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## Walnut

### Sending a Rainbow of Love

*C.J. Morris Elementary Collects Supplies for Hurricane Victims*

BY KELLI GILE

**Walnut-** After watching news coverage of the devastating floods caused by Hurricane Harvey last week, C.J. Morris Elementary has stepped up to the plate to help victims in Texas.

The school's leadership group quickly teamed up with the Los Angeles Angels of Anaheim who will be sending a truck with supplies on September 7.

Fourth grader Malia McBride and fifth grader Sofia Rodriguez recorded a message sent to parents Friday detailing a two-day collection drive of items including diapers, tooth brushes, batteries, flashlights, and cleaning supplies.

"We knew we had to do something," shared Principal Shehzad Bhojani, following up with his own reminder message after the Labor Day weekend.

"Tomorrow is the last day to send supplies, let's show Texas how much we care!" he said.

The group of ten student leaders collected donations in three boxes before school on Tuesday and Wednesday in front of the Walnut campus.

"Everyone was so generous, there were piles of sup-

see **Walnut** page 11

## Suspect Arrested for Carrying a Loaded Firearm and Impersonating His Brother



PHOTO COURTESY: GOOGLE

BY STAFF REPORTS

A vehicle that was impeding traffic was spotted by the California Highway Patrol on a routine patrol on Fairway Dr. and the 60 Freeway at 8:18 am on August, 24, 2017. Officers stopped the vehicle

and upon contact with the driver, noticed a handgun holstered on the suspect's hip. The suspect claimed that he was a security guard.

The suspect has been identified as Alejandro Raygoza, a 25 year old of the City of La Verne. Raygoza could face

up to 1 year in county jail.

Raygoza provided an ID which he claimed was his, but deputies discovered upon questioning that the ID was actually the suspects brother's. The suspect was not li-

see **Arrest** page 10

## Chino PD Partners with State Police, Sheriff, and CHP in Effort to Stop Impaired Driving

*Deployment of DUI Saturation Patrols Scheduled for Sept. 8-10*

BY ANTHONY CHAN

**Chino-** Chino Police Department is escalating enforcement efforts to stop impaired driving. In a traffic safety fact sheet released by the NHTSA, the National Highway Traffic Safety Administration, there were 4,976 motorcyclists killed and 22,441 passenger vehicle occupants killed in 2015 compared with

4,494 motorcyclists killed and 21,050 passenger vehicle occupants killed in 2014, an 8% and 6% increase respectively.

As traffic related deaths increase, Chino Police Department remains determined to save lives through a combination of increased nationwide and statewide messages on the dangers of driving under the influence from the national enforcement campaign Ride Sober or Get Pulled Over and increased enforcement with more officers on the road.

see **DUI Patrol** page 10



PHOTO COURTESY: NHTSA

*The National Highway Traffic Safety Administration's Invisible Cop campaign. "They'll see you before you see them. Ride sober or get pulled over."*

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## Inland Empire

### Teacher Arrested for Sex with a Minor

BY SB SHERIFF'S DEPT

**Yucaipa-** DATE/TIME: September 2, 2017/ 7:35 p.m. INCIDENT: PC 289(a)(1)(c) Digital Penetration With A Foreign Object On A Minor; PC 288(a)(c) Oral Copulation With A Minor 14-Years

LOCATION: Several locations within the City of Yucaipa  
SUSPECT(S): Trevor Jack Trathen, WMA, 26 years of age, resident of Yucaipa

VICTIM(S): Confidential Female Minor

On Thursday, August 31, 2017, staff at the Yucaipa High School became aware of allegations regarding a student who had an inappropriate relationship with an employee of Yucaipa-Calimesa joint unified school district. The school immediately reported the allegations to the San Bernardino County Sheriff's Yucaipa Station and to San Bernardino

see **IE** page 11

## Our Featured Businesses

### Make Your Backyard Extreme!

BY MICHAEL ARMIGO

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

see **Extreme** page 10



*Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111 or online at www.extremebackyarddesigns.com. For their current sales and promos, see their ad on page 7.*

### Crystal Roses is Easing the Pain that Cancer Brings

BY ANTHONY SAUDE

**Corona-** When Joan was diagnosed with cancer they thought they caught it pretty early. But six weeks into the diagnosis, she was notified that chemo and radiation treatments were challenges she had to endure. Deep inside she knew that worry and stress would not help the situation, but the worry about her teenage daughter had her wondering what

see **CrystalRoses** page 11



*To find out how you can help, contact Sheila at Crystal Roses: (951) 205-8671 or email: crystalroseshelps@gmail.com*

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## Our Life: Cherish the Moment



PHOTO COURTESY: DESIGNED BY TEKSOMOLIKA / FREEPIK

BY SARAH SANCHEZ

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

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

Society will always tell us to go faster, but I think we just need to take some time away from what society says – away from the busy routines – and just slow

down to enjoy what's happening in front of us.

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

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

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

## Housing Shortage Solutions Part 2

BY NEF CORTEZ



The housing inventory shortage continues in California without showing much sign of improvement. The outcomes and repercussions of this issue are varied and many. Current property owners benefit from a housing inventory shortage if they intend to sell and "cash-out" in this present environment. By "cashing-out" is meant that the property owner sells and does not purchase again in the same general location or marketplace, in this case, the six county Los Angeles-Orange-Riverside-San Bernardino metropolitan area. These property owners suffer similar problems and encounter similar challenges as those that do not have property to sell. A tight market with the shortage of inventory and therefore the fewer options from which to choose from, and the same demand or growing demand causes the strong rise in property values and prices.

Increased property taxes on the purchase of a "move-up" property is the large increase

in the amount of property taxes an individual has to pay in comparison to their previous home. One of the solutions that is being floated as a possible "release of pressure" answer to the inventory shortage is the portability of the tax rate for all property owners. Currently, that "tax base portability" is tied to Proposition 13, and is allowed only for qualified homeowners over 55 that meet certain stringent criteria within a very limited scope. This tax base portability is allowed under Proposition 90 and Proposition 60. This allows an qualifying individual or individuals to take with them to their new property their lower tax rate which they have enjoyed for many years, in some cases, for decades! The recommendation is to allow all property owners to be able to take their current lower tax rate to any new property without the restrictions of age or price. Please send me your comments on whether this is an idea you support or oppose.

*Nef Cortez is a licensed Broker (CalBRE # 00560181), Certified REO Broker, & Certified Distress Property Expert. Visit him at ReMax Realty 100, 1411 S. Diamond Bar Blvd., Diamond Bar, Ca. 91765, e-mail: nefcortez@gmail.com Office: 909-610-6303, Cell: 909-762-8135 ■*

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## Community Events

### UPCOMING EVENTS:

#### Crystal Roses Presents: Laughter is the Best Medicine

**When:** Saturday, September 16, 7:00 pm

**Where:** New Beginnings Church, 1769 Western Ave., Norco

**Details:** LAUGHTER IS THE BEST MEDICINE - a family friendly comedy show fundraiser and raffle. Come join the fun for this year's annual comedy show, appropriate for ages 8 and up. Have fun and raise money for cancer patients. Featuring comedians Ron Pearson and Mark Christopher Lawrence.

**Cost:** \$15 presale tickets, \$20 at the door

**Contact:** (951) 205-8671, crystalroseshelps@gmail.com, crystalroseshelps.com

#### Hacienda Golf Club-550 Squad Club Golf Tournament

**When:** Monday, September

18, 2017, 7:00 am to 4:00 pm

**Where:** Hacienda Golf Club, 718 East Rd., La Habra Heights

**Details:** This tournament is being held in memory of the brave officers from our area office who paid the ultimate sacrifice: Officer Leonard Nelson, Officer George Woodson, Officer William Fitzpatrick, Officer Carl Jessing, Officer Keith Giles, Officer Ward Washington, Officer Thomas Steiner, Officer David Romero, Officer Joseph Sanders

**Contact:** (562) 868-0503

**Cost:** \$150 per Golfer

#### "Science of Parenting"

**When:** Thursday, September 28, 6:30 pm

**Where:** Northminster Presbyterian Church, 400 Rancheria Rd., Diamond Bar

**Details:** Parents of young children are invited to come and learn about the "Science of Parenting" in a free, three-part series. Find out about new positive parenting skills. The series is hosted by Northminster Presbyterian Church in Di-

amond Bar and will take place on September 28th, October 12th, and November 9th. The events will include presentations by parenting experts from the institute for Child Development and Family Relations at CSUSB, as well as Q & A sessions for parents. Fundamentals of parenting, positive child guidance, and strategies for forming strong parent-child attachments will all be discussed. **Contact:** www.npcdb.com

#### Diamond Bar Restaurant Week

**When:** Friday, October 6 thru Friday, October 20

**Where:** Visit website for participating restaurants

**Details:** Diamond Bar Restaurant Week is a 14-day dining event that will take place Friday, October 6 - Friday, October 20, 2017. The event showcases Diamond Bar as a premier dining destination offering diners a wide variety of culinary experiences. Participating restaurants offer special prix-fixe menus with breakfast, lunch

and dinner specials available. During this week, participating restaurants will offer special pre-fixed menus for breakfast, lunch and/or dinner. There are no advance tickets or coupons needed, diners simply visit the participating restaurants and order the Diamond Bar Restaurant Week Special.

**Contact:** dbrestaurantweek.com

#### Jack Newe's Farmers Market sponsored by SGV Chamber of Commerce

**When:** Every Saturday from 8 a.m. to 2 p.m.

**Where:** Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Ave, Walnut

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

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

**Cost:** Free Admission/Parking



# History 101

September 11, 2001:  
Attack on America

By HISTORY.COM

At 8:45 a.m. on a clear Tuesday morning, an American Airlines Boeing 767 loaded with 20,000 gallons of jet fuel crashes into the north tower of the World Trade Center in New York City. The impact left a gaping, burning hole near the 80th floor of the 110-story skyscraper, instantly killing hundreds of people and trapping hundreds more in higher floors. As the evacuation of the tower and its twin got underway, television cameras broadcasted live images of what initially appeared to be a freak accident. Then, 18 minutes after the first plane hit, a second Boeing 767—United Airlines Flight 175—appeared out of the sky, turned sharply toward the World Trade Center, and sliced into the south tower at about the 60th floor. The collision caused a massive explosion that showered burning debris over surrounding buildings and the streets below. America was under attack.

The attackers were Islamic terrorists from Saudi Arabia and several other Arab nations. Reportedly financed by Saudi fugitive Osama bin Laden’s al Qaeda terrorist organization, they were allegedly acting in retaliation for America’s support of Israel, its involvement in the Persian Gulf War, and its continued military presence in the Middle East. Some of the terrorists had lived in the United States for more than a year and had taken flying lessons at American commercial flight schools. Others had slipped into the U.S. in the months before September 11 and acted as the “muscle” in

the operation. The 19 terrorists easily smuggled box-cutters and knives through security at three East Coast airports and boarded four flights bound for California, chosen because the planes were loaded with fuel for the long transcontinental journey. Soon after takeoff, the terrorists commandeered the four planes and took the controls, transforming the ordinary commuter jets into guided missiles.

As millions watched in horror the events unfolding in New York, American Airlines Flight 77 circled over downtown Washington and slammed into the west side of the Pentagon military headquarters at 9:45 a.m. Jet fuel from the Boeing 757 caused a devastating inferno that led to a structural collapse of a portion of the giant concrete building. All told, 125 military personnel and civilians were killed in the Pentagon along with all 64 people aboard the airliner.

Less than 15 minutes after the terrorists struck the nerve center of the U.S. military, the horror in New York took a catastrophic turn for the worse when the south tower of the World Trade Center collapsed in a massive cloud of dust and smoke. The structural steel of the skyscraper, built to withstand winds in excess of 200 mph and a large conventional fire, could not withstand the tremendous heat generated by the burning jet fuel. At 10:30 a.m., the other Trade Center tower collapsed. Close to 3,000 people died in the World Trade Center and its vicinity, including a staggering 343 firefighters and paramedics, 23 New York City police officers, and 37 Port Authority police officers who were struggling to complete an evacuation of the buildings and save the office workers trapped on higher floors. Only six people in the World Trade Center towers at the time of their collapse survived. Almost 10,000



PHOTO COURTESY: GOOGLE

other people were treated for injuries, many severe.

Meanwhile, a fourth California-bound plane—United Flight 93—was hijacked about 40 minutes after leaving Newark International Airport in New Jersey. Because the plane had been delayed in taking off, passengers on board learned of events in New York and Washington via cell phone and Airfone calls to the ground. Knowing that the aircraft was not returning to an airport as the hijackers claimed, a group of passengers and flight attendants planned an insurrection. One of the passengers, Thomas Burnett, Jr., told his wife over the phone that “I know we’re all going to die. There’s three of us who are

going to do something about it. I love you, honey.” Another passenger—Todd Beamer—was heard saying “Are you guys ready? Let’s roll” over an open line. Sandy Bradshaw, a flight attendant, called her husband and explained that she had slipped into a galley and was filling pitchers with boiling water. Her last words to him were “Everyone’s running to first class. I’ve got to go. Bye.”

The passengers fought the four hijackers and are suspected to have attacked the cockpit with a fire extinguisher. The plane then flipped over

and sped toward the ground at upwards of 500 miles per hour, crashing in a rural field in western Pennsylvania at 10:10 a.m. All 45 people aboard were killed. Its intended target is not known, but theories include the White House, the U.S. Capitol, the Camp David presidential retreat in Maryland, or one of several nuclear power plants along the eastern seaboard.

At 7 p.m., President George W. Bush, who had spent the day being shuttled around the country because of security concerns, returned to the White House. At 9 p.m., he delivered a televised address from the Oval Office, declaring “Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shatter steel, but they cannot dent the steel of American resolve.” In a reference to the eventual U.S. military response he declared: “We will make no distinction between the terrorists who committed these acts and those who harbor them.”

Operation Enduring Freedom, the U.S.-led international effort to oust the Taliban regime in Afghanistan and destroy Osama bin Laden’s terrorist network based there, began on October 7, 2001. Bin Laden was killed during a raid of his compound in Pakistan by U.S. forces on May 2, 2011. ■

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# Healthy Living



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HEALTH TIP

## Tips:



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## Omega 3 Fish Oil + Strength Training Improves Immune Function for Women

BY: STARKIE SOWERS

A recent study done in Brazil at Parana Federal University and Pequeno Principe Research Institute included 45 females (average age 64 yrs.). The study compared Omega 3 fatty acids, versus omega 3 fatty acids and exercise. Including the exercise seemed to enhance the 'aging' immune system. It is well noted that the immune system in later years changes or morphs into a less efficient immune system. This makes the elderly more susceptible to infection, autoimmune, chronic and or malignant diseases. Physical activity and diet have been shown to have a moderating effect on immune function. Excessive exercise has been shown to increase inflammation while moderate exercise increases T-cells immune response.

This study had three groups; the first group had no exercise and used supplemental omega 3 fatty acids 2 grams a day for 90 days. Group 2 used the same 2 g. a day coupled with strength training exercises, and finally the last group used 2 g. of fish oil for 60 days with no exercise then followed with another 90 days

of 2 g. of fish oil and strength training. All strength training was three days a week.

Various immune parameters were assayed before the supplementation test as well as before and after training. Results showed improved immune function for all fish groups. It showed increasing activity of neutrophils (white blood cells), CD-4 and CD-8 lymphocytes which fight infection and the production of cytokines. Production of cytokines IL-2 and IFN-g., small proteins that fight infection, increased after supplementation by 80% of IL-2, and 60% of IFN-g. Also there was an increase by 85% and 88% respectively with the supplementation and exercise groups.

Strength training with supplementation out shined the supplementation alone group. While these results were very favorable larger groups and further screening is needed to confirm the results. Diet assessment was recorded with a diary, and the authors noted no changes in diet. ■

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### 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

## Recipes:

### Tropical Fish Tacos

*with Mango Cabbage Slaw and Chipotle Crema*

BY HELLO FRESH

Cooking Time: 25 mins

Servings: 4

Nutrition: 540 Calories

Ingredients:

- Mango- 2
- Lime- 2
- Red Cabbage- 8 oz
- Southwest Spice Blend- 2 tbsp
- Tilapia- 22 oz
- Sour Cream- 8 tbsp
- Chipotle Powder- 1 tsp
- Flour Tortillas- 12
- Cilantro- ½ oz

**1 PREP.** Wash and dry all produce. Peel mango, then remove flesh from pit; discard pit. Cut into thin slices, then cut slices into skinny matchsticks. Halve lime.

**2 MAKE SLAW.** Place mango, cabbage, and a squeeze of lime juice in a medium bowl. Season with salt and pepper. Toss to combine, then set aside.

**3 SEASON FISH.** Set aside ½ tsp Southwest spice in a small bowl. Season tilapia all over with salt, pepper, and remaining Southwest spice. Sprinkle with a drizzle of olive oil. Rub seasonings into

fish until moistened.

**4 COOK FISH.** Heat a drizzle of oil in a large pan over medium-high heat (use a nonstick pan if you have one). Add tilapia and cook until opaque and flaky, 3-4 minutes per side.

**5 MAKE CREMA.** Meanwhile, add sour cream and a pinch of chipotle powder to bowl with reserved Southwest spice. Season with salt, pepper, and more chipotle powder (to taste). Stir in water 1 tsp at a time until mixture is a drizzly consistency.

**6 WARM TORTILLAS AND ASSEMBLE** Wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds. Break up tilapia into bite-sized pieces and divide between tortillas. Top with slaw (you may not use all). Tear cilantro leaves from stems and scatter over. Drizzle with crema. Serve with any remaining slaw on the side.. ■



PHOTO COURTESY: HELLO FRESH



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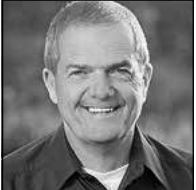
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# The Solar Eclipse: Part 2

BY MARK HOPPER



I shared in my previous article that my wife and I went to see the total Solar Eclipse in St. Joseph, Missouri, on August 21, 2017. This was the first total solar eclipse to cross the entire USA in about 80 years. It was exciting to be part of it.

As we sat down in our borrowed lawn chairs, clouds continued to linger overhead. We knew that the one thing you don't want on the day of a Solar Eclipse is a cloud filled sky. We learned later that 90% of the path of the total eclipse across the United States was cloud free. But, 10% of the path had significant cloud cover. St. Joe, Missouri was part of the 10%!

The actual eclipse in our area of the country began around noon. We could see the moon begin to cover part of the sun. It looked like someone had taken a bite out of the top edge of the sun. We were able to view this through the high clouds with our special sun glasses. You could sense the excitement build among the 20,000 people at our location as the eclipse slowly increased.

However, we noticed a band of dark rain clouds heading our way. The clouds quickly blocked our view of the progress of the eclipse. The light drizzle turned into heavy rain. People jumped into their cars hoping for the rain to pass through quickly. The eclipse was progressing but our view was blocked by the dark clouds.

We had come half way across the country to witness this historic event, but at the very moment of the eclipse, we were in a rain storm! Finally, when the rain

storm passed our location, it was at the height of the eclipse. We could see parts of the sun directly overhead through the remaining high clouds. We could see the silvery edge of the sun's light as the eclipse reached totality.

We really didn't get to see the total eclipse clearly, but we did experience the black darkness as the shadow of the moon



PHOTO COURTESY: GOOGLE

swept across the land. It was an strange sensation as the day turned to night! We could see day light on the horizon but we stood in black darkness. I have read that you can see stars in the middle of the day when the eclipse reaches totality and the sun light is completely obscured.

We did not see any stars, but we did see and feel the darkness as it covered and surrounded us on the ground. After about 2 minutes of darkness, the sun began to reappear. A brilliant light graced the edge of the sun as the moon began to move away and more sun light was reappeared. Even with the high clouds obscuring part of our view, it was a remarkable sight to see.

As quickly as it began, the eclipse quickly diminished. Two minutes of totality. Then it was over. But it was well worth it. I have heard people say that there is nothing comparable to witnessing a total solar eclipse. I agree. It was amazing to see

and experience. I'm glad that we flew across the country to see this unique event. It was amazing even with our reduced visibility.

One of the things about an eclipse is that is predictable. Astronomers have known for decades that this event would occur on this exact date, at the exact time in a precise path all the way across the country. The rotation of the moon around the earth and the orbit of the earth around the sun are perfectly aligned to create a total solar eclipse.

Some would argue that all of this is the result of a Big Bang and billions of years of evolution. Others would argue that this kind of precision could only be possible through the creative genius and power of our creator. In the first book of the Bible, we have the account of creation. It says in part, "Let there be lights in the sky to separate the day from the night...let them serve as signs to mark the seasons and days and years...and God saw that is was good"(Genesis 1:14).

In Psalm 19 it says, "The heavens declare the glory of God and the skies proclaim the work of His hands". Let me encourage you to dust off your Bible and read these passages for yourself. You can draw your own conclusions. And, let me also encourage you to plan see the next total eclipse in Austin, Texas in 2024! You will be glad you did!

*This article was written by: Pastor Mark Hopper, Efree Church of Diamond Bar, 3255 South Diamond Bar Blvd 909-594-7604 Sunday Services: 9:00 & 10:45 AM Efreedb.org.■*

# Balanced Parenting

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



Our children are one of the few things in our lives that don't come with a manual and definitely can't be returned. Parenting is the most important job you will have in this world. I work with many parents trying to teach them how to be balanced and more effective. Balance is hard because parents don't want to be too laid back yet don't want to police their children either.

In college in my child development classes, I learned that children actually crave fair and consistent rules and boundaries within a loving and nurturing environment. This sure sounds simple enough but takes an incredible amount of hard work. An environment too strict or not strict enough can produce a child, teen, or young adult with many issues. There must be room for

compromise when you are parenting fair and effectively. Consequences for behaviors that are not permissible or rude or defiant must be put in place every time those behaviors are shown. On the other hand rewards should be used consistently for behaviors that are positive. Consistent consequences will help to extinguish negative behaviors, while consistent rewards will help to increase positive behaviors. Also remember to team parent and to not negate each others parenting, as this tends to cause the young person to learn manipulation as a means to get what they want.

Many people trying to be good parents and working to build strong families need to work on how to listen. We need to teach and model this skill to everybody in our family. Don't get caught up in the same conversation over and over and expect different results. Take the time to teach everybody in your family effective communication

skills. Also insist that mutual respect must be shown to everybody in the family. Once you allow your children or anybody to disrespect you are telling them that this is an okay way to behave. Remember you only get one chance to be great parents!!!!

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and 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 about any of these services feel free to contact her at (909) 229-0727. You may e-mail Nancy at nancystoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com. ■*

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# The Legality of Digging Through Trash



By ANTHONY CHAN

Taking out the trash is an everyday task that most people never even think about. On trash day, trash cans are placed on the curb for trash collection, but sometimes collection isn't done by Waste Management or the local trash collection agency. Sometimes people go "dumpster diving," scavenging in waste bins for recyclables and edible food.

The controversy over digging through resident's trash comes from concerns about privacy, legality, and the threat of identity theft. State law prohibits anyone from taking trash from trash cans, as only the owners of the trash and authorized refuse collectors are authorized to take it.

Laws governing the ownership of trash are generally not enforced, because the harm caused by dumpster diving is comparatively miniscule in relation to the harm caused by other crimes. Why should cops stop dumpster divers from taking trash when there are violent criminals that need to be apprehended?

Some residents are upset about the lack of enforcement for dumpster diving misdemeanors, because they believe that searching through other people's property - abandoned or not - is an invasion of privacy. Furthermore, allowing dumpster divers to freely go through neighborhood trash exposes

people to identity theft.

Although state and local laws prohibit dumpster diving, waste bins and the refuse left for collection is not given the same 4th amendment protections against unlawful searches and seizure. In California vs. Greenwood, the Supreme Court ruled that, "what a person knowingly exposes to the public, even in his own home or office, is not a subject of 4th Amendment protection," and that nothing compels the extension of Constitutional protection to trash cans placed adjacent to or on a public thoroughfare.

People who sympathize with dumpster divers say that they are poor people who are struggling to feed their families and that dumpster diving does nothing to harm anyone. Because no one is harmed in reclaiming would-be trash, there is no reason to prevent dumpster diving.

The trash that ends up in waste bins set out on the curb every week are legally property of the contracted waste collection agencies, because reclaimed recyclables are used to offset collection costs for local governments. Dumpster diving may seem harmless on first look, but it harms the companies who collect, sort, and dispose of trash.

As of now, dumpster divers can rejoice in collecting free recyclables and discarded but perfectly edible food. Law enforcement has better things to do. ■

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# Chino PD partners with state police, sheriff, and CHP in effort to stop impaired driving

DUI Patrol from page 1

Part of the increased enforcement effort is the deployment of a specialized DUI Enforcement Team that will conduct DUI saturation patrols in areas with high frequencies of DUI collisions and/or arrests on Sept. 8 to 10, from 6 pm to 3 am. "During this period, local law enforcement will show zero tolerance for alcohol or drug impaired riding," according to an article

released by the City of Chino. The goal of these increased enforcement efforts is to "drastically reduce death and injuries on our nation's roadways" and "drastically reduce impaired driving for both rider and drivers in our community's roadways," says the City of Chino.

In the past year, Chino Police Department has hired more police officers to help with DUI enforcement and other law enforcement efforts.

Chino Police has increased the police force from 42 officers in 2016 to 51 officers in 2017.

The National Highway Traffic Safety Administration, NHTSA, started its Ride Sober or Get Pulled Over ad campaign to stop drunk driving in 2012. It's TV ad emphasized police officers' uncanny ability to sense drunk drivers without being seen.

Please report drunk drivers by calling 9-1-1. ■

# Make your backyard extreme

Extreme from page 1

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"A key component to staying in business so long is to treat people the way we would want ourselves to be treated," said James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience of getting things done correctly and creatively.

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fire pit tables, spas, patio furniture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60 Freeway and

Vineyard, right across from the newest Kaiser building.

"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at [www.extremebackyarddesigns.com](http://www.extremebackyarddesigns.com) ■

# Suspect arrested for carrying a loaded firearm

Arrested from page 1

censed to carry firearms.

The driver was arrested for carrying a loaded firearm and search of the vehicle yielded two loaded handguns, one shotgun, an expandable baton, pepper spray, four magazines, and a security guard badge.

Bail was set at \$35,000 but with the help of a bail reduction personnel, the suspect was able to convince the commissioner to authorize a bail reduction to \$25,000.

Raygoza paid the bail via bail bond and was released on the same day, August 24, at 11:45pm. Raygoza will be arraigned at Pomona Superior Court on October 24, 2017. ■

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- Stuart Henderson Britt



# Sending a rainbow of love

Walnut from page 1

plies!" exclaimed McBride. "The donations just kept coming! We had a mountain of toothpaste and toothbrushes," said 4th grader Kailyn Park. "The boxes were literally overflowing," said added 5th grader Izabella Robles who said the students made several trips to the school's Annex to empty the boxes each morning. "I hope these donations will help them get their life back on track," she added. Along with the supplies, the school wanted to send something special to lift the spirits of the children in Houston. Children in every classroom, over 500 in total, colored rainbow cards and wrote personal

words of encouragement. "I send you all my hopes, wishes, and prayers. Don't worry everything will turn out fine because I'm sure the water will dry up," Rodriguez penned. "God is with you," wrote Jasmine Torres. The last step was attaching a bag of Skittles candy to each card that read: After every storm comes a rainbow. Sending all our love to Texas. Teachers Carole Meade, Monica Power, and counselor Lorena Chavez advise the 4th and 5th grade leadership group. "We are overwhelmed, truly, by our generous C.J. Morris community," said Mead after receiving the final donations Wednesday. "They were walking up with just bags and bags!" ■

# Crystal Roses is easing the pain cancer brings

Roses from page 1

will happen next. So as she sits there, alone, afraid, and cold, she knows she'll be waiting for hours. She begins to cry. Joan doesn't know what to do. She doesn't have any family and her friends have their own lives and can't be around all the time. It all seemed so hopeless and she felt so alone. Then she met Sheila Romanski. A survivor who has dedicated her life to people like Joan. Sheila and her team at Crystal Roses Inc, brought Joan a Comfort Tote filled with things they know she will need for this journey that she couldn't know she needed. Most importantly they brought love, prayer, comfort and friendship along with the goodies in the bag. You see Joan will need the blanket, beanie, lip balm, journal & pen, for sure she will use the tissue, essential oils and the cup but there isn't any substitute for the support and love that the team from CR

brings. The team is able to use their own personal experiences and faith to connect with these women on a physical and spiritual level that just can't be attained in a medical setting. Sheila Romanski is self admitted walking and talking miracle a four time cancer survivor, she is the founder of Crystal Roses Inc., a non profit 501 3 c corporation Corona California. Sheila's life and Joan's life weren't so different on the outside. The fact remained on the inside Sheila had an incredible amount of support there for her when the times got really tough. She had her family, friends and her church all helping and coming along side her so she never felt alone no matter how hopeless she felt. Joan just didn't have that type of support system available to her. That is when Sheila saw an important need she knew how to fill for these women. The team at Crystal Roses Inc is dedicated to making a differ-

ence and inspiring women and children by giving them hope, encouragement, love, prayer and support. The services and the team have expanded since Crystal Roses was founded in 2011. A new addition to the team is CRY-outh to expand their outreach to include children dealing with cancer or other similar illnesses. Some of the services they now offer are breast tattooing and organic skincare, wig fitting help, meal planning and aroma therapy. Sheila said that the big vision is to have a home/office the ladies can come to for these services and not be in the sterile cold medical environment. To learn more about how to request a Comfort Tote for yourself or a loved one, please contact Sheila at 951-205-8671 or email us at: crystalroseshelps@gmail.com If youd like to contribute funds toward providing Comfort Totes for others, you can donate here as well. All donations are tax deductible. ■

# Teacher arrested for sex with a minor

IE from page 1

County Children and Family Services. Detectives at the Yucaipa Station contacted the Sheriff's Specialized Investigations Division – Crimes Against Children Detail (CACD) for assistance. Detectives immediately launched an investigation, gathered evidence, and conducted numerous interviews. Detectives learned Trathen had participated in illegal sexual conduct with the victim in February and March of 2014. At the

time, Trathen was a coach at the Yucaipa High School and met the victim while she was a student at the school. Trathen was a substitute teacher at the Yucaipa High School at the time of this investigation; however he has been removed from the Yucaipa/Calimesa School District Substitute System. Trathen was arrested on September 2, 2017, at about 12:02 a.m. and booked at the Sheriff's Central Detention Center for oral copulation with a minor and penetration with a foreign object on a mi-

nor. The victim in this case was 14 years old at the time the alleged crime took place. Trathen is being held in lieu of \$200,000 bail. Trathen's booking photo will be released in the event there are additional victims or witnesses. If you have any information in reference here is the contact information. Refer: Detective Josette Tracy or Sergeant Dana Foster Station: Specialized Investigation Division – Crimes Against Children Detail Phone No. 909-387-3615 Case No. 601700102. ■

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