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## WALNUT

### C.J. Morris 3rd Graders at Town Hall

BY KELLI GILE

**Walnut**— Superintendent Dr. Robert Taylor fielded questions from elementary students during an official town hall meeting on Tuesday.

About 100 inquisitive C.J. Morris assembled third graders were eager to learn about the role of the Walnut Valley USD leader.

The IB-PYP students have been studying about government and how it affects lives at the national, state, city, or school level, teacher Dave Boots said.

"This is a great opportunity for our students to learn about how

see **Walnut** page 10

## INLAND EMPIRE

### Fatal Traffic Accident

BY STAFF REPORTS

**Corona** - On Friday, March 16, 2018, at approximately 9:14 a.m., the Corona Police Department and the Corona Fire Department responded to a traffic collision involving two vehicles near the intersection of Magnolia Avenue and All American Way.

Upon arrival, bystanders were performing C.P.R. on one of the involved drivers. Paramedics, the Corona Fire Department and American Medical Response took over the patients' care at the scene. After attempting to resuscitate the driver for several minutes, the driver was pronounced deceased.

The other driver at the scene suffered minor injuries but did

### Over 1,200 Marijuana Plants Found in Grow House Bust



PHOTO COURTESY: BENZINGA.COM

BY ANTHONY SAUDE

**Chino Hills** - The Marijuana Enforcement Team (MET) of the Sheriff's department and Chino Hills Police Department Deputies served a search warrant at a Chino Hills residence for the illegal cultivation of marijuana.

After Deputies from Chino

Hills Police Department recieved a tip from a concerned citizen regarding suspicious activity going on at the residence an investigation was opened. Investigators found evidence of illegal marijuana cultivation.

Investigators served their search warrant and it and were rewarded for their efforts by

see **Marijuana** page 10

### Egg-citement Rules the Day at DB's Annual Easter Egg Hunt

STAFF REPORTS

**Diamond Bar**- Diamond Bar's popular annual Easter Egg Hunt will take place on Saturday, March 31 at Pantera Park, 738 Pantera Drive. Over 11,000 colorful treat-filled eggs will be spread throughout the park for children under 12-years-old.

This springtime event will start at 8:30 a.m. with a pancake breakfast and professional photo opportunities with the Easter Bunny for a nominal fee. Don't forget to buy a raffle ticket from Miss Diamond Bar and her court; then say hi to the Easter Bunny's "peeps"!

The FREE egg hunt will start at 10 a.m. sharp with separate egg hunting areas for the following age groups:

- Parent-assisted
- 4 years old and young-



PHOTO COURTESY: CITY OF DB

- er
- 5- and 6-year-olds
  - 7- and 8-year-olds
  - 8- and 10-year-olds
  - 11- and 12-year-olds
- It's recommended that you and your family arrive to the egg

see **Easter** page 10

## LOCAL NEWS

### License Plate Recognition System Pays Off

#### Police Chase in Chino Ends in Crash

BY ANTHONY SAUDE

**Chino**- Two men, who were reportedly driving a stolen pickup truck, were spotted by Chino Police Officers near the intersection of Kimball and Cypress avenues late in the morning on Monday, March 19. According to police the vehicle had been reported as stolen from Fontana earlier that morning.

When officers attempted pull the vehicle over, the driver of the vehicle sped away on El Prado Road and south towards

Pine next to El Prado Golf Course in attempt to evade police. After leading the officers on a short high speed chase the driver of the truck lost control of the vehicle and crashed into a chain-link fence and nearly struck a tree.

Neither of the suspects had been identified at the time but it was the license plate recognition system that helped officers identify the vehicle. The system has only recently been activated in the city of Chino. It is a system that alerts police to



PHOTO COURTESY: ENTERTAINMENTACCESS.COM

The above photo shows an example of a License Plate Recognition Camera.

stolen cars or cars used in other reported crimes. Surrounding cities that have implemented systems like these have seen a significant impact in crime reduction. The system looks to

see **Local** page 10

## Our Featured Businesses

### Taylor'd Designs: Interior Design for Your Home or Office

BY ANTHONY SAUDE

**Chino Hills**- Interior design has been Sandra Taylor's passion for years. Now she is the owner, operator and designer for Taylor'd Designs, a specialty Interior Design company located in Chino Hills. After 40+ years working for the County of Los Angeles, Sandra retired and wondered what was next. She committed herself to make good use of

see **Taylor'd** page 10



Taylor'D Designs is located in Chino Hills. To schedule your complimentary consultation or for more information, call 909.465.3982. Or visit their website at [www.taylordesigns.com](http://www.taylordesigns.com). See ad on page 6.

### Make Your Backyard Extreme

BY MICHAEL ARMIGO

**Ontario**- 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 brand components for over 20 years.

"A key component to staying in business so

see **Extreme** page 10



Extreme Backyard Designs is located at 2330 S. Vineyard Ave. in Ontario. They can be reached at 909.930.6111 or on-line at [www.extremebackyard-designs.com](http://www.extremebackyard-designs.com). See their ad on page 12.

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## Do You Know this Man? Armed Robbery Suspect Sought



BY ANTHONY SAUDE

**Diamond Bar**— "On March 11, at approximately 1:30 p.m. A male suspect entered the Chevron gas station on Diamond Bar Boulevard. He was brandished a handgun and demanded that the clerk give him all the money." The suspect has been described as a Hispanic man wearing a red long sleeve jacket that had an unidentified logo, white beanie, and black turtleneck. He was wearing white skinny jeans and his red shoes had white shoe laces.

The Los Angeles County Sheriff's Department Walnut/

Diamond Bar station is now seeking this brightly dressed suspect. They are asking for the public's help in identifying the suspect. The suspect is described as a Hispanic male, from 25 to 30 years old, approximately 5'8" tall, 160 to 170 pounds, with a thin mustache.

The Sheriff's Department is asking anyone with information as to the identity of this suspect to please contact Walnut/Diamond Bar Sheriff's Station Detectives at (909) 595-2264 or (909) 890-2833.

Los Angeles County Sheriff/Walnut / Diamond Bar Division Photo ■

## DA Rules Fatal Officer Involved Shooting in Chino Justified

STAFF REPORTS

**SAN BERNARDINO** - The San Bernardino County District Attorney's Office has completed its review of the fatal officer-involved shooting of 56-year-old Stephen Austin of Chino by Chino Police Officer John Burg, Corporal Margarito Jacquez and Sergeant Nicholas Marotta by on March 9, 2016.

Based on the facts presented in the reports and the applicable law, the use of deadly force utilized by all three officers was a

proper exercise of their right of self-defense and the defense of others and therefore their actions were legally justified.

The report of the written case evaluation is available at [www.sbcountyda.org](http://www.sbcountyda.org) by selecting Press Releases under the Newsroom tab at the top of the home page.

Contact: Christopher Lee, Public Affairs Officer (909) 382-3665 or via email at [clee@sbcta.org](mailto:clee@sbcta.org) or via text at (909) 782-5559. ■

## "March For Our Lives" Event on March 24

STAFF REPORTS

**Diamond Bar**—Diamond Bar United Church of Christ, 2335 South Diamond Bar Blvd., Diamond Bar, CA 91765, will hold a march in front of the church campus on Saturday, March 24, 2018 from 2:00 pm to 4:00 pm.

The DBUCC event is being offered as a local alternative to larger but more distant marches taking place throughout Southern California. The church is responding to the call for nationwide marches made by students from Marjorie Stoneman Douglas High School in Parkland, FL, after 17 students and staff were killed on February 14, 2018. Earlier this month about fifty church members, neighbors, and members of the community participated in a morning candlelight vigil, to show their support for students and parents driving to Diamond Bar High School on the day of the national school walkouts, March 14th. Participants carried signs and candles while motorists honked and waved their support as they commuted down Diamond Bar Blvd.

Residents of Diamond Bar and surrounding communities are invited to participate in the DBUCC march, which will take place around the church's me-

morial display commemorating gun violence victims, including 17 crosses clustered together in memory of the Parkland victims. Pastor Jeanne Favreau-Sorvillo will begin the march with prayer and a call to action against gun violence in schools and in all public places. "We must remember that gun violence impacts us all by threatening our sense of safety for ourselves and for our loved ones. We are obligated not only to pray but to act in tangible ways to bring about meaningful change. We must never again be forced to bring out our memorial display."

Diamond Bar United Church of Christ is a progressive church that seeks to link its faith to social justice issues. The church believes that God's love embraces all persons equally, no matter their gender, race, or sexual identity; that the social expression of love is justice, and that God calls us to be peacemakers. We wish for an open and embracing community of faith within which to nurture our spirit and raise our children.

Contact: Diamond Bar United Church of Christ, Diamond Bar, California Rev. Dr. Jeanne Favreau-Sorvillo, Pastor (909-861-4735)

Jim Hazlett, Coordinator (949-433-5756) ■

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By Rita

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## Community Events

### UPCOMING EVENTS:

#### Family Science Night

**When:** Friday, March 30, 6:30 pm to 8:30 pm

**Where:** Walnut Senior Center, 21215 La Puente Rd, Walnut

**Details:** Uncover the mystery with forensic science. You and your family will take on the investigative work to uncover who did it before time runs out! This event will feature three crime scenes, demonstrations for hidden clues, and prizes.

**Cost:** \$10 (Pre-registered), \$12 at the door (Family of four)

**Contact:** (909) 598-6200

#### 26th Annual Easter Egg-Citement

**When:** Saturday, March 31, 11:00 am to 2:00 pm

**Where:** Chino Hills Community Park, 3280 Eucalyptus Ave., Chino Hills

**Details:** Hop on down the bun-

ny trail and join us for an "Eggstra-Special" day filled with adventures and surprises. Spend time with family and friends and create wonderful spring memories. Participate in a variety of activities including egg hunts, pictures with the Easter Bunny, crafts, musical entertainment, a craft fair, and refreshments to purchase. No outside baskets or bags allowed. The City will provide bags for egg hunts. Egg Hunt Schedule: 11:30 am Infant to 2 years old (Adult assistance, if needed)

**Cost:** FREE

**Contact:** (909) 364-2700

#### City of Diamond Bar Easter Egg Hunt

**When:** Saturday, March 31, 10:00 am SHARP

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

**Details:** This egg-citing spring

event co-hosted by the City and the Diamond Bar Breakfast Lions Club is designed for children up to age 12. It features a pancake breakfast and professional photos with the Easter Bunny for a nominal fee, and a free Easter egg hunt with separate areas for different age groups.

**Cost:** FREE

**Contact:** [www.diamondbarca.gov/specialevents](http://www.diamondbarca.gov/specialevents) or (909) 839-7070

#### Taste of Wellness: Spring Cleaning for Your Soul

**When:** Saturday, April 14, 8:00 am to 12:00 pm

**Where:** Walnut Senior Center, 21215 La Puente Rd, Walnut

**Details:** Join us for a Taste of Wellness in the new year with free demonstrations, chair massages, meditation, yoga, Reiki and a hot tea bar. Meet Columnist, Nancy Stoops along

with Midnight the Therapy Dog and be a part of the opportunity drawing for prizes. Bring your family or come alone. This event is best suited for ages 12 and older (minors must be accompanied by a supervising adult). Sign up today!

**Cost:** FREE

**Contact:** (909) 598-6200

#### Taste of the Chino Valley

**When:** Monday, April 16, 5:00 pm to 8:00 pm

**Where:** Chaffey College Chino Community Center, 5890 College Park Ave., Chino

**Details:** Sample the offerings of Chino Valley's restaurants at the Chino Valley Chamber of Commerce's Taste of the Chino Valley event. Save the date! More information will be made available in the near future.

**Contact:** (909) 627-6177



# Prepare to Buy Right

BY NEF CORTEZ



Zig Ziglar, motivational speaker/author quoted: “Success occurs when opportunity meets preparation.” How does opportunity meet up with a home buyer? Opportunities will present themselves. Important prerequisites for a home buyer to include in their planning to be “buyer ready” and prepared to buy right and at the right opportunity are: build credit, save money for down payment, and research home ownership options.

**Build Credit:** Establish good credit history for eligibility and secure financing for a home loan. Set the foundation for good credit by making small purchases on credit and on-time payments. In exchange, companies measure a person’s creditworthiness by use of a FICO score. The higher the FICO score, the less risk to a lender. According to wells Fargo.com financial education/credit management, “the more your credit history shows that you can responsibly handle credit, the more willing lenders will be to offer you credit at a competitive rate.”

**Save Money for Down Payment:** Start small, cre-

ate savings plan, and set aside money on reserves. Expense reductions i.e. “The Latte Factor,” the idea that money can be saved by cutting small, recurring daily expenses will result in big savings (frugalgene.com). Set goal, boost up savings to build larger sum of money. This prepares a buyer the ability to provide a down payment customarily required in many major purchase transactions.

## Research Home Ownership Options:

Home preferences, location, neighborhood, and affordability are home ownership research items. In an internet search, keep in mind the website’s content to be current and accurate. Establish relationships with realtor and/or lender for professional guidance and purchase options. Become familiar with real estate market conditions. As a buyer prepares, they have the opportunity to make the right buy that fits their needs. A well-informed buyer will buy right and at the right time.

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

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21201 La Puente Rd.  
(909) 595-7543

**Walnut Hills Optometry**  
18736 E. Amar Rd.  
(909) 594-1153

**Walnut Library**  
21155 La Puente Rd.  
(909) 595-0757

**Walnut Sheriff’s Station**  
21695 Valley Blvd.  
(626) 913-1715

**DIAMOND BAR**

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(909) 598-2871

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(909) 839-7000

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(909) 861-5340

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## This Week's Weather

BY: ACCUWEATHER.COM

SAT	SUN	MON	TUE	WED	THU	FRI
H: 66° L: 46°	H: 66° L: 41°	H: 68° L: 43°	H: 71° L: 44°	H: 78° L: 48°	H: 76° L: 48°	H: 79° L: 52°

“YOU MISS  
100% OF THE  
SHOTS YOU  
DON’T TAKE”

-WAYNE GRETZKY



CROSSWORD	
THEME: BEFORE & AFTER	
ACROSS	DOWN
1. " ____ Fever," movie and novel	1. Locker room supply
6. "Is" in the past	2. Caspian feeder
9. Name of the Blue Ox	3. Denim innovator
13. Rome's Colosseum, e.g.	4. Foolish
14. Fla. neighbor	5. *Before - flour, water, shortening; After - ____
15. Jig, in France	6. Announce Red Alert
16. Volcanic rock, pl.	7. *Before - Clay; After - ____
17. Basketball hoop	8. Brazilian dance
18. Opposite of adore	9. Kind of lettuce
19. *Before - Rodham; After - ____	10. Turkish honorific
21. *Before - ____; After - Mumbai	11. Channel marker
23. Make mistakes	12. Always, in verse
24. Prickle on a wire	15. Run around
25. Art degrees	20. Artemis' companion
28. Abominable humanoid	22. Middle-earth creature
30. "American Horror Story: Hotel" hotel	24. Organic matter used as fuel
35. Tangerine and grapefruit hybrid	25. *Before - ____; After - Myanmar
37. Sailor's call	26. "Encore!"
39. Tarzan's swing	27. Move furtively
40. Search without warning	29. Muscle or strength
41. Audition tapes	31. #17 Across, pl.
43. Shorter than maxi	32. Quarter side, pl.
44. King of ancient Crete	33. Empower
46. Time distortion	34. *Before - ____; After - Democratic Republic of Congo
47. Bit of slander	36. *Before - William Michael Albert Broad; After - Billy ____
48. Bobbysock	38. *Before - New Amsterdam; After - New ____
50. Row of vagrants	42. Like certain foods
52. "All the Light We Cannot ____," novel	45. Amazon, e.g.
53. Auctioneer's quantities	49. #me ____
55. El ____	51. *Before - supper; After - ____
57. *Before - ____; After - living room	54. "Yours ____"
60. Like misanthrope's remark	56. D in LED
64. Pluck	57. Prince William's sport
65. Flying saucer acronym	58. Car shaft
67. Nary a soul	59. Cambodian currency
68. Sicker	60. Mint product
69. Waikiki garland	61. Salon creation
70. Written corrections	62. Hostile to
71. English playwright Coward	63. Just in case
72. Japanese capital	64. M in rpm
73. Fit out again	

## CROSSWORD

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# History 101

March 24, 1989: Exxon Valdez Runs Aground in Alaska

By HISTORY.COM

On this day in 1989, the Exxon Valdez oil tanker hits a reef in Alaska’s Prince William Sound, resulting in an enormous oil spill. Though there were no human victims of the crash, hundreds of miles of pristine coastline became coated with oil and thousands of sea birds, mammals and fish perished in the disaster.

The Valdez was delivered to Exxon in 1986 and named after the Alaskan port terminal where oil was sent out to the main 48 states. It was capable of carrying 200,000 tons of crude oil and was usually manned by a 20-person crew. On the night of March 23, the ship left port in Valdez at about 9 p.m. Captain Joseph Hazelwood was in charge, but handed over the piloting of the ship to Third Mate Greg Cousins shortly into the journey. Just after midnight, there was a miscommunication on a change of course as the Valdezmaneuvered its way through a narrow shipping lane between Bligh Reef and Busby Island in Prince William Sound.

The Valdez ran aground on the reef, puncturing the ship’s hull and sending oil spilling into the sound. Unfortunately, the response to the spill was not ideal. There was a limited attempt to use dispersants by helicopter, but there was only a small supply of them available near the site. Also, some reports suggested that dispersants, chemicals applied to the oil to push it below the surface (where it causes the most damage), were ineffective. Booms and skimmers, equipment that prevents the spread of

oil in water and manually removes oil from the water, were not available for use until a full day after the spill. Unfortunately, even after the booms and skimmers were finally brought into service, they often broke down and were thus also not completely effective.

Overall, the Valdez spilled close to 30 million gallons of oil into Prince William Sound over several days. Beaches in the Knight Island chain were covered in oil. The primary victims of the oil were sea birds. Some estimate that as many as 250,000 of the birds were killed, as well as several thousand sea otters and hundreds of seals and bald eagles. Salmon and herring egg losses were also extensive. In total, about 800 miles of coastline were damaged by the oil.

The Valdez accident led to a long series of lawsuits and legislative changes. Congress passed the Oil Pollution Act of 1990, which included a clause banning the Valdez from Alaska. A jury in Anchorage, Alaska, awarded millions of dollars in damages against Exxon to the affected Alaskan communities as well as a \$5 billion punitive-damage award. On appeal, the 9th Circuit Court ruled that the judge had to reduce the award. When the judge reduced it only slightly, Exxon appealed again and even many years after the incident, the ultimate resolution was still in doubt. Captain Hazelwood was accused of being intoxicated at the time of the accident, but such allegations were never fully proven. He was, however, convicted of negligence, fined and ordered to perform community service.

After undergoing \$30 million in repairs, the Valdez was renamed Sea River Mediterranean and returned to service, but is no longer used in Alaska.



PHOTO COURTESY:HISTORY.COM

# Did You Know?



PHOTO COURTESY: XX

## What to Know About Your Drinking Water

By STATEPOINT

Having clean, uncontaminated water to drink at home and on-the-go is one of the most essential components to keeping your family safe and healthy.

Unfortunately, safe water is not necessarily a given. A recent study, published by the Proceedings of the National Academy of Sciences, found that in 2015, nearly 21 million people relied on community water systems that violated health-based quality standards. What’s more, the risks to your tap water are heightened during special circumstances like natural disasters and other emergencies.

To help ensure you are hydrating healthfully all the time -- at home, in your community, on trips or in emergencies – consider investing in an easy-to-maintain water filtration device that can be used anywhere in order to improve water quality.

One example is LifeStraw, first introduced for people in developing countries without access to safe water and for victims following natural disasters. The company now makes a range of water filters and purifiers designed for uses like emergency preparedness, outdoor recreation, travel

and everyday hydration. The refillable LifeStraw Go 2-Stage water bottle features a built-in filter, and removes 99.9999 percent of water-borne bacteria (including E. coli and salmonella), 99.999 percent of protozoa while also reducing chlorine organic chemical matter and bad taste. Suitable for kids, the LifeStraw Play model, a 10-oz water bottle designed for everyday use, incorporates the same technology with a sturdy kid-friendly leak-proof design. LifeStraw is available online and at your local Walmart, Target and Sam’s Club.

What’s great is this is also a company that gives back -- for every LifeStraw product purchased, a school child in a community in need receives safe water for an entire school year. So far, the program has supported more than one million school children.

Keep in mind that access to clean water is a persistent and global issue. By 2050, at least one in four people is likely to live in a country affected by chronic or recurring shortages of fresh water, according to the United Nations. This highlights the growing need to take precautions both at home and when you travel, and to invest in products that give back.

To do everything you can to keep your family healthy and safe, start by taking steps to improve the water you drink.

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Saturday March 24	Event: <b>Heirloom Starter Plant Sale</b>	Loma Linda	9am-noon
Tuesday March 27	Lecture: <b>Juicing &amp; Fair Trade</b>	all Clark's locations	6pm



# Healthy Living



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## Seafood: Food for Thought During National Nutrition Month



PHOTO COURTESY: (C) TERI/STOCK.ADOBE.COM

### BY STATEPOINT

We hear a lot about the important nutrients in vegetables and fruits, but the health benefits of eating seafood regularly aren't always in the spotlight. It should be a no-brainer when it comes to seafood, which is packed with omega-3s. Yet, most Americans only eat one serving of seafood a week.

Here are some evidence-based facts to help set the record straight during National Nutrition Month.

#### 1. How much seafood should I be eating?

Studies show that seafood benefits your heart, eyes and brain, and may also help you fight chronic diseases and memory loss. The 2015 Dietary Guidelines encourage all Americans to eat at least two servings of seafood each week. That's double the amount most people currently eat. To reap the range of nutrients found in seafood, try to get a variety of fish in your diet, including shrimp, salmon, canned/pouched tuna, tilapia and pollock.

#### 2. What if you're pregnant?

Seafood is especially important for pregnant and breastfeeding women, as well as young children, since it is one of the only natural food sources rich in healthy omega-3 fatty acids, EPA and DHA. EPA and DHA are critical for brain and eye development, supporting the old adage that fish really is "brain-food." One recent study shows that moms-to-be who ate fish two to three times each week had babies that reached milestones -- such as imitating sounds, recognizing

family members and drinking from a cup -- more quickly than children born to mothers who didn't eat fish regularly during pregnancy. Another recent study found that pregnant women who ate at least two seafood meals each week helped boost their child's IQ up three points by age 9. Learn more about the best fish to eat during pregnancy at [aboutseafood.com/seafood-pregnancy](http://aboutseafood.com/seafood-pregnancy).

#### 3. How to get more seafood.

Incorporating more seafood into your diet doesn't need to be a challenge. It's easy to get the recommended two to three servings each week by simply swapping out the protein from your favorite dishes with seafood. For example, chicken tacos become fish tacos, and grilled steak salad becomes grilled shrimp salad. What's more, seafood is just as healthy whether it's fresh, frozen or canned, making it a convenient item to stock up on when shopping, and ultimately helping you eliminate wasted food in your household.

#### 4. Start the day right.

Nutrition experts recommend incorporating protein into your breakfast as a way to boost metabolism and balance your blood sugar levels for the entire day. Kicking off the morning with tuna avocado toast or salmon on a bagel will help keep you feeling fuller for longer, prevent cravings before lunchtime and help you reach your weekly seafood goals.

More nutrition facts, recipes and other resources can be found at [AboutSeafood.com](http://AboutSeafood.com).

This National Nutrition Month, give your health a boost by eating a variety of seafood at least twice a week. ■

### 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

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#### Corona Certified Farmers Market

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### Recipe:

## Tex-Mex Tilapia

with Cilantro Lime Couscous and Green Beans



PHOTO COURTESY HELLO FRESH

#### BY HELLO FRESH

Cooking Time: 20 mins

Servings: 4

Nutrition: 600 Calories

Ingredients:

- Veggie Stock Concentrate- 2
- Cilantro- 1/2 oz
- Lime- 2
- Panko Breadcrumbs- 1 cup
- Southwest Spice Blend- 2 tbsp
- Couscous- 1 cup
- Tilapia- 22 oz
- Sour Cream- 10 tbsp
- Chipotle Powder- 1 tsp
- Green Beans- 12 oz

**1 HEAT STOCK AND PREP.** Wash and dry all produce except green beans. Bring  $\frac{3}{4}$  cup water, stock concentrate, and a pinch of salt to a boil in a small pot. Finely chop cilantro. Cut lime into wedges. Stir together panko and Southwest spice in a shallow dish or bowl. Season with salt and pepper.

**2 COOK COUSCOUS.** Once stock is boiling, add couscous to pot. Cover, then remove from heat. Let stand, covered, until liquid is absorbed and grains are tender.

**3 COAT FISH.** Brush tilapia all over with 2 tbsp sour cream (1 pack). Season

with salt and pepper. Dip each fillet into panko mixture, coating all over and pressing to adhere.

**4 COOK FISH.** Heat a thin layer of oil in a large pan over medium-high heat (we used 2 TBSP oil; use a nonstick pan if you have one). Add tilapia to pan and cook until flesh is opaque and panko is golden brown, 4-5 minutes per side.

**5 MAKE CREMA AND STEAM GREEN BEANS.** While fish cooks, combine remaining sour cream, a squeeze of lime, and chipotle powder (to taste) in a small bowl. Season with salt and pepper. Pierce green bean bag with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until green beans are tender), then carefully remove green beans from bag.

**6 FINISH AND SERVE.** Fluff couscous with a fork, then stir in half the cilantro and a squeeze of lime. Season with salt and pepper. Divide between plates, then place tilapia on top. Dollop with crema. Season green beans with salt and pepper and serve on the side. Sprinkle remaining cilantro over everything. Serve with any remaining lime wedges. ■



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# Decorating for Easter

BY MARK HOPPER



One of my least favorite assignments is to "get the boxes down from the attic." I hear these words several times a year, when my wife wants to decorate our house for a new season. The largest number of storage boxes contain Christmas decorations. Most of these are stored on shelves in the garage. There are fewer Fall decorations and these are stored in the attic space above the garage. Each of these seasonal decorations contribute to the festive atmosphere in our house for a few weeks. My job is to get them down and put them away again. Now that Spring is coming, I heard those familiar words again recently. My wife asked me if I would "get the Easter

boxes down from the attic". There was a sense of urgency in her voice because two of our granddaughters were coming to our house and she wanted to let them help decorate. I'm not sure who had more fun, the grandchildren or my wife. These two young girls had a wonderful time discovering the variety of decorations in those boxes. They couldn't believe all the neat stuff that Grammy had collected. They loved finding places to put the decorations all over our house. I noticed the sparkle in my wife's eye and the smile on her face as she watched the enthusiasm of her young assistants. It was enjoyable to watch Grammy and her girls decorate our house for Easter. I don't know how the seasonal decorating goes on in your house, but I know it is important at our house. My wife enjoyed it very much and so did her young helpers! This year Easter will be

on Sunday, March 27th. Our church will be having three Easter Sunday services at 8:30, 10:00, and 11:30 a.m. We will also have one service on Good Friday, March 25th, at 7:00 p.m. Easter is the day when Christians around the world celebrate the Resurrection of Jesus. The Bible says that Jesus died on the Cross and rose from the dead to pay for our sins and to purchase a place for us in heaven. I hope you will take time to celebrate Easter this year. Get out those decorations. Get up and go to church to celebrate that Jesus is alive! If you don't have a church home, we would be delighted to have you worship with us on Easter Sunday. You will be glad you did and we will be too! *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 ■*

# Are You Living to Die or Dying to Live?

BY NANCY STOOPS



Our lives are truly about our mindset and how we view our lives. I must ask you if you are living to die or are you dying to live. These two ways for which people live sure do look and sound the same but they couldn't be more different. Take a look at the first one, living to die. To me that means the person is merely existing and just going through the motions until they die. I don't believe there is much joy or quality of life with this style of life. I believe a pretty unhappy and dissatisfied person lives according to the idea of

living to die. Now on the other hand a person who is dying to live has a life of joy and quality. I believe they are satisfied with their lives and appreciate each and every day they are honored with life. So how do you live? Which of these two mottos do you follow? It's never too late to change. It all starts by changing your mindset. It starts by letting go of your past, forgiving yourself and others and on being grateful each and every day we are honored to be here. As you begin the healing process your mindset will start to help you see all the good in everyday and you will start to feel empowered by the self-induced changes in you and the way you think. I hope the change will start by reading this article. I hope you believe you deserve a

better life and use this as a road map to take you there. I have faith in you that you can make the change and get the life you are worthy of! *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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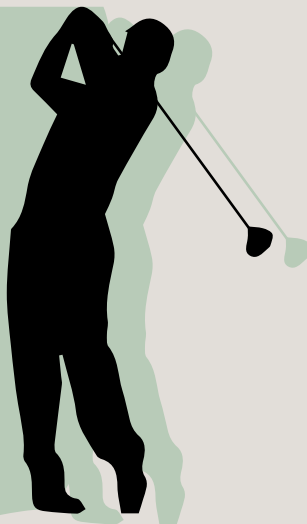
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