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## Diamond Bar

### DB Smoke Shop Burglarized

BY STAFF REPORTS

**Diamond Bar** - Wednesday May 24, 2017 at 6:41 a.m. Walnut/Diamond Bar deputies responded to a burglary in progress at "Diamond Bar Smoke Shop". The suspects had fled prior to the deputies arriving, but had received, from a citizen, a description of the vehicle and suspects. The deputies spotted the suspect vehicle entering the Eastbound 60 freeway and initiated a traffic stop

see **DB** page 11

## Walnut

### High School Stars Recognized

BY KELLI GILE, WVUSD

**Walnut-** Outstanding students and community members from local high schools received special tributes during this month's Board Meeting.

Walnut High senior Sarah Kim was honored with the Super Star Senior Award.

"Sarah has done a lot of great things in her four years

see **Walnut** page 10

## Fireworks are Illegal in Chino Hills and Diamond Bar, but Legal in Chino



Fireworks are illegal in most of Southern California with the exception of Chino where fireworks deemed as "Safe and Sane" are still legal. FILE PHOTO

BY MICHAEL ARMIJO

**Chino, Chino Hills** - There's a lot of misunderstandings in the Chino and Chino Hills areas for fireworks, so let's try to get this straight: CHINO: LEGAL FIRE-

WORKS ALLOWED. There is a bit of confusion as Chino continues to post a sign: "ILLEGAL FIREWORKS A THOUSAND TIMES NO! \$1,000 FINE FOR ILLEGAL FIREWORKS." This sign means ILLEGAL fireworks, not

legal ones. City Ordinance for fireworks in Chino: Per section 8.12 of the Chino Municipal Code, the sale and discharge of "Safe and Sane" fireworks shall only be permitted within the City beginning at noon on

see **Fireworks** page 11

## Diamond Bar Gets New City Manager

BY CECILIA ARRELLANO

**Diamond Bar** - At its regular meeting of June 6, the City Council unanimously approved appointing Dan Fox as Diamond Bar's next city manager effective July 10.

Fox's appointment culminates a comprehensive recruitment and selection process that

began in January, soon after James DeStefano announced his plan to retire in July after having worked 26 years for City of Diamond Bar in various capacities, including the last 11 as city manager.

The recruitment period ran from February 1 through March 12 and yielded 67 applications. Diamond Bar Mayor Jimmy Lin

said he felt confident that the recruitment process had led to the best candidate being selected for the city manager position.

"It was a well-organized process that drew many highly-qualified candidates. However, after narrowing the pool to

see **CityMngr** page 10

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## Inland Empire

### Armed Robbery Suspects Sought

BY STAFF REPORTS

**Grand Terrace** - On May 26, 2017, at approximately 5:58 pm, deputies from the San Bernardino County Sheriff's Central Station (Grand Terrace Police) received a call for service for an armed robbery that occurred at the Little Caesars Pizza in the city of Grand Terrace. Suspect #1 entered the business, brandished a black semi-auto handgun and demanded the money from the cash register. The clerk handed over the entire cash drawer and suspect #1 fled the business north to a waiting getaway vehicle being driven by suspect #2. They fled the area northbound on Mt. Vernon, into the city of Colton. Within the next half an hour, Colton Police Department had two armed robberies and the suspect descriptions were the same. The suspects robbed a Domino's Pizza and a Pizza

see **IE** page 11

## Our Featured Businesses

### Celebrate Dads and Grads at The Whole Enchilada

BY STAFF REPORTS

**Diamond Bar** - Come celebrate Fathers Day and savor fresh Mexican cuisines at The Whole Enchilada. And don't forget, they can cater your graduation or summer party as well! With its promise of authenticity, The Whole

see **Enchilada** page 11



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. (at Grand Ave.) in Diamond Bar. You can reach them at (909) 861-5940 and visit their website at www.wholeenchilada.com. For coupons see their ad on page 7.

### You're Either Going To Clark's, Or You're Settling For Less...Way Less

BY STAFF REPORTS

**Chino-** When my daughter was little, we would take her to Chuck E. Cheese every year for her birthday. Then one year I announced that rather than going to Chuck E. Cheese, we would take her to Disneyland for her very first time. She

see **Clark's** page 10



For this week's sales, see our weekly ad on page 7. Chino store: (909) 993-9200.

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# Fun (and Free) Summer Activities the Whole Family will Enjoy

BY CHANDLER HOLLOWAY

Summer is officially here, which means kids across the US will be celebrating these three months of no school! There is plenty of time the young'uns have to explore the great outdoors and have an endless amount of fun under the sun! Actually, that might not be the case. Today.com reached out to the YMCA Family Health Snapshot, and they found that most kids spend 30% more time inside watching a screen than when they do while they are in school. All this extra time lounging around the house can result in unwanted weight gain and overall unhealthy habits. Instead of allowing summer to be a time of lazy lounging, here are two, cost-friendly activities, that you can allow your children to participate in!

### Number 1: Public Pools!

Most communities have a nearby public pool that anyone

can visit for little to no price. Public pools are a great way for your family to have a little bit of fun together, plus they encourage your kids to be social and make new friends. If you are looking for a quick one to two-hour play time, a public pool is a great option!

### Number 2: Volunteer Work!

Volunteer opportunities are a great way for your family to not only get active during summer, but also have some much needed family bonding time. This could be anything, from volunteering to help clean up a local highway, or helping at your local dog shelter. Whatever it is, volunteer work is a great way to get the kids active, and exemplify how they can give back to their community.

If these activities do not cut it for the little ones, you can always check out your community newspaper for fun, cost-friendly activities happening around you. ■



PHOTO COURTESY: PIXABAY



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# Wedding Bells are Ringing at OurWeeklyNews.com



PHOTO COURTESY: MARISSA MITCHELL

*OurWeeklyNews Staff Writer, Marissa Mitchell, and her fiancé, Chad Easthouse, will be wed in Claremont on June 18, 2017. Congratulations Chad & Marissa!*

### BY STAFF REPORTS

**Chino Hills** – Wedding bells are ringing at the OurWeeklyNews.com office as Marissa Mitchell, Assistant Editor and resident of Chino Hills, will be married to Chad Easthouse of Los Gatos next week in Claremont. The couple will honeymoon in St. Lucia, a romantic sovereign island country in the eastern Caribbean Sea on the boundary with the Atlantic

Ocean.

Ms. Mitchell is the daughter of Dr. Michael Mitchell and Rosann Mitchell-Arrieta of Chino Hills. She is cum laude graduate of UCLA. Mr. Easthouse is the son of Bill and Mary Easthouse and is almost finished with his degree in veterinary medicine at Western University along with his Masters degree in Public Health.

The couple will live in California. ■

## Do You Need Help With Your Numbers?



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## Community Events

### UPCOMING EVENTS:

#### GOLDEN FUTURE 50+ SENIOR EXPO: Inland Empire Edition

**When:** Saturday, June 17, 10:00 am to 2:30 pm

**Where:** DoubleTree Hotel, 222 N. Vineyard Ave., Ontario

**Details:** The 2017 Golden Future 50+ Senior Expo will feature some of the best products, services and resources for SoCal Baby Boomers & Seniors! Speed Meet & Greet, Expert Speakers, Health screenings, mini job fair & resume review, door prizes & giveaways, Karaoke fun, Bingo with cash prizes, 65 local & national vendors, \$250 Grand Prize Drawing, meditation & fitness classes, and MUCH MORE. Don't wait in line! Pre-register online and get your FREE Quick Pass Ticket. *We will be collecting school supplies for the LA Dept of Public Svcs. We encourage you to bring donations of backpacks, note-*

*books, pens, pencils, etc.*

**Contact:** (424) 772-6039

**Cost:** FREE

#### Pomona Inner City Homeless Ministry Dinner

**When:** Saturday, June 24, 5:00 pm-7:00 pm

**Where:** First Baptist Church, 601 North Garey Avenue, Pomona

**Details:** Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at 12 noon for prayer/devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

### REGULAR EVENTS:

#### Movies Under the Stars

**When:** Wednesday, June 14, 5:30 pm

**Where:** Sycamore Canyon Park, 22930 Golden Springs Dr., Diamond Bar

**Details:** Come for the concert,

stay for the movie! The Movies under the Stars series offers family friendly, rated "PG" movies that begin at dusk following the concert performance every Wednesday evenings during the summer at Sycamore Canyon Park. Admission to the concerts and movies are free and open to the public. Free parking and handicapped accessible shuttle service is available to and from the Diamond Bar Golf Course parking lot and Sycamore Canyon Park, beginning at 5:30 p.m. Pets, with the exception of registered assistance guide dogs, are not allowed due to safety issues and expected large crowd and loud noise conditions.

**Contact:** (909) 839-7070

**Cost:** FREE

#### Alcohol and Addiction Intervention Information

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

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

**Details:** Free information sessions

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

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

#### Jack Newe's Farmers Market sponsored by SGV 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 Ave, Walnut

**Details:** Seasonal organic produce, breads and cakes, olive oils, cheese, nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and food plates.

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

**Cost:** Free Admission/Parking



# Our Life:

## Cherish the Moment

By SARAH SANCHEZ

In today's society, doing things "faster" is always promoted. The latest phone is faster; MapQuest gives us the fastest route; the latest hard-drive is faster than the one before; "get cash fast" emails are constantly sent; we want the weekend to come by faster; we want to know the quickest way to get promoted; we want work/school to end sooner, and on and on. Basically, we are programmed to think that faster is better.

We are so used to this lifestyle, that we don't even realize how fast time is really going by. After my niece was born and I was an aunt for the first time in my life, I said, "I can't wait until she gets older so I can play with her and watch her personality develop." But now that she's about eight months old and crawling, giggling when you smile at her, trying to stand, and showing a clear personality, I wish time would slow down. I can't believe how fast she's growing, and now I just want her to stop so I can enjoy her at this age. But I remember my first wish was that I wanted her to grow. Do you see the contradictions that we all come across in day to day life?

Society will always tell us to go faster, but I think we just need to take some time away from what society says – away from the busy routines – and just slow down to enjoy what's happening in front of us.

My husband and I just celebrated our first wedding anniversary and we went on a cruise to Ensenada, where we didn't have cell phone reception or WIFI. We spent the weekend without phones and without social media. We spent this time talking with each other and enjoying each other's company. When we came back, we had a new spark in our relationship, which we didn't even know we needed.

My husband said that before we left, we were too caught up in our routine: work, dinner, sleep, and repeat. We were too caught up and focused on the future: house, future family, careers, etc. We needed time away from the world in order to gain a new perspective. We needed to slow down and appreciate the time we had with each other in the moment.

You may not have an opportunity to take a vacation, but you always have the opportunity to change your perspective. Instead of looking forward to tomorrow, take a moment to appreciate today. Stop, put the phone down, take a look around at your life and your loved ones, and enjoy the time right now. Then, cherish that moment, for these are the moments that make life worth living. ■

# History 101

## June 10, 1692: First Salem Witch Hanging

By HISTORY.COM

In Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty of the practice of witchcraft.

Trouble in the small Puritan community began in February 1692, when nine-year-old Elizabeth Parris and 11-year-old Abigail Williams, the daughter and niece, respectively, of the Reverend Samuel Parris, began experiencing fits and other mysterious maladies. A doctor concluded that the children were suffering from the effects of witchcraft, and the young girls corroborated the doctor's diagnosis. Under compulsion from the doctor and their parents, the girls named those allegedly responsible for their suffering.

On March 1, Sarah Goode, Sarah Osborne, and Tituba, an Indian slave from Barbados, became the first Salem residents to be charged with the capital crime of witchcraft. Later that day, Tituba confessed to the crime and subsequently aided the authorities in identifying more Salem witches. With encouragement from adults in the community, the girls, who were soon joined by other "afflicted" Salem residents,



PHOTO COURTESY: GOOGLE

accused a widening circle of local residents of witchcraft, mostly middle-aged women but also several men and even one four-year-old child. During the next few months, the afflicted area residents incriminated more than 150 women and men from Salem Village and the surrounding areas of satanic practices.

In June 1692, the special Court of Oyer and Terminer ["to hear and to decide"] convened in Salem under Chief Justice William Stoughton to judge the accused. The first to be tried was Bridget Bishop of Salem, who was accused of witchcraft by more individuals than any other defendant. Bishop, known around town for her dubious moral character, frequented taverns, dressed flamboyantly (by Puritan standards), and was married three times. She professed her innocence but was found guilty and executed by hanging on June

10. Thirteen more women and five men from all stations of life followed her to the gallows, and one man, Giles Corey, was executed by crushing. Most of those tried were condemned on the basis of the witnesses' behavior during the actual proceedings, characterized by fits and hallucinations that were argued to have been caused by the defendants on trial.

In October 1692, Governor William Phipps of Massachusetts ordered the Court of Oyer and Terminer dissolved and replaced with the Superior Court of Judicature, which forbade the type of sensational testimony allowed in the earlier trials. Executions ceased, and the Superior Court eventually released all those awaiting trial and pardoned those sentenced to death. The Salem witch trials, which resulted in the executions of 19 innocent women and men, had effectively ended. ■

# HOA Fee: What is it Good For?

By NEF CORTEZ



A first time homebuyer once asked me, in reference to the HOA Fee, why do I have to pay that? What

is it good for, and how does it benefit me anyway? In today's real estate market, when many of the Homeowners association fees run anywhere from \$250 -\$500 per month, that monthly payment could pay for an additional \$40,000 to \$70,000 in purchase price or property value, meaning they could buy that much more of a home in terms of price.

Here are the benefits received when paying a Home Owners Association Fee (HOA Fee); The HOA Fee generally pays for all common area and amenities' maintenance as well as for a master policy covering the structure against loss due to fire (Fire Insurance Policy). This Fee includes the repair and/or replacement of the Roof, maintenance or replacement of most of the fencing in a complex (usually used to create patio areas) and the proper care and maintenance of amenities such as swimming pools and spas, tennis courts, and playground areas, as well as the hardscaping and landscaping of the com-

plex. In most cases, it also covers the "Trash Bill", and in many instances also covers the water bill.

Think of what it would cost to replace an existing roof with new materials. Possibly \$10,000? What about the cost of paying for a monthly or annual fire insurance policy? Maybe \$50-\$90 per month? What about the cost of paying a monthly bill for waste disposal? \$30-\$40 per month? What about the water bill? Another \$50-\$60 per month? Monthly gardening bill? Another \$50-\$60 per month? How about a liability insurance coverage? Another \$50-\$60 per month?

As you can see, it quickly adds up to more than \$200 per month in payments for a direct value received. There is no question that the payment of an HOA Fee is well justified for a well administrated and administered Home Owners Association. Feel good about paying that fee if it also enable you to go ahead and get started on Home ownership. Starting sooner rather than later is usually a wiser choice, as 90% of wealth has traditionally been accumulated via real estate ownership.

*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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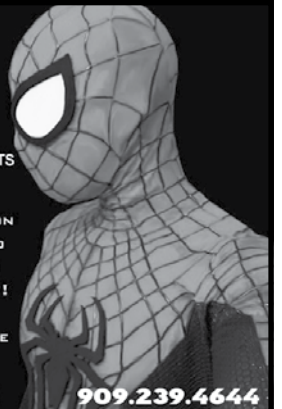


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# Townsend Middle School 8th Grade Promotion



PHOTO COURTESY: B. HILL

Townsend middle school held their 8th Grade promotion last week and these students are now going to high school! Left to right front: Mary Ainza, Hannah DeGuzman and Joyce Wong, Back L to R: Jadon Cortes, Zachary Chang, Ryan Hill, Josh Chavez, Arvin Estrellado, Brian Lin and Ivan Avila

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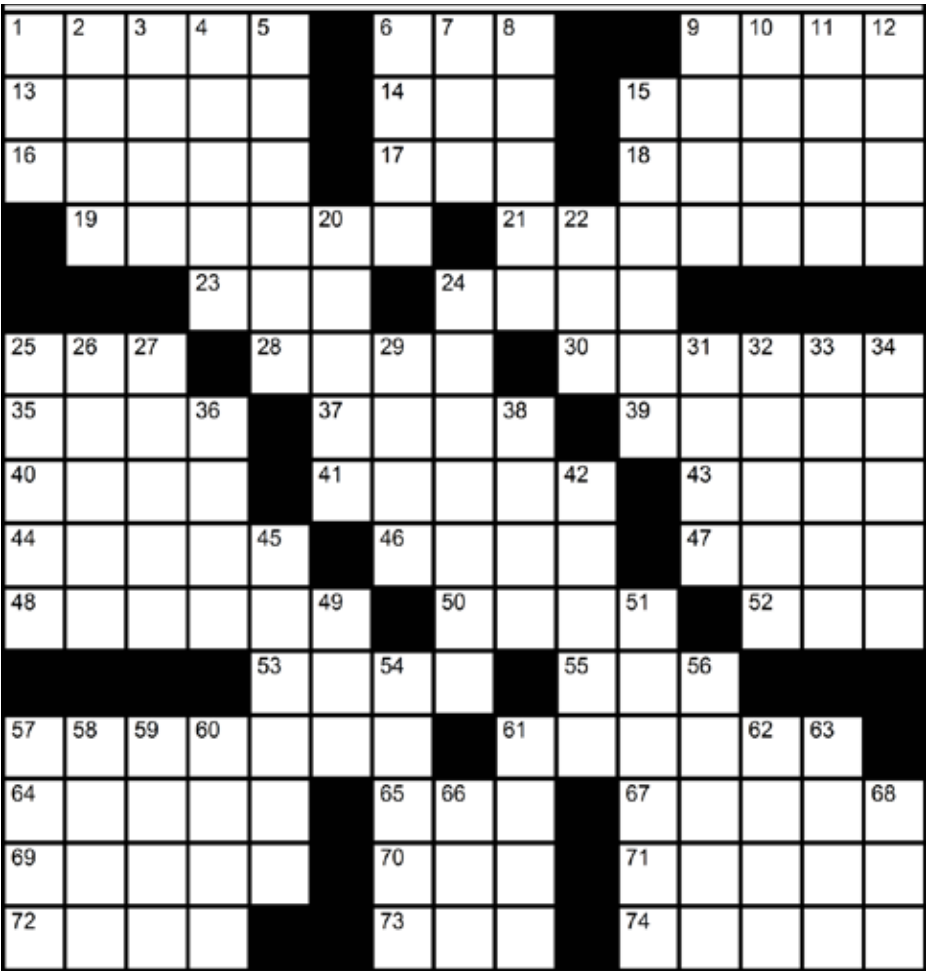
## CROSSWORD THEME: FAMOUS FATHERS

ACROSS

- Smart \_\_\_\_\_
- Titanic's last call?
- \*TV's man named Brady
- Lychee, alt. sp.
- Romanian money
- Red Cross supply
- 1970s big dos
- To do this is human?
- Render harmless
- \*Father of geometry
- \*Ed O'Neill's TV character
- "Game, \_\_\_\_\_, match!"
- Not what it seems to be
- \*What Jane Fonda's dad Henry did
- Presidential "No!"
- 1 1/2 calorie breath mint
- Pastoral sounds
- Feline line
- Sol-fa-sol-fa-sol-fa, e.g.
- The Fonz: "Sit \_\_\_\_\_!"
- Caterpillar hairs
- Dwarf buffalo
- Ski bump
- Type of ballistic missile, acr.
- \*Homer Simpson's Duff
- Pellet-stuffed 1990s craze
- Trim a movie
- Pose a question
- Talk like a drunk
- "\_\_\_\_\_, the Beloved Country"
- \*Kiefer's and Barron's dads
- Without purpose
- Blind alternative
- American chant
- i \_\_\_\_\_
- Albert/Gabor's Green ones
- Mentally quick
- Convex molding
- Tibetan oxen
- \_\_\_\_\_-di-dah
- Broadway's news boy

DOWN

- C.S.A. state
- Milton Bradley's "The Game of \_\_\_\_\_"
- Shade of beige
- Chocolates, for short
- Hanukkah month
- \*Musher's transport
- "\_\_\_\_\_ the ramparts..."
- Chapter of Quran
- Waiter's handout
- Armenia's neighbor
- Kurdistan native
- TV prize
- Hand over, formally
- Things
- Latissimus dorsi, for short
- Dirtier than Dick Van Dyke in "Mary Poppins"
- \*J. Robert Oppenheimer's project
- Dugout vessel
- Boreal forest
- Overwhelm like bees
- Mr. Eugene Krabs, e.g.
- Fungal skin infection
- Medicinal plants
- \*Head of the Griswold clan
- Flabbergast
- \*Mr. Cleaver
- Give a boot
- Finely-spun cotton, pl.
- Old age, archaic
- \*Little Mermaid's royal father
- Bar order, with "the"
- AOL's "\_\_\_\_\_ Got Mail"
- June 6, 1944
- Shamu, e.g.
- Police informer
- Cornelius and friends
- Solemn promise
- \*Ned Stark's bastard
- Unagi, pl.
- Baden-Baden, e.g.
- Tofu ingredient



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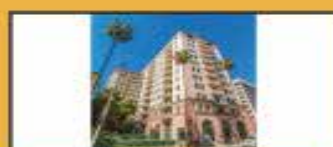
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# Healthy Living

## How to Best Cope with Summer Heat: Be Weather Ready



PHOTO COURTESY: (C) DASHA PETRENKO - FOTOLIA.COM

### BY STATEPOINT

Summer can be hot, sticky and downright uncomfortable. It can also be dangerous if you are not prepared.

Cope with the heat this summer and stay healthy and safe with these helpful tips.

- Maintain your air conditioner. The last thing you need is a broken air conditioner on a hot day. Regular maintenance of your unit can help ensure it will work all summer long. The easiest, and perhaps most important, maintenance task you can perform yourself is to clean or change the filter routinely. For more complicated tasks, you may wish to hire a professional technician. Likewise, you'll want to be sure your car's air conditioner is in good working order, particularly before a major road trip or heat wave.

- Stay informed with accurate weather information. Accurate weather information is one of the best ways to make informed decisions and be prepared for daily outdoor activities, family vacations and travel plans. Consider a source recognized for its superior accuracy – the AccuWeather app can be a good go-to resource not only this summer, but year-round, to help keep you safe. It features AccuWeather MinuteCast, an exclusive minute-by-minute precipitation forecast for the next two hours specific to your exact GPS location. Plus, the app's AccuWeather RealFeel feature lets you know how it actually feels outside so you can properly plan for outdoor summer activities and the day ahead – from what to pack to what

to wear. If you're constantly on the go, don't worry, because the app delivers severe weather push alert notifications that can help keep you safe and better prepared for anything that comes your way. The award-winning AccuWeather app is available on all of Android mobile devices, as well as on iOS, for free.

- Know what to wear. During the summer, lightweight, light-colored, loose-fitting clothing can make all the difference to your comfort. The less fabric you have actually touching your body, the cooler you will be.

- Schedule outdoor activities carefully. During periods of intense heat, stay indoors and, if at all possible, remain in an air-conditioned location. If your home does not have air conditioning, consider going to a shopping mall or public library for a few hours – spending time in air conditioning will help your body stay cooler once you go back out into the elements. Limit your outdoor activities to morning and evening hours when it's cooler.

- Stay hydrated. Summer fun often means being outdoors, but listen to your body and take breaks to rest, rehydrate and cool off. Bring water or a sports drink with you when you are exercising, at the pool or even just making your way around town. Make sure to avoid alcohol and caffeine, as they can quickly dehydrate you.

With up-to-the-minute knowledge at your fingertips and the right preparation, you will be ready to cope with heat and all weather conditions the summer season brings. ■

### Local Farmers Markets:

#### Chino Farmer's Market

Preserve Community Center, 15800 Main St., Chino, Saturday, June 10 from 9 am to 2 pm. (909) 334-3478, healthychino.com

#### Claremont Farmers & Artisans Market

On Second Street between Indian Hill Blvd. & Yale Ave. Every Sunday, from 8 a.m. to 1 p.m. (909) 626-3066, ClaremontForum.org

#### Amy's Farm

7698 Eucalyptus Ave., Ontario Daily – If the sun is up and the gate is open! (844) 426-9732

#### Jack Newe's Farmers Market

Mt. SAC Campus, Lot B 1100 N. Grand Ave., Walnut Saturdays, 8 a.m. to 2 p.m. (626) 810-8476

#### Corona Certified Farmers Market

488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m. (760) 728-7343

### Recipes:

## A Caesar Salad To Rule Them All

with Chicken, Romaine and Ciabatta Croutons

### BY HELLO FRESH

**Cooking Time:** 25 mins

**Servings:** 4

**Nutrition:** 520 Calories

**Ingredients:**

- Garlic- 2 cloves
- Lemon- 2
- Grape Tomatoes- 8 oz.
- Romaine Lettuce- 2
- Ciabatta Bread- 2
- Chicken Breasts- 24 oz
- Dried Rosemary- 2 tsp
- Parmesan Cheese- 1/2 cup
- Mayonnaise- 2 tbsp
- Dijon Mustard- 2 tsp

#### 1. PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Mince or grate garlic. Zest lemon, then cut into halves. Halve tomatoes lengthwise. Cut lettuce into bite-sized pieces. Cut ciabatta into 1-inch cubes.

#### 2. TOAST CROUTONS

Toss ciabatta with a drizzle of olive oil on a baking sheet. Season with salt and pepper. Toast in oven until crisp and golden, 5-6 minutes. Set aside in a large bowl.

#### 3. COOK CHICKEN

Heat a drizzle of olive oil in a large pan over medium-high heat. Season



PHOTO COURTESY: HELLO FRESH

chicken all over with rosemary, salt, and pepper. Add to pan and sear until browned, 2-3 minutes per side. Transfer to a baking sheet. (TIP: You can use the sheet from step 2.) Roast in oven until no longer pink in center, 5-8 minutes.

#### 4 MAKE DRESSING

In a small bowl, whisk together lemon zest, garlic (to taste), half the Parmesan, 1 TBSP mayonnaise, and 1 tsp mustard (we sent more mayonnaise and mustard). Add a squeeze of lemon and a large drizzle of olive oil and whisk to combine. Season with salt, pepper, and more lemon (to taste).

#### 5 TOSS AND SLICE CHICKEN

Add lettuce, tomatoes, and half the dressing to bowl with croutons. Toss to coat veggies. Once chicken is done roasting, let rest a few minutes, then thinly slice.

#### 6 PLATE AND SERVE

Divide salad between plates, then top with chicken slices. Sprinkle with remaining Parmesan and drizzle with remaining dressing (if desired). ■

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

-Jim Rohn



# Let's Go To The Movies

BY MARK HOPPER



I have noticed that many communities in the area sponsor Movie Nights during the summer. Most of these are out doors in a park or other public area on Wednesday evening. It is a great way to enjoy a relaxing evening with your neighbors, family and friends.

Our church has also provided free movie nights during the summer season. It has been a nice way for us to get to know our neighbors and to provide a positive event for our community.

In the past, we showed a family friendly film once-a-month in June, July and August. Children, teens and adults watched together in our worship center.

This summer we are expanding our movie event by showing three different films in three different locations on our campus. We are calling it a "Movie Festival" and we want to invite you and your family and friends to come!

On Friday, June 9th at 5:00 PM, we will be showing three different movies in three different venues. We will be showing - "Finding Nemo", "Soul Suffer" and "Swiss Family Robinson".

On Friday, July 21st, at 5:00 PM, we will be showing "Lego Batman", "Ant Man", and "Hidden Figures".

In addition to the Movies, there will be free hot dogs, chips and beverages for everyone. There will also be crafts and face painting for children. All of the films and food are free.

Please mark your calendar now and plan to enjoy a relaxing and fun filled evening with

us this summer. We hope you will find a film that you can enjoy and time to relax with your neighbors and friends.

For more information about our "Movie Festival", please go to our website or call the church office at (909) 594-7604.

By the way, another favorite summer event at our church is Vacation Bible School. The dates this year are July 24-28th. Children from kindergarten through fifth grade are welcome to enjoy this busy week. You can register online at our website or call the church office for more information.

This summer, I hope you will say to your neighbors, family and friends, "Let's go to the movies!"

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

# The Summer of Healing

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



Can you believe summer is almost here? Have you been putting off some very necessary therapy for your family or your child or maybe even yourself? Well make this the summer of healing and don't put it off anymore. For the past twenty years I have been running a free counseling group that meets every Monday evening from 6-8 p.m. at the Walnut Teen Center. Their address is 21003 La Puente Road in Walnut and their phone is (909)444-0089. Even though we meet at the teen center I have help people of all ages with many different type of problems at this group. We meet every week unless it is a legal hol-

iday all year round. I invite you and your family to come on down and try it out.

I also have the honor of running a free grieving group for the Walnut Senior Center located at 21215 La Puente Road in Walnut and their phone number is (909)598-6200. This group can help with successful recovery from all types of loss. I have had people attend that have lost loved ones, lost pets and even loss from retirement. The funny thing is we actually do a lot of laughing and have a good time helping each other recover from what can seemingly feel impossible. I have been running this group for seventeen years. This group meets the first Friday of every month from 9-11 a.m. It is my privilege to have Midnight my registered therapy dog be my co-therapist at both of these groups.

I hope you will allow Midnight and I to help you and your family finally. It will truly be our honor and pleasure to help you and your family members heal and finally grow into who you all deserve to be!

*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 parents have invited me and my new boyfriend over for dinner. My dad is a great cook and plans to make baby back ribs and bbq beans, potato salad and fruit salad. My mom will make the dessert which will probably be a German chocolate cake. All of these dishes are long standing family favorites. The problem is that my new boyfriend only eats fish and fresh salads or raw produce. There will literally be nothing that he will eat. I don't know what to say to my dad because he is proud of his cooking and he did not allow us to be picky eaters growing up. I want to bring a salmon filet and a salad for my boyfriend, but I worry about offending

my parents. My mom would be ok with it, but I'm not sure about my dad. It will be awkward if my boyfriend sits at the table and has nothing to eat. He says he doesn't mind having limited choices, but I haven't told him what's being served yet. Please help me do the right thing. I want my parents to like him. Thank you.

Anne Marie

Dear Anne Marie,

People who choose really restricted eating plans live with things like this all the time. Just be honest with your parents. Say that you'd both love to accept the invitation to their BBQ so they can meet your new boyfriend. Then explain that his eating plan is pretty strict and that he will most likely eat before the party. Assure your parents that they do not need to do anything any differently because of his choices because he mainly just wants

to meet them and have a good time. At this point they may choose to change their menu to accommodate him. If they do, that's kind of them, if they don't then that's fine too. It's poor form for guests to have a bunch of requirements for their hosts to deal with. I'm also against accepting an invitation and then showing up with your own food because the offerings of the host are not to your liking. Keep things light hearted as possible.

Hope everything turns out well.

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

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**CONGRATULATIONS CLASS OF 2017 GRADUATES!!**



# You're either going to Clark's, or you're settling for less...way less

Clark's from page 1

was upset and disappointed. All she had ever known was this small local pizza place ran by Chuck E., so she had no idea what was waiting for her at the “happiest place on earth.” Needless to say when she walked through the front gate at Disneyland, she “got it.” Disneyland was bigger, better, and more amazing.

I recently visited Clark's Nutrition in Chino for the first time. It is the Disneyland of natural foods stores! For years I settled with what I knew from other stores, but after walking through the front door of Clark's, I “got it!” Clark's is not just bigger and better, but its one of the most amazing natural foods store I've ever been in.

What's a Clarks store like? Imagine if you morphed Sprouts, Whole Foods, GNC, and Trader Joes into one store. It would be called Clarks! Clark's has the largest selection of organic produce, supplements, and natural foods in the Inland Empire. They also have a great bulk foods section, they have grass-fed meats, a full dairy section, and the Chino location even has a juice bar! Clark's was recently featured on a bus tour that brought other natural foods grocers from all over the world to visit Clarks in Chino. Clark's has been told they have the largest supplement section in the United States in their Chino location. Basically, if you are looking for it, they've got it! I've also noticed that Clark's prices are reasonable on most everything. I was surprised at the pricing since they had so much selection, I thought I would be paying for it; yet another pleasant surprise.

If that isn't enough to get you into Clarks, they have Nutritional Consultants to help you. These Nutritional Consultants really know a lot about nutrition. Just look for the employees in

the maroon shirts. They're the Nutritional Consultants. Kyle and Joe are a couple of my favorites, but they're all great. Clark's has a 5-level training program that takes these Nutritional Consultants about 3 ½ years to complete. This sets them apart from everyone. Starkie Sowers, Clark's Director of Education writes and teaches these in-house classes. Starkie says, “From the beginning, we knew we wanted to really help people educate themselves about their own health.” No one at Clarks is on commission. Starkie adds, “I've been with Clarks for 36 years and although the natural foods industry has grown and changed a great deal, the Clark family have always been committed to providing solid answers for customers trying to navigate their unique health goals.” Clark's attracts a wide variety of customers; people with food allergens, those wanting to get/remain fit, moms trying to help their family eat healthier, customers seeking holistic approaches to health and wellness, Vegans, Vegetarians...and the list goes on. Marketing Director, Mike Barnett says, “People are looking for a trusted source for their nutrition questions and Clark's knowledgeable Nutritional Consultants are the final stop for people looking for real help.”

As a lifelong resident in the Inland Empire, I had heard of Clarks, but didn't know where their locations are and that they've been around since 1972. Clarks' is family owned and operated. It makes me feel good knowing that I am supporting a small local business rather helping shareholders make more money. All four of Clark's locations are local: Chino, Riverside, Loma Linda, and Rancho Mirage. I am glad to finally count myself among those that “get it!” My family and I can be found at Clarks in Chino. Discover Clark's Nutrition and stop settling for less. ■

# High school stars recognized

Walnut from page 1

at our school,” said Principal Brandon Dade.

She served as ASB president, class president all four years, and peer counselor for two years.

“Sarah put on the best prom, turned the senior breakfast into a senior dinner, and has provided Walnut High seniors a wonderful experience they will never forget,” said class advisor Drew Johannson.

In addition, the senior class contributed \$10,000 to help renovate the gymnasium flooring.

Sarah is empathetic and is driven to help students through the school's peer counseling program

She's given her time and energy to help students deal with sensitive topics and does all this with compassion and love that lifts up her fellow students in a way that's life-changing, Johannson said.

“In the nearly 40 years I've been at Walnut High, I honestly can say that no student has done more for our school than Sarah Kim. Being able to work with her last four years has been an honor!”

Sarah will attend Stanford University in the fall.

Parent volunteer Rhonda Melton received the Partner in Education Award.

Rhonda has found a way to

offer support for staff and students within the large and competitive high school.

“She has devoted hours of her time helping raise money that can be directly used to support students' social-emotional needs on campus.”

Walnut High's Peer Counseling held over 450 personal appointments this year. These students consistently work out-of-the spotlight and serve without the recognition of support.

“Rhonda felt this group would benefit from additional support and through her dedication has truly made a difference,” Dade said.

She helped organize two e-waste recycling events this year that supported the Peer Counseling group and the school. She also participates in the Parent Think Tank.

“Rhonda spends a lot of time on our campus and we are very appreciative!” Dade said.

Other local high school stars recognized include Junior Zainia Siyed was recognized with the Super Star Student Award for Diamond Bar High.

Zainia is committed to developing STEM for girls and last year launched a FemSTEM robotics scholarship program for 10-14 years-olds.

The Brahma Tech Academy president began teaching robotics as a freshman.

The teen worked eight hours per week developing and pro-

viding instruction to her team members.

“And it's no surprise they took 1st place in a FIRST Lego League competition!” said Principal Reuben Jones.

Additionally, Zainia was a keynote speaker during the recent FIRST Robotics World Championships in Texas.

This month, she will be filmed by Disney on the topic of girls in STEM, which is typically a male-dominated field.

Zainia has also been selected for a Boeing internship and has applied for a TED Talk in London.

Sarbani Sharma, president of one of the school's Magnificent 7 groups, received the Partner in Education Award.

Sarbani currently heads up the South Asian Parent Association (SAPA) and has been active in numerous activities that support Diamond Bar High.

The group's signature event, Evening of Colors, is a scholarship fundraiser featuring student performances, music, and dancing.

“It's truly a fantastic night that celebrates diversity at Diamond Bar,” Jones said.

Sarbani recently led a fundraising campaign to help the school's robotics team, Sprocket, compete at the FIRST Robotics World Championships.

She also partnered with the Wellness Center to provide a free stress-management workshop for students. ■

# Diamond Bar gets new city manager

CityMngr from page 1

applicants from several dozen to just a handful, Dan Fox was the clear and obvious choice,” Lin said. “Dan's professional background, years of local government management experience, and wealth of knowledge in a number of areas, particularly in economic and community development, will be an asset to our organization and make him an effective leader to continue steering our city in a positive direction” he added.

Fox has a background in community development with more than 30+ years of experience serving local agencies, including more than 19 years

working for city governments with a “contract services” model similar to Diamond Bar. “I am honored to have been selected as the next city manager for the City of Diamond Bar and look forward to working with the City Council, City staff, residents and businesses to help this great community celebrate its roots and build a thriving future,” said Fox.

Since December 2009, he has worked for City Laguna Niguel initially as community development director and most recently as assistant city manager. Prior to Laguna Niguel, he worked for the neighboring City of Walnut as community development director from 2004 to 2009. He holds a Bach-

elor of Science degree in urban and regional planning from Cal Poly Pomona. When Fox assumes his post on July 10, he will become Diamond Bar's fifth manager since its incorporation in April 1989. ■



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# DB smoke shop burglarized

DB from page 1

on the 71 freeway/Chino Av. exit. The deputies searched the vehicle and found 2 trash bags filled with tobacco products that had been stolen from "Diamond Bar Smoke Shop. All 3 suspects were arrested. Station detectives followed up on the case and served a search warrant at a residence in Riverside where more stolen property was recovered. Thousands of dollars of items stolen from "Home Depot" were recovered.

Date/Time: Wednesday, May 24, 2017 6:41 a.m.  
Incident: Commercial Burglary, 459 PC  
Location: 1127 Grand Av. Diamond Bar "Diamond Bar Smoke Shop"  
Suspect(s): Eugene Little MWA of Riverside  
Louie Gutierrez MH/A of Riverside  
Jon Gallarde MH/A of Riverside  
<http://shq.lasdnews.net/pages/PageDetail.aspx?id=3336>  
For full details, view this message on the web ■

# Celebrate dads and grads at the Whole Enchilada

Enchilada from page 1

Enchilada guarantees that its customers will enjoy the taste of their entrees.  
The Whole Enchilada can help you make at-home dinners easy by offering tamales all year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. From platters and entrée meals to taco bars, they also provide other options to serve fresh, authentic Mexican recipes their resident chef brought from their homeland.  
"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada. The restaurant has been in business for over 30 years, offering a variety of Mexican dishes ranging from tacos and burritos to carne asada and fajitas.  
The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent customer service due to their family friendly servers being attentive, courteous, and knowledgeable.  
If you're planning a celebration, parties can be planned easily at a home or business with The Whole Enchilada's catering service. Book now and you can reserve a portion of the restaurant to celebrate with good food, family, and friends.  
The staff will be there to

help you celebrate special moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, and special events for churches, sports, schools, clubs, and more.  
Birthday parties are always fun at The Whole Enchilada, as well. No matter how old you are, the staff will provide you with a total birthday experience including singing, a special picture to take home, free birthday hat and dessert, and best of all, five "Enchilada Bucks" to use the next time you visit.  
Better yet, The Whole Enchilada's "Kids Club" includes four mailings per year entitling your children to a free meal when accompanied by an adult, as well as a birthday invitation for a free meal and dessert.  
The Whole Enchilada has gift cards available for purchase in person or online at [www.wholeenchilada.com](http://www.wholeenchilada.com). And remember to ask your server for a Combo Punch Card on your next visit, which provides a free combo dinner when you purchase any nine of their combination dinners.  
The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at [www.wholeenchilada.com](http://www.wholeenchilada.com). ■

# Armed robbery suspects sought

IE from page 1

Hut.  
DATE: May 26, 2017 / 5:58PM  
INCIDENT: Armed Robbery  
LOCATION: 12000 block of Mt. Vernon Avenue, Grand Terrace.  
SUSPECT(S): #1, HMA, wearing a brown long hair wig, sun glasses, black dress shirt, black under shirt, black pants, and black shoes.  
#2, HFA, no further description, getaway driver.  
#3, HMA, no further descrip-

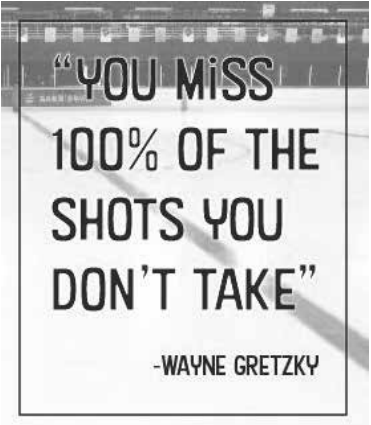
tion, front seat passenger.  
VEHICLE: 2006-2013, silver 4-door Chevrolet Impala, black rims, no license plate, dark tinted windows.  
VICTIM(S): Little Caesars Pizza  
Anyone with information regarding this investigation is urged to contact the San Bernardino County Sheriff's Department. Callers wishing to remain anonymous are urged to call the We-tip Hotline at 1-800-78-CRIME (27463) or you may leave information on the We-Tip Hotline at [www.wetip.com](http://www.wetip.com). ■

# Fireworks are illegal in CH and DB, but legal in Chino

Fireworks from page 1

July 1 through 9:00 p.m. on the 4th of July of each calendar year. The City of Chino will strictly enforce fireworks laws and fines: Possession or use of illegal fireworks: \$1,000 fine. Inappropriate use of "Safe and Sane" fireworks: \$500 fine. No fireworks allowed anywhere outside a residential zone, in any public park, and outside the city limits.  
CHINO HILLS: NO FIREWORKS ALLOWED. You cannot ignite any legal or illegal fireworks and you cannot possess any illegal fireworks within the city limits. There will be alternative ways to enjoy fireworks listed on their website at [www.chinohills.org](http://www.chinohills.org).  
DIAMOND BAR: NO FIREWORKS ALLOWED. You cannot ignite any legal or illegal fireworks and you cannot possess any illegal fireworks within the city limits. There will be alternative ways to enjoy fireworks listed below. Alternatives are listed on their website at [www.cityofdiamondbar.com](http://www.cityofdiamondbar.com).  
All fireworks that explode, shoot into the air or move along the ground are termed dangerous and are illegal anywhere in California. "Safe and Sane" fireworks bear the State Fire Marshal seal on the packaging and are allowed only in the following cities in the county: Adelanto, Barstow, Chino, Colton and Rialto, as well as specific locations in Fontana, Grand Terrace and San Bernardino.

The illegal activity has already begun as a San Bernardino County multi-agency task force seized 7,500 pounds of illegal fireworks during operations on June 3-4, writing 40 citations totaling \$50,000 in fines, the San Bernardino County Fire Department said.  
"Fire officials will be issuing citations for the illegal use, possession or storage of fireworks with fines up to \$1,250 for the first offense and the possibility of arrest. Property owners may be cited if they allow fireworks to be possessed, stored or used on their property," a press release stated.  
Fire officials also urge residents to report illegal fireworks to local authorities or to We-Tip at 800-472-7766 or WeTip.com. ■



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