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Walnut

Mustang Signing Day

Walnut High athletes make college commitments official

By WVUSD

WALNUT, CA—Walnut High School celebrated seven elite athletes who have received scholarships to play college sports during a lunchtime ceremony on Wednesday.

Bella Amezcua – soccer, Jacob Garcia, Royce Labuguen,

see Walnut page 11

Pomona

Remembering Pomona PD Officer Daniel Fraembs

Pomona, CA—Remembering Pomona Police Officer Officer Daniel Fraembs

End of Watch: Saturday, May 11, 1996

Pomona Police Officer Daniel Fraembs was shot and killed while checking on three suspicious subjects, two male gang members and a female, in an industrial area of Pomona on May 11, 1996.

As Officer Fraembs patted down the first male suspect the second man was able to

see Pomona page 3

Advanced Improvements Provides Comfort For Your Home

By STAFF REPORTS

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see Solar page 10



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BOS Renews \$30,000 Reward For Information To Solve Couple's Murder

By MICHAEL ARMIJO

Diamond Bar—Board of Supervisor (BOS) Janice Hahn's announcement March 18 for a reward of \$20,000 for information leading to the apprehension and conviction of the person(s) responsible for a Diamond Bar couple's murder was renewed this week as the board approved the motion. In addition, the City of Diamond Bar approved an additional \$10,000 reward, totaling \$30,000 in reward money. The couple was stabbed to death in their home in Diamond Bar last October.

On October 20, 2016, a family friend visited the home of a senior couple, in the 3300 block of Bent Twig Lane, Diamond Bar, to check on them. The couple's family, who were unable to reach them, asked the friend to check on the couple.

The husband and wife team, who operated a studio out of their home and taught art

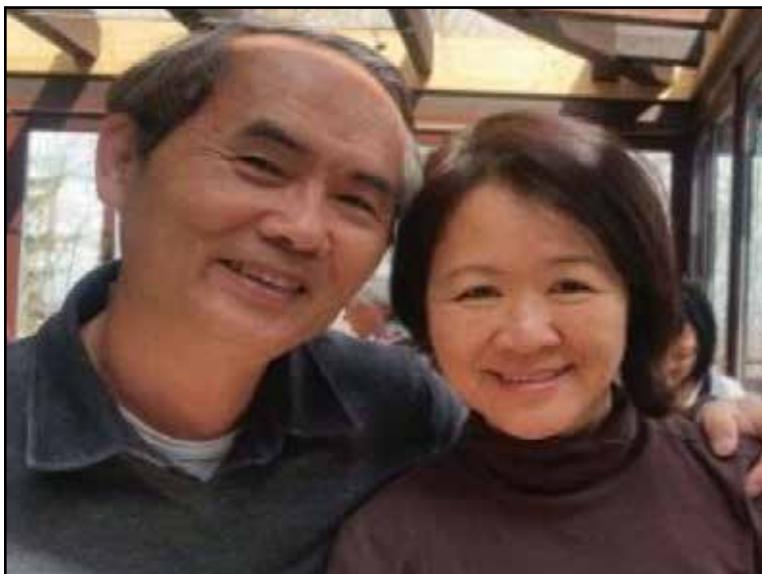


PHOTO COURTESY: LASD

On Oct. 20, 2016 Cheng Long Wang, 60, and his wife, Mei Chu Chung, 57, were found stabbed to death in their Diamond Bar home.

lessons were discovered deceased in their home.

Cheng Long Wang, 60, and Mei Chu Chung, 57, were pronounced dead at the scene from multiple stab wounds.

The \$20,000 reward was approved by the Los Angeles County Board of Supervisors

and the city of Diamond Bar approved a \$10,000 reward thereafter. The BOS first approval was to expire May 14, but is now extended for 3 more months.

According to a press release

see Reward page 10

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Inland Empire

CalBaptist Dedicates New Events Center

By CITY OF RIVERSIDE

Riverside, CA—California Baptist University added another milestone event in its 67-year history by dedicating the new events center and unveiling the Lancer statue that will stand guard over the sprawling 153,000 square foot building Thursday afternoon.

"This represents another

see IE page 5

City of Chino Hills Launches Mobile App

By STAFF REPORTS

just a few taps of the screen.

Chino Hills, CA—The City of Chino Hills is proud to announce the launch of a customized App for Chino Hills residents and visitors. The official City of Chino Hills App is now available for free in the Apple App Store and the Google Play Marketplace for Android. Residents and visitors can stay connected with the community through their smart phone with



PHOTO COURTESY: CITY OF CHINO HILLS

see App page 11

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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

see Solar page 10

Learn Brazilian Jiu-Jitsu at Sampa

By STAFF REPORTS

Walnut—Right here in Walnut, people are discovering the secrets of one of the world's most proven and effective ground-fighting and self-defense martial art: Brazilian Jiu-Jitsu. Sampa Brazilian Jiu-Jitsu Academy not only teaches Brazilian Jiu-Jitsu, but kickboxing



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see Sampa page 10

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Our Life:

May Day

BY MICHAEL ARMijo

May Day is what alarms me. Not because of the significance in history, but the beginning of another "bad memory" time in life. May Day was a traditional day of celebration for laborers across the world, but can also be remembered as a distress call from someone in despair. For me, May Day wasn't so kind.

ROUND ONE: A few years ago right before Cinco de Mayo, my buddy was going to the hospital. A simple surgery, not to last too long. Maybe a few days in the hospital. It was a "check" on something protruding from his kidney. Not life threatening, more like an exploratory procedure. Well, something went awry, and the laparoscopic procedure went to a surgery. All seemed fine until my dear friend was in deep pain.

Doctors thought of it as a reaction to a "first surgery," that my friend had never been cut open so his pain was foreign to him. So they discounted his pain as "usual." But there was nothing usual about what happened. It wasn't until the morphine didn't help that he ended up in ICU.

That night they did a CT Scan and found they had accidentally nicked his intestine, which led to his body becoming septic and he suffered from multiple organ failure. But the doctors were hopeful and he seemed to be recovering.

The next morning around 5 am I texted his wife "how's mike doing?" Her response was

UPCOMING EVENTS:

City of Chino Hills Blood Drive

When: Tuesday, May 9, 1 pm to 6 pm

Where: Government Center parking lot, 14077 Peyton Dr., Chino Hills, 91709

Details: Donors must be at least 17 years of age, in good health, and weigh at least 110 pounds. Blood donors should drink plenty of decaffeinated liquids prior to donating blood and must present valid photo identification. Medical personnel will check your temperature, blood pressure, pulse, and iron level. If you meet eligibility requirements, about one pint of blood will be collected. Please consider donating blood. Walk-ins are welcome

Let It Be 5K+ Walk Run

When: Saturday, May 13, Registration opens @ 6 am. Opening ceremonies start @ 7:15 am

Where: Chino Hills High School, 16150 Pomona Rincon

History 101

May 14, 1804: Lewis and Clark Depart

BY HISTORY.COM

One year after the United States doubled its territory with the Louisiana Purchase, the Lewis and Clark expedition leaves St. Louis, Missouri, on a mission to explore the Northwest from the Mississippi River to the Pacific Ocean.

Even before the U.S. government concluded purchase negotiations with France, President Thomas Jefferson commissioned his private secretary Meriwether Lewis and William Clark, an army captain, to lead an expedition into what is now the U.S. Northwest. On May 14, the "Corps of Discovery"—featuring approximately 45 men (although only an approximate 33 men would make the full journey)—left St. Louis for the American interior.

The expedition traveled up the Missouri River in a 55-foot long keelboat and two smaller boats. In November, Toussaint Charonneau, a French-Canadian fur trader accompanied by his young Native American

devastating. "He passed away." I was in such disbelief that I had to go into my daughter's room and ask her if I had been reading the text correctly. I thought maybe I misunderstood. I did not. He had passed and there was nothing we could do about it.

ROUND TWO: I remember eating a home made Cinco de Mayo dinner and then making a plate for my father to enjoy. I only lived a block away so I

walked over there and gave it to him. He wasn't feeling well, gestural intestinal problems left him with severe stomach pain. He was like a warrior in battle when it came to illnesses. So I wasn't too worried. But what I didn't know that this was the last time I would see him alive. The last time I had an opportunity to give him a hug. Of course I took the opportunity for granted and passed on the hug. Always thinking tomorrow

will always be there.

The next day, my parents anniversary, they fought and he left. My mom called me late at night that he wasn't there. So I proceeded to find him at his rental property in Artesia. After the police and the paramedics came, I was left to wonder why life ends so abruptly. And am I spared?

So May Day has a new

see **OurLife** page 10

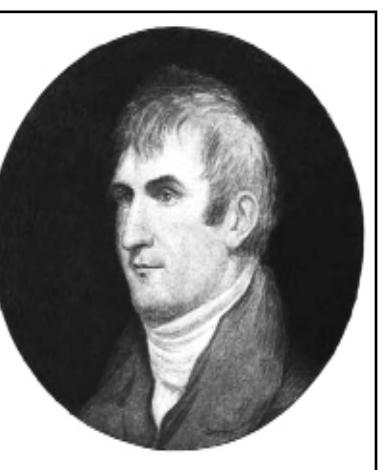


PHOTO COURTESY: GOOGLE

On May 14, 1804 William Clark & Meriwether Lewis led the "Corps of Discovery" on an expedition to explore the Northwest United States west from the Mississippi River to the Pacific Ocean.

wife Sacagawea, joined the expedition as an interpreter. The group wintered in present-day North Dakota before crossing into present-day Montana, where they first saw the Rocky Mountains. On the other side of the Continental Divide, they were met by Sacagawea's tribe, the Shoshone Indians, who sold them horses for their journey down through the Bitterroot Mountains. After passing through the dangerous rapids of the Clearwater and Snake rivers in canoes, the explorers reached the calm of the Columbia River, which led

them to the sea. On November 8, 1805, the expedition arrived at the Pacific Ocean, the first European explorers to do so by an overland route from the east. After pausing there for the winter, the explorers began their long journey back to St. Louis.

On September 23, 1806, after almost two and a half years, the expedition returned to the city, bringing back a wealth of information about the largely unexplored region, as well as valuable U.S. claims to Oregon Territory. ■

Community Events

Golden Future 50+ Senior Expo

When: Saturday, May 13, 10am to 2:30pm.

Where: Pasadena Conference Center, 300 E. Green St., Pasadena, 91101

Details: The 2017 Golden Future 50+ Senior Expo will feature some Golden Future Speed Meet & Greet - Meet New Friends! Expert Speakers, Health Screenings, Mini Job Fair & Resume Review, Door Prizes & Giveaways, Karaoke Fun! 11am and 1pm in Room 106, Bingo with Cash Prizes! 65 Local & National Vendors! \$250 Grand Prize Drawing! AND MUCH MORE!

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.

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

Cost: Free

Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

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

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

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

Cost: Free Admission/Parking

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

Contact: (909) 869-0701

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.

Checklist: 5 Camping Essentials for a Safe and Enjoyable Adventure



PHOTO COURTESY: STATEPOINT

By STATEPOINT

More than 30 million Americans camp in tents yearly, according to the Outdoor Foundation. As with any outdoor adventure, having the necessary equipment is crucial.

Whether you're hiking through backcountry or headed to an established campsite, this checklist will help you prepare for your expedition.

1. Navigation: Approximately 9 million campers backpack to outdoor destinations, making navigation a top safety necessity. Remember that camping often means leaving behind cell coverage, Internet access or a GPS signal, making such low-tech gear as a compass and map mandatory. Other potential tools include a topographic map combined with an altimeter to help gauge your journey's terrain and altitude.

2. Insulation: Knowing climate and weather conditions is vital. According to Backpacker.com, clothing is just as important as a tent or sleeping bag to stay insulated. Outerwear should repel rain and snow, but also breathe so you don't get wet from perspiration. Your base layer should be made of moisture-wicking fabric -- not cotton --- to prevent chafing. Consider that day and night temperatures can differ greatly, so layer clothing, and choose materials and thicknesses appropriate for your destination -- and don't forget a hat and extra socks.

Bring along T-Rex Clear Repair Tape to mend holes or tears in tents or clothing. It sticks to both wet and dry surfaces, ensuring an easy and instant fix to keep gear insulated in any weather condition.

3. Illumination: Campers should always bring enough illumination to be able to safely see and move after sundown, especially in case you get delayed, lost or separated from the group. While flashlights are obvious choices, headlamps are popular, as they allow for hands-free operation, and are typically small and lightweight. Another feature to consider is a strobe lighting mode for emergency situations. ■

Extra batteries are essential as battery lighting was the most popular purchase among adult campers in 2014, according to the Outdoor Foundation. Available in single-use or rechargeable models, ideally the batteries should offer a balance of long duration, high performance and environmental friendliness.

4. Emergency/First Aid Kit: Accidents happen to even the most experienced and best prepared campers. Your kit can prove invaluable if you, or another member of your group, are in a first-aid situation, need gear repaired or are under other tense conditions.

SectionHiker.com proposes supplies such as a pre-assembled first-aid kit, a multi-tool, knife, scissors, screwdriver and safety pins. You can then add other items based on preference and experience. A useful addition is a high-quality tape, like T-Rex Tape, as it can be used to repair hiking poles, patch sleeping bags, make a rope, temporarily stabilize an injury or broken boot, and more. T-Rex Clear Repair Tape can even be used to fix cracked GPS or phone screens and flashlights.

5. Hydration and Nutrition: Food is an enjoyable part of camping, but deciding what to bring will depend on whether you're backpacking miles to your site or camping near your car, as well as how many days you'll be gone. If you're trekking far, be prepared with lightweight and nourishing options.

Water is essential but heavy, so check the area for potential natural sources. "Mountaineering" suggests carrying a collapsible water reservoir and purification tablets to ensure water safety. Freeze-dried meals are popular selections, however, no-cook meals with long shelf lives are better in arid regions. Other possibilities include energy bars, nuts, dried fruits or jerky. Never leave out animal-attracting leftovers, as that could attract unwanted intruders.

"Essentials" are called so for a reason. Don't be caught camping without proper supplies. With these necessities, it will be easy to prepare for and enjoy your next adventure in the great outdoors. ■

Remembering Pomona PD Officer Daniel Fraembs



PHOTO COURTESY: POMONA PD

Pomona from page 1

draw a .45 caliber handgun and fatally shot Officer Fraembs. The gang member responsible was captured and sentenced to death in 1997.

Looking back at Officer Daniel Fraembs childhood, he was destined for a career in law enforcement. Daniel was found orphaned on a beach in Hong Kong and taken into an orphanage by a local policeman. At nine months old, he was adopted by Donald and Dorothy Fraembs of Cincinnati, Ohio, and became a citizen of the United States in 1963. He rose to the rank of sergeant during four years in the U.S. Marine Corps until receiving an honorable discharge, and 3 years later, in 1988, started his appointment to the Orange County Sheriff's Department. He worked with the Sheriff's Department for 5 years, before joining the Pomona Police Department.

We will never forget Officer Daniel Fraembs. ■

Real Estate: Why Buy Now?!

BY NEF CORTEZ



Real Estate Values in Diamond Bar and Chino Hills Have now surpassed the price points they reached

at the height of the market in 2006. They had a precipitous fall from that point down to levels not seen since 2002. Since real estate cycles are more pronounced in California than other parts of the country, why would anyone buy real estate at these levels, when every day we get closer to another downturn?

There are many reasons why it is still a good time to buy. First of all, buying real estate to occupy as a residence is far different from buying real estate for investment. The most important factor in buying a "home" is the quality of life that one is seeking to enjoy. It is the sense of having one's "own castle" or one's own "Nest", where you

do what you want to do (within reason) and no one can tell you different. You can hang up pictures on walls, choose and paint the interior whatever color you choose, and change out carpets for hardwood or tile floors, put in whatever plants you choose, and the list goes on.

A large part of that sense of "Home" is in the security of knowing what your payments are going to be, month after month, season after season, year after year (if you choose a fixed rate mortgage). Fixed Rate mortgages continue to run about 3.75-4.25%, well at the low range of historical levels. The fixed rate loan is what locks in the payments for the long term. Contrast that sure feeling to the insecurity of renting, where one is at risk of rental increases, year after 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 nefcortez@gmail.com. Please feel free to email any questions regarding real estate. ■

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CalBaptist Dedicates New Events Center

IE from page 1

wow day for California Baptist University and Lancer Athletics," said CBU president Dr. Ronald L. Ellis. "We are thrilled that the new CBU Events Center will be the home of Lancer basketball games, student chapel services and many other great events in the years to come. This building is now one of the magnificent landmarks in the entire Inland Empire."

CBU's Director of Athletics echoed the impact:

"The mission of the athletic department is to 'honor Christ through excellence in athletics,'" said Parker. "This facility will definitely help us fulfill our mission. The Events Center will present us with the opportunity to invite the Inland Empire to experience exciting and family friendly events and as a result, we anticipate a great atmosphere due to a growing Lancer nation. We are currently planning the events surrounding the season's opening weekend Nov. 10-11."

For the coaches and stu-

dent-athletes, the rapid ascension of the Lancer basketball programs has had far ranging impact.

"We're incredibly excited for our past, present and future players," said head men's basketball coach Rick Croy. "It is our mission to create a transcendent college basketball experience for our students, faculty/staff, alums, and community that will resonate throughout the Inland Empire, Southern California and eventually onto the national basketball scene. Dr. Ellis' vision and execution of the building of the Events Center changes that dream into a goal."

CBU student-athlete, Tori Mitchell from women's basketball grew up in Riverside and offered her perspective.

"I think playing in the Events Center for the first time is going to be very exciting and that the environment there is going to be thrilling," said Mitchell. "The addition of the Events Center to CBU will mean that we will be able seat a greater amount of people for games and chapel, which will make it easier for

people to come out and support us."

The design of the two-level building complements the Mission Revival architecture style that is a hallmark of the CBU campus. The centerpiece of the building will be a more than 5,000-seat arena that will showcase some of the CBU athletics teams competing in NCAA competition.

Currently, the Lancers compete in the NCAA Division II PacWest Conference and will remain eligible for all PacWest championships and NCAA D-II postseason play through the 2017-18 season. University officials plan to apply for NCAA D-I membership in June 2018. CBU has already been accepted to join the Western Athletic Conference beginning the 2018-19 season.

Besides athletics, the arena also will provide space for CBU's chapel program, attended by nearly 5,000 students weekly during the academic year. Other uses planned for the Events Center include student orientation activities and commencement ceremonies. ■



PHOTO BY: CITY OF RIVERSIDE

LanceUp: CBU women's basketball Coach Jarrod Olson, Vice President for Enrollment and Student Services Kent Dacus, President Dr. Ronald L. Ellis, Director of Athletics Dr. Micah Parker and men's basketball Coach Rick Croy LanceUp for a photo in front of the Events Center after the ribbon cutting.



PHOTO BY: CITY OF RIVERSIDE

Ribbon Cut: CBU President Dr. Ronald L. Ellis officially opens the Events Center by cutting the ceremonial ribbon on Thursday.

CROSSWORD

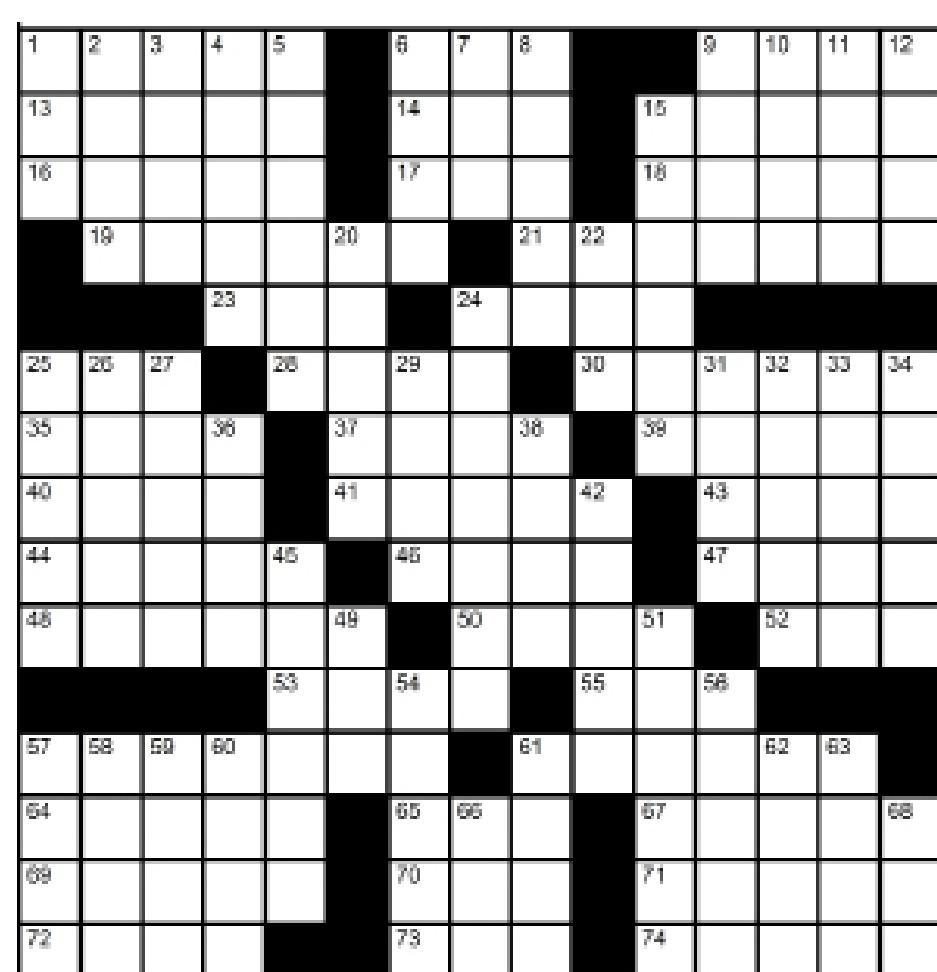
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- Gone by
- Word often found on a door
- Ancient stone slab with markings
- PC brain
- Hindu queen
- Dose of medicine, pl.
- Sinatra's ____ Pack
- LDS missionary
- *Exclusive high school circle
- *Goal of those four years
- Break bread
- Musical finale
- A great distance away
- Oscar of sports
- Like Simon who met a pieman
- Fleur-de-lis
- Timeline divisions
- Kick back
- Offensively curious
- Printer contents
- General Agreement on Tariffs and Trade
- Change, as in Constitution
- Actress Sorvino
- Maple, to a botanist
- Doctor's tool
- Roasting platform
- #37 Across, sing.
- Wry face
- "____ Te Ching"
- *Post-grad get-together
- *Cap adornment
- Bat dwelling?
- *Pep rally syllable
- Harassed
- Thin mountain ridge
- Rocks in a bar
- Be of one mind
- Surveyor's map
- *Adult involvement org.
- Pine

DOWN

- Recipe label
- Ear-related
- Be a snitch
- Island off Manhattan
- Courtly entertainment
- Homesteader's measurement
- *Academic concern
- Beat the Joneses
- ____ Mall, London
- Backward arrow command
- Give an impression
- Zeus' sister and wife
- *Taught to do this in shop class
- Cinderella's win
- Dog tags
- Peoples Temple poison
- *End of semester assessment
- Wafting pleasantness
- Like Phoenix
- Junior ball
- Prefix with phone
- Person, thing or ____
- Sometime in the future
- * ____ credit
- Pop group "N ____"
- "Que sera ____"
- Yogurt-based dip
- End
- Likewise
- Move sideways
- Same as rip
- Meryl Streep's "August: ____ County"
- Gather harvest
- James ____ Jones
- Eye part
- As opposed to gross
- Short for Theodora
- Poet Pound
- Lecherous look



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SOLUTION ON PAGE 10

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The logo for Corona Regional Medical Center. It features a stylized sun icon on the left, composed of a yellow circle with a blue spiral pattern inside. To the right of the icon, the word "CORONA" is written in large, bold, blue capital letters. Below "CORONA", the words "REGIONAL" and "MEDICAL CENTER" are stacked in a smaller, bold, blue font.

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Healthy Living

5 Simple Ways to Naturally Relieve Bloating



PHOTO COURTESY: (c) EL.RUDAKOVA - FOTOLIA.COM

By STATEPOINT

Bloating is not only uncomfortable, but it can be particularly inconvenient when you want to look and feel your best in the summer.

While symptoms can seem unpredictable, there are simple and natural ways you can prevent and relieve both bloating and gas.

• Up your fiber. You've probably heard that fiber is essential for your digestive system. What you may not know is that certain types of fiber called prebiotics feed the bacteria in your gut. Without enough of it, your microbial diversity can be limited, negatively impacting your ability to break down and metabolize food. Examine your diet and add whole foods rich in prebiotic fiber, or find a food-based prebiotic supplement to ensure you're getting enough each day.

• Eat mindfully. Overeating, as well as eating too quickly, causes air to get trapped in your digestive tract. Eat mindfully and slowly. It'll help you feel fuller faster and keep your abdomen in-check.

• Know yourself. Follow your gut and understand what works and what doesn't for your body. From gluten and dairy to nuts and fried foods, and way too much sugar in just about everything made in a factory, it's important to bring awareness to how your body handles certain ingredients. A holistic-minded, general medical practitioner can help you identify the food sources that make your gut more likely to swell.

• Consider digestive enzymes. The enzymes in your digestive system break down food so it can nourish your body. Sadly, the number of enzymes in your body decreases as you get older or more stressed out,

which opens the door for gas, bloating and irregularity.

Consider taking an enzyme supplement or eating more enzyme-rich foods such as raw fruits and veggies. Also, be sure to find some time to shake off daily stress.

- Support your microbes. Gas and bloating are inevitable if your gut health isn't in great shape. Unfortunately, many aspects of modern life can deplete the beneficial bacteria we're meant to have and create a microbial imbalance. The good news? Taking an effective probiotic supplement is one of the most powerful steps you can take toward achieving a lifestyle free of gas and bloating. Doing so can also support overall wellness, giving you more energy, improving digestion, strengthening your immune system, and even optimizing your metabolism.

Banish the bloat by trying a premium probiotic formula designed to survive stomach acids like Hyperbiotics PRO-15 which can now be found at your local Target store. With 15 different strains of health-enhancing bacteria and a patented time-released delivery method, the sensitive probiotic organisms are released over an eight-to 10-hour window so that they bypass the acidic environment of your stomach and arrive at their destination alive, where they can set up shop and get to work supporting your digestion at its core.

To learn more, visit hyperbiotics.com or join the conversation on social media at #followyourgut.

For a summer of confidence and comfort, take steps to support your wellness and relieve dreadful gas and bloating by focusing on your digestive health..■

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
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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:

Meatloaf Balsamico

with Sweet Potato Mash and Green Beans

BY HELLO FRESH

Cooking Time: 35 mins.
Cooking Time: 40 mins.
Servings: 4
Nutrition: 670 Calories
Ingredients:

- Garlic- 2 Cloves
- Parsley- 1/4 oz
- Green Beans- 12 oz
- Yellow Onion- 1
- Panko Breadcrumbs- 1/2 cup
- Ground Beef- 16 oz
- Balsamic Vinegar- 2 tbsp
- Ketchup- 4 tbsp
- Sweet Potato- 2
- Honey- 4 tsp
- Sliced Almonds- 1 oz



PHOTO COURTESY: HELLO FRESH

3 BOIL SWEET POTATO Peel and chop sweet potato into 1/2-inch cubes. Place in a large pot with a pinch of salt and enough water to cover by 2 inches. Bring to a boil and cook until easily pierced by a knife, about 10 minutes. Drain and return to pot.

4 ROAST GREEN BEANS After meatloaves have baked 10 minutes, remove from oven. Toss green beans on same baking sheet with a drizzle of olive oil and a pinch of salt and pepper. (TIP: Use tongs to avoid burning your hands.) Return to oven and bake until meatloaves are cooked through and green beans are slightly browned, about 15 minutes more.

5 MASH SWEET POTATO Mash sweet potato in pot with a fork or potato masher until mostly smooth. (TIP: If potatoes have cooled, quickly reheat over medium-low heat.) Add 1 TBSP butter and honey. Continue mashing to melt butter and combine. Season generously with salt and pepper

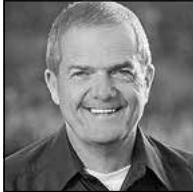
6 FINISH AND SERVE When meatloaves and green beans are done, sprinkle almonds over green beans and toss to combine. Divide meatloaves between plates and serve with sweet potato mash and green beans on the side. ■

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

-Mahatma Gandhi

A Small Box

BY MARK HOPPER



I think most husbands have difficulty finding gifts for their wife. After many years of marriage, it is hard to think of something new and creative to give her. From a husband's perspective, most wives who have been married for 25 or 30 years have everything they need. We have been married 45 years! What else could she possibly need?

Since I wasn't sure what to do, I called one of our daughters and asked for some suggestions. One idea she thought of was to give my wife theater tickets to a Musical that was coming to southern California in the spring. The nice thing about theater tickets is that my wife enjoys receiving them and she looks forward to the date we will actually use them! The anticipation adds to the enjoyment.

Another suggestion was to give my wife a gift card to one of her favorite clothing stores so she could pick out a dress or an outfit herself. That does eliminate the surprise factor but it does allow her to find something she likes. Finally in desperation, I decided to go to the Mall myself on the Saturday before Christmas and

see what I could find. I had a budget in mind and thought I would start in the jewelry department. The Mall was crowded and parking was scarce, but I was determined to not leave without a Christmas gift for my wife. After I finally found a parking space, I set out on my quest.

Since I had not been to the jewelry department in years, it took me a while to find it. Several helpful clerks were waiting for me. I'm sure they know what a desperate husband looks like on Christmas Eve. I decided to lay my cards on the table and simply asked the clerk what could I buy within my budget? I was surprised at how willing they were to help me. They even had some items on sale within my price range. When I picked out the item I liked, they informed me that the special reduced sale price wasn't available until after Christmas. Bummer! But, they assured me that they could check with their manager and see if they could sell me the item at the special after Christmas reduced price now. Was this a scam? Was I their next victim? I held my breath.

Finally, the clerk returned with good news. They were glad to sell me the item now at the after Christmas price. It was within my budget and they even offered to wrap

it. Success! Before they wrapped the little velvet box, they removed the price tag and gave it to me. According to the tag, the original price was several times higher than what I paid. I was impressed with my bargaining skills! I left the Mall with a gift in hand. Like Julius Caesar said, "Venti, vidi, vici" - "I came, I saw and I conquered".

My wife was thrilled with her Christmas gift. It was a winner. She couldn't believe that I would buy something this nice. She was very pleased and very surprised. Who was I? Where was her real husband?? I managed to leave the price tag in an obscure place knowing that she would eventually find it. When she saw it a few days after Christmas, she called me immediately and asked if I had really spent that much on her gift. I reassured her that she was worth every cent, but I tried to avoid telling her I had actually paid the after Christmas super discount price. I hope you won't tell her either. I hope your holidays were as much fun as ours. Gift giving is a risky business. It is hard to find the right gift for the woman who already has everything! This Christmas was a winner!

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

Be Proud To Be Unique

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



I have always looked for the unique in this world. Growing up I always heard how different I was and how differently I did things. I take pride in being unique and not wanting to be ordinary. For me, being unique has always given me a silent inner strength, never a weakness.

The media seems to frown upon being unique and tells us who we should be if we're to be accepted. The media tells us what we should look like, what we should wear, what music we should like, what shows we should watch and how we should act, if we are to be cool and well liked. I believe we should look

like ourselves, wear what is comfortable, listen to music and watch programs that make us feel alive and then we are truly cool and should be accepted by others.

It takes a very strong individual to believe in themselves when they are not the average. It's hard to be different but it's even harder to fight that difference all of your life. Learn to embrace who you are and celebrate in being a one-of-a-kind. Learn to understand that there is such inner peace in being who you are intended to be. Take all the energy you put into trying to be different than who you are intended to be and use it to be the best one-of-a-kind you can possibly be.

I see many unique people wasting their lives trying so hard to be average and to fit in. I wish people could learn to embrace

their uniqueness and understand that they are very special and being special is a gift. So please don't throw that gift away because then you throw the best part of yourself away and then you waste your life!!!!!!

*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 boyfriend and I moved in together 9 months ago. He is supposed to keep our cars clean and the outside of our house looking nice at all times. He is also supposed to supply our dinner every other week. My job is to keep the inside of the house clean and do the laundry and make dinner every

other week. We eat out on the weekend. We share the rent and utility bills equally. It was good for the first 3 months, but now he is turning lazy. The outside of our house and our porch and back yard look bad and I'm getting tired of living on pizza and take out tacos every other week. I cook for us and make nice dinners and our house is always presentable on the inside. When I bring it up he says he doesn't need a mother. How can I get through to him? -Barb

Dear Barb,
No one is interested in being

a nag or a mother to their significant other, so stop nagging and start meaning business. If your boyfriend is no longer feeling it is important for him to keep up his end of the agreement then let him know that you are giving him notice that you plan to move out. If in fact you have a lease, call the landlord and give him the required notice. A boyfriend who doesn't keep his agreements is not going to magically turn into a husband who keeps his agreements. If he is interested in restoring harmony with you then he will make serious at-

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tempts to clean up his behavior so that the two of you can return to or reestablish a new agreement. If he does nothing, then perhaps your relationship has reached its shelf life and your boyfriend was just too cowardly to tell you and is attempting to just wear you down and get you to be the one to break things off. If this is the case, then the guy's a coward and you truly should move on. If he's just lazy by nature then you have plenty to think about, but don't allow anyone to turn you in to an ineffective nagging girlfriend. There

is no joy there. Express your concerns and mean business.

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

SOLUTION FOR THIS WEEK'S PUZZLE

Our Life: May Day

OurLife from page 2

meaning that each year I think about. I used to dwell on it and let it affect me. But as the years have passed, and the mistakes have taken their toll, I am left to accept the fact that life does change. It moves on. Sometimes it's a sad day, but many times it's a new beginning. It all depends on our outlook on life. It can be that we are looking for

the next adventure within our lives or that we can sulk and dishonor the memory of those who have passed by being destructive with our emotions. Selfish with our actions. Self centered about our intentions. Harsh realities can sometimes allow us to redefine a time we can turn a call of distress to a time of celebration. Making it an enjoyable time I now call May Day. ■

BOS renews \$30,000 reward for information to solve couple's murder

Reward from page 1

issued by the LA County Sheriff's Department, both Cheng Long Wang, known as David, and Mei Chu Chung, known as Marian, emigrated from Taiwan in the year 2000.

"They were creative and well-respected within their community, and in an instant, the home which this gentle couple shared with others as a place to learn and be creative was turned into a crime scene where they were brutally attacked, stabbed to death and likely robbed," the statement read.

At a press conference held at the Hall of Justice, the Homicide Bureau unit commander, Captain Steve Katz, introduced one of the couple's children, Dr. Gary Wang. Dr. Wang explained how difficult the loss of his parents has been—not just for him and his sister, but for his 4-year-old daughter. He revealed how his little girl missed video chats with grandma and cried at night for her grandparents; and relayed how he had to put their death in terms she could understand by explaining that grandma and grandpa "went to heaven."

Dr. Wang made an emotional plea to the public, asking them to provide any information

which may help solve the murder of his parents, for their justice, the release said.

"This couple were married for 30 years and were the classic example of an American success story," Sheriff McDonald said. He recognized the retired couple for having raised a successful family, as evidenced by their children who both became doctors, and for having dedicated time to their community by offering art lessons in their home.

Supervisor Janice Hahn, 4th District, thanked Sheriff McDonald, Captain Katz and the Homicide Bureau detectives for their hard work on this investigation. In an effort to encourage witnesses to step forward, she announced a monetary reward approved by the Los Angeles County Board of Supervisors. The reward of \$20,000 was offered in exchange for information leading to the apprehension and conviction of the person or persons responsible for the couple's murder.

Captain Katz presented a second monetary reward which was approved by the city of Diamond Bar for \$10,000, offered in addition to the Board of Supervisors' reward offer.

If you have any information about this case, please call the Los Angeles County Sheriff's Department Homicide Detectives Margarita Barron or Dameron Peyton at (323) 890-5500. ■

Advanced Improvements provides comfort

Solar from page 1

years, they have been providing eco-friendly, energy saving home and office comfort solutions 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 heat-

ers. 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 4. ■

Learn jiu-jitsu at Sampa

Sampa from page 1

and fitness boot camp classes are also available for adults and kids. However, their main focus is developing values, self-control, and self-discipline.

Owner and teacher, Renato Migliaccio, goes by "Professor Renato" at Sampa. With over 22 years in teaching and over 30 years of experience in this field, he encourages to spread the art of Brazilian Jiu-Jitsu to as many people as possible in order to affect their lives and their community in a positive way.

In addition, Sampa's culture is different than other

martial arts places. "Every place caters to what they like the most, but here we are like families, training together, and doing effective martial arts in a safe environment," said Migliaccio.

The passion that Professor Renato has for this field has encouraged him to continue his education so he can teach and help others. He has obtained a bachelor's degree in physical education, many certifications in the field and industry, 4th degree black belt in Brazilian Jiu-Jitsu and 3rd in Judo, and he is a former MMA pro fighter.

When asked if there was anything he would like his

customers to know, he states, "Yes, that many people underestimate martial arts due to the many martial arts studios that are too profit oriented. But the essence of martial arts is the priority here: education and self-discipline."

Sampa Brazilian Jiu-Jitsu is currently offering a \$199 Exclusive Special for the months of June, July & Aug. for Jiu-Jitsu, Kickboxing & Fitness. You can visit Sampa Brazilian Jiu-Jitsu at 18856 Amar Road Suite 4 in Walnut. They are located between Francesca Dr. and Amber Valley cross streets. You may also call them at (626) 238-3309. Further information is available on their website at <http://www.sampabrazilianjiujitsu.com>. ■

SOLUTION FOR LAST WEEK'S PUZZLE

City of CH launches mobile app

App from page 1

and even elevation gain. A chart shows the elevation of the entire trail so hikers can decide if they are ready to tackle a hike with multiple climbs in elevation. Trail photos, trailhead locations, access points, parking availability, and connections to other trails are noted and shown on a map. With GIS enabled on the smartphone, users can track their progress on the trail. For people without a smartphone, trails information is also available on the City website at www.chinohills.org/Trails.

Take a tour around the App for access to much more information. Looking to adopt a pet? Click on "Adopt-A-Pet" and be linked to photos of pets

that are available at the Inland Valley Humane Society. Click on "News" for current events or items of interest. Click on "Recreation" for quick links to information on parks, facilities, and local attractions. Select any park or facility to view photos, special amenities and features, and get directions to the park. Some locations feature 360 degree video tours. Users may also easily report items of concern to the City from their smartphone. Select "Report an Issue" and report graffiti, a streetlight outage, code enforcement issues, and water waste or submit a service request. Residents taking those amazing pictures of Chino Hills from their smart phones can now share beauty shots of through a picture share feature on the app. ■

Mustang signing day

Walnut from page 1

Frankie Zamarripa, and Brandon Godoy – baseball, Malia Avila – track, and Mia Dow – wrestling, signed national letters of intent as families and friends cheered them on.

"It's exciting! Today makes all the years of hard work pay off," said defender Bella Amezcuia who committed to play soccer at Cal State University, Dominguez Hills.

Four varsity baseball teammates committed to continue playing their sport at the collegiate level during the May 4 event.

"It felt really good signing

these papers today!" said pitcher Royce Labuguen who will attend Cal State University, Dominguez Hills.

Labuguen said "it felt like home" when he recently toured the campus and met with the coaching staff.

"They're really nice and welcoming."

"This is something I've been looking forward to for a long time. It's a dream come true," said first baseman Frankie Zamarripa who will attend Clarke University in Dubuque Iowa.

Zamarripa said he's been playing since he was about seven-years-old.

"Swinging the bat and throw-

ing the ball has always been fun for me!"

Pitcher and outfielder Jacob Garcia will attend Cal State University, Stanislaus and third-baseball Brandon Godoy will attend Cal Poly University, Pomona.

Mia Dow, the most decorated wrestler at Walnut High, took 4th place during the CIF State Championships in February. She will be playing her sport at MacMurray College in Jackson, Illinois next year.

Track and field sprinter Malia Avila committed to attend Concordia University.

"This school had everything I was looking for!" said the star athlete who competed in the 300-meter hurdles at CIF State Championships. ■



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