

OurWeeklyNews.com

Volume 18 • Issue 19 • Nov. 7 - 13, 2015 • ANAPR.COM

Walnut

Walnut Council Recap

By NATALIE KIM

Walnut - The Oct. 28, Walnut City Council meeting began by recognizing resident John Hoang, who played an instrumental role in arresting the mail thieves that have been plaguing the city. The City thanked him for his diligence in reporting suspicious figures to the Sheriff, who in turn managed to arrest the thieves, who will be tried in a federal court. The City also recognized the Starbucks store located on Grand and

see Walnut page 3

Diamond Bar

Lane Closures on Grand Ave

STAFF REPORTS

Diamond Bar – Motorists are urged to plan ahead for heavy traffic impacts anticipated as part of construction work taking place the first two weekends in November in Diamond Bar along Grand Avenue at the intersections of Diamond Bar Boulevard and Longview Drive.

The work involves the installation of colored concrete and decorative pavers as part of the final phase of the federally-funded Grand Avenue Beautification

see DB page 8



Ayala High School Band

PHOTO COURTESY: CVUSD

9 Wins for Ayala High School Band

By JULIE GOBIN/CVUSD

Chino Hills – For the ninth time, Ayala High Band and Col-guard has earned the title of Regional Champion by winning

the Bands of America Regional Championship on Oct. 24 in Long Beach.

The nine wins are the most ever won by a California band, according to Ayala band director

Mark Stone.

Ayala also won Regional Champion in 2006, 2007, 2008, 2009, 2010, 2012, 2013, and

see Ayala page 10

Adopt-A-Family In Chino Hills

STAFF REPORTS

Chino Hills – The City of Chino Hills is seeking donors for the annual Adopt-A-Family Program to assist families who face difficult financial hardships that may prevent them from providing food, clothing, and gifts for their families during the holiday season.

Established in 2005, Chino Hills' Adopt-A-Family Program



PHOTO COURTESY: DANDELIONMOMS.COM

see Adopt page 3

Inland Empire

91 Project Task Force Seeks Applicants

By ANNE MAYER,
91 PROJECT EXECUTIVE DIRECTOR

Corona – Last month, storm damage forced a closure of a lane on the Westbound 91 which made a challenging commute even worse. Although the damage was quickly repaired, the impact it had on the local community was intolerable.

The Riverside County Trans-

see IE page 8

Chino PD Receives Traffic Grant

COURTESY OF CHINO PD

Chino - Chino PD has been awarded a \$167,872 grant from the California Office of Traffic Safety (OTS) for a yearlong program of special enforcement efforts to prevent traffic related deaths and injuries.

After falling dramatically between 2006 and 2010, the number of persons killed and

see Traffic page 5

Our Featured Businesses

Give The Gift Of Sight For The Holidays With Walnut Hills Optometry

STAFF REPORTS

Walnut – Give someone special the gift of sight during this holiday season. Walnut Hills Optometry considers vision to be a precious gift, and their office takes pride in providing comprehensive

see WHO page 5



Walnut Hills Optometry is conveniently located at 18736 East Amar Road. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at www.walnuthilloptometry.com.

Get Ready For The Holidays With Kitchen & Flooring

STAFF REPORTS

Diamond Bar - Expecting a house full of out-of-town guests this holiday season? Show off your remodeled home with the help of Kitchen & Flooring Center, Inc. They take care of everything from A to Z

see Kitchen page 5



Kitchen & Flooring Center, Inc. is located at 20875 Golden Springs Drive, in Diamond Bar. They can be reached at (909) 594-5020, or visit www.kitchennflooring.com.

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The Weekly News
Please contact us at:

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Lead By Example

By SARAH SANCHEZ

I attended a celebration a few months ago that honored Mark and Jeanne Hopper for dedicating 27 years of ministry to EFree Church and to the Diamond Bar community.

At the event, I heard so many wonderful stories about Jeanne and Mark. The theme I consistently heard was that they loved others and showed their love through their actions. Evelyn Gonzalez, a member of the worship team, said that she witnessed the Hoppers being very generous, very loving and accepting of everyone. She said that not only is Pastor Hopper a gifted teacher that can explain the Bible in an understanding way, but he also has the heart of a shepherd. "There was no ministry that he was above doing," she exclaimed. "He is definitely a servant."

Describing the Hoppers as servants and shepherds continued as many different people shared how the Hoppers have impacted their lives.

Mary Jo Dell-Imagine, Deacon of Submissions and a member of the church for 24 years, was the woman whose story truly touched my heart. With tears, she said that Mark Hopper was there for her when her husband was diagnosed with a terminal disease. Mark also helped Mary Jo when her mother passed away five years later.

Denise and Dennis Ahern agreed by saying that the Hoppers are caring people who live by example. Denise said that Jeanne is the reason why she is a teacher today because Jeanne went out of her way to help Denise get a teaching job. Then Dennis said that Mark took time out of his day to help him move. He said that the Hoppers don't just speak the word of God; they live the Word through their actions.

This philosophy was truly shown through the people of EFree Church. Many of the members of the church showed us an overwhelming love by introducing themselves and even helping us find specific people in a crowd of 400.

But I think Dennis Ahern was the person who left the biggest

see Life page 8



PHOTO COURTESY: STATEPOINT

Make The Perfect Care Package For Troops

By UNITED SERVICE ORGANIZATIONS

It's easy to take the little things for granted. For most Americans, stocking up on snacks, baby wipes and Kleenex is as simple as heading to a convenience store.

But for troops stationed around the world — especially at overseas locations like the Middle East or Okinawa — stocking up on every day commodities can mean waiting on, or rationing from, care packages shipped from the United States. However, even the most thoughtful — and jam-packed — of care packages eventually runs empty.

Luckily, the USO is there to help.

Anyone who wants to create the ultimate box of goodies for the troops can do so. Remember, even just one package worth of supplies can brighten a service member's day.

Step 1: Find a USO center

This is easy. For a list of all USO centers, visit www.uso.org/Centers/Locate-A-Center.aspx.

Click the dropdown menus on the left side of the page to search for a center in the region you want to help out.

Step 2: Check in with that center before you buy

Before you gather supplies and seal that box, send your selected center an email to double check that they're able to receive care packages and ask them what sort of items troops at their location need most. They'll help you get the right address to send your package to, too.

Step 3: Fill up a box

We always defer to the individual centers' knowledge (see Step 2) when it comes to know-

ing what troops need. No one knows our troops like the USO staff and volunteers on the ground. Still, we took the liberty of compiling a list of some of our downrange troops' favorite things to receive in care packages:

• **Healthy snacks:** Jerky, trail mixes, granola bars and fruit snacks

• **Drink mix packets:** Gatorade, lemonade, iced tea and crystal light packets

• **Microwavable food:** Easy Mac, popcorn, Cup O'Noodles, Chef Boyardee, oatmeal and other snacks that come in their own bowl (dining ware is scarce in Afghanistan)

• **Non-perishable food:** Tuna cans or packets, fruit cups, peanut butter, Nutella, soups and other canned foods

• **Chocolate:** Wait until the winter months to send chocolate, as it will melt in the mail if sent now

• **Toiletries:** Travel-size shampoo, conditioner, body lotion, body wash, wet wipes and hand sanitizer (Please send these in separate boxes from food — no one likes shampoo-flavored oatmeal!)

Step 4: Don't have the time? We can do it for you ...

Everyone has something they're passionate about. And if you've read this far, helping our troops is probably one of those things for you. But time can get in the way, especially during the holidays. If you still want to help troops, but can't make it to the store to fill up a care package, the USO can take care of it for you through a donation to USOWishbook.org, where you can send items like comfort food packages, books, movies, video games and more.

Military Mail Deadlines Announced

STAFF REPORTS

Mailing something to deployed troops for the holidays? You may only have a few days according to the U.S. Postal Service (USPS).

Thousands of troops will still be deployed when the holidays get here. And if you want to send them care packages (check out "How to Make The Perfect Care Package for Troops" article on this page) or gifts, you need to know the deadlines.

The USPS has issued delivery guidelines for when you should ship your package to make sure it gets to the recipient by Christmas.

According to a USPS release, the postal service will also offer discounts for packages sent to APO/FPO/DPO addresses. A special \$15.90 rate will be applied to their largest Priority Mail Flat Rate box and \$2 will be discounted off every other standard box shipment.

To ensure delivery by December 25, the postal service recommends the following:

- Mail all Standard Post Packages by Nov. 7
- Mail all PAL (Parcel Airlift Mail) by Dec. 3
- Mail all SAM (Space Available Mail) by Nov. 25
- Mail all PMEMS (Priority Mail Express Military Service) packages by Dec. 17
- Mail First Class Letters, Cards and Priority Mail by Dec. 10 for all ZIPs except 093
- For ZIP Codes 093, Mail First Class Letters, Cards and Priority Mail by Dec. 3

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PHOTO COURTESY: CITY OF DIAMOND BAR

Alfred Bertulfo's beautiful 2014 entry of "Diamond Bar Center From Above" won the Grand Prize for that year.

Calling All Photographers!

Diamond Bar's "Through My Lens" Photo Contest

STAFF REPORTS

Diamond Bar – Think you have what it takes to be named the City of Diamond Bar's "Through My Lens" prized photographer? Now is the time to choose a photo from your existing collection or take a brand new one before the Nov. 16 deadline.

The five categories that make up this year's contest are

people, pets, places, nature and digitally-altered.

"Through My Lens" was started in 2008 as a means to celebrate the various facets of Diamond Bar living and the photographic talents of community members; it is co-sponsored by the Diamond Bar Community Foundation (DBCF).

The contest is open to photographers of all ages and levels of experience, with youth and adult entries judged separately. To qualify to enter, the contestant must reside in Diamond Bar and the photo subject must also be within city

limits.

Photographs by the winners and finalists will be featured on the City's website, in the Windmill magazine published by the DBCF, and a print of the Grand Prize image will be showcased inside the City Hall building on wall space dedicated to the photo contest. Also, winners will be recognized during an upcoming City Council meeting and receive a cash prize, courtesy of the DBCF.

Complete contest guidelines and the entry form are available online at www.diamondbarca.gov/photocontest.

Walnut council recap

Walnut from page 1

Valley as the business of the summer 2015 quarter.

During the public comments, a resident expressed her concern with the current location of cell towers and their proximity to elementary schools. Several other residents complained about a lack of code enforcement in Walnut homes. Finally, a representative from Habitat for Humanity announced a lack of eligible families for a new home the organization is in the process of constructing. All Walnut residents that meet the require-

ments of being a multigenerational disabled veteran family are encouraged to call Habitat for Humanity at (909) 596-7098 and apply for housing.

An ordinance revising the methods of drawing warrants was read for the second time, and subsequently approved. The Council then approved all items on the consent calendar: a resolution allowing claims and demands in \$1,006,946.03; a request to solicit bids for City Attorney services; awarding a bid to Deere and Company for the purchase of utility tractor and attachments; awarding a bid to Shade Structures, Inc.

for Creekside Park Fitness Zone shade structure installation; and an amendment to the agreement for Leibold McClendon & Mann.

During the Council comments and updates, Councilmember Su announced a health fair on Thursday (Oct. 29), from 9 a.m. to noon, where flu shots will be available. Councilmember Cartagena also announced a wildlife tour at Mt. San Antonio College's wildlife sanctuary on Nov. 10.

The meeting adjourned with plans to meet again on Nov. 10 at 7 p.m. at 21201 La Puente Road.

Adopt-A-Family in Chino Hills

Adopt from page 1

offers community members the opportunity to give back to less fortunate families during Christmas.

Families qualify for the program through an application and interview process. Residents, local businesses, and community groups are asked to "adopt" one or more of these families to provide them with the items they need so they may have a happy holiday sea-

son. Donors must complete a donation form and submit it by 4 p.m. on Friday, Nov. 13 to the Recreation Division at City Hall, 14000 City Center Drive, or online at www.chinohills.org/AdoptAFamily.

Donors may select a small, medium, or large family to "adopt." The family's Christmas wish list will be provided no later than Nov. 16, after all interviews have been conducted.

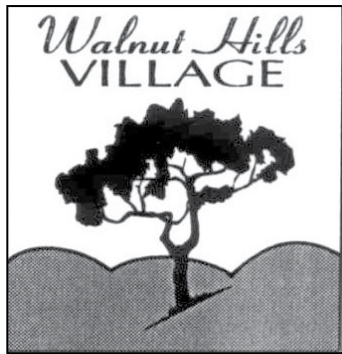
Adopt-A-Family donors are required to drop off their wrapped and labeled gifts at

the Chino Hills Community Center, 14250 Peyton Drive, from 7:30 a.m. to 7:30 p.m. on Monday, Nov. 30.

If unable to Adopt-A-Family, gift cards can also be donated and used to purchase gifts for a family. Gift Card Donors must complete the online form and mail or drop the gift card off at Chino Hills City Hall, 14000 City Center Drive, Chino Hills, CA 91709.

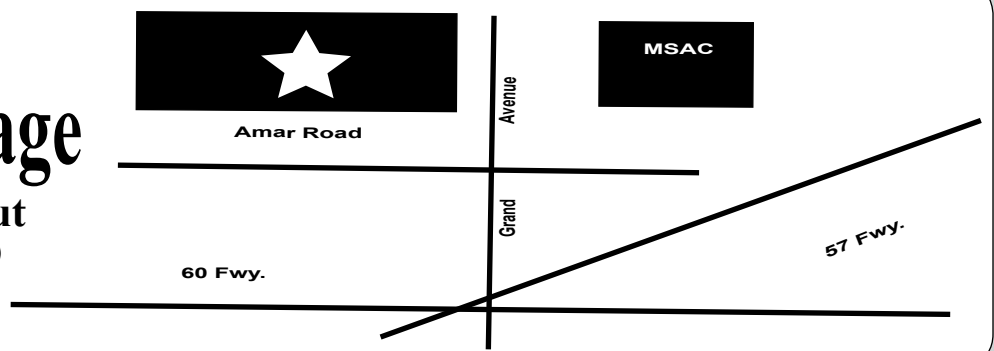
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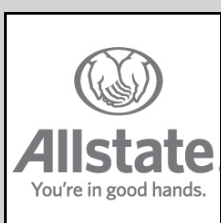
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Chino PD receives traffic grant

Traffic from page 1

injured in traffic collisions has been slowly rising. Particularly alarming are recent increases in pedestrian and bicycle fatalities, the growing dangers of distracting technologies, and the emergence of drug-impaired driving as a major problem. This grant funding will provide opportunities to combat these and other devastating problems such as drunken driving, speeding and crashes at intersections.

“Chino PD has an ongoing commitment to keep our roadways safe through enforcement and education. The partnership and support provided by OTS will allow us to further enhance those efforts and put a stop to the emerging upward trend,” said Chino Police Chief Karen Comstock.

Activities that the grant will

- fund include:
- Educational presentations
 - DUI checkpoints
 - DUI saturation patrols
 - Motorcycle safety enforcement
 - Distracted driving enforcement
 - Seat belt and child safety seat enforcement
 - Bicycle and pedestrian safety enforcement
 - Speed, red light and stop sign enforcement
 - Warrant service operations targeting multiple DUI offenders
 - Compilation of DUI “Hot Sheets,” identifying worst-of-the-worst DUI offenders
 - Specialized DUI and drugged driving training such as Standardized Field Sobriety Testing (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE), and Drug Recognition Evaluator (DRE)
 - Stakeout operations to ob-

serve the “worst-of-the-worst” repeat DUI offender probationers with suspended or revoked driver’s licenses

“Overall, California’s roadways are among the safest in the nation,” said OTS Director Rhonda Craft. “But to meet future mobility, safety and accessible transportation objectives, we have to reverse this recent trend in order to reach our common goal – zero deaths on our roadways. The Office of Traffic Safety and the Chino Police Department want to work with everyone to create a culture of traffic safety across Chino and the state.”

Funding for this program is from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. For more information on Traffic Unit services contact Corporal Trosper at 909-334-3153 or email, strosper@chinopd.org.

Kitchen & Flooring

Kitchen from page 1

just in time for the holidays.

More than just a house, your home is a very special place. With that in mind, Kitchen & Flooring Center is committed to providing you with the materials and installation you need to make your home the best it can be. They work with you to come up with a plan that fits your budget and your vision.

From full kitchen and bathroom remodeling to any type of flooring, Kitchen & Flooring Center truly does it all. And it’s not just limited to remodeling; they also install all types of countertops, and provide plumbing, electrical, and lighting services, as well as win-



PHOTO COURTESY: KITCHENNFLOORING.COM

dows, doors and painting...A to Z, floor to ceiling.

Kitchen & Flooring Center has been in business since 1992, and since that time they have evolved into a highly specialized company that focuses not only on the quality and professionalism of their workmanship, but on making sure that their customers are 100 percent satisfied. Their goal is to provide a finished product that not only meets, but exceeds, their customers’ expectations.

Kitchen & Flooring Center provides free in-home consultations to help you discover the

home of your dreams.

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Visit the showroom at Kitchen & Flooring Center, located at 20875 Golden Springs Drive, in Diamond Bar. They can be reached at (909) 594-5020, or visit www.kitchennflooring.com. And see their ad on the back cover of this publication.

Walnut Hills Optometry

WHO from page 1

eye exams. For many years, Walnut Hills Optometry has taken great care of the vision needs of its community, serving patients from Walnut and Diamond Bar, to Chino Hills and Rowland heights. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

They believe that quality eye care involves consistent care by a professional. Carmela Larino, O.D. and her loyal staff will give your eyes the personalized care and attention they deserve.

Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary

through high school, and then attended UC Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2002 to 2004, Dr. Larino was honored at her alma mater - Nogales High School - by being inducted onto their Wall of Fame. She is a member of the American Optometric Association, California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

Walnut Hills Optometry offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide

variety of eyewear is also available, from progressive and polarized lenses, to silicone high-oxygen contacts, even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to our offices and we will donate them to those in need of frames.

Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18736 East Amar Road (at the corner of Nogales Street and Amar Road, next to Papa John’s Pizza). Their hours are Monday through Friday, 10 a.m. to 7 p.m.; and Saturdays, 9 a.m. to 2 p.m. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at www.walnuthillsoptometry.com.

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Healthy Living

Local Farmers Markets:

Chino Farmers Market (NEW Location!)

Neighborhood Activity Center
5201 D Street, Chino
Tuesdays, 11:30 a.m. to 12:30 p.m.
(909) 334-3478, healthychino.com

Jack Neue's Farmers Market

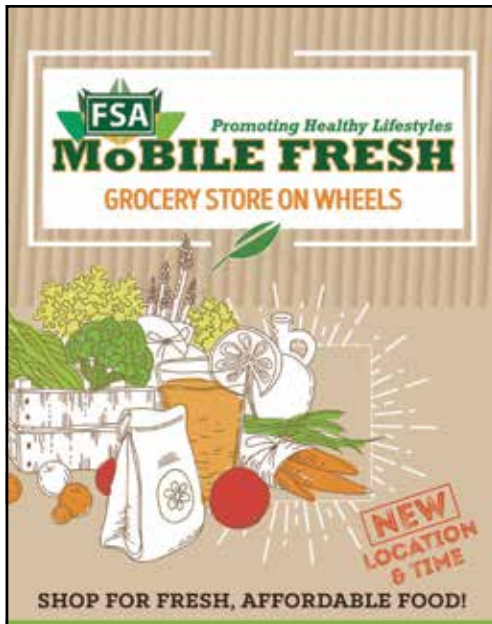
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1100 N. Grand Ave., Walnut
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Local Races & Workshops:

Julian 10K/5K

When: Sat., Nov. 7, 2015
Where: Julian Union High
Benefits: Julian High Sports Teams
Info: <http://www.roadracerunner.com/>

38th Annual Mission Inn Run

When: Sun., Nov. 8, 2015
Where: Downtown Riverside
Benefits: Mission Inn Foundation
Info: <http://www.roadracerunner.com/>

Children's Discovery Workshop: Being a Water Steward

When: Saturday, Nov. 21 at 10 a.m. to 11 a.m.
Where: Chino Community Garden, N/E corner of 5th & D Street, Chino, CA 91710
Cost: FREE Admission
Contact: (909) 334-3478 or www.healthychino.org
Details: Participants will learn about where their water comes from, what the water cycle is and its connection to our water supply, and how to use water more efficiently.

Garden Workshop: The Basics

When: Saturday, Nov. 21 at 10 a.m. to 11 a.m.
Where: Chino Community Garden, N/E corner of 5th & D Street, Chino, CA 91710
Cost: FREE Admission
Contact: (909) 334-3478 or www.healthychino.org
Details: Participants will learn basic information about efficient irrigation systems, soils, design practices, fertilizers, and water wise plants.

San Dimas Turkey Trot 10K/5K/Kids Run

When: Sat., Nov. 21, 2015
Where: Bonelli Park
Benefits: Not Available
Info: <http://www.roadracerunner.com/>



Reindeer Romp 5K Run/Walk

When: Sat., Dec. 5, 2015
Benefits: Chino Valley YMCA
Info: (909) 597-7445, weymca.org

Holiday Half Marathon

When: Sun., Dec. 13, 2015
Where: Fairplex, Pomona
Benefits: Various charities
Info: <http://www.roadracerunner.com/>

Russ Miller Memorial 5K Run/Walk

When: Sat., Feb. 6, 2016
Benefits: Honors falls Police Officer killed in the line of duty by drunk driver
Info: chinopoa.org

Chino DairyAire 5K Run

When: Sat., Mar. 5, 2016
Benefits: Chino Youth Museum
Info: (909) 334-3270, chinoyouthmuseum.com

Recipes:

Sausage, Apple and Cranberry Stuffing

COURTESY ALLRECIPES.COM

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed white bread
- 1 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cooked turkey liver, finely chopped
- 3/4 cup turkey stock
- 4 tablespoons unsalted butter, melted

• Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer



PHOTO COURTESY: ALLRECIPES.COM

toasted bread cubes to a large bowl.

• In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors. • Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey.

Forty Barrels of Cola

By CLARK'S NUTRITION

100 years ago, the US government sued the "Most Refreshing Beverage on Earth", stating the inclusion of caffeine, marketed as a headache tonic, was an adulteration and misbranding that was both harmful and deleterious. The product that was sued was Coca Cola, and while the government lost its case, outside pressure created some few changes in the beverage industry governing additives and claims. Little changed until the 1950s when the proliferation of the new "fast food craze" witnessed the rise in demand for 'on-the-go' caffeinated beverages. Since then, the number of products has risen every year and consumption rates of drinks containing caffeine is skyrocketing. This has led to the creation of thousands of caffeine products and tens of billions of dollars in profit every year. This rise is not without its caveats, as the number of hospital visits has increased due to overconsumption of these types of super-drinks.

Now, manufacturers are adding exotic and little known herbal ingredients that can compound the effects of caffeine and create unwanted side effects. The caveat to

this story is one of caution and moderation. While enjoying caffeinated beverages can help increase mental acuity, work output, and athletic performance, there is, like most things in life, a smart way of using them and a less-than-smart way. Most individuals would do well to keep their caffeine intake below the 400 milligram mark. This means no more than four to five cups of coffee daily or no more than one or two energy drinks. But it is not as easy as that, as energy drinks containing Ginkgo Biloba, Ginseng, and the amino acid Taurine can prolong and heighten the effects of caffeine. Caffeine also acts as a mild diuretic and increases urine production which can lead to dehydration in times of increased activity or heat. One smart guideline would be to consume two to three cups of water to every caffeinated beverage. This would eliminate the propensity towards dehydration and would help to self-regulate caffeine consumption.

Energy drinks are here to stay, as there is too much demand and too many advances in taste formulation for them to go away, yet the effects that the increased use of these drinks are having

needs to be addressed. As new drinks come on the market, they have to stand out in terms of both marketing and envelope-pushing formulations. This comes in the form of more stimulants, less concerns over public safety, and more marketing to younger consumers. The research is starting to show that the many side effects of energy drink consumption such as insomnia, risk taking, and hypertension are very real and need to be addressed as the market is inundated with colorful, yummy, buzz-inducing drinks. At the rate at which the market is saturating, it is not unreasonable to believe that the amount of caffeine consumed will increase as people become desensitized.

In the case of the Herculean-sized super cans, most consumers still view a can as a serving size and many of these drinks can have two and a half servings per can which has the amount of caffeine found in five cups of coffee. The best way to consume these products safely is to limit their use, cycle on and off to avoid adrenal fatigue and desensitization, always include water in between drinks, and ensure that the reasons for consuming them always outweighs their side effects.

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Boots To Business: Reboot For Military Veterans And Spouses

STAFF REPORTS

The Small Business Administration is helping military families trade in their military boots for business boots through the Boots to Business: Reboot entrepreneurial training program. The program assists all military veterans, service member including National Guard and their spouses develop a set of skills and competencies focused on entrepreneurial opportunity recognition, innovation, and small business management.

"Military veterans represent a vast pool of talent and tested skills that makes them natural business leaders," said SBA Administrator Maria Contreras-Sweet. "This private-public partnership will make it possible for more veterans to gain the tools necessary to start their own successful businesses and create good jobs in their communities."

The Boots to Business: Reboot curriculum will introduce veterans to the fundamentals of business ownership including eval-

uating business concepts and developing a business plan. Course participants will be introduced to their local SBA resource partners, consisting of Veterans Business Outreach Centers, Women's Business Centers, Small Business Development Centers and SCORE.

Additionally, upon com-

pletion of the introductory course, participants will be eligible to register for "Foundations of Entrepreneurship," an eight-week, online course led by instructors from Syracuse University's IVMF that offers in-depth instruction on the elements of a business plan and techniques and tips for starting a business.

Veterans have the character, discipline and skills needed to succeed as small business owners and entrepreneurs.

Wondering what it takes and how you can prepare? Enroll in Boots to Business Reboot today!

Register online at boots2business.org/rebootapply

Class Dates: 11/4, 11/18, 11/25, 12/2 & 12/9

Time: 9a-12pm

Location: Tustin City Hall Council Chambers
300 Centennial Way
Tustin, CA 92780

For more information: Call (714) 560-7467 or email douglas.dare@sba.gov

Brought to you locally by: City of Tustin, Orange County Inland Empire, Lead SBDC Network, SBA Santa Ana District Office

ABOUT BOOTS TO BUSINESS REBOOT:

Boots to Business: Reboot is a two-step training program that provides participants an overview of business ownership as a career vocation, an outline and knowledge on the components of a business plan, a practical exercise in opportunity recognition, and an introduction to available public and private sector resources.

Step one is the Introduction to Entrepreneurship course eligible to Veterans of all eras, Servicemembers (including members of the National Guard and Reserves) and their spouses. This course is instructed by SBA and its partners who are skilled business advisors.

Step two is an eight-week online Foundations of Entrepreneurship course instructed by a consortium of professors and practitioners led by the Institute for Veterans and Military Families at Syracuse University.

Notes: 1. A participant must complete the Introduction to Entrepreneurship course to be eligible for the Foundations of Entrepreneurship course. 2. Coprescription Authorization #15-2110-167. SBA's participation in this compensated activity is not an endorsement of the views, opinions, products or services of any sponsor or other person or entity. All SBA programs and services are extended to the public on a non-discriminatory basis. 3. Reasonable arrangements for persons with disabilities will be made if requested at least two weeks in advance. Contact: 714.360.7467 or douglas.dare@sba.gov

The Boots to Business Reboot program is provided through the coordinated efforts of the SBA and the following valued partners:

SBA, SBDC, TUSTIN, The Marcus Foundation, VETERANS - MILITARY FAMILIES, First Data.

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New Bridge Deck to be Rebuilt; Nightly Closures for E. Grand Blvd

COURTESY OF RCTC

Corona – The contractor for the 91 Project in Corona began removal of the newly constructed bridge deck over East Grand Boulevard On Oct. 28. The future 91 eastbound bridge may have sustained damage during a bridge lowering operation that injured nine workers on Oct. 9. Atkinson/Walsh Joint Venture (AWJV) has decided to remove the bridge deck and rebuild the bridge to ensure its long-term durability after opening to traffic. Full closures on East Grand Boulevard between Third Street and Joy Street will be required for bridge removal and false work placement from Monday, Nov. 2 to Sunday, Nov. 8, from 9 p.m. to 5 a.m. each night. Motorists should expect intermittent nightly closures during the next four weeks as crews replace the bridge deck and work on additional bridges over Grand Boulevard. The contractor will use a “build in place” method to rebuild the bridge deck, rather than the

bridge lowering construction that was previously used. This will require reduced clearance under the bridge during construction, and high-profile trucks will not be able to travel under the bridge.

The cost of the demolition and reconstruction will not be borne by taxpayers and the additional work will not cause a delay to the overall 91 Project, which is expected to be completed in 2017.

“This is a wise and prudent decision by the contractor to rebuild the bridge. While it’s in a safe cor now, we need ensure the long-term durability of the bridge, and the confidence and support of the public,” said Anne Mayer, Executive Director of the Riverside County Transpor-

tation Commission.

Of the nine workers hospitalized that night, five have been released. The cause of the accident is currently the subject of three independent investigations including Cal OSHA, Caltrans and KCE Structural Engineers.

Donations are currently being accepted for six of the injured workers, who have signed up for Workers Assistance Funds with the California Transportation Foundation at www.transportationfoundation.org/donate.



PHOTO COURTESY: RCTC
Executive Director Anne Mayer

91 project seeks to form task force

IE from page 1

portation Commission (RCTC) needs to do a better job communicating directly to those impacted by the construction of the 91 and its traffic impacts. During the last few weeks we have enhanced our efforts to work closely with our partners at the City of Corona to get the facts out and address your concerns. We are committed to improving communication and we need your help.

RCTC is creating a Corona Community Task Force (CCTF) to create a productive forum for citizens to raise their concerns and provide feedback to our team on what works and what doesn't work. A good two-way conversation starts with facts and information and the task force will be a good place to have that conversation. The primary topic will be on traffic and how to address the impact of the construction work on residents, but we could also cover other issues involving the project which might impact local residents. The task force is expected to begin meeting this fall and continue to meet on a monthly basis. Meetings will be held on a weeknight from approximately 7 p.m. to 9 p.m. If you have an interest in serving, we encourage you to apply. To apply, please email, sr91project@rctc.org, or call, 951-787-7141. Applications must be submitted by Nov. 16 for the initial CCTF meeting. Late applications will be considered for future meetings. We would like to form this committee quickly and have it in place for the length of the project.

The 91 Project is more than 50 percent complete and great progress is being made on improvements that will benefit commuters and the City of Corona for years to come. We are committed to improving communication and minimizing the impacts where we can. Join us in making this work for your community.

Lane closures on Grand Ave

DB from page 1

Project. The labor-intensive nature of this work and types of materials used will require extended construction hours and continuous traffic lane closures.

Closures at the intersections of Grand Avenue and Diamond Bar Boulevard and Grand Avenue and Longview Drive will begin on Friday, Nov. 6 at 4 p.m. through Monday, Nov. 9 at 6 a.m. and Friday, Nov. 13 at 4 p.m. through Monday, Nov. 16 at 6 a.m. Lanes through these two intersections will be reduced to at least one through lane and one turn lane in each direction at all times during these closure periods.

Because major traffic delays of up to one hour are anticipated, motorists are strongly encouraged to use alternate routes and avoid the construction work areas if possible. Electronic message signs are set up. Traffic notices were mailed to residents of the scheduled lane closures.

A project location map and a construction schedule are available on the City website at www.DiamondBarCa.Gov/Grand.

As in any work zone, motorists are reminded to use caution at all times when traveling through the area and pay attention to signs, speed limits and traffic control devices.

Lead by example

Life from page 2

impact on our experience at this event. Dennis left his dinner to help us find people to interview for an article. He went out of his way to help us capture the event perfectly. This one act amazed me because you usually don't find many people willing to help others for nothing in return. But Dennis followed what he was taught by Pastor Mark; he showed love to a total stranger, to a reporter who saw a large crowd of people to interview and didn't know where to start. To feel loved when you walk into a room of strangers is amazing.

For Mark and Jeanne to touch and change so many lives is inspiring and moving. Mark and Jeanne have shown us that it's possible to change lives without saying a word; it's possible to lead by example.



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Straight Talk With Danice

A Letter From Auntie M.

By **DANICE AKIYOSHI, N.D.**



Q: My mom's best friend fell off the face of the earth about 10 months ago and it just crushed my mom. This woman means the world

to our family and we have really missed her. She is like a family member to all of us. She told my mom that she needed to take care of some personal business and we haven't heard a word from her in all this time. Last week, I saw her getting into her car at the mall with her sister and she looks like she's lost 50 or 60 pounds. She looked terrible and I think she must be sick. I'm afraid to tell my mom I saw her. I don't want her to start crying again. She cried

for 4 months after her friend left. I don't know what to do, but I think our friend needs help. Should I go to her house? My family would do anything for her. I'm mad that she shut us out this way. We didn't deserve this. We were good friends.

A: The issue at hand is not whether or not you and your family are good friends. The issue here is that your mom's friend doesn't want any of you in the front row of her life as she deals with her issues. Not every-

one craves a large support system when they are struggling. If your friend is out and about at a mall with her sister, she obviously has the strength to make a phone call to your mom or anyone else in your family. She has not chosen to do this. Accept and respect her enough to not barge in on her. If all of you miss her, send her a card saying that you miss her and see if you get a response. If not, my advice is to mind your own business. Issues like this can be very com-

plex. Don't make matters worse for her by making it about you or your family. You may not know the whole story.

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Services. She offers personal coaching services relating to all types of issues and concerns. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

What Did You Say?

By **PASTOR MARK HOPPER**



I have had the privilege of serving as the lead pastor of two churches for a total of 40 years - 27 years in Diamond Bar and 13 years in Arizona.

As the lead pastor, I was responsible for preparing and delivering most of the sermons on Sunday morning. For many of those years, we had two Sunday services. If I preached 40 Sundays a year (deducting vacations, guest speakers, special programs, etc.) and spoke twice each Sunday, I have probably preached over 3,000 sermons in my life.

That is a lot of sermons and a lot of words! So, I wonder, what are some of the things that people remember from all those sermons? What words or catchy phrases do you think people remember?

Here are a few that I have heard people say they remember:

"Your ministry begins in the parking lot". Since we have a limited number of parking spaces

on our property, we have rented spaces from businesses near our church. We encourage people to "Park and Walk" to church from the off-site lots so that older adults, families with small children, people with special needs and new visitors can park on site.

When people park off-site, they are enabling others to use the available on-site parking spaces. This is a very practical and helpful ministry to others. Ministry at our church doesn't just happen in the buildings and classrooms. It begins in the parking lot.

Another phrase that I often used with our leaders is, "Who and how many?" I have found this question very useful in a variety of leadership settings.

At an Elder meeting many years ago, one of our leaders said that he had heard that a number of people were upset with something we had changed in our Sunday morning service. You could sense the concern in the room. What had we done that upset a lot of people?

Thankfully, before we launched into an extended discussion on the issue, I simply asked "Who and how many?" How many people were we

talking about and who were they?

It turned out that there were actually only two people that had complained and they tended to complain about everything! Suddenly the mood of the meeting relaxed when we realized that there really were not "a lot of people" but actually only two. Yes, we should consider their concerns, but we should also keep this in perspective and not be alarmed.

Another phrase that I often repeated through the years at our church was, "God uses people to bring other people to Himself." As you read throughout the Bible and especially in the New Testament, there are many examples where God used individuals to tell other people about Him. In John 1, Andrew brings Peter to meet Jesus. In Acts, God uses Peter to tell many more people about Jesus.

Certainly God does use a variety of ways to bring people to Himself. I have heard stories of people coming to faith by reading a Bible in a hotel room placed there by the Gideon ministry. I have met people who came to believe in Christ through a radio ministry or TV program.

But I believe that most of

the time, people come to faith in Jesus through the words and friendship of other people. God can use you to bring other people to Him. You can invite a neighbor to church or talk with a co-worker at lunch. You can lend a hand to stranger or spend time answering spiritual questions with a classmate.

I also believe that some of the people that God uses the most are children. Children and grandchildren connect us with non-church people. Kids are something that many of us have in common. Through children, you meet their parents

and grandparents. These connections often lead to conversations about God, church and the Bible.

I hope you realize that God wants to use you to tell others about him. Look around you this week. Are there some people you know, work with or live near that you can help on their spiritual journey?

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.

Everyday Heroes

By **NANCY STOOPS, M.A., M.F.T.**



There is so much good left in our world. I run into wonderful people daily. In my eyes you don't have to acquire super powers or wear a cape to be a hero. For me, a hero is somebody that models all the good characteristics one should have. A hero is a person that lives up to their potential and strives to be better each and everyday. A hero is a person that gives fully of themselves because it is the right thing to do and doesn't expect anything in return.

Look around and you will see plenty of everyday heroes. You will find them teaching our children, protecting our community, mentoring others, saving lives, putting out fires, giving

grants and scholarships and modeling who we are intended to be in this world.

Giving unconditionally is one of the greatest gifts one can offer to this world. It is the stuff that can make another understand, just how important their existence is to this world. It can literally save the life of another.

Sometimes people just need a break and being an everyday hero can offer that break for another human being. Don't take your life for granted instead strive to be an everyday hero. Being an everyday hero doesn't require lots of letters after your name or a fancy college degree. You can make a huge influence by just being the wonderful person you already are and by sharing your kindness and compassion with another.

Our youth need heroes and a sense of hope in a very chaotic time in our world. It is our

job to be everyday heroes and guide them. Strive to be your best, each and everyday. If you do this I'm sure your inner most everyday hero will be unveiled for the world to see!

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, 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. Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

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Honoring Walnut Valley's Best

By KELLI GILE

Walnut - Fourteen of Walnut Valley USD's finest educators were honored during the 18th annual Salute to Teachers on Oct. 21.

The 2014-2015 Teachers of the Year from each site were chosen for putting "Kids First" each and every day.

Over 300 teachers, staff, family, and friends gathered for the celebration of excellence held at the Diamond Bar High School Theater.

Superintendent Dr. Robert Taylor recognized the dedicated group of educators and commended them for the work they do every day to support students.

"This is an opportunity not only to recognize our 14 Teachers of the Year, but to recognize our entire teaching staff throughout our District. I want to thank our teachers for what they do every day!"

Congratulations to the following Teachers of the Year: Judy Ameluxen - Castle Rock Elementary, Jeanette Hooton - Chaparral Middle School, Jennifer Veneracion - CJ Morris Elementary, Sherry Truong - Collegewood Elementary, Mabel Woken - Evergreen Elementary, Howard Alcosser - Diamond Bar High, Eunice Lee - Maple Hill Elementary, Anna Chung - Quail Summit Elementary, Judy Olmos - South Pointe Middle School, Marla Rickard - Suzanne Middle School, Pam Acosta - Vejar Elementary, Deanne Rodriguez - Walnut Elementary, Dr. Buddy Clements - Walnut High School, and Hyeyon Park - Westhoff Elementary.

Fifth grade teacher Jennifer Veneracion was named the 2015 District Teacher of the Year at the culmination of the program.

Veneracion was presented with an engraved award and ad-



PHOTO COURTESY: WVUSD

Walnut Valley Unified School District honored the 2014-15 Teachers of the Year during Salute to Teachers held on October 21.

ditional gifts including a weekend getaway and ergonomic workstation.

She told the audience that she was "honored and thankful" to be among the 2015 Teachers of the Year.

"I know that these teachers we are honoring today are part of many success stories of students in our District."

The recognition event included personalized tributes and awards and student entertainment by the DBHS Solitaire advanced women's choir under the direction of Patti Breitag.

Each Teacher of the Year received a personalized golden apple bell award courtesy of the Walnut Valley Educational Foundation. Honorees received rolling carts filled with gift cards,

school supplies and certificates of achievement from Congressman Ed Royce, Senator Bob Huff, Assembly Member Ling Ling Chang, Supervisor Hilda Solis, City of Diamond Bar, and City of City of Walnut. "Teachers do their best to make sure that no one is left behind," she said, noting time spent before and after school, prep periods, and lunch recesses working with children who are struggling.

A special thanks to our event sponsors Chick-fil-A, Benihana Restaurant, Schools First Federal Credit Union, Chaffey Federal Credit Union, BB & T Insurance Services, Staples, ESR Construction, Maintex, P-Line Consulting, Roule Construction, and WVUSD Educational Services Department.

9 wins for Ayala High Band and Colorguard

Ayala from page 1

2014. There was no regional competition in 2011, Mr. Stone, who was recently chosen as an instrumental staff director for the Bands of America Honor Band Tournament of Roses Parade in 2017, said.

Ayala Band and Colorguard (BAC) also won all caption awards at the Oct. 24 competition for outstanding music, performance, outstanding visual performance, and outstanding general effect. Twenty-one high school marching bands -- representing California, Arizona, Nevada, and Texas -- competed at the 2015 Bands of America Regional Championship.

In addition, Ayala High Band took first overall in the large band division at a Western Band Association contest on Oct. 10 at Vista Murrieta High in Murrieta. The band also took first place caption awards in general effect, music, visual, and percussion. The band's color guard took fourth in the auxiliary category.

Chino's Don Lugo High Band also went home with honors during the Oct. 10 competition. They came in first place in a smaller band division. Don Lugo also took first place caption awards in general effect, music,

and auxiliary; second place in visual; and third place in percussion.

Stone said the 235 students in the Ayala BAC have been working hard since June to prepare themselves for their busy marching band season. The band even missed trick or treating on Halloween to perform at a competition at Mission Viejo High School. The Halloween spirit was in full swing with Booster members offering students candy from the trunks of their vehicles and a couple of students in costume. The students began competing in October and continue this month.

Ayala will compete Saturday, Nov. 7 in the Mira Mesa High School Field Tournament in San Diego. It will also compete Saturday, Nov. 14 at the Riverside City College Big Orange Classic Field Show Tournament in Riverside, and Saturday, Nov. 21 at the Western Band Association Championships in Fresno.



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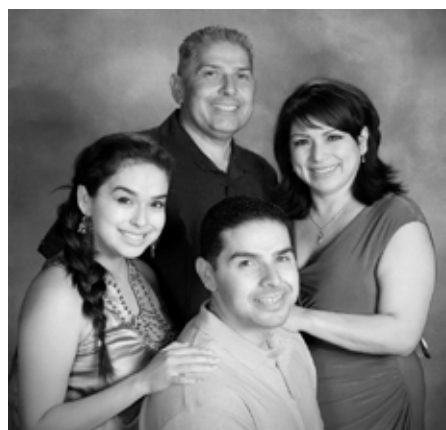
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