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## Walnut

## WVUSD Announces Six Leadership Team Appointments

By KELLY GILE

**Walnut**- This summer, the Walnut Valley Unified School District Board of Trustees approved the following outstanding appointments to the administrative team: Kenneth Goodson – Assistant Superintendent of Business Services; Dr. Sergio Canal, Ad-

see Walnut page 10

## Diamond Bar

## Softball Game for Charity

By LASD- WALNUT/ DB STATION

Relay For Life is the signature fundraiser for the American Cancer Society. It brings communities together to remember loved ones lost, honor survivors of all cancers, and raises money to help the American Cancer Society make a global impact on cancer.

In a joint effort to support this notable cause, a charity softball game was proposed. The gauntlet was hurled by the Walnut City Staff and graciously

see DB page 10

## Rise of SUV Third Row Seat Thefts

By MICHAEL ARMIJO

**Chino Valley** – Local police departments have issued warnings of the rise in SUV third seat thefts and encourage residents to secure their property.

To avoid becoming a victim, a press release urged residents to "...use a cable and lock the seat up to the inside of the vehicle, never leave your vehicle unlocked, park your SUV inside the garage or backed up against the wall so the tailgate doesn't open, or just remove the seat from the vehicle and store it in your garage or storage facility."

Popular models that have quick release rear seats have been GM model SUV's, including the Suburban, Tahoe, Yukon and Cadillac Escalades are primarily being targeted because of their price. The thefts are most commonly occurring



PHOTO COURTESY: GOOGLE

*Thefts of SUV Third Row Seats are on the rise in the Chino Valley.*

in residential areas during the night.

"You can get anywhere from \$300-\$1200 per seat," said John Ramos, an auto recycling specialist. "Most people buy them online no questions asked," he said.

"Please safeguard your vehicle by using the prevention tips provided and report any suspicious activity to Chino PD at (909) 628-1234," said the Chino Police Department. For Chino Hills you can call (909) 364-2000. ▀

## 2 Men Jailed After Marijuana Bust

By MIREYA DELAPAZ

**Chino Hills**- A chase ensued in Chino Hills this week that led to 2 arrests for the growth and possession of marijuana.

The two suspects, Zhi Cheng, 40 and Hui Yuan Li, 37, both Alhambra residents, were being chased for 5 miles on the 71 freeway near the Westbound I-10 before getting arrested.

They were arrested on suspicion of marijuana cultivation and failure to yield at a traffic stop. Deputies then searched their 5 bedroom home that was



PHOTO COURTESY: ANAPR FILE PHOTO

*Police in Eastvale seize marijuana plants from an illegal grow house last year.*

see Marijuana page 11

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## Inland Empire

## Homeowner Shoots Burglar

By SB SHERIFF'S DEPT.

**Rancho Cucamonga**- On Saturday, July 15, 2017 at 6:16 a.m. deputies responded to 911 calls reporting shots heard in the neighborhood. Deputies arrived and contacted a homeowner who told them he heard noises in his garage and went to investigate the sounds. Upon entering his garage, he was confronted by an unknown subject burglarizing his vehicle. The subject got out of the homeowner's vehicle yielding a knife and advanced toward him. The homeowner was armed and immediately drew his handgun and fired at the subject. The subject ran from the garage, and then a vehicle fled from the area at a high rate of speed.

Shortly after arriving at the Carriage Pl. residence, dispatch was advised that a woman was calling from a Fontana residence reporting her adult son had been shot. That sub-

see IE page 10

## Our Featured Businesses

## 14 Years of Carpet Cleaning Experience

By MICHAEL ARMIJO

**Inland Empire**- Honesty and integrity are always a factor in business and is sought out continuously. But how some people get there is through longevity and experience. When you have all four of those elements you have no choice but to be successful in your field.

Extreme Carpet Care clients have boasted they've received all four of those components.

see Extreme page 10



Have kids or pets left your carpet and upholstery smelly and stained? Call EXTREME CARPET CARE today! (909) 376-3766. "If it comes out, we can get it out." See our ad on page 4.

## What You DON'T See is What You Get

By MICHAEL ARMIJO

**Inland Empire** - When Daniel started his carpet cleaning business six years ago, he had to get insurance. So he did, and he faithfully paid his premiums every month. Unfortunately, Daniel's business was burglarized, but he had no need to worry; he was fully covered and he had never missed a payment in nearly six years. Then Daniel found out some very disturbing news.

Daniel's insurance company gladly filed his



For questions about your Business Insurance Policy, Grace Buencamino can be reached at (909) 973-8233

see Insurance page 11

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## Our Life:

### On Being Human

By Michael Armijo

Ever since I was in 7th Grade I wanted to be a writer. I didn't want to just tell a story or discuss life as it happened, but I wanted to share how I felt about things. I wanted to create emotion and somehow help someone understand that it's okay to be human. I thought if I helped people understand certain things, then they wouldn't have to go through all that I've endured (and Lord knows I've endured).

My family and friends have told me they like what I've written. They've appreciated how I've shared my life, feelings, and thoughts with them. This has given me some fulfillment, but not exactly what I had been reaching for completely. I guess throughout my life I've wanted to help people because I felt just a little bit different than everyone else, and when I wrote it made me feel a little bit closer to being human. Then one day, it finally happened.

In the first issue of our paper, I wrote an article entitled, "Some Things Are Forever." It was a story about my father's death, what had happened, and how I felt about it. It was one of the most fulfilling stories I had ever written as I spoke directly from my heart. A few days later something happened. I received a letter from someone I'll call Agnes – because that's her name. Agnes wrote of her father's death, what happened, and how she felt about it. She wrote of how her father died on New Year's Eve, and while ev-

eryone was wishing each other a Happy New Year, she just sat by a window with a heavy heart. She spoke of that one corner of your heart that will grieve forever, and that there is no replacement. She found comfort in my article, as she felt very alone.

"My hands are shaking as I write this," Agnes wrote. "This touched me and helped me at a time I needed it the most." I understood what she was saying, what she was feeling, and for the first time in a long time I realized that I wasn't alone, either.

My 7th Grade dream became a reality when Agnes opened up. She shared something because I shared something. She reminded me that we all have a common thread; we need each other to survive. I felt reassured that my grief was shared by many and that I will survive after all. I also realized something that we sometimes forget: we need each other's acceptance, each other's care, a soft word, a short note, or a sign of acknowledgment from one another. We need to know that in this harsh, rebellious world, there are people like us who care, who survive, who have the ability to live, love, and laugh. We need to stick together, because life can be a battle. And with the help of others, I have realized that dreams can come true.

The different emotions that I've experienced throughout my life have often been a mystery to me. I've told myself that I am just like everyone else; I'm not any different than anyone around me. But a little thought deep inside quite often

see Our Life page 10

### 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

#### Relay For Life

**When:** Saturday, August 5 & Sunday, August 6, 2017

**Where:** Ruben S. Ayala Park, 14225 Central Ave., Chino

**Details:** Welcome to the Relay for Life special event

page. The American Cancer Society and the City of Chino invite the Community to join the Relay For Life 24-hour cancer walk event to help raise money for the fight against cancer. The Relay for Life event is held the first Saturday and Sunday in August, beginning at 9:00 a.m. on Saturday and ending at 9:00 a.m. on Sunday morning at Ruben S. Ayala Park, 14225 Central Avenue, Chino. All benefits go to cancer research in hope of finding a cure and having more birthdays. Over 100 teams participate in this great event. Activities Include: Opening Ceremony, Live Bands, Ms. Relay, Road to Recovery Cardboard Car Show, Hat Contest, Themed & Costumed Laps, Luminaria Ceremony, Fundraising Raffles and much more. The event starts with the Survivor's Lap of Courage, where cancer survivors walk the track alone. As always, the Luminaria Ceremony is the highlight of the event. All the lights are turned off and participants walk the track with glow sticks for survivors as well as those who have lost their battle to cancer.

**Contact:** www.relayforlife.org/chinoca

**The 3rd Annual California**

## Home Prices Up in Chino Hills Too!

BY NEF CORTEZ



Last week I wrote regarding the continuing increase in the median sales price of homes across the U.S., and specifically about Diamond Bar real estate. I compared the median sales price of the second quarter of 2017 to the similar time period one year ago. That number saw an increase of \$43,000, or 7.4%.

Similarly, the median sales price of single family residences sold in Chino Hills in the second quarter of 2017 rose from its near record levels in the same time period of 2016. According to the California Regional Multiple Listing Service, the median sales price for all 255 properties that transferred ownership in the second quarter of 2017 was \$649,900. The same period of time in 2016 saw a transfer of 259 homes

with a median sales price of \$590,000. This figure for 2017 was a 10.1% increase from the second quarter 2016. The median Sales price of condominiums and townhomes in Chino Hills stood at \$417,000 for the second quarter of 2017. It was at \$350,000 for the second quarter of 2016, representing an increase of \$67,000, an increase of 19.1%. That is HUGE! Single family residences also had their median sales price go up as well, but not as much. The median sales price of single family residences transferring in Chino Hills went up from \$628,000 in 2016 to \$669,000 in 2017, representing an increase of 6.5%, which is a reasonable and sustainable amount.

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

### 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 Slaytanlic 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).

### mond 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 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

### REGULAR EVENTS:

#### Movies Under the Stars

**When:** Every Wednesday from June through August, 5:30 pm

**Where:** Sycamore Canyon Park, 22930 Golden Springs Dr., Dia-



PHOTO COURTESY: GOOGLE

## History 101

**July 29, 1981: Prince Charles Marries Lady Diana**

BY HISTORY.COM

Nearly one billion television viewers in 74 countries tune in to witness the marriage of Prince Charles, heir to the British throne, to Lady Diana Spencer, a young English schoolteacher. Married in a grand ceremony at St. Paul's Cathedral in the presence of 2,650 guests, the couple's romance was for the moment the envy of the world. Their first child, Prince William, was born in 1982, and their second, Prince Harry, in 1984.

Before long, however, the fairytale couple grew apart, an experience that was particularly painful under the ubiquitous eyes of the world's tabloid media. Diana and Charles announced a separation in 1992, though they continued to carry out their royal duties. In August 1996, two months after Queen Elizabeth II urged the couple to divorce, the prince and princess reached a final agreement.

In exchange for a generous settlement, and the right to retain her apartments at Kensington Palace and her title of "princess," Diana agreed to relinquish the title of "Her Royal Highness" and any future claims to the British throne.

In the year following the divorce, the popular princess seemed well on her way of achieving her dream of becoming

"a queen in people's hearts," but on August 31, 1997, she was killed with her companion Dodi Fayed in a car accident in Paris. Tests conducted by French police indicated that the driver, who also died in the crash, was intoxicated and likely caused the accident while trying to escape the paparazzi photographers who consistently tailed Diana during any public outing.

On April 9, 2005, Prince Charles wed his longtime mistress, Camilla Parker Bowles, in a private civil ceremony. The ceremony had originally been planned for April 8, but had to be rescheduled so as not to conflict with the funeral of Pope John Paul II. After the civil ceremony, which the queen did not attend, Archbishop of Canterbury Rowan Williams blessed the union on behalf of the Church of England in a separate blessing ceremony. An estimated 750 guests attended the event, which was held at St. George's Chapel in Windsor and was attended by both of Charles' parents, Queen Elizabeth II and Prince Philip.

Though Camilla technically became the Princess of Wales with the marriage, she has announced her preference for the title Duchess of Cornwall, in deference to the beloved late princess. Should Charles become king, she will become Queen Camilla, though she has already announced her intention to use the title Princess Consort, most likely in response to public opinion polls showing resistance to the idea of a Queen Camilla. ■

## Tips to Incorporate Music Into Your Family's Daily Routine

BY STATEPOINT

The benefits of music education are endless. Studies have associated music education with higher test scores, improved concentration and more. But if you are a parent, you probably know how it goes: many children will begin a music program with enthusiasm, only to complain about practicing a short time later, sometimes even asking to quit.

Music should never be a chore, however. Here are tips for parents to incorporate music into their family routine in ways that are fun and positive.

• Plan a music night. Create an evening where all activities revolve around music. Take

turns at the karaoke machine. Play a music-themed trivia game. Hold a family concert night or talent show where everyone gets a chance to perform. Sing instead of speak. Watch a favorite musical.

• Take a class together. You can inspire by example by taking a music class with your child. You don't necessarily need to find a class designed for parents and kids, although there are plenty of such classes available.

• Use new tools and tech. New tools can be used at home to make music fun. For example, Casio keyboards feature a Dance Music Mode, which divides the piano keyboard into different instrument sections, like drums, bass and more. Fifty

built-in styles, as well as familiar effects like stutter and filter, make it easy and fun for anyone to create and remix dance music. To learn more, visit casiomusicgear.com.

• Attend a live performance. Take time to simply appreciate music. Sample different musical styles and broaden your horizons by attending live concerts and shows.

• Play name that tune. In the car with the radio playing? Play "Name that Tune." Keep a running tally of who knows the most songs.

By making music fun, your children will be more likely to reap the benefits of making and enjoying music their entire lives. ■



PHOTO COURTESY: FREEPIK

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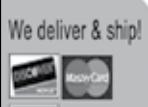
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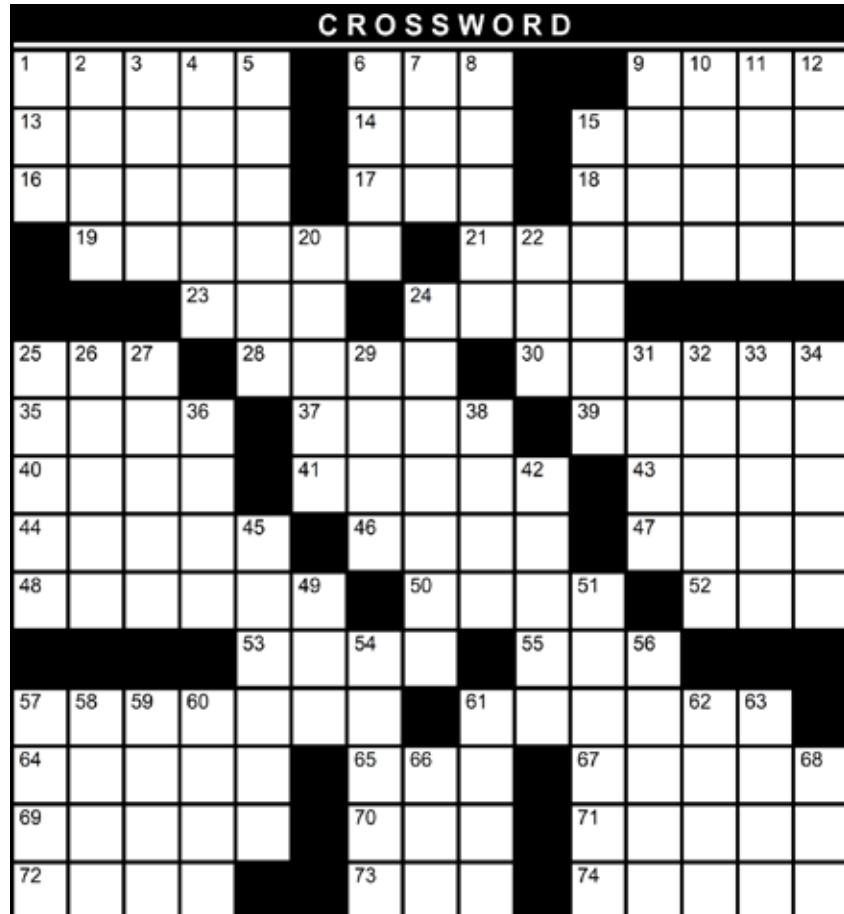
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**ACROSS**

1. West African religious practice  
 6. J. Edgar Hoover's org.  
 9. Decked out  
 13. \*Mickey Mouse's pet in books and cartoons  
 14. Young newt  
 15. Certain rib quality  
 16. Asian goat antelope  
 17. American Gas Association  
 18. Metrical units in poetry  
 19. \*Story of Auggie Pullman, boy with a rare disease  
 21. Captain's record  
 23. Thanksgiving serving  
 24. Actor MacLachlan  
 25. Aardvark's morsel  
 28. Shape with an ax  
 30. Battlefield ID  
 35. Displeasure on one's face  
 37. High part of day  
 39. Nigerian money  
 40. \_\_\_ of Man  
 41. Wooden pin  
 43. Swarm like bees  
 44. Paparazzi's target  
 46. \*Children's author \_\_\_ Pennypacker  
 47. Dial in on a radio  
 48. Attractive to look at  
 50. High in decibels  
 52. "Swan Lake" step  
 53. Virginia folk dance  
 55. Future fish  
 57. \*The \_\_\_ Tollbooth"  
 61. \*Mary Lennox's secret spot  
 64. \*Young Montague  
 65. O in IOU  
 67. Writers' inspirations  
 69. Gibson garnish  
 70. \_\_\_ Aviv  
 71. PayPal money  
 72. \*"Where the Red \_\_\_ Grows"  
 73. \*Final word of a children's story?  
 74. Buy second-hand

**DOWN**

1. Goddess Rhea, to Romans  
 2. \*\*he \_\_\_ the house down."  
 3. Never replaced the UK's pound sterling  
 4. Lack of muscle tension  
 5. Carriage on top of elephant  
 6. Robert De Niro's "Cape \_\_\_"  
 7. \*Roald Dahl's acronym  
 8. Europe's "boot"  
 9. Dungeness, e.g.  
 10. Car with a bar  
 11. Pulpit  
 12. Writing spot?  
 15. \*Don't let it drive the bus!  
 20. Correct  
 22. Antiquated  
 24. \_\_\_-it\_\_\_  
 25. \*Rabbit hole traveler  
 26. Offensively curious  
 27. Ballerina's skirt fabric  
 29. Courts  
 31. General Agreement on Tariffs and Trade  
 32. Secure with ropes  
 33. Rome's Colosseum  
 34. \*Quarter Quell  
 36. Snorkeling site  
 38. Infamous Roman Emperor  
 42. \*"Little House on the Prairie" protagonist  
 45. "Charlie and the Chocolate Factory" (2005) movie director  
 49. "War and Peace" author  
 51. Type of roof window  
 54. Portray emotion  
 56. Draw out a conclusion  
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# Healthy Living



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HEALTH TIP

## Give Coffee a Break



PHOTO COURTESY: TOPNTP26 - FREEPIK.COM

BY CRAIG "DEUCE" DOUSSETT MPH,  
RDN

It seems that coffee cannot get a break. This may be due to its ubiquitous presence in the world as one of the most highly-consumed beverages (after water and in constant competition with tea and beer) thus making it a pretty easy target. Or it may be due to the rise of gourmet and specialty coffees which, when all is said-and-done-added-swirled-caramelized-frappé-dipped and whipped, resembles very little the original 'Cup O' Joe' that was consumed up until 20 years ago. Either way, it may be time, due to solid evidence and much information on healthy practices, to give this 'energy elixir' a well-deserved reprieve. Coffee, and its many permutations may be an excellent addition to one's dietary habits or prove to be the proverbial 'simian' draped across one's Trapezius muscles.

It is not uncommon to read two very different studies on coffee published on the same day. One, for example, extolling the virtues of coffee and its antioxidant properties, which are compounds that reduce free radical damage to our cells. And another study that demonstrates that individuals that consume four or more cups of coffee a day have higher rates of "all-cause" mortality. This information can be very disconcerting, or reassuring depending on your caffeine proclivities, and this confusion does a disservice to the consumer of both coffee products and science. Owing to this schizophrenic media Hydra, we are left up to our own devices, usually appetite driven, to decide what the best approach to making the healthiest choice is.

Like many choices, there is an element of moderation, compromise, simplicity, and introspection. How much coffee is beneficial, why are we drink-

ing it, are our bodies "caffeine friendly", and is the 'benefit-versus-side-effects' worth the outcome? All of these questions are personal ones that can be informed with solid information. Here are some basic guidelines to make safe, beneficial, and individualized coffee consumption choices:

- Keep it simple! Stick to less exotic iterations of coffee to reduce the caloric load and increase the amount of antioxidants per cup. Some coffee creations can have up to 1,000 calories per 16 ounces.
- Consume less than four cups (or 400 milligrams) of coffee daily. This is especially important as more than four cups can lead to insomnia, agitation, mood disorders, and erratic behaviors
- in many individuals.
- Avoid coffee after the afternoon meal
- There are many conditions where coffee consumption is inadvisable. Seek your doctor's advice for a list of these conditions and remain judicious in your daily consumption patterns.
- If coffee wakes you up in the morning but allows you sleep restfully at night, drink away!
- If you cannot wake up without it, cut back!
- Do not be averse to asking yourself why you are drinking it, even on a regular basis. Introspection leads to "Temet Nosce" (knowing oneself)!

Enjoy your daily coffee grind if you are one of that special breed wherein coffee is nothing but beneficial. These people tend to have lower rates of Type 2 diabetes, Parkinson's, and depression in addition to experiencing brain stimulation that keeps them sharp, engaged, and productive. Clark's Nutrition and Natural Foods market has a variety of organic and free-trade blends that can assist any individual to *carpe diem*. As always, have a healthful day. ■

## HEALTHY LIVING

### 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](http://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](http://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:

## Crispy Top Parmesan Chicken

with Balsamic Potato Salad and Garlic-Roasted Tomatoes

BY HELLO FRESH

Cooking Time: 30 mins

Servings: 4

Nutrition: 520 Calories

Ingredients:

- Yukon Gold Potatoes- 24 oz
- Panko Breadcrumbs- 1/2 cup
- Parmesan Cheese- 1/2 cup
- Chicken Breast- 24 oz
- Dijon Mustard- 4 tsp
- Grape Tomatoes- 8 oz
- Scallions- 4
- Garlic- 4 cloves
- Balsamic Vinegar- 2 tbsp



PHOTO COURTESY: HELLO FRESH

#### 3 ROAST CHICKEN AND PREP

Roast chicken in oven until no longer pink in center, 15-20 minutes total (we'll be adding more items to the sheet half-way through). Meanwhile, halve tomatoes. Trim, then thinly slice scallions, keeping greens and whites separate. Mince or grate garlic.

#### 1 PREHEAT OVEN AND BOIL

**POTATOES.** Wash and dry all produce. Preheat oven to 400 degrees. Cut potatoes into 1/2-inch cubes. Place in a medium pot with a large pinch of salt and enough water to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, 10-12 minutes. Drain and place in a large bowl.

**2 PREP CHICKEN.** Meanwhile, combine panko, Parmesan, a drizzle of olive oil, and a pinch of salt and pepper in a small bowl. Pat chicken dry with a paper towel. Season all over with salt and pepper. Place toward one side of a lightly oiled baking sheet. Brush 1 tsp Dijon mustard onto top of each piece. Sprinkle panko mixture onto tops, pressing to adhere.

**4 ROAST TOMATOES** About 8 minutes before chicken is done, remove sheet from oven. Toss tomatoes, scallion whites, garlic, and a drizzle of olive oil on empty side of sheet. (TIP: Use tongs to avoid touching the hot sheet. No tongs? Get them for next time at [HelloFresh.com/Shop](http://HelloFresh.com/Shop)) Season with salt and pepper. Return sheet to oven and roast until chicken is done and tomatoes are soft, 7-8 minutes.

**5 MAKE POTATO SALAD** Add scallion greens, 1 TBSP balsamic vinegar (we sent more), and a large drizzle of olive oil to bowl with potatoes. Toss to combine. Season with salt and pepper.

**6 PLATE AND SERVE.** Divide chicken, tomatoes, and potato salad between plates and serve. ■



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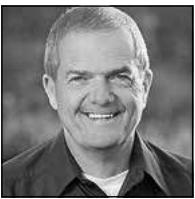


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"Take care of your body. It's the only place you have to live." -Jim Rohn

# A Can of Paint

BY MARK HOPPER



I have discovered that after Spring cleaning come's

Summer painting! We recently hired some people to remodel our bathrooms. The look great. New fixtures, new tile and new paint! It is amazing how nice they look. However, when you get new paint in one room, you notice how old the paint looks in the other rooms. I guess it is like buying a new car. You have no problem driving the older car with its scratches and dents until you see a new car parked next to yours. The new car makes your car look older! Before the new painters worked on our two bathrooms, the old paint looked fine to me. But, now, it is easy to notice how faded and old the existing paint looked and the new paint clearly looks better than the old.

So, we bought a can of new paint and started on other rooms in our house. Actually, we purchased two cans. One for the walls and the smaller can for the baseboards. We also purchased new brushes, rollers and a new paint pan. I forgot to buy some plastic gloves, but I was ready to take on the challenge! When my wife and I were newlyweds, we bought some inexpensive paint from a local store. The color looked good and the price was low. But, we quickly learned that the cheaper paint was not a good idea. When we used a paint roller with the thin, cheap paint, we were soon covered with speckles of paint. I think

we got more paint on ourselves than on the wall! I suspect this happens to all rookie painters. This time we bought some good quality paint. It went on smoothly with very little mess. This paint was much thicker and covered very well. The new paint looked great and my wife was really pleased.

It is interesting how a coat of paint can change and transform the appearance of a room in your house. Everything looks better. The room looks bigger and cleaner. The color looks more vivid and brighter. New paint really does make a difference! A can of paint can literally transform the appearance of a room.

I don't know of many verses in the Bible that talk about paint. Most houses were made of mud bricks with wooden logs, sticks and branches for a roof. Most were not "painted". However, some buildings were covered with "whitewash" - similar to our paint. Jesus refers to religious hypocrites as "whitewashed tombs". In Bible times, it was common to bury dead bodies in small caves - often several bodies in one tomb. Over time, the bodies would decay and the bones would remain. Sometimes people would "paint" the entrance of the cave with "whitewash". Jesus accused the religious hypocrites of looking beautiful on the outside but he said they were spiritually dead on the inside. ( Matthew 23:27 / Acts 23:3). Jesus said they were like "whitewashed" tombs. I wonder what Jesus would say about you and me today? Do we look good on the outside, but is the inside of our heart, mind

and soul pleasing to God? Do we appear religious and kind on the outside, but are we unkind hypocrites on the inside?

At the same time, the Bible does remind us that God can take the worst sinner and transform him or her into a beautiful person. In a small letter in the New Testament, the Apostle Paul wrote, "When the kindness and love of God our Savior appeared, he saved us - not because of the righteous things we have done, but because of His mercy. God saved us through the washing of rebirth and the renewing of the Holy Spirit" (Titus 3:5). God can transform the worst of us - inside and out - when we acknowledge our sins and we accept Jesus as our personal savior. The Bible says that Jesus died on the cross to pay for our sins and he rose again to purchase a place for us in heaven.

A can of paint can dramatically change the appearance of a room. New paint can cover a multitude of smudges, scratches and hand prints. However, spiritually speaking, we need a new "paint job" on the inside! Paint is only an exterior cover. Grace and faith in Jesus are what can change us on the inside! If you want to change the appearance of your home, buy a can of paint. If you want to change the condition of your heart, start by confessing your sins to God and by placing your faith in Jesus today. You will be glad you did and He will too!

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

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## As Good As It Gets

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



Have you ever had a moment that just feels totally perfect? Do you ever go through chunks of time feeling so in sync with the world? Isn't it just wonderful when you feel that blissful momentum just carrying though. These are the times I believe that things feel as good as they can possibly get. This is the mode I strive to live my life in. To me there is nothing quite as wonderful as feeling that just for a moment or a day that life is as good as it could possibly be. I think these are the times that we truly are so blessed to feel a little bit of heaven on earth.

It seems to me the more I live my life the way I'm intended to

I'm honored with more and more of these "as good as it gets" moments. For me they come at different times and during various activities. I can be with a client in session and they finally see what they have been needing to see to heal and that is as good as it gets. Just recently I took my ten year old grandson and my son to Knott's Berry Farm and I watched my grandson light up as he experienced all the rides and our time together there. To me, that's as good as it gets. My mother is still alive at ninety-two and hanging out with her, well that's as good as it gets. Every morning my dog Midnight and I go walking for miles and we start our day together out in nature and that is as good as it gets. Every time I hear music or see something that ignites my spirit, I just know instinctually it's a good as it gets. ■

I hope all of you get to experience this wonderful feeling. It's about striving to live the best life that seems to bring these perfect moments or chunks of time to us!!!!

*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. ■*

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- Steuart Henderson Britt

# WVUSD Announces Six Leadership Team Appointments

## Walnut from page 1

ministrative Director of Human Resources; Frances Weissenberger – Principal, Quail Summit Elementary; Jeannette Schaller – Assistant Principal, South Pointe Middle School; Nicole Cabase – Instructional Dean, Diamond Bar High; and Nelson Chen – Instructional Dean, Walnut High.

Kenneth Goodson was unanimously approved as assistant superintendent of business services.

Goodson has served as interim assistant superintendent for the past six months where his visionary work helped the District address the deficit within the state budget and provided oversight and leadership of bond measure funds.

Prior to that, Goodson served as the WVUSD director of technology for the past five years. Under his leadership, the division and school district experienced unmatched growth and effectiveness in Instructional Technology (IT) at all 15 schools with 16,000 users. Before coming to public education, he worked as the IT operations manager at SCAN Health Plan for eight years and as a technology specialist and computer scientist for the Department of Defense for 14 years.

Goodson earned a bachelor of science degree at National University and masters of arts degree from Azusa Pacific University. He also competed the ACSA School Business Academy. He and his wife Wendy live in Chino Hills.

"My primary goal as Chief Business Officer (CBO) is to foster the winning culture in Walnut Valley USD by being mindful of the budget along with keeping projects within scope and time," Goodson said.

Twenty-year education veteran Dr. Sergio Canal was re-designated as administrative director of human resources on July 19. He has served as director of human resources in

Walnut Valley since 2015.

Dr. Canal has a wonderful ability manage the division, excelling at contract management, working closely with employees, and forming strong relationships with both employee associations. Prior to that, Dr. Canal served as director of educational services, overseeing pupil services and secondary education. He has been a principal, assistant principal, and teacher in elementary, middle and high school levels.

Dr. Canal earned a bachelor's degree from California State University, Los Angeles, master's degree in Educational Leadership from California State University, Los Angeles, and doctoral degree from University of Southern California. He and his wife Alma reside in Arcadia.

"I am thankful for the vote of confidence from our Board, Superintendent, and Employee Associations. It's a blessing to work for a District that puts Kids First," he said.

Walnut Valley welcomed 30-year veteran educator Frances Weissenberger to take the helm as Quail Summit Elementary School's new leader. For the past eight years, the highly-accomplished educator served as principal at Hamilton Elementary School in the Pasadena Unified School District. Before that, she was an elementary literacy specialist, elementary literacy content expert, and literacy coach in the Los Angeles Unified School District.

Additionally, Weissenberger trained teachers at Professional Development Reading Institutes through the Sacramento County Office of Education and was a BTSA cohort facilitator in LAUSD. She has been a trainer in numerous professional development areas including Literacy Pedagogy for K-6, Thinking Maps Trainer of Trainers, and has taught all K-6 grades.

Weissenberger won numerous awards including the 2015 ACSA Administrative Charter Leadership Award, ACSA Administrator of the Year, and

Pasadena Elementary Administrator of the Year. She received her bachelor's degree from California State University, Los Angeles and master's degree from California State University, Northridge. In addition, Weissenberger holds a reading and language arts specialist credential for grades K-12. She is married with three children and resides in Covina.

"I am looking forward to working with the Quail Summit family. It is a remarkable school and I am honored to have been selected to lead Quail Summit to their next level of success," she said. Weissenberger succeeds Jeanette Koh who was named director of educational services in May.

With over a decade of educational experience, Jeannette Schaller was approved assistant principal at South Pointe Middle School. She has served as a social studies teacher at the Diamond Bar campus since 2012.

Prior to that she was part of the Teach for America program and taught and co-coordinated an AVID program at Robert Lewis Stevenson Middle School in East Los Angeles for six years.

In addition, Schaller has excelled in numerous leadership roles including National Schools to Watch conference presenter, school site council president, Caishi teacher exchange, leadership development seminar, and most recently coordinator of the school's STEAM summer school program.

Schaller received bachelor of arts degrees in history and political science from University of Oregon and master's degree from Loyola Marymount University. She resides in Los Angeles.

"I am so honored to continue my journey at South Pointe Middle School and support student achievement in this leadership role, Schaller said. She succeeds Jean Chung who retired in May with over 30 years of dedicated service in Walnut Valley USD.

Diamond Bar High School science teacher Nicole Cabase was approved as an instructional dean. She brings 11 years of experience in education to her new post and has served at DBHS for the past decade.

Last year, the advanced placement biology and honors biology instructor served as the interim Pathways Communications Academy grade level coordinator. During the 2015-16 school year, she served as interim instructional dean for math and science.

She was also interim science department chair, WASC focus group leader, and mock trial team assistant coach. Cabase holds a bachelor of arts degree from California Polytechnic University, master's degree from Chapman University, and master's degree in counseling from University of California, Redlands.

"I am honored for this opportunity to continue guiding students through their journey at Diamond Bar High School, she said.

Walnut High School Career Technical Education (CTE) teacher and former certified athletic trainer Nelson Chen was approved as an instructional dean. Over the past decade, the passionate instructor co-wrote three new curriculums to enhance the school's Sports Medicine Pathway.

He was promoted to a lead position to help support other East San Gabriel Valley Regional Occupation Program (ROP) teachers. Chen has established articulation agreements with Mt. SAC's Health Science-Kinesiology Department and collaborated to introduce a live "Medical Careers" webinar to the community.

Chen earned a bachelor's degree in kinesiology from California State Polytechnic University, Pomona and master's degree in athletic training from University of Hawaii, Manoa.

"This is a dream come true for me and I can't wait to begin working with our amazing staff," he said. ■

## Softball game for charity

### DB from page 1

ly picked up by the Walnut-Diamond Bar Sheriff's Station personnel. The duel took place at Suzanne Park on the evening of July 20th.

Sargent Saldecke distributed shirts to station players, each with the name WALNUT on the back along with the number 29. The opposition showed up dressed in black. Youth and skill, along with a few good ringers, won out over age and enthusiasm.

A good time was had by all and the event was followed by a Bar-B-Que of Hot Dogs and Hamburgers. The real measure of success, however, was that over \$800 was raised for Relay For Life! ■

## Our Life: On Being Human

### Our Life from page 2

tells me, you're not completely like everyone else. When I look around at all the violence, pain, suffering, abuse and so on, I wonder what actually makes people human. Then I think of people like Agnes - who share their experiences, who've reached out to say that they care, who believe in community – and I realize that it's all-inclusive. I realize it's okay to be human after all. ■

## Homeowner shoots burglar

### IE from page 1

ject was transported to Arrowhead Regional Medical Center with multiple gunshot wounds. Deputies responded to the Fontana home to process the suspect vehicle, and to the hospital to collect evidence. Deputies identified the subject as Eric Hartwick and have determined he was the subject was involved in the Carriage Pl. burglary and shooting.

Hartwick was found to be on Post Community Release Supervision (PRCS) and was also in possession of narcotics. He will be booked upon release from the hospital.

Anyone with information is urged to contact the Rancho Cucamonga Detective Division at (909)477-2800. Callers wishing to remain anonymous are urged to call the We-tip Hotline at 1-800-78-CRIME (27463) or you may leave information on the We-Tip Hotline at [www.wetip.com](http://www.wetip.com). ■

## 14 years of carpet cleaning experience

### Extreme from page 1

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"If it can't be cleaned we'll be honest and not take your money," he added. "We know we'll be back to have that new carpet cleaned in the future by being honest today." ■

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# 2 men jailed after marijuana bust

## Marijuana from page 1

turned into a grow house, in the 3400 block of Dynelo Avenue in Chino Hills on Tuesday at 3 pm to find 391 plants as well as 4 pounds of processed marijuana.

The last arrest in Chino Hills for this was in 2016, when cultivation of marijuana charges were filed on suspects Michael Nguyen and Sheryl Nyguen. They were arrested for having 157 marijuana plants and 16 pounds of processed marijuana in their home.

According to California Marijuana Laws and Prop 64, it is legal to possess up to one ounce of marijuana and up to 6 plants for adults that are 21 and over. Commercial sale and cultivation is only allowed by licensed providers and illegal sale and/or possession is a misdemeanor. Not until 2018, Prop 64 will then allow the sale of marijuana for adult use in licensed stores under regulations. Therefore, it is illegal to have a grow house in California and sell without consent. ■

# What you don't see is what you get

## Insurance from page 1

claim. The reports were all in order and the estimate of \$16,839 was right in line with specifications. But Daniel only received a check for \$3,000. He had no idea his policy coverage for theft or fire had a limit of \$3,500, with a \$500 deductible.

"It's common for a business, especially a small business, to be under-insured," said Grace Buencamino, a longtime broker at George L. Brown Insurance. "You need a proactive agent who will periodically go over your coverage with you to ensure your business is adequately covered."

Buencamino also points out that it's not always the client's fault for not knowing their policy limits.

"Sometimes a business will outgrow their coverage," she says. "I've seen businesses who thought they had adequate coverage. The business owner didn't realize that after five years, the company had acquired more equipment, increasing their Business Prop-

erty from \$3,000 to \$20,000. To avoid my clients being under-insured, I do an annual review of their policy. Changes in Business Property can be discovered during this review and the policy limits can be changed at very little cost."

Buencamino also said that by working closely with the business owner, she can get a better understanding of their needs and work with them to limit their exposures. She encourages clients to contact her if they make any changes to their business that may affect their current coverage.

One advantage of consulting with a broker, they can find the best priced insurance to meet your needs, whether they are "rate driven" or "coverage driven". A broker can shop multiple carriers and bring you the options you deserve.

If you have questions about your Business Insurance Policy, Grace Buencamino with George L. Brown Insurance Agency can be reached at (909) 973-8233 or GBuencamino@georgebrowninsurance.com. ■



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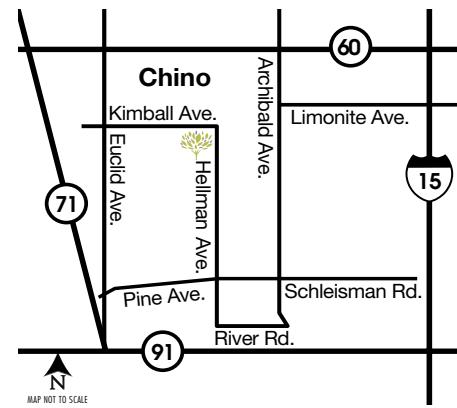
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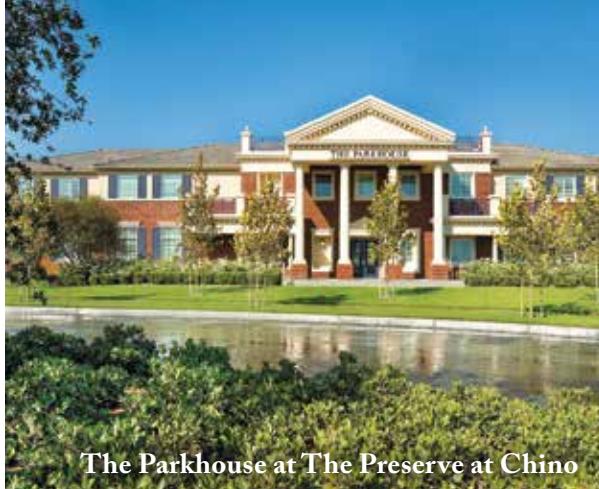
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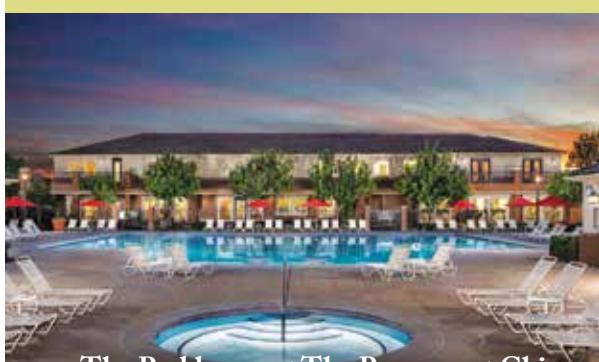
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