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City of Industry

Tres Hermanos Solar Plant Proposal

BY MIREYA DE LA PAZ

On July 27th, Industry city manager Paul Phillips announced plans for developing Tres Hermanos Ranch, a 2,450 acre ranch on the border of Diamond Bar, Chino Hills, and Walnut, into a massive 444 megawatt solar power plant. The project was announced at a meeting with city managers of neighboring Brea, Diamond Bar, Chino Hills and Walnut along with state Se. Josh New-

see **C of I** page 11

Diamond Bar

DB School Uses Global Connection

BY KELLI GILE

Diamond Bar— Chaparral Middle School 8th grader Izzy Reedy and a dozen classmates learned about culture, education, weather, and even sports in Tanzania this year. But, it wasn't by opening a textbook or conducting research on a computer.

The Diamond Bar students gained knowledge through a global connection with the Gyekrum Arusha Secondary

see **DB** page 11

Annexation Proposal for Area Homes Approved



PHOTO COURTESY: MICHAEL ARMIJO

The City of Chino is set to annex approximately 40 acres from the County of San Bernardino in order to make way for the development of 44 Single Family Homes on Pipeline Avenue in Chino.

BY ANTHONY CHAN

After two failed public hearings and thorough review by Chino's city council and planning commission, a proposal for the construction of 44 new single family homes has been approved. Project plans are expected to be submitted by the end of 2017, and construction could begin as soon as next year on Pipeline Avenue.

The proposed development calls for the City of Chino to annex, from the San Bernardino County, approximately 40 acre area bordered by Pipeline Ave., Norton Ave., Chino Ave., and Hacienda Ln. and

see **Annexation** page 10

16 Vie for Open City Council Seat

BY MICHAEL ARMIJO

Chino Hills— Ed Grahams abrupt resignation last month, the deadline to apply has passed and 16 people have responded by the closing date of July 31st.

Opening up the position and having someone apply for it instead of electing one saved the city around \$100,000 for a special election. The term ends a year from November in 2018.

Of the 16 applications, 10 were submitted on the last day they were due, July 31st. The seat is in the fourth district but since Mr. Graham's seat was originally at-large (voted in by entire city instead of a specific district) anyone living within city

limits could apply. But if they want to run in the November 2018 election, they must reside in the fourth district that encompasses Los Serranos and Fairfield Ranch, the fourth district.

Of the 16 applicants, five live in the fourth district and will be eligible for election a year from November: Roanld Eaton, Gary Lawson, Stephen Romero, Brian Johsz, and Joshua Landis.

Other applicants are: Paul Molinaro, an attorney and physician who ran unsuccessfully in the 2016 election; Rossana Mitchell-Arrieta, an attorney and president of the Chino Hills Dog Park Committee who ran unsuccessfully in the 2016 election; Gary Larson, retired, a former Chino Hills council-

man and planning commissioner; Jim Gallagher, retired, vice president of the Chino Valley Democratic Club and Chino Hills Dog Park Committee, and a spokesman for Save Tres Hermanos Ranch who ran unsuccessfully in the 2016 election. Joshua Landis, a planning manager for Foothill Transit who has lived in the city for two years, Stephen Romero, director of development for Mayans Development, Inc. and vice chairman of the Chino Hills planning commission; Brian Johsz, director of government affairs for Athens Services, a fire board director, and involved with several civic groups; Ron-

see **Council** page 11

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Eastvale

Undercover Sting Targets Panhandlers

BY ANTHONY CHAN

Eastvale— After receiving numerous complaints about aggressive panhandling at various Eastvale shopping centers, the Eastvale Special Enforcement Team, stationed at the Jurupa Valley substation, launched an undercover operation into the illegal panhandling.

The investigation yielded two illegal panhandlers who were neither Eastvale residents nor were they actually homeless. Both illegal panhandlers were issued citations by the Special Enforcement officers.

"The Eastvale Special Enforcement Team's mission is to identify and respond to crime trends and investigate quality of life complaints from the citizens of Eastvale.", according to a recent Special Enforcement Team press release.

Ongoing efforts to curtail aggressive panhandling will continue over the next few weeks.

The Eastvale Special En-

see **Eastvale** page 11

Our Featured Businesses

Beyond the Dental Chair: Dentist and Trainer Team Up for Ultimate Health

BY ANTHONY CHAN

Dr. Oscar Marin, dentist at West Covina Smiles, works with dental patients every day and has seen a substantial increase in patients with poor dental health due to bad habits and stress. In an endorsement letter, Dr. Marin points out that

see **Dr. Marin** page 10



West Covina Smiles is located at 3660 S. Nogales St. in West Covina. Feel free to contact Gisselle at (626) 810-5000, log onto www.drmarin.com, or www.johnnythetrainer.com.

Clark's Nutrition Natural Foods Markets

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 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

see **Clark's** page 10



Clark's Nutrition is located at 12835 Mountain Ave. in Chino. See this week's ad on page 7.

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Our Life: Never Lose Hope

"Where there's hope, there's life. It fills us with fresh courage and makes us strong again."
-Anne Frank

BY SARAH SANCHEZ

Imagine waking up in a hospital bed to a doctor telling you that you are beyond stage IV cancer and considered incurable...and that you only have a few months left to live. How would you take this unthinkable news?

Unfortunately, this situation happened to a young woman named Denielle. Her sister, Lizzi, explained that Denielle was first diagnosed with stage III gastric cancer last Christmas. However, by New Years Day, the cancer had spread like wildfire into her lymph nodes, penetrated her stomach lining, and spread through her entire abdomen. They had the best surgeon in town working on her, but unfortunately, he came out of surgery with the most devastating news. Denielle had terminal, stage IV adenocarcinoma, and was deemed to only have a few months left to live.

This news probably would have devastated the average person. But Denielle isn't average. She is a fighter that has been strong and positive throughout the entire process, specifically saying she was going to "kick this thing in the butt".

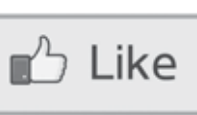
Lizzi said, "When we left that hospital to come home, she would not allow us to leave sad or hopeless. She instilled hope in the rest of us."

Lizzi also explained that De-

nielle has been relying on her faith to help her get her through this difficult situation. "I don't think a single day has passed where her faith in God has been tested. And if it has, then it was never verbalized," said Lizzi. "With God by her side, Denielle is unstoppable."

Denielle originally left the hospital as a terminal patient. The doctors believed that she was going home to die because she refused to do chemotherapy to treat her cancer. But Denielle didn't lose hope. Her strength and positivity paid off because she is making incredible progress with the natural approach she chose. After using a treatment called Phoenix Tears, it appears that Denielle's body is now killing the cancer. Doctors across the nation are shocked because this has never been seen before in stage IV gastric cancer. Doctors are watching her levels in amazement as she is fully digesting food, since she was told she'd never be able to digest anything ever again. Doctors originally said that Denielle would only have a few months left to live, but two months later, Denielle is still here making nothing but progress.

Denielle is a woman I've never even met and I've never even spoke to, but she's an inspiration to me and an inspiration to all of us. She is someone who looked at a devastating situation with a different light. She encourages us to always be positive in every situation, to cherish the life we live, to love and encourage those around us, and to never lose hope, no matter what the circumstance is. ■



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Housing the Homeless Part 2

BY NEF CORTEZ



Last week I wrote Part 1 of Housing the Homeless. Questions were posed as related to Organized

Real Estate's efforts to participate in the fight to end homelessness. As evident in cities across the country, it is a big problem that has had very negative effects on the quality of life for citizens across most communities. This huge problem has seen a small reduction in its size and numbers over the last decade.

There are many Realtors who individually have been involved with the effort to end homelessness. One of the most widely supported organizations has been Habitat for Humanity. Members of Tri-Counties Association of Realtors have helped to build homes through their involvement with Habitat for Humanity by donating time, talent, and money to the effort.

The primary effort that I found to be the most commonly participated in by members of Realtor associations was the assistance given to First Time Homebuyers through special programs.

Many of these programs provide grants of money to assist the buyers in completing their required down payments, or are given in the form of special loans that may be non-interest bearing or have the interest forgiven if the buyer lives in the home for a given minimum period of years.

There are many other non-profits in communities across the state where Realtors have been very involved. Beside Habitat for Humanity, many Realtors are involved through churches and faith-based organizations to assist in providing food and shelter for the homeless. Many Realtors have found it very rewarding to "Give Back" to their communities by joining the fight to end homelessness.

(In last week's article, a typo was made as to the percentage of the increase in sales tax passed by voters of Los Angeles County. Measure H increased the sales tax by ¼ of one cent, not the ½ cent I reported)

This article was written by Nef Cortez who is a licensed Real Estate Broker, Ca BRE # 00560181, licensed since 1976. He can be reached via e-mail at nefcortez@gmail.com, or website www.nefcortez.com. Please feel free to email any questions regarding real estate. ■

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Community Events

UPCOMING EVENTS:

Inland Empire Job Fair

When: Tuesday, August 15, 9:00 am to 12:30 pm

Where: Double Tree Hotel-Ontario Airport, 222 N. Vineyard Ave., Ontario

Details: The Inland Empire Job Fair and Career Fair is on Tuesday, August 15, 2017 at the DoubleTree Hotel - Ontario Airport for career seekers and candidates. Come meet with hiring managers from local, national, and Fortune 500 companies for free at our Inland Empire Job Fair.

Contact: <https://www.hirelive.com/fair/1106/CA/ontario/August/15/2017>

Kids' Night Out

When: Saturday, August 19, 6:00 pm to 11:00 pm

Where: City of Walnut Teen Center, 21003 La Puente Rd., Walnut

Details: Do you need some extra time for yourself, but are wondering what to do with the kids? Sign them up for Kids'

Night Out! Children ages 5 to 12 years will enjoy an evening of fun with crafts, games, dinner, dessert, popcorn and movies. Each night will have a different theme! Cost is \$17 for the first child and \$13 for each additional child from the same immediate family. Please bring a sleeping bag or blanket to rest on during the movie. *Extended Night Out: Extend your night out to MIDNIGHT for an additional fee.

Cost: \$17 for the first child, \$13 for each additional child

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.

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).

REGULAR EVENTS:

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

Cost: FREE

Jack Neue'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



PHOTO COURTESY: STATEPOINT

Did You Know?

5 Easy Ways Families Can Go Green When Packing School Lunches

BY STATEPOINT

While packing lunch for the kids can seem like a daily grind, you can use the task as an opportunity to help kids form great lifelong habits.

Here are five small ways changing your lunch-making routine can have large, positive impacts on the environment, your wallet and your kids' health.

1. Pack with reusables. On average, a school-age child with a lunch packed in single-serve disposable materials like plastic snack bags or juice boxes generates 67 pounds of waste per school year, which equates to 18,760 pounds of lunch waste for an average-size elementary school, according to the estimates of Waste Free Lunches, a non-profit organization.

Reduce your contribution to this waste and save money in the process with reusable con-

tainers. Waste Free Lunches estimated that choosing only reusable containers can save you almost \$250 per person, per year. To learn more about reducing lunchtime waste on the household or community level, visit, WasteFreeLunches.org.

2. Choose Made in USA. The "3 Rs" -- Reduce, Reuse and Recycle -- are a great refrain for environmentalists, but to ensure your family's daily habits are minimally impacting the environment, consider adopting the simple act of choosing Made in USA products. This small change automatically reduces one's carbon footprint by a magnitude of 10, according to a recent study conducted by Nalgene Outdoor, which offers a vast variety of BPA- and BPS free reusable water and food containers in a myriad of colors and designs, ranging in size from 12-ounces to 48-ounces. You can help explain the significance of buying Made in USA products to kids by telling them it's like leaving a light on for 30 minutes vs. 3 minutes.

3. Buy food local. Without a doubt, the most nutrient-rich and often most cost-effective way to procure fresh produce is locally. Additionally, anything sourced within 100 miles of home has a significantly lower carbon footprint than something that has traveled through hemispheres to reach your grocery store shelves. Community Supported Agriculture (CSA), co-ops and farmers markets are popular ways to find local produce direct from farmers. Check out localharvest.org to find a program near you.

4. DIY grab-and-go snacks. Prepackaged snacks are often priced at a premium and rarely offer nutritious enrichment, but with just a little prep work, you can create your own healthy options more affordably.

"I try to choose storage containers that are already pre-portioned so I know the portion that I'm packing," says Peggy O'Shea Kochenbach, a registered dietitian nutritionist. "Pack nutritious items like fruits, vegetables and nuts in clear containers in the pantry or refrigerator

see **Did You Know** page 10



PHOTO COURTESY: GOOGLE

History 101

August 13, 1961: Berlin is divided

BY HISTORY.COM

Shortly after midnight on August 13 in 1961, East German soldiers begin laying down barbed wire and bricks as a barrier between Soviet-controlled East Berlin and the democratic western section of the city.

After World War II, defeated Germany was divided into Soviet, American, British and French zones of occupation. The city of Berlin, though technically part of the Soviet zone, was also split, with the Soviets taking the eastern part of the city. After a massive Allied airlift in June 1948 foiled a Soviet attempt to blockade West Berlin, the eastern section was drawn even more tightly into the Soviet fold. Over the next 12 years, cut off from its western counterpart and basically reduced to a Soviet satellite, East Germany saw between 2.5 million and 3 million of its citizens head to West Germany in search of better opportunities. By 1961, some 1,000 East Germans—including many skilled laborers, professionals and intellectuals—were leaving every day.

In August, Walter Ulbricht, the Communist leader of East Germany, got the go-ahead from Soviet Premier Nikita Khrushchev to begin the sealing off of all access between East and West Berlin. Soldiers began the work over the night of August 12-13, laying more than 100 miles of barbed wire slightly inside the East Berlin border. The wire was soon replaced by a six-foot-high, 96-mile-long wall of concrete blocks, complete with guard towers, machine gun posts and searchlights. East Ger-

man officers known as Volkspolizei ("Volpos") patrolled the Berlin Wall day and night.

Many Berlin residents on that first morning found themselves suddenly cut off from friends or family members in the other half of the city. Led by their mayor, Willi Brandt, West Berliners demonstrated against the wall, as Brandt criticized Western democracies, particularly the United States, for failing to take a stand against it. President John F. Kennedy had earlier said publicly that the United States could only really help West Berliners and West Germans, and that any kind of action on behalf of East Germans would only result in failure.

The Berlin Wall was one of the most powerful and iconic symbols of the Cold War. In June 1963, Kennedy gave his famous "Ich bin ein Berliner" ("I am a Berliner") speech in front of the Wall, celebrating the city as a symbol of freedom and democracy in its resistance to tyranny and oppression. The height of the Wall was raised to 10 feet in 1970 in an effort to stop escape attempts, which at that time came almost daily. From 1961 to 1989, a total of 5,000 East Germans escaped; many more tried and failed. High profile shootings of some would-be defectors only intensified the Western world's hatred of the Wall.

Finally, in the late 1980s, East Germany, fueled by the decline of the Soviet Union, began to implement a number of liberal reforms. On November 9, 1989, masses of East and West Germans alike gathered at the Berlin Wall and began to climb over and dismantle it. As this symbol of Cold War repression was destroyed, East and West Germany became one nation again, signing a formal treaty of unification on October 3, 1990. ■

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ACROSS

- 1. Hindu sage or a tea brand
- 6. Plant production
- 9. Big first for a baby
- 13. *#2 Down native
- 14. Mutt
- 15. Doggy
- 16. Newbery Medal, e.g.
- 17. Back then
- 18. Alternative spelling of although
- 19. *The Great Lake State capital
- 21. *Capital named after 4th president
- 23. Color quality
- 24. Type of soda pop
- 25. British news broadcaster
- 28. Maître d's list
- 30. Occupied oneself
- 35. Pearl Harbor island
- 37. Popular movie candy
- 39. Little one
- 40. Bodily disorders
- 41. *No witches in this state's capital
- 43. Capital on the Dnieper
- 44. Dipping tobacco brand
- 46. Love-_____ relationship
- 47. Main Web page
- 48. Attractive to look at
- 50. Your majesty
- 52. Sea to a Spaniard
- 53. Duds
- 55. Filling station filler
- 57. *Capital named for Sir Walter
- 61. *State with the smallest capital by population
- 65. 007, e.g.
- 66. Keats' poem
- 68. Metric unit of capacity
- 69. Set in motion
- 70. Break a commandment
- 71. Ann B. Davis on "The Brady Bunch"
- 72. Sound warning
- 73. "Ideas worth spreading" online talk
- 74. Bothersome

DOWN

- 1. Unit of money in Iran
- 2. *Des Moines state
- 3. Ugly Duckling, eventually
- 4. Like Siberian winters
- 5. In on periodic table
- 6. Slang for heroin
- 7. Leo mo.
- 8. Movie trailer, e.g.
- 9. More than one solo
- 10. Tater pieces
- 11. Audio bounce-back
- 12. Sound unit
- 15. Exotic furniture wood
- 20. Must-haves
- 22. Priestly garb
- 24. Oldsmobile model
- 25. *The Gem State capital
- 26. Uncooperative, like a mule
- 27. Actress Sevigny
- 29. Biblical captain
- 31. Punjabi believer
- 32. "Kick the bucket," e.g.
- 33. a.k.a. dropsy
- 34. *Founded by William Penn
- 36. Sky defender
- 38. Search for Extraterrestrial Intelligence, acr.
- 42. Get together, like AOL and Time Warner
- 45. Lute player
- 49. Yule treat
- 51. Same as earflap
- 54. White-sheeted apparition
- 56. Upside down frown
- 57. Poison ivy symptom
- 58. Type of sax
- 59. Pinocchio, e.g.
- 60. Garner wages
- 61. Offer ware
- 62. Elevator inventor
- 63. Adam's apple spot
- 64. 3-point shot
- 67. *Motto heard in Concord: "Live Free or _____"

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Nothing Routine About Lutein



PHOTO COURTESY: PUBLIC DOMAIN PICTURES

Green, leafy kale is an excellent source of Lutein. One cup of kale provides enough lutein to last a person 8 days.

BY CRAIG "DEUCE" DOUSSETT MPH, RDN

Age-related Macular Degeneration (AMD) affects approximately ten million people in the United States with individuals of advancing age making up the largest numbers. Since January 1, 2011 and for every year for the next 20 years, 10,000 people in the United States will reach the age of 65. If the figures hold steady for AMD, another 10 million individuals will be diagnosed by the year 2030. Individuals suffering from AMD experience quality of life issues at every turn. These sufferers have to reduce their job workload at an earlier age, have to curtail their motor vehicle habits younger than their healthier counterparts, and engage in less travel and vacations than those without AMD. Reading is affected and so are excursions to plays, movies, and family functions. Although the rise in incidences of AMD is alarming, there is a solution that is both preventive in nature and effective for in the early stages of suffering.

The onset of AMD occurs due to a deficiency state of an important carotenoid known as lutein. Lutein is a fat-soluble phytochemical found in eggs, corn, kale, spinach, zucchini, and lettuce. Research has shown that ingesting adequate amounts of lutein in the diet from foodstuffs or supplements is protective against the onset of AMD. Researchers at Tufts University looked at the bioavailability of lutein found in eggs, spinach, and supplements. The results showed that the amount of lutein metabolites from the eggs and spinach were very bioavailable and lutein from supplements was well tolerated and absorbed. After forty two days the groups showed marked elevation in lutein metabolite saturation with no toxicity. Finally, researchers looked at supplementation in individ-

uals over the age of sixty years to see if adequate levels could be absorbed and maintained. At the forty-two day mark, all groups had elevated levels of lutein and the highest group (20mg/d) experienced plasma levels that stayed saturated for nine days after.

Lutein is found in a variety of foods that can be encountered on a daily basis. Just one cup of kale has enough lutein (recommended 6mg/d) to last a person for 8 days. The millions of sufferers of AMD can have better quality of life through the ingestion of this ubiquitous nutrient. Kale is an especially rich source of lutein and contains ~40 milligrams per cup. Foods that use corn oil as a main ingredient and eggs are also very rich in lutein and are the primary source of lutein in the American diet. Incidentally, there was a dramatic increase in the cases of AMD in the nineties due to the reduced consumption of eggs and corn oil-containing foods thanks to the 'Low-Fat' craze of the eighties. Besides corn oil and eggs, other rich sources of lutein are spinach, peas, zucchini, lettuce, and Brussels sprouts. Although no RDA exists for this phytochemical, the USDA Guidelines for Food Consumption recommends ~6 mg/d to help prevent and mitigate the effects of AMD which include loss of central vision, inability to filter out blue light (resulting in washed out green and grey tones) and a decreasing quality of life.

AMD is now the most common cause of eyesight loss in the United States. Research is showing that adequate levels of lutein in the diet can protect against AMD and help reduce the effects for those already suffering from the early stages of AMD. As more and more individuals enter into the danger age for this disease, it is important to emphasize foods rich in lutein and consider a quality lutein supplement at a dose of 6 milligrams or more. Talk to a specialist at Clark's Nutrition to find the foods and supplement that are right for you. ■

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

Recipe:

The Pat LaFrieda Burger

with Balsamic Onions and Crispy Cauliflower Oven Fries

BY HELLO FRESH

Cooking Time: 30 mins
Servings: 4
Nutrition: 820 Calories
Ingredients:

- Cauliflower Florets- 20 oz
- Panko Breadcrumbs- 1/2 cup
- Red Onion- 2
- Garlic- 2 cloves
- Balsamic Vinegar- 2 tbsp
- Pat LaFrieda Hamburger Blend- 20 oz
- Dried Oregano- 2 tsp
- Mayonnaise- 2 tbsp
- Brioche Buns- 4

1 PREHEAT OVEN AND ROAST CAULIFLOWER. Wash and dry all produce. Preheat oven to 425 degrees. Toss cauliflower with panko, a large drizzle of oil, and a pinch of salt and pepper in a medium bowl. Transfer to a baking sheet and bake until browned and crisp, about 25 minutes.

2 PREP. Halve, peel, and thinly slice onion. Mince or grate 1 clove garlic (use the other clove as you like).

3 COOK ONION. Heat a drizzle of oil in a large pan over medium heat. Add onion and cook until softened, 4-5 minutes, tossing occasionally. Stir in 1 TBSP balsamic vinegar (we sent more) and reduce heat to low. Cook until very soft, about 10 minutes. Season with salt

and pepper. Remove from pan and set aside.

4 MAKE BURGERS. Shape Pat LaFrieda Hamburger Blend into two patties with your hands (you'll want them to be slightly wider than the buns). Season with oregano, salt, and pepper. Carefully wipe out pan you cooked onion in with a paper towel, then heat a drizzle of oil in it over medium-high heat. Add patties and cook to desired doneness, 3-5 minutes per side.

5 MAKE AIOLI AND TOAST BUNS. In a small bowl, combine 1 TBSP mayonnaise (we sent more) and a pinch of garlic. Season with salt, pepper, and more garlic (to taste). Split buns in half, place on another baking sheet, and toast in oven until golden brown, 3-5 minutes.

6 ASSEMBLE AND SERVE. Spread aioli on buns, then fill each with a burger and some onion. Serve with cauliflower on the side. ■



PHOTO COURTESY: HELLO FRESH



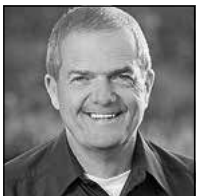
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Rescuing a Lizard

BY MARK HOPPER



I recently heard in the news that a woman called "911" because

she was being strangled and bitten by her Boa Constrictor. Fortunately, she was rescued by local law enforcement and survived this frightening event.

My story is on a much smaller scale and not as dramatic. Actually, I was not attacked by a lizard. I rescued a lizard! When I went out to wash my car, I opened the front wrought iron gate to get the garden hose. As I opened the gate, I noticed something unusual. Something was caught on the bottom of the gate. I thought it was a leaf or piece of paper. But, when I looked closer, I realized it was a lizard. I had attached some wire screen to the lower part of the front gate to keep rabbits from getting into my back yard. The screen is made of wire with small squares about a quarter inch wide. Unfortunately, the lizard

got trapped in this wire screen and was unable to get free. At first, I thought the lizard was dead. He appeared lifeless and was not moving. But he reacted quickly when I touched him. Thankfully, he was still alive.

How do you free a lizard who has squeezed himself into a fix like this? I decided that surgery was required. I went into the garage and found a small pair of wire cutters. I went back to the gate and began to cut the wire screen around the lizard being careful to not injure my small friend.

I felt a little like one of those technicians you see in the movies who defuse bombs. They have to carefully cut each wire without detonating the device. I finally cut the section of wire away from the gate. Now I just needed to cut the last few pieces that were still holding the lizard. With the precision of a brain surgeon, I cut each piece as carefully as possible. Finally, the lizard broke free! Success! Of course, after freeing my little friend, you would expect that he would stand behind to thank me.

But, that was not the case. He quickly dashed off into the nearby bushes glad to be freed from this life threatening predicament.

I am glad that my rescue attempt and surgical strategy was a success. I enjoy having lizards around the yard and I'm glad I was able to rescue this one. I wonder how often God has rescued us from some unanticipated situations? I wonder how often He has protected us from serious injury or an unforeseen problem that we are unaware of?

I do know that the Bible promises us that when we call on Him for help, He hears our prayers. Psalm 145:18-20 says, "The Lord is near to those who call on Him...He will hear their cry and rescue them". But, don't wait until a crisis comes into your life. Call on God every day. Begin and end each day with prayer. He is near and He will hear every prayer!

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

Feeling Overwhelmed

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



We tell ourselves that we are given what we can handle. Sometimes it sure does feel

like we are given way more than we can or should have to handle. I laugh to myself and think my creator must think I'm superwoman and must think so much of me to give me such a load to overcome. Well that's the positive to think about all of it. At the time when I'm going through all of it, there isn't anything that feels complimentary about my pain. I just know that I have to find solutions and work through it. After all we are here to learn the lessons we are supposed to learn. I bet many of you reading this under-

stand what I'm saying. Just when I feel overwhelmed I am reminded of all that I have already overcome. This helps remind me that I have learned what I need to do to overcome issues. I have the tools and I bet you forgot you have them too.

I bet you have forgotten how very strong and tenacious you are. I bet you have forgotten all that you have already overcome. I bet you forgot to remind yourself that we are only given what we can handle. So just for a moment close your eyes and feel the strength that lives within. Now remind yourself about all that you have overcome and worked through. In this moment let the self-pride shower over you. Now let it go and let those tears run down your cheeks. Do you feel the peace inside reminding yourself of just how awesome

you are? So now create a plan to chip away a little bit each day. Also as each day comes to end learn to pat yourself on the back for who you are today and promise that with each tomorrow there will come a better YOU!!!

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 Dr. Akiyoshi: I'm going out with a new guy that I met at my spinning

class. He always takes me out for smoothies after class and seems like he is very health conscious. He drinks lots of water during our work out and eats fruit and protein bars as snacks. Last weekend we went to the beach. When he went into a sandwich shop to get food for our picnic lunch I took a drink of what I thought was iced tea in his travel tumbler cup. I was surprised to taste alcohol and he was driving us around while he is drinking. I really like him so I decided not to say anything, but this bothers me. My health is my top priority and he knows that I only drink on special occasions. Should I wait and try his drinks a few more times to see

if this is a habit? Did I mention that I really like him? I'm so disappointed. Help...

-Linda

Dear Linda: Intelligent, healthy people are generally opposed to drinking and driving. I'm having great trouble making sense of your date's behavior. On one hand he displays healthy behavior; on the other hand, he is secretly putting you both in danger by drinking and driving. It's my experience when people take steps to hide what they are doing that's a red flag and cause for concern. If he was openly taking you to lunch in a restaurant and ordering a cocktail I would be fine with it. If he took you on a picnic and openly had a cocktail I would not raise an eyebrow, but hiding the fact that he is drinking is unimpressive and causes me to wonder what his consumption is really like. Causal drinkers don't feel the need to hide the fact that they have a drink

on occasion. If you really like him then address it, but don't be surprised to find out that this is a much bigger problem than you're prepared to handle. If he admits he has a problem and is willing to seek help, consider sticking around awhile and perhaps show support for his progress, but don't count on this happening. He knows he has a problem, that's why he's hiding it. Ultimately, he has to be ready to do this for himself. Please be wise in your choices. This is a big issue for a new relationship.

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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Clark's Nutrition

Clark's from page 1

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 1/2 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. ■

Annexation proposal approved for area homes

Annexation from page 1

proposes numerous zoning changes which would allow for higher density residential development- increasing the current zoning from 2 single family homes per acre to 4.5 single family homes per acre in the area north of Heritage Park and changing the zoning of the area east of Heritage Park from Neighborhood Commercial to Residential Development at 2 single family homes per acre.

The proposal was questioned with it's alignment to Chino's General Plan, because the proposed development area appears to be out of the designations in the Future Growth Vision. However, Chino does have an interest in development in what city planners call the “Sphere of Influence” or unincorporated areas adjacent to Chino City boundaries.

The Chino General Plan states, “The SOI represents the area that the City of Chino views as its ultimate boundary. Therefore, the City has an interest in development within the SOI, even though current land use authority continues to be under the purview of San Bernardino County.”

The construction of new homes will bring increased tax

revenue from property taxes, increased business to Chino businesses, and families struggling to find affordable housing in Southern California with median home prices in neighboring Los Angeles County rising to \$530,000 in December of 2016, according to real estate data firm CoreLogic.

However, the construction of 44 new single family homes is not without its costs as well. More homes mean an increased number of cars on the road and more traffic, and higher infrastructure maintenance costs for the city. Also, the city bears new responsibilities in extending police and fire services and Chino's sewer and water infrastructure to new and existing homes on the outskirts of Chino.

At two public hearings in March and April 2017 and a city council meeting, both Chino residents and residents of the area being annexed have voiced their concerns, and now with annexation approval underway, the construction of 44 new homes is eminent.

Hopefully the new homes align with the vision in Chino's General Plan to create “... places with healthy transportation options, a small-town feel, and provide for residents' daily needs.” ■

Beyond the dental chair: dentist and trainer team up for ultimate health

Dr. Marin from page 1

stress is a major contributor to poor dental health because, “people under stress tend to produce less saliva and grind their teeth more, which causes premature breakdown of tooth structure and dental work.”

Dr. Marin intends to help patients de-stress, create good habits, and improve their overall health. So he has opted to provide assistance for his patients in a comprehensive, full-body way. His vision for comprehensive healthcare is to provide for not only his patients'

dental health, but for physical health, nutritional health, and mental health. Dr. Marin created a team with a personal trainer, a nutritionist, and a therapist to make his vision for comprehensive healthcare become reality.

In terms of physicality, Dr. Marin has is working with Johnny Hudson, a personal trainer with over 20 years of experience, to bring his patients a free bootcamp training package, which will take place on the first Saturday of every month starting September 2, 2017.

The event will be held at Via Verde Park in San Dimas starting at 10 AM. The only

requirement for participants is that you are an active patient of West Covina Smiles (a patient who has been seen in the last year) or you are accompanied by an active patient.

“Great teeth is linked to great health,” Dr. Marin said, “and when you tackle both issues at once you enhance your healthy on many levels. We can choose to just treat people for their dental issues or we can try to contribute to a long and healthy life. We choose the latter.”

If you have any questions or comments, feel free to contact Gisselle at (626) 810-5000, log onto www.drmarin.com, or www.johnnythetrainer.com. ■

Did you know?

Did You Know from page 3

on Sunday, so that they are ready to ‘grab and go’ for the week.”

For safety, store items in BPS- and BPA-free reusable containers, such as those from Nalgene Outdoor Products, which offers a line of reusable storage containers that are clear, ranging in size from 4-ounces to 16-ounces and that are also dishwasher safe.

5. Green your clean-up. Parents should seek reusable items that can both sustain kids' rough and tough daily activities, but

also survive the dishwasher. Close label reading shows that many reusable lunch containers suggest “hand washing.” However, items that are dishwasher-safe can keep your household saner, cleaner and greener. For your family, cleaning is easy-peasy; and for the environment, research shows a good dishwasher saves 3,870 gallons of water over its lifetime and uses less energy than conventional models, which helps reduce air pollution and combat global climate change, according to the ENERGY STAR program. ■

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Eastvale from page 1

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DB School Uses Global Connection

DB from page 1

School, located over 8,500 miles away in East Africa. Education specialist Kimberly Ramos formed the partnership with the class through the World Education Connection program. Students and teachers got to know each other by communicating back and forth using email and Google Hangout.

"They would ask lots of questions and post photos," Ramos said about the 21st century-learning technology. "Anything I received from the teacher, I would post on Google Classroom to share with my kids."

Ramos said her students embraced the program and were amazed with how many similarities they had with their new friends. "The kids loved seeing each other. And the things we learned this year have had more meaning because we were able to connect with the other half of the 'Kilimanjaro Squad' on a personal level."

The global teams shared their thoughts on the power of connection during an inaugural World Education Day event. "Asante Sana!" the students exclaimed in Swahili while waving to one another during the live global broadcast.

"We got to experience the way they live and learn," Brant said. "I wouldn't have changed a thing about this experience!" Students said they also gained appreciation for their own lives after seeing the East

African partner school squeeze 80 students inside a class with dirt floors and dilapidated furniture. "It showed me to be grateful for what I have, and to respect elders and family," Reedy said. ■

16 vie for open city council seat

Council from page 1

ald Eaton, food service cashier at Disneyland, treasurer of the Chino Hills Historical Society, and lifelong resident of Los Serranos. Garry Poliakon, a certified public accountant, Al Matta, a retired physical education coach, Healthy Hills Steering Committee member, and regular council meeting attendee; Lou Alfonso, retired, Chino Hills citizens on patrol and volunteer for various organizations; Jennifer Holtkamp, homemaker and owner of an online jewelry business. Timothy Finneran, executive director for campus safety at Azusa Pacific University and retired lieutenant for the Orange Coun-

ty Sheriff's Department; Bob Goodwin, distribution center manager for SG Companies, chairman of the Chino Hills public works commission, and Hope for the Hills president; Annabell Liao, Chapman University graduate and intern for State Senator Ed Hernandez in West Covina; and Bill Taylor, initiative director for homeless for L.A. County's Public Social Services, vice chairman of the Chino Hills parks and recreation commission, Healthy Hills Steering Committee, president and boat parade coordinator for the Chino Hills Kiwanis Club, and board member of the Community Foundation.

The city council discussed how to select an applicant last

Tres Hermanos solar plant proposal

C of I from page 1

man, D-Brea.

The city has offered to buy the land for \$100 million from its former redevelopment agency during a liquidation process ordered by state law. However, the property has not yet been approved by the county oversight board in charge of selling off assets.

Philips stated that pursuing a solar project was an option, but not a sure thing since the city has not secured the property. "The city has always maintained that we are interested in a possible solar project as well as open space and recreation space," he wrote.

Philips established that if solar projects were built, it would

be in Tres Hermanos ranch. Tres Hermanos is a cattle ranch east of the 57 Freeway within the cities of Diamond Bar and Chino Hills. He told the group that the City of Industry that the project would cover about 20 percent of the 2,450 acres. Bartlam said he didn't think that was possible and a project that size would have to span about 1,000 acres or about 41 percent of the Tres Hermanos property.

Philips said developers interested in buying the land had proposed as many as 10,000 homes. According to Bartlam said Chino Hills' general plan would grant a maximum of 675 houses, and Diamond Bar's general plan calls for about 500 maximum, for a total of 1,175 homes. ■

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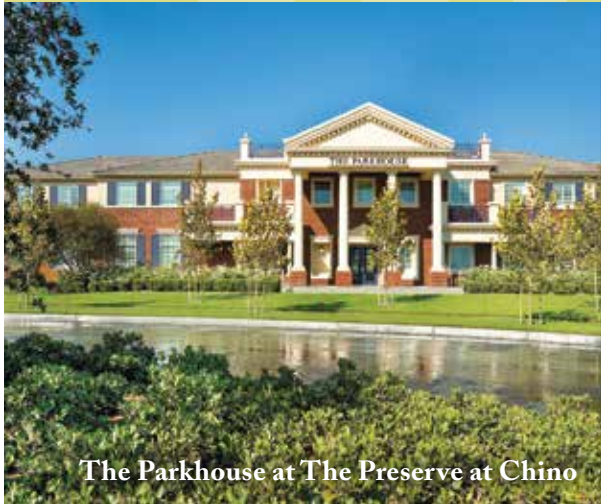
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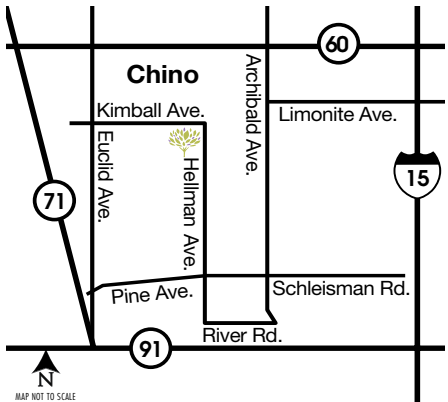
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