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WALNUT

Mt. SAC Board Approves Provisional Trustee

BY ANTHONY SAUDE

Walnut- The Mt. San Antonio College Board of Trustees selected Walnut resident Gary Chow to serve as a provisional trustee, replacing longtime member Dr. David Hall who died on April 22.

The appointment was voted on and made official following a special meeting on June 13. The candidates were given 20 minutes to answer questions about community service experience, familiarity with budgets of complex public entities and interacting with

see Walnut page 10

Chino Residents Seek Police Help with Disruptive Neighbor

BY ANTHONY SAUDE

Chino- Residents of the 13300 block of San Marcos Place in Chino are pleading with the city council and police department for help with a neighbor who they claim has been disturbing the peace on their street for many years.

The situation has become so heated that the Chino Police Department recently installed a video camera overlooking the cul-de-sac to capture any criminal activity occurring there. The plan is to consult with the special prosecutor in an effort to identify other potential legal remedies.

Six residents attended the recent city council meeting to ask for help dealing with their neighbor, a 69-year-old female

homeowner who lives on a cul-de-sac just east of Don Lugo High.

Neighbors claim the situation began about 17 years ago. It is alleged that the woman uses vulgar and foul language on the street, aimed particularly at children, the elderly, and women. Allegedly she has told neighbor children that their father is a rapist and their mother, a murderer.

By all the reports the neighbors are at the end of their rope and are concerned for everybody's safety. They are afraid that if something isn't done to stop this soon, presumably something horrible is going to happen.

Next door neighbor Frankie Lam was quoted as saying, when he leaves for work, the woman will often direct inappropriate gestures and use

see Neighbor page 10

Suspect in Vegas Murder Arrested in Chino

BY ANTHONY SAUDE

Chino - A 31-year-old man wanted in the homicide of two Vietnamese tourists in Las Vegas was apprehended and arrested after a short police pursuit from Chino to Chino Hills. He is currently awaiting extradition to Nevada.

Julius Trotter is being held without bail at the West Valley Detention Center in Rancho Cucamonga after his arrest on June 7 in the 4300 block of Lugo Avenue in Chino Hills.

Chino Police and FBI agents worked together to track Mr. Trotter to a residence in the 13900 block of Derby Avenue in Chino. Trotter must have seen them coming because he was able to get into a car being driven by a 27-year-old woman. They sped off in the car and lead officers on a short pursuit.

According to jail records,



PHOTO COURTESY: CASINO.ORT

Julius Trotter was wanted in a Las Vegas double homicide. He was found and arrested in Chino, California.

Itaska Lavon Dean, the woman driving the car, is being held on \$100,000 bail at the Glen Helen Rehabilitation Center in Devore on suspicion of felony evading.

Trotter has been named as the main suspect in the

see Murder page 10

LOCAL NEWS

LA Sheriff Explorer Graduation



PHOTO COURTESY: LASD

(from left to right) The Grads included Walnut/Diamond Bar Station's very own Chandler Duncan, Jesus Morales and Alina St. Charles. Also pictured Sgt. Saldecke and Capt. Reyes

BY ANTHONY SAUDE

Diamond Bar- It is that time of year and graduation is in the air, on June 16, Explorer Academy Class 100 had it's

graduating ceremonies. The grads included Walnut/Diamond Bar Station's very own Chandler Duncan, Jesus Morales and

see Local page 10

INLAND EMPIRE

Riverside County Records First West Nile Virus Cases in 2018

STAFF REPORTS

Eastvale- A 74-year-old Riverside woman and 50-year-old Eastvale man are the first confirmed human cases of West Nile Virus in Riverside County this year, said Dr. Cameron Kaiser, county public health officer. They are also one of the first confirmed human cases in California this year.

The illness was confirmed this week based on test results and other clinical information. Both patients required hospitalization, thankfully both

are expected to recover. There are no indications the two cases are related.

The virus is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds. Health officials emphasized that the risk of serious illness to humans is low. Most individuals



PHOTO COURTESY: PEXELS

who are infected with the virus will not experience any illness. Elderly individuals and those with compromised immune systems are at greatest risk for

see IE page 10

Our Featured Businesses

Advanced Improvements Provides Comfort for Your Home

STAFF REPORTS

SoCal - Advanced Improvements is an expert in solar power, roofing, air conditioning and heating, water heating and water filtration. For over 20 years, they have been providing eco-friendly, energy saving home and office comfort solutions for Riverside, Orange, San Bernardino, San Diego and Los Angeles counties.

Advanced Improvements' mission is to build

see Advanced page 11



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

STAFF REPORTS

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

Voortman's has a small-town farm ambi-

see Voortman's page 10



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

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Child Rescued from Human Trafficking

BY CITY OF POMONA

Pomona - On Wednesday June 13, the Pomona Police Department's Major Crimes Task Force (MCTF) conducted a VICE operation focusing on the area known as the Holt Corridor. The operation used undercover plainclothes officers who conducted surveillance along the Holt Corridor. During the course of the operation, officers encountered and rescued a 15-year-old victim of human trafficking. The victim was interviewed and appropriate resources were activated to assist the victim.

This investigation is ongoing; the MCTF is attempting to identify the human trafficker (pimp).

The Pomona Police Department is taking a proactive approach to improving the quality of life by addressing and deterring human trafficking and prostitution activities along the Holt Ave corridor.

The Pomona Police Department takes a zero tolerance approach to human trafficking and sexual exploitation.

Anyone with information regarding this incident is urged to contact the Pomona Police Department at (909)620-2085.

If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), use your Smartphone by downloading the "P3 Tips" Mobile APP on Google play or the Apple Store. ■

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IB Students Present Exhibitions



PHOTO COURTESY: K. GILE

Groups research topics of their choice based on modern-day issues including climate change, poverty, GMOs, and cyber bullying for the year-end IB Exhibitions.

BY KELLI GILE

Walnut- Castle Rock and Cyrus J. Morris Elementary 5th grade students present collaborative inquiry-based research projects during the culminating weeks of their K-5 learning experience.

Students use IB skills, attitudes, and attributes acquired through the elite Primary Years Programme.

Groups research topics of their choice based on modern-day issues including climate change, poverty, GMOs, and cyber bullying for the year-end IB Exhibitions.

For the past three months, groups worked on exhibition projects with the support of mentor volunteer teachers.

Each plan was well-researched and thoughtfully prepared as the students took turns publicly sharing results at the microphone while incorporating the use of visual displays, posters, and multimedia presentations.

A six-person team at Castle Rock took on the impact that cell phones make on society and presented their findings in the comprehensive report for attentive parents and family members.

The group's lines of inquiry included effects on people, effects on society, different types of usage, and effect on ecosystem.

Cell phones effect the ways people communicate with each other and types of usage include banking, job searches, maps, online shopping, social media, and more, the poised hosts

explained.

"Cell phones can help people find jobs and connect with the world," said Emily Zhao.

The students also presented a video survey of schoolmates and staff along with tips to reduce radiation exposure during usage during the May 24 exhibition.

"Try to keep phones at least an inch away from the neck or use Bluetooth," suggested Fang Hong Foo.

For the project's action plan, the team posted "Cell Phone Free Zone" signs along the school drop-off zone.

"We're hoping parents will stay off their phones!" said Angel Wei.

"Texting and driving increases the chance of traffic incidents," added Michael Wu.

A group of C.J. Morris students worked hard investigating the effects of terrorism for their exhibition project.

"There's been so much damage around the world," commented Marcos Davaloz.

The children fielded questions from parents after the May 17 presentation.

"We can enhance security to make it harder to smuggle in bombs," said Diego Suviate responding to an inquiry about methods to stop the attacks.

For the culminating action plan, students sold water and fruit drinks for a dollar during recess.

"We decided to donate to the Washington Institute which helps end terrorism around the world," explained Audrey Chavarin proudly reporting the team collected over \$22. ■

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 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 barbeque grills are not allowed, and pets (excluding registered assistance animals) are strongly discouraged.

Cost: FREE

Contact: (909) 839-7070

Man Convicted for the Murder of Ontario Woman

By ANTHONY SAUDE

Ontario - A 25-year-old man was convicted for his role in the 2011 torture and burning death of Maria Banuelos.

Johnny Hernandez was found guilty of First Degree Murder of Maria Banuelos by a Rancho Cucamonga jury. The jury finding was also in favor for the prosecution charge that the special circumstance her murder was committed during the course or commission of Mayhem. They added one count of Torture, one count of Mayhem and one count of Arson Causing Death.

Investigators arrested four other suspects linked to the brutal attack: 45-year-old Hector Meza of Yucca Valley, 27-year-old Genese Ramirez of Banning, 25-year-old Robert Zapata of San Bernardino, and 30-year-old Johnathan Zuniga of Rancho Cucamonga.

On Oct. 22, 2011, officers from the Ontario Police Department arrived at an apartment complex and found residents administering aid to 34-year-old Banuelos, who at the time was still on fire.

Banuelos identified Hector Meza and three others as her attackers at the scene. While

in route to the hospital in the ambulance she spoke her last dying words: "Hector Meza set me on fire. He is abusive and obsessive."

Banuelos was rushed to a hospital but two days later she succumbed to her injuries and died.

Only hours after the attack officers arrested Meza on suspicion of attempted murder.

According to Deputy District Attorney Kent Williams, who prosecuted the case, it was later determined by the coroner that the victim had been hit on the head three times with something consistent with a metal bar prior to being set on fire.

Meza was sentenced Jan. 4, 2017 to Life in State Prison Without the Possibility of Parole.

Zuniga was sentenced to 25 years to life in state prison March 24, 2017.

Ramirez is due back in court later this week for a status hearing.

Zapata is scheduled to appear in court for a Pre-Trial Hearing June 29.

Hernandez faces life in state prison without the possibility of parole when sentenced Aug. 31, 2018.

This case was investigated by the Ontario Police Department.

How Big is the Market?

By NEF CORTEZ



The Diamond Bar residential real estate "Market" is of interest to residents of Diamond Bar who are

considering selling their home now or in the near future. It is also of interest to anyone in the world who has an interest in buying a property in Diamond Bar. This "Market" consists of Single Family detached homes (SFRs), condominiums (condos), or townhomes (townhomes) that are currently listed for sale and are either in the Active or Available status. They can also be those properties in which there has been an accepted offer Active under Contract or Pending, and the buyers are performing their "due diligence" inspections.

Currently, there are a total of 230 properties that are "on the Market" in Diamond Bar. The property type mix is 168 SFRs, and 62 condos and townhomes. The combined valuation of these 230 proper-

ties is \$236,535,453.00. That is a pretty BIG number.

The number of properties that have gone under contract and sold in Diamond Bar over the last twelve months is 579, or close to 50 closings per month. The mix of these closed transactions is 256 SFRs, and 323 condos and townhomes. The total valuation of the closed transactions over the last twelve months is over \$300 million, with the SFRs comprising the bulk of the transactions in terms of value (\$268,229,652.00).

Each real estate transaction provides two commission earning opportunities for agents, because in more than 90% of the transactions, different agents represent the seller and the buyer. The residential "market" is also quite BIG for real estate agents dedicating themselves to the industry.

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

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1114 S. Diamond Bar Blvd. (909) 861-5340

Crunch Fitness

1132 S. Diamond Bar Blvd. (909) 444-0142

Chino Hills Photo Contest

Entries Due August 29

By CITY OF CHINO HILLS

Chino Hills – Chino Hills residents are invited to enter their best photos of Chino Hills in the City of Chino Hills' second annual Photo Contest. First through third place winners will receive gift cards ranging from \$50 to \$100, with the grand prize winner receiving a \$250 gift card. The deadline is Wednesday, August 29th. There are three categories: Outdoors, Community Life, and Parks and Recreation. Outdoor photos include shots of open space, scenic views, wildlife, parks, scenery, hiking, biking and other outdoor activities. Community life photos include shots of people, events, activities, business, service, and everyday life. Parks and Recreation photos include shots of children and adults involved in City-sponsored recreation classes, activities, and events; as well as local youth sports or

activities at parks. The contest is free and open to photographers of all skill levels. A complete list of rules and a digital entry form are available at www.chinohills.org/PhotoContest. Photographs must have been taken within the city limits of Chino Hills and photographers may only submit one photo per category. The Grand Prize winner will be selected from among the first place winners and will receive \$250. First place winners receive \$100; second place winners received \$75; and, third place winners receive \$50. The winning photographers will be recognized at the Fall Community Center Artist Reception and their winning photos will be displayed from October to December at the Community Center Art Show at the Chino Hills Community Center, 14250 Peyton Drive. Judges will also award Honorable Mentions and those photographs will also be displayed. Residents may email questions to photocontest@chinohills.org, or call (909) 364-2826. ■

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By: ACCUWEATHER.COM

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L: 62°

SUN



H: 89°
L: 61°

MON



H: 88°
L: 61°

TUE



H: 90°
L: 63°

WED



H: 96°
L: 62°

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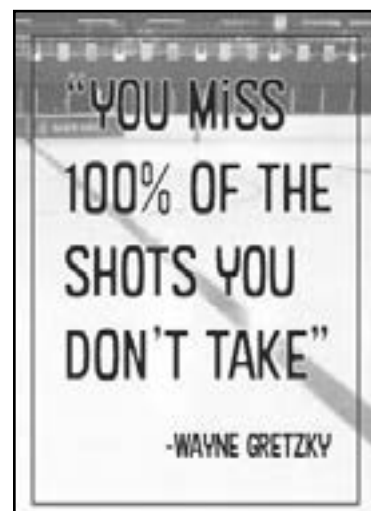
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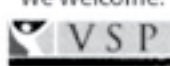
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- Inspect emission control system
- Inspect exhaust pipes and muffler
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CROSSWORD

THEME: THE 4TH OF JULY

ACROSS

- Battle _____, pl.
- Baseball Giant and hall-of-famer
- Strikebreaker
- Give out
- What's old is new again, prefix
- Money carrier
- Floridian predator
- Sin's and cos' partner
- Don't just stand there
- *Salad ingredient at a barbecue
- *One of thirteen in 1776
- Knighthood designation
- "_____ your keep"
- Aladdin, for short
- "The Nutcracker" outfit
- Soft-boiled egg holder
- Mark for omission
- Torso
- Salpae, sing.
- Like a devoted fan
- Bear Down Under
- Mongolian desert
- Honey wine, pl.
- Russian monarch
- Shakespeare's "at another time"
- *_____ Continental Congress
- Research facil.
- One of Bo Peep's flock
- Smidgen
- Three strikes
- *Celebratory events on the 4th
- **"The Star-Spangled Banner"
- *How you might find most drinks on the 4th
- Have a cold, e.g.
- Opposite of ecbatic
- Step
- _____ de Janeiro
- Burnt _____
- _____ in captivity
- Canine command
- Like yellow polka dot bikini

DOWN

- Go low, as in jeans
- Show appreciation
- Choir voice
- "_____": The Saga of an American Family"
- Gibraltar, e.g.
- On top of
- *Out-of-favor beverage?
- Polynesian kingdom
- Court petitioner
- Rugged rock
- Fungal spore sacs
- Between Phi and Kappa
- Fork tips
- Lorry in America
- Old-fashioned "before"
- Europe/Asia portmanteau
- *One of 3 Presidents to die on July 4th
- "Drove my chevy to the _____"
- Hipbone-related
- Thomas the Engine's warning
- Lady née Stefani Joanne Angelina Germanotta
- Star Wars attacker
- Violinist's stroke
- **"Common Sense" author
- Edible root of taro plant
- Dashing style
- Result of match play?
- More than snide
- Bambi's mom
- Interjection for disapproval
- Plural of #46 Across
- Recurring melody
- Fancy-schmancy
- Initial stake
- Iranian money
- Opposite of base
- A bunch
- River in Bohemia
- Demeanor
- *Mad King George's number
- "_____, the Beloved Country"

CROSSWORD

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SOLUTION ON PAGE 9

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Did You Know?

Tips to Stay Safe in Summer Weather

BY STATEPOINT

Getting outdoors this summer? Keep in mind that weather patterns can be extreme at this time of year, introducing new safety hazards. Get weather-ready in the following ways.

Prepare for the Heat

When planning a day outdoors, most people pack items such as sunscreen, sunglasses and a hat. However, summer heat can be dangerous if you're not prepared, so consider the following: make sure your vehicle's air conditioning is in good working order well before a trip, have a rain umbrella on hand to shield you from the sun, as well as frozen water bottles and instant cold packs that can help cool you down quickly. Lastly, make sure you have plenty of water on hand when traveling with pets, and be sure to keep them out of unattended cars where temperatures can quickly reach fatal levels.

Know What's Coming

Before heading to the pool or packing that picnic lunch, check the weather report to make smart decisions about where the day will carry you. For 24/7 access to accurate weather information, you can keep the world's largest, fastest-growing and most trusted provider of weather forecasts and warnings at your fingertips with the AccuWeather app for your mobile device.

Available on iOS and Android, the app can help users prepare for intense heat, lightning, beach hazards and flooding prior to summer travel, events and activities. It also provides access to educational resources on the health impacts of different weather events, including

safety tips and resources, personalized weather preparedness plans, detailed checklists and more.

Helpful year-round, the app can be particularly informative in summer, with its wealth of tips and resources on topics like avoiding rip tides, staying safe in extreme heat and preparing for tropical storms. To access these resources and download the app, visit AccuWeather.com/Ready.

Don't Be Bugged

Take precautions against bug bites, particularly mosquitoes, which can be carriers of the Zika virus. Experts are warning that those located in or traveling to the southern United States should take precautions to guard against the disease, especially if you are already or planning on getting pregnant.

Be sure your backyard is drained of standing water. Use citronella candles to ward off bugs. Apply insect repellent on hikes and other times you're in buggy areas, and if possible, avoid skin exposure during dusk, when mosquitoes are most active.

If you're looking to travel this summer, check out AccuWeather's first-of-its-kind Mosquito Zika Risk Index in advance, which gives users an easy way to view the likelihood of mosquito infestations that could lead to greater risk of contracting the Zika virus within the contiguous U.S. This new interactive Index, available now on AccuWeather.com, as well as the AccuWeather app on iOS and Android, showcases a week-by-week risk index for the next seven weeks that can help you make more informed decisions to stay out of harm's way.

With a little preparation, you can make the most of the summer and your travel plans by dodging common weather risks and hazards. ■



PHOTO COURTESY: PIXABAY

History 101



PHOTO COURTESY: WIKIMEDIA COMMONS

June 24, 1997: U.S. Air Force Reports on Roswell

BY HISTORY.COM

On this day in 1997, U.S. Air Force officials release a 231-page report dismissing long-standing claims of an alien spacecraft crash in Roswell, New Mexico, almost exactly 50 years earlier.

Public interest in Unidentified Flying Objects, or UFOs, began to flourish in the 1940s, when developments in space travel and the dawn of the atomic age caused many Americans to turn their attention to the skies. The town of Roswell, located near the Pecos River in southeastern New Mexico, became a magnet for UFO believers due to the strange events of early July 1947, when ranch foreman W.W. Brazel found a strange, shiny material scattered over some of his land. He turned the material over to the sheriff, who passed it on to authorities at the nearby Air Force base. On July 8, Air Force officials announced they had recovered the wreckage of a "flying disk." A local newspaper put the story on its front page, launching Roswell into the spotlight of the public's UFO fascination.

The Air Force soon took back their story, however, saying the debris had been merely a downed weather balloon. Aside from die-hard UFO believers, or "ufologists," public interest in the so-called "Roswell Incident" faded until the late 1970s, when claims surfaced that the military had invented

the weather balloon story as a cover-up. Believers in this theory argued that officials had in fact retrieved several alien bodies from the crashed spacecraft, which were now stored in the mysterious Area 51 installation in Nevada. Seeking to dispel these suspicions, the Air Force issued a 1,000-page report in 1994 stating that the crashed object was actually a high-altitude weather balloon launched from a nearby missile test-site as part of a classified experiment aimed at monitoring the atmosphere in order to detect Soviet nuclear tests.

On July 24, 1997, barely a week before the extravagant 50th anniversary celebration of the incident, the Air Force released yet another report on the controversial subject. Titled "The Roswell Report, Case Closed," the document stated definitively that there was no Pentagon evidence that any kind of life form was found in the Roswell area in connection with the reported UFO sightings, and that the "bodies" recovered were not aliens but dummies used in parachute tests conducted in the region. Any hopes that this would put an end to the cover-up debate were in vain, as furious ufologists rushed to point out the report's inconsistencies. With conspiracy theories still alive and well on the Internet, Roswell continues to thrive as a tourist destination for UFO enthusiasts far and wide, hosting the annual UFO Encounter Festival each July and welcoming visitors year-round to its International UFO Museum and Research Center. ■

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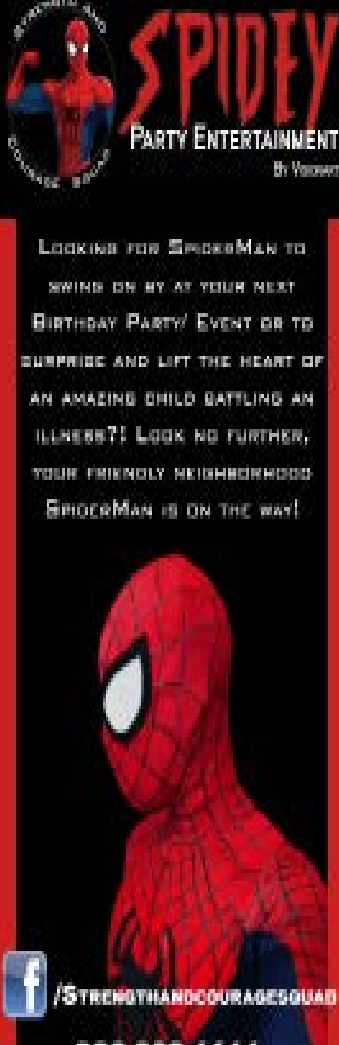
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Recipe:

Creamiest Mushroom Ravioli

with Zucchini and Heirloom Tomatoes

BY HELLO FRESH

Cooking Time: 30 mins
Servings: 4
Nutrition: 510 Calories
Ingredients:

- Zucchini- 2
- Shallot- 2
- Heirloom Grape Tomatoes- 8 oz
- Parsley- 1/2 oz
- Chili Flakes- 2 tsp
- Mushroom Ravioli- 18 oz
- Sour Cream- 8 tbsp
- Parmesan Cheese- 1/2 cup
- Veggie Stock Concentrate- 2



PHOTO COURTESY HELLO FRESH

3 BOIL RAVIOLI Once water is boiling, add ravioli to pot. Cook until tender and floating to the top, about 4 minutes. Carefully scoop out and reserve ½ cup pasta cooking water, then drain.

4 MAKE SAUCE Once shallot is softened, stir tomatoes into pan, then reduce heat to low. Stir in sour cream, half the Parmesan, stock concentrate, and ¼ cup pasta cooking water. Season with salt, pepper, chopped parsley, and more chili flakes (to taste).

5 TOSS RAVIOLI Add ravioli to pan, increase heat to medium, and gently toss to coat ravioli in sauce. Cook until sauce thickens slightly, 1-2 minutes. TIP: Add more pasta cooking water, if needed, to give sauce a loose consistency.

6 PLATE AND SERVE. Divide ravioli mixture between plates, then garnish with remaining Parmesan and reserved parsley leaves and serve. ■

1 PREP Wash and dry all produce. Bring a large pot of salted water to a boil. Quarter zucchini lengthwise, then cut crosswise into ¼-inch-thick triangles. Halve and peel shallot, then thinly slice. Halve tomatoes lengthwise. Pick a few parsley leaves from stems for garnish, then finely chop the rest of the bunch.

2 COOK VEGGIES. Heat a large drizzle of olive oil in a large pan over medium-high heat. Add zucchini and cook, tossing, until browned, 5-7 minutes. Add shallot, a pinch of chili flakes (to taste), and a drizzle of olive oil. Cook, tossing, until shallot is softened, 2-3 minutes.

4 Top Tips to Battle Summer Colds



PHOTO COURTESY: (C) WAVEBREAKMEDIAMICRO/STOCK.ADOBE.COM

BY STATEPOINT

Warm, sunny weather doesn't mean the risk for catching a cold disappears. Unfortunately, colds can happen at any time of year and can really ruin much anticipated summer plans.

To stay healthy and help beat the common cold this summer season, consider these tips from Dr. Nesochi Okeke-Igbokwe, a New York City-based physician and health and wellness expert:

- Maintain good sleep hygiene. Are these long summer evenings tempting you to burn the candle at both ends? Don't give in! Maintaining good sleep habits can ultimately help keep your immune system in check. Adults should sleep at least seven to nine hours every night to achieve improved health outcomes. If you uphold a good sleep routine, it will enable you to sleep well throughout the night and obtain the recommended amount needed for stronger immunity. Remember that sleep deprivation weakens your immune system and increases the likelihood of picking up infections.

- Keep moving. It's essential to integrate some form of exercise into your daily life. Beyond benefits like improved cardiovascular health and weight maintenance, those adhering to regular exercise regimens tend to be healthier overall and may potentially experience fewer colds

yearly. Indeed, routine physical activity helps to boost your immune system. Luckily, the summer is the perfect time to keep moving, but remember to stay hydrated in the heat.

- Eat right. Back-to-back BBQ parties? What you eat really matters. Avoid the tempting junk food and highly processed food that can negatively impact your health. Also, never underestimate the benefits of sticking to a well-balanced nutrient- and antioxidant-rich diet in general. Your diet should include vitamin-rich cruciferous vegetables, fresh fruit, fish containing omega 3 fatty acids and other superfoods that can boost your immune system and help you recover faster in times of illness.

- Fight the cold. If you do experience a summer cold, seek out an over-the-counter solution that helps you fight through your symptoms, such as Mucinex DM, which offers the convenience of not having to retake medication every four hours. It is a bilayer tablet that has one layer that releases quickly and another layer that provides extended release that lasts for 12 hours. Stock up on it year-round to be prepared for the next time cough and chest congestion symptoms hit.

Find out more health tips on how to combat the common cold at Mucinex.com.

Don't take summer colds lightly! A few smart strategies can help boost your wellness and allow you to enjoy a healthier season on the go. ■



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

-Jim Rohn

Baby Birds

BY MARK HOPPER



I have written several articles over the years about the birds that

build nests and raise new babies at our house. My initial reaction is that they are messy and they don't clean up after themselves! Bird's nests would never pass inspection by the health department.

In addition, they infringe on our outdoor activities. When I want to work in the back yard or clean the patio, I have to be extra careful to not disturb our feathered guests.

On several occasions, we have found nests that have been abandoned with small eggs inside. I think that my lawn mower and other outdoor activities have frightened the parents away and left the eggs unattended.

But, I must admit that we actually do enjoy seeing new baby birds at our house. It is fun to hear their voices early in the morning and to see the flurry of activity as their parents continuously bring food to the nest throughout the day.

Back and forth, back and forth

the mommy and daddy birds keep bringing food all day long. The little babies keep demanding more food. It seems like they are never satisfied.

Two of our grandchildren were at our house last week. They loved standing at the window inside the house and watching the constant activity on our patio. It is more entertaining than watching TV.

It is remarkable to watch the new born babies grow. We think there are two or maybe three small birds in the nest this year. It looks like they are running out of room as the babies get bigger every day.

There is a verse in the Bible that uses the image of hungry babies who have an insatiable appetite. The Apostle Peter wrote in his first letter, "Like newborn babies, hunger for the pure milk of the Word, so that you may grow in respect to salvation since you have tasted the kindness of the Lord" (1 Peter 2:2-3).

I think Peter is saying that if we have had tasted God's kindness in our own lives, we should have an insatiable appetite to get to know Him more and more by reading His Word.

Have you ever started reading a book and enjoyed it so much you "couldn't put it down"? I mentioned in a recent article how

much I enjoyed the book, "Wonder". I couldn't put it down! I wanted to know what would happen next.

I believe the Bible is that kind of book - once you start reading, you want to know what will happen next. And, don't just read it once. Read it again and again. The Bible provides spiritual strength and practical lessons that never get old. I always recommend that you start reading in the book of Mark in the New Testament. Then try Matthew or John and the book of Acts. The Bible is a library with sixty six books. Start in Mark - that's my name!

I hope you enjoy reading and learning. I hope you will instill a love of books in your children. Read to them when they are young and teach them to read while they are young. Reading is something they will enjoy the rest of their lives.

And, let me encourage you to read the Bible, too. Read it to your children when they are young and model it for your children as they grow up. You will be glad you did and they will too!

This article was written by Pastor Mark Hopper, Efree Church of Diamond Bar, 3255 South Diamond Bar Blvd, 909-594-7604, Sunday Services: 9:00 & 10:45 AM, Efreedb.org ■

Your Child's Best and Most Productive Summer

BY NANCY STOOPS



I am a very big believer in rest and relaxation and feel summer

is a great time to do that. I take a lot of time off in the summer to do exactly that but I must feel my summer is also productive as well. I force myself to move at a much slower pace and I do play a lot more but I try to remember the concept of balance as well. Summer also allows for some unique activities.

Please allow me to explain what I mean here. I see summer as a time to work on special talents and projects. Having a project can be very grounding and give you something to be working toward, which I believe is a very

important concept. This doesn't in anyway, take away from very well deserved break.

The other really great piece about all of this is your child won't lose all of their skills over the summer and returning to school will be easier. Common sense tells us, if we don't use something for three months our skills can become rusty. By allowing our children to do absolutely nothing over the summer we are not doing them a favor, we are doing them a grave injustice. Encourage your children to read a book, write a story about something fun, walk the dog to keep their muscles strong, help you add and subtract how many miles you'll be traveling this vacation, understand why when you throw the ball up, it always comes back down, and just keep learning the whole summer through. Teaching them the way to find that balance that will en-

hance their relaxation, make them feel good about their productivity and allow them to have more fun than they ever have!!!!

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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Suspect in Vegas murder arrested in Chino

Murder from page 1

homicides of Sang Boy Nghia, 38, and Khoung Ba Le Nguyen, 30, who were at the Circus Circus Hotel and Casino in Las Vegas. Earlier this month the victims were part of a tour group that was preparing for a trip to the Grand Canyon in Arizona. Video footage obtained by Las Vegas Police show a man burglarizing the victims' hotel room shortly before the couple was stabbed to death. Reports state that the victims did not show up for a tour that was scheduled for that morning. One of the members of the tour group

was concerned when the victims could not be contacted the entire day. The concerned party asked the hotel security to check on their welfare later that afternoon. When security officers entered the room they discovered the victims deceased and called police.

On June 6, Las Vegas Police identified the murder suspect on the security footage as Mr. Trotter, and worked until through the night trying to find him. He was found at the home in Chino.

Investigators have not said why Mr. Trotter, who is not a resident of Chino or Chino Hills, was at the Chino house. ■

Riverside county records first west nile virus cases in 2018

IE from page 1

serious illness.

"While West Nile is rarely life-threatening, it can be occasionally serious," Kaiser said. "Unlike the common cold which is easily transmitted, the West Nile virus can only be spread by mosquito bites, and there are easy steps to take to reduce your risk of getting bitten."

Here are some ways to protect yourself:

Avoid spending time outside when mosquitoes are most active, especially at dawn and dusk, and wear long pants, long-sleeved shirts and other protective clothing outside.

Apply EPA-registered insect repellent that contains DEET.

Make sure doors and windows have tight-fitting screens. Repair or replace screens that have

tears or holes.

Eliminate all sources of standing water on your property, such as old tires, buckets, flowerpots and toys that can support mosquito breeding.

Empty and scrub the water sources. Some mosquitoes can even breed in the amount of water that fits in a bottle cap.

There were 33 human cases reported during 2017 in Riverside County. In 2016, there were 10 confirmed human West Nile Virus cases in the county and there has not been a death from the illness since 2015.

Anyone who becomes ill after exposure to mosquitoes should contact their health care provider. The Disease Control office can be reached at 951.358.5107 for more information on West Nile Virus.

For more about mosquito abatement, visit www.rivcoeh.org/Programs/vector. ■

Mt. SAC board approves provisional trustee

Walnut from page 1

diverse populations.

Before the 5-1 vote, Board President Dr. Manuel Baca said, "On behalf of all of the trustees, we thank those who applied. Any one of them would have been an asset to the board."

Chow will represent Area 2, which includes Covina, West Covina, north Walnut, and San Dimas. He will serve until the next regularly scheduled election for governing board members on November 6.

Chow is a CPA and serves as chair of Walnut Valley Unified School District's bond oversight committee. He also sits on Mt. SAC's Community Facilities

Plan Advisory Committee and acts as the financial advisor for the Mt. SAC Foundation.

Seven applications of highly qualified individual that met all eligibility criteria to apply for the position were received by the college. In addition to Chow, the following six residents applied:

Michael Miller Brown (Walnut), Alan A. Carrico (West Covina), Mansfield Collins (Walnut), Ruth Luevand (San Dimas), Rosalyn Phan (Covina), Drexel L. Smith (West Covina).

The Board of Trustees is the policy-making body of the college; it consists of seven elected community members representing seven districts and one student trustee. ■

Chino residents seek police's help with disruptive neighbor

Neighbor from page 1

bad language towards him. He said that she told him he would get deported and raped in jail. He also said she plays music loudly, often in the wee hours of the morning.

Residents all have their own experience with the woman of yelling obscenities at neighbors, spraying water at people on the street and on residents' vehicles. Two people have already moved from the neighborhood because of the disturbances.

Several residents showed up at a recent city council meeting and implied that the woman may suffer from mental illness and needs help.

Officers are working diligently to link the woman to some

type of mental illness with the resources available through the San Bernardino County Department of Behavioral Health.

Reports by the Police show that there have been approximately 200 calls to or from the residence that the police were obligated to investigate on some level since October 2014. Most of the calls have been related to loud noise or music, disturbing the peace, general nuisance activity, and most recently, court order violations.

The woman has been arrested eight times for misdemeanor violations, primarily for disturbing the peace. Neighbors have signed private person's arrest forms for protection regarding misdemeanor crimes committed outside an officer's presence.

The woman has been issued citations from the police department for disturbing the peace in the past.

They have encouraged resident's to call 9-1-1 when the alleged disturbances take place, and to file the private person's arrest forms. These forms are needed for the police to take any action in these types of cases. .

Officers recommended to several neighbors that they may want to seek restraining orders against the woman. Protection types of orders would prohibit her from having "negative contact" with them. The protective order would also allow police officers to possibly make an arrest and/or file a report with the District Attorney's Office for a court order violation. ■

Voortman's egg ranch: farm fresh eggs for over 60 years

Voortman's from page 1

ance, 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 over-easies 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. ■

LA sheriff explorer graduation

Local from page 1

Alina St. Charles. The Academy is an 18 week long physically and mentally challenging course that requires dedication, motivation and discipline. To complete it the young explorers must complete 184 hours of lectures, demonstrations, presentations, defensive tactics, and leadership development.

The Sheriff's Department Explorer Program is for young

men and women interested in a career in law enforcement or community service. Applicants must be between the ages of 14 and 21 to qualify. Explorers will get assigned to work at numerous community events during the course of the year. They will perform non-hazardous duties, such as foot patrols and KidPrint. KidPrint is a program that provides parents a confidential way of recording their child's vital identification information and a physical description card

of their children, for their records. The Explorers will be invited to events throughout the year to perform Color Guard ceremonies for the Cities of Walnut, Diamond Bar, and Relay for Life events. They also will have the privilege to experience ride-a-longs with deputies in the communities we provide services to.

For additional information regarding the Explorer Program, please contact the Explorer Coordinator at 909-595-2264. ■

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Advanced Improvements provides comfort for your home

Advanced from page 1

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Water Heating: Advanced Improvements carries a full line of different models and types of water heaters. They offer everything from traditional tanks to tankless water heaters. Advanced Improvements specializes in tankless water heaters, claiming the title of the largest tankless water heater installation company in the nation. They have installed over 10,000 tankless water heaters over the last ten years. Take advantage of their \$500 discount coupon on a Noritz Tankless Water Heater.

Water Filtration: Advanced Improvements offers water filtration systems that protect against hardness elements,

iron, rust, sediment, and a variety of other substances that may be present in your water. Their systems are high flow and low maintenance machines that are designed for optimum performance. Ask about their \$500 discount coupon for Anti-Scale and Carbon Water Filtration systems.

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Advanced Improvements stands behind their products and services and is committed to excellence.

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Our Life

You Think We Don't Notice

BY SARAH SANCHEZ

I'm a small group leader for our church's high school ministry, and the most common prayer request is for my students' parents. The students I have are very aware of their parents' problems (whether the parents know it or not), because the requests range from "my parents are fighting," or "my parents are struggling with money," to "my parents might be getting a divorce soon."

One girl in particular asked us to pray for her relationship with her dad. She said she wanted to build a relationship with him, but his actions made it seem like he had no interest in doing so. She went on to say that every time she and her brothers hung out with him, she would notice her dad daze off as they talked, glance over at his phone, or start talking about what's going on in his own life, with no interest in them. In addition, she said that the previous weekend when he was supposed to take them out, he came up with an excuse to get out of it. Then she said, "He thinks we don't notice."

This particular statement stuck with me, basically because it's true. Parents often live by the

"do as I say not as I do" principle. Yet no matter what age they are, children look up to their parents as role models and will mimic their actions. Whether we are children or adults with our own children, we'll always look to what we're familiar with: what our parents used to do. However, the main problem children are facing is that parents aren't LIVING the way children should mimic. So the question is: what are you parents going to do about it?

Speaking on behalf of your children, we understand you're not perfect. We don't expect you to be. But what we're looking for are the values and morals you LIVE by, and the way you treat yourself and others. We just look for the basics, because in our eyes, you'll always be our heroes. We'll always admire you and look up to you no matter what. But please do us a favor, and have your actions speak louder than your words.

This young girl's dad told her and her brothers that he wanted to build a relationship with them, but his actions said otherwise. Those little things can change a child's whole perspective. Those eye rolls, dazes when we talk, whispering gossip in the next room, mocking the in-laws, loud yelling and disrespecting during fights, cursing another driver, drinking after a fight or a long day; these are all actions you're teaching us to mimic.

And you think we don't notice...but we always do. ■

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