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Walnut

Walnut Teen Killed in Car Crash in West Covina

BY STAFF REPORTS

Walnut- Wednesday morning, a 17-year-old student was killed when a vehicle he was driving collided with a tree on the center divider on Nogales Street.

According to local reports, Ali S. Rizvi died when the minivan he was driving crashed into a tree on Nogales Street between Francesca Drive and Shadow Oak Drive. West Co-

see **Walnut** page 11

Diamond Bar

Residential Fire Leaves One Dead

BY STAFF REPORTS

Diamond Bar – A man in his 50's was found in a fire at a Diamond Bar home early this morning but was pronounced dead at the scene, LA County fire department officials said.

Around 4 am this morning in the 23400 block of Wagon Trail Road fire fighters arrived to flames coming out of the first floor of the home. After a search, they found the man

see **DB** page 11

Local Bank Robbery Suspect Caught



PHOTO COURTESY: CHINO PD

Surveillance footage shot on Wednesday, February 29, 2012 (above) shows the "AK-47 Bandit" robbing the California Bank and Trust in Chino. While fleeing the scene the armed suspect opened fire on a Chino PD officer who was patrolling the area at the time of the robbery. The officer was seriously wounded but survived the injury.

BY STAFF REPORTS

Chino- The "AK-47" bank robber who shot and wounded a local police officer back in 2012 was caught this week in another state. He is also accused of a string of bank robberies throughout the country.

He was dubbed the "AK-47 Bandit" by FBI agents because in each robbery, the suspect brandishes an AK-47 –style assault rifle with a drum magazine.

Richrd Gathercole, 39, was arrested in Helena, Montana for shooting at a Kansas State

Trooper. While in jail, Gathercole himself tipped police off during a recorded phone conversation. According to a transcript, he apparently called his mother, whom he lived with, and instructed her to "get all

see **AK-47 Bandit** page 10

Mt. SAC Chosen for Olympic Trials



PHOTO COURTESY: GOOGLE

The Olympic Track and Field Trials will be held at Mt. SAC's Hilmer Lodge Stadium. Trials will determine who will represent the USA in the 2020 Olympic Games in Tokyo, Japan.

BY MICHAEL ARMIJO

Walnut- Mt. San Antonio College's new incoming stadium was chosen for the 2020 U.S. Olympic track and field trials, making this event an Olympic site for the first time in Southern California since 1984 when the games were held at the Coliseum. The Walnut stadium was chosen in an 11-2 vote by the USA Track and Field's board of directors for the Mt. SAC proposal.

Mt. Sac's Hilmer Lodge Sta-

see **Mt. SAC** page 10

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PHOTO COURTESY: FREEPIK.COM

Eastvale

Eastvale Community Recap

BY MICHAEL ARMIJO

Eastvale- There are so many projects in Eastvale, we will highlight a few at a time. Just a recap on what's going on in the Eastvale Community:

Map ID 1. KB Homes, The Lodge, Residential Development Project No 10-0124. Location: Corner of Limonite Avenue and Scholar Way. 205

see **Eastvale** page 11

Our Featured Businesses

An Optometrist "WHO" You Can Trust

BY STAFF REPORTS

Walnut- Do you know WHO will care for your eyes? Fire sale rookies at discount places are hard to trust, assembly line medicine is no place for your vision!

Walnut Hills Optometry can satisfy all of your optometry care needs with well over 20

see **WHO** page 11



With over 20 years of experience, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community. See their ad on page 4.

Inland Christian Home: Quality Environment For Seniors

Ontario- Inland Christian Home, was founded by a number of local churches and began providing services in 1978. The primary mission of the community is a reflection of the heritage of its founders: to provide quality affordable individualized care to seniors in a Christian environment, it's a place you can feel right

see **ICH** page 10



As the baby boomer generation continues to age, having options is important. Inland Christian Home offers a community that assists in many ways.

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Write a letter to the Editor.

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Our Life:

Home of the Brave

BY SARAH SANCHEZ

My family and I went to a baseball game together a few years ago. A talented singer sang the Star Spangled Banner beautifully, as usual. I've heard this song countless times before. I've done the Pledge of Allegiance every day since I started school. These songs were routine, just another part of the agenda when we attend a public event.

However, this baseball game was suddenly different because I happened to look over at my mom during the Star Spangled Banner song. There she was singing along to the song, smiling, and with tears in her eyes. I asked her why she was crying and she said she always cries during that song because she remembers the day she officially became a citizen of this great country. To this day, I still remember that day and that statement.

My mom was born in Mexico and she came to this country with her family when she was a young girl. Her family looked for a better life here in America and she said that's what they received. She says she will always remember the day she became a citizen, where she

waved the little flag they gave her. She said the National Anthem reminds her of that day every time.

I was truly touched by that moment at the baseball game because it's such a routine to hear that song for us natural born citizens. Some of us will sing along because we've heard the song so much, some will cheer after the singer hits that amazing high note, and some of us will clap because the singer actually sang the song well.

But what we don't realize is that this song means more than just something to be played at a baseball game. This song is our national anthem; it represents our country; it represents the freedom we have that many around the world don't; and it represents the many soldiers that have risked and lost their lives for that freedom.

We live in a great country, despite the flaws we may have. We live in a fortunate country with a lot of opportunity, despite the fact that most of us inherited that fortune by just being born here. So every time we hear that Star Spangled Banner song, it should be more than just a routine. We should sing that song with pride, listening to and meaning every single word. And it should remind us of how fortunate we are to live in the land of the free and the home of the brave. ■

We here at **OurWeeklyNews** want
to wish you a **Happy 4th of July!**

Rent or Buy? Part 2

BY NEF CORTEZ



Part 1 of "Rent or Buy?" covered some general factors that most people consider when deciding whether to buy or rent. I promised to provide in more detail what some of these factors are, and how they might impact you when considering renting or buying a home. According to Attom Data Solutions, buying is more affordable in 66% of the markets surveyed across the country. The major reason for that is that rents continue to rise, and although home prices are also rising, the historically low fixed interest rate on home mortgages continues to make owning affordable.

As the Federal Reserve continues to push rates upward, and eventually long term mortgage rates rise, many will be convinced to lock in their long term interest rates on their home purchase this year. Daren Blomquist, senior vice president of ATTOM Data Solutions was quoted in a recent report in which he said "While buying continues to be more affordable than renting in the majority of U.S. markets, that equation could change quickly if mortgage rates keep rising in 2017." He continued "In that scenario, renters who have not yet made the leap to homeownership will find it even more difficult to make that leap this

year. Additionally, renting may end up being the lesser of two housing affordability evils in a growing number of high-priced markets."

This "push" to homeownership is based on the benefits of ownership and the negative consequences of being left out. These benefits summarized are: 1) The stabilization of the cost of housing by locking in a long term fixed interest rate loan, 2) The pleasure and enjoyment of being able to customize one's space, because they own it, 3) Owning a home has a forced savings component built into it, which is a long term benefit to the owner, 4) The tax deductibility of interest payments and the property taxed paid is another benefit and makes home ownership more affordable, 5) Appreciation of real estate in the face of inflationary pressures protects a homeowner's cash investment in the form of a down payment and allows for leveraged appreciation of the investment, and allows for the growth of an equity investment in the property.

Currently, in most cases, the benefits of buying outweigh the risks of doing so, and are providing the impetus for many to make the leap into homeownership in 2017.

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. ■

Community Events

UPCOMING EVENTS:

Walnut Valley Educational Foundation 20th Annual Golf Tournament

When: Friday, June 30

Where: Vellano Country Club, 2441 Vellano Club Dr., Chino Hills

Details: This exciting event is dedicated to raising necessary funds to support sports programs within the Walnut Valley Unified School District. Without such assistance, many sports programs within the district would be unable to operate. Due to the generosity of last year's golf tournament sponsors, the WVEF was able to provide crucial transportation funding for the Walnut Valley Unified School District middle school sports programs. In addition, financial support enabled the golf teams from Diamond Bar and Walnut High Schools to participate in several tournaments. Please know that whether you decide to become a major event sponsor or an individual player, your tax-deductible donation is greatly appreciated! With your help, we will be able to continue with our mission of enriching the lives of our students, teachers, and staff. **Contact:** (909) 444-8462, walnutvalleyedfoundation@gmail.com

The 3rd Annual California Hot Sauce Expo

When: Saturday, August 19 & Sunday, August 20

Where: City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim

Details: This two-day tribute to all things hot and spicy will feature a "Stage of Doom", where showcases and competitions will take place throughout each day. Highlights include: The Guinness Book of World Records Reaper Pepper Eating Contest, The Booze & Infuse Cocktail Competition, The Spicy Pizza of Doom, The Slaytanic Burrito and the Chihuahua Beauty Pageant. There will also be Lucha Wrestling, food vendors, craft beer and specialty cocktails. With excitement towards the upcoming expo, High River Sauces' Founder Steve Seabury explains, "The CA Hot Sauce Expo is like no other food festival on planet earth. You won't want to miss this Hot Sauce Party. If you love spicy foods then you are going to LOVE this Endorphin Rush." **Contact:** http://www.cahotsauce-expo.com

Cost: This year's California Hot Sauce Festival will feature three tiers of ticket options - General Admission (\$10), Craft Brew Package (\$40) and Ultimate Fiery VIP Package (\$75). All attendees can enjoy fiery samples from

hot sauce vendors, access to all staged eating competitions, and many other entertaining events fun for all friends and family. The Craft Brew Package will include five drink tokens, plus an expo t-shirt and a bottle of High River Sauce. The Ultimate Fiery VIP Package will grant admission to the expo's exclusive VIP area with complimentary beer, cocktail tastings and Lucille's BBQ buffet

REGULAR EVENTS:

Chino Summer Nights

When: June 16- July 21

Where: Chino City Hall, corner of Central Ave. and D Street

Details: The City of Chino presents movies on the lawn event series, Chino Summer Nights! Enjoy a family night out with free movies (rated PG or PG-13) beginning at dusk, family-fun activities beginning at 6:30 p.m., food and retail vendor booths, and more! Don't forget, bring a blanket or lawn chair! **Contact:** (909) 334-3258

Cost: FREE

Movies Under the Stars

When: Every Wednesday from June through August, 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

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

History 101

July 4, 1776: U.S. Declares Independence

By HISTORY.COM

In Philadelphia, Pennsylvania, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of the United States of America from Great Britain and its king. The declaration came 442 days after the first volleys of the American Revolution were fired at Lexington and Concord in Massachusetts and marked an ideological expansion of the conflict that would eventually encourage France's intervention on behalf of the Patriots.

The first major American opposition to British policy came in 1765 after Parliament passed the Stamp Act, a taxation measure to raise revenues for a standing British army in America. Under the banner of "no taxation without representation," colonists convened the Stamp Act Congress in October 1765 to vocalize their opposition to the tax. With its enactment in November, most colonists called for a boycott of British goods, and some organized attacks on the customhouses and homes of tax collectors. After months of protest in the colonies, Parliament voted to repeal the Stamp Act in March 1766.

Most colonists continued to quietly accept British rule until Parliament's enactment of the Tea Act in 1773, a bill designed to save the faltering East India Company by greatly lowering its tea tax and granting it a monopoly on the American tea trade. The low tax allowed the East India Company to undercut even tea smuggled into America by Dutch traders, and many colonists viewed the act as another



PHOTO COURTESY: GOOGLE

example of taxation tyranny. In response, militant Patriots in Massachusetts organized the "Boston Tea Party," which saw British tea valued at some 18,000 pounds dumped into Boston Harbor.

Parliament, outraged by the Boston Tea Party and other blatant acts of destruction of British property, enacted the Coercive Acts, also known as the Intolerable Acts, in 1774. The Coercive Acts closed Boston to merchant shipping, established formal British military rule in Massachusetts, made British officials immune to criminal prosecution in America, and required colonists to quarter British troops. The colonists subsequently called the first Continental Congress to consider a united American resistance to the British.

With the other colonies watching intently, Massachusetts led the resistance to the British, forming a shadow revolutionary government and establishing militias to resist the increasing British military presence across the colony. In April 1775, Thomas Gage, the British governor of Massachusetts, ordered British troops to march to Concord, Massachusetts, where a Patriot arsenal was known to be located. On April 19, 1775, the British regulars

encountered a group of American militiamen at Lexington, and the first shots of the American Revolution were fired.

Initially, both the Americans and the British saw the conflict as a kind of civil war within the British Empire: To King George III it was a colonial rebellion, and to the Americans it was a struggle for their rights as British citizens. However, Parliament remained unwilling to negotiate with the American rebels and instead purchased German mercenaries to help the British army crush the rebellion. In response to Britain's continued opposition to reform, the Continental Congress began to pass measures abolishing British authority in the colonies.

In January 1776, Thomas Paine, published Common Sense, an influential political pamphlet that convincingly argued for American independence and sold more than 500,000 copies in a few months. In the spring of 1776, support for independence swept the colonies, the Continental Congress called for states to form their own governments, and a five-man committee was assigned to draft a declaration.

The Declaration of Independence was largely the work of Virginian Thomas Jefferson. In justifying American independence, Jefferson drew gener-

ously from the political philosophy of John Locke, an advocate of natural rights, and from the work of other English theorists. The first section features the famous lines, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." The second part presents a long list of grievances that provided the rationale for rebellion.

On July 2, 1776, the Continental Congress voted to approve a Virginia motion calling for separation from Britain. The dramatic words of this resolution were added to the closing of the Declaration of Independence. Two days later, on July 4, the declaration was formally adopted by 12 colonies after minor revision. New York approved it on July 19. On August 2, the declaration was signed.

The American War for Independence would last for five more years. Yet to come were the Patriot triumphs at Saratoga, the bitter winter at Valley Forge, the intervention of the French, and the final victory at Yorktown in 1781. In 1783, with the signing of the Treaty of Paris with Britain, the United States formally became a free and independent nation. ■



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Keep Your Pets Safe On 4th Of July With These Tips!

Doggie Tips

1. Be sure your dog's ID tag is up-to-date and visible

2. Exercise your dog early in the morning

3. During cookouts, ask guests to play with your dog away from the flames

4. Keep dog treats on hand in case you need to bribe

5. Watch out for those chicken bones people drop

6. Take a current picture of your dog (Just in case)

7. Keep charcoal, fireworks and matches far away from curious canines

8. Play music to buffer the sound of fireworks

Kittie Tips

1. Be sure your cat's ID tag is up-to-date and visible

2. Put your cat in a safe, escape proof room during parties and fireworks

3. You can use a feline pheromone diffuser or spray to reduce stress from loud noises

4. Play music to buffer the sound of fireworks

5. Take a current picture of your cat (Just in Case)

6. Have a good play session before guests arrive

7. Keep charcoal, fireworks and matches far away from curious cats

Always have fresh clean water out for your pets!

CROSSWORD THEME: THE 4TH OF JULY

ACROSS

- 1. Like Catherine or Peter, in Russia
- 6. Norwegian band of "Take on Me" fame
- 9. "I call first ____!"
- 13. "Home on the ____"
- 14. Charlie Parker's style of jazz
- 15. Comedian Silverman
- 16. Not upright
- 17. Greek H
- 18. Acrobat maker
- 19. *Like the July 4th holiday
- 21. *Pre-state state
- 23. Thanksgiving tuber
- 24. Hold as a conviction
- 25. Ides mo.
- 28. Expunge
- 30. Catching like a cowboy
- 35. ____ 'n' Andy
- 37. Trash containers, e.g.
- 39. Of war and sea?
- 40. It wasn't built in a day
- 41. Happily ever when?
- 43. Car with a bar
- 44. Loud noise
- 46. Dublin land
- 47. Lecherous look
- 48. Lampoon
- 50. Pouches
- 52. Not sweet, as in wine
- 53. Plant anchor
- 55. Brown truck delivery company
- 57. *Traditional July 4th meal
- 60. *Fire ____
- 64. Filthy dough
- 65. Bird word
- 67. Tee off
- 68. Enclose in a recess
- 69. Big coffee server
- 70. Dine at home
- 71. Shakespeare's metrical unit
- 72. Hi- ____
- 73. Type of wheat

DOWN

- 1. Tennis' Steffi
- 2. Denote as "PG," e.g.
- 3. Children's author Blyton
- 4. "The best laid schemes o' mice an' men gang aft ____"
- 5. Foursome
- 6. Cain's brother
- 7. *Like a dog
- 8. Rapidly
- 9. Type of cabinetry joint
- 10. De-wrinkler
- 11. "Rosemary's ____"
- 12. Anything female
- 15. Omega 3 source
- 20. Naked protozoa
- 22. "____ the fields we go"
- 24. ADA member
- 25. Jacobs and Anthony, e.g.
- 26. ____ or a spy
- 27. * ____ candle
- 29. *__, Liberty and the pursuit of Happiness"
- 31. ____ Mall, London
- 32. Like a Harvard building?
- 33. Name-chooser
- 34. *Old ____
- 36. Seal with a kiss and do this
- 38. Plural of serum
- 42. Happen again
- 45. Patient's bed
- 49. Interesting person, acronym
- 51. Queen of these
- 54. Happen
- 56. Junk yard stuff
- 57. Wild feline
- 58. Ballistic missile acronym
- 59. Dungeness, e.g.
- 60. Flipside of pros
- 61. Flying toy
- 62. Reagan's reference to Russian "empire"
- 63. As opposed to own
- 64. Hula girl's flower
- 66. Metal-bearing rock

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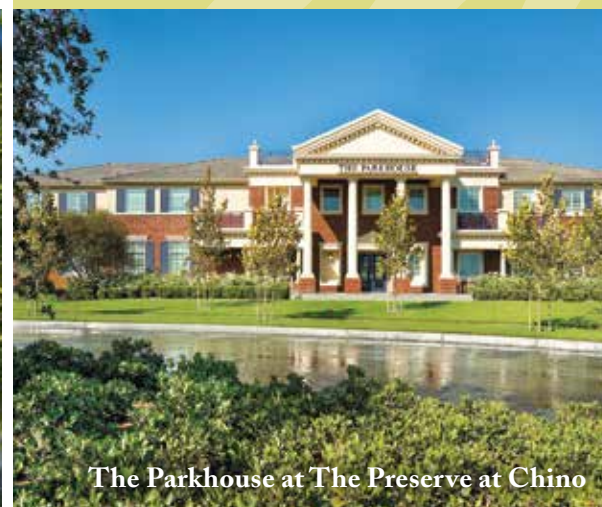
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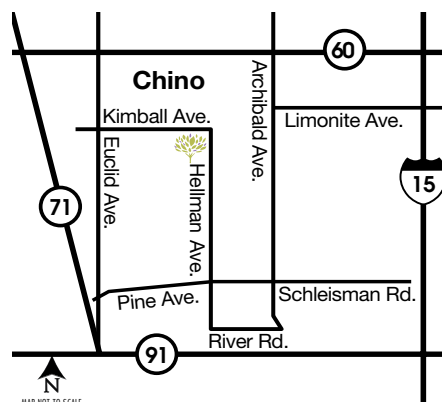
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PHOTO COURTESY: JAVI_INDY / FREEPIK

BY CRAIG “DEUCE” DOUSSETT MPH, RDN

The vast majority of us want cut-and-dried answers. We want to know what the best supplements are, how much sleep to get, the right amount of water to drink, the best foods to consume in their proper ratios and times, and the most effective exercises and peak times to perform them. We desire to know the “best” (optimum) and “first in order” (prime) information to make our lives productive, rewarding, and free from distracting demands. In this spirit, here are a few answers that are steeped in science.

1. Water is fairly easy, drink when thirsty and avoid darkly colored urine. While overhydration is not as common as dehydration, it can be just as dangerous, so drink plenty of water and always plan ahead. Stock up on water and have plenty of stainless steel or glass water containers on hand. As for food, Michael Pollan succinctly stated, “Eat food, not too much, mostly plants”. It does not matter what food camp we align with if the above dictum is ignored. One caveat, protein should be at every meal, carbs early in the day or after training, and fats in the afternoon. Protein powders can be excellent additions to busy lifestyles seeking simplified and salubrious solutions.

2. Sleep seven to nine hours a night! In most individuals, less or more than this amount may result in overeating (non-homeostatic appetite), a decrease in resting metabolic rate, and hyperglycemia (high blood sugar [glucose]). All of the aforementioned conditions lead to weight gain and compromised immune systems. Experiment with natural and safe sleep aids such as melatonin (inform your physician), magnesium (with added L-Threonine to access neural tissue more effectively), and herbal teas such as valerian, chamomile, or hops.

3. Exercise? A combination of cardiovascular exercise (running, swimming, biking etc.), resistance training

(busting the weights), and high intensity interval training (HIIT), (start/stop movements cycled through power intervals) is best. Cardio is not only for heart health, it provides our brains with an influx of oxygen and nutrients, further increasing our odds of staving off forms of dementia and depression. Resistance training three times weekly (for skeletal and mitochondrial biogenesis) prepares the body for the demands of both daily and future life. Lastly, HIIT (flexibility, and lymphatic fluid movement) is an excellent way to challenge oneself and experience fat-burning and toning benefits simultaneously.

4. When to work out? The short answer is whenever you enjoy it the most and will make it a lasting habit. The science shows, all things being equal, the afternoon is the best time. Firstly, in the afternoon our skeletal muscle is naturally less sensitive to insulin and exercise sensitizes our body to accept glucose and clear blood sugar before it moves to fat tissue to be repartitioned. Thus, afternoon exercise can help avoid a phenomenon known as “Afternoon diabetes”. Better sugar control means muscles perform better and longer. Secondly, while testosterone is higher in the morning, so is cortisol which is a hormone that can have delimiting effects on training adaptation. In the afternoon, the testosterone to cortisol ratio is improved (it is lower). Thirdly, we must consider our core temperature which is optimum in the afternoon for both genetic expression and mitochondrial output. Working out in the cold of morning means brains, muscles, cells, and bodily fluids are all at their slowest. Spoiler alert: there is a reason world records get broken in the afternoon.

Sometimes, it is best, in the face of undecided science, to follow the example of a certain brightly colored, anthropomorphized semi-truck and simply “Roll Out”! We do the best we can with the data .■

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:

Wasabi Lime Salmon

over Soy-Simmered Rice with Baby Bok Choy

BY HELLO FRESH

Cooking Time: 30 mins

Servings: 4

Nutrition: 660 Calories

Ingredients:

- Veggie Stock Concentrate- 2
- Soy Sauce- 1 tbsp
- Jasmine Rice- 1 cup
- Baby Bok Choy- 4
- Scallions- 4
- Lime- 2
- Ginger- 1 thumb
- Garlic- 2 cloves
- Mayonnaise- 4 tbsp
- Wasabi Paste- 1 tsp
- Salmon- 24 oz

1. COOK RICE Bring $\frac{3}{4}$ cup water, stock concentrate, and soy sauce to a boil in a small pot. Once boiling, add rice. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.

2. PREP Wash and dry all produce. Cut off and discard root ends of bok choy, then separate into individual stalks. Thinly slice scallions, keeping greens and whites separate. Halve lime. Cut one half into wedges. Peel, then finely grate ginger. Grate garlic.

3. MAKE DRESSING In a small bowl, combine mayonnaise, a squeeze of lime juice, a pinch of garlic, a pinch of ginger, and wasabi paste (to taste—start with a pinch

and go up from there). Stir in 2 tsp water. (TIP: Add more water as needed to give dressing a drizzly consistency.) Season with salt and pepper.

4. COOK BOK CHOY Heat a drizzle of oil in a large pan over medium heat. Add scallion whites, remaining garlic, and remaining ginger. Cook, tossing, until slightly softened, 1-2 minutes. Add bok choy and 1 TBSP water. Cook, tossing, until leaves wilt, 2-3 minutes. Season with salt and pepper. Remove mixture from pan and set aside, covering with aluminum foil to keep warm.

5 COOK SALMON Heat a drizzle of oil in same pan over medium-high heat. Season salmon all over with salt and pepper. Add to pan skin-side down. Cook until skin is crisp and browned, 5-6 minutes. Lower heat to medium and flip salmon. Cook until opaque throughout, another 3-4 minutes.

6 PLATE AND SERVE Divide rice between plates. Top with bok choy and salmon. Drizzle with dressing and garnish with scallion greens. Serve with lime wedges on the side for squeezing. ■



PHOTO COURTESY: HELLO FRESH

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

-Jim Rohn

A Bird In The Hand

BY MARK HOPPER



There is a familiar saying that says, "A bird in the hand is worth two in the bush". Basically it means that it is better to hold on to something you already have than to risk losing it by trying to get something more. I have come up with a better slogan, "A bird in the house is worse than two in the bush". During the past few months several birds have built nests in the rafters of our patio. We enjoy watching the progress of nest building and the birth of new baby birds. However, we don't enjoy the mess that they make and leave behind.

One day we were surprised to see a new nest on top to the porch light next to our patio sliding door. How did that happen? The mother bird has been faithfully sitting on the nest. But every time someone opens the patio door, she is frightened and quickly flies

away. Recently, someone went out to the patio for a moment and forgot to close the door. As usual the mother bird was startled and quickly took flight. But, instead of flying away, she flew into our house! Suddenly we had an unexpected visitor. The bird was frightened and confused. We were also frightened and concerned. What are we going to do with a wild bird in our house? How do you get an uninvited guest to leave? Family members quickly sprang into action. The grandkids opened the front door and the other two sliding doors in the house hoping the bird would use one of these safe exits. One of the adults starting waving their hands trying to persuade the bird out of the house. Another adult grabbed a small blanket and held it up to try to block the bird from going further into the house. To our surprise, the bird landed on the blanket and seemed to calm down. Then the adult slowly walked toward an open door and gave the blanket a gentle shake and the bird flew away. Success!

I suspect most of you have had an unexpected guest in your house, too. One time we had a skunk in our house. You may have had a mouse, lizard, snake or other non-domesticated creature, too. I think most of these critters prefer the outdoors instead of indoor your house. It can be a challenge keeping them out and it can be exciting getting them out when they find their way into your home. Jesus told his followers that our Heavenly Father knows how many hairs each of us has on our head and He knows when every Sparrow falls. Since He knows every detail of our lives, I'm sure He knows when a bird finds its way into our house, too! I'm not sure which is better - the bird in the hand verses two birds in the bush. But, I am certain that a bird in the house is worse than two birds in the bush.

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

Celebrating The Simple Things

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



I believe each day that we have the honor of being alive is call for celebration. Every morning as I awake and see the sun rising and filling the sky with majestic colors I am reminded of how lucky we are. As I step out in the morning with Midnight my therapy dog I feel blessed for his friendship and for the health that we both have. As we start our walk through our wonderful community I am proud to be part of it and I enjoy the morning song of the birds around us. As we walk I enjoy the trees and flowers that represent life in the neighborhood. Midnight and I are greeted by the other daily walkers with a friendly smile and

warm hello. It's so nice to be part of such a wonderful neighborhood filled with such lovely people. Sometimes the other dogs will visit with Midnight as we make our way through our neighborhood and that makes Midnight a very happy soul.

I think the feeling of the sun on my face is just magical. The fragrant plants and flowers are intoxicating and so very delightful. Swimming or floating in water has always been very freeing for me. Laughter truly is the best medicine and I think we all could do a lot more of it. Looking up at a night sky filled with stars and a full moon can be an experience that provides a wonderful kind of solace. Just hanging out with my grandson is fabulous.

These simple things I speak of don't cost any money but are

literally priceless. I think if we all take time to appreciate the simple things that are so wonderful in our world we will be more positive. I think then we will not dwell so much on what is wrong but focus on what is right!

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 teenage son (13) thinks he doesn't need to shower because he goes swimming in the pool. He will go three or four days without taking a shower and it's getting pretty bad. Everything I say goes in one ear and out the other. Do you have any suggestions? I'm getting desperate. -M. R.

Hi M. R.,

Your complaint is very com-

mon. Kids in this age group quite often don't want to be bothered with things like personal hygiene. Thankfully that doesn't last forever in most cases. My idea would be to explain to your son that chlorine is a chemical that isn't overly friendly to skin and hair and really should be rinsed off with soap and shampoo after he's enjoyed the pool. If he still ignores you, be straight with him and tell him that you have no interest in living with someone who never smells fresh or clean. Explain that you have basic standards for the family home and you ex-

pect every family member to respect those standards in order for everyone to enjoy a harmonious experience.

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 ■

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Local bank robbery suspect caught

AK-47 Bandit from page 1

the guns out of the house". His mother, who was unnamed, agreed and then said "um, this is recorded. You know that." Apparently he did not.

On Wednesday, Feb. 29, 2012, the California Bank & Trust on 5455 Riverside Drive in Chino, California, was robbed by a white male, described as 25-40 years old, with a stocky build. The suspect was armed with an assault rifle, similar to an AK-47, with a sling and drum magazine. Following the robbery, a police officer patrolling the area came upon the bank robbery suspect who was fleeing the bank. The suspect fired upon the officer and seriously wounded him. During and following the robbery, the suspect wore body armor over a dark-colored collared short-sleeved shirt and blue pants, as well as a ski mask covering his face.

The suspect was seen leaving the scene in a vehicle described as a dark gray Nissan Maxima with four doors and tinted windows. A witness described seeing Arizona license plates on the vehicle. The suspect was seen in bank surveillance video and photographs dressed in tactical gear over a

dark-colored, short-sleeve colored shirt and blue pants. He also wore a black full-face ski mask, a blue ballistic vest and/or a green mesh vest marked "Sheriff."

"I was on my way to the post office and parked across from the Chino Valley Medical Center Emergency entrance as I usually do," said Michael Armijo, a passerby. "Then comes a police car screeching down the street as though he didn't have control of the vehicle." He drove erratically because the officer had a bullet in his leg, the police department confirmed.

"The officer flipped the door open and yelled 'I've been shot' and I ran up to the car with another passerby. I instructed him to get help at the ER and I tried to help him get out of the car," Armijo said. "He then proceeded to give me details about the incident and the suspect to tell the detectives when they got there, so I did." Armijo also said the officer told him he just happened to pull up when the robber was walking out. It was just timing, the officer had no warning there was a robbery going on. The robber saw the policeman and just began to open fire on the police car, striking the car in the fender, the door and the rear panel. The officer was hit through the door and

the bullet entered and exited his leg, while the gas tank was punctured but did not ignite, Armijo said.

FBI officials have been looking for years for the suspect in Vacaville, Rexburg and others in California, Washington state and Nebraska dating back to 2012.

FBI agents, along with officers from Chino; Rexburg, Idaho; and Montana's Musselshell County searched Gathercole's home in the town of Roundup, about 50 miles north of Billings, on Saturday, according to officials with the Musselshell County Sheriff's Office. Inside, they found "numerous" improvised explosive devices that were removed by a bomb squad, the officials said in a statement. His arrest was for the attempted shooting of the trooper who was trying to pull him over on interstate 70, and the trooper wasn't injured.

Anyone with information about this incident is urged to contact the Chino Police Department at 909 628-1234, their nearest FBI office or dial 911. For more information you can sign onto <http://www.chinopd.org/>. The FBI's wanted flyer announcing the reward can be found at <http://www.fbi.gov/wanted/unknown/unknown-suspect-17/view>. Information can be provided confidentially. ■

Mt. SAC chosen for Olympic Trials

Mt.SAC from page 1

dium is no stranger to such an event as the women's Olympic trials were held there in 1968. Twenty world records have been set at Hilmer Lodge Stadium, the annual site for the annual Mt. Sac Relays for the last 60 years. The stadium is under renovations and is scheduled to reopen in 2019 with an expanded seating capacity of 21,000 captacity. The trials, scheduled for Jun 19-28, 2020, will select US track and field delegation for the Tokyo Games.

"We honored to be chosen over such prestigious institutions," said Mt. Sac Board Member, David Hall in a phone interview Thursday morning. "Our long heritage, very successful trials in past years, the many records set at the college, and the new state of the art facility, are great factors for their choice."

"I'm very proud of the team that helped bring this to fruition, and excited by the challenge" said Doug Todd, Director of Track and Cross Country for Mt. Sac told OurWeeklyNews.

com. "We are excited by the challenge and anxious to finalize the last few details for the organization to get the planning started." Todd is the "meet manager" and Bob Seagrem, a former Olympic Gold Medalist, will be the chairperson of the committee.

The last three U.S. Olympic track and field trials were held at Hayward Stadium in Eugene, Ore., the city known as Track Town for its pervasive running culture. The 2000 and 2004 trials were held at Hornet Stadium in Sacramento. Attendance was robust in both cities and both made bids for the 2020 trials. Los Angeles, once the home of many professional track and field meets, hasn't supported the sport at the pro level in recent years, leaving the Mt. SAC Relays the area's most prestigious competition, according to the LA Times.

"Our team is cohesive and our historical success are just many factors Mt. Sac is a great choice for this event," David Hall concluded. "We are looking forward to another successful event." ■

Inland Christian Home: quality environment for seniors

ICH from page 1

at home. The community's non-profit status promotes this mission as there are no owners who profit from its operation and all the revenues received are reinvested into the operations of the facility.

As the baby boomer generation continues to age, it is important to know they have options. The aging process is not always an easy one and, at times requires the assistance of others. Inland Christian Home offers a community that assists in many ways. Its primary mission is to provide quality, affordable, individualized care to seniors in a Christian environment, making it a place you can feel right at home.

Inland Christian Home, being licensed as a Continuing Care Retirement Community (CCRC) through the Department of Social Services, provides many dif-

ferent levels of care which include Independent Living, Assisted Living, Memory Care, Adult day care, Skilled Nursing and Rehab and Custodial Home care Services. The availability of different levels of care and service arrangements on the same grounds, offers seniors very unique advantages. Our philosophy is to encourage our residents to live as independently as possible at the lowest level of care. Our residents' individual needs and desires are always considered in the arrangement of these services. We want Inland to be their home, not the facility in which they live, where all are treated as individuals and they participate and are given choices in how they live.

The availability of different levels of care and service arrangements on the same grounds offers residents some very unique advantages. Residents can continue to

reside at the community even though their abilities may change. Resident and their families have the comfort in knowing that their needs will be met. Inland Christian Home is a close-knit community that promotes the maintaining of social relationship residents have with other residents, friends, and family.

Inland Christian Home also provides services to those who prefer to stay in their own homes. Custodial Home Care services make it possible by providing assistance with housekeeping, cooking, shopping, meal preparation, bathing, and dressing through educated caregivers.

Inland Christian Home is here to promote aging in place, and gives seniors the ability to live at the lowest level of care even though their abilities change and their families have the comfort in knowing their needs will be met; making it a place you can feel right at home. ■

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An optometrist WHO you can trust

WHO from page 1

years of experience, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community. They've been serving patients from Walnut, West Covina, Diamond Bar, and Chino Hills to patients from La Puente, Rowland Heights, Hacienda Heights and Whittier. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

WHO considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams.

WHO believes that quality eye care involves consistent care by a professional. Carmela Larino, O.D., and her loyal staff, will give your eyes the personalized care and attention they deserve.

Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then attended U.C. Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2003, Dr. Larino was honored at her alma mater - Nogales High School - when she was inducted onto their Wall of Fame. She is a member of the American Optometric Association,

the California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

WHO offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide variety of eyewear is also available, from progressive and polarized lenses to silicone high-oxygen contacts, and even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to the WHO offices and they will donate them to those in need of frames.

WHO is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18800 East Amar Road # A5, inside the Walnut West Plaza. Their hours are Monday through Friday, 10 a.m. to 7 p.m.; and Saturdays, 9 a.m. to 2 p.m. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at www.walnuthillsoptometry.com.

Walnut Hills Optometry thanks you for over twenty years, follow them for twenty more! ■

Residential fire leaves one dead

DB from page 1

unconscious with severe burns on his body. The home is north of Sycamore Canyon park, and just south west of Golden Springs and Diamond Bar Blvd.

Responding firefighters found flames and smoke coming from the first floor of the home. While searching the house, they found a man in his 50s inside with major burns. He was removed from the home and died at the scene. His name was not released.

The fire was contained in about 45 minutes and arson and homicide investigators were on the scene. There was no word yet on the cause or if foul play was involved. As of press time no details were available and the investigation was ongoing.

Anyone with any information please contact the Walnut-Diamond Bar Sheriff's station at 909.595.2264. ■

Eastvale community recap

Eastvale from page 1

detached single-family homes on approximately 40 acres. Planner Malinda Lim. Planning Commission approval on March 18, 2015, to add tempered glass panels along Scholar Way. CURRENT ACTIVITY Under construction as of May 8, 2017. Symmetry model homes now open. Phase 1 completed, Phase 2 under construction.

Map ID 2 Goodman Commerce Center (formerly Lewis Eastvale Commerce Center Project No 11-01271 (se also Project No 15-0551). Location: Hamner Ave between Bellgrave Ave and Cantu-Galleano Ranch Road. General Plan Amendment, Change of Zone, and Specific Plan to provide for mix of warehousing, light industrial, office, and retail uses. Approved by City Council November 11, 2015 Building permits issued for two industrial buildings. CURRENT ACTIVITY: Under construction as of May 8, 2017. ■

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Walnut teen killed in car crash in West Covina

Walnut from page 1

vina police spokesman Eddie Flores said someone heard the crash and called police at around 3 a.m. According to Flores, Police believe the minivan was southbound on Nogales Street when it hit a tree in the center median.

Coroner's spokesman, Ed Winter, said Rizvi was pronounced dead at Pomona Valley Hospital Medical Center at about 4:44 a.m.

Officers found the minivan and the injured driver and have not determined what led to the crash. A local resident was reported as saying he heard a loud crash around 3 a.m. and it was common to hear drivers speeding on Nogales Street. When he woke up around 7 a.m., he saw officers asking neighbors if they saw anything related to the crash. ■

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