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## WALNUT

### Teachers Achieve National Board Certification

BY KELLI GILE

**Walnut--** Walnut High English teachers Kellee Lyons and Jennifer Maletz have earned the profession's highest mark of achievement, as official National Board Certified Teachers (NBCT).

The dynamic duo completed all four certification components between January and May of last year, a process that can take up to three years to complete.

"We both agree that it was harder than our respective Master's degrees and I am really proud of our accomplishment!" Maletz, an educator with 15

see Walnut page 10

### LA Deputy Sheriff From Chino Arrested in Drug Trafficking Scheme



PHOTO COURTESY: LASD

#### STAFF REPORTS

**Chino**—A Los Angeles County deputy sheriff, a Chino resident allegedly agreed on two occasions to oversee the delivery of narcotics and other contraband in exchange for cash

payments was arrested, along with three other men, on federal narcotics charges.

Special agents with the Federal Bureau Investigation arrested Deputy Sheriff Kenneth Collins, after they allegedly agreed to provide "security" for the

see Sheriff page 10

### Six Suspects Arrested for Burglary

BY ANTHONY SAUDE

**Chino Hills-** On January 11 2018, at 2:53 pm, deputies from the Chino Hills Police Station were dispatched to the 15000 block of Avenida Del Monte after burglary in progress call from a resident. The resident said they saw six suspects enter their neighbor's residence and called 911. It was reported that all 6 suspects were seen carrying property from the home and loading them into a white U-haul van. Then they drove off in the van. Deputies combed the area in search of the van and located a vehicle that matched the description given. The deputy attempted a routine traffic stop of the vehicle the suspects failed to yield. A car chase began and the deputies and California Highway Patrol pursued the vehicle all

the way to La Mirada where the vehicle became disabled. During the pursuit the suspect's vehicle caused several minor traffic collisions. No injuries were reported The six suspects, Arthur Ramirez, 37 from Los Angeles, Victor Luevanos Trejo, 21, Los Angeles, Mark Levy, 27, Alhambra, Levi Hernandez, 24, Los Angeles, Aaron Santibanez, 19, Los Angeles and a 16 year old female got out of the vehicle and ran. After a short pursuit they were apprehended with the assistance of Los Angeles County Sheriffs deputies.

All six suspects were booked for Residential Burglary and Failure to yield.

Anyone with additional information is asked to call the Chino Hills Police Department or if you wish to remain anonymous you may call We-Tip at (800) 78-CRIME. ■

## LOCAL NEWS

### Three Juveniles Arrested in Chino Hills

BY ANTHONY SAUDE

**Chino Hills-** It was Sunday morning, January 14, 2018, when at approximately 12:38 a.m., Chino Hills deputies were dispatched to investigate a suspicious person call from a citizen in the 13000 block of Monteverde Drive. When the deputies arrived, three male juveniles spotted the deputies and quickly fled from them. Deputies immediately set up a perimeter and initiated a search of the surrounding area and residences. Additional deputies and an airship from the Sheriff's Department Aviation Division

were dispatched to help conduct a thorough and complete search of the surrounding area. During the search two of the male juveniles were found hiding in the vegetation between two houses. A third male juvenile was found hiding in a nearby unreported stolen vehicle. All three juveniles were from Pasadena; they were arrested and taken into custody.

Further investigation led to evidence located at the scene that revealed the juveniles had committed a residential burglary and a vehicle theft in Pasadena that was unreported at the time

see Local page 10

### Cub Scout Pack 2017 Honors Military



PHOTO BY: T. DONATONI

BY TOM DONATONI

**Eastvale-** Just about everyone in Southern California has seen the Cub Scouts standing outside grocery stores and pulling wagons to sell their fantastic

popcorn. But have you ever asked yourself what happens to the bags of popcorn that they have left? The answer is more interesting than you might think. The California Inland Empire

Council of Boy Scouts of America, Trails End Popcorn, and Eastvale Cub Scout Pack 2017 worked together to prepare approximately \$50,000 worth of Trails End Premium popcorn so that it could be donated to the United States military. After some coordination with Ms. Karen Amos from the Airman and Family Readiness Center, they were ready.

"I think it is good that the community is always reaching out to see how they can help the members and families here at March ARB," Said Karen Amos. "My

see IE page 10

## Our Featured Businesses

### Wanna Get Away? AAA Travel Has Your Ticket

BY ANTHONY SAUDE

**Diamond Bar-** I wanted to be a AAA member so that I didn't have to go to the DMV and stand in line for hours on end just to register my car. When I walked into the office I was delighted to see that they offered so many other services that I could take advantage of. It just so happened that my family

see AAA page 11



Visit the Travel Agency at AAA's Diamond Bar office located at 2843 S. Diamond Bar Blvd, Diamond Bar, CA 91765 on the corner of Diamond Bar Blvd. See ad on pg. 7

### We Grind Coffee, Not Life at "It's a Grind"

BY ANTHONY SAUDE

**Diamond Bar**— I love coffee, all kinds of coffee; honestly I haven't gone a day without coffee in decades. One might say I am a coffee connoisseur. I am not a drive thru type of person I love to go inside and smell the heavenly aroma, look at the pastries, maybe even read a book and relax; I just

see Coffee page 11



Visit It's A Grind at 1223 S. Diamond Bar Blvd, Diamond Bar CA 91765. For more info, call (909)860-5120. See ad, pg. 3

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Anthony Saude

### Editorial Team:

Michael Armijo  
Marissa Mitchell  
Kelli Gile  
Sarah Sanchez  
Michael Armijo

### PRODUCTION

Hillary Couron  
Tony Andrade

### ADVERTISING SALES

909.464.1200

#### Directors:

Diane Armijo  
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# Rent or Buy?

BY NEF CORTEZ

Most people start their independent living when they first move out of their parent's home by renting. They either choose to rent a room at another person's home, or possibly move into a friend's apartment. Many times they go from that living arrangement to sharing the cost of renting an apartment or house together with a few friends or just someone else.

Although everyone has their own decisions to make, and many different circumstances, across our country, we tend to follow a consumer pattern throughout our lives. Many financial analysts have studied the consumer cycle, and an established pattern has been the following for our society at large: one first starts working in their early late teens and into the early 20's, and then family formation follows in the mid-twenties to mid-thirties. Typically, at the stage of family formation and into the cycle of a young family is when most of us address the issue of "Buying versus Renting". At this stage, there are usually young children in the household, and the provision for a home with a yard for the children to play in becomes a

major concern.

Currently, the rental rates are very high, and have been increasing substantially at 5% plus per year over the last 6-7 years. This highlights the need to stabilize the monthly housing cost, and with current interest rates, it is a very good time to lock in a low rate by buying a home. Many economists are predicting interest rates will increase this year. Just this week, the Federal Reserve approved its second rate hike of the year, increasing its benchmark interest rate by one-quarter percent. This rate hike eventually gets spread out to consumer interest rates.

There are many other factors that come into making a decision on whether to Rent or Buy. Next week, I will provide in more detail those factors, as well as show a point by point comparison on the options.

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



PHOTO COURTESY: DESIGNED BY XB100 / FREEPIK

# 'Total Divas' Star Natalie Eva Marie: "I Am an Alcoholic..."

*"...and admitting that truth saved my life."*

BY NATALIE EVA MARIE

*Natalie Eva Marie is many things: pro wrestler, Total Divasstar, fitness model, and actress (she made her film debut in last summer's Inconceivable). She is also an alcoholic. Here, the multi-hyphenate pens a moving essay about learning to manage her disease after her life-saving admission that she needed help.*

I'm an alcoholic. I have relapsed, destroyed relationships, hurt my family, and disappointed myself numerous times. I will be an alcoholic for the rest of my life. The fact that I have been sober for almost five years doesn't mean that I am "cured," it doesn't mean that I had a drinking phase in my 20s, and it doesn't mean that I can have a few drinks now and again or just drink in moderation. There are no shades of gray when it comes to alcoholism—it's black and white. Either I am an alcoholic or I am not. Working a program doesn't mean my past magically disappears and everything is fine. Unfortunately, nothing of note in life is that simple or easy. Yet the road to my recovery did start with a very simple admission: I am an alcoholic. And admitting that truth saved my life.

Alcoholism is a disease. People will debate whether it is a disease of the mind, of genetics, or of circumstances. I don't have the answer to that debate, and frankly I don't care because when you try to pinpoint "why," it can often lead to blaming another person, an incident in your past, or circumstances. I am goal-oriented, and my goal is to live a healthy,



PHOTO COURTESY: N.E. MARIE

fulfilling, productive life with long-lasting and meaningful relationships. In order to do that, I focus on the treatment. Because regardless of the cause, I have the disease, and I am ultimately the only one responsible for seeking help.

Before I started working my 12-step program, my mind was a mess, my life was a mess, and I'd hit rock bottom. I served three months in jail for repeated DUIs. I didn't have a license, I didn't have a stable job, and I was living in an apartment that I could only afford due to a heavy discount my landlord offered me because a murder had taken place there between the previous tenants. That's what my life looked like right before I started down my road to sobriety.

Now, I am married, have multiple thriving businesses, a career in entertainment that I could only have dreamed of, and live in a beautiful home with my husband. But here's the thing: I am still an alcoholic. This fairytale life is always one drink away from shattering. That's why I attend 6 a.m. AA meetings multiple times a week and

see Natalie page 10

## Community Events

### UPCOMING EVENTS:

#### Healthy Hills Wellness Fair

**When:** Saturday, January 27, 2018 at 10:00 am

**Where:** Chino Hills Community Center, 14250 Peyton Dr.  
**Details:** Resolve to focus on your overall health by attending the Wellness Fair.

Something for everyone! Receive some nutritional guidance, advice on balancing your mind and your body, learn about healthcare services, talk to fitness professionals, learn more about City Recreation classes that focus on a healthier you, check your blood pressure, get Body Mass Index (BMI) test-

ing, spinal check and overall health screening, and even a seated massage. Seniors can learn more about aging well, social growth, and can even receive a Bone Density Screening. Kids will enjoy coloring, fun and games, educational booths, and learn more about mobile recreation in their neighborhood. Over 25 health and wellness vendors are signed up to assist you in meeting your health and fitness goals!

**Cost:** FREE

**Contact:** 909-334-2728

#### City of Diamond Bar Winter Snow Fest

**When:** Saturday, January 20, 2018, 9:00 am to 3:00 pm

**Where:** Pantera Park, 738 Pantera Dr., Diamond Bar

**Details:** Join us for a day of snowy fun at the annual Winter Snow Fest! Over 100 tons of snow will provide hours of sledding on four hills! Activities also include kids crafts, food booths, entertainment and games. Cost for unlimited sledding is \$5 and purchase 4 games for \$1. Cash only. Sleds will be provided, no outside sleds allowed. It is highly recommended that children wear gloves and closed-toe shoes. Free shuttle pick-up from surrounding neighborhoods.

**Cost:** \$5

**Contact:** 909-839-7070

#### Kids' Night Out

**When:** Saturday, January 20, 2018, 6:00 pm to 11:00 pm

**Where:** 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? 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.

**Cost:** \$17

**Contact:** 909-444-7959



# History 101



PHOTO COURTESY: WIKIMEDIA COMMONS

President and Mrs. Ronald Reagan wave to the crowd waiting along the Inaugural parade route to see them, as they take the traditional ride down Pennsylvania Avenue.

## January 20, 1981: Ronald Regan becomes president

By HISTORY.COM

Ronald Reagan, former Western movie actor and host of television’s popular “Death Valley Days” is sworn in as the 40th president of the United States.

More than any president since the Texas-born Lyndon Johnson, Ronald Reagan’s public image was closely tied to the American West, although he was raised in the solidly Midwestern state of Illinois. In the 1930s, Reagan moved to California, where he became a moderately successful Hollywood actor. Thereafter, he always considered himself a true westerner in spirit.

Reagan’s image as a westerner was reinforced by his acting career. Although he acted in other genres as well, many of Reagan’s movies were B-grade Westerns like “Law and Order,” in which he played a sheriff who was the only law “from Dodge City to Tombstone!” When his movie career waned, Reagan made the transition to television as a host of the hugely popular showcase for western stories, “Death Valley Days.”

Reagan’s film and TV career not only won him public-name recognition but also helped establish his enduring “good-guy” reputation. A few of Reagan’s roles in non-western movies included men of questionable character, but in Westerns he usually played the brave and wholesome sheriff or cowboy who killed the outlaws, saved the school marm, and brought justice to the Wild West. Though it is difficult to estimate exactly how important such positive roles were for his subsequent political career, surely Reagan’s

“white hat” movie image helped win him some confidence and votes.

Reagan’s politics also increasingly reflected the mythic western image of rugged independence and self-reliance. Although he had been a liberal New Deal Democrat as a young man, by the 1950s, Reagan had become a hard-line conservative. As president of the Screen Actor’s Guild (1947-52, 1959-60), he won national attention as an outspoken anticommunist, and he began to view even the mild federal socialism of the New Deal as destructive to individual initiative and freedom. Switching his allegiance to the Republican Party, Reagan won two terms as governor of California (1967-75), where he gained a devoted national following that helped him win the presidency.

During his eight years as president of the United States (1981-89), Reagan redefined the center in American politics, moving it away from the liberal Democrats and towards the conservative Republicans. Though his days as a western movie star were long past by then, Reagan continued to celebrate the mythic independence of the western pioneer as a parallel to modern conservatism. To drive home the point, Reagan made frequent and highly visible retreats to his California ranch, where he rode horses, fixed fences, and cut firewood for the TV cameras. This president, Reagan’s actions seemed to say, was a self-reliant cowboy at heart and only a reluctant politician.

After a long struggle with Alzheimer’s disease, Ronald Reagan died on June 5, 2004. He was buried at the Ronald Reagan Presidential Library in Simi Valley, California. ■

# Did You Know?

## How to Be More Creative in the New Year

By STATEPOINT

Those with creative or artistic aspirations know that consistently staying motivated and inspired is easier said than done. Whether you’re a songwriter, a poet or a visual artist, these tried-and-true habits and new tools can help you to create your best work in the new year.

Me Time: A little bit of me-time goes a long way. Carve out some space each week for your own pursuits beyond the time spent working on projects. Learn where and when you do your best thinking, brainstorming and reflection. Is it on a morning walk through the park? Do you need complete silence? Don’t be afraid to request some solitude from loved ones. This may also be a good opportunity to disconnect from your devices for a bit. Leave your phone off or at home so you aren’t tempted to distract yourself.

Innovative Tools: New technology can actually inspire you to be more creative, revolutionizing the way you plan, design and write by hand. For example, many creative people are turning to devices called eWriters, electronic tablets which combine the functionality of notepads, sketchbooks, memo books and more, and which offer unique features you don’t get with traditional pen and pa-

per.

For example, Blackboard by Boogie Board is the first ever writing tool featuring Liquid Crystal Paper for a comfortable, natural inkless pen on paper-like writing (and erasing) experience with no lag or delay. Its transparent writing surface allows users to write on any document, photo, map or digital screen, and several templates are included, such as lines, grids and more, which is ideal for collaborative editing. A free app makes saving, organizing, searching and sharing work, doodles and edits easy. And because it works on a replaceable five-year battery, users don’t have to worry about chargers or outlets, making it a convenient tool to use wherever inspiration strikes.

Set up a Work Space: While you should be prepared to create wherever the spirit moves you, having a dedicated workspace at home is a good idea. Be sure it’s comfortable, away from distractions and brightly lit. Make it a space you want to spend time. Add flowers or plants, artwork and other items that inspire you.

Get Inspired: Who do you most admire? You may get inspired by learning more about your greatest artistic heroes. Read their biographies to learn what made them tick and how they spent their days.

This New Year, resolve to adopt new habits. Innovating the ways that you work can help you to be more creative.■

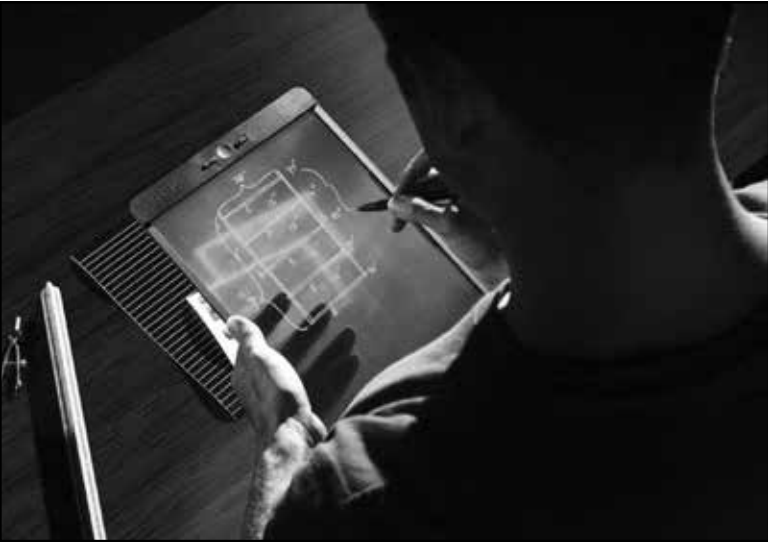


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93110 (limit 4 lbs.)



**2 for \$5**  
Organic Living Butter Lettuce (Red or Green)  
9464 & 853988005013 (limit 4 pkgs. of each)



# Healthy Living



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## Dr. Axe and Jordan Rubin Coming to Clark's

BY MICHAEL ARMIJO

**Chino** – Education is the key to nutrition and Clark's Nutrition & Natural Foods Market in Chino is holding a Free lecture on "The Ancient Diet" this Wednesday, Jan. 26, at 6 pm. Clarks is located at 12835 Mountain Ave. (cross street Riverside Dr.) in Chino, 91710

Jordan Rubin and Dr. Axe, the featured speakers, will be discussing what the millions of people are discovering in the value of the Keto diet and the use of Bone Broth Protein.

It's a rare treat for local community members to learn more about the Keto diet for free as Rubin is regarded by many as one of the most respected and beloved natural health experts in America. His personal account of his battle and triumph over Crohn's disease has resonated with millions around the world and is one of the most dramatic natural health stories ever told. A successful entrepreneur, New York Times best-selling author, international motivational speaker and television personality. Jordon's message of health and wellness is a bea-

con to the masses that are looking for answers to help take control of their health.

Dr. Josh Axe, DNM, DC, CNS, is a certified doctor of natural medicine, doctor of chiropractic and clinical nutritionist with a passion to help people get healthy by using food as medicine. In 2008, he started a functional medicine center in Nashville, which grew to become one of the most renowned clinics in the world.

He founded one of the most visited natural health website in the world at DrAxe.com, which has over 15 million monthly visitors, where the main topics include nutrition, natural medicine, fitness, healthy recipes, home remedies and trending health news.

Come hear from two icons in the Natural foods industry, but sign up fast as space is limited. You can sign-up at the cashiers desk. You can also get great deals on Keto diet products and Bone Broth protein products on the day of the lecture. For more information please contact Clarks Nutrition at 909.993.9200, visit the store at 12835 Mountain Ave, Chino, CA 91710, or sign onto [www.ClarksNutrition.com](http://www.ClarksNutrition.com). ■

### 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:

## Seitan Tacos El Diablo

with Kiwi Salsa and Lime Crema

BY HELLO FRESH

**Servings:** 4  
**Nutrition:** 650 Calories

#### Ingredients:

- Red Onion- 2
- Poblano Pepper- 2
- Roma Tomato- 2
- Kiwis- 4
- Cilantro- 1/2 oz
- Limes- 2
- Chorizo Seitan- 16 oz
- Sour Cream- 8 tbsp
- Flour Tortillas- 12

1 PREP. Wash and dry all produce. Halve, peel, and thinly slice onion. Mince a few slices until you have 3 TBSP minced onion. Core and seed poblano, then thinly slice. Core and seed tomato, then dice into ¼-inch cubes. Peel kiwis, then dice into ¼-inch cubes. Finely chop cilantro. Zest lime until you have a big pinch of zest, then cut into wedges.

2 MAKE KIWI SALSA. Combine tomato, minced onion, kiwis, a squeeze of lime juice, and half the cilantro in a small bowl. Season with salt, pepper, and more lime juice (to taste). Set aside.

3 COOK VEGGIES. Heat a large drizzle of oil in a large pan over medium-high heat. Add poblano and sliced onion. Season with salt and pepper. Cook, tossing, until softened and slightly charred, 3-5 minutes.


4 WARM SEITAN. Add seitan and another drizzle of oil to pan and toss to combine. Season with salt and pepper. Cook until seitan is warmed through and starting to brown, about 5 minutes. Reduce heat to low to keep warm, stirring occasionally.

5 MAKE LIME CREMA. In another small bowl, combine lime zest, a squeeze of lime juice, and sour cream. Season with salt, pepper, and more lime juice (to taste).

6 FINISH AND SERVE. Wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds. Fill tortillas with seitan mixture, then top with kiwi salsa and dollop with lime crema. Sprinkle with remaining cilantro. Serve with any remaining lime wedges on the side for squeezing over. ■





PHOTO COURTESY HELLOFRESH.COM



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Chino: Wednesday Jan 24, 6pm

Loma Linda: Friday Jan 26, 6pm

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Dr. Josh Axe is a doctor of natural medicine, doctor of chiropractic and clinical nutritionist with a passion to help people get well using food as medicine, and operates one of the world's largest natural health websites: [www.DrAxe.com](http://www.DrAxe.com). Dr. Axe is a best-selling author of the ground-breaking health book *Eat Dirt*, which uncovers the hidden causes and cures of leaky gut syndrome.

Jordan Rubin is one of America's most-recognized and respected natural health experts, and is the New York Times bestselling author of *The Maker's Diet*. An eco-entrepreneur and lecturer on health and nutrition, Jordan has shared a message of natural health in five continents and 46 states in the U.S. Jordan has formulated hundreds of dietary supplements, functional foods and beverages including many #1 top sellers in the Healthy Foods channel.

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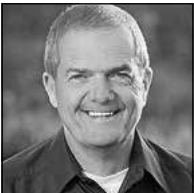
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# A Famous Photo

BY MARK HOPPER



Three years ago, my wife and I celebrated Christmas with our whole family in Lisbon, Portugal. Our four adult children, three son-in-laws and seven grandchildren were all together for five memorable days. My wife's mother was unable to travel with us to Portugal, but she sent some money to purchase gifts for all of her great-grandchildren. Instead of purchasing more gifts for these seven young children, we decided to use the money to take them to the Lisbon Zoo.

The weather in December in Portugal is very similar to what we have here in California. The day we went to the Zoo the temperatures were cool with clear skies.

After we bought our tickets and walked through the front gate we were met by a professional photographer who was waiting to take our picture. Everyone was in a good mood and even the younger kids were pretty cooperative as we posed for a picture. Members of the Zoo staff gave us several colorful birds for us to hold

while they took our photo. Our day at the Lisbon Zoo was a winner. The children and adults enjoyed seeing the beautiful animals and several shows that were scheduled during the day. They even have a very nice Dolphin show!

At the end of the day, we



BY DMITRIJS KUZMINS (PICASA WEB ALBUMS) [CC BY-SA 3.0], VIA WIKIMEDIA COMMONS

stopped by the store where they sold copies of the pictures taken at the front gate. We purchased a copy for each family so they would have a photo memory of our day at the Zoo.

One of the lessons that I have learned about family pictures is to take them early in the day. Children and adults are usually in a good mood when people are arriving. Sometimes kids and adults can be less cooperative when it comes to taking pictures at the end of the day.

There have been times when some family members

needed to leave early to go on to other activities. I know there have been times at some of our family gatherings when we waited to long to get a group picture. Don't wait until it is too late. Take those groups pictures early not later. At the Zoo, they take group pictures at the entrance not at the exit.

The other lesson I have learned is that no family photo is perfect. In our famous photo at the Lisbon Zoo, several of the grandkids were distracted and were not looking at the camera. The colorful birds added a lot to our picture, but the younger children were distracted and a little uncomfortable holding these big birds with their hands or on their shoulders.

My suggestion is that you don't expect perfection. Just be thankful that you can get a photo with your whole family. During this holiday season, take time to take a few pictures. You will be glad you did and your family will too!

*This article was written by Pastor Mark Hopper, Efree Church of Diamond Bar, 3255 South Diamond Bar Blvd, 909-594-7604, Efreedb.org . ■*

# Dreams Become Reality When You Believe in Yourself

BY NANCY STOOPS



We all have dreams for our life. Why is it that some of us turn our dreams into reality and some of us just keep dreaming? Why do some of us find the motivation to make our dreams come true and others just give up? I believe we are all capable of getting what we want from our lives. I also think we all have the potential to grow into somebody that we are proud of being. I think what sets a person apart is they believe they can or they believe they can't.

I find it very sad when I see somebody with a vision of what their life could be, yet they think they can't ever obtain the life they

are suppose to have. This person somehow has never been taught to believe in themselves and now gets cheated out of the life they should have had. This is where really effective parenting is so very essential. We also need to help those not so effectively parented reach for the sky as well. We need to not give up on our dreams, ourselves and each other.

Dreams can become our wonderful reality if we create a plan with the correct steps. Think about every other goal that you have met and the plan that was made up of baby steps. I promise you that if you have a dream and want it to become your reality all you have to do is trust yourself and take the steps that turn dreams into reality. The first step is having the faith and trust in-

side yourself to believe that you can do it. Never lose sight of the already wonderful you and think of your plan as just adding to that wonderful person!

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients. She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. For more information about any of these services contact Nancy at (909) 229-0727. You may 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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# LA deputy sherrif from Chino arrested

Sherrif from page 1

transport of nearly 45 pounds of cocaine and more than 13 pounds of methamphetamine. During the FBI's undercover investigation, Collins allegedly agreed that he and his team would take calculated steps to prevent law enforcement from intercepting the drugs – in exchange for cash payments as high as \$250,000.

Collins and two other men were charged in a federal criminal complaint filed last week. In justifying the high fees for his services, Collins allegedly told an undercover FBI agent "we're cops" and "all of our transports make it through."

- Those named in the complaint are:
- Deputy Sheriff Collins, 50, of Chino;
  - David Easter, 51, of the Hyde Park District of Los Angeles; and
  - Grant Valencia, 34, of Pomona.

The fourth man arrested, Maurice Desi Font, 56, of South Los Angeles – is expected to be charged in a second criminal complaint.

The four defendants have been charged with conspiracy to distribute controlled substances. This case is part of a long-standing and ongoing commitment to root out corruption, particularly when it involves sworn law enforcement officers.

The FBI and LASD have been working together to address any internal problems with the full cooperation of Sheriff McDonnell in the continuing effort to reform the department. Collins and the other used their position to conduct criminal activity for large sums of money. Further investigation will continue in order to determine whether others may have been involved, this should not be viewed as an indictment of the many dedicated servants at the Los Angeles County Sheriff's Department, some of whom brought this unlawful activity to our attention. The FBI's commitment to weeding out corruption by public officials and restoring trust in our law enforcement professionals is important for healing process in the local communities to begin. ■



# Teachers achieve National Board Certification

Walnut from page 1

years of experience, said.

Only 3% of the nation's teachers successfully pass the rigorous, performance-based, peer-review program, demonstrating their proven impact on student learning and achievement.

A total of seven Walnut Valley educators currently hold the top accomplishment, including Jeanette Koh – District Office, Dena Lordi – Diamond Bar High, Paul McLaughlin – Walnut High, Helen Papadopoulos – Suzanne Middle School, and Mona Warren – Evergreen Elementary.

A total of 5,470 new NBCTs were announced this month, joining the growing community of more than 118,000 educators across all 50 states. ■

# Three juveniles arrested in Chino Hills

Local from page 1

of their arrest in Chino Hills. They drove the stolen vehicle to Chino Hills to in an apparent to commit another residential burglary.

If anybody has any additional information in relation to either of these incidents, you are urged to contact the Chino Hills Police Station at (909) 364-2000. Callers wishing to remain anonymous may call WeTip at 800 78-CRIME. ■

# 'Total Divas' star Natalie Eva Marie: "I am an alcoholic..."

Natalie from page 2

do weekly step work with my sponsor. It's also why, at meetings, I'm always on the lookout for women to sponsor myself. It is work, and it is time consuming, but it is the best change I've ever made in my life. Like I said earlier, it's very black and white.

Here's what I wish someone told me back then: Your life won't magically transform overnight. There will be extreme highs and extreme lows. The chances are that you will relapse at least once—but do not quit. To those starting a program, stick with it. Keep pushing forward no matter how hard it gets. I promise you it's worth it. ■

# Cub scout pack 2017 honors military

IE from page 1

plan for 2018 is to get out in the community more to see how we can partner together to help the members and families of March ARB". "This is just a start to what the community has to offer and how willing they are to assist members and their families here at March," added Amos.

The journey began with the scouts from Pack 2017 loading several hundred cases of popcorn onto two twelve-foot scout trailers. They left early Saturday morning for their long trip to March Air Reserve Base. After clearing the security review, they setup the table and waited. Then it happened. As if on cue, the men and women of the United States Air Force started arriving at the tables. These scouts, ranging in age from five to nine years of age, began to tell the airmen about the flavors and handing them bags of free popcorn. Even the

base chaplain and the security forces came by. The little guys thanked them for their service to our country and shook their hands as they left.

But it didn't end there. Some of the scouts heard rumors of an entire company of soldiers from the United States Army who were sitting on the grass eating MRE's for lunch just a mile away. So they packed up and went searching for them. The looks on the faces of the soldiers as the scouts tossed them popcorn was incredible. The soldiers took the time to thank the kids and answer what seemed like a million questions that a little boy might ask. Shortly thereafter, the scouts even found a couple companies of Marines with their rifles getting ready to fly out. The excitement was never ending.

To end the day, Technical Sergeant Mark Gomez of the 752nd Aircraft Maintenance Squadron had arranged a very special

surprise for the scouts. They had the rare opportunity to get a personal tour of the unit and to learn about aerial refueling aircraft and how important they are to many missions of the armed forces. The question and answer session was incredible, as Gomez explained how many hours of maintenance it takes to keep these aircraft flight worthy and safe for our pilots. The kids had no idea how many different missions these aircraft undertake, including refueling, medical transport, and moving cargo. They got to explore the inside of an enormous KC-135 Stratotanker and even sit in the pilot and boom operator seats. It was hard to leave without feeling tremendous respect for all that these maintenance warriors do for our country. "I want to thank TSgt Mark Gomez for orchestrating the Boys to view the static display of the K-135 Aircraft," Said Amos. ■



PHOTO BY: T. DONATONI

Cub Scout Pack 2017, from Eastvale, distributing their famous popcorn at March Air Force Base.



PHOTO BY: T. DONATONI

Soldiers and Airmen took some time out to enjoy the popcorn they received from Cub Scout Pack 2017 out of Eastvale.

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# Wanna get away? AAA Travel has your ticket

AAA from page 1

was planning a vacation. I decided to stay around and spend a little more time learning about all of the services my membership would allow me.

Everybody knows about or has heard about AAA Automobile Club DMV services and roadside assistance if your car breaks down on the side of the road and those are great things to have. You might even know that they have maps and discounts for all your travel needs but did you know that they have a full service travel agency as well?

“AAA travel is a full service Travel Agency which offers personalized service to members and non-members for all of their travel needs,” says

Diamond Bar branch manager, Beth Planavsky. Whether you want to embark on a weekend staycation, a cross-country road trip, or an excursion to the other side of the globe, “Our travel agents are very experienced and knowledgeable about all travel destinations,” said Beth. Where ever your plans take you, a personal travel agent will be assigned to you to make sure you get a customized once in a lifetime vacation experience. From taking your passport photo, to planning your itinerary step by step, to making sure that you take advantage of the full spectrum of discounts that are available to you along the way, AAA travel has your back. Members can also access a variety of travel resources including vacation guides and free maps

for your domestic travel needs. Beth said, “Providing legendary service to our members is our number one goal here at the Diamond Bar Branch.” With all the AAA discounts that you get, the personalized service and Beth with her 30 years of experience in the industry a visit to the Diamond Bar Branch makes sense. When you are there you might as well check out all of the other services that AAA has to offer as well, like we said they are a “one stop shop.”

Visit the Travel Agency at the Automobile Club of Southern California Diamond Bar office located in the Country Hills Towne Center. 2843 S. Diamond Bar Blvd, Diamond Bar, CA 91765 on the corner of Diamond Bar Blvd and Fountain Springs 909-444-029 serving Diamond Bar, Walnut, Chino Hills, Rowland Heights and Pomona. ■

# We grind coffee, not life, at "It's a Grind"

Coffee from page 1

love the atmosphere of coffee shops. In today's America with a coffee shop on almost every corner you can imagine how happy and fulfilling a day can be for me.

During my extensive research I discovered that different coffee shops might have a pastry I like better or better merchandise for sale and still others might have a favorite coffee drink of mine. One day, while out running some errands I saw a coffee shop I had never been in before, it's called “It's a Grind.” I have been a regular customer there ever since.

“It's a Grind” has everything that I love there and I know you will love it too. The coffee is for sure the best feature about it. It is by far the most exceptional coffee I have tasted compared to any of the other places I've been. Remember, that is a lot of places. In addition to that the atmosphere isn't a cyber lounge for college students.

The décor is made for comfort and relaxation with big comfy chairs and couches. Nancy Lien, the owner of the It's A Grind in Diamond Bar said, “Our philosophy is that a coffee shop should be a place to relax during

your busy day even if it is for a short time.” “Life is too short we want to provide a place where you can slow down, drink your coffee and enjoy what you have in your life.”

The pastries are top notch and if you have the time they also have delicious freshly made breakfast or lunch sandwiches for your enjoyment. They really have so many non coffee shop features, like they offer catering with free delivery in the City of Diamond Bar. “We have monthly events, this month we will be bringing you a live Rock and Roll night on January 26th at 7:30 p.m.,” said Lien

For a limited time they are offering a 10% discount on your total purchase when you bring the ad that is located in this issue. If you want the advice of a coffee professional do not just pass this “It's a Grind” location up, you will be missing out. You can find them at:

1223 S. Diamond Bar Blvd, Diamond Bar CA 91765.

Give them a call for catering or event information at (909)860-5120

Look them up on Facebook: ItsAGrindDiamondBar

Instagram: @itsagrind\_db

Or log on to the website:www. itsagrind.com ■

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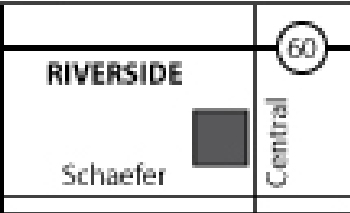
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- Inspect suspension mountings, struts, shocks • Inspect complete electrical system

Most cars. Must Present Coupon. Not Valid With Any Other Offers. Expires 2/1/2018

\$149

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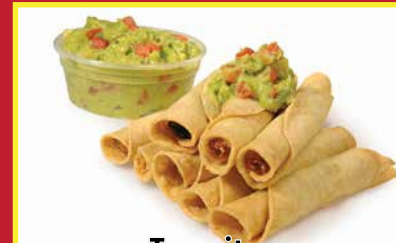
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Street Taco  
Platter



Taquitos  
Platter

Serving: Menudo, Chorizo, Skillet, Huevos Rancheros, Fajita Omelettes, Tamale & Eggs

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**2 for \$24** **2 ENTRÉES & 2 DRINKS**

each entrée served with rice & beans and includes choice of 2 tacos (shredded beef or chicken), cheese enchilada, OR (2) taquitos, PLUS 2 soft drinks or Mug-A-Ritas

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