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## DIAMOND BAR

### Volunteer Recognition Pinning Ceremony

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 Sheriff's

see DB page 10

### Employee is Assaulted During Robbery



PHOTO COURTESY: PEXELS

By ANTHONY SAUDE

**Chino-** At approximately 12:02 p.m., a Chino police officer was flagged down while he was parked toward the rear of the business by employees. They advised the officer that there was possibly an active shooter

inside the store. Numerous officers immediately arrived on the scene; they entered the store to search for a possible suspect. Upon entering the store they soon discovered that the suspect had fled in a 4-door black Nissan Maxima with no license plates. Officers quickly determined the reports of an active shooter

see Robbery page 10

### Engineering Futures for Students

By KELLI GILE

**Diamond Bar-** Times are definitely changing. Classroom #201 at Diamond Bar High, where auto shop students once tinkered on old car engines in the 90s, has been transformed into a 21st century learning space with 3D printers, Chromebooks loaded with CAD and coding software programs, and bins of robotics parts.

About 150 students are now

designing and creating projects in DB Engineering, one of the pathways offered through the Brahma Tech Academy.

The four-year diploma program has an emphasis on the relevance of STEM – science, technology, engineering, and mathematics in today's workplace.

Teacher Johnny Hwang has been giving teens hands-on engineering

see Engineering page 11



PHOTO COURTESY: K. GILE

## LOCAL NEWS

### Water Rate Increase for CH

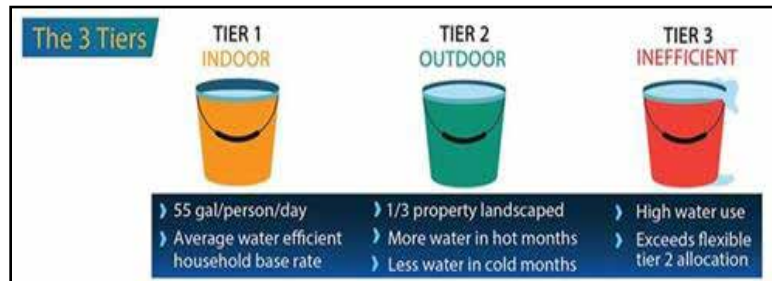


PHOTO COURTESY: CITY OF CHINO HILLS

By ANTHONY SAUDE

**Chino Hills-** The Chino Hills City Council has approved a new system to bill residents for their water use. Beginning July 1, the city will give households a "water budget" – or allocation. This allocation will be based on the number of people living at the residence and their daily

usage. Outdoor landscaped areas and weather will also help factor into the equation used in determining allocations.

Rates will increase by 8 percent on July 1. The city has the option of raising rates another 8 percent on July 1 of each year through 2022.

Approximately 61 percent of

see Local page 10

## INLAND EMPIRE

### Mother's Day Party Ends in Tragedy

By ANTHONY SAUDE

**Corona-** Corona police detectives are investigating a double shooting that happened on Mother's Day.

It happened on the 1200 block of West 10th Street in Corona, around 8:45 p.m. on Sunday.

There was a Mother's Day celebration going on in the parking lot of the apartment building between several apartment units. It was being attended by many of the residents. That's when someone drove by, and opened fire at the crowd of people.

A father's 22-year old son was killed and he was injured but survived the shooting.

"My baby," said a distraught Phuong Leng, the victim's mother, fighting back her tears. "Somebody killed my son."

There were children playing with fireworks at the party at approximately the same time as the gunfire. Naturally Leng's first thought was that some of the small fireworks the kids were playing with. Just kids' playing is what everybody in attendance first thought when they heard the noise.

When people in the crowd started shouting and running,

she knew they weren't fireworks. When she was able to make her way outside she saw her husband was suffering from a gunshot wound to the arm. Thankfully he would survive the incident but her son was pronounced dead a short time later at the hospital.

Corona police detectives say witness reports claim an argument was happening just moments before the shooting began.

The surviving victim will likely provide important information as

see IE page 10

## Our Featured Businesses

### Raahauge's will Hold a 'Shooting Sports Fair' in June

STAFF REPORTS

**Eastvale** – Raahauges Shooting Enterprises offers a variety of shooting options & fun for the whole family. From beginners to more advanced skill sets, explore some of our main services or call for more information. And they're right here in Eastvale, off River and Hellman.

Raahauges Shooting Enterprises is bringing the Shooting Sports Fair to you from June 1 to June

see Raahauge's page 10



Family fun all weekend from June 1-3. Children under 14 FREE, come and try out some of your favorite guns and rifles. Look us up on our website, <https://www.raahauges.com/>, call us at 951-735-7981 or email us at [info@raahauges.com](mailto:info@raahauges.com) for further information.

### William Radcliffe is an Attorney You Can Trust

STAFF REPORTS

**Chino-** Hiring an attorney can be very intimidating and let's face it the industry doesn't exactly have a "trustworthy" reputation. We should be careful and ask some questions when we do need an attorney. What questions should we ask before we actually hire an attorney? First, how long have they been

see Radcliffe page 10



Bankruptcy, Wills, Trusts, and Divorce services are available at reasonable prices. Contact William Radcliffe at (909) 597-3633 or [www.docoflaw.com](http://www.docoflaw.com). See his ad on page 6.

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## Police Seeking the Victims of Child Pornographer

### STAFF REPORTS

**Adelanto-** On Tuesday, April 24, 2018, investigators from the Specialized Investigations Division, Crimes Against Children Detail, began an investigation into a cyber tip that was reported by Google. The cyber tip contained images and videos of child pornography. Investigators determined the account belonged to Juan Beltran.

On May 11, 2018, at 12:27 pm, detectives, and deputies contacted Beltran inside a business, located in the 16000 block of Main St. in the city of Hesperia. Investigators determined Beltran used large, colorful hair bows to exploit minors. At the conclusion of their investigation, Beltran was arrested. Beltran was booked into the High Desert Detention Center for possession of child pornography and contacting a minor with intent to commit sex acts. Beltran's booking photo is being released as investigators believe there may be additional victims who have not come forward.

Juan Beltran of Adelanto

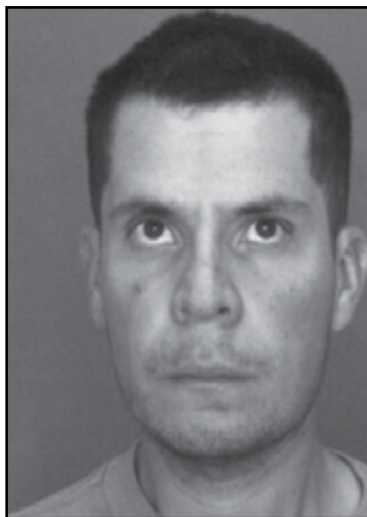


PHOTO COURTESY: LASD

arrested for possession of child pornography & contacting a minor w/intent to commit sex acts

Anyone with information regarding this incident is urged to contact Deputy Brian Arias of the Specialized Investigations Division, Crimes Against Children Detail at (909) 387-3615. Callers wishing to remain anonymous are urged to call the WE-Tip Hotline at 1-800-78-CRIME (27463), or you may leave information on the We-Tip Hotline at <http://www.wetip.com>. ■

## Chino Hills PD Awarded 'WeTIP Police Dept of the Year' for 2018

### STAFF REPORTS

**Chino Hills-** The Chino Hills Police Department was recently awarded the Police Department of the Year honor for 2018 from WeTip. WeTip is an anonymous national crime reporting resource that was started by citizens to encourage those who have information regarding a crime to share it without fearing for their safety.

The Chino Hills Police Department was chosen

for establishing a total team response that meets the needs of the community and for utilizing the WeTip program to ensure the safety of the community. The City of Chino Hills continues to rank among the safest cities in California according to 2016 FBI crime statistics.

The award was announced during the WeTip's 45th annual national conference. Over 1.3 million crime reports have come into WeTip since it was founded in Ontario, Calif. in 1972. ■

## Mt. SAC is Accepting Applications for Board Members

### STAFF REPORTS

**Walnut-** The Mt. San Antonio Community College District is soliciting applications to serve as an appointed member of the Board of Trustees representing Area 2. The appointed individual will serve until the next regularly scheduled election for governing Board members, which is November 6, 2018. Each applicant must reside in Area 2 of the Mt. San Antonio Community College District.

The Board is responsible for the performance of Mt. San Antonio College, which serves 60,000 students a year and provides vital educational and career technical programs to communities in the region.

The Board is seeking candidates who have the ability and time to fulfill the responsibilities of being a member of the Board, which include:

- Participate fully in the work of the Board, which includes attending all Board meetings and key college events, studying and discussing policy issues, and participating in trustee

education programs.

- Be knowledgeable about the communities served by the college and be willing to act on behalf and for the benefit of those communities.

- Be committed to community colleges and their missions; understand educational, social, and economic policy issues.

- Engage in balancing the needs of many diverse groups; be able to contribute to and build consensus.

- Contribute to effective Board functioning and support the authority of the Board as a whole.

The Board of Trustees typically meets the second Wednesday of the month, with the public meeting beginning at 6:30 p.m.

To apply, visit [http://www.mtsac.edu/governance/trustees/board\\_member\\_application.html](http://www.mtsac.edu/governance/trustees/board_member_application.html) or contact the President's Office at (909) 274-4250. Applications are due no later than May 29, 2018. The Board will deliberate and make its appointment during the June 13, 2018 Board meeting in public session. ■

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## Community Events

### UPCOMING EVENTS:

#### 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

#### Pacific Crest 25th Anniversary Gala

**When:** Sunday, May 20, 4:00 pm to 9:00 pm

**Where:** Diamond Bar Center, 1600 Grand Ave., Diamond Bar

**Details:** Friends and supporters of Pacific Crest are cordially invited to attend the Pacific Crest 25th Anniversary Gala on May 20, 2018.

This will be a very special evening honoring the thousands of alumni and supporters of Pacific Crest, and raising funds to support the current members of the corps!

Tickets must be purchased prior to the start of the event. Ticket sales will end May 19th at 11 AM.

**Cost:** \$50

**Contact:** [www.eventbrite.com/e/pacific-crest-25th-anniversary-gala-tickets-42105765478](http://www.eventbrite.com/e/pacific-crest-25th-anniversary-gala-tickets-42105765478)

#### LifeStream Blood Drive

**When:** Tuesday, May 29, 1:00 pm to 6:00 pm

**Where:** Chino Hills Government Center Parking Lot, 14077 Peyton Dr., Chino Hills

**Details:** Chino Hills, CA – The City of Chino Hills will host a blood drive on Tuesday, May 29th from 1:00 to 6:00 p.m. at the Government Center parking lot, located at 14077 Peyton Drive. Blood donors must show valid photo identification, be at least 15 years old, weigh at least 110 pounds, and be in general good health. Minors age 15-17 must provide a completed parental consent form, available at [www.lstream.org](http://www.lstream.org).

Donors should drink plenty of decaffeinated liquids prior to donating. Call (800) 879-4484 to reserve a time. Walk-ins are welcome. The next blood drive is scheduled Tuesday, August 14th.

**Cost:** FREE

**Contact:** [www.lifestream.org](http://www.lifestream.org)

#### City of Walnut Summer Concerts

Chino Summer Night movies on the lawn series will run every Friday from June 15 to July 20. Movies will begin at 6:30 p.m. Enjoy a family night out with free movies (rated PG or PG13) beginning at dusk, family-fun activities beginning at 6:30 p.m. There will be food and retail vendor booths, bring a blanket or lawn chair. For additional information contact Carolyn Owens Community Center at 909-334-3528 or email [communityservices@cityofchino.org](mailto:communityservices@cityofchino.org)

# Our Life

## Family Troubles

BY ANTHONY SAUDE

Marriage will always be something different than what was imagined, no matter how “ready” we are. The family is the latest addition to a long list of manmade endangered species. This has been happening for decades now, slowly sneaking up on us like a black cloud. Telling us that things just weren’t made to last forever, love and happiness are the same. You can’t have one without the other so make sure you have that escape hatch in your sight at all times.

Isn’t it interesting that less people are getting married these days because of they have been enlightened and educated in the field of happiness. Even though all of this “new” information has come to light in society today, divorce rates don’t change. The effort

from men and organizations of men it will take to save the family in this environment will have to be monumental and all encompassing.

We save trees, whales, seals and bears. We protect fish, mice, birds and speech with a vengeance, as though our life depended on it but we bail on our families because we are “unhappy”. It seems we are more concerned about our own selfish feelings than the people that we are sitting across the table from. These are the very same people that we chose, of our own free will, to be the people sitting across the table from us.

Marriage will be something different, it will be something new and it can be a great adventure, if you let it. It will be a great teacher about the important things in life if you decide to be a great student. Of course you can always take the easy way out nobody can stop you. Life is choices. ■

# Investors Seeker Higher ROI

BY NEF CORTEZ



Investors worldwide are searching for a higher return on their investment! Throughout the United

States, some cities are attracting a higher number of real estate investors due to many factors, but primarily because their Cash on Cash return exceeds the return if they invested in real estate elsewhere.

Today’s worldwide low interest rate environment provides a very low payout or return on savings accounts. Currently Banks are paying under 1.75% for a \$100,000 certificate of deposit, while allowing intermittent access to that cash.

Along with the higher return on investment, Investors also look at the security of their investment, always analyzing the probability of being able to get their money back or the risk of losing it from whatever investment they make.

Two factors that are typically used to determine whether the real estate investment is to be made or not are the price of real estate, and the return on the investment measured in rental income. A Low Purchase or Market price paired with a high rental rate is most desirable.



Another consideration for the investor is whether the investment will be for short term rental of the property, or for

long term occupancy for the tenant, with typical one year leases. Different areas of the country, and more specifically, different cities in the country, will provide better returns for the two different types of investments.

An area that has more of a tourism industry will tend to generate a higher return on the short term rental market. An area that lends itself to the more stable demographic will tend to be more desirable to the long term investor.

The top five U.S. cities that currently fit the criteria for the long term investor (per Mashvisor, a rental data aggregator) were Columbus Ohio, Denver Colorado, Baltimore Maryland, San Jose California and Anaheim California. The analysis took into account certain neighborhoods within those cities and not the entire city itself. Diamond Bar California did not make the top 20, as the median sales price of \$735,000 for a Single Family home paired to the median monthly rental income of \$2,800 equated to a rate of return of 4.57%, below the leading cities rates of return of 7-12%.

*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, or website www.nefcortez.com. Please feel free to email any questions regarding real estate. ■*



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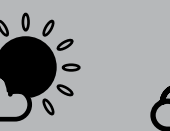



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## This Week's Weather

BY: ACCUWEATHER.COM

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**Walnut Sheriff's Station**  
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**DIAMOND BAR**

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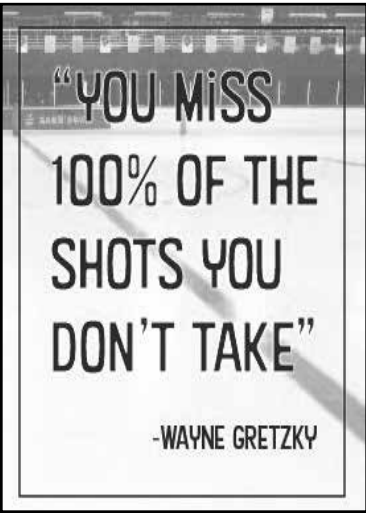
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**"YOU MISS 100% OF THE SHOTS YOU DON'T TAKE"**

-WAYNE GRETZKY



# Did You Know?

## Tips to Create a Resume That Lands You Interviews

By STATEPOINT

Have you been applying for jobs and sending your resume out at every opportunity only to be met with total silence? The jobs are out there and you know you are capable, so, what's the problem?

"Remember, your resume is an advertisement of yourself, and if it is flawed, you are seen as flawed," says Michael McAuliffe, president of Family Credit Management. "The objective is to make you look as good as you can on paper while being honest."

**Perfecting Your Resume**  
Sixty-one percent of recruiters will automatically dismiss a resume because it contains typos, according to CareerBuilder. Start by combing over every line, eliminating typos, inconsistencies, spacing issues and other errors. At some point, put your resume aside and return to it a bit later with a fresh pair of eyes or even ask a trusted friend or family member to take a look at it as well.

Be sure your resume is in the right format for your industry. Some industries favor a straightforward listing of previous positions, others favor highlighting accomplishments and skills attained. If you aren't sure about your industry's resume preferences, you can easily Google this information.

**The Hiring Process**  
Beyond typos and formatting, there may be another factor killing your prospects. More than half of job candidates are eliminated from the online job search by an applicant tracking system, which

filters out resumes that don't match the job description. This means if you don't use the right words and put them in the right order, your resume will never be seen by human eyes.

Here is a typical hiring process for a medium-sized company which gets around 100 to 200 applications per position, according to Dr. John Sullivan, an internationally known HR thought-leader in Silicon Valley:

1. The 100 to 200 will get filtered down to around 25 applications and given a 20-30 second view.
2. Of the 25, they will get a second look and filtered down to about five to 10 applications.
3. These five to 10 are assessed and maybe tested to narrow it down to three to five.
4. Those three to five candidates will get an interview.
5. Only one person will be hired.

**Cracking the Code**  
Want to crack the code that will get your resume viewed and short-listed, and land you an interview? Consider leveraging free resources designed to help. For example, Family Credit Management, the non-profit credit counseling agency, has expanded their services to include a free resume review service. By emailing your resume to [resumereview@familycredit.org](mailto:resumereview@familycredit.org), along with which position you are applying for or what type of job you're seeking, you can get free feedback and pointers on your resume from financial experts. To learn more, visit [familycredit.org](http://familycredit.org).

"Navigating the job market is never simple, however, smart strategies can help you become more effective in your hunt," says McAuliffe. ■

# History 101

## May 19, 1536: Anne Boleyn is Executed

By HISTORY.COM

On this day in 1536, Anne Boleyn, the infamous second wife of King Henry VIII, is executed on charges including adultery, incest and conspiracy against the king.

King Henry had become enamored of Anne Boleyn in the mid-1520s, when she returned from serving in the French court and became a lady-in-waiting to his first wife, Catherine of Aragon.

Dark-haired, with an olive complexion and a long, elegant neck, Anne was not said to be a great beauty, but she clearly captivated the king. As Catherine had failed to produce a male heir, Henry transferred his hopes for the future continuation of his royal line to Anne, and set about getting a divorce or annulment so he could marry her.

For six years, while his advisers worked on what became known as "the King's great matter," Henry and Anne courted first discreetly, then openly—angering Catherine and her powerful allies, including her nephew, Emperor Charles V.

In 1532, the savvy and ruthless Thomas Cromwell won control of the king's council and engineered a daring revolution—a break with the Catholic Church, and Henry's installation as supreme head of the Church of England. Many unhappy Britons blamed Anne, whose sympathies lay with England's Protestant reformers even before the Church's steadfast opposition turned her against it.

At Queen Anne's coronation in June 1533, she was nearly six months pregnant, and in September she gave birth to a girl, Elizabeth, rather than the much-longed-for male heir. She later had two stillborn children, and suffered a miscarriage in January 1536; the fetus appeared to be male.

By that time, Anne's relationship with Henry had soured, and he had his eye on her lady-in-waiting, the demure Jane Seymour.

After Anne's latest miscarriage, and the death of Catherine that same month, rumors began flying that Henry wanted to get rid of Anne so he could marry Jane. Henry had apparently convinced himself that Anne had seduced him by witchcraft, and also told Cromwell (Anne's former ally, now her rival for power in Henry's court) that he wanted to take steps towards repairing relations with Emperor Charles.

Seeing Anne's weak position, her many enemies jumped at the chance to bring about the downfall of "the Concubine," and launched an investigation that compiled evidence against her.

After Mark Smeaton, a court musician, confessed (possibly under torture) that he had committed adultery with the queen, the drama was set in motion at the May Day celebration at the king's riverside palace at Greenwich.

King Henry left suddenly in the middle of the day's jousting tournament, which featured Anne's



PHOTO COURTESY: WIKIMEDIA COMMONS

brother George Boleyn, Viscount Rochford, and Sir Henry Norris, one of the king's closest friends and a royal officer in his household. He gave no explanation for his departure to Queen Anne, whom he would never see again.

In quick succession, Norris and Rochford were both arrested on charges of adultery with the queen (incest, in Rochford's case) and plotting with her against her husband. Sir Frances Weston and Sir William Brereton were arrested in the following days on similar charges, while Queen Anne herself was taken into custody at Greenwich on May 2. She was subsequently imprisoned in the Tower of London.

The trial of Smeaton, Weston, Brereton and Norris took place in Westminster Hall on May 12. At the conclusion of the trial, the court sentenced all four men to be hanged, drawn and quartered. Three days later, Anne and her brother, Lord Rochford, went on trial in the Great Hall of the Tower of London.

The Duke of Norfolk presided over the trial as lord high steward, representing the king. The most damning evidence against Rochford was the testimony of his own jealous wife, who claimed "undue familiarity" between him and his sister.

As for Anne, most historians agree she was almost certainly not guilty of the charges against her. She never admitted to any wrongdoing, the evidence against her was weak and it seems highly unlikely she would have endangered her position by adultery or conspiring to harm the king, whose favor she depended upon so greatly.

Still, Anne and Rochford were found guilty as charged, and Norfolk pronounced the sentence: Both were to be burnt or executed according to the king's wishes.

On May 17, the five condemned men were executed on Tower Hill, but Henry showed mercy to his queen, calling in the "hangman of Calais" so that she could be beheaded with the sword rather than the axe.

On the morning of May 19, a small crowd gathered on Tower Green as Anne Boleyn—clad in a dark grey gown and ermine mantle, her hair covered by a headdress over a white linen coif—approached her final fate.

With a swift blow from the executioner's sword, Anne Boleyn was dead. Less than 24 hours later, Henry was formally betrothed to Jane Seymour; they married some 10 days after the execution.

While Queen Jane did give birth to the long-awaited son, who would succeed Henry as King Edward VI at the tender age of nine, it would be his daughter with Anne Boleyn who would go on to rule England for more than 40 years as the most celebrated Tudor monarch: Queen Elizabeth I. ■

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**Claremont Farmers & Artisans Market**  
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Recipe:

Parmesan Chicken Dippers

with Rosemary Fries, Green Beans, and Honey Mustard Sauce

By HELLO FRESH

Cooking Time: 45 mins  
Servings: 4  
Nutrition: 640 Calories  
Ingredients:

- Yukon Gold Potatoes- 24 oz
- Panko Bread Crumbs- 1 cup
- Parmesan Cheese- 1/2 cup
- Dried Rosemary- 1 tsp
- Chicken Breasts- 24 oz
- Eggs- 2
- Green Beans- 12 oz
- Honey- 3 oz
- Dijon Mustard- 1/4 cup

**1 PREHEAT AND PREP.** Wash and dry all produce. Preheat oven to 450 degrees, distributing racks evenly. Cut potatoes into ½-inch-thick wedges (like steak fries).

**2 MAKE CRUST.** Spread panko on a baking sheet. Toast in oven until golden brown, 2-3 minutes. Transfer to a large bowl or shallow dish, then stir in Parmesan and a drizzle of olive oil. Season with salt and pepper.

**3 BAKE POTATOES.** Toss together potatoes, a large drizzle of olive oil, rosemary, and a large pinch of salt and pepper on baking sheet used for panko. Bake in oven until nicely browned and crisp, 25-30 minutes, flipping half-way through.



PHOTO COURTESY HELLO FRESH

**4 COAT CHICKEN.** Cut chicken into 1-inch-wide strips. Season all over with salt and pepper. Crack eggs into a medium bowl and lightly beat. Working one piece at a time, dip chicken into eggs, letting excess drip off, then coat in crust mixture, pressing to adhere. Place on a lightly oiled baking sheet.

**5 BAKE GREEN BEANS AND CHICKEN.** Toss green beans on a third baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Bake green beans and chicken in oven until chicken is no longer pink in center and green beans are tender and slightly crisp at the edges, 12-15 minutes. TIP: Alternatively, you can cook the green beans with a drizzle of olive oil in a large pan over medium heat until tender, 4-5 minutes, then season with salt and pepper.

**6 MIX SAUCE AND SERVE.** Stir together honey and ¼ cup mustard (we sent more) in a small bowl. Divide chicken, potatoes, and green beans between plates. Serve with honey mustard sauce on the side for dipping. ■

Women's Blood Vessels Stay Healthy with Tumeric



PHOTO COURTESY PIXABAY

By STARKIE SOWERS

Strength and flexibility are associated with youthfulness and good health. In the blood vessels, loss of flexibility and strength may be a sign of atherosclerosis, which increases heart attack and stroke risk. Regular exercise helps preserve elasticity and prevent hardening of blood vessels as we age, and a preliminary study published in Nutrition Research suggests that taking curcumin, a popular anti-inflammatory supplement derived from turmeric, may have similar benefits in postmenopausal women.

Curcumin [turmeric extract] may be as good as exercise for blood vessels. Comparing exercise to curcumin

The study included 32 healthy but sedentary postmenopausal women, divided into three groups: a group assigned to take 150 mg of curcumin per day; a group assigned to engage in exercise training three or more days per week; and, a control group that did not exercise or take curcumin.

Tests to measure blood vessel function were done at the beginning of the study and after eight weeks. These tests showed the following:

Systolic (the higher number) blood pressure dropped in women in the curcumin and exercise groups but not the control group.

Tests measuring blood vessel elasticity improved in exercisers and curcumin users but there was no change in women in the control group.

Changes in blood pressure and vessel elasticity were similar in women who exercised and women who took curcumin.

HDL (“good”) cholesterol levels”) and fitness testing improved only in the exercisers.

Curcumin may be as good as exercise for blood vessels

Starting an exercise program and taking the curcumin supplement were both associated with similar benefits on blood vessel function in the women in this study. “These findings suggest that curcumin could be [used] as a

therapeutic strategy for the treatment of cardiovascular disease similar to exercise training in postmenopausal women,” the study’s authors said; however, the findings also unsurprisingly suggest that exercise may have advantages related to improved fitness that could contribute to a wider range of overall health benefits.

An anti-inflammatory lifestyle

Curcumin—a plant chemical known as a flavonoid—has strong antioxidant and anti-inflammatory properties, which are likely to be responsible for its positive effects on cardiovascular health. Exercise strengthens the muscles of the heart and artery walls and promotes circulation, which can lead to reduced inflammation. Combining curcumin with regular exercise might bring about a greater benefit than either alone, but researchers have yet to examine this.

Here are some other ways to reduce oxidative damage and inflammation and improve your heart health:

Include colorful vegetables. A diet high in red, yellow, and green veggies like tomatoes, squash, and kale is rich in antioxidants and protects against heart disease as well as other chronic diseases.

Use olive oil. Olive oil is an important part of the heart-healthy Mediterranean diet. Like curcumin, olive oil has anti-inflammatory and antioxidant properties and has been shown to increase vascular elasticity.

Eat fish. The polyunsaturated fats from fish are strongly anti-inflammatory. Eating fish and taking fish oil have both been found to protect the cardiovascular system. Eating meat, on the other hand, increases inflammation in the body.

Take a well-rounded vitamin E. In nature, vitamin E is a complex mixture of tocopherols and tocotrienols, and tocotrienols in particular have been found to slow the build-up of plaque associated with atherosclerosis. Nuts, seeds, wheat germ, rice bran, and plant oils, especially coconut and palm oils, are good sources of vitamin E. ■

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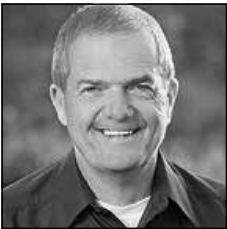
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# Three Cheers for the Postman

BY MARK HOPPER



I suspect that the employees at the post office are the recipients of a lot of criticism. I know I have voiced my frustration about the long lines and slow service at the post office in the past. Maybe you have too. I am sure that they hear many comments and words of criticism that are unkind and undeserved. Customers are always in a hurry and it seems like the lines moves slowly at the post office. I'm sure that the postal employees have a thankless task as they try to serve the needs of impatient customers. However, I want to go on record and express my appreciation for the people at the post office in Diamond Bar. I was pleasantly surprised by the shorter lines and positive service. They deserve some recognition for their

hard work. We tend to ship things overseas several times a year. Birthdays and holidays required sending small packages with special gifts for wonderful grandchildren and family members. My wife does most of the shopping. She asks our daughters who live overseas what the grandkids need or want for their birthdays or Christmas. They provide some helpful ideas and she sets out to find the right gift for each grandchild. Sometimes, we order gifts online and have them shipped directly to their homes. Amazon, FedEx and UPS all offer delivery overseas. Many of the items are already in Europe, we just have to track them down and order the desired items. But, some gifts need to be purchased locally and shipped overseas. We have found that shipping them through the local post office is most cost effective. Don't misunderstand, the price to ship even a small box to Europe is pretty high. But, our post office has a pretty good record getting our packages to their overseas destination on time. We have a very diverse community in Diamond Bar. People who live here are from all over the world. And, these wonderful people send letters and packages to their friends and families all over the world. I have seen postal employees patiently assist people from many different countries. They have helped me on a number of occasions to get our packages to our families in other parts of the world. I hope you will exercise more patience the next time you go to the Post Office. And, I hope you will express your appreciation to the postal workers, too. They will be glad you did and you will too. Three cheers for the people who work at the Post Office. *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 ■*

# Fight Depression with Being Grateful Everyday

BY NANCY STOOPS



Gratitude isn't something that should only be felt once a year on Thanksgiving. I feel we should acknowledge everyday all that we are grateful for. Being grateful seems to take us out of our pity parties and focus more on what we have rather than what we don't. We take so many things for granted and until we lose them we don't fully appreciate them. Every morning when Midnight and I do our daily hikes I think about how lucky we both are to have healthy bodies that still allow us to walk so many miles per week. As we walk I think about how lucky we are to have each other and about all of the good times we have shared. I also think

about all of the people we have helped heal together. I feel so blessed! Having shelter, food, water, heat, air conditioning, a vehicle and all of the other basics are something we should feel grateful for daily. I know life can be hard and throws many obstacles our way. Yes I've lost almost all of my family but I'm still her. I'm still here to help this world heal one person at a time. I feel very blessed and honored to still be here and to be able to do the work that I do. I learned a long time ago nobody comes to my pity parties so I stopped having them. Now I use gratitude when I feel sad or miss my loved ones and it gets me right back on track. So don't waste your life feel sad everyday instead look at all that you are blessed with. Make each moment you have the honor of being alive count. Make today the start of a brand new mindset. Make yourself a promise to find the simple joys in your everyday life. I promise if you do that you will combat your depression. Oh and remember to always smile daily and learn to laugh often!!! *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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# Volunteer recognition pinning ceremony

DB from page 1

Department is forever grateful to the dedicated volunteers that make so many things possible that otherwise just wouldn't happen.

The volunteers that were recognized on this night and presented with the awards are as follows;

Walnut Volunteer of the Year – Floyd Simmons

Diamond Bar Volunteer of the Year – Loretta

Rowland Heights Volunteer

of the Year – Richard Kobly

Station Volunteer of the Year – Lynda Woodstra

Reserve of the Year – John Nguyen

Explorer of the Year – Alexis DeLuna

Disaster Communications Service Volunteer of the Year – Omar Acos

Due to the tireless efforts of these volunteers and the many other that help out the Sheriff's Department is able to be offer many community improvement and safety programs to the public.■

# Employee assaulted during robbery

Robbery from page 1

were greatly exaggerated. The robbery had occurred involving a suspect that was described as an African-American male in his late 20s or early 30s. It was reported the suspect was wearing a black hooded sweatshirt, black pants, black hat, and he had a bandana covering his face.

The suspect sprayed an employee with pepper spray when he entered the business he then used a hammer to break a glass cabinet that secured

the electronic merchandise. Customers and employees that were present mistook the sound of the hammer smashing glass as gunfire. The suspect took as much of the electronic devices he could carry before fleeing the scene.

The employee, who was sprayed with the pepper spray, was treated at a local hospital. There weren't any other injuries to employees or customers reported after the incident.

The investigation is ongoing. Anyone with information is asked to contact the Chino Police Department at 909.628.1234. ■

# Water rate increase for CH

Local from page 1

customers will see up to a \$5 increase per month, according to, a city consultant. About 25 percent of customers will experience a \$5 to \$10 increase.

Most people in the water industry believe that we will experience another drought, so we need to be stewards with this scarce resource historically available in California. The hope of course is to promote more efficient water use by residents. The City believes they have developed a rate structure that does that and is fair.

The council voted 3-2 Tuesday, May 8, to approve the

new rate structure, known as budget-based rates, and rate increases.

Councilmen Brian Johsz and Ray Marquez voted against the proposal while Mayor Peter Rogers, Vice Mayor Cynthia Moran and Councilman Art Bennett voted in favor of it.

Before the vote, the city had received 5,671 qualifying protest votes, fewer than the 11,095 required by state law to defeat the proposal.

About a dozen residents addressed the council on the proposal, some citing concern over the new rate structure and the impact increases may have on senior citizens and lower income residents. ■

# Mother's day party ends in tragedy

IE from page 1

they search for a suspect.

There are surveillance cameras throughout the property, but there's been no description of the suspect given, and no description of a getaway vehicle either.

It was reported that the family thinks that it may have been a case of mistaken identity. The suspect may have been trying to shoot somebody else.


Detectives are investigating the shooting, and request anyone with information regarding the incident to call the Corona Police Department at (951) 736-2330.■


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# William Radcliffe is an attorney you can trust

Radcliffe from page 1

practicing law? Second, who are they, what evidence do we have of their honesty and integrity? Third, do we believe they actually care about us, our case and not just the money? Also we have to ask can we afford the legal fees and will this firm give me the most bang for my buck?

In a society where money is king and less costs more with every passing day finding an attorney that we can trust and afford can be like finding a needle in a haystack.

William Radcliffe is the attorney that not only answers these questions positively but exceeds expectations in his areas of expertise.

William became one of the youngest attorneys in California at the age of 23. He began his career 32 years ago working with his father John Radcliffe, a well known and respected personal injury attorney in Covina.

In 1986 William married his wife Bonnie who was a legal secretary at a law firm in Ontario at the time. "Bonnie's Paralegal" processed uncontested divorces and became very successful while William continues to work with his father. After some time William decided to start his own law practice and with Bonnie's

business serving as a client base it was a no brainer for them. William Radcliffe Law Offices became one of the first law firms that offered traditional attorney representation as well as assisting people in representing themselves in cases that didn't really need attorney assistance.

In the 1990's the business expanded their services to bankruptcies and a few years later added Wills and Trusts to their growing list of services. "Experience in the area of your need is important" says William. "I think someone who will try to keep the Client's legal expenses to a minimum is important and that is what got us to where we are today" William added. William said, "we know that not everybody can afford a large legal retainer and no one wants to spend more money than is necessary so if all they need is a paralegal we are there for them".

Whether you need traditional attorney representation or simply some legal assistance The Law office of William Radcliffe will assess your case and do "whatever it takes" to give you the most cost effective legal assistance plan available today.

"Every Client will receive hands on personal service from an attorney every step of the way through their case" says

William. William Radcliffe law offices are always keeping their eyes open to what the latest needs might be for future clients. They are constantly looking at what other offices are doing and what the current trends are for the legal needs of the people. "We now see that mediation is a common trend in the industry today and that ties into our philosophy of helping our clients avoid runaway attorney fees".

William Radcliffe is bringing these philosophies to Orange County to help even more people by showing them that there is somebody out there trying to help them with this need in an industry that just put simply doesn't have that type of reputation.

The main office is in Chino/ Chino Hills but they also see clients in their home office in San Clemente where he and Bonnie reside. They are involved in the Children's Ministry at Saddleback Church in San Clemente and provide legal service to the public at the church's PEACE center.

Bankruptcy, Wills, Trusts and Divorces contested and uncontested services available at reasonable prices. You can contact William Radcliffe at (909) 597-3633 or docoflaw@aol.com. Visit their website at www.docoflaw.com for further information. ■

# Raahauge's will hold a shooting sports fair in June

Raahauges from page 1

3. This special event, the only hands on gun show in the west will be going on all weekend long. The fun begins on Friday June 1, from Noon to 6 p.m. and continues on Saturday June 2, from 10 a.m. to 6 p.m. and Sunday June 3, from 10 a.m. to 5p.m.

Come out and shoot the latest Rifles, hunting guns, home defense guns and handguns made by major manufacturers that include, Beretta, Citadel, Christensen Arms and many more. (See ad)

The private bays are built up with dirt and wood. You or your group will be assigned a bay for your 2 hours by a range master.

There is a separate 100 Yard Rifle Range that has eight seats available. All the targets are 100 yards away at these stations and they are for rifle practice only.

Mike Raahauge Shooting Enterprises hosts a Sporting Clays Fun Shoot on the second Sunday of each month. It is open to the public and it is also a chance for the National Sporting Clays Association (NSCA) members to register their targets. The office opens at 7:30 am on fun shoot days and shooting starts at 8 am.

Admission for this special event is \$15 a day for adults. Children 14 and under will be admitted free for the entire weekend. Children under the age of 18 must be accompanied by an adult when shooting.

Parking is \$5 and is good for 1 chance to win a Howa American Flag Chassis .308 with a Nikko Stirling Diamond Long Range 30MM 4-16X50 Scope a \$1499.00 value.

There will be a hunting & retriever dog show, Moss Brother outdoor vehicles, wildlife Artisans, outdoor fishing, sports exhibits also will be included in this weekend extravaganza.

\*ONLY CALIFORNIA LEGAL GUNS ARE ALLOWED

Raahauges Shooting Enterprises is located at: 14995 River Rd. Corona, CA 92880

Look us up on our website, <https://www.raahauges.com/>, call us at 951-735-7981 or email us at [info@raahauges](mailto:info@raahauges) for further information. ■

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Host- Anthony Scude



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# Engineering futures for students

## Engineering from page 1

experience using Project Lead the Way (PLTW) curriculum for the past five years.

The successful four-course program has earned Diamond Bar High the 2017-18 PLTW Distinguished High School Award.

Only 133 high schools across the United States received the prestigious honor announced last month.

"This class gives the kids a sample of different types of engineering - electrical, mechanical, computer, robotics, and civil," he said.

In his second-year Principals of Engineering course, students were putting finishing touches on their latest project - a materials sorting machine on May 2.

Groups spent the past three weeks building the metallic machines

that could automatically sort glass, wooden, and metal spheres.

Each design was required to sort 15 marble-sized balls, use at least one sensor, include an emergency stop switch, sort the balls into paper cups, and have one 3D printed part.

The only human-assisted action was loading the marbles into the hopper in the creative inventions that slightly resemble a Mousetrap game.

"We wrote the code for the circuit sensor to tell the difference between the balls by colors and then separate them onto the different rails," explained sophomore Timothy Noritake.

"After we pour them in, the gear spins one ball at a time in the sorter," said senior Radek Grammes.

"We set it up so the color sensor can detect between 1-2,400 color value for the wood spheres," he

added.

The design was programmed to wait two seconds until the gate opens, and depending on the value the arm would swing and the gate release and drop a ball into the cup.

"Our group got 13 out of 15 balls correct," reported junior Melvin Houston, who shared that 100% of the balls went into the right cups just one day earlier.

The engineering students are getting real life lessons and skills while in high school.

"This class is about design, problem solving, and working together," Noritake added.

"I feel like I'm getting a head start for college," said teammate Eric Susetyo, 16, who plans to pursue a career in engineering.

And that is Hwang's goal for his

students.

"They're going to be so prepared for college and the learning curve won't be so steep," he said.

"All the programs they're using are things used in this industry."

Additionally, students are honing professional skills that are applicable to any field - critical thinking, working in groups, making presentations, Hwang added.

The fledgling engineers must come up with their own designs on each assignment.

"All you're really provided with are the materials and the problem," said sophomore Calvin Ung who is also a member of the school's robotics team.

"We brainstorm and gather ideas, then put them into graded categories to decide which one will perform the best," said junior Bryan Chung.

One group created an extension piece on the 3D printer to correct a slipping gear on their project.

"You feel successful in this class when you solve a problem!" said sophomore Jonathan Tan while recording the CAD design information in his reflective journal.

"I really like 3D modeling - it's fun!"

"Honestly, I had no coding experience before this class," said Grammes who has now decided to major in engineering next year in college.

"I had never typed a code before. Mr. Hwang did such a good job explaining the details on how to do it and the step-by-step process on how to remember it."

"We're very lucky here - I wish more people could experience this engineering program!" ■

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