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## Walnut

### Registration for Mt. SAC Fall Classes Begins July 12

BY STAFF REPORTS

**Walnut-** July 6, 2017— Online registration for Mt. SAC's fall semester credit classes begins July 12. Classes begin on Monday, Aug. 28.

All credit students must register for classes online through the My Mt. SAC Portal at [my.mtsac.edu](http://my.mtsac.edu). New students must submit

see **Walnut** page 10

## Diamond Bar

### Diamond Bar Oil Recycling

BY CITY OF DIAMOND BAR

**Diamond Bar-** The City has kicked off its Oil Recycling Campaign by alerting residents of the 3 easy disposal methods for residents.

With curbside, door pickup and local drop off services, the campaign aims to raise awareness by way of public outreach efforts, messages in a variety of media, and distribution of free oil recycling kits.

Free Oil Recycling Kits  
Funded with a grant from Cal-

see **DB** page 10

## Measure H On July 11th Ballot

BY MARISSA MITCHELL AND MICHAEL ARMIJO

**Chino** – This coming Tuesday, July 11, a special election will be held for the city of Chino registered voters to vote on Measure H, which will amend the general plan the Chino Municipal Code.

The Special Election will be held to submit Measure H to voters within the City of Chino. Voters will decide whether to amend the Chino General Plan and the Chino Municipal Code. The Registrar of Voters of the County of San Bernardino will conduct the special election and canvass the returns for Measure H. Below is the ballot question; key dates and deadlines; documents and general information.

The Ballot Question: Shall Ordinance No. 2017-004, entitled "Shall Ordinance No. 2017-004, entitled "An Ordinance of the People of the City of Chino, California, to Enact Section No. 20.15.160 of the Chino Municipal Code Converting 29.7

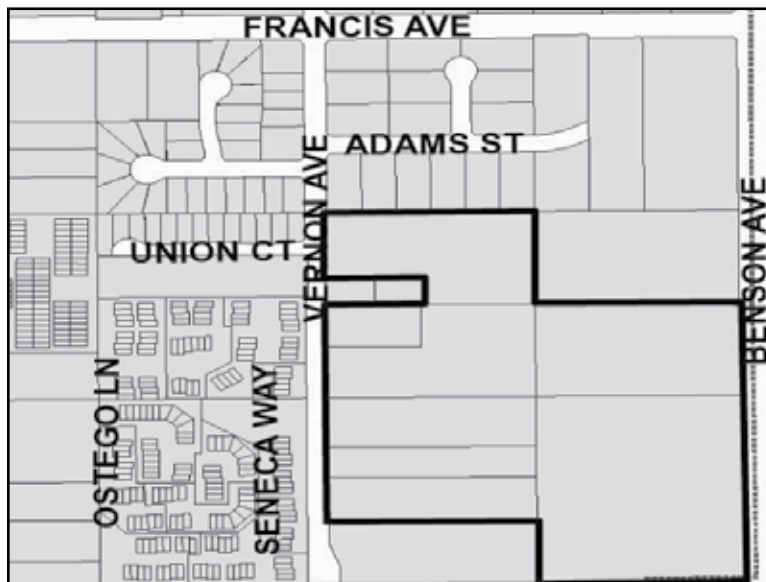


PHOTO COURTESY: CITY OF CHINO

The map above shows the area that will be rezoned if Measure H is approved by voters on July 11th.

Acres From the General Plan Designation of RD 1 to RD 4.5, RD 8, and RD 12 Generally Located Between Vernon Avenue and Benson Avenue, South of Adams Street, and North of the Chino Promenade Shopping Center and rezoning the same from an RD 1 designation to RD 4.5, RD 8, RD 12 designa-

tions" be adopted?

So what does that mean in layman's terms? A large housing development that will be built if passed on special ballot July 11. Developer D.R. Horton plans to build 180 homes in north Chino if the special elec-

see **Measure H** page 10

## Two Men Injured in Gun Accident at Prado Olympic Shooting Park in Chino



PHOTO COURTESY: XX

BY STAFF REPORTS

**Chino** – After a gun was accidentally discharged, a man in his 30s was shot in the hip at Prado Olympic Shooting Range Park, according to a Chino Valley Fire District news release.

Firefighters responded at 1:13 p.m. to a report of an accidental discharge at the range, the release stated. One man in

see **Prado** page 10

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## Eastvale

### Drowning Prevention: ABC's of Pool Safety

BY CITY OF EASTVALE

It's hot Eastvale and it's only going to get hotter this summer season! This calls for more summer time fun at the beaches and in the pools. But are you prepared for accidents that may occur? In 2016 there were 2 fatal child drownings, 7 fatal adult drownings, and 24 non-fatal near drownings. Be aware of the basic ABC's of Pool Safety to prevent drowning accidents from happening. Drowning-Prevention-Facebook

A - Adult Supervision: Assign a "Water Watcher"

Designate an adult (who can swim) to watch over children that are in and around pool and/or spa areas

NEVER leave children in and/or around a pool unattended

Flotation devices are not to be relied on

B - Barriers

see **Eastvale** page 10

## Our Featured Businesses

### Make Your Backyard Extreme!

BY MICHAEL ARMIJO

Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with name

see **Extreme** page 10



Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111 or online at [www.extremebackyarddesigns.com](http://www.extremebackyarddesigns.com). For their current sales and promos, see their ad on page 6.

### 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 10



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.



# Weekly News

## WEEKLY NEWS EASTVALE NEWS SGV NEWS

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Write a letter to the Editor.

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Please contact us at:

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## Our Life:

### Modest is Hottest

BY SARAH SANCHEZ

From shirts that show mid-ribs to bikini bottoms that only cover half of your bum – has anyone noticed the change in fashion trends? It seems like what's "in," is to show more skin.

It's hard to talk to teens and young adults about going against the trend, but local youth pastor, Chris Kirish, at IgniteVPC, gave it a shot with a modesty-themed sermon last year.

Pastor Kirish talked about how bikinis were invited by French designer, Louis Reard, in 1946. Bathing suits at that time were more modest, only showing a small section of the midriff. In fact, when the bikini was introduced, it was so scandalous that Reard couldn't find a model to wear it. He resorted to having an Exotic dancer being the first woman to ever wear a bikini in public.

Kirish went on to educate the students about a study that was done to determine what men thought of when they saw a woman in a bikini. Men in the study were hooked up to a

machine and given a variety of pictures. When they saw women in bikinis or sexually-related clothing, the region of the brain associated with tool use lit up. Therefore, the conclusion of the study indicated that when women wear bikinis or sexually-related clothing, men see them as objects, not a person they can socialize with.

As a woman, I personally thought this study was eye opening on how important it is to dress modestly. Our youth looks up to us, whether we want them to or not. So if we're wearing a bathing suit that looks like it could be underwear (or smaller than underwear), then our youth will do the same, thinking that it's okay.

Getting a bad tan line in a modest bathing suit is the rising issue when this topic is discussed with women. But really, what's more important: getting a good tan line (that you probably will be the only one seeing), or setting a good example to the youth in your life? Considering there are so many cute bathing suits and clothing that cover up, I believe that we can set a good example and still look fabulous doing so.

Many believe this is a controversial issue, but personally, I believe that "Modest IS Hottest". Does your wardrobe show where you stand? ■

**Grace Buencamino**

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## Homeownership is Good for Kids

BY NEF CORTEZ



Homeownership has long been lauded as an important factor in the success of children in school and subsequently in their careers. Much research and many studies have been completed with analysis on the beneficial impacts of homeownership on children. This fact has long been used by the real estate and lending industries to encourage homeownership. I think that the most important factor contributing to the statistical confirmation of greater academic success for children of homeowners versus those of renters...is the improved stability in their family life that homeownership typically affords them.

People who own their homes do not move as often as those who rent. Children of homeowners are able to establish friendships for longer periods of time, going to school together and sharing other community activities that create bonds that sometimes last a lifetime. This is not to say that children of renters do not do the same thing. It just means that children of homeowners are provided a more stable environment in which to nurture those relationships for longer periods

of time. The stability that is provided to children enables them to perform better in school, and it is also impacted by the increased participation in community activities by the homeowners and their families. They become more vested in the community, and the parents are typically more watchful of the participation by their children in healthy activities. Homeowners usually buy in neighborhoods that already have a high rate of homeownership, and therefore the effects of individual homeowners cumulatively have a multiplier effect.

Many of the characteristics exemplified in the actions taken by homeowners, such as the investment of time and money into the improvement of their homes, is a positive modeling of behaviors that are beneficial to the community at large, and to homeowners' children specifically. These behaviors are seen and many times adopted by the children involved in these types of activities. Homeowners typically perform these activities more frequently than renters. These social behaviors that are beneficial to the community are passed on to or learned by the children, and therefore we all benefit.

*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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## Community Events

### UPCOMING EVENTS:

#### City of Walnut National Night Out & Concert in the Park

**When:** Tuesday, August 1, 2017, 6:00 pm

**Where:** Creekside Park, 780 N. Creekside Dr., Walnut

**Details:** Make plans to join us for the City's 32nd Annual National Night Out and Concert event! This annual event is held to remind the Walnut community how we can prevent crime through neighborhood involvement. This citywide get-together is an opportunity for residents of Walnut to enjoy a great concert while getting to know the Mayor and City Council, fellow neighbors, as well as personnel from the Walnut/Diamond Bar Sheriff's Station. Food Trucks will be on-hand selling delicious meals, snacks and other refreshments.

**Contact:** 909-595-7543

#### 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 present 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



# History 101

July 11, 1804: Burr slays Hamilton in duel

By HISTORY.COM

In a duel held in Weehawken, New Jersey, Vice President Aaron Burr fatally shoots his long-time political antagonist Alexander Hamilton. Hamilton, a leading Federalist and the chief architect of America's political economy, died the following day.

Alexander Hamilton, born on the Caribbean island of Nevis, came to the American colonies in 1773 as a poor immigrant. (There is some controversy as to the year of his birth, but it was either 1755 or 1757.) In 1776, he joined the Continental Army in the American Revolution, and his relentless energy and remarkable intelligence brought him to the attention of General George Washington, who took him on as an aid. Ten years later, Hamilton served as a delegate to the Constitutional Convention, and he led the fight to win ratification of the final document, which created the kind of strong, centralized government that he favored. In 1789, he was appointed the first secretary of the treasury by President Washington, and during the next six years he crafted a sophisticated monetary policy that saved the young U.S. government from collapse. With the emergence of political parties, Hamilton was regarded as a leader of the Federalists.

Aaron Burr, born into a prestigious New Jersey family in 1756, was also intellectually gifted, and he graduated from the College of New Jersey (later Princeton) at the age of 17. He joined the Continental Army in 1775 and distinguished himself during the Patriot attack on Quebec. A masterful politician,



PHOTO COURTESY: GOOGLE

he was elected to the New State Assembly in 1783 and later served as state attorney. In 1790, he defeated Alexander Hamilton's father-in-law in a race for the U.S. Senate.

Hamilton came to detest Burr, whom he regarded as a dangerous opportunist, and he often spoke ill of him. When Burr ran for the vice presidency in 1796 on Thomas Jefferson's Democratic-Republican ticket (the forerunner of the Democratic Party), Hamilton launched a series of public attacks against Burr, stating, "I feel it is a religious duty to oppose his career." John Adams won the presidency, and in 1797 Burr left the Senate and returned to the New York Assembly.

In 1800, Jefferson chose Burr again as his running mate. Burr aided the Democratic-Republican ticket by publishing a confidential document that Hamilton had written criticizing his fellow Federalist President John Adams. This caused a rift in the Federalists and helped Jefferson and Burr win the election with 73 electoral votes each.

Under the electoral procedure then prevailing, president and vice president were not voted for separately; the candidate who received the most

votes was elected president, and the second in line, vice president. The vote then went to the House of Representatives. What at first seemed but an electoral technicality—handing Jefferson victory over his running mate—developed into a major constitutional crisis when Federalists in the lame-duck Congress threw their support behind Burr. After a remarkable 35 tie votes, a small group of Federalists changed sides and voted in Jefferson's favor. Alexander Hamilton, who had supported Jefferson as the lesser of two evils, was instrumental in breaking the deadlock.

Burr became vice president, but Jefferson grew apart from him, and he did not support Burr's renomination to a second term in 1804. That year, a faction of New York Federalists, who had found their fortunes drastically diminished after the ascendance of Jefferson, sought to enlist the disgruntled Burr into their party and elect him governor. Hamilton campaigned against Burr with great fervor, and Burr lost the Federalist nomination and then, running as an independent for governor, the election. In the campaign, Burr's character was savagely attacked by Hamilton and others, and after the election he resolved to restore his

reputation by challenging Hamilton to a duel, or an "affair of honor," as they were known.

Affairs of honor were commonplace in America at the time, and the complex rules governing them usually led to an honorable resolution before any actual firing of weapons. In fact, the outspoken Hamilton had been involved in several affairs of honor in his life, and he had resolved most of them peaceably. No such recourse was found with Burr, however, and on July 11, 1804, the enemies met at 7 a.m. at the dueling grounds near Weehawken, New Jersey. It was the same spot where Hamilton's son had died defending his father's honor in 1801.

There are conflicting accounts of what happened next. According to Hamilton's "second"—his assistant and witness in the duel—Hamilton decided the duel was morally wrong and deliberately fired into the air. Burr's second claimed that Hamilton fired at Burr and missed. What happened next is agreed upon: Burr shot Hamilton in the stomach, and the bullet lodged next to his spine. Hamilton was taken back to New York, and he died the next afternoon.

Few affairs of honor actually resulted in deaths, and the nation was outraged by the killing of a man as eminent as Alexander Hamilton. Charged with murder in New York and New Jersey, Burr, still vice president, returned to Washington, D.C., where he finished his term immune from prosecution.

In 1805, Burr, thoroughly discredited, concocted a plot with James Wilkinson, commander-in-chief of the U.S. Army, to seize the Louisiana Territory and establish an independent

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empire, which Burr, presumably, would lead. He contacted the British government and unsuccessfully pleaded for assistance in the scheme. Later, when border trouble with Spanish Mexico heated up, Burr and Wilkinson conspired to seize territory in Spanish America for the same purpose.

In the fall of 1806, Burr led a group of well-armed colonists toward New Orleans, prompting an immediate U.S. investigation. General Wilkinson, in an effort to save himself, turned against Burr and sent dispatches to Washington accusing Burr of treason. In February 1807, Burr was arrested in Louisiana for treason and sent to Virginia to be tried in a U.S. court. In September, he was acquitted on a technicality. Nevertheless, public opinion condemned him as a traitor, and he fled to Europe. He later returned to private life in New York, the murder charges against him forgotten. He died in 1836.■

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BY RITA

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



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34230 Sundew Ct  
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19810 Camino Arroyo  
Walnut - \$740,000



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



5609 Rosemead Blvd  
Pico Rivera - \$420,000



9373 Calle Vejar  
RCUC - \$400,000



4839 Sapphire Rd  
Chino Hills - \$735,000

CROSSWORD  
THEME: COMIC BOOK HEROES

ACROSS

- 1. Blue-Green scum
- 6. \_\_\_\_ Tuesday
- 9. Black and white treat
- 13. Viola da Gamba, pl.
- 14. \_\_\_\_ trip
- 15. \* \_\_\_\_ Thing, of the DC Universe
- 16. Do like Etna
- 17. Listening organ
- 18. Front of cuirass
- 19. \*Bandana-wearer named for a painter
- 21. \*It bit Peter Parker
- 23. Cash provider
- 24. Mallet or saw
- 25. Geological Society of America
- 28. Heard more than once
- 30. Ukraine's neighbor
- 35. Opposite of riches?
- 37. France's currency
- 39. Excessive sternness
- 40. Paella pot
- 41. Run off to wed
- 43. Dumpy establishment
- 44. Teatro alla Scala performance
- 46. \_\_\_\_ sack
- 47. Iditarod ride
- 48. Japanese mat
- 50. By way of, for short
- 52. Old age, archaic
- 53. "The Sun \_\_\_\_ Rises"
- 55. \*\*Rogue \_\_\_\_: A Star Wars Story"
- 57. \*Wonder Woman, e.g.
- 60. \*Captain \_\_\_\_
- 64. Unimpressed
- 65. Hole punching tool
- 67. Helper
- 68. Was violently angry
- 69. #35 Across, sing.
- 70. Bloodhound's clue
- 71. #44 Across solo
- 72. Chapter in history
- 73. Sunrise side, pl.

DOWN

- 1. Affirm
- 2. Turkish currency
- 3. Trend higher
- 4. Top dog
- 5. Posthumous type of tax
- 6. "I \_\_\_\_ your pain"
- 7. Agha, alt. sp.
- 8. Body trunk
- 9. Was in the hole
- 10. Unpleasant road display?
- 11. Dubai dignitary
- 12. Operations or opportunities, for short
- 15. \*Popeye
- 20. Mike holder
- 22. Weasel-related onomatopoeia
- 24. Capital of Ontario
- 25. \*"I am \_\_\_\_"
- 26. Planktonic tunicate
- 27. End of a shoelace
- 29. \*a.k.a. Dr. Robert Bruce Banner
- 31. Jar covers
- 32. Light-footed
- 33. Writer's opus
- 34. \*Judge of Mega City One
- 36. Actress Gilbert
- 38. Moonfish
- 42. Erasable programmable read only memory
- 45. Dumbfounded
- 49. U.N. workers' grp.
- 51. Apprehension
- 54. Rabbit trap
- 56. \_\_\_\_ Kane of soap opera fame
- 57. Wing-shaped
- 58. New Testament sages
- 59. Between ports
- 60. #1 Across, sing.
- 61. Bad day for Caesar
- 62. Lincoln coin
- 63. A in B.A.
- 64. Women's undergarment
- 66. \*\*Captain America: Civil \_\_\_\_"

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
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	57	58	59					60				61	62
64						65	66			67			
68						69				70			
71						72				73			

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# Healthy Living



Live Better  
HEALTH TIP

## The Iron Complaint



PHOTO COURTESY: YAHOO.COM

BY CRAIG "DEUCE" DOUSSETT MPH, RDN

Iron has long been used as a therapy for weakness throughout history, even when the purveyors of this remedy knew nothing of its ability to mitigate weakness or lethargy. Hippocrates, the father of medicine, would recommend ferruginous (rich in iron) water treatments to individuals suffering from what was termed "chlorosis" or iron-deficiency anemia. It made sense to the Greeks that a condition of weakness (anemia) should be met with an element of strength (iron). The god of war, Ares, was associated with the element iron as it was the chief component in his spear (bronze-tipped) and shield, and was a symbol of strength. Yet aside from mythology, iron as a real cause and therefore treatment of lethargy, weakness, and a slew of other symptoms is well understood today and is one of the most researched and well-understood elements in the human diet.

Iron is important for metabolism (energy production), affects many hormones, such as thyroid hormone and testosterone, and is crucial for growth and normal development throughout life. While isolated iron deficiency is fairly uncommon in the US, infants, teenage girls, pregnant and lactating mothers, postmenopausal women, and those with poor diets are at a heightened risk. It is important to receive regular check-ups and comply with doctor orders if diagnosed as deficient or anemic. Iron requirements change as we age and range from 8 milligrams (mgs) to 18 mgs and goes as high as 27 milligrams in pregnant and lactating women.

Iron deficiency is commonly observed as anemia which may have some of the following symptoms:

1. Weakness, feelings of coldness
2. Decreased work and school performance
3. Slow cognitive or social development
4. Decreased immune function.

In nature, iron may be found bound to "heme" or without heme. Heme is a nitrogen-based cyclical structure that is a part of hemoglobin found in red

blood cells, and myoglobin found in muscles that carry the oxygen we breathe to cells and carbon dioxide away from cells. Heme iron (found in animal foods) and nonheme iron (plant-based) may be absorbed differently and will certainly be found in different concentrations depending on the makeup of one's diet.

Iron from animal sources may be absorbed up to 35% and iron from plant sources may be 20% absorbed, yet this does not mean a non-meat eater needs to consume meat sources of iron. Iron needs in the body are closely regulated and our ability to absorb iron is based on our need to absorb iron. If we are deficient in iron, our body will absorb more in the gastrointestinal tract and if we are "topped" off in our tissues, we will absorb less. Therefore, iron absorption is more an issue of need than an actual issue of source.

The majority of iron supplements are the non-heme variety and absorption is increased when eaten with foods high in vitamin C such as orange juice, bell peppers, broccoli, and strawberries or with a vitamin C supplement (100-250 mgs). It should come as no surprise that the majority of iron consumption in the US comes from breads and grain-based desserts. Here are some excellent iron sources for anyone to include:

Heme (animal) iron sources

1. Liver, beef, & chicken
2. Clams & oysters
3. Salmon & tuna,

Non heme (plant) iron sources

1. Lentils & beans
2. Spinach & pumpkin seeds
3. Fortified cereals and grains

We have an evolved ability in today's day and age to be diagnosed and remedy many things that afflict us. Luckily, iron deficiency is no longer viewed as a person's lack of war-like aggression and treated with Ares' spear. If you have been diagnosed with iron deficiency and given the go-ahead to seek out iron rich foods or supplements, speak to a nutritional consultant today and explore your iron needs. As always, have a healthy day! ■

## 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:

### Crispy Cheddar Frico Cheeseburgers

with Camelized Onion Jam and Roasted Broccoli

BY HELLO FRESH

**Cooking Time:** 30 mins

**Servings:** 4

**Nutrition:** 810 Calories

**Ingredients:**

- Red Onion- 1
- Roma Tomato- 2
- Brioche Buns- 4
- Ground Beef- 20 oz
- Broccoli Florets- 16 oz
- Sherry Vinegar- 2 tbsp
- Cheddar Cheese- 1 cup
- Ketchup- 4 tbsp

1. PREHEAT AND PREP. Wash and dry all produce. Preheat oven to 425 degrees. Halve, peel, and thinly slice onion. Slice tomato into rounds. Split buns in half. Shape beef into two evenly sized patties.

2. ROAST BROCCOLI. Toss broccoli on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Roast in oven until slightly crispy, 15-20 minutes.

3. MAKE ONION JAM. Heat a drizzle of olive oil in a large pan over medium-high heat. Add onion and cook, tossing, until soft, 5-6 minutes. Stir in 1 TBSP sherry vinegar (we sent more) and 1 tsp sugar. Simmer until liquid is nearly evaporated, 1-2 minutes. Season with salt and pepper. Remove from pan and set aside.

4. MAKE CHEDDAR FRICO Line another baking sheet with parchment paper. Place cheddar on it in two even piles. Bake in oven until melted in middle and crispy at the edges, 5-7 minutes. TIP: If you don't have parchment, that's OK. As soon as the frico come out of the oven, transfer to a plate to cool using a spatula.

5 COOK BURGERS Meanwhile, heat a drizzle of olive oil in same pan over medium-high heat. Season beef patties all over with salt and pepper. Add to pan and cook to desired doneness, 3-6 minutes per side. Meanwhile, carefully remove frico from baking sheet, then place buns on sheet. Toast in oven until golden, 3-4 minutes.

6 ASSEMBLE BURGERS Place burgers, onion jam, tomato slices, ketchup, and a cheddar frico inside each bun. Serve with broccoli on the side. ■



PHOTO COURTESY: HELLO FRESH

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

-Jim Rohn



# Where Is My Bag?

BY MARK HOPPER



Recently, my son and I took a father son golf trip. My wife came along to cook for us and to clean our golf clubs each day (just kidding). My son and I enjoy playing golf and sharing time together. He is a good golfer and can really hit the ball a mile. His tee shots can be amazing and he hits his iron shots high and long onto the green.

Since we were traveling by plane, we both checked in our golf clubs at the ticket counter. We both use a "travel bag" to transport our golf clubs. Some golfers use a "hard shell" travel case, but both my son and I use a soft, canvas case. Both of ours are black.

When we arrived at our destination, we headed for baggage claim to pick up our clubs. We always hold our breath hoping that our bags made it to our destination. I suppose everyone who travels by plane has "lost" a suitcase or other luggage. But, this time there was no problem. We grabbed our golf bags and headed for the car rental center.

However, as I was signing papers for our rental car, my phone rang. I handed my phone to my son so I would not be discourteous to the car

rental employee. The call was from a number that he didn't recognize but he answered it any way.

I didn't hear the conversation, but it did sound like something was wrong. I hoped it wasn't an emergency. After getting the keys to our rental car, I asked my son what the phone call was all about. He said that it was from someone at baggage claim at the airport. They said they had my golf bag and wondered if we had picked up their bag by mistake!

We called them back and asked them to wait for us on the curb by baggage claim. We drove our rental car right back to the airport.

We didn't know what the people looked like and they didn't know us, but we found each other pretty quickly. They were the people with the black, canvas golf travel bag.

Apparently, one of their travel bags was exactly like mine! We had picked up their bag thinking that it was one of ours. When they saw my bag, they thought it was theirs. When they opened the travel bag, they quickly realized that the golf clubs inside were not theirs. Thankfully, I had my name and phone number in one of the pockets of my golf bag. That is how they knew how to call me.

Our travel bags were exactly the same. The same brand and same color. Identical! I

am very thankful that they discovered our mistake and were able to contact us before we left the airport. We might not have discovered our mistake until we got to a golf course a day or two later. A potential disaster was averted!

I guess you can't judge a book by its cover or a travel bag by its color. It is wise to look inside and see what is there. The same is true in dealing with people. We should not judge them by their exterior. The color of their skin or the clothes that they wear. We need to look beyond the surface and get to know the real person on the inside.

In the Old Testament book of First Samuel, God warns his prophet Samuel that men look on the outward appearance but God looks on the heart (1 Sam 16:9). In the New Testament, Peter says that we should not just focus on our outward appearance (clothes, jewelry, hair) but focus on the hidden person of the heart (1 Peter 3:1-6).

I know that most suitcases look alike and so do golf travel bags. But, we need to remember that it is what is on the inside that counts. The same is true when we look at our neighbors, co-workers and classmates.

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

# Straight Talk With Danice

BY DANICE AKIYOSHI, N.D.



Dear Dr. Akiyoshi, I recently suffered a terrible break up. I didn't want my family to see me crying all the time so I started taking long walks. My walks soon turned into running and I have now lost 23 pounds. Now everyone is asking me if I'm suffering from an eating disorder and wondering if I'm depressed. I do look a little under weight, but this is what I need to do right now. I don't want to talk about the details of my break up because it is too painful for me. I just want to run. I want

to avoid socializing right now. How can I briefly explain myself so people will leave me alone?

-Y. P.

Dear Y. P.

It seems to me that you have found a healthy way to work through your pain and suffering. In my opinion you are on the right track and you do not owe anyone an explanation about how you are managing your emotions. As for your well meaning and sincere loved ones, tell them exactly what you told me. When you feel up to talking, tell them that you are processing your suffering with exercise and that you are not willing to have long conversations about your breakup. Well meaning peo-

ple will respect your request. However, if you find yourself unable to truly digest your difficult experience in a reasonable amount of time, please seek the guidance of a skilled coach or therapist for a bit of additional assistance. Good Luck, and keep safe.

-Danice Akiyoshi ND

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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# City of Diamond Bar

[www.diamondbarca.gov/greendb](http://www.diamondbarca.gov/greendb)



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**STEP 2:** Contact your waste disposal company and schedule a pickup.

**STEP 3:** Prepare items for pickup as instructed by your service provider.

Single-family residents – contact Waste Management at 800.266.7551.

Multi-family residents – contact Valley Vista Services at 800.442.6454.

#### Drop off @ Certified Collection Center

Deliver used motor oil to a certified collection center.

AutoZone (accepts oil and filters) . . . . . 303 S. Diamond Bar Blvd . . . 909.396.4682

Firestone Tires (accepts oil and filters) . . 1150 S. Grand Avenue . . . . . 909.861.4140

Jiffy Lube (accepts and filters) . . . . . 2845 S. Diamond Bar Blvd . . 909.869.7273

Contact centers for hours of operation and quantities accepted. Drop off materials during business hours only. Do not mix oil with any other fluids or substances.

Call 1-888-CleanLA for more information.

#### Drop off @ Hazardous Waste Collection Event

Deliver used motor oil and used filters to a hazardous waste collection event, FREE of charge. Events are held every Saturday. Contact 1-888-CleanLA, or visit [www. 888CleanLA.com](http://www.888CleanLA.com), for upcoming events.

The following materials may be delivered to a collection event: paint, auto fluids, household cleaning products, fertilizers, batteries, light bulbs, expired medicine, sharps, and unwanted electronics.

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Kit includes: used oil drain container, funnel, shop rags, and filter disposal bags. Kits are available at City Hall, located at 21810 Copley Dr.

For information regarding this and other recycling programs, contact the City of Diamond Bar at 909.839.7015, or by email at [greendb@diamondbarca.gov](mailto:greendb@diamondbarca.gov).

FUNDED BY **CalRecycle**

