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FEATURING OUR ONLINE DROPDOWN MENU!

Volume 21 • Issue 9 • September 8, 2018 - September 14, 2018 • ANAPR.COM

DIAMOND BAR

Chaparral DBL Students Team Up

By Kelli Gile

Diamond Bar—Chaparral Middle School students were given a design challenge that took some imagination during the second week of school. Seventh graders in the Design-Based Learning (DBL) core were tasked with building a wall perch for a two-inch pompom named Harry. The innovative designs needed to have good visibility (so the tiny ball of fluff could see every face in the class), be safe so he wouldn't fall off, and feature creative architecture. After learning about the engineering process, scientific method, and DBL process, students compared and contrasted the systems using Venn diagram circles. "They realized there are a lot of similarities," said science teacher Jennifer Najera. The Next Generation Science Standards (NGSS) integrates the engineering design process as an important

see DB page 10

You Can Get A Ticket For Walking In The Street



Рното Ву: ANAPR

California - As kids. our parents warned us heavily to never ever walk in the middle of the street. It was viewed as a spot where no one could go. However, looking around today, it is clear to see that

the sidewalk has become

more of a suggestion than a requirement. More and more

BY MICHAEL ARMIJO

21956 states, "No pedestrian

people every day are walking

just by the curb or close to in

the middle of the street. Even

though it seems that this is

simply just accepted by the

law, it is very much illegal and

L.A County Sheriff's Dept. **Reserve Deputy Program**

STAFF REPORTS

Walnut/Diamond Bar — Back in the 1800's, the Sheriff would look to the community to form a posse and deputize citizens to assist him in the apprehension of horse thieves, murderers, or other criminals. Thankfully, we have thousands of full-time deputies to perform those duties today, but in 2018, just like the 1800's, the Sheriff is looking to the community to find citizens to volunteer and help

by becoming reserve deputy

Reserve deputies undergo the same training and background checks that fulltime deputies receive. It's a year-long process, but after graduation reserve deputies can perform a wide array of duties and service to the community.

The Los Angeles County

see Deputy page 10



PHOTO COURTESY: LASD

INLAND EMPIRE

Here We Grow Again

BY ANTHONY SAUDE

Eastvale - Since it first became a city in October of 2010, Eastvale has grown immensely. An area that was once mainly known for dairy farms is now buzzing with shopping centers, beautiful parks, and great schools. The growth of Eastvale has experienced is not letting up any time soon either! Here are some of the new businesses, developments, and projects that are taking place or coming to Eastvale soon.

Burgerim one of the fastest growing franchises in the

country is now open. Caremore Pharmacy, Poke Delight, LED One Distribution Inc, The Pizza Press and Ten Ren's Tea Time are now open as well. The big win for Eastvale was getting the Costco open for business.

We have a lot of new businesses that are coming very soon as well. Some of those are Creamistry, Davita Medical, El Pollo Loco, Fatburger, In-N-Out Burger, Les Schwab Tire Center, Mes Amies Spa, Miguel's Jr., Pieology, Pita Street and W. Café. With this kind of growth

see IE page 10

you can get cited. California Vehicle Code

see Ticket page 10

LOCAL NEWS

Chino Hills Police Searching for Burglary Suspect

BY SB COUNTY CORONER

INCIDENT: Burglary LOCATION: Chino Hills

SUSPECT(S): Black male adult/juvenile, wearing heavily ripped sagging denim jeans, multi-colored blue/ purple hoodie with white stripe under sleeves, yellow and black boxers, black shoes, blue work gloves, and red patent leather backpack with gold zippers.

VICTIM(S): Confidential SUMMARY: On Friday August 3rd, 2018, at

approximately 10:41 am, a black male adult wearing, blue jeans, purple hoodie, blue gloves and a red backpack was captured on the victim's video surveillance shattering the glass to the residence rear slider door with an unknown tool (possibly a glass punch). The suspect never entered the residence and is heard on the victim's video saying "the cops are coming." The suspect leaves the backyard by jumping over the south wall and was unable to be identified. The suspect left the incident location in a gray

Ford Mustang with a cloth top.

During the attempt burglary it was discovered the residence was occupied by the home owner, including a newborn. The suspect is believed to be related to similar burglaries in Chino Hills and surrounding areas.

Any questions, please contact the Chino Hills Station.

Refer: Deputy G. Perez at the Chino Hills Station Email: Gvperez@sbcsd.org

Station: Chino Hills Police

Phone No. (909) 364-2000 Case No. 221802480 ■

Our Featured Businesses

Make Your Backyard Extreme

BY MICHAEL ARMIJO

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

"A key component to staying in business

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.

Get Farm Fresh Eggs at Voortman's Egg Ranch

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 ambiance,

see Voortman's page 10



The Voortman Family circa 1956. Voortman's Egg Ranch is located at 13960 Grove Avenue in Ontario. You can reach them at (909) 465-1319. They are open Monday through Saturday, 8 a.m. to 5 p.m. See their ad on page 8.

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CAL FIRE Awards \$170 Million to Reduce Fire **Threat and Improve Forest** Health

BY CA DEPT OF FORESTRY AND FIRE PROTECTION

Sacramento-While California experiences another destructive fire season, the California Department Forestry and Fire Protection (CAL FIRE) announced that more than \$170 million has awarded in grants prevent catastrophic wildfires, like the Carr Fire Mendocino Complex, restore forest health. More than 100 agencies and organizations across California will receive funding to help the state reduce greenhouse gas emissions from wildfires and sequester carbon.

With funds provided by the Greenhouse Gas Reduction Fund for California Climate Investments (CCI), CAL FIRE awarded 142 fire prevention grants totaling \$79.7 million and 23 forest health projects totaling \$91.5 million.

The Fire Prevention grants will enable local organizations like fire safe councils, to implement activities that address the risk of wildfire and reduce wildfire potential to communities and forests. Funded activities include hazardous fuel reduction, fire planning, and fire prevention education with an emphasis on improving public health and safety, all while reducing greenhouse gas emissions.

"California continues to invest millions of dollars into creating healthier, more resilient forests that benefit all of us," said Chief Ken Pimlott, CAL FIRE director and California's state forester. "Already this year more than 700,000 acres have burned across the state creating significant carbon releases that counter our efforts at reducing

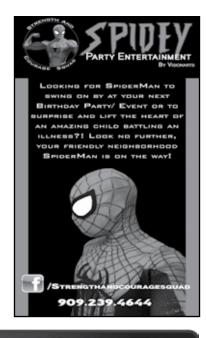
greenhouse Local gases. projects funded by this money will prevent wildfires before they start, and when combined with our fire prevention activities, will help move us toward our greenhouse gas reduction goals."

CAL FIRE's Forest Health grants were distributed to non-profits and local and resource agencies to implement collaborative projects that extend across multiple land ownerships. These projects seek to improve water quality, manage forest pests, and increase the use of tools such as prescribed fire and hazardous fuels reduction to create resiliency in California's forests. Multiple projects include a bioenergy component—turning killed by drought and bark beetles into energy.

Five of the Forest Health grants will enable the purchase of conservation easements under CAL FIRE's Forest Legacy Program. These grants will protect more than 14,000 acres of forestland in Humboldt and Sonoma counties from urban and agricultural development which would increase greenhouse gas emissions. To date, CAL FIRE's Forest Legacy Program has conserved nearly 111,996 acres of working forest lands in California.

The 165 grants announced today were made possible by proceeds from California's cap-and-trade program to combat climate change. Through the Greenhouse Gas Reduction Fund, CAL FIRE and other state agencies are investing in projects that directly reduce greenhouse gases while providing a wide range of additional benefits in California communities.

This May, Governor Edmund Brown Jr. announced the creation of the Forest Management Task Force to address the issue of the health of California's forests, which have been adversely impacted by drought and climate change. The Task Force held its first meeting on June 11 and has scheduled a second meeting for August 13. The Task Force is working to facilitate strategies to reduce risk of wildfire and increase the pace and scale of forest restoration activities leading to improved watersheds. ■





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Community Events

UPCOMING EVENTS:

Hike the Valley

When: Saturday, September 8, 8:00 am

Where: Carolyn Owens Community Center, 13201 Central Ave., Chino

Details: Hike the Valley is a hiking program where participants are guided through local trails. Hikes average 2-5 miles in length, range from easy to difficult levels, and are led by City staff. A light snack is included following each hike. Hikers must be 10 yrs or older and children under the age of 18 must be accompanied by a parent of legal guardian. Hikers must supply their own water and comfortable, sturdy closed-toe hiking shoes or boots. The hike will be at Whiting Road Loop, a moderate 4.9

mile hike starting at the Glenn Ranch Road Parking Lot, 127901 Glenn Ranch Road, in Trabuco Canyon. Additional parking fee required if taking personal vehicle. Transportation is available for participants from the Carolyn Owens Community Center. If you register for Hike the Valley and would like to opt-out of the shuttle service, please contact (909) 334-3478 or healthychino@ cityofchino.org. Dogs are allowed on most hikes and must be kept on a leash. Dogs are not permitted on the shuttle. There is a \$16.00 participant fee for residents and \$26.00 for non-residents. Register in advance by calling the Recreation Office at (909) 334-3258 or visiting the Carolyn Owens Community Center, on 13201 Central Ave. Hikes are subject

to cancellation based on participation, trail conditions, closures, and inclement weather. If a hike is canceled, it will not be rescheduled and participants may receive a credit. Cost: \$16 (Chino Residents) or \$26 (Non-residents) Contact: (909) 334-3258

More info at www.williamradcliffelawoffice.com

Hispanic Heritage Month-Dia Del Ritmo

When: Saturday, September 15, 12:00 pm

Where: Chino Library, 13180 Central Ave., Chino

Details: Bailamos! Join us for a fun day of dancing and rhythms as we celebrate Hispanic Heritage Month. Wear your dancing shoes as this family-friendly event will include an interactive Salsa dancing session, as well as ballet Folklorico, and Danza Azteca performers!

Cost: FREE

Contact: (909) 465-5280

Toddler Boot Camp (Ages 1-3)

When: Monday, September 17, 11:30 am

Where: James S. Thalman Chino Hills Branch Library, 14020 City Center Dr., Chino

Details: For the more active toddler we have selected high energy songs with lots of movement to inspire a health model of physical exercise in a fun and engaging way. The purpose of this Course is to inspire healthy physical activity from the get go, in a fun and exciting way your toddler will love. This Course will be focused on the development of gross motor skills, listening skills, following directions, stretching and being active. Contact: (909) 590-5380

Did You Know?

3 Tips to Raise a Drug-Free Child

BY STATEPOINT

By the time teens graduate from high school, about 45 percent will have tried marijuana, according the National Institute on Drug Abuse. And while marijuana is one of the most used substances among teenagers, it is not the only one of concern today. The drug epidemic is an expansive and very real public health crisis and families are on the front line when it comes to getting prevention and recovery efforts underway. Here are three steps parents can take to help keep their kids safe.

- 1. Communicate. The best line of defense is an open relationship with your children that encourages a healthy dialogue about the dangers of drug use in terms they can understand. Paired with consequences that will resonate, like the taking away of freedoms and valued items, discussions should include talking openly about the effects of drugs like marijuana, heroin, cocaine and methamphetamine on a user's health and wellness. Be available and willing to listen to whatever your children have to say without interrupting or losing your composure, ensuring a healthy conversation where they feel their voices are being heard.
- 2. Have a Plan and Offer Privileges and Incentives. In the home, prescription drugs such as opioids and stimulants should be locked away safely, accessible only to the person to whom they're prescribed. If those drugs are prescribed to your child, monitor use of the

medication, and keep it stored in your bathroom rather than your child's.

Parents who suspect their child may be facing peer pressure or abusing drugs should consider using a home drug test. Sold at major retailers in the pharmacy section, First Check Home Drug Tests are a quick and accessible resource for parents concerned about their children's health. Over 99 percent accurate, these kits deliver results in five minutes, testing for the presence of up to 14 commonly abused drugs.

Your drug prevention plan may also include a system of rewards for passing home drug tests, including car privileges and other tangible incentives.

3. Strategize Saying "No." Strategize with your children on how to say "no" when pressured to use drugs, while also reinforcing the "why." Reasons to say "no" can be anything from not wanting to harm one's grades, health or athletic potential, or even just the fact that you implement home drug testing. To that end, consider home drug testing as a way to take the pressure off your children, giving them an easy out in social situations where drugs are introduced, while saving face with peers. You can even give them a line to use on their friends, such as, "I can't, my parents are crazy and they drug test me!"

More tips to help raise drugfree kids can be found at notmykid.org.

Drug use is a challenging issue to navigate, but with a few preventative actions and an open discourse, you can foster a healthy, drug-free environment for your family.

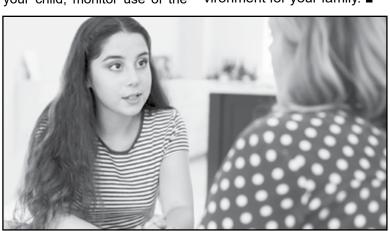


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History 101

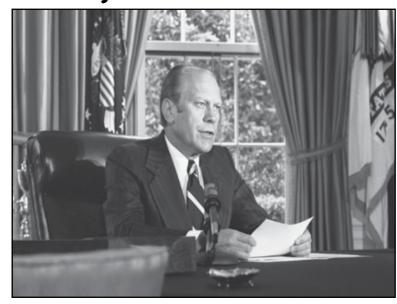


PHOTO COURTESY: WIKIMEDIA COMMONS

September 8, 1974: Ford pardons Nixon

By History.com

In a controversial executive action, President Gerald Ford pardons his disgraced predecessor Richard M. Nixon for any crimes he may have committed or participated in while in office. Ford later defended this action before the House Judiciary Committee, explaining that he wanted to end the national divisions created by the Watergate scandal.

The Watergate scandal erupted after it was revealed that Nixon and his aides had engaged in illegal activities during his reelection campaignand then attempted to cover up evidence of wrongdoing. With impeachment proceedings underway against him in Congress, Nixon bowed to public pressure and became the first American president to resign. At noon on August 9, Nixon officially ended his term, departing with his family in a helicopter from the White House lawn. Minutes later, Vice President Gerald R. Ford was sworn in as the 38th president of the United States in the East Room of the White House. After taking the oath of office, President Ford spoke

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to the nation in a television address, declaring, "My fellow Americans, our long national nightmare is over."

Ford, the first president who came to the office through appointment rather than election, had replaced Spiro Agnew as vice president only eight months before. In a political scandal independent of the Nixon administration's wrongdoings in the Watergate affair, Agnew had been forced to resign in disgrace after he was charged with income tax evasion and political corruption. Exactly one month after Nixon announced his resignation, Ford issued the former president a "full, free and absolute" pardon for any crimes he committed while in office. The pardon was widely condemned at the time.

Decades later, the John F. Kennedy Library Foundation presented its 2001 Profile in Courage Award to Gerald Ford for his 1974 pardon of Nixon. In pardoning Nixon, said the foundation, Ford placed his love of country ahead of his own political future and brought needed closure to the divisive Watergate affair. Ford left politics after losing the 1976 presidential election to Democrat Jimmy Carter. Ford died on December 26, 2006, at the age of 93. ■

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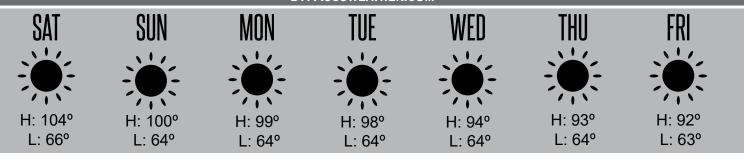
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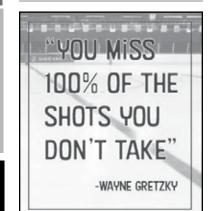
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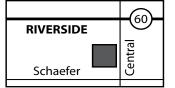
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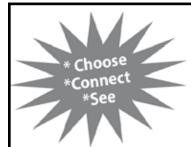
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CROSSWORD THEME: BEFORE AND AFTER

ACROSS

- Fever," movie and novel
- 6. "Is" in the past
- 9. Name of the Blue Ox
- 13. Rome's Colosseum, e.g.
- 14. Fla. neighbor
- 15. Jig, in France
- 16. Volcanic rock, pl.
- 17. Basketball hoop
- 18. Opposite of adore
- 19. *Before Rodham; After -
- _; After Mumbai 21. *Before -
- 23. Make mistakes
- 24. Prickle on a wire
- 25. Art degrees
- 28. Abominable humanoid
- 30. "American Horror Story: Hotel" hotel
- 35. Tangerine and grapefruit hybrid
- 37. Sailor's call
- 39. Tarzan's swing
- 40. Search without warning
- 41. Audition tapes
- 43. Shorter than maxi 44. King of ancient Crete
- 46. Time distortion
- 47. Bit of slander 48. Bobbysock
- 50. Row of vagrants
- 52. "All the Light We Cannot
- 53. Auctioneer's quantities
- 55. EI
- _; After living room 57. *Before -60. Like misanthrope's remark
- 64. Pluck 65. Flying saucer acronym
- 67. Nary a soul
- 68. Sicker 69. Waikiki garland
- 70. Written corrections
- 71. English playwright Coward 72. Japanese capital
- 73. Fit out again

DOWN

- 1. Locker room supply
- 2. Caspian feeder
- 3. Denim innovator
- 4. Foolish
- 5. *Before flour, water, shortening; After
- 6. Announce Red Alert
- 7. *Before Clay; After -
- 8. Brazilian dance
- 9. Kind of lettuce
- 10. Turkish honorific
- 11. Channel marker
- 12. Always, in verse 15. Run around
- 20. Artemis' companion
- 22. Middle-earth creature
- 24. Organic matter used as fuel ; After - Myanmar
- 25. *Before -26. "Encore!"
- 27. Move furtively
- 29. Muscle or strength
- 31. #17 Across, pl.
- 32. Quarter side, pl.
- 33. Empower ___; After - Democratic Re-34. *Before -
- public of Congo 36. *Before - William Michael Albert Broad;
- After Billy 38. *Before - New Amsterdam; After - New
- 42. Like certain foods
- 45. Amazon, e.g.

_," novel

- 49. #me
- 51. *Before supper; After _ 54. "Yours
- 56. D in LED 57. Prince William's sport
- 58. Car shaft 59. Cambodian currency
- 60. Mint product
- 61. Salon creation
- 62. Hostile to 63. Just in case
- 64. M in rpm 66. ATM extra

CROSSWORD

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Today's Real Estate Minute Update

BY GIL RIVERA



September just rolled in and the market continues to show signs of turning towards a

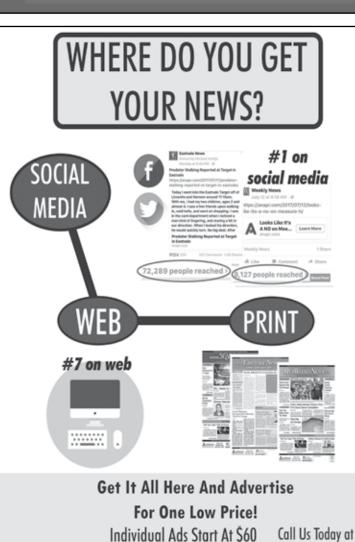
buyers market. Recent articles from the CA Association of Realtors indicate data that shows the last three months have seen prices continuing to be high but at lower amounts than the previous year. You've probably driven around your local neighborhoods on the weekends recently and seen more Open House signs than anytime this year. Sellers are pricing high, buyers are entering into escrow at those high prices, but then the appraisals are

coming in at less than sales price. Thus, you see a lot of homes with the status "Back on Market" because they failed to have a match between what the home is in escrow for and what the lender's appraiser valued it at. Interest rates rose very minimally in the last few months but social media has played up the fact that they did "rise". Buyers have become very price conscious as such.

If you were thinking of waiting till the market peaked to SELL your home, now's the time to get it done.

This article was written by Gil Rivera, State Certified Appraiser #AR017586, State Licensed Broker #01213587, www. SellYourCasa.com, Cell/TEXT# 909-967-4525, GRiveraEmail@amail.com





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Continued from page 3

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Recipe:

Moroccan Chicken Sausage Tagine

with Dried Apricots and Chickpeas over Couscous

By Hello Fresh

Cooking Time: 35 mins Servings: 4 Nutrition: 930 Calories Ingredients:

- Shallot-2
- Garlic- 4 cloves
- Carrots-4
- Roma Tomato- 2
- Dried Apricots- 2 oz
- Cilantro- 1/2 oz
- Chickpeas- 26.8 oz Chicken Stock Concentrates- 4
- Couscous-1 cup Italian Chicken Sausage Meat- 18

ΟZ

- Turkish Spice Blend- 2 tbsp
- Sour Cream- 4 tbsp
- Hot Sauce- 2 tsp
- Lemon Juice- 4 packs
- Wash and dry all produce. Halve, peel, and mince shallot. Mince or grate garlic. Peel carrots, then thinly slice on an angle. Dice tomato. Roughly chop apricots. Finely chop cilantro. Drain and rinse chickpeas.
- 2 COOK COUSCOUS Heat a drizzle of oil in a small pot over medium-high heat. Add half the shallot and half the garlic. Cook, stirring, until just softened, 1-3 minutes. Stir in 3/4 cup water, 1 stock concentrate, and a pinch of salt. Bring to a boil, then add couscous. Cover, remove from heat, and set aside.
- 3 COOK SAUSAGE Heat a drizzle of oil in a large pan over medium-high heat. Add sausage and half the Turkish spice,



PHOTO COURTESY HELLO FRESH

breaking up meat into pieces. Cook, tossing occasionally, until browned and cooked through, 5-7 minutes. Remove from pan and set aside.

- 4 COOK CHICKPEAS AND VEGGIES Heat a large drizzle of oil in same pan over medium-high heat. Add carrots and chickpeas. Cook until veggies soften and begin to brown, about 5 minutes. Add a large pinch of salt and all of the remaining shallot, garlic, and Turkish spice. Cook, stirring, until fragrant, about 2 minutes. Meanwhile, stir together ⅓ cup water and remaining stock concentrate in a small bowl.
- 5 SIMMER TAGINE AND MAKE CREMA Pour stock mixture into pan. Stir in sausage and tomato. Bring to a gentle simmer, then cover pan. (TIP: Use a piece of aluminum foil to cover your pan if it doesn't have a lid.) Cook until liquid is slightly reduced, 2-3 minutes. Meanwhile, in another small bowl, mix sour cream, hot sauce (to taste), and a pinch of salt. Add water 1 tsp at a time until mixture has a drizzling consistency.
- 6 FINISH AND SERVE. Fluff couscous with a fork, then stir in 1 TBSP butter, a dash of lemon juice (to taste), and half the cilantro. Season with salt and pepper. Divide between plates. Top with sausage and chickpea mixture from pan. Drizzle with crema. Garnish with remaining cilantro and apricots.

How New Technology is Helping Children Cope with Cancer



PHOTO COURTESY: (c) ARTO / STOCK.ADOBE.COM

BY STATEPOINT

One of the toughest aspects of managing cancer in children is communicating with young patients, say parents and healthcare experts.

"There were many times when my daughter did not want to talk or communicate her feelings," says Joycelynn Sanchez of now 6-year-old Jiani, who at age 3, was diagnosed with acute lymphoblastic leukemia. "She grew tired of the pokes and the questions and would become withdrawn."

Fortunately, many parents and doctors are finding that new technology can help young patients like Jiani better communicate their feelings and manage their condition. For example, My Special Aflac Duck, a creation of Aflac, an insurance industry leader, and Sproutel, a research and development workshop, is an award-winning smart companion that nuzzles, quacks and dances with the lifelike movement of a real duckling. While entertaining, it's not a toy. It's specifically designed to help comfort, teach and empower young patients as they go through their journey with cancer, reflecting the belief that children need more than medicine to cope with the stress and loneliness that often come with their disease.

"On average, childhood cancer treatment lasts more than 1,000 days," says Aaron Horowitz, CEO and co-founder of Sproutel. "We thought there must be a way to help alleviate some of the burden."

Using the new companion technology, children can communicate their emotions by tapping colorful emoji cards to a sensor on the duck's chest. Tap an emoji with a happy expression and it responds with delighted quacking. Choose the sad face and it lowers its head and sighs. Children can mirror their care routines through a compatible web-based app, including medical play and feeding and bathing their duck via augmented reality. It also dances, quacks, and nuzzles to help distract and calm them. Its exterior can even be removed, washed and sanitized.

Creation of the comforting companion is an extension of Aflac's 22-year, \$122 million commitment to childhood cancer causes. Their goal is to provide this feathered friend free of charge to all newly diagnosed children, nearly 16,000 each year according to the National Cancer Institute. Distribution, targeted to begin this coming winter, will be through hospitals, and the robotic duck will not be for general consumer sale.

Jiani's treatment, which lasted three years and included various chemotherapies, as well as countless spinal taps and antibiotics, was completed in December 2017. "There were some tough times, but through it all, she was a champion," says Sanchez. "Knowing tough times for other children with cancer may be made a little easier with the help of technology makes me very happy." ■



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Saying Goodbye



М family and I are very sad to say 'Goodbye" to

an old friend. Actually the friend is not a person but a restaurant in Diamond Bar. The word began to circulate this week that the Whole Enchilada restaurant is closing. It has been a part of our family for 30 years.

On one of our first visits to Diamond Bar in1988, we were taken out to lunch by some church families to the Whole Enchilada. We enjoyed the food and the warm

atmosphere. Little did we know then that we would become frequent guests over the next three decades.

As our children grew up, we would often celebrate their birthdays at the Whole Enchilada. For many years, they offered a free meal and dessert to guests on their birthday. They would let the birthday guest wear a large Sombrero and the waiters would sing "Happy Birthday" ("It's the Whole Enchilada and we are here to say..."). They would take a Polaroid photo, too. We could probably fill a whole wall in our house with those birthday photos from the Whole Enchilada.

I still remember the day when we were at the Whole Enchilada

and learned that one of our daughters was pregnant. She lived out of the area but she asked one of her sisters to take us to "the Whole" and present us with a small gift - a pair of baby shoes. Then she called to tell us that she was pregnant with our first grandchild!

We have enjoyed many meals with friends, neighbors, church members and out of town guests. Whenever we asked ourselves, "Where should we eat dinner", the answer was always the same the Whole Enchilada! We live so close we could actually walk there. It has been part of our family for many years.

We were able to go to the Whole Enchilada one last time before they closed. It was packed! People were standing outside waiting for an empty table. We

saw a number of old friends and neighbors. It was like a reunion with current and former residents gathered one last time to enjoy the food and fellowship at Diamond Bar's most famous restaurant.

Managers and waiters were personally expressing their thanks to loyal customers and customers were expressing their thanks to the staff, too. At the end of our meal, several of us stood up and invited fellow guests to join in singing the famous Whole Enchilada Birthday song one more time. It seemed like a fitting way to honor and express our thanks to our old friend.

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 ■



Apathy is Deadly

BY NANCY STOOPS



believe арathy is the root cause for many of the problems in

our world today. What has happened to us and when did so many of us stop caring? I know our world is hard and sometimes can feel like a very lonely place. I also know that I come across many people that still believe in themselves, others and in our world.

I hate when I hear people just give up. I hate when people just stop caring and seem to exist in a full time pity party. Life throws us many things that get in our way but if we give up, then we have wasted our lives. I think we use

apathy as a defense mechanism to stop feeling our pain. I guess it's easier to not care, than to feel our pain. I guess it makes it easier to hide from ourselves by acting like we just don't care. Eventually if we are apathetic enough and for a long period of time, the people trying to help us might even start to leave us alone. We may think this is what we really want but I don't think anybody truly wants that.

I look at apathy as being emotionally shut off or wanting to show the world that you are. We are here to live our lives to the fullest. We are supposed to care and yes sometimes we can get hurt a lot but turning off emotionally helps nobody. I hear a lot of people tell me they don't care because there's nothing they can do to make our world better. I disagree, because as long as we still care then we will work hard to be the best we can be and to keep improving our families, communities and eventually our world!!!!!!!

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 (909229-0727. 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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Autism Mom

A Bad Day Doesn't Make You a Bad Mother

BY MELODY KRAEMER



Have you ever had one of those days where you couldn't wait for bedtime? How about

one of those days where nothing seems to go right? Maybe today was one of those days where you think you had the entire day planned out perfectly and not one thing you planned happened?

Or It could be one of those days where you lose your cool, and now you feel guilty for feeling the way you do? How about one of those days where your patience is so thin, even though you try with every ounce of your being to have patience, it's just not coming easily? What about a day where you just plain feel agitated? I am feeling each and every one of these things

today.

The more the day goes on, the more I wish it was bedtime.

Everything has seemed to go wrong, even though I am trying hard to stay positive. Of course I believe my children sense when I am feeling this and view this as a challenge to see how far they can push me.

It is now late in the afternoon, and I'm rushing out the door to get my autistic children to their speech and OT classes. I see the clock, and it's on the hour we are to be there.

Great, just another late arrival, I open the front door and my youngest bolts out and down the street while the other one is chasing him. I raise my voice, sure that the next neighborhood over could hear me saying, "Get in the car!"

Feeling horrible inside and feeling like the worst mother ever I drive them to their classes. As they walk inside, I take this moment to feel relief and take a deep breath, I can't help this overwhelming feeling of mommy guilt. I have raised my voice and

have had no patience with my boys. I sit down in the waiting room and take out my computer to catch up on work since I now have to sit here for 2 hours.

I open up my laptop, and the first thing I see is a post on Facebook, "Just because you are having a bad day, doesn't make you a bad mom.' Wow, I needed to hear that. That's so right, we as moms are allowed bad days just as kids are allowed bad days, but it doesn't make us a bad person. What it does do is remind us that we are only human. Next time I'm having a bad day I must remind myself, it's a bad day and this bad day does not make me a bad mom. My children love me unconditionally even through my bad days just as I love them through theirs.

Melody Kraemer is the Editor and Publisher Macaroni Kid Jurupa Valley- Eastvale and Macaroni Kid Riverside. For any information or general encouragement feel free to email me at: autismmomofboys@ gmail.com. ■

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You can get a ticket for walking in the street

Ticket from page 1

may walk upon any roadway outside of a business or residence district otherwise than close to his or her left-hand edge of the roadway."

"Walking in the street is a very citable offense," said LA County Sheriff Captain Alfred Reyes, "it's about safety more than anything else."

The Captain explained that cross walks are in place for a reason, and so are sidewalks.

"It's definitely not wise for anyone to walk in the street," Reyes added, "the best practice are utilizing sidewalks for pedestrian traffic, sidewalks are safest, do not place yourself in harms way."

Runners and walkers can sometimes use bike lanes, and bike lanes may not be always safe for runners or pedestrians, but no lane is definitely not safe. It is safest to utilize the sidewalk.

At night always wear reflective clothing, joggers and bikers, Captain Reyes recommends. "If you choose to jog in a bike lane there is always the distracted drivers element. It's amazing how we see sooo many people look at phones, even on the freeway," he said.

Just a few months ago,

Pastor Mark Lee from Vantage Point Church in Eastvale, sister church from Diamond Bar's E-Free Church, was running in the bike lane at 9 am when he was struck by a passing truck's right side view mirror. He spend weeks in rehabilitation and is still reluctant to do certain activities. The driver was cited as being at fault. Fortunately he delivered an inspiring sermon on the importance of cherishing your life.

The Sheriff's Department will cite runners and bikers in the bike lake who do not wear reflective clothing and bikers who do not have reflectors and a headlight. You are required to have lights on yur bike at night.

Many people do not get ticketed for walking in the street and it appears because of priority. In fact, if you are getting stopped, odds are the officer is concerned about your safety. Sure, walking on a roadway might not get you a serious ticket, but it might get you a serious injury, even death.

In Eastvale, California (bordering Chino), a 28 year old woman was killed last month when she was struck by a vehicle. 28 year old Janine Chavez of Eastvale was walking in the roadway, not inside a crosswalk, Eastvale Sheriff's officials said. The

Eastvale death happened about 7:45 p.m., Chavez was hit by a southbound a Honda Accord driven by a 51-year-old Ontario man, sheriff's officials said in a press release.

Chavez was pronounced dead at the scene. It has not yet been determined who's at fault but the report stated she was not in a sidewalk and appeared to be walking in the road. Details are being gathered, and according to the Sheriff's Department, avoiding the street can avoid injuries and fatalities.

According to everybodywalk. org, over 4,500 people in America are killed just crossing the street. The website also claims that over 68,000 people are injured every year from crossing the street. This is even worse in crowded cities like New York, where it is estimated that a pedestrian is killed or injured by a vehicle every two hours.

The only one who can prevent such actions taking place is the pedestrian. Using sidewalks and obeying traffic signs will keep you safe and lawful. If you want to know more about other laws in the California Vehicle Code, dmv.ca.gov has the complete Vehicle Code on their website. (Chandler Holloway contributed to this story)

Los Angeles county sheriff's department reserve deputy program

Deputy from page 1

Sheriff's Department Reserve Program is one of the largest in the country, with over 600 all-volunteer sworn reserve deputy sheriffs. Last year they worked 182,000 hours keeping the citizens of Los Angeles County safe. Those 182,000 hours represent millions of dollars in savings to taxpayers.

Patrolling our communities is only one of many functions performed by reserve deputies. Lifesaving search and rescue missions are performed every week by reserves as part of the Los Angeles County Sheriff's Department's Search

and Rescue Program. Last year reserve deputy sheriffs performed 684 missions throughout the county, saving countless lives.

Another opportunity for reserve deputy sheriffs to serve is by becoming a member of the Sheriff's Department's Posse. Posse members work patrolling trails and various community events on horseback.

Reserve deputies also help solve crimes by working in many of the Sheriff's Department's detective units, such as Homicide Bureau, Narcotics Bureau, Fraud and Cyber Crime Bureau, and Special Victims Bureau. We also have reserves who ride street and off-road

motorcycles for the Department.

Reserve deputies come from all walks of life and from a wide variety of professions. The common thread of all is a burning desire to give back to their community and assist their fellow citizens.

If you are interested in signing up, just like citizens did over a 150 years ago, there is a reserve deputy academy scheduled to start in February 2019. If you are interested in this rewarding opportunity please contact the Los Angeles County Sheriff's Department Reserve Forces Detail at 323-526-5100 and ask for Assistant Director Mike Leum to get started.

Get farm fresh eggs at Voortman's egg ranch

Voortman's from page 1

with the latest in technology. Their happy chickens are enjoying their newly remodeled home; and their egg-processing machine can handle about 36,000 eggs per hour at its peak. If the average bird lays one egg about every 26 hours, that equals a lot of chickens at the Voortman ranch!

Did you know that you can tell how fresh an egg is by how high the yolk stands up in the frying pan after you crack it? Voortman's will have your overeasies standing tall. Their fresh

eggs are the highest in quality, with dark, nutrient-dense yolks. You will immediately notice a difference in your cooking and baking.

Have you ever wondered how long the eggs in the grocery stores have actually been sitting around? Despite the use-by date, there is really no way to know how long ago they were produced. With Voortman's, the eggs are selected daily, on site, and readied for you in their store.

Third-generation egg rancher, Eddie Voortman, says, "We are a local, family-owned business that provides fresh, quality products to the public." Customers of Voortman's rave about their all natural, cage free eggs, touting the freshness, and great pricing. One customer said, "They make the fluffiest scrambled eggs!"

The eggs come in all sizes and colors, depending on your needs. Whatever you choose, you will not be disappointed.

Voortman's is centrally located just minutes from Chino at 13960 Grove Avenue in Ontario (just 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. ■

Here we grow again

IE from page 1

come multiple employment opportunities.

Companies that are hiring right now are Smithfiled Foods, to apply visit their website at:smithfieldfoods. com/careers. Burgerim has employment opportunities available to apply visit their website at: burgerim.com/careers or if burgers are your thing Fatburger is also hiring you can apply at fatburger.

com/joinourteam.

Platimum Collision Center is also looking to hire quality employees for more information send an email to ralina@platimumccs.com

The Pizza Press is another establishment that is hiring right now, to apply visit:thepizzapress.com/franchise-careers

Each new business and development adds to Eastvale's community in a big way and they are not going to stop growing any time soon!

Make your backyard

Extreme from page 1

extreme

so long is to treat people the way we would want 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 of getting things done correctly and creatively.

Extreme Backyard Designs can provide custom Barbeque islands, outdoor fireplaces, fire pit tables, spas, patio furniture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as 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, while providing 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. extremebackyarddesigns. com.

Chaparral DBL students team up for hands-on learning

DB from page 1

element in science. "I think the engineering process helps people think creatively about problems and is a great way to tackle just about any project!" she said. With just two class periods to complete the assignment, the small groups quickly got busy planning, building, testing, and improving their designs. Teams needed to make creations come alive using limited resources of cardstock, construction paper, tape, glue, plastic cup, rubber band, plastic spoon, and paper clip.

On Monday, groups presented the crafty projects in front of classmates who would later be voting for the design that best met the criteria. One group created a hot air balloon that gave Harry a 360-degree view of the class. Another showed off a three-tier hideaway featuring a rubber band swing, windows, and throne. "We kept him safe by adding walls and made sure he could see, but not fall off," said Nathan Chang. Another team added a hammock to Harry's cozy home. "We really liked the idea of having a hammock for Harry," said Clarissa Lee Baladejo. "We thought it would be cool and didn't think anyone else would make one out of a spoon, rubber band, and paper!" "And there's a slide on the back so Harry can roll down from his throne into his home!" added Mikaya Griego. She shared that the final project had noticeably changed from the original plan. "It had a cage on top to hang the swing from - but that didn't work!" "It wasn't easy, but in the end, it came

together!" Lee Baladejo added. "The

winner of the Good Design Award will be on display all year so that Harry can watch over my students!" Najera said. The innovative DBL program launched at the Diamond Bar school nearly 20 years ago has been recognized with a prestigious Golden Bell Award by the California School Boards Association."A lot of times people think all we do is build in DBL," said Najera who emphasized that students make connections to their designs using standards across multiple curricular areas. "Attaching content to each project allows students to create deeper meaning and retain information longer," she added. The inaugural class assignment this year, called Never Before Seen, in which students created pintsize art objects to subtly illustrate their unique personality and interests. The 35 projects ranged from colorful designs with spiral shapes to dark geometric models. "This is the core of DBL," Najera said standing at the display. "If you were just to look at it, you wouldn't know the meaning."The Chaparral students said they prefer the collaborative style of learning. "It's really cool how we have a lot of handson projects and it's really good for different types of learners," said Aslin Choi. "I'm a picture-smart person and I love working with people!" "We have a lot of group projects in DBL," said Ryan Wallace, a second-year student in the specialized core. "Last year we used green screens, made films, and did a news broadcast," he added. "It's better than doing it by the book. It makes the learning fun and not boring!" ■

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