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Volume 20 • Issue 49 • June 16, 2018- June 22, 2018 • ANAPR.COM

WALNUT

Knock Knock Burglary Suspect Arrested

BY ANTHONY SAUDE

Walnut—On June 11, Walnut Diamond Bar Station Sheriff's station received a call about a burglary in the 19800 block of Hidden Trail Place. When the deputies arrived at the scene they quickly alerted other units with a description of the vehicle and the suspects. A nearby Aero unit (helicopter) was dispatched and was able to locate the vehicle, a brown Porsche SUV with paper plates. The vehicle was traveling westbound on the 60 freeway at speeds estimated to be as high as 90 mph. Aero informed the California Highway Patrol and East Los Angeles

see Walnut page 10

Bible Thrives at Public Schools



ANTHONY SAUDE

PHOTO COURTESY: PEXELS.COM

Chino- Glory, Grace, and Hope all come in the form of white buses to the Chino Valley Unified School District they are driven by volunteers on a mission to share the Christian faith with children.

The buses can be found weekly parked near all 22 elementary schools. Children

hop on board during school hours once a week to receive an hour of Bible teachings and character building.

The program has never been associated with the district.

Every first-year student is given the Honey Word children's Bible upon graduation.

The program celebrated its twentieth year in existence

see Bible page 10

Household Hazardous, E-Waste Recycle Day

BY ANTHONY SAUDE

Diamond Bar - The City of Diamond Bar wants all Los Angeles County residents to know that a free Household Hazardous(H-HW) and E- waste Recycling Roundup event will be provided by the Sanitation Districts of Los Angeles County on Saturday June 23. Residents will have the opportunity to properly dispose of HHW and electronic waste.

This free event will be held at

Pomona Fairplex L.A. County Fair Hotel & Exposition Complex at 2118 N. White Avenue, Gate 9, Pomona from 9 a.m. to 3 p.m. Example items will be accepted for disposal at this one day event include; TV's, Microwaves, Air Conditioners, Computers, motor oil, oil filters, pesticides, expired pharmaceuticals, anti-freeze, batteries and fluorescent light bulbs.

see Clean page 10



PHOTO COURTESY: VALUTECH.CA

LOCAL NEWS

Brush Fire Closes the 71 Freeway



BY ANTHONY SAUDE

Chino Hills - A brush fire that started by a car fire was burning in thick brush in the hills south of Chino on Tuesday, June 12 but had not forced any evacuations, officials said.

The flames grew until they had devoured 120 acres after breaking out near Highway 71, south of Euclid Avenue, around 2:20 p.m. on Tuesday June 11. The rush hour commuters

on the way home for the evening were met with a traffic nightmare. The blaze is being dubbed the Euclid Fire.

The blaze was only about 15 percent contained by 10:30 p.m... The efforts by the fire department played no small part in the fact that it had not yet presented a threat to any structures.

Smoke from the fire was

see Local page 10

INLAND EMPIRE

Eastvale PD Routine Patrol Uncovers Drug Dealer

BY ANTHONY SAUDE

Eastvale- Eastvale Police Department has deputy's patrolling businesses later in the evening as part of their commercial burglary suppression nightly patrols. This is the type of proactive action taken that the City of Eastvale should take pride in.

On June 8, at approximately 10:00 PM, a deputy of the Eastvale Police Department noticed a suspicious vehicle with an occupant parked at the Eastvale Gateway Shopping Center in the 6000



PHOTO COURTESY: UNSPLASH.COM

Block of Hamner Avenue in Eastvale.

The deputy approached the vehicle and made contact with the driver, he was able to identify him as Willie

Abarca, a 43-year-old Eastvale resident. After further investigation by the deputy it was discovered that Abarca

see IE page 10

Our Featured Businesses

Voortman's Egg Ranch : Farm Fresh Eggs For Over 60 Years

Staff Reports

Ontario – Voortman's Egg Ranch has been in the business of providing farm fresh eggs to friends and visitors to the local area for over 60 years. Originally from Bellflower, the Voortman family – who has always been in the egg ranching business – moved their operation to Ontario in 1951.

Voortman's has a small-town farm ambience, with the latest in technology. Their

see Voortman's page 10



Voortman's is located just minutes from Chino at 13960 Grove Avenue in Ontario (north of Edison). You can reach Voortman's at (909) 465-1319; and Like them on Facebook at <https://www.facebook.com/pages/Voortmans-Egg-Ranch>. Stop by any time Monday through Saturday, 8 a.m. to 5 p.m.

Celebrate Dads and Grads at the Whole Enchilada

STAFF REPORTS

Diamond Bar –Father's Day is here and food is never a bad idea when it comes to making dad happy. With the craziness going on this time of year with graduation season upon us, it is easy for Dad to get lost in the shuffle. We don't want it to happen it just does, don't do it to the special

see Enchilada page 11



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. (at Grand Ave.) in Diamond Bar. You can reach them at (909) 861-5940 and visit their website at www.wholeenchilada.com. For coupons see their ad on page 6.

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Special Task Force Targets Street Dealers

BY ANTHONY SAUDE

Pomona — The San Gabriel Valley has a special answer for drug dealers these days and they call it, Crime Impact Task Force (CITF). There was a joint force intense investigation operation targeting street level narcotics dealers conducted for several weeks. The CITF utilized specialized units from the Pomona Police Department, and also from the El Monte Police Department during the course of the entire operation. Narcotics dealers were specifically targeted due to the numerous reports of harassment by citizens and business owners along East Holt. The operation resulted in six cases being submitted to the DA's office for prosecution. Arrest warrants were issued and those suspects were taken into custody. One of the suspects recently took a plea deal for a six year prison sentence.

The Pomona Police

Department has been making a concerted effort on the area known as the "Holt Corridor," the mission is to address quality of life issues such as prostitution, human trafficking and narcotics that are prevalent in the area..

The CTIF (Formerly the SGV East AB 109 Task Force) is made up of some of the best and brightest investigators of the Pomona, El Monte, Claremont, San Gabriel, Cal State University (Pomona) Police and the Los Angeles County Probation Department. The team makes it's headquarters at the Pomona Police Department and their top priority is to combat high priority crimes that occur in any of the cities that are represented on the task force. Anyone with information regarding this incident is encouraged to contact the Pomona Police Department at 909-620-2085. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), use your smartphone by downloading the "P3 Tips" Mobile APP on Google play or the Apple App Store or by using the website <http://lacrimestoppers.org>. ■



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Our Life

Changing for the Right Reasons

BY SARAH SANCHEZ

A common issue that comes up in relationships is changing your habits or personality for your significant other. This situation came up for me when my husband and I were dating.

Back when my husband was my boyfriend, I claimed to be a woman of God and I constantly nagged my husband for not going to church with me.

But one day, my husband said something that changed my life forever. He said that I had no right to tell him what to do because I was being a hypocrite, pretending to be a Christian on Sundays when I was really partying on the weekends. He also called me out on my relationship immaturity because I would consistently flirt or talk with people I previously dated.

It was at that moment that I decided to change my life for one sole reason: to prove him wrong! I was very stubborn and prideful back then and I was not going to take this guy calling me a hypocrite. So I changed my life for him.

I stopped flirting with other guys, going out to party, nagging him about church, and I pretty much fought every instinct I originally had. Life was great for a while, but then I eventually became very angry at him because I was sacrificing so much of my life for him, and I wasn't receiving any praise for my sacrifices.

Later, I realized I handled this

whole situation all wrong. First, my husband never told me to change for him, he was simply calling me out for not practicing what I was preaching. I was preaching to him that I was a Christian woman and that I was faithful to our relationship. However, my actions were not saying the same thing.

Deep down I knew that I didn't want to be that hypocritical girl that I was. I wanted to actually live a Christian life and I wanted to be faithful in an adult relationship. I wanted to practice what I was preaching. My husband was just the first person to actually call me out and hold me accountable for my actions. So I decided that the only way I could change my life for who I wanted to be and for who God intended me to be... was that I had to want to change for myself.

It was a lot easier when I changed my mindset to that idea. Think of it as being told you have to eat healthy versus actually wanting to eat healthy. It's easier to do it when you want to.

After I changed my mindset, I made a list of the traits and qualities I wanted to have. Then, I made decisions in my life based on that list and those goals. For example, if I wanted to live a life of honesty, I would think twice when I had an opportunity to lie. It took me a while to consistently think this way but I am a living example that it is possible to completely change your habits.

I found that this new way of living was ultimately better for my relationship, for my spiritual life, and for my well-being; all because I wanted to change. ■

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Community Events

UPCOMING EVENTS:

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

City of DB "Concerts in the Park" & "Movies Under the Stars" Combo Series

When: Wednesday, June 13, 6:30 pm

Where: Sycamore Canyon Park, 22930 E. Golden Springs Dr., Diamond Bar

Details: If you enjoy concerts and movies alfresco, Wednesday will be your new favorite day of the week this summer. Every Wednesday from June 13 through August 1 (except July 4), Sycamore Canyon

Park will be the site of the City's "Concerts in the Park" and "Movies under the Stars" combo series. Concerts begin at 6:30 p.m., last approximately an hour and a half, and are followed by a family-friendly movie that plays on a 20-foot screen. In addition to live music, every event features free activities for children, concession goods and dinner meals for purchase, and information and giveaway booths available from 6:30 p.m. until 8 p.m. Concert: Upstream (Caribbean & Reggae), Movie: Gnomeo & Juliet, Food Truck: Dogtown Dogs (Gourmet Hot Dogs). A few reminders: Outdoor food

and non-alcoholic beverages are permitted. Blankets or low-back lawn chairs blanket are encouraged for grass-seating. Limited parking is available on the street adjacent to the park, however free parking and continuous shuttle service to and from the event is available at the Diamond Bar Golf Course starting at 5:30 p.m. and until the end of the event. For safety reasons, personal barbecue grills are not allowed, and pets (excluding registered assistance animals) are strongly discouraged.

Cost: FREE

Contact: (909) 839-7070

LASD Now Has an App to Connect with Community



PHOTO COURTESY (c) PEXELS.COM

By ANTHONY SAUDE

Diamond Bar - The Los Angeles County Sheriff's Department is proud to announce its new and innovative mobile application. The Department is the largest law enforcement agency in the nation to use a mobile application to connect to the community with information and resources.

The app is available in the Apple and Android app stores, is free to the public and provides access to the latest news, photos, videos, events, alerts, and crime information wherever you are. The application also allows two-way communications using social media platforms such as Facebook, Twitter, Instagram, and YouTube. It also includes a special feature for submitting anonymous tips to the Department; you will even be able to file a crime report from the convenience of your Smartphone.

The Sheriff's department knows it needs to stay current with technology if they want to live up to their motto of providing a tradition of service. This new technology will help provide information that could help the community find answers and work with in tandem with LASD to fight crime. The mobile app empowers everyone who lives, works, or visits the County of Los Angeles to have access to the Sheriff's Department on their right on their smartphones.

Some of the Features Included in the Application Include:

- **NOW HIRING:** Check out one of the many career opportunities with the LASD and start the process of joining our team, right from your Smartphone.
- **ALERTS:** You can sign up for alerts that will be delivered directly to your cell phone.
- **SUBMIT A TIP:** Be the eyes and ears of the LASD by submitting

- anonymous tips to help fight crime or report suspicious activity in your neighborhoods.
- **CONTACT US:** Send a non-emergency question directly to LASD 24/7.
- **INMATE INFORMATION:** Locate information on someone in custody or schedule a visit.
- **EVENT CALENDAR:** Find out what events are occurring across the county with LASD and schedule them right to your calendar.
- **CRIME MAPS:** View maps of criminal activity in your neighborhoods or across the county.
- **PRESS RELEASES:** You can view all official press releases sent out by LASD through the Newsroom.
- **DIRECTORY:** Our directory provides you with a list of contact numbers within our Department and allows you to quickly connect through your phone.
- **SOCIAL MEDIA:** You will have access to all LASD's social media platforms through our app.
- **FILE A REPORT:** You will be able to make certain types of crime reports directly from your mobile device.
- **LINKS:** Click on "Links" to find information about other County departments and area agencies.

More helpful features will be added in the near future, please select automatic updating when you download the application. You will find the app in the Apple and Android app stores by searching "Los Angeles County Sheriff" or "LASD". Or visit www.LASDapp.com

If you have any questions regarding the use of this new application, please visit http://www.lasd.org/contact_info.html The application is powered by, and developed in collaboration with, ApexMobile, Inc. www.ApexMobile.net ■

Worth \$1 Billion More!

By NEF CORTEZ



The housing market continues to steam ahead at a strong pace with upward trends in appreciation of values. The California Association of Realtors (C.A.R.) updated their projections for sales in 2018 statewide and their revision included an increased number of home sales as well as an accelerated price appreciation. Much of the anticipated price appreciation is due to the continuing shortage of inventory.

The City of Diamond Bar has within its city boundaries a little more than 15,000 Single Family Residences (SFRs). Owners of these homes have cumulatively gained over one Billion dollars in equity in the last twelve months due to price appreciation. C.A.R. reported that in February 2017, the median sales price of SFRs sold in Diamond Bar was \$687,944.00. That number had increased to \$764,000.00 in February 2018. That represented a median increase of value of approximately \$76,000.00 per unit. The lower sampling of transactions on a monthly basis gives us a picture

that fluctuates more than the quarter by quarter comparisons, which are more stable. Both numbers, however, have shown an increase year over year.

The growth in equity is a reason why you hear many more commercials or advertising about home equity loans and how you can use your home equity to pay off credit cards and other high interest rate loans. In many cases, it does make sense to borrow on the equity of the home, where one can obtain interest rates of 4.5%. That is much lower than many credit card accounts that are running anywhere from 9.9% to 28%. The danger of borrowing against the equity of the home and paying down credit cards is the ease in which the credit card balance can quickly be accumulated again.

The benefit of having the option to do so is largely due to the gain in property values, as noted above, of more than \$1 billion in one year alone! Nice to have!

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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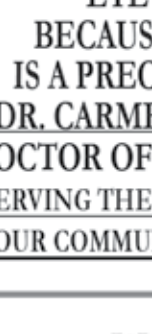
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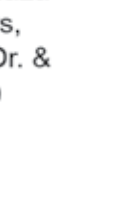
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1. *MLB pitcher who retired with 321 saves
5. Bean house
8. Babies down under
12. Sings in "La Planète des singes"
13. Foolhardy challenge
14. 24-_____ gold
15. Horizontal wall beam
16. Land o' blarney
17. Analyze
18. *Stanley Cup sport
20. Fanatic's quality
21. Street art
22. Have a bawl
23. Wear out
26. Maliciously satisfied one
30. Poor man's caviar
31. Send, as in troops
34. Prefix meaning "left"
35. Resoundingly successful
37. Be unwell
38. Give a green light
39. "I'm _____ you!"
40. Rudolph or Hermey, e.g.
42. 1950s' "I Like _____"
43. Mended by a cobbler
45. *a.k.a. association football
47. Hauling truck
48. Sanrio's "_____ Kitty"
50. Great Depression drifter
52. Most pleasing to the eye
56. Sainly glows
57. Owl's cry
58. Stringed instrument
59. Like old cracker
60. Prefers
61. *The Browns and Indians play near this lake
62. Hurt a muscle
63. Don't waste
64. College dwelling
1. Epiphany guests
2. *Type of matchup
3. Dry as dust
4. Cause of wheezing
5. "Snorkel" wear
6. Type of window
7. Say it isn't so
8. *Known for its diamonds
9. Celestial bear
10. Figure of worship
11. Chester White's home
13. King's order
14. If you can hum, you can play it!
19. Beat the Joneses
22. Stallone's nickname
23. Spring holiday honoree
24. *Yankees manager
25. Not rights
26. *Know for its tour
27. Opposite of ecstacy
28. Call forth
29. One of the crew
32. *When athletes get this, they become pros
33. Fleur-de-_____
36. *It includes safeties and ends
38. Coral reef island
40. Feline sound
41. Specks in the sea
44. Like change in a pocket
46. Folded like a snake
48. *Popular colloquial sport name
49. Be theatrical
50. Rwanda's majority
51. Kind of surgeon
52. Cabbage in France
53. EU currency
54. Recipe direction
55. Team homophone

CROSSWORD

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SOLUTION ON PAGE 9



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Did You Know?

Don't Let Your Personal Data End Up on the Dark Web

BY STATEPOINT

Consumers today give out personal information all the time -- from shopping online to signing up for special promotional offers to filling out job applications.

However, there are millions of identity theft victims each year, and when your information is stolen by a cyber-criminal, it will likely be sold on the dark web. Your social security number, for example, could be sold for as little as \$1, according to Experian, one of the nation's three credit bureaus. The end result is that criminals can open a credit card account in your name, steal your tax return, try to hack into your financial accounts and conduct other malicious activities.

The Dark What?

The dark web is a mystery to many. Only one in four people know what it is and what it's used for, according to the Experian Cybersecurity Survey. It essentially allows criminals to conduct illegal activities in the deepest pockets of the Internet, undetected.

For identity thieves, the dark web is a marketplace for personal information, including phone numbers, email addresses, account passwords and social security numbers that can be used to commit identity theft and fraud.

While it's doubtful that your local dry cleaner or gym will be targeted by an identity thief, any database is attractive to a cyber-criminal. Companies can also be victims of rogue employees, and smaller operations have less security. It's best to err on the side of caution when giving out personal information.



PHOTO COURTESY:(C) MIKAEL DAMKIER/STOCK.ADOBE.COM

Better Manage Personal Data

"Having your personal information exposed can be a threat to your identity and financial future, but there are ways to take control," says Brian Stack, vice president of Dark Web Intelligence at Experian. "In a digital world, all of us are at some risk for identity theft and fraud. One step to get peace of mind is enrolling in an identity theft protection product so you are notified if credit is opened in your name or your personal data is on the dark web."

To proactively protect your identity, take the following key steps:

- Only provide personal information when it's required.
- Change online account passwords periodically and use a unique password for each account.
- Never access the Internet with unsecured public Wi-Fi. Only use secured public Wi-Fi with a password for browsing -- don't shop or access accounts, including social media and email.
- To log into accounts, enable authentication questions as well as two-factor authentication when available (and don't use real answers such as your mother's actual maiden name).
- Several times per year, check your credit reports from all three credit bureaus for possible fraudulent accounts.

Wondering if there's already cause for concern? Experian offers a free Dark Web Triple Scan that searches thousands of dark web pages, networks and forums for your phone number, email address and social security number. This scan will inform you if any of this information is on the dark web. Learn more at experian.com/triplescan.

Your daily routine doesn't have to lead to a darkened outlook. Taking proactive steps can help you stay vigilant and offer you better protection. ■

History 101

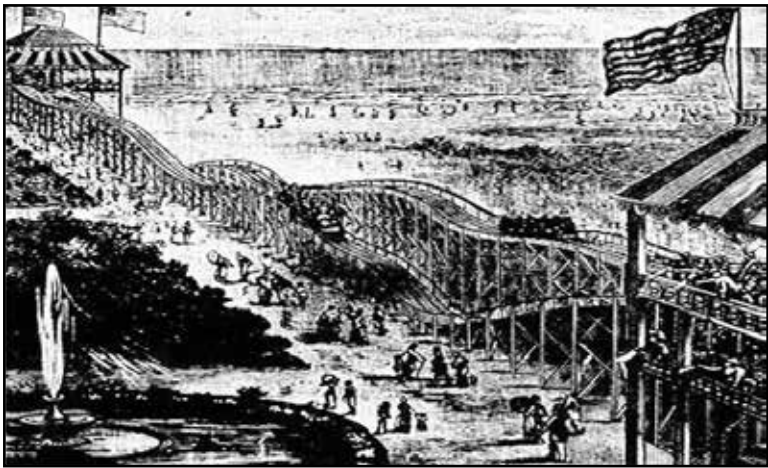


PHOTO COURTESY: WIKIMEDIA COMMONS

June 16, 1884: First Roller Coaster in America Opens

BY HISTORY.COM

On this day in 1884, the first roller coaster in America opens at Coney Island, in Brooklyn, New York. Known as a switchback railway, it was the brainchild of LaMarcus Thompson, traveled approximately six miles per hour and cost a nickel to ride. The new entertainment was an instant success and by the turn of the century there were hundreds of roller coasters around the country.

Coney Island, a name believed to have come from the Dutch Konijn Eilandt, or Rabbit Island, is a tract of land along the Atlantic Ocean discovered by explorer Henry Hudson in 1609. The first hotel opened at Coney Island in 1829 and by the post-Civil War years, the area was an established resort with theaters, restaurants and a race track. Between 1897 and 1904, three amusement parks sprang up at Coney Island--Dreamland, Luna Park and Steeplechase. By the 1920s, Coney Island was reachable by subway and summer crowds of a million people a day flocked there for rides, games, sideshows, the beach and the two-and-a-half-mile boardwalk, completed in 1923.

The hot dog is said to have been invented at Coney Island in 1867 by Charles Feltman. In 1916, a nickel hot dog stand called Nathan's was opened by a former Feltman employee and went on to become a Coney Island institution and international

franchise. Today, Nathan's is famous not only for its hot dogs but its hot dog-eating contest, held each Fourth of July in Coney Island. In 2006, Takeru Kobayashi set a new record when he ate 53.75 hot dogs with buns in 12 minutes.

Roller coasters and amusement parks experienced a decline during the Great Depression and World War II, when Americans had less cash to spend on entertainment. Finally, in 1955, the opening of Disneyland in Anaheim, California, signaled the advent of the modern theme park and a rebirth of the roller coaster. Disneyland's success sparked a wave of new parks and coasters. By the 1970s, parks were competing to create the most thrilling rides. In 2005, Six Flags Great Adventure in Jackson, New Jersey, introduced the Kingda Ka roller coaster, the world's tallest (at 456 feet) and fastest (at 128 mph).

By the mid-1960s, the major amusement parks at Coney Island had shut down and the area acquired a seedy image. Nevertheless, Coney Island remains a tourist attraction and home to the Cyclone, a wooden coaster that made its debut there in 1927. Capable of speeds of 60 mph and with an 85-foot drop, the Cyclone is one of the country's oldest coasters in operation today. Though a real-estate developer recently announced the building of a new \$1.5 billion year-round resort at Coney Island that will include a 4,000-foot-long roller coaster, an indoor water park and a multi-level carousel, the Cyclone's owners have said they plan to keep the historic coaster open for business. ■

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Recipe:

Harissa Sweet Potato Pita Pockets

with Cucumber Dill Salad

BY HELLO FRESH

Cooking Time: 30 mins
Servings: 4
Nutrition: 750 Calories
Ingredients:

- Sweet Potatoes- 4
- Harissa Powder- 2 tbsp
- Garlic- 2 cloves
- Cucumber- 2
- Dill- 1/2 oz
- Avocado- 2
- Mayonnaise- 4 tbsp
- White Wine Vinegar- 10 tsp
- Whole Wheat Pitas- 4
- Pine Nuts- 2 oz

1 ROAST SWEET POTATOES. Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Slice sweet potatoes into ¼-inch-thick rounds. Toss on a baking sheet with a drizzle of olive oil, 1 tsp harissa powder (we'll use more later), and a pinch of salt and pepper. Roast in oven until tender, about 20 minutes, flipping halfway through.

2 PREP. Mince or grate 1 clove garlic. Halve cucumber lengthwise, then slice into thin half-moons. Pick and roughly chop enough fronds from dill to give you 2 tsp. Halve, pit, and peel avocado, then thinly slice.

3 MAKE HARISSA MAYO In a small bowl, combine 3 tbsp mayonnaise, a



PHOTO COURTESY HELLO FRESH

pinch of garlic, and a pinch of harissa powder. Give mixture a taste and add more garlic and harissa powder as desired. Season with salt and pepper.

4 MAKE CUCUMBER SALAD In a medium bowl, toss cucumber, chopped dill, vinegar, a drizzle of olive oil, and a pinch of salt and pepper.

5 TOAST PITAS Cut pitas in half to create 4 pockets and place on another baking sheet. When sweet potatoes are almost done, after 18-20 minutes of roasting, put pitas in oven. Toast until warmed through but not crispy, 2-3 minutes. TIP: If there's room, you can place pitas on the same baking sheet as sweet potatoes instead of on a second sheet.

6 FINISH AND SERVE. Spread harissa mayo inside each pita half, then fill with sweet potatoes, avocado, a few pine nuts, and a small amount of cucumber salad. Divide stuffed pitas between plates. Add remaining cucumber salad to the side and sprinkle with remaining pine nuts. ■

Easy Ways to Boost Your Family's Veggie Intake



PHOTO COURTESY: STATEPOINT

BY STATEPOINT

Nutritious, delicious and low-calorie, vegetables should be the star player of all your meals. But sometimes providing veggies for your family can be time consuming and costly. Luckily, there are a number of simple ways to boost your veggie intake, and it all starts in your grocery store's freezer aisle.

- Go frozen. Frozen vegetables are often one of the most affordable options and the quickest to prepare, reducing time spent slicing and dicing on busy weeknights. What's more, by opting for frozen veggies, your family will likely reduce its food waste. Frozen vegetables are easy to store for long periods of time, and recent studies have found that freezing actually helps lock nutrients in.

- Swap it out: Little ones and even some adults can be resistant to certain vegetables at first. But there are ways to incorporate them into family meals with no one the wiser. Consider cooking with vegetables that offer the look, feel and taste of traditional starches such as rice, pasta and potatoes. For example, Green Giant's frozen Veggie Swap-Ins line, which includes Green Giant Riced Veggies, Green Giant Veggie Spirals and Green Giant Mashed Cauliflower are easy go-to items in any kitchen for quick family meals. Indeed, 52 percent of American consumers

who noted they had purchased Green Giant Swap-Ins products within three months of taking the survey, said they have introduced the product into their kids' meals without their kids knowing they weren't traditional potatoes, rice and/or pasta, and 49 percent admit to swapping these items for potatoes, rice and pasta 1-2 times per week.

- Be mindful: Dining out can be especially tricky territory for those looking to eat more vegetables. Be mindful of what you order. Read the menu carefully and ask questions. Many restaurants are happy to make substitutions to accommodate your preferences. For example, see if you can replace a side of fries with a garden salad or sautéed seasonal vegetables like green beans.

- Get creative: Whether you're hosting a barbecue, attending a potluck or simply making your family dinner, consider reducing calories in salads and sides by upping your vegetable intake in these dishes. Make an Italian pasta salad out of zucchini or carrot spirals. Swap out traditional rice with riced cauliflower to make a simple pilaf. Create a tasty alternative to traditional potato tots with such products as Green Giant Veggie Tots. The possibilities are endless.

Are you looking to simplify your family's clean-eating routine and increase your vegetable intake? With a few tips and tricks, you can incorporate broccoli, beets, squash and more into your family's diet while saving time and money in the process. ■




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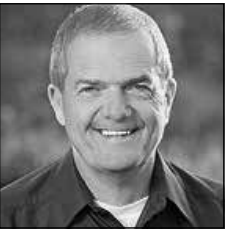
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"Take care of your body. It's the only place you have to live." -Jim Rohn

Hats

BY MARK HOPPER



I was sitting on a park bench a while ago and I noticed that I was the only person wearing a hat! There I was enjoying a little snack in this open pedestrian area watching people go by and it dawned on me that no one was wearing a baseball cap except me.

This pedestrian shopping area was in a Central European country. The spring weather was great. There were blue skies, a cool breeze and plenty of sunshine. It was pleasant, peaceful settings as I relaxed by myself and watched the world go by. But, the only one wearing a hat was me!

I started to watch more carefully. Was this really true? Was I really the only one among dozens of shoppers that was wearing a hat? Finally, I noticed a man and woman walking in my direction. The man was wearing a baseball cap. Finally, I thought to myself, people do wear hats in this country. But, as they got closer to me, I noticed the wom-

an had something in her hand. She was carrying a map. Then I realized they were tourists just like me!

Slowly I began to realize that people who live in this European country don't wear baseball type hats. No one! And because I had my baseball cap on, I stuck out like a sore thumb. I suspect people were looking at me thinking - this guy is a tourist. He is wearing a hat!

There is an interesting passage in the Bible in Mark chapter 14. Jesus instructs two of his disciples to go into the city of Jerusalem and make preparations to celebrate the annual Passover meal. When these two disciples ask him where they should go, he told them to look for a man who is carrying a pot of water on his head and follow him the to place Jesus had reserved.

This clandestine encounter always seemed to me like it was out of a Spy movie. "Look for your contact at the Train Station - they will be wearing a red carnation". Jesus told his disciples to follow the man carrying water. Jesus had reserved an upper room so he and his followers could enjoy the Last Supper alone and undisturbed. He wanted to get away from the crowds and his critics.

He knew the Cross was only hours away.

Why the man with the water pot? Because, in Bible times the women were usually who would go to the well to get water. In the culture in Israel, the men did not carry the water. When the two disciples went into the city, they would easily notice the man with the water pot on his head. He would stick out just like an American tourist wearing a baseball cap in a European city.

Our country and our community are a blend of many different cultures. This diversity of cultures and customs enriches our community and provides us with a remarkable opportunity to experience and appreciate cultures from around the world. The world has come to us!

I don't know if you wear a baseball cap or if you transport water in a particular way. But, I hope you will take time to observe and enjoy the diversity of cultures in our community. You will be glad you did and they will, 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 ■

Understanding Our Purpose in this World

BY NANCY STOOPS



When I was five years old my friends would line up on my front porch and give me a nickel to help them with their problems. They would tell me that I had good advice even back then. Even as a little girl I felt so good when I could make somebody feel better and ease the pain in their heart. At five I knew my purpose in this world. I knew I was put in this world to help people heal from their pain. I knew even back then this was a gift from God and I was not to waste this present.

In high school my psychology teacher told me that I needed to go onto the field of psychology because she say something special in me. Just like my

little friends lined up for help she also saw why I was here. Eventually I got the degrees and the license that honors me with being able to help many people in this world.

Understanding and honoring my purpose in this world gives me an immense sense of inner peace. It makes me feel as if I'm following God's blueprint for my life and that feels so awesome. It makes me feel right with the world and with my life. It's incredible to be able to make a fantastic living from the very work that I was always intended to do.

Please understand that all of you have a very special purpose here as well. Take the time to search your soul to find your unique reason for being in this world. Then take the time to go and get the education that gives you the very credentials to do your life's work. I promise if you

follow through with this you will feel a sense of nirvana. Your life will be the very life that you have always dreamt about and you will be so very proud of who you are!!!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, a group on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909)229-0727. You may e-mail Nancy at 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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MEDIA GROUP

Celebrate dads and grads at the Whole Enchilada

Enchilada from page 1

man in your life. Take out for a short timeout to savor fresh Mexican cuisines at The Whole Enchilada.

Don't forget The Whole Enchilada also will cater your graduation or summer party with its promise of authenticity, The Whole Enchilada guarantees that its customers will enjoy the taste of their entrees.

The Whole Enchilada offers tamales all year round sold by the dozen and is available in pork, beef, chicken, green chili and cheese this can help with at-home dinners. From platters and entrée meals to taco bars, they also provide other options to serve fresh, authentic Mexican recipes their resident chef

brought from their homeland.

"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada. The restaurant has been in business for over 30 years, our menu offers a variety of Mexican dishes including tacos and burritos, carne asada plates, fajitas and a selection of seafood dishes.

The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent customer service due to their family friendly servers being attentive, courteous, and knowledgeable.

If you're planning a celebration, parties can be planned easily at a home or business with The Whole Enchilada's catering service. Book now and you can reserve a portion of the restaurant to celebrate with

good food, family, and friends.

The staff will be there to help you celebrate special moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, and special events for churches, sports, schools, clubs, and more.

Book a Birthday party The Whole Enchilada for an authentic south of the border fun approved for the entire family. The entire staff takes knows that age is a state of mind and takes great pleasure in providing you with a total birthday experience. It will include singing, a special picture to take home, birthday hat, a dessert and best of all, five "Enchilada Bucks" to use the next time you visit.

Don't forget to enroll your children in The Whole Enchilada's "Kids Club," it entitles your child to four free meals per year when accompanied by an adult, plus a birthday invitation for a free meal and dessert.

The Whole Enchilada has gift cards available for purchase in person or online at <http://www.wholeenchilada.com>. And remember to ask your server for a Combo Punch Card on your next visit, which provides a free combo dinner when you purchase any nine of their combination dinners.

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at <http://www.wholeenchilada.com>. ■



Chino Player Places at Angel Stadium



PHOTO COURTESY: UNSPLASH.COM

CITY OF CHINO

Chino– Kaylee Pitts has some bragging rights. The 12-year-old softball player from Chino Girls Fastpitch league took 3rd place in the Scott's Major League Baseball Pitch, Hit & Run Team Championship competition at Angel Stadium on June 2.

To make it to this point, she had to win a few other events: On March 24, Kaylee participated in Chino's local competition after her softball game. She was the hitting and running champion, and tied for the pitching champion. She was also the all-around champion for her age group. From there, she participated in the Sectionals hosted by Chino Hills at Chino Hills Community Park on May 20. That day, she took the "Gold" for her age group, which made

her eligible to go on to the Team Championships at Angel Stadium on June 2.

Kaylee will be in the seventh grade at Woodcrest Junior High School. She plays in the Chino Girls Fastpitch, 12 & under division, on the team "All Stars." Her mother, Monica Pitts, said "I'm so proud of the hard work Kaylee has been putting in. Chino Girls Fastpitch has been her home since she was 6-years-old, and for her to represent the league and the City of Chino at Angel Stadium was a great experience."

The Pitch, Hit & Run competition is a free event that invites kids to demonstrate their pitching, hitting, and running abilities in baseball and softball, and is the official youth skills competition of Major League Baseball. The City of Chino will host a local competition again in the spring of 2019. ■



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