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## WALNUT

### USATF Pulls Olympic Trials from Mt. SAC

STAFF REPORTS

**Walnut-** Mt. San Antonio College was recently informed by USA Track and Field (USATF), that it will no longer host the 2020 USA Olympic Team Track and Field Trials. This decision means that USATF would reopen bidding for a new event venue.

While we are disappointed, we accept that the terms of the agreement give USATF the authority to withdraw from this commitment.

In June 2017, Mt. SAC was selected to host the 10-day event because of its long history of successfully holding world-

see **Walnut** page 11

## LOCAL NEWS

### Walnut Students Complete Biomedical Sciences Program

BY KELLI GILE

**Walnut-** For 20 Walnut High School seniors, years of tremendous dedication and hard work in a rigorous biomedical sciences program they began as sophomores have paid finally

off.

The teens were presented with white lab coats and honor medallions marking the completion of the International Baccalaureate Career-Related

see **Local** page 11

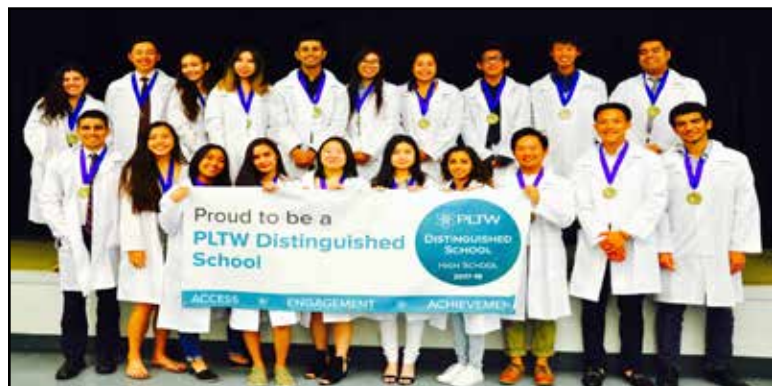


PHOTO COURTESY: K. GILE

### Volunteer Recognition and Pinning Ceremony



PHOTO COURTESY: LASD

*Gil Rivera receiving the 'Helen Reardon Volunteer of the Year Award' from Capt. Reyes and LASD.*

BY ANTHONY SAUDE

**Diamond Bar -** On April 26, the Sheriff's Department held their annual Volunteer Recognition award and Pinning Ceremony at the STARS Center in Whittier. STARS is the primary

training site for the Los Angeles County Sheriff's Department's Deputy Explorer program and is a learning for life certified law enforcement explorer academy.

This event recognizes Civilian Volunteers who have donated in excess of 5,000 hours of their time. The Helen Reardon award is presented annually

see **Ceremony** page 10

### New On and Off Ramps in DB are Now Open

BY ANTHONY SAUDE

**Diamond Bar -** Two of the three legs of the new Lemon Avenue interchange of the 60 Freeway in Diamond Bar opened on Tuesday, May 1 in time for the busy morning commute.

Caltrans will clear away the orange cones at 6 a.m. and officially allowed commuters

to enter the westbound 60 Freeway via the brand new Lemon Avenue on-ramp. When they return home eastbound they will be exiting on the brand new newly constructed off-ramp for Lemon Avenue.

An eastbound freeway on-ramp, also at Lemon Avenue is scheduled to open sometime

see **On Ramps** page 10

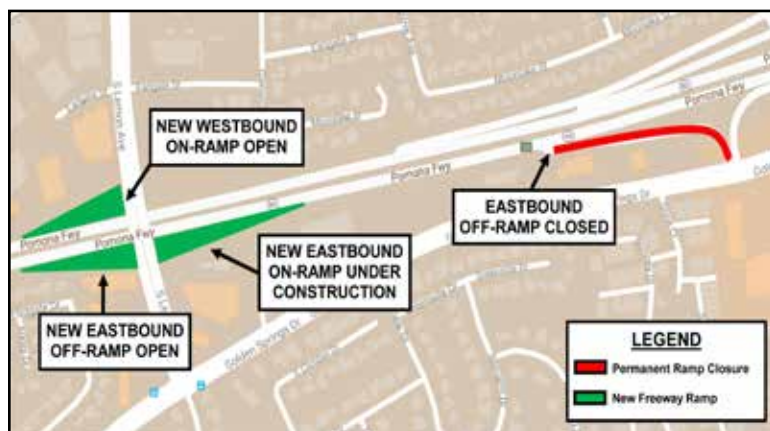


PHOTO COURTESY: DIAMONDBARCA.GOV

## INLAND EMPIRE

### City of Eastvale Appoints New Assistant City Manager

BY ANTHONY SAUDE

**Eastvale -** Bryan Jones's appointment as Eastvale's new Assistant City Manager became official on Monday, April 16. Bryan and his wife, Shari, have been married for ten years. They have two children and three black Labradors.

The appointment concluded a six-month nationwide recruitment process. Jones was selected from ninety qualified applicants. "We are thrilled to have Bryan serve as the Assistant City Manager for the

City of Eastvale," City Manager Michele Nissen said. "He is passionate about helping the City move in the direction of our full potential that will ultimately help us serve the community in the best way. I am confident that he will do a great job in this position." Bryan draws his knowledge from his nearly 20 years of experience in both the public and private sectors. He has led cutting-edge land use and transportation infrastructure projects throughout California and North America as a results-oriented certified planner and



PHOTO COURTESY: CITY OF EASTVALE

see **IE** page 11

## Our Featured Businesses

### WHO Will Take Care of Your Eyes

STAFF REPORTS

**Walnut-** Do you know WHO will care for your eyes? For many years, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community, serving patients from Walnut, West Covina, Diamond Bar, and Chino Hills to patients from La Puente, Rowland Heights, Hacienda Heights and Whittier. Because of the quality of service provided, as well as the trusting care given by the

see **WHO** page 10



*Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways at 18800 E. Amar Rd., #A5 in Walnut. For more info call (909) 594-1153. See their ad on page 4.*

### Cinco De Mayo and Mother's Day are Coming!

BY MICHAEL ARMIGO

**Diamond Bar -** Looking for a reason to enjoy delicious Mexican cuisine? Come celebrate Cinco de Mayo on, you guessed it, Friday May 5, and Mothers Day Sunday, April 5, at The Whole Enchilada – where you can get a taste of authenticity and enjoy a wonderful experience

see **Enchilada** page 10



*The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). You can reach them at (909) 861-5340, or visit their website at www.wholeenchilada.com. See their ad on page 12.*

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*Editor In Chief:*  
Anthony Saude

*Editorial Team:*  
Michael Armijo  
Kelli Gile  
Sarah Sanchez

**PRODUCTION**  
Hillary Couron  
Tony Andrade

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Please contact us at:

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382 N. Lemon Ave #402  
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# Collegewood Second Graders Celebrate Earth Day

BY KELLI GILE

**Walnut-** Second graders at Collegewood Elementary paid tribute to Mother Earth with a day of "outdoor school" on April 22.

About 100 students rotated through stations while learning about recycling, repurposing, and more.

"Our kids need to practice Earth Day every day so that their future will be clean and bright!" said teacher Betsy Hale.

The youngsters planted herb and flower seeds in empty milk cartons and crafted simple bird feeders from pipe cleaners and cereal rounds to hang on trees and bushes on campus.

"They love watering the plants and watching them grow!" shared teacher Elvonne Vance.

Teacher Stephanie Johnson offered a lesson on water cycles using sandwich bags and food coloring that she found on Pinterest.

"I had them draw a water line at the bottom of the Ziploc and a sun at the top to begin the science experiment," she

explained.

Each student filled the bottom of the baggie with water and then carefully squeezed in a couple drops of blue dye before taping to a window.

The food coloring would enable them see the water evaporate in the warm sunlight, condense back into liquid, and fall back down in the form of precipitation after a few days.

The youngsters also created Earth Day posters using paper bags with handles, old crayons, paper scraps, and art pastels.

"Take care of the Earth, we only have one!" wrote Paloma Pasquil.

"We should take care of our Earth every day," added Danika Pe.

The activities covered all curricular areas including math, science, reading, writing, and art.

The children enjoyed games of golf and croquet on the grass while listening to ecology-themed songs

"It was good old-fashioned play – no electronics!" said Hale who even received a couple thank you notes afterward.

"Events like this are remembered!" she exclaimed. ■



PHOTO COURTESY: K. GILE

# Our Life

## There are Many Things

BY ANTHONY SAUDE

There are many things in this country and the world that will make you scratch your head and wonder, "what the heck is wrong with people."

There are many things that start working on our mind the minute we wake up every morning.

There are many things that could continue to work on your mind all day and all night until you go to sleep, if you can sleep that is.

There are many things that can and can make us sad, mad, bitter, and anxious and a host of other thoughts or feelings that can confirm how ugly we feel about life or ourselves.

There are many things in this beautiful country and world that

will make you scratch your head and wonder, "how are these people so positive and happy all the time" (what the heck is wrong with people)

There are many things, to be thankful for that can start working on our minds the minute we wake up every morning. (waking up at all)

There are many things that could continue to work on our minds all day and all night until we go to sleep. (how beautiful our country and world are, God made another day etc...)

There are many things that can make us happy, loving, compassionate and encouraging to others today and the days ahead.

THERE ARE MANY THINGS to chose from both positive and negative in this beautiful thing we call life. What day will you chose to for yourself to have today? ■

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## Community Events

### UPCOMING EVENTS:

#### Planes of Fame Annual Air Show

**When:** Saturday & Sunday, May 5 & 6, 8:00 am to 5:00 pm

**Where:** Chino Airport, 7000 Merrill Ave., Chino

**Details:** Planes of Fame Air Museum is proud to present Planes of Fame Air Show on May 5-6, 2018. Featuring over 40 historic aircraft, including P-47 Thunderbolts, P-38 Lightnings and P-51 Mustangs flying for your enjoyment. We invite you to join us in honoring the history, contributions, and sacrifices of our veterans. Performers include: A-10 Thunderbolt and Heritage Flight; Sean Tucker Aerobatics; World's fastest piston engine aircraft P-51 Mustang Voodoo; N9MB Flying Wing Demo; Pacific, European, Korean & Vietnam Flight Displays, Sanders Sea Fury Aerobatics, Gregory 'Wired' Colyer T-33 Aerobatics, Rob Harrison the Tumbling Bear. Again this year there will be Kids Zone!, static displays, food & vendors, and more! In addition to many other fantastic airplanes that will be perform-

ing and on static display, there will be a special panel discussion with some of our honored veterans: Lauren Bruner (USS Arizona Survivor), George Ciampa (US Army Graves Registration), Dick Cole (Gen. Jimmy Doolittle's copilot, B-25, Doolittle Raiders), Muriel Engelman (US Army Nurse Battle of the Bulge), Ed Feitchinger (C-47 pilot), Bob Friend (Tuskegee Airman - P-51), Luis Fuentes (Vietnam Huey pilot), Jack Gutman (Medic, D Day and Okinawa), Margaret Kerry (original model for Disney's Tinkerbell).

**Cost:** General Admission- \$25, Kids- FREE (Order online and Save \$5)

**Contact:** <https://www.eventbrite.com/e/planes-of-fame-air-show-may-5-6-2018-tickets-42542855827>, (909) 597-3722

#### Chino Bike Day

**When:** Saturday, May 19, 7:30 am to 11:00 am

**Where:** Ruben S. Ayala Park, 5575 Edison Ave., Chino

**Details:** Come out and join us for a morning ride on your bicycle at Ruben S. Ayala Park. The

event will be located near the Ayala Park Operations center. Event highlights: 7:30 15-Mile Community Bike Ride (7:30 am), Bike Safety Workshop by the Chino Police Department (9:10 am), 6-Mile Family Bike Ride (9:30 am), Helmet Fitting & Giveaway\*, Kids' Activities & Obstacle Course, Food & Refreshments and Bike Repair Station. All participants are required to wear a helmet when participating in the Community and Family Bike Rides.

**Cost:** FREE

**Contact:** Carolyn Owens Community Center, (909) 334-3478

#### Peddler's Market: Community Rummage Sale

**When:** Saturday, May 5, 8:00 am to 1:00 pm

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

**Details:** Local residents have cleaned out their closets, garages and sheds. Come on down to shop for that special "treasure" you've been looking for. With over 30 vendors, you're sure to find something you'd like to call your own. Be

sure to tell a friend.

**Cost:** FREE

#### "May the ARTS Be With You" ARTWALK

**When:** Saturday, May 12, 5:00 pm to 10:00 pm

**Where:** 500 Block, Pomona (565 W. 2nd St., Pomona)

**Details:** Located in the Pomona Arts Colony, every month on the 2nd Saturday the Art Walk brings big crowds to the streets. Over a dozen galleries host artist receptions for their latest exhibits. Many shops, studios and restaurants open late. There is no better way to get a feel for the lively community that hundreds of artists have built here. Experience the diverse array of top quality art work, ceramics, fiber, jewelry, mixed media, painting, photography and more. It's FREE. Bring your friends and family! During each 2nd Saturday Artwalk we also have a market in Shaun Diamond Plaza at W. 2nd St and Thomas St. featuring music, artisan crafts, jewelry, candles, clothing, food vendors and more.

**Cost:** FREE



# Rents Skyrocketing?

By NEF CORTEZ



I have reported on home values rising fast in Diamond Bar. Today, we take a look at how fast rents are increasing as well.

Home values typically follow the pattern of economic recessions, with prices increasing as the economy improves, and peaking at about the same time or slightly after the economy has reached its zenith. Rents, however, appear to be immune to the rise and fall or cyclical nature of home prices or home values. The predictable thing about home rental values is that over the years, they have consistently trended upward.

As an example, where home values took a dive of almost 30-40% during the Great Recession, rents maintained a level or flat trendline. Since the end of the Great Recession in 2009, property values across the United States have come roaring back to their current heights. The median sales price of a Diamond Bar single family residence (SFR) in the First quarter of 2018 reached a level of \$735,000. That represented an increase of 56% from the median sales

price of \$470,000.00 in the first quarter of 2010.

The Diamond Bar median rental rate for a Single Family Residence (detached) in the first quarter of 2018 stood at \$2,860.00. This represented an increase of 30% from the median rental rate of \$2,200.00 where it was in the middle of the aftermath of the Great Recession. This represents an increase of \$660.00 per month, which is not an insignificant number, but it is not the “stratospheric” increase seen in the single family resale market values. The rate of increase of rentals (30%) in the same period has been almost half of what the rate of the median price increase of homes values (56%) from 2010 to 2018.

Next week we will look at the Diamond Bar Townhome and Condominium rental market, and the comparison of rental for that type of property to the single family residential (detached).

*This article was written by Nef Cortez who is 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](mailto:nefcortez@gmail.com), or website [www.nefcortez.com](http://www.nefcortez.com). Please feel free to email any questions regarding real estate. ■*

# May is Motorcycle Awareness Month

## STAFF REPORTS

**Pomona** - In order to reduce motorcycle crashes and save lives, Pomona Police Department and the California Office of Traffic Safety (OTS) are teaming up with the National Highway Traffic Safety Administration (NHTSA) this May for the annual Motorcycle Safety Awareness campaign to help save lives on our roadways. The awareness campaign aims to educate vehicle drivers and motorcyclists on how each motorist can be more aware of the other, creating safer roads and saving lives in the process.

Pomona Police Department will join law enforcement throughout the state to step up enforcement along with awareness efforts to lower motorcycle deaths and injuries during the May campaign. Officers will have a special emphasis this month on enforcing all traffic violations by both drivers and motorcyclists, deploying Saturation Patrols throughout the month of May.

According to NHTSA, motorcyclists accounted for 14 percent of all traffic fatalities in 2015, while motorcycles make up just 3 percent of all registered vehicles in the United States. In 2016, 5,286 motorcyclists were killed in motor vehicle crashes – a 6 percent increase from the 4,976 killed in 2015. More than 88,000 motorcyclists were injured in motor vehicle crashes.

Recent data from the California Department of Motor Vehicles shows there are more than 900,000 registered motorcycles in the state and more than 1.4 million licensed riders. In 2016, 560 motorcyclists were killed in motor vehicle crashes in California– an 11 percent increase from the 494 killed in 2015. More than 14,400 motorcyclists were injured in motor vehicle crashes.

Pomona Police Department has these general tips to drivers on how to prevent a fatal crash with a motorcycle:

Though a motorcycle is a small vehicle, motorist can do their part by sharing the road. Always us a turn signal when

changing lanes or merging with traffic.

If you see a motorcycle with a signal on, be careful: motorcycle signals are often non-canceling and could have been forgotten. Always ensure that the motorcycle is turning before proceeding.

Stay alert, check all mirrors and blind spots for motorcycles before changing lanes or merging with traffic.

Always allow more following distance, follow at a safe distance when behind a motorcycle. This gives them more time to maneuver or stop in an emergency.

Never drive distracted or impaired.

Motorcyclists can increase their safety by following these steps:

Wear a DOT-compliant helmet and other protective gear.

Ride safely when lane sharing and always proceed at safe speeds.

Obey all traffic laws and be properly licensed.

Use turn signals at every lane change or turn.

Wear brightly colored clothes and reflective tape to increase visibility.

Ride safely when lane sharing and always proceed at safe speeds.

Never ride distracted or impaired.

The Office of Traffic Safety encourages all riders, new and experienced, to enroll in the California Motorcyclist Safety Program (CMSP). The CMSP was developed in July 1987 and has training sites throughout the state. The CMSP trains approximately 60,000 motorcyclists per year and has trained more than 1.1 million motorcycle riders. For more information, or to find a training site near you, visit [californiamotorcyclist.com](http://californiamotorcyclist.com).

The Motorcycle Safety Saturation Patrols are funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety.

Remember: Riders and Drivers Can Work Together to Save Lives. ■

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(909) 444-1303
- Walnut City Hall**  
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.  
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MON

H: 88°  
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TUE

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L: 57°

WED

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L: 58°

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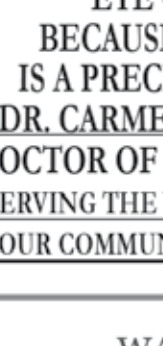
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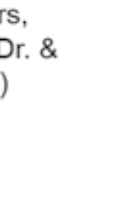
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*THEME: TOURIST DESTINATIONS*

## ACROSS

1. Dog show outcasts
6. Pose a question
9. Mr. Potato Head, e.g.
13. \_\_\_\_\_ tower
14. Holstein sound
15. Liable to cry
16. Was rebroadcasted
17. Pilot's deadline
18. Packers QB
19. \*Where ATMs have instructions in Latin
21. Army bathroom
23. Surf turf
24. "At \_\_\_\_\_, soldier!"
25. Pat
28. University head
30. Pre-wedding agreement
35. Caspian Sea river
37. Like the fairy tale duckling
39. Pore in a leaf
40. Hindu Mr.
41. Intrudes
43. Month before Nisan
44. Perpendicular to the keel
46. "Pronto!"
47. Highway hauler
48. Magazine collection
50. Bike maker
52. Bro's counterpart
53. Start of a conclusion
55. Look through a scope
57. \*Popular all-inclusive location, pl.
61. \*Where to visit "the happiest place on Earth"
65. Yoke's holler
66. Crematorium jar
68. Dip a \_\_\_\_\_ the water
69. General direction
70. Be indisposed
71. Jagged
72. Trees on Freddy Krueger's street
73. Spade for stony ground
74. Roller derby turf, pl.

**DOWN**

1. Type of nuclear missile
2. Eye layer
3. Legal wrong
4. \*Orient Express, e.g.
5. On the same page
6. Echoed by the flock
7. Chronic drinker
8. \*Down Under marsupial
9. Scorch
10. \_\_\_\_ wig or \_\_\_\_ wrinkle
11. \*Middle name of Shakespeare's hometown
12. Unit of force
15. \*Taking the \_\_\_\_, or going to Baden-Baden
20. Consumed
22. Pharaoh's cobra
24. Joins the military
25. \*Location of world's tallest building
26. Omani and Yemeni
27. "\_\_\_\_ in Toyland"
29. \*Where to see Taj Mahal
31. #17 Across, pl.
32. Source of lymphocytes, pl.
33. Savory sensation
34. \*Chunnel ride from London
36. \*Party in Maui
38. \*Sydney Harbour is one of first to ring in the new one
42. Ancient fishing tool
45. Modus operandi
49. Female pronoun
51. In working order
54. Run-of-the-mill
56. Native New Zealander
57. Memory unit
58. Nobleman's title
59. Throat-clearing sound
60. Flipside of pros
61. Unrivaled
62. \*Vegas light
63. Floppy storage
64. Change for a five
67. \*Home to Christ the Redeemer

CROSSWORD														
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**SOLUTION ON PAGE 9**



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# Did You Know?

## How New Technology is Helping Students and Teachers

### By STATEPOINT

New and emerging technologies are supporting today's students and teachers in unprecedented ways. Here are a few ways this is happening in schools in local communities across the country.

- Communication Apps. New apps such as ClassDojo, are making it easier for teachers to actively communicate with students and parents. Teachers can send encouraging messages to students via the app and message with parents. What's more, students can create digital portfolios to share at home with their families. With flexibility to access the app on tablets, phones, computers and smartboards, its versatility helps foster a learning community.
- Collaborative Math Resources. The textbook is no longer the sole resource math students can rely on to succeed. New software is making mathematics more accessible, interactive and personalized. For example, ClassPad.net, a one-stop shop for educators and students, helps students investigate mathematics more deeply and enhance their understanding of related concepts. Designed to be equally usable by keyboard/mouse and touchscreen-based platforms, this all-in-one web-based mathematics resource is geared for K-12 mathematics and beyond. Allowing for simultaneous work with calculations, graphing, geometry and data analysis/statistics, this tech helps teachers demonstrate things they can't show in other ways, something 65 percent of educators said was important in a study conducted by PBS Learning Media.
- World "Travel." While nothing will replace the excitement

- of a field trip, leaving school grounds can be time consuming and cost prohibitive. Luckily, no permission slip is required to travel the world from the comfort of the classroom. Today's classrooms are using Google Earth to virtually visit the sites of a distant city or observe the topography of a mountain range. They can also access the collections and exhibitions of museums and libraries around the world online. And augmented reality is creating new opportunities to "visit" interesting locations and engage with their surroundings.
- Advanced Lesson Presentations. Remember the overhead projector in your classroom? Today's teachers have more versatile options that can even be controlled from a smartphone or tablet. For example, Casio's award-winning LampFree XJ-UT351WN Ultra Short Throw projector features two HDMI ports, a dust-resistant design and the ability to generate large images over very short projection distances, such as in classrooms. Even in very small classrooms, it can project an 80-inch from just 1.5 feet away. Schools looking to go green, save money or both will benefit from its hybrid Laser and LED light source, which eliminates the need for expensive and hazardous mercury lamps while delivering a 20,000-hour estimated operating life.
  - 3-D Printers. Classrooms fortunate enough to have 3-D printers are able to give students endless hands-on opportunities to be creative, and teachers can use the printers to create needed classroom materials -- from anatomical and architectural models to maps and musical instruments.
- As classrooms adopt cutting edge technologies, students are being given exciting new methods of absorbing lessons in their school subjects. ■



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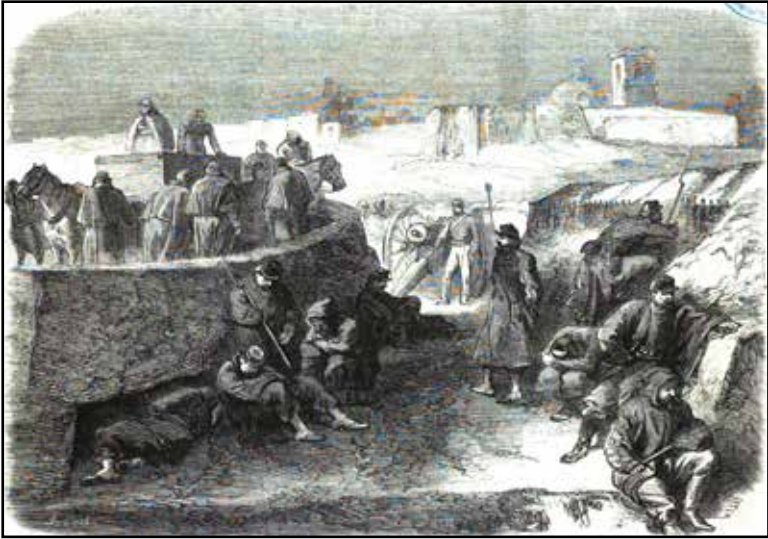


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# History 101

## The History of Cinco de Mayo- May 5, 1862: The Battle of Puebla

### By HISTORY.COM

During the French-Mexican War (1861-1867), an outnumbered Mexican army defeats a powerful invading French force at the small town of Puebla de Los Angeles. The retreat of the French troops at the Battle of Puebla represented a great moral victory for the people of Mexico, symbolizing the country's ability to defend its sovereignty against a powerful foreign nation.

Benito Juarez and Napoleon III

In 1861, Benito Juarez became president of Mexico, a country in financial ruin, and he was forced to default on his debts to European governments. In response, France, Britain, and Spain sent naval forces to Veracruz to demand reimbursement.

Britain and Spain negotiated with Mexico and withdrew, but France, ruled by Napoleon III, decided to use the opportunity to carve a dependent empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large French force and driving President Juarez and his government into retreat.

Certain that French victory would come swiftly in Mexico, 6,000 French troops under General Charles de Lorencez set out in May, 1862, to attack Puebla de Los Angeles. From his new headquarters in the north, Juarez

rounded up a ragtag force of loyal men and sent them to Puebla.

Zaragoza Defeats French Invaders

Led by General Ignacio Zaragoza, the 2,000 Mexicans fortified the town and prepared for the assault by the well-equipped French force.

On the fifth of May, or Cinco de Mayo, Lorencez gathered his army and began an attack from the north side of Puebla.

The battle lasted from daybreak to early evening. After Lorencez realized his superior French force had lost nearly 500 soldiers, while fewer than 100 Mexican troops had been killed, he completely withdrew his defeated army.

Battle of Puebla and Cinco de Mayo

Though not a major strategic victory in the overall war against the French, Zaragoza's victory at Puebla galvanized Mexican resistance, and six years later France withdrew. Later that same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico by Napoleon in 1864, was captured and executed by a firing squad.

Puebla de Los Angeles, the site of Zaragoza's historic victory, was renamed Puebla de Zaragoza in honor of the general. Today, Mexicans (and Mexican Americans) celebrate the anniversary of the Battle of Puebla as Cinco de Mayo, a holiday in the state of Puebla. 1934, however, tribal ownership and government have again become legal. ■

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# Healthy Living



/TheWeeklyNews

## Local Farmers Markets:

### Chino Farmer's Market

Preserve Community Center, 15800 Main St., Chino, Saturday, June 10 from 9 am to 2 pm. (909) 334-3478, healthychino.com

### Claremont Farmers & Artisans Market

On Second Street between Indian Hill Blvd. & Yale Ave. Every Sunday, from 8 a.m to 1 p.m. (909) 626-3066, ClaremontForum.org

### Amy's Farm

7698 Eucalyptus Ave., Ontario Daily – If the sun is up and the gate is open! (844) 426-9732

### Jack Newe's Farmers Market

Mt. SAC Campus, Lot B 1100 N. Grand Ave., Walnut Saturdays, 8 a.m. to 2 p.m. (626) 810-8476

### Corona Certified Farmers Market

488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m. (760) 728-7343

## Recipe:

### Sweet Potato and Black Bean Tacos

with Avocado Crema and Cilantro

BY HELLO FRESH

Cooking Time: 40 mins  
Servings: 4  
Nutrition: 860 Calories  
Ingredients:

- Sweet Potatoes- 4
- Yellow Onion- 1
- Cilantro- 1/4 oz
- Garlic- 4 cloves
- Black Beans- 13.4 oz
- Lime- 2
- Flour Tortillas- 12
- Honey- 1 oz
- Cumin- 2 tsp
- Avocado- 2
- Sour Cream- 8 tbsp

#### 1 ROAST SWEET POTATOES.

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Cut sweet potatoes into ½-inch cubes. Toss on a baking sheet with 1 TBSP olive oil and a pinch of salt and pepper. Roast in oven until tender and lightly browned, about 20 minutes.

#### 2 PREP.

Meanwhile, halve, peel, and dice onion. Pick cilantro leaves from stems; discard stems. Mince or grate garlic. Drain and rinse half the beans from the box (use the rest as you like). Zest ½ tsp zest from lime, then cut into halves.

#### 3 COOK AROMATICS AND BEANS.

Heat 1 TBSP olive oil in a large pan



PHOTO COURTESY HELLO FRESH

over medium heat. Add onion and cook, tossing occasionally, until softened, 5-6 minutes. Season with salt and pepper. Add garlic and beans to pan. Cook, tossing, until fragrant and warmed through, 3-4 minutes.

#### 4 WARM TORTILLAS AND TOSS FILLING.

Wrap tortillas in foil and place in oven to warm, about 5 minutes. (TIP: Alternatively, wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds.) Toss sweet potatoes, honey, cumin, and juice from one lime half into pan with beans and cook until liquid is mostly evaporated, 2-3 minutes. Season with salt and pepper.

#### 5 MAKE AVOCADO CREMA.

Halve, pit, and peel avocado. Cut one half into thin slices. Roughly chop other half and place in a medium bowl along with sour cream, juice from remaining lime half, and lime zest. Mash with a fork until mostly smooth. Season with salt and pepper.

#### 6 ASSEMBLE TACOS.

Spread avocado crema onto tortillas, then top each with filling, avocado slices, and cilantro. TIP: Break out the hot sauce if you like it spicy. ■

## How to Care for Your Eyes as You Age



PHOTO COURTESY STATEPOINT

BY STATEPOINT

As we age, our bodies don't perform as well as they once did, and vision is no exception. However, early detection and treatment of eye problems and diseases through an eye exam is the best way to protect your eyes and overall health.

To help keep your eyes healthy for years to come, consider the following tips.

- Eat an eye-healthy diet. Fruits and vegetables, especially carrots and dark leafy greens, provide a hefty punch of key vitamins and a key vision protecting-substance called lutein. Find some new recipes to make filling up on these nutritious choices both delicious and fun.

- Maintain a healthy weight. Did you know that by eating healthy portions, exercising regularly and doing your best to maintain a healthy weight, you can reduce your risk of cataracts? Conditions such as obesity and diabetes can lead to vision problems like cataracts.

- Protect eyes from blue light. Most people today spend a lot of time in front of digital screens, such as smartphones, computers and televisions. These devices emit high-energy blue light, which causes digital eye strain that can lead to headaches, blurred vision, dry eyes and even neck pain. Ask your eye doctor about the best options to help reduce eye strain.

- Get an eye exam. A yearly eye exam is one of the easiest and most important ways to reduce your odds of vision loss and protect your eyes. And it can also help you monitor and protect your overall health. Whether or not you wear glasses, be sure to schedule this crucial appointment. A routine eye exam can help detect signs of serious health conditions, like diabetes, high cholesterol, high blood pressure glaucoma and macular degeneration. Because more obvious symptoms of some health conditions don't always appear until damage has already occurred, routine eye exams are a good way of keeping tabs on what's happening in your body.

- Make sure you have vision coverage. Do you have vision coverage through Medicare? Review your plan. Many people don't realize that Traditional Medicare doesn't cover routine eye exams, glasses or contact lenses. Check out such affordable options as VSP Individual Vision Plans, which offer comprehensive coverage with low out-of-pocket costs, savings on frames and lens enhancements such as progressives, and the ability to see the doctor you know and trust. Plans begin as low as \$13 per month. For more information or to enroll, visit GetVSPDirect.com or call 877-988-4746.

With a few key daily and annual habits, you can make eye health the priority it needs to be as you age. ■

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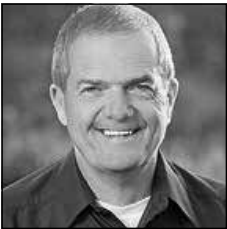
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# Stuck on the 405

BY MARK HOPPER



Recently, my sister in law's car broke down while she was driving on the 405 Freeway. Bummer! She had spent a few days with her grandchildren in San Diego and was driving home to in Bakersfield when her Nissan began to sputter and finally died in the middle of the north bound 405 Freeway! Thankfully no one hit her as her car slowed to a stop in the middle of afternoon traffic. A helpful stranger pushed her car to the side of the freeway and she called 911 and AAA for help. The CHP office arrived quickly and parked his cruiser behind her car to protect her from the rush hour traffic. The tow truck arrived and asked her where she wanted to go for repairs.

While all of this is unfolding on the 405, my brother called me and asked if I could go help his wife. He knew she had broken down on the 405 Freeway but he was not sure exactly where she was. After a flurry of cell phone calls with his wife and with me, he decided to have her car towed to our house in Diamond Bar.

He asked me if I knew a good mechanic who could analyze

the situation and if his wife could stay with us until her car could be repaired. Unfortunately, when I called a reliable mechanic that we often recommend, he was unable to help. He was overbooked with work and his co-worker was gone for the week.

As the tow truck slowly made its way in rush hour traffic toward Diamond Bar, I realized that it would drive past a Nissan dealer on the 60 Freeway. Maybe he should take the car there and ask them to diagnose the problem? I could meet my sister in law there and we could decide what to do.

We didn't know how late the car dealer and service department would be open late in the afternoon, but they responded quickly and assured us that they could repair the car quickly. The diagnostics would cost about \$125 plus the parts and labor. The service advisor encouraged us to go find some dinner and come back in about an hour. They would call us if there was any unexpected problems.

While we ate dinner, we prayed that the repairs would be done quickly and that it would not cost too much. My sister in law was hoping to get back on the road and get home so she could teach school the next day.

When we returned to the car dealer, we went to the cashier's office to pay for the repair work. But, the cashier didn't have the

paper work so she told us to go back and talk with the service advisor. He explained that the repair was actually very simple. An air intake hose had come loose and they actually found the missing part laying on the engine. They simply put the part back together with a new hose clamp!

When we asked how much this cost he said, "No charge"! At first we weren't sure we heard him correctly - did he say "No charge"? Yes - the missing part was still there and a simple hose clamp reconnected everything and the car was running fine. "No charge". We were stunned and very thankful for this unexpected outcome. Amazing!

My sister in law was able to get back on the freeway and continue her journey home. She arrived safe and sound later that night. My sister in law had quite an adventure. From broken down in the middle of the 405 Freeway and towed 40 miles to a very helpful car dealer and back on the road without a scratch or paying a penny - pretty amazing.

By the way, did I tell you the name of the service advisor who was so helpful? His name was "Jesus". No kidding! I thought Jesus was a carpenter by trade, but I guess he is in the car repair business 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 ■*

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# Be Who You Want to Become

BY NANCY STOOPS



Change is something that doesn't happen overnight. Just for a moment I want you to think about who you long to be. For me I always want to be happy and peaceful. The way that I work on this is by trying to smile, laugh and appreciate every day and then I am happy. I also try to do the things that I enjoy and always have some type of adventure planned. This is a good recipe for happiness for me. As far as being peaceful, I meditate daily and try not to let things irritate me too badly. I also must always remind myself that I am only in control of myself and of

my responses. I don't have the power to control others. This seems to be an equally good recipe for inner peace. Now I must keep in mind I am human and that there will be very difficult days that maybe my recipes struggle but must pat myself on my back for tying my best.

Now it's your turn to think about who you want to be. Get out a piece of paper and write down one characteristic that you would like to obtain. My example to help you will be living a healthy life style. This doesn't mean a crash diet and working out so hard for a couple of days that you can't move. It means that you will eat a well- balanced meal, exercise consistently, drink lots of water, get plenty of rest, quit smoking, learn to drink alcohol in moderation, and manage your stress daily. This plan may differ for

each individual because it will need to be balanced around the demands of each individual's lives. My point is we eventually become what we do and how we behave!!!!

*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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# New on and off ramps in DB now open

## On Ramps from page 1

in June. When that is open it will complete the three-legged interchange that has been in the works for 14 years in the eastern section of Los Angeles County, at the corner of Los Angeles, San Bernardino and Orange counties.

ACE the lead agency, Caltrans, Los Angeles County and the cities of Diamond Bar and City of Industry have been working together on this idea of adding the new exit/entrance to this busy section of freeway since 2004.

After the contract was finally signed in 2011 the vision began to take shape. The construction on this project has led to weekend lane closures, detours and delays for the past year and a half. The increase in truck traffic from the ports in Los Angeles and Long Beach has long clogged the 60 Freeway in the San Gabriel Valley and the Inland Empire along the so called "truck route." Hundreds of 18-wheeler trucks carry goods from the ports to warehouses in City of Industry as well as Ontario, Moreno Valley, San Bernardino and Riverside every day.

The eastbound off-ramp at Brea Canyon Road in Diamond Bar will be permanently closed. Motorists will no longer be able to exit the freeway there.

The eastbound on-ramp to the freeway at Brea Canyon will remain open until construction is complete on the Lemon Avenue

on-ramp sometime in June.

Once the work is finished, the \$22.5 million project will swap the Brea Canyon Road entrance and exit with a new Lemon Avenue entrance and exit a few miles to the west.

This project, it is said, will reduce existing traffic congestion, delays and improve mobility and access to and from the 60 Freeway in Diamond Bar and Industry. According to ACE this will eliminate the weaving and confusion many drivers experience when approaching the busy 57 /60 Freeway interchange.

The hopes of the county and the nearby communities is that the truck traffic will be diverted away from the Diamond Bar, Brea Canyon Road area and the nearby streets going toward City of Industry. "For decades, drivers have got lost and end up driving the back streets of Diamond Bar looking for their destinations", said Diamond Bar Councilwoman Carol Herrera in February.

Closing the Brea Canyon Road ramps and diverting cars and trucks to Lemon Avenue is just a precursor to a full-fledged reconfiguration of the larger 57/60 freeways where they join together for a two-mile stretch in Diamond Bar, known as the SR 57/60 Freeway Confluence.

The larger, \$260-million project has been billed as a fix to the No. 1 freeway interchange in the state for truck accidents and delays as ranked by the American Transportation Research Institute. ■

# Volunteer recognition and pinning ceremony

## Ceremony from page 1

in recognition of the Volunteer of the Year. All those who were nominated for the Helen Reardon Volunteer of the Year Award were recognized and honored.

The Walnut Station Booster Club President Gil Rivera was presented with the Helen Reardon Award this year. "Gil was nominated due to his countless hours of working to keep the Booster Club financially secure and successful," said

Sgt. Saldecke. "I was surprised and honored to win the award," said Gil. "It represents the hundreds of hours that are put in by all of the board members to ensure that we have the funds needed to support the efforts of the volunteers at the station."

Gil, along with the Booster Club Board of Directors, work tirelessly to ensure funding for our Disaster Communications Service, Explorer, Reserve Deputy, and all the Volunteer Programs training and equipment needs. ■

# WHO will take care of your eyes

## WHO from page 1

doctor, patients travel from the Los Angeles and Inland Empire areas as well.

WHO considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams.

WHO believes that quality eye care involves consistent care by a professional. Carmela Larino, O.D., and her loyal staff, will give your eyes the personalized care and attention they deserve.

Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then attended U.C. Irvine before receiving her doctorate degree from the Southern California College of

Optometry. In 2003, Dr. Larino was honored at her alma mater - Nogales High School - when she was inducted onto their Wall of Fame. She is a member of the American Optometric Association, the California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

WHO offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide variety of eyewear is also available, from progressive and polarized lenses

to silicone high-oxygen contacts, and even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to the WHO offices and they will donate them to those in need of frames.

WHO is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18800 East Amar Road, #A5 (at the corner of Nogales Street and Amar Road, next to Papa John's Pizza.) Their hours Tues/Thurs: 10am-1pm/3-7pm, Wed/Fri: 10am-1pm/3-6pm, Sat: 9am-2pm. You can reach them at (626) 965-3878 or (909) 594-1153. For more information, see their ad on page 4 or visit their website at [www.walnuthillsoptometry.com](http://www.walnuthillsoptometry.com). ■

# Cinco De Mayo and Mother's Day are coming!

## Enchilada from page 1

in a family atmosphere.

From delicious platters and entrée meals to taco bars, The Whole Enchilada offers fresh, authentic Mexican recipes their resident chef brought from their homeland. They guarantee you will enjoy your dining experience - and they're NOW OPEN FOR BREAKFAST ON THE WEEKENDS!

"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada. Fresh and delicious food at a great price!

Treating Mom to a wonderful Mother's Day when she deserves to have the day off and relax, and enjoy a delicious meal of their Mexican favorites - like sizzling Fajitas, Carnitas, or Chili Colorado! And don't forget to treat Mom to some Mexican Kaluha Flan or Rio Grande Mud Pie after the meal! Breakfast would be a great time to treat her as well, open Saturdays and Sundays at 7:30 am.

Having a Mother's Day Fiesta or a Cinco de Mayo celebration at home? Why not let the party come to you by having The Whole Enchilada cater your celebration? Delectable handmade tamales - available year round - as well as street tacos and taquitos with all the fixings can be the hit of your party.

You can also celebrate Cinco de Mayo on Saturday the 6th,

just to have a reason for friends and family to celebrate!

The restaurant has been in business for over 30 years, and there is a reason it is a favorite with locals. The Whole Enchilada offers a variety of delicious Mexican dishes ranging from enchiladas and burritos to carne asada and fajitas - and don't forget their Mexican Kaluha Flan or Rio Grande Mud Pie after your meal!

The Whole Enchilada can help cater any event you have planned featuring their delicious handmade tamales, which are available year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. Other menu items, such as the taquito or street taco platters, are available for catering as well.

Whether it's a celebration of Independence, a business meeting or catered Grand Opening, a fundraiser or birthday party, or even just a wonderful excuse not to cook, The Whole Enchilada will dazzle you with their excellent customer service and delicious food. They look forward to helping you celebrate the special moments in your life.

The celebration doesn't stop with just one visit. The Whole Enchilada has gift cards available for purchase in person or online. And be sure to ask about the Combo Punch Card, Enchilada Bucks, and

Kids Club.

Whether you live near or far, come be a local at The Whole Enchilada. Your taste buds will thank you! The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). They are open Mon. - Thurs., 11 a.m. to 9 p.m.; Fri., 11 a.m. to 10 p.m.; AND NOW Sat., 7:30 a.m. to 10 p.m.; and Sun., 7:30 a.m. to 9 p.m. You can reach them at (909) 861-5340, and visit their website at [www.wholeenchilada.com](http://www.wholeenchilada.com).

From specialties and favorites of the house to healthy, lighter options, The Whole Enchilada offers fresh, authentic Mexican recipes their resident chef brought from their homeland. They guarantee you will enjoy your dining experience.

The celebration doesn't stop with just one visit. The Whole Enchilada has gift cards available for purchase in person or online. It's the perfect gift for Moms and grads! And be sure to ask about the Combo Punch Card, Enchilada Bucks, and Kids Club.

The restaurant has been in business for over 30 years, offering a variety of tasty Mexican dishes and outstanding service. The Whole Enchilada wants to become your local favorite, and they look forward to helping you celebrate the special moments in your life.

Don't deny your taste buds this Mother's Day, visit the Whole Enchilada soon! ■





# USATF pull olympic trials from Mt. SAC

Walnut from page 1

class track and field events. In the press release from USATF announcing our selection, board chair Steve Miller said, "Mt. SAC has long been one of the top meets in the country, from an athlete performance perspective as well as from an organizational perspective."

The USATF referenced litigation from the City of Walnut and United Walnut Taxpayers as the reason for its decision. The two lawsuits that were mentioned have either been settled or ruled by a judge in the college's favor, as was reported in Our Weekly News last week. Officials at Mt. SAC remain confident in their ability to deliver a completed stadium on time and a have a very successful event.

There will certainly be big losses at the college, including financial commitments, relationships with new and existing partners and thousands of hours of lost time. Most

importantly, the entire Greater Los Angeles region will lose the economic impact of at least \$37 million, which is the amount generated in 2016 by this event.

The Mt. SAC Local Organizing Committee is ready to execute the plans to host the 2020 in the event USATF reconsiders their decision. Regardless of what the future holds, Mt. SAC will be looking forward to continuing their well-established, positive relationship with USATF. Nobody knows what the future brings and if it brings the Trials back someday, they will be ready.

Mt. SAC has always prided itself on providing service to the sport by hosting world-class events. Like the Mt. SAC Relays and Cross Country Invitational that they have hosted for more than 60 years.

The college's plans to build a stadium for their students and community, and to keep hosting top notch events remain unchanged. Mt. SAC officials are confident that they can continue to be the place where the world's best athletes compete. ■

# City of Eastvale appoints new city manager

IE from page 1

professional engineer. He has more than a decade of experience serving in local agency public sector leadership positions, leading large scale land use projects such as residential developments, office campuses, industrial parks, transit oriented development, downtown revitalization, and mixed use projects. Bryan has a Masters Degree in Public Administration from Norwich University with focus on Leadership and Sustainable Financial Strategies, as well as a Bachelors of Science in Civil Engineering from University of California Davis with a minor in communications. Bryan is a certified National Complete Streets Instructor and for the past six years, he has served at Caltrans as a voting member of the California Traffic Control Devices Committee for the California Manual on Uniform Traffic Control Devices. Bryan is passionate about identifying ways to help move and connect people, businesses, and communities so that they can all thrive. "I am honored and humbled to be joining such an amazing team," said Assistant City Manager Bryan Jones. "The culture of an organization

is very important to me, and you can feel the Eastvale Way the moment you walk into City Hall. The team here truly cares about working with the City of Eastvale and each other. They all care about the people and businesses of the community and are always looking for new ways of helping Eastvale move in the direction of its full potential." "As the new Assistant City Manager, I look forward to serving the people of Eastvale and collectively, enhancing the quality of life for everyone in our great city," said Assistant City Manager Bryan Jones.

The City of Eastvale was founded on October 1, 2010 as an independent local government agency, governed by a five-member, elected City Council. The City of Eastvale serves over 64,613 residents and encompasses 13.1 square-miles in western Riverside County. The City is strategically poised between Interstate 15 and California State Routes 91, 60, and 71, making access easy for residents, visitors and businesses alike. Eastvale is a young and dynamic community filled with economic opportunity, tremendous growth, and strong values. For more information on the City of Eastvale, please visit: [www.EastvaleCA.gov](http://www.EastvaleCA.gov). ■

# Walnut students complete biomedical sciences program

Local from page 1

Programme/Project Lead the Way (IBCP-PLTW) Biomedical Sciences Program.

"I'm excited, I've been waiting for this day for three years!" said Samuel Chien, 18, before the White Coat Ceremony held Tuesday evening.

Congratulations to the following Class of 2018 honorees: Jordyn Arce, Chriselle Badua, Brian Chang, Selena Chen, Kevin Cheng, Samuel Chien, Jocelyn Do, Isaac Duran, Emily Gehringer, Audrey Kuo, Alicia Lu, Michael Lu, Arianha Montelongo, Jodee-Anne Pagusan, Janelle Pham, Gina Pinsakul, Omar Sultan, Aryaman Trikala, Aaron Tsay, and Brandon Tueng.

"These students are remarkable and exemplify why we have the best IBCP-PLTW Biomedical Sciences Program in the state," said instructional dean Barbie Cole.

Additionally, three students received special awards for displaying exemplary effort during the course of the program: Brandon Yeung – Enthusiastic

Learner, Samuel Chien – Excellence in Biomedical Science, and Chriselle Badua – Exemplary IB Learner.

PLTW teachers Chiara Morgan, Bryn Schultz, and Ellie Blanchard presented awards during the event attended by families, staff, and District officials.

The Walnut High students displayed knowledge, ability, and aptitude in the area of biomedical science.

Brandon Yueng said he discovered his career path during the program. The 17-year-old is looking at going into anesthesiology or cardiology.

"While we were studying the human body systems I did really well on the heart and circulation. So, I started getting more interested and then learned about it in our career journals," he said.

Walnut High has also been selected as a 2018 PLTW Distinguished High School. The award is designed to honor schools committed to increasing student access, engagement, and achievement in the PTLW

program.

Since launching in 2013, Walnut High has remained the only school in the state to offer both IBCP with the PLTW Biomedical Sciences program as its career-related component.

There are currently only 179 IBCP schools worldwide, 96 in the United States, and three in California.

Being a part of this program has meant a lot to this group, Chien added.

"We've been together in so many classes, not just the IBCP program, and we've developed great friendships!"

The program requires students to complete four biomedical science courses and two IB diploma courses with end-of-year exams in each. Students also complete a personal and professional skills course, numerous service-learning projects, and a written reflective project.

The white lab coat is the distinctive dress of the biomedical scientist. Receiving or wearing the coat denotes that the wearer is not only deserving of the respect for his profession, but also an ethical, learned person of science. ■

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