

## OC News

### Gang Homicide In Santa Ana

STAFF REPORTS

**Santa Ana** – On Christmas Eve, Dec. 24, at midnight, patrol officers were dispatched to a call of shots fired in the area of Sullivan Street. Witnesses informed officers they had heard approximately 4 to 5 shots fired. While at the call, officers learned that a 17-year old male - later identified as Angel Arellano - arrived

see OC Page 8

## IE News

### SBSD Helps Make Wishes Come True

STAFF REPORTS

**Inland Empire** – On Tues., Dec. 23, San Bernardino County Sheriff John McMahon, San Bernardino County Fire and members of the Debbie Chisholm Memorial Foundation delivered toys and Holiday cheer to 12-year old Abigail Snipes and her family in Yucca Valley.

Snipes was born with Neurofibromatosis, a genetic disorder of the nerves. At

see IE Page 8

## Welcome 2015: New Year, New You!

By K.P. SANDER

**SGV** – The countdown for the New Year has come and gone. Did you make that annual resolution – again – to get in the best shape of your life? Is this the year you are really going to become healthy (lose weight, look younger, be happier)?

It's no mystery that there is

some happiness associated with looking and feeling better. When you are full of vim and vigor, there is a spring in your step and you actually have the energy and drive to accomplish more at home, work and play. And, there's not a darn thing

see Healthy Page 8



IMAGE COURTESY: WIKIMEDIA

## No NFL In LA For 2015

By GLENN FREEMAN

**Los Angeles County** – It is official – Los Angeles will be without an NFL team for the 20th straight season next year.

NFL Commissioner, Roger Goodell, says the league will not support relocation of a team in

Los Angeles for the 2015 season. Goodell's statement was directed at three teams in particular – the Rams, Raiders, and Chargers – that have expiring lease terms/ clauses, and who have each been mentioned as possible teams looking at the nation's second-largest television market.

All three teams have natural connections to Los Angeles, with both the Rams and Raiders once situated in Los Angeles and both leaving following the 1995 NFL season for St. Louis and Oakland,

see NFL Page 5

## Forecast For Diamond Bar: Snow!



STAFF REPORTS

**Diamond Bar** – Unlike the weatherman, we know exactly when it's going to snow in the City of Diamond Bar. Winter Snow Fest is coming!

On Sat., Jan. 17, 2015, Pantera Park will be transformed into a glorious winter wonderland. From 9am until 3pm, this fun family festival will feature a snow play

area including four snow hills; a children's craft area, games and food booths, and lots of fun!

Admission to the Winter Snow Fest is free of charge. Sleds will be provided for the snow runs, but children should be bundled appropriately and must wear closed-toed shoes. \$5 wristbands

see Snow Page 5

## Chang Appointed Vice-Chair Of Assembly Rules

STAFF REPORTS

**Sacramento** - Assemblywoman Ling Ling Chang (R-Diamond Bar, 55th Assembly District) has been appointed to Vice-Chair of the influential Assembly Rules

Committee. The appointment was part of a number of key committee appointments made by the Speaker of the Assembly.

"I am so honored to have the privilege to serve in a leading

capacity on such an important committee," said Chang. "What an amazing opportunity to work for Californians and my con-

see Chang Page 3

## Walnut/DB Chino Hills Weather

Sun Jan. 4

Sunny  
High 71°  
Low 45°



Mon Jan. 5

Mostly Sunny  
High 74°  
Low 49°



Tue Jan. 6

Sunny  
High 77°  
Low 50°



Wed Jan. 7

Mostly Sunny  
High 74°  
Low 49°



Thu Jan. 8

Showers  
High 70°  
Low 47°



Fri Jan. 9

Partly Cloudy  
High 72°  
Low 48°



## FEATURED BUSINESS

### Body Sculpt: Liposuction Without The Suction

By MICHAEL ARMIJO

**Upland** – Body Sculpting is best described as an alternative way to lose body fat in specific areas that are hard to reach, including under the arms, love handles, inner thighs, or even the breast area on a man. The procedure seems to be relatively new, but it's actually an

see Sculpt Page 5



Premier Body Sculpt is located at 141 W. Foothill Blvd #5 in Upland. You can reach them at 1-(855) 8-SCULPT or visit their website at www.premierbodysculpt.com.

## FEATURED BUSINESS

### The Law Offices of Dominic Chacon

STAFF REPORTS

**West Covina** – More often than not, people run into some sort of legal problems in their lifetime. Sometimes it's hard to know who to turn to; you need the assurance that you're getting the right advice. The Law Offices of Dominic Chacon are

see Chacon Page 5



The Law Offices of Dominic Chacon are located at 2341 S. Azusa Avenue, in West Covina. They can be reached at (626) 839-8852, or visit www.lldominic-chaconlaw.com.



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Get Outta Your Bubble In 2015

By JENNIFER JESTER-MADRIGAL

Hey, you! You over there with the phone in your hand, getting ready to take your hundredth selfie with your kids playing at the park...it's time to put the phone down and really look around.

You see that old man over there walking his dog, bent over from years of arthritis but still smiling? He's looking around, hoping that someone takes the time to stop and say hello to him and maybe engage in a little conversation. Bet you didn't know that he served in two wars, or that he married the love of his life when he was 22, and is the father to six children and 13 grandchildren. Or did you know that his beloved wife, Rose, died last year and that he has been lost every since.

How could you know? You were too busy trying to get that

next selfie, busily rearranging your kids' hair and clothing, and sucking in your gut so that the picture looked as good as it possibly could. I'm not saying that there is anything wrong with selfies (if you know me, you know that I enjoy annoying people by forcing them to selfie with me), but there is something wrong, when as a culture we no longer see what is around us.

We are the "Gotta Have It All NOW!" generation and not only do we have to have it now, we want the best of it, and we think we deserve the best. We seek out the best and the most current technology and then take photos of ourselves enjoying it as a way of showing the social media world that we matter.

Our worth is, in essence, tied to our value on social media. Do you 'Like' me? Facebook and Instagram have become the "highlight reels" of our lives and

others compare their lives to our "best of" moments.

What they don't see are the tear stained pillows, the loud fights, the struggling addicts, or the sense of loss that so many people hide. Often, we hide ourselves behind the filtered lens of the camera, choosing how we can filter our lives to hide our flaws. Is it a Sepia day, a Valencia day, or maybe even a Sierra filter kind of day?

Perhaps in 2015, we will put the phone away for a day, stop capturing every moment, and instead take the time to walk our chubby little toddler over to the old man sitting by himself and say hello.

I challenged myself to this a few weeks ago and walked over to an older man walking his dog by himself. I was walking with my clapping, flapping, autistic, deaf son, Nicholas, desperately trying to tire him out so he'd sleep

through the night. Walter was trying to do the same with his spunky puppy. So we walked together, his arthritic gait matched Nicholas' developmentally delayed gait. He held on to his puppy's leash to keep her safe just as I held on to Nicholas to keep him safe. We walked and we talked and he told me stories and we shared our sadness over losing those we loved so much.

Walter may be about 50 years older than me, but we have a lot in common and I never would have known that if I didn't get out of my bubble. For Christmas, I brought him cookies and Oreo balls, and he proposed to me in return. I had to let him down gently, as he's much too handsome and wild for me, but I gained a great friend.

I got out of my bubble, put my phone down and walked a little walk with a new buddy, and I'm all the better for it.

Did You Know?



IMAGE COURTESY: TIMESSQUARENEWYORK.ORG

By K.P. SANDER

Happy New Year! Did you know that the very first time the New Year was celebrated on January 1st, was in Rome in 153 B.C. The month of January did not even exist until around 700 B.C., when the second king of Rome, Numa Pontilius, added the months of January and February to the annual calendar.

Around the world, different countries celebrate New Year's Eve in their own particular manner, with social gatherings, eating, drinking alcoholic beverages, some sort of fireworks display...and the "countdown". In some U.S. cities, you can still hear firecrackers popping and the banging of pots and pans – a celebration of the 50s and 60s – in nostalgic fashion.

Perhaps the most popular celebration comes from New York City; it is watched via television the world over. The very

first New Year's Eve celebration in Times Square was in 1903. According to Wikipedia, Adolph Ochs, the owner of the New York Times, decided to celebrate the opening of his new headquarters, located at One Times Square, with a fireworks show displayed from the roof of the building. Nearly 200,000 people attended the event.

Wanting to improve upon the spectacle each year, Ochs had one of his electricians design an electrically lit time ball to draw more attention. The ball was made of wood and iron and weighed 700 pounds. Approximately 5 feet in diameter, the ball was lit with one hundred incandescent bulbs and hoisted on the building's flagpole by a team of six men. As the ball dropped, it completed an electrical circuit to a large sign indicating the New Year. That first "ball drop" occurred on Dec. 31, 1907 – welcoming in 1908 – and it has

been a tradition ever since.

The New Year is a brand new beginning, a fresh start; a time for resolutions – often overstatements of intent – to change behaviors and start anew. What did you resolve to change on New Year's Eve? Some say

the very best resolution – and the one most frequently found successful – is the resolve to implement no more New Year's Resolutions. Whatever your traditions, here's hoping that your New Year is full of blessings and joy.

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# Community Events

STAFF REPORTS

**UPCOMING EVENTS:**  
**Pomona Inner City Homeless Ministry Dinner**

When: Sat., Dec. 30 (and 3rd Saturday monthly); noon to 4:30 p.m.  
Where: First Baptist Church of Pomona, 601 N. Garey Ave. (corner of Garey and Holt)  
Details: Come help serve the homeless and economically disadvantaged. PICM is also accepting new toys valued at \$10

or less for their annual toy drive  
Contact: Volunteers meet in room E202 (2nd Floor) at noon for prayer, devotion, orientation and training prior to serving dinner to the homeless.  
**REGULAR EVENTS:**  
**Alcohol and Addiction Intervention Information**  
When: Third Tuesday, monthly; 6 p.m.  
Where: Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina  
Details: Free information

sessions about the intervention process, a powerful tool to combat alcoholism and addiction. Attendees can expect to learn what the intervention process consists of, when an intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.  
Contact: Call (626) 859-5269, or visit [www.charteroakhospital.com](http://www.charteroakhospital.com).  
**Free Acupuncture for Veterans, Active Military, First**

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**Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce**  
When: Every Saturday from 8

a.m. to 2 p.m.  
Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut CA 91789  
Cost: Free Admission/Parking  
Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.  
Contact: (909) 869-0701

# Energy Regulations Drill Californians' Wallets

By MARC MILES AND WAYNE WINEGARDEN

**California** - If forecasts predicting another brutally cold winter are correct, Americans' furnaces will soon be working overtime. Last year's frigid temperatures significantly increased heating bills across the country. For instance, the cost to heat a home with propane has increased by more than 50 percent.  
The weather is a given every year, but spiking energy costs are not. Energy regulations that discourage economic efficiency -- especially here in California -- drive up energy prices, drain Americans' wallets, and cost the country thousands of jobs. Reforming these energy regulations can save consumers money and spur economic growth.  
California has some of the most inefficient energy regulations in the country, according to our new study, The 50 State Index of Energy Regulation. California fared particularly poorly due to its restrictions on consumer freedom to choose an energy provider and the ability of electricity producers to adjust to changing conditions. Instead of effectively allocating energy resources, California has implemented regulations that create costly roadblocks.  
California would do well to emulate states, such as Texas,

that let consumers choose between different energy providers. Residents and businesses can compare different electricity suppliers' prices and services, and choose the one that best meets their needs.  
When consumers are empowered, power companies must compete to attract and retain customers. That helps reduce prices. In Texas, rates declined by more than a third after retail choice policies were introduced.  
Texas actively promotes retail choice by offering consumers information about the different energy options available. Texans can also take advantage of an online comparison tool that allows for convenient, one-stop shopping. It's no surprise that over 80 percent of Lone Star State residents and businesses exercise their freedom to choose the best deal.  
Despite the proven success of retail choice, only 17 states have embraced such policies. California isn't one of them. If lawmakers introduced retail choice, residential consumers would have more money in their pocketbooks, and businesses would benefit from lower operating costs. Such savings would benefit the California economy.  
Regulations on electricity production are also boosting energy bills unnecessarily. One common type of regulation - the

"renewable portfolio standard" - requires electric companies to generate a set percentage of their power from renewables such as solar and wind.  
But renewable energy isn't cheap. The federal Energy Information Administration estimates that renewable sources like solar thermal and offshore wind can be 300 percent more expensive than electricity generated from natural gas. Power companies pass these expenses directly on to consumers in the form of higher electric bills.  
California would be wise to ditch its renewable portfolio standard.  
Wyoming declined to institute such a standard, and its residents have reaped the benefits. Electricity costs just 7.91 cents per kilowatt hour in Wyoming; the third cheapest rate in the nation.  
Compare that to California. Its renewable portfolio standard requires energy providers to generate 33 percent of the state's electricity from renewable sources by 2020. It's no surprise, then, that the price of California's electricity per kilowatt hour is 119 percent higher than Wyoming's.  
High electricity prices raise costs for businesses and consumers alike, and have adverse economic consequences. A University of Kentucky study demonstrates that even a ten percent increase in electricity

prices can cost a state billions of dollars in lost economic activity.  
Based on our Index, the average rate of economic growth in the states with the most economically efficient energy regulations was eight percentage points higher than in the states with the least economically efficient energy regulations.  
Energy regulations also smother job creation. Despite the recession, the average employment growth in the most economically efficient states increased by 2.6 percent between 2007 and 2012, compared to an

average contraction in employment of 2.2 percent in the least efficient states.  
There's no need for these job losses to continue. Doing away with inefficient energy regulations can jumpstart job growth and lower consumers' energy bills.  
And by the way, good luck staying warm this winter.  
*Marc Miles, Ph.D., is president of Global Economic Solutions. Wayne Winegarden, Ph.D., is senior fellow at the Pacific Research Institute and a Partner in the consulting firm, Capitol Economic Advisors.*


# Chang appointed Vice-Chair of Assembly Rules

**CHANG** from page 1

stituents."  
As Vice-Chair of the Assembly Rules Committee, Chang will play a leading role in the governing body of the Assembly, including jurisdiction over legislation and personnel. Assembly Rules influences the fate of every bill introduced in the Legislature given its important role of referring legislation to respective policy committees of the house.  
"Ling Ling is a strong leader for streamlining government so it can better serve Californians," said Assembly Republican Leader, Kristin Olsen. "She will be a powerful voice for common-

sense leadership in her new role as Vice-Chair of the Assembly's most powerful committee."  
Chang, the first Taiwanese-American Republican woman to be elected to the State Assembly, was first elected to the Diamond Bar City Council in November 2009 and served as the Mayor from 2011-2012. Before her election to the City Council, she held a variety of positions in local government, including service as President of the Walnut Valley Water District, and as a member of the Diamond Bar Parks & Recreation Commission. Chang brings business sector experience as well, developing software products for the health information management industry.

"I am so excited to get California back on track," said Chang. We can have the best schools and more jobs if we all work together. Serving on the Assembly Rules Committee is a great opportunity to get that done."  
In addition to Rules, Assemblywoman Chang has been appointed as a member of the following committees: Appropriations, Business & Professions, and Privacy & Consumer Protection.  
The 55th Assembly District contains parts of Los Angeles, Orange and San Bernardino Counties. It includes the cities of Diamond Bar, Walnut, Brea, La Habra, Placentia, Yorba Linda, and Chino Hills.



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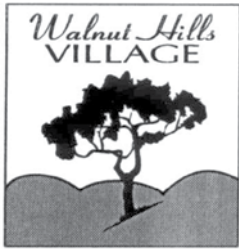
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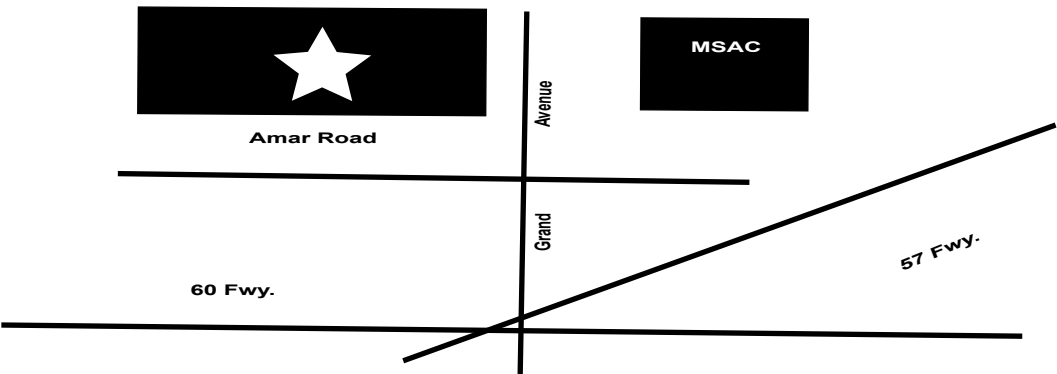
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# No NFL in LA for 2015

## NFL from page 1

respectively. Fan base remnants still remain, particularly for the Raiders. And the Chargers originated in Los Angeles as a charter AFL team in 1960 (before moving to San Diego after one season). The Chargers also now draw a significant amount of fans and sponsors from Greater Los Angeles, portions of which are less than 60 miles north of San Diego.

Goodell's statement does not keep teams from filing an application to relocate for 2015 (and San Diego has since said they will not file at this time). Yet it's highly unlikely any team that files for 2015 will garner enough

support needed to relocate given the Commissioner's directive. Instead, Goodell indicated that 2016 may be a more favorable time for relocation. ESPN.com reports that NFL insiders say Goodell is setting up the scenario in order that at least one team will be in place in Los Angeles for the 2016 season.

For the Chargers, Goodell's statement could be both good and bad news. For now, it gives the team and San Diego another year to work out a new stadium deal. It also gives them an option to consider Los Angeles (and to also use it as leverage). However, if the Chargers remain in San Diego and Los Angeles ends up with two other teams, the Chargers say that would hurt them financially.

Mark Fabiani, special counsel to Chargers President, Dean Spanos, indicated that the Chargers will keep a watchful eye on Los Angeles.

"If we have two teams in that market, we dry up our 30 percent of the revenue that now comes from that market," said Fabiani. "It's such a huge market. It's 19 million people if you count L.A., Orange County and the Inland Empire. And, if you have owners that want to go to that market, if you have a market that's big enough that you can basically privately finance your stadium, somebody's going to do it, and sooner rather than later," Fabiani told a local radio station.

Oakland Raiders owner, Mark Davis, was approached recently

by San Antonio for relocation. According to ESPN.com, Davis was "impressed" with the city's pitch. However, most insiders say it's unlikely that San Antonio will get a team before Los Angeles and that Davis won't easily turn down the much-larger Los Angeles market. Neither will Cowboys' owner, Jerry Jones, they say, easily welcome a third team to Texas.

In St. Louis, officials are working to keep the Rams. USA Today recently reported that Missouri Governor, Jay Nixon, has tapped former Anheuser-Busch President, David Peacock, and attorney Robert Blitz, to advise him on options to "ensure that St. Louis remains an NFL City for years to come."

Speculation of a move by the

Rams ramped up last year after owner Stan Kroenke purchased a 60-acre parcel in Inglewood adjacent to Hollywood Park – one of three possible sites mentioned for a new football stadium.

Yet, most insiders say the Inglewood site is likely too small, leaving the current front-runners as the downtown Los Angeles site proposed by AEG, and the Ed Roski-backed site in the City of Industry. Neither site, however, has yet been confirmed, nor could a stadium be built in time for the 2016 season, necessitating a temporary stadium added to the already complicated relocation scenario.

Thus, the waiting game for Los Angeles NFL fans is likely to continue for at least another year.

# Forecast for Diamond Bar: Snow!

## SNOW from page 1

will be available for unlimited sledging fun. Tickets are also available for the game area; just \$1 to play

four games.

This is a cash-only event, and non-profit community service organizations are participating by operating the food, game and craft booths. The music and drama de-

partments at local schools, as well as children's performing groups, have been invited to entertain at this festival.

Pantera Park is located at 738 Pantera Drive in Diamond Bar.

For more information, contact the Community Services Department at (909) 839-7070, or visit [www.diamondbarca.gov/wintersnow-fest](http://www.diamondbarca.gov/wintersnow-fest).

So dig out the warm scarves,

mitten and boots, and join in the frozen fun of Diamond Bar's Winter Snow Fest! This is a great opportunity to get the community together and kick off the New Year with style.

# The Law Offices of Dominic Chacon

## CHACON from page 1

here to help.

Chacon graduated from Southwest University School of Law in 2003, and has been practicing ever since. When he decided to start his own law firm, Chacon opted not to specialize in any one particular area of law.

"It's a general law practice. We wanted to appeal to a broad range of people," said Chacon. "We wanted to be a one-stop shop."

Chacon wants to provide assistance with all facets of the law, from business legalities to divorce and everything in between; he didn't want to limit his ability to help someone.

"We want to be able to help with all of life's legal problems," he said. "By opening a general practice, we are able to establish and maintain quality and familiarity."

The Law Offices of Dominic Chacon specialize in Family and Immigration Law, Corporation Formation, Criminal Law, Bankruptcy, Personal Injury and Worker's Compensation. They also work with clients on an individual basis, which makes it more personalized and more affordable.

Chacon feels that the diligence, energy and responsiveness of his office are not only their best assets, but they are essential to his company and the relationships with his clients.

"When you walk out of our of-

fice, you are definitely informed about your situation, or the direction your suit will go," Chacon said. "We can't predict everything, of course, but we use the words 'I don't know' effectively. And what we don't know, we find out."

Whatever legal situation you might find yourself in, put your mind at ease and contact the Law Offices of Dominic Chacon. They are located at 2341 S. Azusa Avenue, West Covina, CA 91792, and can be reached at (626) 839-8852, via email at [ldominicchacon@yahoo.com](mailto:ldominicchacon@yahoo.com), or visit [www.ldominicchaconlaw.com](http://www.ldominicchaconlaw.com). Open 24 hours, call now for a free consultation. And see their ad below.

# Body Sculpt: Liposuction without the suction

## SCULPT from page 1

old technique that is revised.

Upon visiting the Premier Body Sculpt Center in Upland, I was a bit skeptical about their amazing new technology actually working. The combination of Ultrasonic Cavitations and Radio Frequency was said to show amazing results without the inconvenience, pain and down-time of surgery. But the skepticism is over.

This non-invasive, liposuction technology works by using sonic energy and vibration to destroy and collapse fat cells, thereby facilitating the body's natural process to metabolize and move fat out through the lymphatic system. Unlike liposuction - and for a fraction of the cost - results can be seen immediately with no bruising, swelling, or scars.

The best way to describe it would be: imagine getting a huge

bag and placing small water balloons inside. Then imagine tapping the bag until the water balloons break. This same concept is applied to Body Sculpting. It liquefies the fat and then the body processes the fat through the urine. Sounds different, but the body processes fat this way, and the results are immediate, with further results seen throughout the week.

When I experienced Body Sculpting myself, all I had to do was lie down and sit up while the three step process was administered. The ultrasound radio frequency was a bit different, as sound waves emitted through my body. That's what ultrasound is, an emission of sound waves. But this is at a higher rate, and this is how fat is broken down. And during the process, I could actually hear sound coming out of my ears. It took a moment to get used to, but eventually it didn't faze me a bit.


When it comes to my health, I am on it. I need to know all the facts, the downsides, and the repercussions. I am a diabetic, so I always have some type of risk. But what gave me confidence was that the technician was an RN, BSN, and Aesthetic Specialist - who also worked in an emergency room at a local hospital (yes, I checked).

I could not find anything negative about the procedure and I did see results right away (the before and after pictures were amazing). I completed three sessions, and I am pleased with the results so far. I would go back to do more.

I recommend Premier Body Sculpting, and I also recommend you check out their website, watch the video, and make the best decision for yourself.

Premier Body Sculpt is located at 141 W. Foothill Blvd., #5, in Upland. You can reach them at (855) 8-SCULPT, or visit their website at [www.premierbodysculpt.com](http://www.premierbodysculpt.com).

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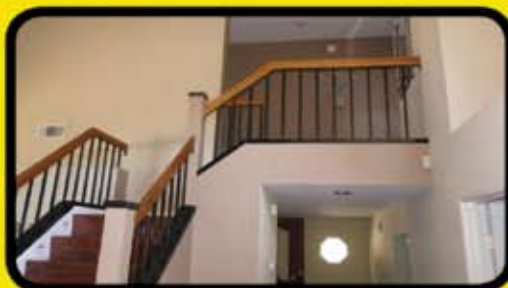
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# Welcome 2015: New year, new you!

## HEALTHY from page 1

wrong with feeling good about yourself.

Statistics show that not everyone is equipped to go cold turkey and completely transform their lives with a drastic change in eating and exercise habits; sometimes the most successful results in becoming healthy appear by just making a few changes.

What if you added ten foods that had amazing health benefits to your diet instead of eliminating every single thing you found delicious? What if you vowed to stop eating just one food per month that you knew was damaging (like, if it dyes your fingers orange, what is it doing to your insides...just sayin')?

At the end of the year, that's 22 choices you've made to become healthier.

Rather than train for a marathon – unless you are totally up for it – what if you promised to walk three times each week, for 30 minutes, no matter what? With each season change you could add one more day of something fun, like biking, skating, weight training or a dance class to keep things interesting.

To help get you started, these are the ten healthiest foods on the planet, according to Fitness Magazine:

1. Lemons – Just one has more than 100 percent of your daily vitamin C requirements, and flavonoids that help inhibit the growth of cancer cells and reduce inflammation. Squeeze one into a cup of hot water daily, and help your liver do its job

better.

2. Broccoli – Beautiful broccoli helps give cancer the boot, with one stalk containing more than 100 percent of your daily vitamin K requirements, and nearly 200 percent of the recommended vitamin C.

3. Dark Chocolate – ¼ ounce daily can help to reduce blood pressure, and cocoa power is rich in antioxidants shown to help reduce bad LDL cholesterol levels. No, a Snickers bar doesn't count.

4. Potatoes – One red potato contains enough cell-building folate as a cup of spinach or broccoli. A sweet potato has eight times the amount of cancer-fighting vitamin A that you need daily. Try to skip the butter and sour cream; it sort of defeats the purpose.

5. Salmon – Wild, Alaskan fish

from pristine cold waters can help to fight depression, heart disease and cancer, and with strong components of niacin it can help fight Alzheimer's and memory loss.

6. Walnuts – Delicious walnuts contain more omega-3 fatty acids than any other nut, which have been shown to fight cancer and improve moods. It's not a coincidence that these little gems look like a brain.

7. Avocados – This healthy fat can lower cholesterol by 22 percent, and has nearly half the fiber and folate requirements you need each day.

8. Garlic – This powerful disease fighter can inhibit the growth of bacteria, including E. coli, and has properties that work as an anti-inflammatory to help lower cholesterol and blood-pressure.

9. Spinach – This cancer-fighting power house contains lutein and zeaxanthin, two immune-boosting antioxidants important for eye health.

10. Beans – Eating legumes four times per week is said to lower your risk for heart disease by as much as 22 percent.

All these foods can become a delicious part of your nutrition plan, and help to improve your health. Throw them all into a salad with a lemon vinaigrette and a square of dark chocolate for dessert, and you might be able to leap tall buildings in a single bound, or just feel pretty good about yourself. As a bonus, drink a lot of pure, clean water, eat organic produce whenever possible, and get your heart rate up on a regular basis. This will definitely help make for a new year, new you. Cheers!

# Gang homicide in Santa Ana

## OC from page 1

with multiple gunshot wounds at Coastal Community Hospital. Arellano was immediately transported to Western Medical Center in critical condition, where he died from his injuries. Officers located the crime scene in the 500 block of S. Sullivan Street.

Victim Arellano - a documented Townsend Street gang member - was one of the individuals the Orange County District Attorney's Office was seeking to enjoin the current Townsend Street Injunction.

According to an article written on the VoiceofOC.org (Aug. 20), the Injunction is essentially a restraining order that would restrict the activities of a gang's

members in a .39-square mile safety zone bordered by McFadden Avenue, and Raitt, Sullivan and First streets. Those enjoined would be prohibited from associating with gang members in public spaces within the safety zone, with the exception of certain spaces such as schools or churches. The order also prohibits gang members from acting as lookouts, trespassing,

fighting, blocking free passage, or intimidating anyone in public. This shooting occurred within the gang injunction safety zone.

It is reported that residents in Santa Ana are frustrated with what they call police mistreatment and abuse of authority in the Townsend Street neighborhood. In fact, victim Arellano was contesting the injunction. A pretrial hearing is currently set

for Jan. 13, 2015 on the case.

Anyone with information on the case is asked to call SAPD Homicide detectives at (714) 245-8390 or Orange County Crime Stoppers at 1-855-TIP-OCES. The Santa Ana Police Department is offering a monetary reward for information leading to the arrest of gang homicide or felony gang assault suspects.

# SBSD helps make wishes come true

## IE from page 1

one of her newborn doctor visits, Snipes' physician discovered an enlargement of her tongue. Since that time, Snipes and her family have been on a roller coaster of medical care. Over the years, the nerve tumor has gotten significantly larger. It now encompasses the whole left side of her neck and upper chest and is wrapped around her heart and great blood vessels. Snipes has undergone debulking surgeries of this nerve tumor, but despite that, the tumor continues to grow. She was recently taken



IMAGE COURTESY: SBSB  
Sheriff John McMahon presents Abigail Snipes with a gift.

to UCLA for an evaluation and was told there is nothing that can be done for her. The tumor is too large and removal would be too dangerous.

Sheriff McMahon, members of the Morongo Basin Sheriff's Station, and members of the Debbie Chisholm Memorial Foundation gathered at the Yucca Valley Fire Station, located at 58612 Aberdeen in Yucca Valley, at 11:30 a.m. From there, a caravan proceeded to Snipes' residence just a few miles from the fire station. Snipes and her two younger siblings received gifts filled with Holiday cheer. The family was also provided with tickets to enjoy a fun-filled day

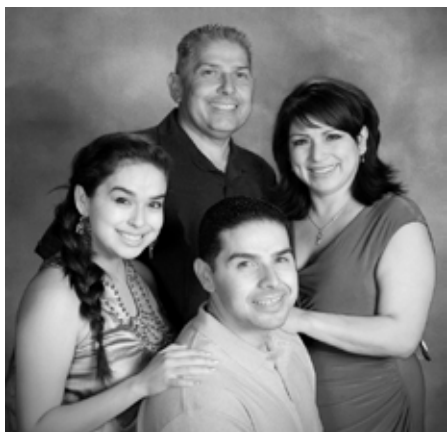
at Disneyland.

This day was made possible through the Debbie Chisholm Memorial Foundation (DCMF), the San Bernardino County Safety Employees Association (SEBA) and the Riverside Sheriffs' Association (RSA). DCMF, SEBA and RSA have worked together for over 15 years to grant wishes of catastrophically ill children throughout the Inland Empire. DCMF is a 501(c)(3) nonprofit charity and is the only law enforcement-based wish

granting charity in Southern California. The charity is named after 12-year old Debbie Chisholm, the daughter of Riverside County Deputy Sheriff, Fred Chisholm. After a very hard fight with brain cancer, Debbie died in February of 1994.

DCMF has granted over 400 wishes of sick children, and provided gifts to more than 3,000 pediatric cancer patients at Loma Linda University Children's Hospital at a cost exceeding \$1.2 million.

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# A Christmas Story

By PASTOR MARK HOPPER

A friend was sharing with me recently that when he heard someone was going to read the “Christmas Story,” he assumed it would sound something like, “’Twas the night before Christmas and all through the house...”

He was surprised when the person began to read, “Now it came



about in those days that a decree went out from Caesar Augustus that a census be taken.” The real Christmas story is in the Bible. It is found in the second chapter of the book of Luke.

In those first 20 verses are the details of Mary and Joseph’s journey to Bethlehem. It records the appearance of Angels to the shepherds and the shepherd’s confirming discovery of the baby Jesus lying in a manger - an animal feeding trough.

The birth of Jesus does not start

with a phrase like “Once upon a time”. It starts with a specific time in history, the reign of the Roman Emperor, Caesar Augustus, who ruled from about 27 BC to 17 AD. The author wants us to know that the birth of Jesus is a real event in history, not just a fairy tale.

Luke is a respected ancient historian who carefully researched what he wrote about. He does not claim to have seen the birth or life of Jesus himself. But, Luke does say that he talked with and interviewed people who were eyewitnesses to

the things that Jesus said and did.

It is very possible that Luke may have spoken to some of the shepherds who were there the night Jesus was born. It is possible that Luke may have interviewed Mary personally, since he provides his readers with remarkable detail about the journey to Bethlehem and the birth of Jesus.

As you continue to celebrate the Christmas season this year, let me encourage you to dust off your Bible and take time to read the real Christmas story with your family.

You will find it in Luke 2:1-20. The reading of this passage has been part of our family’s tradition since I was a young boy. Before we started to open the Christmas presents, we first read the Christmas story. I hope you will, too.

Merry Christmas!

*Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Ave. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit [www.efreedb.org](http://www.efreedb.org).*

# There Is Still A Lot Of Good

By NANCY STOOPS

I see the lady in the wheelchair at the Post Office collecting money for the Salvation Army, and I know there is hope for this world. I look at all of the fundraising going on to help sick and less fortunate children, and my heart feels so happy. There are so many organizations helping all the wonderful



animals in this world and they all make my spirit light up with joy.

As Midnight and I run through our community, people honk and wave and so many wish us a good day, and my entire being feels so grateful for the honor of living and working in a community filled with such wonderful and caring people.

Every time I run one of my support groups, I have the rare privilege of hearing people share their stories, and as they do so they help others heal in

my groups.

I see our community offering support for the people that live here and others offering to lend a hand. I see breakfasts with Santa, and snow being blown in to provide snow days for the children that live here. I see the houses all decorated with lights and all the colors of the rainbow make me feel so very alive; I see the magic that still lives in this world.

I guess you could say that I’m loving this wonderful thing called, Life. I guess you could

say I love the holidays as well. I think it’s a great time to see all that is right and good in our lives and our world.

I hope this article will make you stop and reflect on all of the good that is still in our world. Give the gift of helping people see all the good in this gift called, Life!

*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 accept-*

*ing new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, including 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, or via email at [nancyjstoops@verizon.net](mailto:nancyjstoops@verizon.net). Nancy’s books, “Midnight the Therapy Dog,” and “Live, Heal and Grow,” are available at [Amazon.com](http://Amazon.com).*

# Straight Talk With Danice

By DANICE AKIYOSHI, N.D.

Dear Danice Akiyoshi:

I share an office space with a friend. He takes a lot of time off work and seems to be enjoying himself with his friends and girlfriend. Twice in the last six months when he gave me his portion of the rent money, he said he couldn’t kick in for our utilities because he was a “little tight.” I feel he is disrespecting our working relationship by not paying his share of the office expenses. Our lease is not up for



seven months so I can’t move out. I need some suggestions, please.

-Libby

Hi, Libby:

It sounds like your office mate is looking for a mom, not a professional person to share space with. Inform him in writing that your agreement is to split the rent and utilities equally. His being a “little tight” is not your problem. His time off work is not your business either. Let him know if he cannot afford to rent the office with you that you will run an ad and replace him. Make it crystal clear that you did not go into business for yourself

so you could carry people who don’t keep their agreements. You became self employed to enhance your life is my guess. If he doesn’t find a way to quickly respect this, politely ask him to move on. If this doesn’t remedy the situation, run the ad without delay. No more chances. People who have entitlement issues often have no concept of the fact that they need to pull their own weight. Save yourself, Libby. Be firm.

-Danice Akiyoshi ND

*Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She offers personal coaching services relating to all types of*

*issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her*

*at [straighttalk@candidcoachingservices.com](mailto:straighttalk@candidcoachingservices.com). You can also visit her website at [www.candid-coachingservices.com](http://www.candid-coachingservices.com).*



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# Walking In A Wrangler Wonderland



PHOTO COURTESY: KELLI GILE  
First graders rocked out during “Christmas Conga.”

By KELLI GILE

**Walnut** – Westhoff Elementary presented its annual Spark of Love toy drive and holiday extravaganza on December 19. Students filled boxes with hundreds of new toys for needy children.

“For 22 years we’ve been making the lives of other children really special at this time of year,” said Principal Denise Rendon.

The Spark of Love toy drive is co-sponsored by Southland Firefighters and KABC7. Firefighters from Walnut Station #146 delivered the donations to needy chil-

dren in the Los Angeles area.

“This holiday spirit restores the true meaning of Christmas. It shows us that everyone here has a chance to give to the less fortunate. And you’ve all truly done that here,” commented Captain Russell Blackschleger.

Each grade level took to the stage to perform a special holiday song. Westhoff parents and family members filled the school amphitheater for the school’s signature event.

Kindergarteners wearing adorable oversized t-shirts and red scarves and mittens opened the show with “White Christmas.”

1st Graders took the stage for “Christmas Conga” and 2nd Graders sang and danced with giant candy canes during “Candy Cane Jane.” 3rd Graders joined the holiday program with “Christmas Cookies” followed by the 4th Grade class singing, “Rockin’ Around the Christmas Tree.” 5th Graders showed their gymnastic, roller blade, dance, and baton talents during the high-energy “Big Time Rush.”

Westhoff staff members performed a holiday line dance with Santa and his elves during the Walking in a Winter Wonderland finale.

# Walnut Valley Celebrates HARTT Center Opening

By KELLI GILE

**Walnut** - Walnut Valley Unified School District celebrated the opening of the Hockwalt Adult Resource & Transition Training (HARTT) Center on December 10.

“We are thrilled to open our doors to the community,” said educational specialist, Cheryl Faren.

The HARTT Center serves 18 to 22-year old students with disabilities who are receiving a Certificate of Completion from high school and have significant needs for support as they transition to adulthood.

The Center teaches important transition skills based each student’s abilities with the goal of successfully transitioning to adult living. Skills are developed using community-based instruction in addition to classroom instruction.

About 25 young adults are enrolled at the Center, with an additional 20 attending classes through Mt. San Antonio College.

“Thank you to our community



PHOTO COURTESY: KELLI GILE  
HARTT Center in Walnut hosted an opening celebration on December 15.

and district for supporting this program,” said Judi Koorndyk, Coordinator of Special Education.

Over 100 guests had a chance to tour the educational center and enjoy holiday entertainment provided by Diamond Bar and Walnut High musicians. Neighborhood partner, Sysco Foods, donated and prepared a buffet dinner for the special event.

“We have students that have to overcome immense obstacles to be able to be happy and pro-

ductive in society. These students have always been in the heart of our district,” said Jose Annicchiarico, Principal at Ron Hockwalt Academies.

Over 20 local business partners are helping every student develop job and vocational skills. The Center features classrooms, a technology center, and career training. Faren teaches cooking skills in the industrial-size kitchen. Students are also learning to do the laundry. They like to “hang out” in the comfy recreation room and watch movies after returning from morning work at local businesses. Or they can play air hockey and foosball in the loft area. An outdoor garden, recently donated by Home Depot, is blooming with vegetables and herbs.

“Whatever we plant here, we use in the kitchen. The project is all student-driven,” Faren added.

“We’ll be making salads next week!” she added after noticing a bounty of lettuce.

Until last year, students were transitioned to county programs after high school. Changes in the

state’s Special Education Local Plan (SELPA) allowed Walnut Valley to bring its students back home.

“We’re finally able to provide services to our own students!” Koorndyk said about the long-awaited program.

The HARTT Center is located at the Ron Hockwalt Academies alternative education campus in Walnut. Classrooms and facilities have been renovated and decorated for the new program.

“You walk into the living room area and kitchen and can feel the heart and passion that was put into it. This is a wonderful place for our students to come and learn and employees to come and work. This is an amazing facility!” Superintendent Dr. Robert Taylor said.

“This program keeps with Dr. Hockwalt’s vision that no student would be left behind and that all students would be taken care of regardless of their age or their level. We can take care of all students,” Board President Cindy Ruiz added.

I’m very appreciative of the whole program. The heart that the teachers have for these kids - it’s not something that they have to do, it’s something they want to do,” praised parent Jim Reya. His daughter, Cynthia, transitioned to the HARTT Center after being part of a county program.

“The name of this center is inspired by former superintendent Dr. Ron Hockwalt. He used to tell us that the true measurement of our success is the struggling students. And this Center is really the embodiment of that philosophy,” Annicchiarico stated.

Koorndyk works at the state level and has written a three year, \$450,000 contract with the Department of Rehabilitation.

“It’s going to help us find jobs for students that are here at the HARTT Center and at Diamond Bar and Walnut high schools,” Annicchiarico said.

“This school district really takes its vision seriously, to take care of the children. This is a wonderful gift for the children,” Reya added.

# Quail Summit Student Wins National Chess Tournament

By KELLI GILE

**Diamond Bar** - A 6-year old from Quail Summit Elementary has garnered the title of national champion. Jonathan Chen, a first grade student, represented his school during the National K-12 Championship held in Orlando, Florida. Chen won the first-grade division with a perfect 7-0 score. The contest was held December 12-14.

Players with the same scores were paired against each other during seven rounds of competition. Each grueling round could last more than three hours.

“I am very happy and very



PHOTO COURTESY: KELLI GILE  
Quail Summit student Jonathan Chen won the title at the National K-12 Championship in Orlando.

proud of the biggest trophy and national champion title for my school!” Chen exclaimed.

Chen hopes to start a chess club so that next year he can bring a team trophy back to the school.

The youngster from Diamond Bar has been playing chess for about two years. His father introduced the game to him at age 4. He’s had a coach since he was in kindergarten and earned the youngest champion award in the 2013 American Open.

Last June, Chen won the 3rd Place trophy in the International Youth Championship, under 14-year old division, held

in Las Vegas.

A classmate asked Chen how he won all the games.

“I think it’s because I have more patience and more focus,” Chen replied.

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# South Pointe Choir Serenades Homeless

By KELLI GILE

**Walnut**– The choir from South Pointe Middle School spent the evening serenading the homeless at the Pomona Cold Winter Shelter on December 12.

Students and their families weathered the rain to bring food, clothing, and music to the lives of our local homeless. The evening was filled with the music of the Beatles, traditional choir music, and Christmas carols.

“This was the most meaningful event of my life,” 8th Grader, Paige Asprec, told fellow choir members.

“I was inspired by how grateful they all were to us even though they don’t have a place

to live,” added 7th Grader, Ernie Perez.

Community member Rachelle Lynn Pitre and her parents run the shelter.

“They are amazing people!” described Choir Director, Robin

Wadsworth.

“Thank you to our South Pointe Choir and Mrs. Wadsworth for remembering the power to ‘Do ONE Thing’ to make the world a better place!” said Principal Susan Arzola.



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