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WALNUT

Students Take Top Awards

BY KELLI GILE

Walnut - More than fifty students from Suzanne Middle School joined nearly 150,000 students in the United States during the 2017-18 Math Olympiad.

The annual contest enables “mathletes” to challenge themselves and to compete against other students nationwide.

Math Olympiad is comprised of five monthly contests held from November through March, each containing five high-level math problems.

For the first time ever, Suzanne 7th and 8th grade students scored in the top 10% of all teams in their division

see Walnut page 10

Diamond Bar Restaurant Closed by Health Board

BY ANTHONY SAUDE

Diamond Bar - Cockroach, dirt and debris found near hanging ducks at Diamond Bar restaurant, and other health code violations in the San Gabriel Valley

Not only did a health inspector find numerous live and dead cockroaches during a visit to a Chinese restaurant in Diamond Bar, she also discovered filthy conditions and shut it down.

Facilities are graded with a number and letter score much like school report cards.

When a Los Angeles food facility is temporarily closed for a cockroach, rodent, or fly infestation, sewage problems, or for not having hot water, the



PHOTO COURTESY: WESTSIDERAG.COM

facility loses seven points in addition to the four points deducted for major health violations. At the point of discovery of two major health hazards occurring concurrently, the facility loses an additional three points in its inspection score. Results like those will usually result in loss of passing grades (perhaps from A to

see Restaurant page 10

Board Member Files Claim Against CVUSD

BY ANTHONY SAUDE

Chino - Some Don Lugo parents say they are satisfied with the way the school and the district handled investigations into sexual hazing incidents last year that involved freshmen on the football team. In Contrast to the statements made by Chino Valley school board member Irene Hernandez-Blair.

The parents speaking at a school board meeting said the school had notified them about the alleged incidents and student interviews were conducted by the district and the Chino Police Department.

Some of those parents also stated that the school offered counseling services to their sons but that their boys

see Claim page 10



PHOTO COURTESY: UNSPLASH.COM

LOCAL NEWS

Capt. Goodman Exits, Walker Enters



PHOTO COURTESY: TWITTER

Captain John Walker is a member of the California Association of Tactical Officers and he holds a Peace Officer's Standards and Training (POST) Supervisory Certificate, a POST Management Certificate and Role of the Police Chief, among his accomplishments.

BY ANTHONY SAUDE

Chino Hills - Captain Darren Goodman, chief of police for Chino Hills, will retire from the San Bernardino Sheriff's Department after 27 years of service. He will move down the road a ways to become the Chief of Police for the city of Upland.

His last day on the job in Chino Hills will be Friday, July 6.

The former lieutenant at the Highland Police Station, John Walker, has been promoted to captain and will take command of the Chino Hills station on Monday, July 9.

Captain Goodman said the

see Local page 11

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 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 was currently on formal probation for drug sales in San Bernardino County. Abarca was also identified as being an active member of a well known criminal street gang.



PHOTO COURTESY: WIKIMEDIACOMMONS

The deputy conducted a vehicle search and discovered approximately two ounces of methamphetamine and other paraphernalia indicative of

see IE page 10

Our Featured Businesses

Inland Christian Home: Quality Environment for Seniors

STAFF REPORTS

Ontario - Inland Christian Home, was founded by a number of local churches and began providing services in 1978. The primary mission of the community is a reflection of the heritage of its founders: to provide quality affordable individualized care to seniors in a Christian environment, it's a place you can feel right at home. The community's non-profit

see Home page 11



Inland Christian Home offers a community that assists seniors in many ways. They are located at 1950 S. Mountain Ave. in Ontario. For more info call 909-983-0084

Make Your Backyard Extreme

BY MICHAEL ARMIGO

SoCal - Companies come and go, so longevity is the key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with name brand components for over 20 years.

"A key component to staying in business this long is to treat people the way we would want

see Extreme page 10



Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111 or online at www.extremebackyarddesigns.com.

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5 Transient Women Sexually Assaulted: Suspect Arrested

BY ANTHONY SAUDE

Pomona - A man who is suspected of sexually assaulting and raping five transient women in the City of Pomona was arrested earlier this week by Pomona Police Detectives. David Tymel Cummings is the 39-year-old transient man who was arrested for two counts of 261(a)(2) PC- Rape by Force or Fear and three counts of 243.4 PC- Sexual Assault and Battery.

The first of the five incidents showed up on the Police Departments radar in August of 2017. A woman filed a report with the Police Department in which she stated that she had been sexually assaulted. She gave the police a description of the suspect. The next few months four more women came forward with a very similar story and description

of suspect. Police believe that all five women had been in or around the Pomona Armory or one of the nearby areas where the incidents had taken place.

A Crime Analyst was able to assist the Pomona Police Department in identifying the suspect when they noticed all five reports filed by the women had a similar suspect description. Upon further investigation Pomona Police Detectives and Officers were able to locate and arrest Cummings without incident. Cummings was booked into the Pomona City Jail.

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" at 1-800-222-TIPS(8477). ■

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Suzanne MS Students Join Special Olympics



PHOTO COURTESY: KELLI GILE

Blue Ribbon Day! Four Suzanne Middle School student-athletes participated in the Special Olympics Southern California held May 18 at John Muir High in Pasadena.

BY KELLI GILE

Walnut - Four Suzanne Middle School student-athletes participated in the Special Olympics Southern California held May 18 at John Muir High in Pasadena.

Several months before the games, the children began training with adapted physical education (APE) teacher Greg Sasaki.

"Preparing is its own challenge," said special education teacher Melanie Kobayashi.

The children had to learn that the very loud sound from the starter pistol was the cue to begin racing.

"Loud sounds can be very disturbing to people with autism and the students had to get accustomed to that and react appropriately," she explained.

The racers learned how to take their place at the start line and run in the lane, focusing on themselves, not the stranger competing next to them, all the way to the finish line.

And they had to do it with hundreds of unfamiliar faces around them in a place they had never been before.

All four students participated in either a 25-meter walk or run earning the highest reward - a 1st Place blue ribbon.

They also received green participation ribbons in the softball throw event.

To prepare for the ball throw, they had to learn to step and throw overhand from behind the line.

"They were amazing!" Kobayashi shared.

"It was a lot of work and they made us very proud!" ■

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Community Events

UPCOMING EVENTS:

City of Chino Summer Night Movies on the Lawn

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 Car-

olyn 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

Starts: 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

Homeownership is Good for Kids

BY NEF CORTEZ



Homeownership has long been lauded as an important factor in the success of children in school and subsequently in their careers. Much research and many studies have been completed with analysis on the beneficial impacts of homeownership on children.

This fact has long been used by the real estate and lending industries to encourage homeownership. I think that the most important factor contributing to the statistical confirmation of greater academic success for children of homeowners versus those of renters... is the improved stability in

their family life that homeownership typically affords them.

People who own their homes do not move as often as those who rent. Children of homeowners are able to establish friendships for longer periods of time, going to school together and sharing other community activities that create bonds that sometimes last a lifetime. This is not to say that children of renters do not do the same thing. It just means that children of homeowners are provided a more stable environment in which to nurture those relationships for longer periods of time. The stability that is provided to children enables them to perform better in school, and it is also impacted by the increased participation in community activities by the homeowners and their families. They become more vested in the community, and the parents are typically more watchful of the participation by their children in healthy activities. Homeowners usually buy in neighborhoods that already have a high rate of homeownership, and therefore the effects of individual homeowners cumulatively have a multiplier effect.

Many of the characteristics exemplified in the actions taken by homeowners, such as the investment of time and money into the improvement of their homes, is a positive modeling of behaviors that are beneficial to the community at large, and to homeowners' children specifically. These behaviors are seen and many times adopted by the children involved in these types of activities.

Homeowners typically perform these activities more frequently than renters. These social behaviors that are beneficial to the community are passed on to or learned by the children, and therefore we all benefit.

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

Our Life

Meltdowns Happen-Autism Mom

BY MELODY KRAEMER

Meltdowns are ok. Oh wait, maybe you think I'm referring to children. I'm not! I am talking about a mommy meltdown. In fact, today was that day that my patience ran out, and my autistic boys were in full form of being "needy." Have you ever heard someone say "I just can't adult today!" My saying is, "I just can't autism today!" That's right this mommy of two autism boys just had a complete meltdown.

Of course, no one saw me on the floor throwing a tantrum, nor did I scream and run away, or give up, even though I felt like it. I quietly had an emotional breakdown with tears running down my face. I thought to myself, "Now I can't be the only mom out there that wants to run away, go lock myself in the bathroom, open a bottle of wine, or just go to bed with the covers over my head."

Parenting is tough, and we as moms aren't perfect. We

lose our cool, and then the mommy guilt factors come in. We all have experienced that mommy guilt. No matter how hard things get, how much mom guilt we put upon ourselves, we have to remember that we are not alone, every mom experiences these feelings. We all have that mommy meltdown some time or another. I said to my son today, "Mommy is doing the best she can, but it seems like her best isn't good enough." After I thought about what I said I realized my best for today is good enough because I'm giving my best and I'm not giving up. It also helped that my son saw my tears and said, "You are the most beautiful mom." Even during my meltdown, tears running down my face, feeling like the worst mom with the mommy guilt, my children love me unconditionally. We as moms have to remember our kids don't expect perfection just a mom who is doing her best and loving her kids. ■

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-Stuart Henderson Britt

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-WAYNE GRETZKY



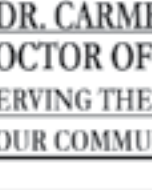
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ACROSS

1. Baseball player's sole feature
6. Bug repellent
9. Surfer's stop
13. Wraparound house feature
14. "Back To The Future" actress
15. Hello in 50th state
16. Join forces
17. Banned insecticide
18. Reduce
19. *Mythological underground hu-
manoids
21. *Rapid transit
23. King's title, abbr.
24. Top of the Capitol
25. 1960s altered state inducer
28. Bone-dry
30. Lumberjack's tool
35. At the apex
37. Accepted behavior
39. Samurai dagger
40. Of low density
41. Relish tastebuds' sensation
43. Embarkation location
44. Laundry room appliance
46. Make someone angry
47. Unsubscriber's focus
48. *Underground, adj.
50. Tarot card reader, e.g.
52. First responders' acronym
53. Victoria Beckham, formerly
55. Chill, with "out"
57. *Animal house
60. *Cold storage
63. Body trunk
64. ____-Wan Kenobi
66. Packers QB
68. Russians, e.g.
69. Benatar or Boone, e.g.
70. **The ____, " by "Notes from the
Underground" author
71. Explore by touch
72. Infection of the eye
73. *Six feet under preceder?

DOWN

1. PC "brain"
2. Like a maxi skirt
3. Poetic name of Ireland
4. Cast member
5. Topic of discussion, pl.
6. One of auto pioneers
7. U.S. central bank
8. _____, Stinky and Stretch
9. Like Food movement
10. Home of the Hawkeyes
11. People in general
12. It's got an outer, middle and inner
15. Even though
20. Not odds
22. One behind the plate
24. Ascetic Muslim monk
25. Hog fat, pl.
26. Rubberneck
27. Not Ionic or Corinthian
29. Lion's warning
31. "Lights out" signal
32. Kind of wading bird
33. It included Mr. T
34. *Beneficial garden invertebrates
36. Jury colleague
38. *Contrary to popular belief, it's not blind
42. "Superman" Christopher
45. Copies, for short
49. Likewise
51. Put down again, past tense
54. Same as swaps
56. Clearing in the woods
57. Cowboy's necktie
58. Russia's _____ Mountains
59. Please get back to me
60. *Where you'll find 21 Across
61. Operatic solo
62. *Plant organ
63. Cough syrup amt.
65. *Cave flyer
67. Utmost degree

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
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By STATEPOINT

Hitting the road this summer and want to do something good for the world along the way? Consider using your summer road trip as an opportunity to give back to the communities you visit. For some inspiration, check out these great ways Americans are rethinking vacations to include a touch of philanthropy.

Driving for Good:

All those miles you log on the road can be for a good cause, if you look in the right places. Check out organizations and brands hosting fun fundraising or volunteer events on the road. For example, “MINI Takes the States,” a biannual rally for MINI Cooper owners, gives participants an opportunity to explore America’s beauty while raising money for Feeding America, the nation’s largest hunger relief organization dedicated to fighting domestic hunger through a network of food banks. In 2016, rally participants raised enough money to provide 1,301,969 meals to families in need, and this year’s goal is over 2 million meals. Occurring July 14 – 22 this year, MINI Takes the States will see owners kick off in either Orlando, Fla. or Portland, Ore. and converge in

Colorado, passing through some of America’s most interesting and beautiful sites and cities.

A portion of each registration fee is donated to Feeding America and participants are encouraged to start fundraising pages online and spread the word to friends and family to contribute to the cause. Each dollar raised will provide at least 10 meals to people in the U.S. struggling with hunger. To learn more, visit MINITakesTheStates.com or follow the conversation at #DriveForMore.

Transform Your Road Trip:

America’s parks need your help, particularly their hiking trails. Volunteer opportunities abound for those who wish to combine a road trip with trail stewardship. After traveling to your favorite park, join a volunteer crew to build or maintain a trail, increasing accessibility to America’s most beautiful natural wonders.

Or, be someone who brakes for animals -- animal volunteer opportunities that is. Many animal sanctuaries welcome vacationing volunteers to provide extra hands. From socializing dogs to feeding horses, certain opportunities even include lodging to those giving their time.

By giving back to the places you visit, you can take the concept of the ultimate summer road trip to new heights. ■



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History 101



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July 7, 1930: Building of Hoover Dam Begins

By HISTORY.COM

On this day in 1930, construction of the Hoover Dam begins. Over the next five years, a total of 21,000 men would work ceaselessly to produce what would be the largest dam of its time, as well as one of the largest manmade structures in the world.

Although the dam would take only five years to build, its construction was nearly 30 years in the making. Arthur Powell Davis, an engineer from the Bureau of Reclamation, originally had his vision for the Hoover Dam back in 1902, and his engineering report on the topic became the guiding document when plans were finally made to begin the dam in 1922.

Herbert Hoover, the 31st president of the United States and a committed conservationist, played a crucial role in making Davis’ vision a reality. As secretary of commerce in 1921, Hoover devoted himself to the erection of a high dam in Boulder Canyon, Colorado. The dam would provide essential flood control, which would prevent damage to downstream farming communities that suffered each year when snow from the Rocky Mountains melted and joined the Colorado River. Further, the dam would allow the expansion of irrigated farming in the desert, and would provide a dependable supply of water for Los Angeles and other southern California

communities.

Even with Hoover’s exuberant backing and a regional consensus around the need to build the dam, Congressional approval and individual state cooperation were slow in coming. For many years, water rights had been a source of contention among the western states that had claims on the Colorado River. To address this issue, Hoover negotiated the Colorado River Compact, which broke the river basin into two regions with the water divided between them. Hoover then had to introduce and re-introduce the bill to build the dam several times over the next few years before the House and Senate finally approved the bill in 1928.

In 1929, Hoover, now president, signed the Colorado River Compact into law, claiming it was “the most extensive action ever taken by a group of states under the provisions of the Constitution permitting compacts between states.”

Once preparations were made, the Hoover Dam’s construction sprinted forward: The contractors finished their work two years ahead of schedule and millions of dollars under budget. Today, the Hoover Dam is the second highest dam in the country and the 18th highest in the world. It generates enough energy each year to serve over a million people, and stands, in Hoover Dam artist Oskar Hansen’s words, as “a monument to collective genius exerting itself in community efforts around a common need or ideal.” ■

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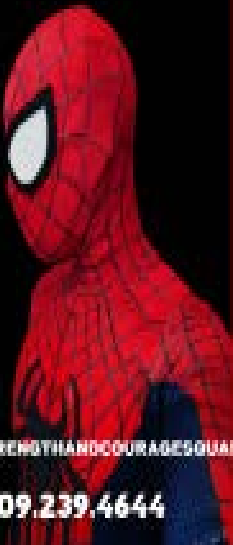
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Claremont Farmers & Artisans Market

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

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Recipe:

Garden Quesadillas

with Pico de Gallo and Chipotle Mayo

BY HELLO FRESH

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

Cooking Time: 30 mins
Servings: 4
Nutrition: 620 Calories
Ingredients:

- Red Onion- 1
- Bell Pepper- 2
- Zucchini- 2
- Dried Oregano- 2 tsp
- Cilantro- 1/4 oz
- Roma Tomato- 2
- Lime- 1
- Mayonnaise- 2 tbsp
- Chipotle Powder- 1 tsp
- Flour Tortillas- 8
- Mozzarella Cheese- 2
- Arugula- 4 oz

1 PREHEAT AND PREP. Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Halve, peel, and thinly slice onion. Finely chop a few slices until you have 2 TBSP; set this aside in a small bowl. Core and seed bell pepper, then thinly slice. Halve zucchini lengthwise, then slice into thin half-moons.

2 ROAST VEGGIES. Toss zucchini, sliced onion, bell pepper, oregano, and a drizzle of olive oil on a baking sheet. Season with salt and pepper. Roast in oven until softened and lightly browned, 12-15 minutes.



PHOTO COURTESY HELLO FRESH

3 MAKE PICO DE GALLO Finely chop cilantro. Core, seed and dice tomato. Halve lime. Add tomato, cilantro, and a squeeze of lime to bowl with chopped onion and toss to combine. Season with salt and pepper.

4 MAKE CHIPOTLE MAYO. In another small bowl, combine mayonnaise and chipotle powder (to taste—start with a pinch and go up from there).

5 MAKE QUESADILLAS. Once veggies are done, remove from oven. Increase oven temperature to 450 degrees. Brush one side of 4 tortillas (we sent more) with a drizzle of olive oil each. Place 2 of the tortillas on another baking sheet, oiled-side down. Spread a little chipotle mayo on each. Top with mozzarella and a few veggies (save some veggies for salad). Cover with remaining tortillas, oiled-side up.

6 TOSS SALAD AND SERVE. Bake quesadillas in oven cheese melts and tortillas crisp, 6-10 minutes, flipping halfway through. Toss remaining veggies, arugula, a squeeze of lime, and a drizzle of olive oil in a large bowl. Season with salt and pepper. Cut quesadillas into wedges. Serve with pico de gallo and salad on the side. ■

Making the Most of Local Produce



PHOTO COURTESY: ND3000/STOCK.ADOBE.COM

BY STATEPOINT

Fresh, local produce is in its prime, making now the perfect time to take part in the farm-to-table movement. Whether you join a community supported agriculture (CSA) group or shop at your local farmers' market, it's easy to taste the elevated flavor profile of just-picked fruits and veggies.

Make the most of the season with these tips for storing, cooking and savoring fresh produce.

Plan, Prioritize, Prepare

Plan what produce you will purchase ahead of time. Many farmers' markets and CSAs distribute eNewsletters or flyers that highlight what's available. You can also search for seasonality charts in your region to get an idea of what items are at their peak, and plan accordingly.

Once you've shopped, prioritize your goods. Use tender greens and any ripe fruits and veggies right away. Roots, bulbs and squash tend to last longer and can be saved for later in the week.

Next, properly store produce to help to extend its life. If fridge space is limited, consider cooking down greens by either partially boiling or sautéing prior to putting them away, depending on what recipes you've selected for those items.

Smoothies, Sauces, Soups

Smoothies are a delicious, easy way to pack a lot of produce and nutrition into a meal. And if you're processing the toughest whole foods, like dark, leafy greens, be sure to use a high-powered blender such as the Ascent Series A3500, which offers five program settings, including one for smoothies. A recipe for the "Every-

thing Smoothie," which incorporates a wide variety of produce found at your farmers' market, is available at vitamix.com.

Take advantage of tomato season, preparing pasta sauces to enjoy now or freeze for those months when they aren't readily available from local growers. Try adding red and green bell peppers, and even carrot shavings, to boost the nutritional value of a veggie Bolognese.

Soups make use of veggies now and later. Warm weather calls for cool concoctions like gazpacho or cucumber dill soup. A cabbage soup that combines hearty potatoes, onions and carrots can be made for cool fall nights or stored in your freezer for winter.

Use it Up

Remember that nearly all parts of produce are usable. Vegetables like beets, carrots, kohlrabi and turnips have edible greens that make an excellent addition to morning smoothies or a nutrient-rich stir-fry. Compost any remaining scraps.

Don't be afraid of bruises or dents. Greens with slightly wilted leaves can be blended with a bit of water and frozen in ice cube trays for future use in soups or smoothies. If you see a great deal on fruit like strawberries or cherries, buy them and combine with sugar and pectin for an easy freezer jam, or dry them out for on-the-go snacks.

Shopping for whole foods at farmers' markets or joining a CSA is an opportunity to help local farmers and explore your culinary interests. The availability of specific fruits and vegetables ebbs and flows; capture each at its peak to enjoy the bounty throughout the year. ■



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Slippery Stickers

BY MARK HOPPER



Recently I took one of my grandchildren to one of my favorite fast food restaurants. She loves the french fries and I love the burgers. Yummm!

The nice lady at the cash register took our order and then handed a page of stickers to my granddaughter. This small page of stickers keeps the younger customers busy while the burger and fries are being prepared.

However, this small page of stickers was actually slippery. I know that sticky and slippery are opposites, but this page of stickers kept getting away from us. It started when we stopped at the Ketchup dispenser to fill up some small cups with Ketchup to use on our French fries.

After we sat down at a table, I noticed that the page of stickers was missing. Where did it go? It seemed like it had just slipped out of her hands. I retraced our steps and discovered we had left it by the Ketchup dispenser.

We really did enjoy my hamburger and her french fries. They were a tasty treat. But, as we got up to go back to our car, I noticed that the stickers were missing again. Where did they go this time? I glanced back to where we were sitting and saw them on the floor under our table. I was able to go back and rescue our slippery stickers again.

When we got home, my granddaughter proudly showed my wife her sticker page. We encouraged her to take them home and show them to her parents. When our daughter picked up our granddaughter, I made sure that the stickers got into their car.

However, the next day, the slippery stickers were missing again. My granddaughter thought she had left the stickers at our house, but I was sure I put them in their car. Later in the day, our daughter called to say that the stickers were found on the floor at their house. They really were slippery stickers!

I don't know what slips through your fingers or what you tend to misplace, but I think there are a lot of "slippery" things in each of our lives. Some people misplace their cell phones. Other people

can never find their car keys. My wife seems to frequently misplace her glasses. All things that we use and take for granted. I'm guilty of the same thing. I often can't find my wallet or appointment book. I can't remember where I put them down and I have trouble finding them, too! They are almost as slippery as those stickers!

There is an account in the Bible where an axe slips out of the hands of a worker and sinks to the bottom of a stream. The axe was borrowed and the borrower was responsible to return the item to its owner. You would be surprised at how God restores the slippery axe to the one who borrowed it in Second Kings 6:1-7.

My suggestion is that you keep a close eye and a tight grip on those things that really are valuable. Hold your loved ones tight and keep your friends close. Don't let them slip out of your life. They will be glad you did and you 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

Attitude is Everything

BY NANCY STOOPS



Do you see a half filled glass as half empty or as half full? Do you tend to see what's wrong with your life or do you focus on what is right with your life? Would you consider yourself a negative person or a positive person? Do you wake up everyday being happy do be alive and hopeful about a new day or do you dread getting up?

The way that you have answered the above questions is probably also the way that you live your life and the way you view your life. I believe having a positive attitude is foundational in being a successful human being. Being positive, is essential

to everything good that comes with this life. I think it all starts by being positive about who you are and about behaving in a manner that makes you proud of whom you are. Generally, if you like who you are and are a good person, people will like you as well. Also, if you like who you are, you will want only the best for yourself. This will cause you to go to college; get a good job, find a good mate and believe that you can make your dreams comes true.

On the other hand, being negative only prevents you from following your dreams. Being negative also causes a lot of self doubt and really gets in the way of accomplishments. Learn to look at the good in your life and at what you have done right so far. Learn from your mistakes but don't focus on them, otherwise your life will feel like one big mistake. Look

at all that you already have going right for you and learn to build on the positive and if you do, more positive will come to you!!!!

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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Students take top awards in national math olympiad

Walnut from page 1

nationwide earning a highest team achievement award.

The 6th through 8th grade students also competed among schoolmates during nationwide challenge.

Eighth grader Joshua Hsu earned the title of top school winner with a perfect score of 25. He was awarded the individual George Lenchner Award of Excellence.

Additionally, Joshua received a 1st place trophy and gold pin signifying his outstanding top 2% in the nation score.

Seventh grader Chandrark Muddana took the 2nd place award and silver pin for scoring in the top 10% nationally.

Eighth graders Daniel Ji and Deven Tseng tied for the 3rd place award scoring in the top 10% nationally.

The top 6th grade winners were Lucas He and Louis Xie, both scoring in the top 10% nationally. They earned 1st place trophies and silver pins.

Second place winners Adora Ma and Harris Song also scored in the top 10% nationally and earned silver pins.

Phillip Chen took the 3rd place award and recognition

patch for scoring in the top 25% nationally.

In addition, several 7th and 8th grade students were honored for their high scores.

Serena Huang, Benjamin Jin, Lewis Lui, and Kevin Yu scored in the top 10% nationally and received silver pins.

David Hu, Bella Liu, Andrew Shi, Max Eibert, and Eric Wang scored in the top 20% nationally and received silver pins.

Oscar Chen and Siarra Huang scored in the top 25% nationally and received patches.

Allison Lin and Joseph Shen scored in the top 30% nationally.

Jayaraman Donath, Kevin Zeng, Matthew Carreon, Andrea Florendo and Ella Lin scored in the top 40% nationally.

Megan So, Andrew Wang, and Aaron Zhang scored in the top 50% of the nation.

Several 6th grade students were recognized for their high scores.

Andrew Qi, Nathan Chung, Aidan Do and Eric Tsou scored in the top 40% nationally. Vito Lin and Lorraine Wu scored in the top 50% nationally.

Congratulations Suzanne Middle School students and coach Amy Erickson. ■

Eastvale PD routine patrol uncovers drug dealer

IE from page 1

methamphetamine sales in Abarca's possession. The deputy arrested Abarca and he was booked into custody at the Robert Presley

Detention Center in Rancho Cucamonga and charged with methamphetamine sales.

For full press release, visit: <https://bit.ly/2l8xEVt> or our website at www.eastvaleca.gov. ■

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Make your backyard extreme

Extreme from page 1

ourselves to be treated," said James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience in getting things done correctly, creatively.

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The Extreme Backyard Designs staff is the most knowledgeable and friendly people in the area, they are centrally located on the corner of the 60 Freeway and Vineyard, right

across from the newest Kaiser building.

"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service at an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at www.extreme-backyarddesigns.com. ■

Diamond Bar restaurant closed by health board

Restaurant from page 1

B or A to C).

In contrast to the County of Los Angeles Public Health department, the Pasadena health agency does not issue grades but rather one of three placards to each establishment: "Pass," "Conditional Pass," or "Closed." The city does deduct points the same way the county does, but if an

inspector determines a closure is warranted, the facility loses 26 points automatically.

The inspector, employed at the Los Angeles County Public Health Department paid a visit to Jade House Seafood & BBQ on June 18. She noted on a report filed with the agency that there was cockroach infestation as well as several other health code violations. The duck roasting station itself was noted for having:

One adult cockroach (living)

A heavy build up of dirt and debris on the shelf and cooking equipment

An employee's hot beverage

There was also a lot of dust, debris and dirt on the fan being used to cool the hanging ducks. The restaurant received a score of 76 and was shut down. As of publication, it had not been allowed to reopen. ■

Board member files claim against cvusd

Claim from page 1

did not feel victimized in any way during the incidents. It is alleged the incidents took place over a period of several days in November 2017.

Four community members who do not have children attending Don Lugo spoke in support of Mrs. Blair.

Mrs. Blair announced she could no longer stay quiet about the "egregious acts" and this week told her story to NBC News in Los Angeles. The news station broadcast a video of an incident that appeared to show a student being held down by other students.

The students in the video were clothed and their faces were blurred.

Mrs. Blair told the media that "flesh to flesh contact" had also occurred.

On June 12, Blair filed a claim against the school district on behalf of her son, a member of the freshman football team

last year.

The claim alleges sexual assault, humiliation, emotional distress and sexual harassment.

Sexual assault, by definition, places a person in fear of imminent sexual contact or sexual battery.

Sexual battery, on the other hand, is the physical sex act. Mr. Prince, Mrs. Blair's attorney declined to answer if any physical contact was alleged in the claim. It was reported that he said In this case there was not intercourse but there were clear victims and perpetrators.

After the investigations by the district it was recommended by the district's human resources department that head football coach Greg Gano be terminated immediately.

At public meeting held on a February 15, the Don Lugo football community convinced the board to keep the coach. Mrs. Blair recused herself because of a possible conflict

of interest.

Mr. Prince, Blair's attorney said that parents were led to believe that Mrs. Blair was critical of the coach because her son was not given sufficient playing time in games and that the district allowed that perception to take root.

Their claim is that this was not being handled at all and was being swept under the rug and a false narrative was being perpetrated by the district. Mr. Prince also filed a claim June 12 on behalf of Corina Talamantes and her son, another Don Lugo student and a member of the freshman football team last year. The claim alleges sexual assault, humiliation, emotional distress, and sexual harassment.

The claims submitted by Mrs. Blair and Mrs. Talamantes seek an unspecified amount in damages and settlement demands.

The board rejected the claims and referred them to the district's insurance carrier. ■

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"Whatever you are, be a good one"

-Abraham Lincoln

Capt. Goodman exits, Walker enters

Local from page 1

job at Chino Hills challenged him to be a better person and officer every day. He said he was welcomed and supported by residents and city leadership from day one and quickly learned how engaged and passionate residents were about their city.

Goodman always took pride in meeting the expectations of the community to keep Chino Hills one of the safest cities in the state. He praised the sheriff's department's men and women of the Chino Hills Police Department for making his job a whole lot easier.

Goodman said he would miss all of them and the great working relationships with city employees.

Incoming Captain Walker began his 21-year career with the sheriff's department in 1997 during his time he has worked patrol, narcotics, gangs, internal affairs, and SWAT.

He led one of the tactical teams that was mobilized during the Christopher Dorner manhunt and was in dual tactical command during the 2015 terrorist attack in San Bernardino.

Captain Walker is a member of the California Association of Tactical Officers and he holds a Peace Officer's Standards and Training (POST) Supervisory Certificate, a POST

Management Certificate and Role of the Police Chief, among his accomplishments.

The new captain is an avid cyclist and long-time member of the Citrus Valley Velo cycling club based in Redlands.

He is also vice president of the Sheriff's Athletic Federation; their mission is to promote a high standard of physical and mental well-being of law enforcement officers in the sheriff's department. This is accomplished through the sponsorship of athletic competition.

Captain Walker lives in Riverside with his wife of four years, Angela, and their blended family.

Walker said he values the concept of community policing and looks forward to collaborating with citizens, business owners, and stakeholders to promote positive police and community relations.

Captain Goodman gave a rave review of his replacement saying a better person could not have been picked for the job.

John Walker will be great fit for Chino Hills because of his integrity, strong work ethic, and commitment to community policing. He has in the past done great work forging relationships with the community of Highland, and I have no doubt that he will continue that philosophy here." ■

Inland Christian Home: Quality Environment for Seniors

Home from page 1

status promotes this mission as there are no owners who profit from its operation and all the revenues received are reinvested into the operations of the facility.

As the baby boomer generation continues to age, it is important to know they have options. The aging process is not always an easy one and, at times requires the assistance of others. Inland Christian Home offers a community that assists in many ways. Its primary mission is to provide quality, affordable, individualized care to seniors in a Christian environment, making it a place you can feel right at home.

Inland Christian Home, being licensed as a Continuing Care Retirement Community (CCRC) through the Department of Social Services, provides many different levels of

care which include Independent Living, Assisted Living, Memory Care, Adult day care, Skilled Nursing and Rehab and Custodial Home care Services. The availability of different levels of care and service arrangements on the same grounds, offers seniors very unique advantages. Our philosophy is to encourage our residents to live as independently as possible at the lowest level of care. Our residents' individual needs and desires are always considered in the arrangement of these services. We want Inland to be their home, not the facility in which they live, where all are treated as individuals and they participate and are given choices in how they live.

The availability of different levels of care and service arrangements on the same grounds offers residents some very unique advantages. Residents can continue to reside at the community even though

their abilities may change. Resident and their families have the comfort in knowing that their needs will be met. Inland Christian Home is a close-knit community that promotes the maintaining of social relationship residents have with other residents, friends, and family.

Inland Christian Home also provides services to those who prefer to stay in their own homes. Custodial Home Care services make it possible by providing assistance with housekeeping, cooking, shopping, meal preparation, bathing, and dressing through educated caregivers.

Inland Christian Home is here to promote aging in place, and gives seniors the ability to live at the lowest level of care even though their abilities change and their families have the comfort in knowing their needs will be met; making it a place you can feel right at home. ■

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-Stuart Henderson Britt

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