

OurWEEKLYNEWS.com

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Walnut

Walnut Water Rates Increase January 1

Rates will be reflected in Feb. 2016 water bill

By WALNUT VALLEY WATER DISTRICT

Walnut - New rate increase reminders were mailed out to all Walnut Valley Water District customers last week.

The new rate increase will take effect on Jan. 1 and will be

see Walnut page 3

Diamond Bar

Diamond Bar Council Recap

STAFF REPORTS

Diamond Bar - The Nov. 3 Diamond Bar City Council meeting began with a presentation of Certificate of Recognition to Katherine Kim, the winner of the Diamond Bar Friends of the Library essay contest. The theme of the contest was "How a Book Changed my Life," and Kim wrote a moving essay about *The Little Princess*, by Frances Hodgson Burnett, and how the book inspired her to push out of her comfort zone and become

see DB page 8



PHOTO COURTESY: CITY OF DIAMOND BAR

Traffic relief draws near for one of California's worst bottlenecks

57/60 Freeway Plans Move Forward

City officially breaks ground on first phase of long-anticipated 57/60 Confluence Project

By MONIQUE VALADEZ

Diamond Bar - Deemed the eighth worst bottleneck in the nation by the American Transportation Research Institute,

the two-mile stretch where the 57 Freeway and 60 Freeway merge is on the fast track for a face lift that is set to begin in

see Freeway page 3

see IE page 8

CVUSD Marching Band Showcase

STAFF REPORTS

Chino Valley - High school and middle school bands are taking a break from competing and putting on a fun performance for the community Wednesday, Nov. 18 at Don Lugo High Stadium.

The annual Marching Band Field Showcase is an annual opportunity for residents to see a live performance by some of

see Band page 10



PHOTO COURTESY: CHINO HS 77TH CAVALRY

Chino Hills Launches New Utility Bill

Utility bill aims to provide water usage data, easy-to-read information

STAFF REPORTS

Chino Hills - Residents of Chino Hills have a new utility bill that will cover water, sewer and trash starting this month.

The utility bill was redesigned

see Utility page 4

Our Featured Businesses

Quality Comes First At Peterson Auto Repair

By K.P. SANDER

Walnut - If you are looking for a local automotive repair center that performs quality work at reasonable prices - and delivers it all with excellent service - look no further than Peterson Auto Re-

see Auto page 4



Visit Peterson Auto Repair Center in the Big Valley Industrial Park, located at 3980-A Valley Boulevard, in Walnut. They can be reached at (909) 598-3881. See their ad on page 10.

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



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.walnuthillsoptometry.com.

see WHO page 4

Weekly News

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PUBLISHER
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EDITORIAL
Editor In Chief:
Monique Valadez

Staff Writers, Photographers,
Editorial Team:
Michael Armijo
Natalie Kim
Raymond Mendoza
Felicia Oblea
Sarah Sanchez

PRODUCTION
Felicia Oblea

SOCIAL MEDIA & WEB CONTENT
Sarah Sanchez
facebook.com/TheWeeklyNews

ADVERTISING SALES
909.464.1200
Director:
Diane Armijo

Account Executives:
Joe A. Merica

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 **ARMIJO**
NEWSPAPERS
& PUBLIC RELATIONS

The Ledge

BY SARAH SANCHEZ

I have a friend who gave an analogy to explain her depression to me. She said that some days she felt like she was standing on a ledge, barely holding on. She said that sometimes she felt like letting go of that ledge, but as she "let go" she felt others still "holding" on to her. Her point was that when she felt like giving up, she had someone who still believed in her and wouldn't let her give up.

How many times have we felt a depression like this? How many times have we wanted to take the easy way out and give up? With the stress of finances, relationships, work, family, and busy schedules, it's easy to feel overwhelmed and defeated. It's easy to feel like giving up and not want to get up in the morning. It's easy to feel like we're ready to let go of the ledge.

But as we let go of that ledge, we can feel the others that are still holding on to us. Maybe it's our friends or maybe it's our family that's still holding on. Or maybe it's just one person in our life who we have impacted enough to still believe in us. All it takes is one person: one person who hasn't given up on us, one person to keep going for, one person who's worth living for, and one person who will keep holding on to us. But, will we keep holding on for them?

We have the power to be that one person in a loved one's life. We have the tools to show unconditional love to those around us and to maybe change a life enough for someone to keep getting up in the morning.

But the big question is: are you that one person who is capable of impacting someone else's life? Or are you the person who needs to get down from the ledge first?



How To Find Wholeness In A Fractured World

Circumstance Does Not Have To Dictate Terms Of Happiness

BY A. K. DRIGGS

Happiness can seem like an endless journey fraught with many, often contradicting theories. There's what you should and shouldn't do; training states of mind; economic considerations; health; family; meaning; philosophy; spirituality – the list goes on.

But what actually works?

"As a newborn, they found me on a frigid winter's day inside a brown paper bag left on a toilet seat in a bar-and-grill washroom in upstate New York," says A. K. Driggs. "It would prove to be an inauspicious start for a happy life."

Can someone with such a disadvantaged beginning life find happiness? We don't have figures on abandoned babies in the United States, let alone a protocol based in the social sciences for how to help raise these infants as they mature. Fortunately, Driggs was adopted by a loving couple, but other challenges would come her way.

For Driggs, her estimated January birthday initiated an extended series of life obstacles – romance, sexual identity, insecurity, fear of abandonment, cancer, being bullied and other existential crises, career uncertainty – on the path to happiness.

"But I found it and, honestly, I'm sure I'm happier for having gone through the challenges beforehand," says Driggs, author of "Abandoned in Search of Rainbows," (abandonedinsearchofrainbows.com), which details her journey to wholeness. She offers advice for those who seek fulfillment in life.

• Self-acceptance is the gateway. We tend to worry about what's wrong, which makes a certain amount of sense because what's right doesn't require attention. Of course, the



PHOTO COURTESY: GOOGLE

problem with this paradigm is that we create an inner environment dominated by anxiety. And, ironically, we worry about all the things we tell ourselves that we first have to do to be happy. As a result, we often have that busybody voice perpetually telling us something is wrong.

"Accept that there are things that need to be done – you want to be healthier, find a better job or a long-term romantic partner – but these things don't have to be accomplished in order to be happy," Driggs says. "Anxiety is terribly inefficient. There's no point in worrying about such issues unless you're actively trying to yield a solution. Accept that you're in the process of growth, and it's not so bad."

• Your spirituality is available to you every day. Many people wonder what spirituality means in practical terms. Aside from metaphysical aspects, some define spirituality as self-transcendence, which proves to be extremely valuable in our pursuit of happiness. Again, consider the subliminal voice that's always telling us things like Your hair doesn't look good enough or You said the wrong thing at the meeting and so forth. Are these concerns anything more than ego traps?

"There is a golden thread of truth that winds through and between the cloth of all religions if you look carefully," she says. "Spiritual truth lies within each of us at the temple within. The Universe is vast, and our humility in relation to it is good because it relieves us of the ego burden."

• Make peace with your sexuality, disability, religion, race, adoption and more. Thankfully, in 2015, society has come

a long way in its relationship to those who are not the majority. Still, it's not hard to feel different, and there are individuals and groups that are explicitly unwelcoming.

"It's sad that many of us are still in a position of needing to advocate for those from minority groups, but there's an upside to it," Driggs says. "If you're different, you are unique and you can embrace this identity. As an adoptee, for example, my parents instilled in me that I was special because I was chosen. A similar perspective can be taken by anyone who feels different for a number of reasons. Embrace who you are!"

• Don't let go of what makes you happy! No matter how you've come across happiness – whether seemingly by accident or after a long, earnest effort – appreciate it by doing it. While that may seem like simple common sense, people lose sight of what makes them happy all the time.

"I found happiness in my spouse; the family that I've chosen, my friends; and singing as a recording artist," she says. Whether it be dancing for fun, sewing, gardening or simply singing to all living creatures, don't give up what makes you happy."

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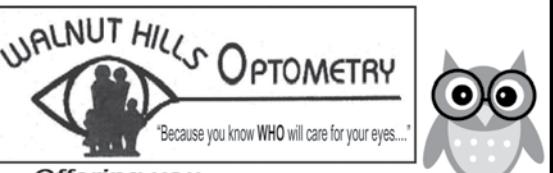
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\$10,000 Reward Offered for 2011 Pomona Murder**STAFF REPORTS**

Pomona — Suspects remain at large in the 2011 murder of 20-year-old Pomona resident Carlos Jimenez.

The Pomona Police Department announced this week the \$10,000 reward for any information that leads to the arrest of the suspects. The Pomona Police are seeking the public's assistance to provide any information to help solve the case.

According to the Pomona Police Department, on May 14, 2011 at 11:46 p.m. Carlos Jimenez was found in a garage near the rear al-

ley of the 2400 block of Chanslor Street suffering from several gunshot wounds. Jimenez was pronounced dead at the scene at 12 p.m., according to Los Angeles County coroner's records.

Police believe Jimenez was shot at close range and that the suspects involved in the shooting may have been involved in a local street gang.

Pomona Police Detectives remain vigilant and believe in a positive outcome for this investigation. Investigators are again asking for the public's assistance in this case and hope that a reward will convince someone with



PHOTO COURTESY: POMONA PD

20-year-old Carlos Jimenez

information to come forward.

Anyone with information regarding this crime is encouraged to contact the Pomona Police Department's Homicide Unit at 909-620-2095. To provide information anonymously, call "Crime Stoppers" at 1-800-222-TIPS (8477) or "We-Tip" at 1-800-782-7463. Please refer to incident DR# 11-053331.

Walnut water rates increase**Walnut from page 1**

reflected in their February 2016 water bill.

In November 2014, the WVWD's Board of Directors approved a five-year rate plan to primarily cover cost increases.

WVWD also mailed out rate sheets for customers to understand the new rates and charges that were approved last November.

Walnut Valley Water District is 100 percent dependent upon imported water supplies purchased from Metropolitan Water District through its local wholesaler, Three Valleys Municipal Water District. These water supplies must travel very long distances to reach Walnut

families and businesses.

To decrease dependence upon these costly imported water supplies, WVWD has been working diligently for several years to secure additional water from local sources, partnering with other regional water agencies to develop local groundwater basins for future use. These efforts require careful planning and significant financial investment to help ensure long-term supply reliability.

Approximately 50 percent of every dollar spent by WVWD does not vary based upon the quantity of water used by its customers. These costs are associated with the effective operations and maintenance of WVWD's water system infrastructure and all services provided by WVWD to meet the

needs of its customers.

In response to California's most severe drought to date, WVWD Board of Directors adopted a Stage 3 Water Supply Shortage Resolution and implemented a drought rate surcharge. Since adopting the Stage 3 Water Supply Shortage, WVWD customers have answered the call to conserve and have successfully reduced their overall water usage.

District officials encourage customers to "Keep Saving.... Every Drop Counts!" The District remains fully committed to its mission of "providing a reliable, high quality water supply in a fiscally efficient and environmentally responsible manner while remaining committed to providing superior service to our customers."

57/60 Freeway plans move forward**Freeway from page 1**

January 2016.

Last Tuesday, Nov. 10, city officials from cities of Diamond Bar and Industry were joined by the U.S. Department of Transportation's Federal Highway Administration (FHWA) and other dignitaries to help break ground on the first phase of the two-mile stretch, referred to as the 57/60 Confluence Project.

"We applaud Los Angeles County for moving this project forward," Federal Highway Administrator Gregory Nadeau said. "It is tremendously important to the economy of California and, by extension, to the nation as a whole."

During both the morning and afternoon grind, commuters attempt to weave across multiple lanes where 17 lanes of traffic condense sharply into just 14 lanes, resulting in a traffic choke hold on both freeways and frequent accidents. The \$256-million freeway facelift promises to alleviate this problem with three major phases of improvements.

The first phase of the project calls for construction of the westbound freeway on-ramp from Grand Avenue. Phase two will include two series of improvements: Street widening in the vicinity of Grand Avenue and Golden Springs Drive and construction of the westbound freeway off-ramp and secondary lane to Grand Avenue.

The third and largest phase will bring improvements to the freeway mainline and bypass connectors. Funding is yet to be identified for this phase.

The project will be funded with a mix of funds from local, State and Federal sources. Similar projects nationwide are not moving forward due to the lack of funding, according to federal officials.

Senator Bob Huff (R-San Dimas) who represents the project area says that the nearly 40 year old freeway redesign is long overdue.

"The Southern California Association of Governments (SCAG) estimates about 356,000 vehicles, including 26,000 big rig trucks, travel on the 57/60 Confluence every

day," said Huff. "During rush hours, peak traffic generally last for three to four hours on a typical weekday. Nearly ten thousand vehicles travel this stretch nearly every hour of the day."

U.S. Transportation Secretary Anthony Foxx says that the interstate redesign project will make a big difference in the quality of life.

"This project is a win for businesses and people living in Los Angeles County," said Foxx. "Not only will it improve the efficient movement of freight, which is an important priority for the economy, it will also improve the quality of life for people who have experienced the frustration of waiting in rush hour traffic."

The proposed improvements would result in a reduction of at least 162 accidents per year, or nearly 3,300 less accidents over the next 20 years, and likely reduce accidents that cause injury or fatality by at least 1,000 occurrences over the next 20 years, according to project planners.

This freeway fix is expected to be completed in about two years depending on weather.

Chino Hills launches new utility bill

Utility from page 1

following customer suggestions and ideas. Residents requested easy-to-follow information on water usage and consumption history as well as more clear and transparent language, according to a City-issued press release.

City Manager Rad Bartlam believes that the newly designed utility bill will help residents understand monthly water usage and remain vigilant in their water conservation efforts.

"Residents wanted to see their water usage in gallons, not the typical "hundred cubic feet (CCF)" used by water providers," said Bartlam. "They also wanted to see the results of their water saving efforts on a monthly and yearly basis. The City is very interested in our residents having that information so that we can continue to work toward meeting our State-mandated 28 percent reduction in water use."

Residents stated receiving the new utility bill along with a flyer explaining the new utility bill on Nov. 9.

The new utility bill includes

a previous month and current month comparison of their total monthly water usage in gallons and CCFs.

According to city officials, customers will also see an easy-to-read bar graph that shows a month-by-month comparison of water consumption data for the current year and previous year, if the historical information is available for the account. Customers also have access to water consumption history online, but the new design will make it conveniently available on the monthly bill, officials added.

The water section of the bill includes charges for the system that delivers the water, as well as the cost of the water used. The line item "City Maintenance Charge," reflects the costs to have the system ready to deliver water (water pipes, pumping stations, maintenance, personnel, etc.). "City Pumping Charge" reflects the costs to pump sewage within the City sewer system, if necessary.

Trash charges on the bill are listed as a line item and the "Bill Summary" section has the typical items such as the last payment, outstanding balance, adjustments, current charges, and the total balance due. The bill also includes a "Special Message" section for messages of general interest to residents and businesses.

also vary depending upon the rate zone, which is noted at the top of the bill under "Account Information." The City is divided into three rate zones, based upon geography (low, intermediate, high), to reflect the costs of pumping the water to higher elevations.

The sewer section of the bill also includes the amount charged by the Inland Empire

Utilities Agency (IEUA) for sewer treatment labeled as "IEUA Pass-thru Treatment Fee," and the "City Maintenance Charge" which reflects the costs to have the City's sewer system ready to move sewage to the IEUA treatment plant (sewer pipes, pumping stations, maintenance, personnel, etc.). "City Pumping Charge" reflects the costs to pump sewage within the City sewer system, if necessary.

For residential properties, the cost of water is tiered, so the costs increase as the usage increases. The bill now reflects the Tier 1, 2, and 3 rates and provides the final total for water charges. The Tier rates

Quality first at Peterson Auto Repair

Auto from page 1

pair Center.

Peterson now houses a full mechanic shop to serve all your automotive needs. They not only specialize in lube and oil changes, but also repair and maintain radiators, alternators, starters, brakes, clutches, shocks and struts, axles, air conditioning, belts and hoses, and much, much more.

In business for over 15 years, owner Eric Peterson says, "For me, it's all about providing quality automotive repair for the neighborhood. I grew up in La Puente and Walnut, and we have so many good customers in this area. We really appreciate the business and word of mouth referrals."

Carhelp.com customers agree constantly giving Peterson high marks for quality workmanship and fair pricing.

Look for Peterson to add quality auto-body services to the business in the future.

Peterson Auto Repair is located in the Big Valley Industrial Park, at 3980-A Valley Boulevard in Walnut. They are open Monday through Saturday, from 9 a.m. to 5 p.m., and can be reached at (909) 598-3881. Mention their ad (see page 10 of this publication) and get an oil change for just \$21.99 (plus tax and fees).

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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(909) 334-3478, healthychno.com

Jack Newe's Farmers Market
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Corona Certified Farmers Market
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PHOTO COURTESY: LOCALHARVEST.ORG

Local Races & Workshops:

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.healthychno@cityofchno.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.healthychno.eventbrite.com

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 fallen 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:

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COURTESY ALLRECIPES.COM

4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans

• Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.

• In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.

The Allrecipes magazine team, in preparing this recipe, came upon some alterations for this dish leading to a version they preferred, which is shared in the October/November 2014 issue. If you do not have that issue available to you, just triple the measures of the potato mixture ingredients above while leaving the topping measures as they are listed.

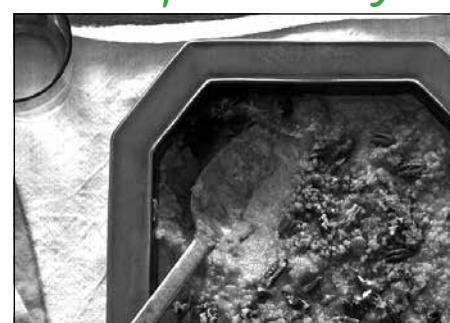


PHOTO COURTESY: ALLRECIPES.COM

• In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
• Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make cleanup easier.

Chino Wins Award for Promoting Healthy Living

STAFF REPORTS

Chino - Chino has received the top honors in the Inland Empire's media awards recognition for its wide-ranging and collaborative efforts to improve healthy living.

The Inland Empire Chapter of the American Advertising Federation announced last month at its annual awards ceremony in Riverside, that Chino was a recipient of a 2015 Public Service Campaign of the Year for excellence in advertising their Healthy Chino campaign.

"We are honored to have been recognized by an esteemed list of Media and Communication professionals in the Inland Empire," City Manager Matthew Ballantyne said. "Connecting with residents and continuing to provide options in sustaining a healthy community is a priority for the city and we are

humbled that others recognize the efforts."

To reach this milestone, city officials introduced new programs in 2015 including the "grocery store on wheels" Mobile Fresh program and Children's Discovery Workshops which offer a fun and safe atmosphere for children to learn about the environment, gardening and nutrition.

Finding new ways to engage and connect with the community such as utilizing social media also contributed to receiving this honorable award, officials said.

City officials and the Healthy Chino Coalition believe that a healthy lifestyle starts from childhood. Healthy Chino introduced Super Fit Flex, a superhero helping to spread the message to a young generation about the importance of staying fit and healthy.

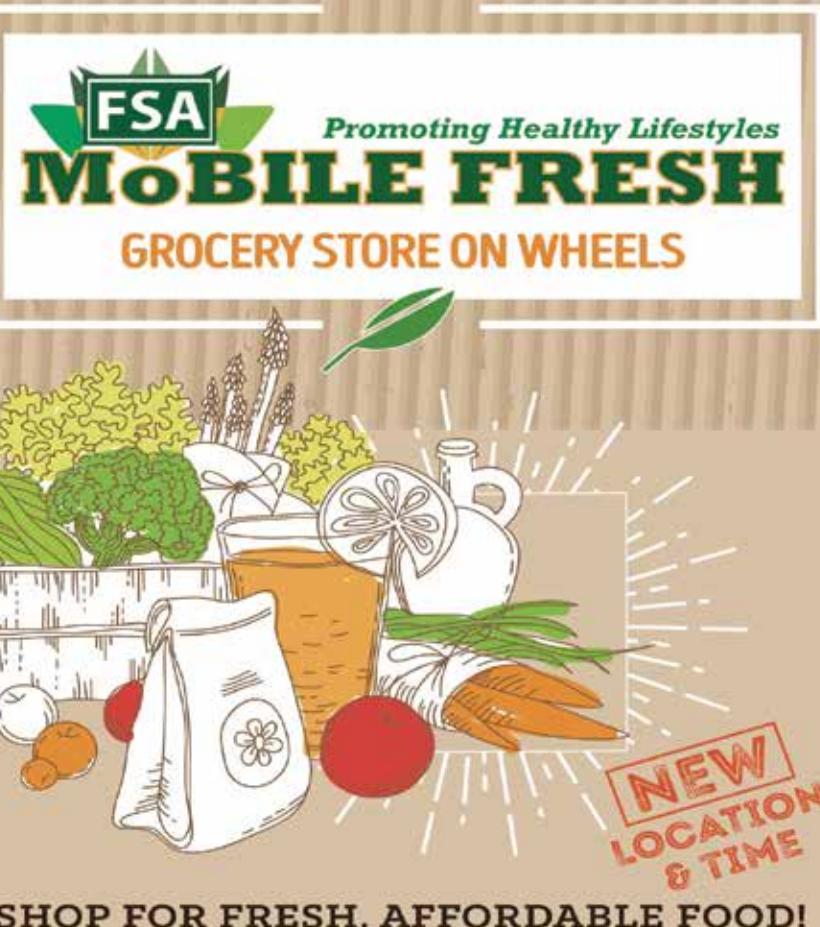
According to city officials,

the Healthy Chino Initiative was created in 2004 to combat an epidemic rise in obesity and associated chronic illness, such as heart disease and diabetes that affect communities across the country.

"Healthy Chino has been on a mission to increase the healthy lifestyle option in Chino through workshops, hikes, walking groups, a community garden, Healthy Family Day and the first-ever Healthy Chino General Plan element," city officials said. "Due to these efforts, the Chino community is 10 years stronger!"

Ballantyne accepted the award on behalf of the City at the American Advertising Federation, Inland Empire Media Awards Ceremony in Riverside.

Healthy Chino has also received the prestigious Helen Putnam Award and the Cities Counties Schools Partnership Award.



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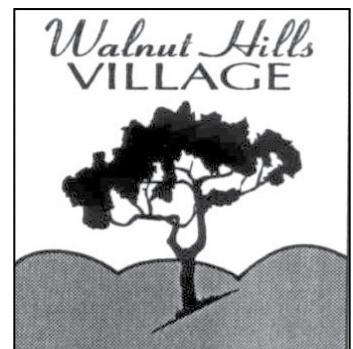
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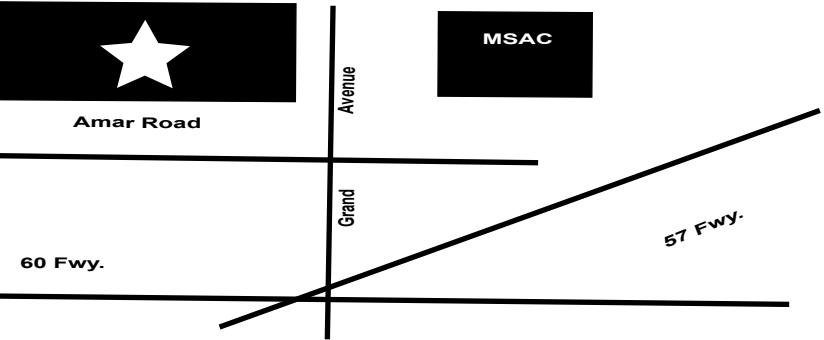
A program of the Family Service Association in partnership with the City of Chino and Healthy Chino.

FOR MORE INFORMATION
909.334.3478 // HEALTHYCHINO.COM



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International School Of Montessori



Registration Fee Waived

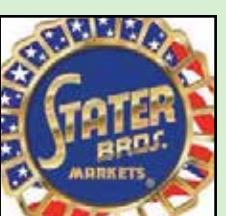
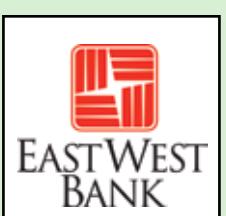
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Sheriff Warns of False Kidnapping Scams

STAFF REPORTS

San Bernardino County – Last week, several victims in various cities in the County of San Bernardino received phone calls from unknown suspect(s), claiming their child/children had been abducted.

The San Bernardino County Sheriff's Department is warning the public of these alleged kidnapping phone scams that are on the rise. These scams target parents to extort money from them claiming that they have and will harm their children.

According to Sheriff's reports, the suspect(s) have threatened to harm or kill the child/children if the victim did not cooperate with their demands. The suspect(s) have personal knowledge of the intended victim(s), including their children's names. The suspect(s) claims they are monitoring police scanners and would know if law enforcement was notified.

During a couple of the scam calls, the suspect(s) used a child as a decoy, having the child cry and beg for help over the phone. The suspect(s) directed the victims to remain on the phone, proceed directly to a bank and withdraw funds. The suspect(s) instructed the victims to go to a money transfer location and wire the money to them. The suspect(s) kept the victim on the telephone during the entire transaction.

Sheriff's have no verified kidnappings to date. If a similar call is received, immediately call 911 or Sheriff's Dispatch at 909-387-8313 or 760-956-5001 and, verify the whereabouts of your child/children. If you have information regarding the suspects involved in this activity, please contact Sheriff's Dispatch.

DB council recap

DB from page 1

involved with her school and various extracurriculars.

During the public comments, a representative of the Diamond Bar Public Library announced several upcoming events, such as a workshop to learn to change coffee filters into candle holders for LED lights; a workshop for teens to learn how to budget finances on Nov. 7 from 2 to 3 p.m.; a holiday card making event on Nov. 14 from 2 to 3:30 p.m.; and a Social Security workshop on Nov. 17 from 1 to 2 p.m.

Following the public comments, the schedule of future events was read. Election day was Nov. 3, with polls opening at 7 a.m. and closing at 8 p.m.; a Veterans Celebration will be held on Nov. 5 from 9 to 11 a.m. at Diamond Bar Center, 1600 S

Grand Ave.; The Nov. 10 Planning Commission meeting is cancelled; Veterans Day is on Nov. 11 and city offices will be closed; Traffic and Transportation Commission meeting is on Nov. 12 at 7 p.m. in the Windmill Community Room; the 2015 Eco Expo is on Nov. 14 from 9 a.m. to 1 p.m. at the AQMD parking lot; and the next City Council meeting is scheduled for Nov. 17 at 6:30 p.m. at the AQMD Government Center Auditorium.

The Council then approved all items on the Consent Calendar, including City Council minutes from Oct. 20; Parks and Recreation Commission minutes from July 23 and Aug. 27; Planning Commission minutes from Sept. 8; ratification of check register totalling \$1,138,640.51; the Treasurer's Statement for the month of September; an amendment to

the memorandum of understanding between the City and the Los Angeles County Metropolitan Transportation Authority for State Route 60/Lemon Avenue Partial Interchange Construction; appropriation of \$193,921 of Federal Surface Transportation Program-Local funds and \$32,000 of Prop A Fund Reserve to the FY 15-16 Capital Improvement Program budget and approve contract amendment with All American Asphalt for construction of the Grand Avenue Beautification Project; appropriation of \$60,000 of Prop C Fund Reserve to the FY 15-16 Capital Improvement Program budget and approve contract amendment 1 to the consulting services agreement with Onward Engineering for construction administration services for the Grand Avenue Beautification Project; adopt a resolution for the

subdivision of air space for a 10-unit warehouse condominium, located at 614-646 Brea Canyon Road; approval of an amendment to the agreement with Access Control Security to increase the contract authorization for the 2015/2016 fiscal year in the amount not to exceed \$73,000, plus appropriation of \$38,000 from General Fund Reserves for guard services at Peterson Park required during construction of improvements; and approval of an amendment to the contract with Achiterra Design Group for a value engineering analysis of the construction documents for the ADA retro-fit of Longview Park South and Star Dust Park in the amount not to exceed \$25,600.

The Council adjourned with plans to meet again on Nov. 17, at 6:30 p.m. in the AQMD Government Center Auditorium, 21865 Copley Drive.

Become a gardener

IE from page 1

Healthy Chino and Green Chino Initiatives in partnership with the UCCE Master Gardeners of San Bernardino County, Kaiser Permanente and 4th District Supervisor Curt Hagman. Advance registration is encouraged due to limited space.

The next workshop titled, "The Basics", will be held on Saturday, Nov. 21 from 10 a.m. to 11 a.m. This workshop teaches participants the basics about efficient irrigation systems, soils, design practices, fertilizers and water-wise plants.

Gardening is a family affair so parents are encouraged to bring their children to participate in the Children's Discovery Workshop that run in conjunction with the garden workshops. Visit discovery.healthychino.com or call, 909-334-3478 for more information and details.

The City of Chino and Healthy Chino Present...

hike the Valley

Hike the Valley is a hiking program where participants are guided through local trails. Hikes average 2-5 miles in length, range from easy to difficult levels, and are led by City staff. A light snack is included following each hike.

Winter Schedule

Sunday, December 6, 2015 8:30 a.m. Antonovich Trail Distance: 5.5 miles Difficulty: Easy-Moderate Meeting Place: San Dimas High School 800 W. Covina Boulevard San Dimas, CA 91773	Saturday, January 9, 2016 8:30 a.m. Hacienda Hills Trail Distance: 3.5 miles Difficulty: Moderate Meeting Place: Orange Grove Middle School 14505 Orange Grove Avenue Hacienda Hills, CA 91745	Saturday, February 6, 2016 8:30 a.m. North Etiwanda Preserve Distance: 4.5 miles Difficulty: Moderate-Advanced Meeting Place: Day Creek Park 12350 Banyon Street Rancho Cucamonga, CA 91739 Please note: This is a meeting location only. We will then caravan to the trailhead for parking.
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Hike Information

Age Requirement: 10 years of age or older. All children under the age of 18 must be accompanied by a parent or legal guardian.

Participant Requirements: Hikers are required to bring plenty of water and wear comfortable, sturdy closed-toe hiking shoes or boots. Participants are recommended to come prepared with a pack that includes: water, sunscreen, hat, and other supplies to keep one safe and healthy on the trail. Under-prepared participants may be denied access to a hike and will be eligible to receive a refund.

Shuttle Service: Transportation is available for participants from the Carolyn Owens Community Center. If you register for Hike the Valley and would like to opt-out of the shuttle service, please contact 909-334-3478 or healthychino@cityofchino.org.

Dogs: Dogs are allowed on most hikes and must be kept on a leash. Dogs are not permitted on the shuttle.

Disclaimer: Hikes are subject to cancellation based on participation, trail conditions, closures, and inclement weather. If a hike is canceled, it will not be rescheduled and participants may receive a refund.

Register in advance at the Carolyn Owens Community Center, 13201 Central Avenue, Chino, CA 91710. For more information, please contact 909-334-3258 or visit healthychino.com.

Free Flu Shots at Chino Hills High School

STAFF REPORTS

Chino Hills – If you don't have insurance and need to get flu shots for you or your children, the San Bernardino County Health Department will be giving free flu shots Thursday, Nov. 19.

Flu shots will be provided to adults, including senior citizens and pregnant women, as well as children. Children must be three years of age and older, and children 18 and under must be accompanied by an adult. Children below nine years of age may require two doses of flu vaccines (four weeks apart) based on prior vaccination history.

The clinic will be open from 3 until 5 p.m. at Chino Hills High School, located at 16150 Pomona Rincon Road.

Chino Hills High School is a Point of Dispensing (POD) site where the community can go to receive medication and/or vaccinations during a public health emergency, such as a pandemic influenza or bioterrorism.

The flu shots are provided and administered by the County of San Bernardino Department of Public Health, Preparedness and Response Program.

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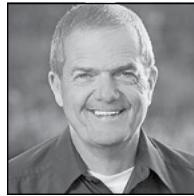
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Right Back Where I Started From

By PASTOR MARK HOPPER



Recently, my wife and I were looking forward to spending a week in Hawaii, but it was a lot more difficult than we expected.

Our travels started easy enough. We got up early at 4 a.m. and left our house before 5 a.m. to catch our flight to Hawaii. Freeway traffic was better than we expected and we got to the airport in plenty of time for our 8 o'clock flight.

We had made our reservations using airline miles almost a year ago. We were scheduled to go from LA to San Francisco and connect with a Hawaiian Airlines flight to Maui. Unfortunately, our flight out of LAX was delayed and we began to wonder if we would make our connection in San Francisco. But, our airline was reassuring. We had time to catch

the Hawaiian flight.

When we finally got to the San Francisco airport we discovered that we had to go outside security, go to another terminal and go through security again. There were about 10 people like us who were scheduled to connect with the Hawaiian flight.

As we ran to our departure gate we could see the big, beautiful Hawaiian plane pulling away from the gate. It did not wait for us and it did not come back for us. We missed it.

All of us were told to go back to our original airline's ticket counter to get booked on another flight since they had caused us to miss our connection. We were told there were no other flights available to Hawaii from San Francisco on that day.

We could stay at a hotel near the airport (at our own expense) and try again the next day. Or, they offered to fly us back to LA and see if there were any empty seats on planes going to Hawaii that evening. All 10 of us decided to take our chances

in LA. So we flew back to where we started from!

Two couples got rebooked on a Hawaiian Airline flight from LAX to Honolulu and then on to Maui. Two other couples got on a flight from LAX direct to Maui on our original carrier. We did too. We got the last two seats on the last flight of the day!

Hurray, we were finally going to Hawaii! Our flight was packed but we were just glad to be going to Maui and not going back to Diamond Bar. We arrived at about 10 p.m. Hawaiian time which is about 1 a.m. our time. We had been waiting and flying and waiting and flying for almost 24 hours!

Just when we thought we had successfully completed our travel adventure, we discovered that our bags did not make it. Thankfully, we had our clothes in our carry-on bags but the most important one, my golf club bag, did not make it. How can you enjoy Hawaii without your golf clubs?

The airline assured us that my golf clubs would be on the next

flight and would be delivered to our hotel the next day. What they didn't tell us was that my golf bag was actually still in San Francisco. I finally found it in a locked office at the Maui airport two days later. I'm not sure what happened to the overnight delivery.

I know that there are many things much worse that can happen in life. Our little Hawaiian adventure was more of an inconvenience, not a national disaster. You probably have a similar story of missed flights and lost bags. I suppose we should expect things to not always go as planned.

There is a verse in the book of Proverbs that says, "Trust in the Lord with all your heart and do not

lean on your own understanding. In all your ways acknowledge Him and He will direct your paths. (Proverbs 3:5-6)

In all of life there will be unexpected bends in the road and delays at the airport. We need to learn to trust God to direct our paths and not become impatient or frustrated with the missed connections of modern travel. Who knows, you may find yourself right back where you started from, too!

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.

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Straight Talk With Danice

A Letter From Shirley

By DANICE AKIYOSHI, N.D.



Q: I am 86 years old. I recently had a terrible cough so my doctor ordered

a chest X-ray. They found a very large mass on my lung and want to do further tests and a biopsy. I have declined. I am in pain almost every day with my back and I don't want to deal with anything else. They are suggesting I sign up for hospice care and that feels like a relief. I'm not sure how to tell my sons that I don't want fur-

ther treatment. I don't want them to be disappointed in me for not trying. I'm tired and this ordeal seems like too much to handle at this stage of my life. I've had a good life and I accept that it's almost over. Can you suggest a way to help them understand my feelings? Thank you.

A: You are a brave and considerate person. In my opinion you have the right to handle your end days as you've handled all the days before them. If you are not interested in any life prolonging procedures that might put you in further pain, that should remain your choice. Tell your sons that you've been happy with your life, but that you'd like to only receive treatments that help you stay comfortable. Tell them clearly that you do not feel compelled to

agree to anything that is designed to prolong your life. Make a kind request that they respect your wishes, especially if you should reach a point that you are unable to speak for yourself. Remind them that you want to enjoy their company now and have no interest in arguing about medical procedures. If you feel unable to have this conversation on your own, I would be happy to assist you. Warmest regards.

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.

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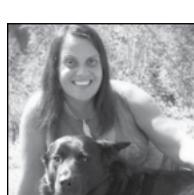
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All Great Things Are Possible If You Believe In Yourself

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



What is it that seems to set you apart from somebody you consider a successful human being? Do you find yourself always doubting your capabilities? Are you really willing to always settle for less than you really deserve? Don't you understand that you have wings and that you really could fly if you just believed in who you are and how capable you really are?

Please trust me when I tell you that there are no limits except the ones that are self imposed. You can be and have whatever you desire if you set goals and just keep moving toward them. If you do this, after awhile you will

be who you want to be and have the wonderful life that you are so very deserving of. Right now, this very moment make a **promise** to yourself that you refuse to settle anymore. Today is the day that you will change that mindset that allows you to always be less and have less of a life than you desire. Today is the day that you will discover your wings and each and everyday from now on you will discover how to fly.

I want you to become the author of your very own fabulous script for your life. Tomorrow is much too long to wait because all you really have is today. Stop deceiving yourself and start being somebody you are proud of. I know if you tell yourself the truth you will grow into somebody you really want to be. I have witnessed the transformation of many and have had the honor

of helping in the process as well. Just know that I have faith in you and I know you can grow into who you are intended to be!

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.



Walnut Middle School Students To Perform With Young Americans

Turn It Up So Cal 2015 coming December 1

By KELLI GILE

Walnut - Thirty-five drama students from Suzanne Middle School have joined the phenomenal Turn it Up So Cal, a first-time ever event with the Young Americans.

"The Young Americans are an amazing and inspirational group. This experience has had a really positive impact on me," said classmate Nada Dalati.

Over 2,000 students from eight Southern California schools and 250 internationally acclaimed Young Americans will come together and perform a one-hour show on Dec. 1 at the Citizens Business Bank in Ontario.

During two workshops held in the school multipurpose room in Walnut, the Suzanne students are learning three songs and choreographed dance routines for the performance from the Young American mentors.

"Seeing how excited my kids are and watching them interact with the Young Americans is amazing!" said drama teacher Helen Papadopoulos. "This is an experience they will never forget, and neither will I! I'm so proud of them!"

The Young Americans, a non-profit organization founded over 50 years ago, currently focuses on music education with talented members between the ages of 16 and 25.

The Suzanne students are eager to hit the stage for the Turn it Up event.

"It's so much fun and I can wait to perform with all of my friends," said eighth-grader Aidan Borgen. "This is a once in a lifetime opportunity!"

Tickets on sale for the 7p.m. show at www.youngamericans.org.



PHOTOS COURTESY: WVUSD

Suzanne Middle School drama students rehearse alongside the internationally acclaimed Young Americans. Over 2,000 students from eight schools will come together to perform Turn it Up So Cal on Dec. 1 at the Citizens Business Bank Arena in Ontario.

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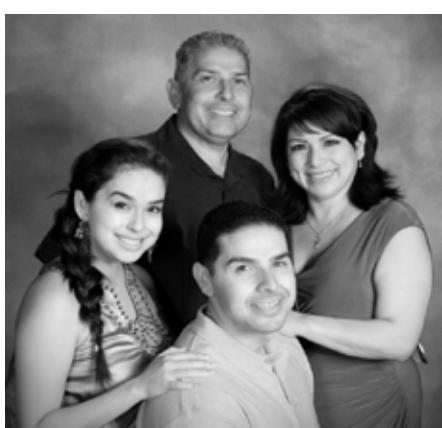
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CVUSD schools marching band showcase Nov. 18

Admission is free and open to the public. Don Lugo High Stadium is located at 13400 Pipeline Ave. in Chino.

Band from page 1

Chino Valley's award-winning school marching bands.

Bands from Ayala, Chino, Chino Hills and Don Lugo High Schools will play a medley of songs. They will also be joined by younger band mates from Canyon Hill and Townsend Junior High Schools. The free showcase will begin promptly at 7 p.m. with a performance of the "Star Spangled Banner" by all participating bands.



PHOTO COURTESY: AYALABAC.ORG

Award winning Ayala High School Marching Band performs during an annual competition.

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