among his courtiers, but Joan immediately picked him out and informed him of her divine mission. For several weeks, Charles had Joan questioned by theologians at Poitiers, who concluded that, given his desperate straits, the Dauphin would be well-advised to make use of this strange and charismatic girl.

Charles furnished her with a small army, and on April 27, 1429, she set out for Orleans, besieged by the English since October 1428. On April 29, as a French sortie distracted the English troops on the west side of Orleans, Joan entered unopposed by its eastern gate. She brought greatly needed supplies and reinforcements and inspired the French to a passionate resistance. She personally led the charge in several battles and on May 7 was struck by an arrow. After quickly dressing her wound, she returned to the fight, and the French won the day. On May 8, the English retreated from Orleans.

During the next five weeks, Joan and the French commanders led the French into a string of stunning victories over the English. On July 16, the royal army reached Reims, which opened its gates to Joan and the Dauphin. The next day, Charles VII was crowned king of France, with Joan standing nearby holding up her

standard: an image of Christ in judgment. After the ceremony, she knelt before Charles, joyously calling him king for the first time.

On September 8, the king and Joan attacked Paris. During the battle, Joan carried her standard up to the earthworks and called on the Parisians to surrender the city to the king of France. She was wounded but continued to rally the king's troops until Charles ordered an end to the unsuccessful siege. That year, she led several more small campaigns, capturing the town of Saint-Pierre-le-Moitier. In December, Charles ennobled Joan, her parents, and her brothers.

In May 1430, the Burgundians laid siege to Compiègne, and Joan stole into the town under the cover of darkness to aid in its defense. On May 23, while leading a sortie against the Burgundians, she was captured. The Burgundians sold her to the English, and in March 1431 she went on trial before ecclesiastical authorities in Rouen on charges of heresy. Her most serious crime, according to the tribunal, was her rejection of church authority in favor of direct inspiration from God. After refusing to submit to the church, her sentence was read on May 24: She was to be turned over to secular authorities and executed. Reacting with horror to the pronouncement, Joan agreed to recant and was condemned instead to perpetual imprisonment.

Ordered to put on women's clothes, she obeyed, but a few



PHOTO COURTESY: GOOGLE

days later the judges went to her cell and found her dressed again in male attire. Questioned, she told them that St. Catherine and St. Margaret had reproached her for giving in to the church against their will. She was found to be a relapsed heretic and on May 29 ordered handed over to secular officials. On May 30, Joan, 19 years old, was burned at the stake at the Place du Vieux-Marché in Rouen. Before the pyre was lit, she instructed a priest to hold high a crucifix for her to see and to shout out prayers loud enough to be heard above the roar of the flames.

As a source of military inspiration, Joan of Arc helped turn the Hundred Years War firmly in France's favor. By 1453, Charles VII had reconquered all of France except for Calais, which the English relinquished in 1558. In 1920, Joan of Arc, one of the great heroes of French history, was recognized as a Christian saint by the Roman Catholic Church. Her feast day is May 30. ■

Community Events

UPCOMING EVENTS:

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. Colora-

do 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: sgynewcomers@gmail.com or visit www.sgynewcomers.com

Windsong Southland Chorale presents "Remembrance: 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

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.

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

Our Life:

I Can Never Go Home Again

By MICHAEL ARMIJO

I've always played the lot-to with one intention: TO WIN! And when I thought about what I'd do with the money, I've always wanted to give my family careers, buy them all homes within the same block, and re-live all those days of sunshine that used to nurture my soul. It was a time and place I called HOME. But now that's no longer an option.

I no longer feel that way anymore, mainly because I've realized why I've always wanted to do all of this. I one day realized what was truly motivating my yearning to help my family.

When I was in my 20's our family would always get together. I think it was because my dad, the glue in the family tree, promoted that when you're a family, that's what we were supposed to do. We had to be friends, take care of one another, and love each other. There were no exceptions. But one day this entire philosophy died. Because my dad died.

Following those dark days after our loss, we soon fell apart as friends, and then as a family. We no longer speak, we no longer hang out, we no longer care for one another. We never see one another. And when we do, we act like we care, but it's obvious that we really don't. We only call when we need or want something. We don't even know where each other's homes are anymore. My best

friend of seven years told me last year: "I didn't know you had a brother." Subconsciously we're allowing one another to miss years of our lives.

In retrospect, I miss those days of love and friendship. I think that sometimes we did or said hurtful things to each other because we knew we were family. We always thought we'd be okay because we were supposed to love family to the end. We said or did whatever we wanted because we were supposed to love one another through thick and thin. Our poor judgment was always forgiven. All was forgotten. But now that's not the circumstance anymore. We somehow came to the conclusion that we were no longer family. We somehow felt that we were no longer accountable for each other. We could no longer forgive, I guess there were just too many bad things that happened and those incidents somehow erased our blood line.

After all of these life changing incidents, I now believe that there are some places you can never visit again. It's like being an aging rock star, or a former athlete. You have to somehow come to the realization that it's over. Times have changed. Regardless of what you do, regardless of how you act or how much money you have, you can never go back to those days of glory. You can never re-live that time in your life, those emotions, or that love. It's like the sun: you can gaze at it, remember its warmth, enjoy its rays of light, but you can never visit. You can never touch the sun, you can never go back in time, and I can never go home again. ■

Chino Hills Summer Concert Series Begins June 14th

By CITY OF CHINO HILLS

Chino Hills, CA— Chino Hills residents may have been worried that the City of Chino Hills Summer Concerts in the Park series had been reduced to four concerts this summer due to a mistake on a "What's Going on this Summer" wrap-up page in the City's Summer Recreation Guide and City News. No worries! The concert series continues to have eight nights scheduled including the Independence Celebration that will be held on the June 28th concert night. Activities at the Independence Celebration get an early start at 5:00 p.m. and continue till 9:00 p.m. The ceremony will begin at 6:45 p.m.

The first concert will be Wednesday, June 14th when "Wanted" a Bon Jovi tribute band will kick-off the season. The concert series will go dark on July 5th after the Fourth of July holiday. Something new for 2017... a later start time - 7:00 p.m. After conducting a survey regarding the concert series, the start time was moved from 6:45 p.m. to 7:00 p.m. For a schedule, please visit www.chinohills.org/Concerts. ■

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High End Falters

By NEF CORTEZ



The Real Estate market in Diamond Bar and Chino Hills are part of the higher end of the real estate market in the East San Gabriel Valley and the West San Bernardino County. The median home values of homes in these communities surpass by the thousands of dollars the median home values of many of the surrounding communities.

The median value of Diamond Bar homes is currently running at approximately \$650,000, according to Realtor.com and other real estate data aggregators. That represents a median price increase of about 4% in the last 12 months. According to Realtor.com, the median listing price in Diamond Bar is currently \$798,000, with the closing price of \$575,000. The median home value in Chino Hills is about \$629,000, and currently the median list-

ing price of the 272 homes that are for sale in Chino Hills is \$750,000, with a median closing price of \$623,000. According to Realtor.com, home values have gone up approximately 8.0% over the past year and are predicted to rise 3.8% within the next year.

What does this all mean?

Generally, when there is such a disparity between the median listing price and the median closing price, it means that the homes in the lower end of the real estate market are dominating the sales transactions volume. As a matter of fact, the homes in the lower end of the range are selling so fast (when they are priced right) that the median days on the market has dropped from about 65 days a year ago to 38 days on the market this year.

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 nef-cortez@gmail.com. Please feel free to email any questions regarding real estate. ■

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Wal-Mart Supercenter coming to Eastvale

Eastvale from page 1

bearing the name “Eastvale Crossings”

On April 26, the project was unanimously approved for building. It will be built on the southeast corner of Limonite and Archibald. In the center covering over 25 acres, the Walmart itself will be approximately 192,000 square feet and include a gas station. Subsequent developments on other parcels of land will be subject to city and Planning Commission review, according to City Manager Michele Nissen.

Per city planning documents, the project will also feature a drive-through pharmacy for Eastvale residents. Time frame for construction, however, has yet to be determined.

Walmart spokeswoman Delia Garcia stated by phone, “The approval is the first step. We’re very early in the process here.”

The planning project is projected to serve not just East-

vale but also the surrounding communities, including Ontario, Chino, Norco, and Jurupa Valley, said officials.

Garcia added, “We know that many of our customers are already shopping at other Wal-Marts in Chino and Corona, and this will be a convenience to our Eastvale customers, but we’ll also serve a broader area.”

This novel Wal-Mart supercenter is expected to garner around \$375,000 a year in sales tax revenue for the city, Nissen stated, which will help the city overall in many ways. In general, average sales tax revenue for any Wal-Mart supercenter can range from \$250,000 to \$900,000 per year, so the estimate is conservative.

“Those dollars go straight into the city’s general fund,” Nissen declared. “Ultimately, it’s up to the City Council and myself to decide how those dollars are spent, but it’s based on the needs of the community.” And, as a rapidly growing community, the needs are many.

Moreover, the new center is anticipated to help ease a challenge for the city, said Brandon Plott: “For the last six years, we’ve been able to maintain a solvent budget, but it’s been very challenging. The topic of gaining more sales tax revenue comes up and Wal-Mart brings that to the city.”

More revenue generated leads in turn to greater benefits of the community at large. Simply the project in and of itself is expected to create approximately 100 construction jobs and around 300 retail jobs for the city.

The Wal-Mart will include a full grocery department, giving citizens choices and flexibility in food shopping in and around the marketplace of Eastvale.

Plott stated, “It does bring a level of service to the city that the residents want. People can shop for something at a lower price and it brings a level of competition to the city, which is good for our local economy. I think people want to pay lower prices for products.” ■

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CROSSWORD

THEME: THE 1960'S

ACROSS

1. Diamond corners

6. CA's Santa ___ winds

9. At what time?

13. Music to a performer's ears

14. Yes move

15. Eurasian goat-like antelope

16. *The ___ Burnett Show"

17. Number in a pair

18. #10 Down, pl.

19. *Beach Party" garb

21. *Kind of 1960s "invasion"

23. Tokyo, pre-1868

24. *Wilder in 1968's "The Producers"

25. "Gross!"

28. 9th letter of Greek alphabet

30. Changes

35. High part of day

37. Narcotics agent

39. Donor recipient

40. Musical finale

41. Imprison

43. Funeral cloth

44. MC Hammer's "Too ___ to Quit" album

46. Command: "At ___!"

47. Popular acronym in education

48. Attractive to look at

50. Clarified butter

52. Greek H

53. Wise old man

55. Beaver's construction

57. *Civil Rights Act of 1964 signee

61. *Six-Day War nation

64. *Maker of "Mouse Trap" board game

65. Elbow rest

67. Exemplary

69. Mosquito - ___ disease

70. "The Old Man and the ___"

71. Ivy Mike, e.g.

72. Son of Aphrodite

73. Expression of doubt

74. Affirmatives

DOWN

1. *Home to "Doctor Who" starting in 1963

2. United ___ Emirates

3. Rani's dress

4. Call forth

5. Forward slashes

6. ___perspirant

7. *Betty Friedan's org.

8. Acrobat maker

9. *Beatles song on "Rubber Soul"

10. Audiophile's praise

11. Shining armor

12. *Crosby, Stills & ___

15. Protection from a sword

20. Nary a soul

22. Ribonucleic acid

24. Waste basket contents

25. *The Man from ___"

26. Soft and sticky

27. ___podge

29. Wild no more

31. Bests

32. Related on mother's side

33. Find new tenant

34. *Point of origin of Alabama marches

36. Lack of guile

38. *Folsom State Prison visitor

42. Orchestra section

45. Disorderly fight

49. ___-tzu

51. Like a smell of soil

54. Grind teeth

56. Not yes, nor no

57. Be compatible

58. Wafting output

59. Life saver

60. Grannies

61. Allah's cleric

62. "Iliad," e.g.

63. Tart garnish

66. Dream time

68. *The Munsters" network

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Healthy Living

Natural Ways To Support Infant Health During Pregnancy



PHOTO COURTESY: (C) POLOLIA - FOTOLIA.COM

BY STATEPOINT

In the last 10 years, scientists have learned that having enough beneficial gut bacteria is a critical component of overall health. Now, research shows that ensuring newborns have sufficient exposure to probiotic bacteria during infancy and early childhood can give them a head start on lifelong wellness.

What makes bacteria so important? Well, with nearly 80 percent of the immune system residing in the gut, a healthy microbial makeup from birth is essential for proper immune system development and optimal digestive, metabolic, and brain function.

When looking to encourage a healthy infant microbiome (AKA the array of bacteria and microorganisms in the body), science tells us that the mother's gut health is key.

Here's how it works: during pregnancy, babies are exposed to their mother's bacteria in the placenta, which harbors a variety of microbes. A baby's immune system begins to develop just after birth, during which a mother passes on her beneficial bacteria to her child (often termed "seeding the microbiome") as he or she passes through the vaginal canal and partakes in breast milk and skin-to-skin contact.

Then, through an interactive connection between host cells and the baby's brand new gut microbiome (inherited directly from the mother), helpful microorganisms selectively colonize the gut and participate in the maintenance and promotion of the child's immune system.

Expecting and nursing mothers can be proactive by ensuring their gut health is in tip-top condition, since the microbes they pass on to their infant can help establish a solid foundation for lifelong health.

In addition to directly replenishing their good bacteria, moms should do

their best to stay well-rested and properly hydrated while paying close attention to their diet. Focusing on getting proper prenatal nutrition in the form of whole and plant-based foods, especially those rich in prebiotic fiber is important. It's also helpful to be mindful of factors that deplete good bacteria, like antimicrobials, stress, environmental toxins and exposure to unnecessary antibiotics.

Many doctors, midwives and other experts are touting the health benefits of one supplement for expecting and new mothers believed to increase a child's chances for a healthy start at life: probiotics.

"As a mom, the best gift you can give your baby is a healthy microbiome," says Jamie Morea, co-founder of Hyperbiotics, a company that specializes in probiotic supplements and has developed the first probiotic formula designed specifically for pregnant and breastfeeding women.

Hyperbiotics PRO-Moms includes time-release delivery for enhanced effectiveness, ensuring the living organisms survive stomach acids to colonize within the gut.

Not only can probiotics help with digestive discomfort during pregnancy, but an effective supplement can repopulate a mother's system and help ensure she is passing on the best and most beneficial bacteria to her children.

To learn more about how to support optimal gut health for moms and babies, visit hyperbiotics.com or join the conversation on social media at [#followyourgut](https://twitter.com/followyourgut).

Because gut and microbial health have an overwhelming impact on lifelong wellness, tending to it while expecting is one of the most important things to consider for mothers-to-be in order to properly pave the path of health for little ones. ■

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 Neve'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
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(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:

Melty Monterey Jack Burgers

with Red Onion Jam and Zucchini Fries

BY HELLO FRESH

Cooking Time: 35 mins

Servings: 4

Nutrition: 860 Calories

Ingredients:

- Garlic- 2 cloves
- Red Onion- 1
- Zucchini- 2
- Mayonnaise- 3 tbsp
- Balsamic Vinegar- 4 tbsp
- Panko Breadcrumbs- 1/2 cup
- Dried Oregano- 2 tsp
- Ground Beef- 16 oz.
- Monterey Jack Cheese- 1 cup
- Potato Buns- 4
- Ketchup- 4 tbsp

1. **PREP** Wash and dry all produce. Preheat oven to 450 degrees. Mince or grate garlic until you have 1/4 tsp (you may have a clove left over). Halve, peel, and thinly slice onion. Cut zucchini into 3-inch-long pieces, then halve each piece lengthwise. Cut each into thin wedges.

2. **MAKE AIOLI** In a small bowl, mix together 1 1/2 TBSP mayonnaise (we sent more) and as much of the garlic as you like. Season with salt and pepper.

3. **MAKE ONION JAM** Heat a drizzle of oil in a large pan over medium heat. Add onion and cook until caramelized, 8-10 minutes, tossing occasionally. Stir in balsamic vinegar and 1 tsp sugar. Continue cooking until syrupy, 1-2 minutes more. Season with

salt and pepper. Remove from pan and set aside in another small bowl.

4 **MAKE ZUCCHINI FRIES** While onions are cooking, toss together zucchini and 1/2 TBSP aioli in a medium bowl until wedges are evenly coated. Add panko, oregano, and a large pinch of salt and pepper and toss so that crumbs stick to zucchini. Spread on a lightly oiled baking sheet. Bake in oven until panko is golden-brown, about 15 minutes, tossing halfway through. TIP: It's OK if not all the breadcrumbs stick.

5 **COOK BURGERS** Wash out pan you cooked onions in. Heat a drizzle of oil in same pan over medium-high heat. Shape beef into two 4-inch-wide patties. Season all over with salt and pepper. Add to pan and cook until burgers almost reach desired doneness, 3-5 minutes per side. Top each with Monterey Jack cheese. Cover pan until cheese melts, about 1 minute.

6 **FINISH AND SERVE** While burgers cook, split buns in half and place on another baking sheet. Toast in oven until golden, about 3 minutes. Spread split sides of buns with ketchup and remaining aioli. Top each with a burger and as much onion jam as you like. Serve with zucchini fries on the side. ■



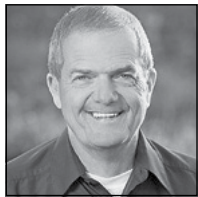
PHOTO COURTESY: HELLO FRESH

"Take care of your body. It's the only place you have to live."

-Jim Rohn

Memorial Day

BY MARK HOPPER



My wife and I visited Arlington Cemetery with our children many years ago. It is a vast area outside of Washington, D.C., where thousands of military veterans are buried. It is one of the best known cemeteries in our country. Both Privates and Presidents are buried there.

Our family has also visited the military cemetery in Gettysburg, Pennsylvania. A bloody military battle was fought at Gettysburg during our nation's Civil War in 1863. The headstones list the names of each soldier and the states where these fallen veterans were from.

About ten years ago, my son and I had the opportunity to visit the beaches of Normandy, France. This was the location of the largest amphibious invasion in history. Troops from Canada, England, America, Australia, New Zealand and other allied

nations came ashore to begin the liberation of occupied Western Europe.

Above the wide sandy beach is the American military cemetery. My son and I walked through the endless rows of Crosses and Stars of David that mark each burial plot. It is a stark reminder of the high price that was paid by American soldiers and sailors to secure a beachhead in France in 1944. The war in Europe ended a year later.

Did you know that there are also military veteran cemeteries here in Southern California? There is a National Cemetery in West Los Angeles and another in Riverside. There are also military cemeteries in San Diego.

All of these cemeteries are dedicated to honoring the men and women who have served in our nation's military. Some of these people died in battle. Many more survived their military service and have been buried in a veteran's cemetery at the end of their lives.

On the last Monday in May, our nation celebrates Memo-

rial Day to honor and remember the men and women who lost their lives serving in our nation's military. It is a day to reflect on the lives that have been lost and the price that has been paid to defend our nation's freedom.

Someone said that "freedom is not free." The freedoms that we enjoy everyday are a result of the sacrifice of men and women who have served in our nation's military.

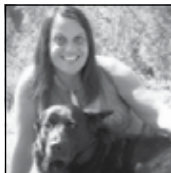
During the last few days in May, you will see American flags in many local cemeteries. Thousands of volunteers from various service organizations give their time to place American flags on the graves of military veterans.

I hope that you will pause and reflect on what these flags represent. Take a moment to remember those who have served in our nation's military. Take a moment to appreciate the sacrifice of those who died in military service.

Efree Church of Diamond Bar 3255 South Diamond Bar Blvd (909) 594-7604 Sunday services: 9:00 & 10:45 AM. Efreedb.org ■

Don't Ever Stop Believing

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



We are going through some hard times right now. There are many people losing their jobs, their homes and many budget cuts to very important programs are taking place. I still believe things can be turned around. I still believe that people are basically good. I still believe anything is possible with hard work and tenacity. I refuse to give up in believing that all great things are possible. They say people or things have to hit rock bottom before getting better. But, take a look around in all that is still right with our world. Take a look around at all the good that still goes on in our world and our community.

Please don't use the state of the world as a reason to stop believing. They say all things happen for a reason. I don't know why people have to suffer. I don't know why bad things happen to good people. I just know that I believe in the good this world still has to offer. I also believe our efforts to be our best do get rewarded. It may take some time to see the results of one's hard work. Please don't become a victim of apathy or anger because you feel every road you take becomes a dead end. Remind yourself that there are unlimited roads to travel down, and that eventually you will discover the right one. We must learn to be happy with the baby steps that occur when we want change yesterday. Just for a moment think back to a time that you that would never change or get better, yet it did get better

and so did you. I have to believe things will get better. We need to remember why we are here and how powerful we are. We need to remember that having faith in our world and each other is very healing and can lead us to finding that the right road!

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 nancy-jstoops@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 mom owns a rental con-



do that she is allowing me to stay in rent free for my last year in college. The arrangement is that I rent the extra bedroom to a friend and the rent they pay is to help with some of my expenses. I also work part time to help with some of my own expenses too. My problem is that my roommate knows that the money she gives me is for my own expenses and not really to make a rent payment. She is always late or she doesn't have the full amount and I'm in the awkward situation of

having to ask her for the money. Last week she screamed at me and called me selfish because I pressured her for her rent because I need to go to the dentist. We are hardly talking now. She was once a good friend. I'm miserable.

-Candace.

Hi Candace,

It's nice that you were able to have your friend be your roommate, but it looks like she is confused about the differences between friendship and business. When it comes to her needing to pay her agreed upon portion of the rent, this is simply a business transaction and should not be confused with any other aspect of your relationship. She is relying on your friendship and your mother's

generosity to take advantage of you. Give her proper notice and get a new roommate. Next time don't divulge the details of your mom's generosity. That is between you and your mom. Don't set yourself up to be prey for an opportunist.

Good Luck

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@candid-coachingservices.com. You can also visit her website at http://www.candidcoaching-services.com ■

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CH recreation is on the move, literally

Recreation from page 1

new summer schedule, beginning June 12th through August 11th (closed on major holidays). The self-contained recreation vehicle will visit various neighborhoods to provide fun activities in a safe environment for children from Kindergarten through 6th grade.

Kids can enjoy arts and crafts, sporting activities, outdoor games, board games, team building activities, and healthy snacks, all provided with materials from the van. Mobile Recreation is a free program that the city of Chino Hills provides that allows children to come and go as they please. However, participants are required to sign in and out, and each child must have a signed emergency

card on file.

The schedule is subject to change due to other events and/or weather conditions. Call the Chino Hills Field Conditions Hotline at (909) 364-2738 to determine if Mobile Recreation is cancelled for the day.

The following is the schedule for the mobile recreation van for the city of Chino Hills:

Mondays 10:00 a.m. to 1:00 p.m. Danbury Park 15701 Fairfield Ranch Road

Tuesdays 10:00 a.m. to 1:00 p.m. Butterfield Park 17671 Mystic Canyon Drive

Wednesdays 10:00 a.m. to 1:00 p.m. Chino Hills Community Park 3280 Eucalyptus Drive

Thursdays 10:00 a.m. to 1:00 p.m. Chaparral Elementary School 4849 Bird Farm Road

Fridays 10:00 a.m. to 1:00 p.m. Alterra Park 4921 Soquel Canyon Parkway. ■

Memorial Day traffic explodes

DB from page 1

people are expected to travel, and approximately 4.89 will travel statewide.

An informal Facebook poll describes that many SoCal residents plan to stay at home.

The first polled answer chosen was, "We live where other people go to vacation."

Many beach cities prepare for an influx as non-residents look for a nice place to spend Memorial Day weekend, including Laguna Beach, Newport Beach, Huntington Beach, and Seal Beach.

In San Clemente and Laguna Beach, there will be offering ferrying services via trolleys to and from the city and the beachfront. The city as a whole has been preparing for an influx of bicycles and pe-

destrians.

Among Southern California travelers, 2.52 million are expected to travel by car, which is a 2.9 percent increase from last year's 2.45 million, according to Triple A.

The top five Memorial Day destinations for Southern California travelers this year are the following:

- Las Vegas
- San Diego
- the Grand Canyon
- San Francisco
- Yosemite

Filomena Andre, the Auto Club's vice president, stated, "One significant trend we are seeing this year is solid growth in the number of air travelers, which also tends to signify longer vacations that are a greater distance away from home." ■

Memorializing a Vietnam War veteran

Veteran from page 1

Vietnam and its principal ally, the United States against the backdrop of the Cold War.

Born April 19, 1947 in East Los Angeles, Robert was 17 years old when he entered the military, and had just turned 18 when he entered Vietnam. There were many 18-20 year old boys who served alongside him. As a camp officer at the Balboa Naval School, Robert learned he was "one of many." He was assigned to the Marines and trained as a medic.

Robert entered Vietnam in 1966 in his battalion knowing he would go directly into the line of fire in his duty to save lives. He was first sent up to the DMZ – the "demilitarized zone" of the border of South and North Vietnam.

"We were in the jungles. We were in monsoon season. We saw tiger tracks....so not only were we fighting the North Vietnamese Army, but we were being tracked by tigers," Robert recalled. There were many casualties.

As a Hospital Corpsman, Robert stated, everyone on his team was interdependent on one another: "We had a true band of brothers," he noted, "and many of the guys didn't make it back."

In one case, Robert remembers a good friend of his – just 4 days from being flown home – being sent out on a two week operation. This young African American soldier named Nelson Queen, who Robert called, "one the gentlest spirits I have ever known" died in a firefight that week.

Robert remembers those soldiers who had wives and children they had never even held dying in combat. Two

men who had been born in the same small town in Texas were close to their returning date and had plans to reunite at a local cantina back in the States; both were killed by the same mortar.

Memories from war are scarring and graphic. Robert stated, "When someone is shot, they don't fall over like in the movies. They just drop like a marionette when the strings are cut." It is brutal.

As a medic, Robert would go up to the injured and discover where they were hit. "One thing I'm most proud of, if anything," Robert declared, "was my contribution as a medical professional, that I was able to keep them alive until the Med Evacuation arrived by helicopter." He then recounted how they as medics were often forced to push and even throw the injured soldiers into the helicopter with their wounds.

"The helicopter pilots were never given enough recognition for their bravery," he stated. They went straight into the line of fire. "I never got to say thank you to those pilots," he continued.

Every person "in country" (in Vietnam) possessed a responsibility to protect one another, to help one another. The helicopters would land and Robert and his group of hospital corpsmen would jump out; the helicopters would return during and after the firefights.

"The experience in Vietnam was true democracy – nobody was better than anyone else. We were all a living organism that supported each others' various parts."

According to Robert, there is no truer saying than that depicted at the Veteran's Hospital: "All gave some, and some gave all."

Upon returning to the United States, Robert and all who served in the war were treated with a great deal of anger and contempt from American society at large. Vietnam was not a popular war. They suffered from PTSD and were helped by the Veteran's Association, but images and experiences had burned scars into their memories. Later on at UCLA, Robert would join the protests against the war, knowing just what occurred there.

"No one should ever have to experience war," he stated. "I see Afghanistan and Syria at war, and it hurts so much to see the children of war who have done nothing to deserve what's happening to them in their lives. The politicians have never put the welfare of the children in front their goals."

Robert agrees with the saying that old men send young men to fight wars. He concluded his interview with the following statement:

"This Memorial Day, I go quietly through the day. Not that I am ashamed...It is only that I feel the pain of those family members who lost loved ones. I am reminded that death is about the living. I have visited Washington D.C. and stood before the Vietnam wall and openly cried. I have seen the traveling wall in La Habra, where my grandson held me as a cried. I pray he never has to go through anything I've gone through"

"War is unforgiving. And war is unnecessary."

More than 3 million people (including 58,000 Americans) were killed in the Vietnam War; more than half were Vietnamese civilians. By 1969, at the peak of U.S. involvement in the war, more than 500,000 U.S. military personnel were involved in the Vietnam conflict. ■

Competitive coverage to meet your family's needs

Insured from page 1

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We here at OurWeeklyNews
want to wish you a Safe & Happy
Memorial Day Weekend!

Run, teach, eat, sleep, repeat

Walnut from page 1

shoes five days a week, clocking five-to-eight miles a day, and 15 miles every Saturday.

Knox usually runs a marathon each month, and in the past 11 years has crossed the finish line over 80 times.

Every medal is displayed in his classroom and the AP geography and cross country coach has been known to wear the event t-shirt to school on Mondays following a race.

In 2009, the 22-year veteran educator decided to up the ante and go for a world record “just to make it interesting.”

Knox said he had always liked the Guinness Book of World Records as a kid.

When his son Alex was 8, he announced “Dad, you can beat that” after reading that someone held the world record for dribbling a basketball during a marathon.

And he did. Knox won his first world record in 3 hours, 42 minutes, 20 seconds. That record was beat in 2011.

Before going for another world record, Knox decided to focus on running a marathon in under three hours.

He accomplished that goal in 2015 at the Surf City Marathon in Huntington Beach with a time of 2:59:20.

That same year, he won back the basketball marathon title with a time of 3:11:16, which was bested in 2016 by a runner from Estonia.

“It’s about the running, the basketballs are just a gimmick,” Knox said.

He also learned in order to be included in the actual Guinness Book, not just the website, he had to participate in the London marathon with official representatives.

In April 2015, he crossed the Atlantic and became the fastest man to dribble not one, but TWO basketballs while running the 26.2-mile course.

He captured that title in 4

hours, 10 minutes, 44 seconds.

“It was hard keeping the concentration, especially at the end of the race,” he said.

Cobblestone roads, 38,000 racers, drums, disc jockeys, a dark tunnel, coupled with fatigue quelled the distance runner during the last miles.

“I thought, is this thing going to end?” Knox commented.

“It was like an obstacle course!”

Some of the London racers cheered as he attempted the challenging world record, while others were irritated with the noisy bouncing basketballs.

“They’d trained hard and you’ve got this guy next to them passing them with a clank-clank!”

Knox has broken three additional world records in 2017: running the fastest marathon while jumping rope with a time of 4:20:31 on February 19 and the fastest marathon wearing German lederhosen at the Los Angeles Marathon on March 19.

“I thought it would be funny and an excuse to buy some!” he said about going for the quirky record.

Most recently, he crossed the finish line wearing a graduation cap and gown during the OC Marathon on May 8.

For the first time in history, Guinness sent a team to Los Angeles to verify world records.

No need for witnesses, photos, videos, or coordinating with the race director, Knox said.

“It’s so much easier. You say you’re going to do it, they watch you, and you’re done.”

The athlete is currently prepping for his sixth 100-mile race which will take about 22 hours to complete.

Next fall he’d like to break the record for skipping during a marathon.

“I think it would be a hard one to beat, you use different muscles.”

Knox doesn’t actively recruit students to join his healthy lifestyle, he prefers to quietly lead

by example.

Snacks of fresh fruit and vegetables and a “Want to get fit? Join cross country – no experience necessary” recruiting flyer can be seen near his desk.

“Sometimes it’s best not to be a nag and I know it’s expensive to run marathons,” he said.

The coach also joins the cross-country team for their daily training runs.

“It’s better when he’s out on the course with us,” said sophomore Jason Yen.

“And he understands our pain.”

Knox didn’t begin running marathons until he was 36 years old, thinking distance running was only for “Olympians.”

It all began when fellow teacher So Hee Tan mentioned that she had just completed one.

“If she can do it, so can I,” he said.

The first step was joining a running club and beginning training, but the first marathons didn’t go as he had hoped.

Knox walked the final four miles during his first two attempts.

On his third try, he was able to jog the entire way and was “hooked.”

Last year, his wife Carolyn Campbell, a Vejar Elementary transitional kindergarten teacher, joined him on the course, completing her first marathon in November.

In recent years, he has also transitioned to eating more organic food.

“Every year I seemed to click off something different,” he said about first giving up ground beef, then fast food, fried food, and soda. He recently went vegan.

“So, I’ll comment to my students on that and some of my failures. I still really miss pizza!”

Yen says his marathon-running teacher is a setting a good example for fellow students.

“He has a goal and achieves it by practicing and not giving up.” ■

New tower successful at San Antonio Regional Hospital

SARH from page 1

cal technology and advanced care delivery systems; it offers patients and their families the comfort and convenience of private accommodations. Each patient room has been specifically designed to create a calm and healing environment for patients and their loved ones, while also providing the health-care team with immediate access to the essential medical equipment and supplies needed to provide exceptional care.

The completion of the hospital’s \$160 million expansion project could not have come at a better time. Emergency rooms throughout the Inland Empire have faced challenges in recent years as the demand for medical services continues to grow. Over the last decade, the population in San Bernardino and Riverside Counties has grown rapidly, outpacing state averages and increasing the need for a number of health-care services, including emergency and hospital care. More recently, the demand has been fueled by the Affordable Care Act, which expanded coverage for previously uninsured residents, placing additional pressure on the already stretched emergency medical system serving the Inland Empire.

“San Antonio Regional Hospital’s” Emergency Department, which has nearly tripled in size, has helped to ease this burden by adding additional capacity at the height of the flu season,” stated Kevin Parkes, M.D., President of Mountain View Emergency Physicians Medical Group, Inc. “The Vineyard Tower’s additional beds with heart monitoring capabilities, along with the third critical care unit, has also helped free up emergency treatment rooms by allowing patients who require admission to the hospital to be moved into their private room as quickly as possible.” Combined with the rooms in the hospital’s existing Citrus Tower, San Antonio Regional Hospital’s total bed capacity has grown from 271 to 363.

The first floor of the new tower includes the hospital’s main

lobby, reception, gift shop, coffee bistro, and art gallery. The second floor is dedicated to the Emergency Department, which houses 52 private treatment rooms, including three rooms that are equipped for major procedures. Imaging equipment is now located in the Emergency Department, eliminating the need to transport patients to other areas of the hospital for X-rays, ultrasounds, or CT scans. The third floor houses a 12-bed intensive care unit and 32 telemetry beds for patients in critical condition needing constant monitoring and care. The fourth floor has 48 medical/surgical beds, including an orthopedic unit with a rehabilitative gym.

The expansion was the largest in the hospital’s 109 year history and was carefully designed and constructed to bring residents the very best hospital experience, with modern amenities, state-of-the-art equipment, and streamlined processes for managing patient care.

“While extraordinary attention to detail was employed throughout the planning and execution of our new Vineyard Tower, the hospital’s legacy is not defined solely by providing state-of-the-art facilities and the latest in medical technology; it also encompasses the caring team of professionals who have devoted their lives to providing excellence with compassion for the people we serve,” stated Harris F. Koenig, President and CEO of San Antonio Regional Hospital.

For more than 100 years, San Antonio Regional Hospital has offered advanced medical care for residents throughout the Inland Empire region. The hospital offers a full range of medical, obstetrical, and surgical services, including open heart, vascular, neurosurgery and urgent care. The hospital treats more than 200,000 patients each year, and is one of the busiest paramedic receiving centers in San Bernardino County. San Antonio has a strong history and reputation for quality care with a personal touch.

The hospital is located at 999 San Bernardino Road, Upland. ■



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