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April 2021

POLICE/FIRE

Motorcycle Safety Enforcement

CHINO HILLS PD

Chino Hills- Chino Hills Police/Sheriff's Department will have extra officers out on patrol May 16, 2021 from 8:00 a.m. to 4:00 p.m. looking for violations made by

see **Motorcycle** page 2

Local Hospital Receives Check for Cancer

LA COUNTY SHERIFF

Pomona - In an ongoing effort to increase public awareness about the fight against breast cancer, Los Angeles County Sheriff Alex Villanueva presented a \$10,500.00 check to the Pomona Valley Hospital Medical Center Breast Health Center.

Proceeds were generated through the Pink Patch Project, a collaborative effort between the Los Angeles County Police Chiefs' Association (LACPCA) and over 500 public safety agencies throughout the United States. As part of this program, participating agencies sell their commemorative pink patches not only to public safety personnel but also to the community. In addition to pink

patches, other merchandise, including T-shirts, challenge coins, and stuffed animals, is sold to generate funds. Last year face masks were added to the list. Proceeds from the sale of these items go to fund breast cancer education, research, and treatment.

"We are extremely grateful for the support of the Los Angeles County Sheriff's Department and the community's support of the Pink Patch Project," said Richard E. Yochum, FACHE, President/CEO of Pomona Valley Hospital Medical Center. "The funds raised help us to provide free resources to those in our community affected by cancer, including Nurse Navigators for patients, support groups, a wig program, creative journaling and exercise class-



Photo Courtesy: Kelli Gile

Los Angeles County Sheriff Alex Villanueva presented a \$10,500.00 check to the Pomona Valley Hospital Medical Center Breast Health Center.

es, as well as investments in advanced technologies, such as our SmartCurve breast stabilization system, which reduces pain during mammograms, and the DigniCap Scalp Cooling System that reduces the risk of hair loss during chemotherapy treatment."

Maria Perez, a former pa-

tient of PVHMC, shared her story of survival: "When they tell you 'you have stage IV cancer' and when you see your kids, and you see that you're going to leave them by themselves, who is going to take

see **Cancer** page 4

SCHOOL NEWS

WVUSD Celebrates Star Students, Parents



Photo Courtesy: Kelli Gile

C.J. Morris Elementary fifth grader Gianna Shelby receives Super Star Student Award during March 17 Board Meeting.

KELLI GILE

Walnut - Walnut Valley USD Board of Trustees kicked off the March 17 meeting recognizing

stellar students and parents from C.J. Morris and Walnut Elementary Schools.

C.J. Morris Elementary fifth

see **Star** page 3

WHS Student Wins LA County Science & Engineering Fair

KELLI GILE

Walnut - Walnut High School sophomore Jason Wang won the top award during the 71st Annual Los Angeles County Science & Engineering Fair (LACSEF) and entry into the 2021 Regeneron International Science & Engineering Fair (ISEF) slated for May 3-6.

Wang learned he took 1st Place during the virtual awards ceremony YouTube live stream on March 21.

His winning research project was titled, "Polar Vortex and Long-Duration Events: Climate Change in the Upper Midwest and Canada."

The 15-year-old investigated

whether areas most affected by a meandering jet stream have also experienced an increase in "stuck" weather patterns such as longer cold spells or heat waves.

Wang analyzed NOAA public weather datasets on Google BigQuery, and used linear regression and Tableau to visualize regional climate trends over recent decades.

In addition to being designated an ISEF finalist as one of LA County's top 7 projects, Wang received 1st Place in his Earth/Space Sciences category (for the second year-in-a-row), the American Meteorology Society Prize (for the fourth consecutive year), along with awards

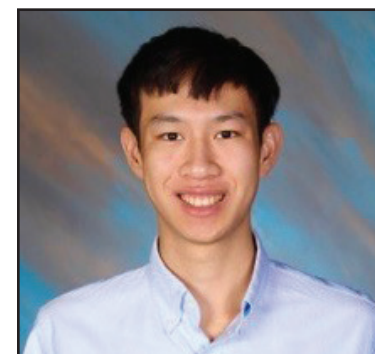


Photo Courtesy: Kelli Gile

Walnut High School sophomore Jason Wang took top honors at the L.A. County Science & Engineering Fair and will now compete in Regeneron Science & Engineering Fair.

see **WHS** page 2

Our Featured Businesses

Metz Air Control Voted #1 in Customer Satisfaction

STAFF REPORTS

Chino - Metz Air Control has been in business since 1977 and is located in Chino. The family owned, once small company, has expanded to 16 employees. Jon and Bryan Metz are brothers who own the business together. They are dedicated and determined to uphold

see **Metz** page 3



Customers participating in Maintenance Protection Plans receive a 24-hour turnaround service as well as discounts for parts and service. Please call the office @ 909-628-9525 for more information about this program.

Tint Your Windows At Mr. Tint

STAFF REPORTS

Norco - Car window tinting is one of the best ways to improve the look and comfort of your vehicle. You can protect the interior of the vehicle from sun damage by tinting the windows. Sunlight and heat can cause your interior, like seats and the dashboard, to fade, crack and deteriorate. Window tinting reduces the sunlight allowed into the vehicle, which in turn reduces how hot it gets

see **Tint** page 4



Mr. Tint is conveniently located at 1780 Town and Country Drive, #104, in Norco. Call them at (951) 737-7007 for more information, or visit their website at <http://www.mrtint-ie.com>.



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Our Life: Proud of Myself

BY MICHAEL ARMIJO

I remember closing my eyes, trying my hardest to embrace the way I felt. I wanted to burn into my memory the tremendous feeling of enchantment that overwhelmed me. The way I felt that evening, I wanted it to last a lifetime.

It wasn't just dinner and cocktails with some co-workers. It wasn't just the significant evening for someone special, a celebration of achievement. The evening meant more to me than it did to the person being honored. It was an evening that I was proud to be included, a time that I had the opportunity to feel how important it was to be where I was that evening. A time to be proud of myself.

I memorized the slow, soft song; my wife in my arms, slowly moved along the shiny, wooden, dance floor. I remembered glancing through the enormous window, gazing over the breathless view of the city; it was a clear day and the hilltop gave us the view

of a lifetime. I remember peeking around the room, sharing the moment with people whom I respected, I admired, I felt very proud of being associated with. And I will never forget the feeling I had; the feeling of pride to be able to be in a room with such igniting people; to be in a room with people I had tremendous respect for.

When I tried to remember the last time I felt this way, it took me back to 7th grade. I remember failing all my classes and my teacher, Yvonne Contreras, took my hand and led me to a place inside myself; the place filled with pride. She told me that I do deserve to be number one; that I do deserve to be the best and to feel proud of myself. And I did find that path because I ended up "Student of the Year." Straight A's and on the honor roll. Unfortunately, that feeling was taken from me. Abuse and neglect took those happy moments from my life to the dungeons of sadness and pain.

But these last several years I've worked hard, uncondition-

ally, trying to make a difference in the lives around me. Just as Miss Contreras did, I've tried to take people by the hand and to lead them to that path inside. I've endured the sacrifice of helping others, encouraging people and trying to live the life of the achiever; trying to show people that it can be done.

You see, this meant so much for me because of where I've been and who I was; this meant so much to me because I've always dreamt of feeling the satisfaction of truly contributing to life. Contributing without condition, without ulterior motives. To truly give from my heart and reap the rewards of my success. I've waited for the day that told me my accomplishments were worthy of my intentions.

And that evening, an evening I will forever hold dear to my heart, I stood there with peers of mine whom I respected. I stood there by a breathtaking view with the woman I've loved for over 20 years. I stood there proud of what I've done and why I've



done it. I stood there, with a tear in my eye, knowing that I could, and have, made a difference in the lives around me. And just as I felt when I won that 7th grade award of "Student of the Year," I had finally earned a feeling that no one could ever take from me. I found the path to that place where no one could ever touch me. I earned the right to experience the fulfillment of what I've done with my life – to actually feel that ever so radiant emotion of truly, and unconditionally, feeling proud of myself.

WHS student wins LA County science & Engineering Fair

WHS from page 1

from the Office of Naval Research/U.S. Navy, Mu Alpha Theta Mathematics Society, the Professional Engineers of California Government, and advances to the California State

Science & Engineering Fair.

Wang has represented Suzanne Middle School and Walnut High School at the LA County Fair each year since 6th grade, and advanced to the California State Fair each year since 7th grade. As a freshman, Wang was named Top

300 in the Broadcom Masters national STEM competition.

Regeneron ISEF finalists compete for nearly \$5 million in awards, prizes and scholarships. Each year more than 1,800 students earn the right to compete at the Regeneron ISEF by winning a top prize

at a Society-affiliated local, regional, state or national science fair. The LA County Science & Engineering Fair is the largest and longest-running regional fair in the Western U.S., with 63 schools and about 350 students entering this year's virtual fair.

Motorcycle Safety Enforcement

Motorcycle from page 1

drivers and motorcyclists that increase the risk of crashes.

With nearly 900,000 registered motorcycles in the state, many road users are going places without the same protections as drivers. Motorcycle riders are 28 times more likely to die in a crash than vehicle occupants.

To help protect you and your family, keep the following tips in mind while driving or riding:

Drivers:

- Always check twice for motorcycles in your mirrors and blind spots.
- Use your signal when changing lanes.
- Never follow a motorcycle too closely. Always keep

a safe distance.

• When at an intersection, allow enough space before turning.

Motorcyclists:

- Always wear a DOT compliant helmet and protective gear like gloves and leather clothing.
- Consider adding reflective tape to your clothing to make it easier for other drivers to see you.
- Keep your lights on at all times, even during the day.
- Don't assume drivers see you: signal well in advance before changing lanes and watch for turning vehicles.
- Although lane splitting is legal, the practice is not encouraged at high speeds in free-flowing traffic, or between large vehicles like big

rigs and motor homes.

The state's stay-at-home order requires residents to stay at home and only go out to run essential errands or exercise. When out, please remember to practice physical distancing measures when feasible, staying at least six feet apart from others.

During these trying times, the safety of the community remains our top priority, and

Chino Hills Police/Sheriff's Department recognizes the need to protect the public by looking for violations made by drivers and riders that put the public at further risk.

Funding for motorcycle safety enforcement operations is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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WVUSD celebrates star students, parents

Star from page 1

grader Gianna Shelby was acknowledged with the Super Star Student Award. Principal Fayroze Mostafa describes Gianna as being a well-rounded, hard-working student who excels in all academic areas and encompasses the school's IB attributes. Giana's leadership and commitment during distance learning has also impressed her teachers. She comes to school every day with a positive mindset and an eagerness to learn. Perhaps what stands out the most about her is her kindheartedness. She opens up her heart to those around her and embraces them for who they are. "We are so proud of Gianna's accomplishments and know that she will continue to reach for the stars," Mostafa said.

Parent volunteer Vivian Wu received the Partner in Education Award. Throughout the school closure, Vivian has continued to be extremely supportive of students and staff. She has made everyone feel loved and supported, and even sends sweet treats to the school to make sure those who work "behind the scenes" are recognized. Vivian is a Community Club board member and is always willing to collaborate with others on projects and events. "Vivian's children are a part of the District of Choice program and I am thrilled she selected C.J. Morris to be her home school," Mostafa said. "The

entire CJM community benefits from all that you do and all that you are!"

Walnut Elementary fifth grader Alexandria (Alex) Bugayong was honored with the Super Star Student Award. Alex's teachers describe her as being friendly, positive, caring, and always helpful to classmates. During distance learning, Alex frequently volunteers to coach peers through Google apps and often sends sweet, notes of encouragement to her teacher at just the right moments. "Alex, we are proud of you and hope you continue to spread kindness and love everywhere you go!" lauded Principal Robert Chang.

Devoted parent volunteer Diana Giannone was acknowledged with the Partner in Education Award. From room mom to library chair, field trip chaperone, Mt. SAC hygiene kit collection co-chair, carnival volunteer, family night and fundraiser volunteer, and current planning committee for 5th grade promotion activities - Diana is everywhere. Even school closure and restricted access to volunteers on campus has not stopped her. She can be found connecting with others on Facebook and Instagram and encouraging them to support the school in any way possible. "Diana, thank you for giving your all to our school, not just for your own children, but for all of our students, staff, and families. Thank you for bleeding Walnut Elementary Blue!" said Principal Robert Chang.



Photo Courtesy: Kelli Gile

C.J. Morris Elementary parent volunteer Vivian Wu honored with the Partner in Education Award on March 17.



Photo Courtesy: Kelli Gile

Board of Trustees honors Walnut Elementary fifth grader Alex Bugayong with the Super Star Student Award.



Photo Courtesy: Kelli Gile

Walnut Elementary parent Diana Giannone was presented with the Partner in Education Award during March 17 Board Meeting.

Metz Air control voted #1 in customer satisfaction

Metz from page 1

the values their father taught them about business and life. They pride themselves on offering honest and dependable service at a competitive price.

Metz Air Control is well known in the community and they believe their positive ratings are attributed to the relationships they build with their customers. They are a member of the Chino and Eastvale Chamber of Commerce and support local charities and sports teams. Metz Air Control is currently expanding their services as the surrounding communities continue to grow in housing and development. They currently serve San Bernardino, Riverside, Orange and Los Angeles counties.

Metz Air Control has been a Trane Comfort Specialist since 1999; not every dealer qualifies as a Trane Comfort Specialist. Dealers need to meet Trane's stringent standards and demonstrate a commitment to customer satisfaction and continuing education. Homeowners can trust a TCS dealer will deliver a quality installation and superior customer experience.

Every year, Metz Air Control has been recognized by Trane for outstanding custom-

er service based on customer reviews. The communities of Chino & Chino Hills have voted Metz Air Control the People's Choice Award for the "Best Heating and Air Conditioning Company" for the past 4 consecutive years. Metz Air Control is an A+ rated member of the Better Business Bureau, 5-star YELP Company, has a 5-star Facebook rating and 5-star Google rating.

The office staff has been well trained to provide personal and professional services. Whether you are calling to set up a service call, need maintenance or just need information, they will make sure you are pleased with your overall experience.

When it comes to installation, every technician is background checked and trained to provide an exceptional experience for their customers. From a simple condenser change to a custom home with several systems, zoning and custom grills, Metz Air Control will provide you with a top-quality experience. They also do package units, duct changes, zoning, duct cleaning and much more.

Metz Air Control provides Maintenance Protection Plans to their customers for increased value and service. Customers participating in


these plans receive a 24-hour turn-around service as well as discounts for parts and service. Please call the office @ 909-628-9525 for more information about this program.

Seasonal specials include maintenance discounts, manufacturer rebates, and promotional offers that can always be found on their website @ www.metzaircontrol.com. Metz Air Control offers many financing options to fit your individual needs. They are also a participating contractor for the

HERO and Benji Financing programs offered through Renovate America.

Metz Air Control is licensed, bonded, and insured. It is important for homeowners research any contractor you bring into your home to make sure they meet these same standards.

Metz Air Control is proud to say that over 70% of their business comes from referrals. They believe a referral is the best compliment a customer can give them.



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CHINO HILLS

continued on page 6

Tint your windows at Mr. Tint

Tint from page 1

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Local hospital receives check for cancer

Cancer from page 1

care of them? I pushed myself to come here."

Sheriff Villanueva, a cancer survivor himself, added: "Early detection, prevention, and intervention is the key to success, and we want to encour-

age and facilitate any which way we can to give all the resources to the community to facilitate treatment."

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Autism Mom

MELODY KRAEMER

April is Autism Awareness Month. But if you ask me, every month/every day should be Autism Awareness.

We need to spread awareness and acceptance of Autism. The more people that know fully about it and teach their child about Autism, the more it can be accepted and recognized.

As a mom of two autistic boys, I worry about my boys. They are little now, but what happens when they are grown up. It's already enough that kids stare when my boy flaps and jumps around; what is even worse when other parents act as if my child has a contagious disease. Or make comments such as, "What is wrong with him?" "Will he outgrow this stage?" "You should disciple him more?" "How did he get

Autism?" "My brother's wife, sister's child has Autism, so I know all about it? and more. I have heard it all.

Some people are kind and loving towards my boys. Others have no clue about Autism and hide their child from them. My heart breaks when that happens. I have heard people are scared of the unknown, so let's make awareness and acceptance of the autism world more prominent.

The more educated society is, the easier it will be. There is so much ground to cover, and though awareness of Autism has come a long way, it has a long way to go.

Next time you see my boy, or an autistic child, wearing headphones, flapping, and/or dancing, he's not there to hurt anyone; he's in his world. Be kind always. Sometimes the signs

aren't so obvious, such as with my oldest. The last thing you ever want to say at this point is "He doesn't look like he has autism."

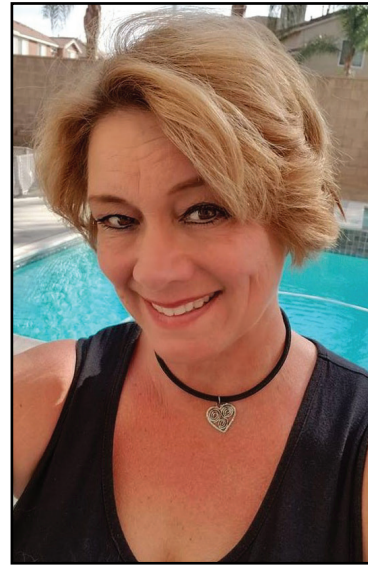
Autism (ASD autism spectrum disorder) doesn't have a look and affects 1 in 54 children.

Many websites have resources to learn more about ASD (ASD autism spectrum disorder). Spread the word, spread awareness.

Colossians 3:12 NIV

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Right now, I am doing a fundraiser/walk this month with the Autism Society Inland Empire. Join our team, or if you feel inclined to donate, that would be wonderful <https://bit.ly/3s->



V6DGj

Melody Kraemer is the Editor and Publisher of Autism Mom Adventures. For more information or general encouragement, feel free to email her at: autism-momofboys@gmail.com

Cancer (Part 2)

MARK HOPPER

I mentioned in an earlier article that I was given a book that was very helpful to me when my wife began her journey with breast cancer. Breast Cancer Husband, by Marc Silver addressed many subjects that most men and women know very little about. There are many medical terms and treatments that are unfamiliar to most people. This book really helped equip me and my wife to better understand some of the challenges that were ahead.

Marc Silver not only addressed the medical side of cancer but he also provided helpful information about the emotional and physical side of cancer. He shared lessons and insights that he and his wife learned along the way. For example, he shared about the fatigue and other side-effects that come with cancer treat-

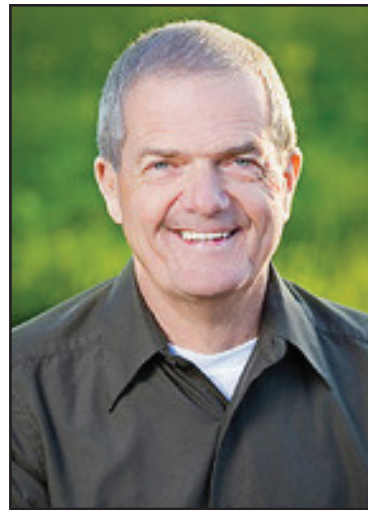
ments. Chemotherapy and radiation can take a toll on your wife and reduce the amount of energy she used to have. He learned that he needed to be more helpful around the house and help more with cooking and cleaning.

He also addressed how life will change because of cancer. Things that used to seem so important in the past don't seem so urgent now. He shared that you will spend your time and money differently. I have always been known as pretty conservative when it came to spending money. But cancer changed my perspective. I think I am more willing to spend money and enjoy things now than I did before cancer. Every day is a gift and we plan and spend differently than we did before.

Another thing you learn about cancer is that you are not alone. There are thousands

of families and individuals that have cancer in their homes. The waiting room at the doctor's office is filled with patients. You will see adults of all ages in the hallways of the medical center. It is a quiet, resilient company of people who have a life threatening disease in common.

There is a verse in the Bible that says, "God comforts us in our distress so that we may comfort others too" (Second Corinthians 1:4). Pastor Rick Warren says - God never wastes a hurt and your area of ministry will probably be in the area of your greatest hurt. Let me encourage you to look for ways to comfort others who are on a cancer journey. Don't go through cancer alone. Find a church and support group near you. Read a book like the Breast Cancer Husband. Open your Bible and read some of the Psalms too. You will be



glad you did and I will too!

You can find more stories and articles by Mark Hopper at his web site - letmarkencourageyou.com. His book with 365 stories and articles (one for each day of the year) is available for \$25 which includes postage - contact him at markh@efreedb.org.

Giant Faith

DENNIS MORALES

"Let no one lose heart on account of this Philistine; your servant will go and fight him."

1 Samuel 17:32

David was a very young man and had just been anointed king of Israel. God considered David, with all his flaws, a "man after God's heart." What made him a man after God's heart? It was his faith. Scripture says that "without faith, it's impossible to please God" (Hebrews 11:6). Faith is a big part of what we are as Christians. We are first of all saved by faith, then we called to "walk by faith" (2 Corinthians 5:7). There will be obstacles to faith throughout our journey of life on this Earth. David is just anointed king, not having obtained the throne yet, but already facing a giant in route to the throne. God is in the

business of building us up for a greater work. Part of building us up is allowing us to be placed in situations where our faith must be exercised. Where can you get this faith? You draw faith from God's word (Romans 10:17), then applying it to life.

Where do you put your faith today? When challenged, it will be a good indication. Goliath was a gigantic 9 feet and 6 inches of solid muscle with armor from head to toe. Goliath mocked the Israelites all day long and they were scared. David comes on the scene and says "Why isn't anyone fighting him? He's mocking God!" David knew God was able to defeat this giant. So, a young shepherd boy, never battle tested, makes the move to battle the giant. Is there a giant of a problem in your life today? Do you find yourself gripped with fear? David knew

nothing was too big for his God. He takes five smooth stones (he only needed one, but Goliath had four brothers), then wields a slingshot. Armed with faith and a sling, David is victorious. God guided the stone that killed the giant. What are you up against today that God cannot handle? It's been said, "one, with God, is the majority." "If God is for you who can be against you" (Romans 8:31). Trust Him today. Jesus said even a little faith is big enough to move a mountain (Matthew 17:20).

Due to school closures, Calvary Chapel Eastvale is temporarily meeting in a "Drive In format" at American Heroes Park and Facebook Live at 8:30am and 10:30am. All midweek services can be viewed on Facebook Live at 7pm. Download our online bulletin to stay current at calvaryeastvale.org.



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Continued from page 3

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Find Your Way to Permanent Mental Health

NANCY STOOPS

May is mental health month and a great time to improve ourselves. I would like to tell you about some upcoming events. The city of Walnut will be hosting two very important events. The first one is on Saturday May 1st from 10 a.m. to 1 p.m. and is a mental health drive-thru event. Each car will receive a bag filled with lots of handouts and resources. I will be there wearing my mask and talking to people in each car about my free support groups and addressing any concerns

and questions. I would also like to say that I'm fully vaccinated and had no side effects at all and highly recommend getting vaccinated! The second event will be on Saturday May 22nd from 9 a.m. to 11 a.m. and take place at the Walnut Teen Center as well. I will offer a guided meditation in the gymnasium and a sage ceremony outside. Sage is believed to eliminate all negative energy. After all we have survived, I highly recommend both! Limited spaces will be available for these exciting events. Registration begins on April 5 at 9 a.m., so make sure

you get your space A.S.A.P. To register and to obtain additional information call (909)444-7959. I also run groups every Monday evening from 6 p.m. to 8 p.m. and the 1st and 3rd Friday of every month from 9 a.m. to 11 a.m. and believe it or not they are free and on zoom. To obtain your link for any group email me at nancyjstoops@verizon.net. I also lead guided meditations as part of these groups. These groups are a great way to come and gain some tools and support as you work through these difficult times. These groups can help

children, teens, adults, parents and seniors. Remember you are not the only one struggling and that asking for help is a refreshing way to deal with your problems. I hope to see you at these events and on zoom at my groups and remind you that you are not alone!!!!!!
 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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