

OurWEEKLYNEWS.com

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Walnut

Walnut Council Recap

By NATALIE KIM

Walnut - Mayor Pacheco called to order the Nov. 10 Walnut City Council meeting, held on a Tuesday as opposed to the usual Wednesday to recognize Veterans Day. First in the public comments were the Robotastic Kids, a group of Collegewood Elementary School students who presented a plan to raise awareness about

see Walnut page 3

Diamond Bar

Election 2015: Diamond Bar

By MONIQUE VALADEZ

Diamond Bar - As of Nov. 13, criminal prosecutor Ruth Low and the incumbent city council member Carol Herrera appear to have clinched the top seats for the Diamond Bar City Council. The final verdict will be announced on Friday, Nov. 27 by the County of Los Angeles Registrar-Recorder/Clerk.

Retired police officer Robert Nishimura is close behind Low and Herrera. According to the unofficial results, Low received

see DB page 8



PHOTO COURTESY: CITY OF DIAMOND BAR

Diamond Bar City Council honored retiring member Jack Tanaka at the November 17th council meeting.

DBCC Bids Farewell to Jack Tanaka

STAFF REPORTS

Diamond Bar - A standing ovation at Diamond Bar City Hall last week (Nov. 17) was given to Councilman Jack

Tanaka as he announced his retirement from 10 years of service to the community. His last day in office will be Dec. 1.

Tanaka stated that the city council, staff and residents

have made his 10 years of service memorable and a great learning experience.

Tanaka, first elected in 2005,

see Retirement page 3

Inland Empire

Corona Teacher Arrested In Sex Crimes

STAFF REPORTS

Corona - Former Lee V. Pollard High School teacher was arrested on Tuesday, Nov. 17, on charges that he had a four-month sexual relationship with a minor student, officials said.

Anthony Joshua Perez, 28, of Corona was arrested by Corona police officers for unlawful sexual intercourse with a minor and possession of child pornog-

see IE page 8

Police Conduct Major Crime Sweep, 35 Arrests

STAFF REPORT

Pomona - This past weekend, the Pomona Police Department's Major Crimes Task Force (M.C.T.F.) coordinated a multi-agency enforcement operation named "Home for the Holidays." The purpose of the annual holiday operation was to reduce criminal activity in high crime ar-

see Crime page 3

Less Stress This Thanksgiving

7 Easy Steps to Your Best Turkey Yet

COURTESY OF STATEPOINT

Selecting, preparing and cooking the centerpiece of your family's Thanksgiving meal can pile on a lot of stress. However there are some easy ways to

simplify the process.

"There are a lot of great choices, but they can certainly be overwhelming during a busy holiday," says Theo Weening, Global Meat Buyer for Whole Foods Market.

Here are seven basic rules to ensure you have the perfect turkey for your holiday meal.

1. Plan ahead: Frozen turkeys



PHOTO COURTESY: STATEPOINT

see Turkey page 8

Our Featured Businesses

Tamale Time at The Whole Enchilada

STAFF REPORTS

Diamond Bar - If you're looking for a break from the kitchen this holiday season, hurry over to The Whole Enchilada for a flavorful fiesta! Visit The Whole Enchilada for a rich, delicious, invigorating Mexican breakfast perfect for any occasion.

With the holidays here, it's tamale

see Enchilada page 5



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back of this publication.

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 Repair Center.

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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.

see Auto page 5

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I Know You're Proud

By MICHAEL ARMJO

You know, I never really called him daddy. My sister did, and I always envied how he brought that up so many times. But now I can say, "I miss my daddy." When he died something inside me died. I think it was the first time I realized that I was really on my own. I always felt that dad would "take me in" had I ever made a major mistake in life, had I lost everything and had no place to go. But that feeling is gone, I no longer have a 'safety net' in my life. He's not there to "take me in" anymore. At that time I realized that there was no turning back.

I do miss him, despite the anger he carried and conveyed to me. But what I miss is his strength; and later, his encouragement. He always told me how he admired the way I took on the world if I had a dream. He always said I was so strong to make hard decisions and take action. He loved to watch me work. And he loved working with me. The funny thing is, now that he's gone I don't make hard decisions anymore. I don't take action like I used to. Maybe I was showing off to daddy, trying to be the star above the other kids in our family. But my dad meant so much to all of us, we all tried so hard to be number one in our daddy's eyes. And fortunately, we all got our turn to be number one. But I almost didn't get my turn, being the youngest. I got my turn at the end of his life. Had I not confronted him five years before he died, had I not tried to get my turn at being the number one child, I never would've received my fifteen minutes of 'family fame.'

In retrospect, our family never really communicated. I think this is why it took me so long to really get to know my father. It's kind of strange, we really didn't know what was deep inside daddy, but

SUCCESS isn't just about what you accomplish in your life - it's about what you **INSPIRE** OTHERS to do.

we needed to be recognized by him. It meant so much to us to be recognized by someone we often felt was a stranger. And I know that I kept many things to myself, holding many memories prisoner in my mind, and some in my heart, that I never shared with him. He did teach us that we had the ability to do whatever we wanted, but he never really taught us how to communicate. I believe we need clarity; this assures us of where we stand within our lives. We would then teach our children to understand the importance of expression, the importance of how to express our feelings.

When I expressed how I felt to my father, I found out why he treated us the way he did. When we discussed his life and what happened to him when he was a child, the abuse and the neglect he endured (and we ultimately inherited), we understood, together, what happened to him. And what happened to us. But we forgave and we healed. I became more of a complete person; I closed those rough chapters in my life. This is why I believe in the importance of the 'healing power of expression.'

Although my dad and I became close friends and I got to know him on a personal level, there is something that I always wished he would've said to me, something I waited all my life to hear but never did. Something I know he died with, in his heart, but he never verbally gave to me. The five simple words, "I'm so proud of you." That's all I ever wanted to hear from my daddy, that's the one thing that will always be a void at the corner of my soul.

I also realized something that I never thought of: I never told my dad that I was proud of him, either. I am left to wonder if he carried the same disappointment in his life, as I did with mine. But today, what keeps me going is the hope that he's looking down upon me each day, watching what I do and how my time is being spent. And I believe that he can't hear what I say, but instead, he can see what's truly deep within my heart. And as the sun shines warm rays upon me and as the wind whispers through the trees, I can lift my head high and close my eyes and feel his joyous heart whisper that he is so very proud of me; and my heart silently whispers back, that I, too, am very proud of him.



PHOTO COURTESY: GOOGLE

5 Tips For Outwitting Porch Pirates

During The Gift-Giving Season

By BRITTANY THOMAS

Online shopping has made life easier for consumers – and is especially handy during the holidays. But it's also created more opportunities for "porch pirates," the thieves who prey on those parcels left on our doorsteps.

Many porch pirates are low tech, simply cruising neighborhoods where they know deliveries are taking place and grabbing the unattended packages.

But porch pirates who also happen to be cyber criminals can use your own technology against you, says Gary Miliefsky, CEO of SnoopWall (www.snoopwall.com), a company that specializes in cyber security.

"A more sophisticated porch pirate might send you an SMS message or email with malware," Miliefsky says.

"That would let them gain access to your computer or smartphone, and they could install a RAT (Remote Access Trojan). Then they can eavesdrop on your orders and deliveries."

They also might be able to locate you through the geolocating feature on your phone, he says. That would tell them when you are away from home, the final link in their well-laid plan.

"If they know you aren't home and that a package is scheduled for delivery, it's going to be easy for them to steal it," Miliefsky says.

Miliefsky offers these tips for outwitting porch pirates and

keeping those packages safe:

- Get permission to ship all your packages to work. That way they aren't left unguarded at your doorstep for hours where anyone walking by could snatch them. If this arrangement works out, be sure to tell all your friends and family also to ship packages to your work address.

- Ask a friend or neighbor to receive your packages for you. You might not be home on work days, but plenty of people are. Trusted friends who are retired or who work at home might be happy to let you have packages delivered to them for safe keeping.

- If a neighbor can't receive your packages and you can't get them at work, another option is available. Miliefsky suggests trying Doorman, a service that lets you arrange for a package to be held at a warehouse until you arrive home. Then you can arrange delivery for evening hours that better suit you. More on Doorman is available at www.doorman.com.

- Disable geolocation on your smartphone so that porch pirates – or other hackers for that matter – can't track your location. No need to make it easier on them.

- Set up a live recording video camera aimed at your porch. That could allow you to spot a theft as it happens and alert law enforcement, or at least provide you with video later that might help identify the porch pirates.

"Porch pirates count on you being lax with your defenses," Miliefsky says. "But with a little preparation, you can thwart their plans and leave them empty handed."

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Chino Youth Christmas Parade and Fair
A Christmas in Toyland

Saturday, December 12, 2015 9:00 am-3:00 p.m.

Youth Parade
Begins at 9:00 a.m. on the corner of Monte Vista Avenue and Riverside Drive and ends at City Hall.

Fair
9:00 a.m.-3:00 p.m. in the Senior Center and Library parking lots.

Carnival
10:00 a.m.-3:00 p.m. at the Civic Center on D Street between 7th and 6th Streets.

Family Entertainment
10:00 a.m.-3:00 p.m. on the steps of City Hall at the corner of Central Avenue and D Street.

Santa's Village at the Chino Youth Museum
10:00 a.m.-3:00 p.m. on the corner of 6th and D Streets. Free admission to the Museum and get your picture taken with Santa!

Great Food
9:00 a.m.-3:00 p.m. at the Civic Center on the corner of Central Avenue and D Street.

#ChinoWinter

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Unions, Local 1428**Pedestrian Fatally Struck In Chino Hills****STAFF REPORTS**

Chino Hills – Terry Alan Read, 57, of Chino Hills was killed early Tuesday morning (Nov. 17) as he walked southbound on Valle Vista Drive, police officials said.

Chino Hills Police Department responded to the scene of the fatal traffic collision at Valle Vista Drive and Oakshire Lane in Chino Hills.

Chino Hills police investigators said, Veonna Gallimore, 41,

of Chino Hills was driving east on Valle Vista Drive in a Chevrolet Trailblazer when she struck Read walking south on Valle Vista Drive just east of Oakshire Lane.

Read was walking in the traffic lane when he was struck by Gallimore. He was pronounced dead at the scene. Gallimore was transported to Chino Valley Hospital for complaint of pain and a precautionary evaluation. Alcohol and/or drugs were not a

factor in the collision, authorities said. The investigation is ongoing to determine the cause of the collision.

Anyone with information regarding this incident is urged to contact the Chino Hills Police Department at (909) 364-2000. Callers wishing to remain anonymous are urged to call the We-Tip Hotline at 1-800-78-CRIME (27463) or, you may leave information on the We-Tip website at www.wetip.com.

Walnut council recap**Walnut from page 1**

household battery recycling. Their plan includes leading battery recycling drives at school, and calling for the implementation of automated battery recycling stations and placing CRV on batteries. Multiple residents also expressed their support for the Council in a lawsuit against Verizon concerning Verizon's ability to place another cell tower at 555 Gartel Dr.

Following the public comments, the Council approved all items on the Consent Calendar,

including minutes from the Oct. 14 City Council meeting; minutes from the Oct. 22 Special Meeting; minutes from the Oct. 28 City Council/WHA minutes; a resolution allowing claims and demands in the amount of \$480,847.13; a resolution calling and giving notice of holding a general municipal election on April 12, 2016; a resolution requesting the Board of Supervisors of the County of Los Angeles to reader specific services to conduct the general municipal election of April 12, 2016; a resolution adopting regulations for candidates for elective office

pertaining to candidate statements for the general municipal election on April 12, 2016; a resolution opting out of the Los Angeles Regional Interoperable Communications System Joint Powers Agreement and the City's membership in the LA-RICS Authority; and a request by Girl Scouts of Greater Los Angeles for a non-profit solicitation permit and waiver of business license tax.

After Council comments and updates, the meeting adjourned with plans to meet again on Dec. 9, at 7 p.m. at 21201 La Puente Rd.

Police conduct major crime sweep**Crime from page 1**

eas within Pomona.

According to police reports, 30 probation and 20 parole compliance checks were conducted. These checks along with other self-initiated contacts resulted in 35 arrests for various offenses including: illegal narcotic sales, illegal firearm possession, possession of a stolen vehicle, and outstanding

arrest warrants.

Officers seized six firearms and recovered two replica firearms from gang members. Several narcotics were also seized including 15 grams of methamphetamine, 3.5 grams of cocaine, and 21 grams of marijuana.

The AB109 San Gabriel Valley East Task Force, Los Angeles County Probation, California Department of Corrections and Rehabilitation (PAROLE), Clare-

mont Police Department, Baldwin Park Police Department, Covina Police Department, Glendora Police Department, Irwindale Police Department, La Verne Police Department, Whittier Police Department and the Los Angeles County District Attorney's Office participated in the operation.

Operations of this type will continue in the hopes of deterring crime city wide, according to police officials.

Farewell to Jack Tanaka**Retirement from page 1**

served twice as the city's mayor and served on the City's Planning Commission for more than three years. He said he wanted to spend more time with family, but will still remain active in the community who he considers family.

A retired U.S. Army Sergeant and former peace officer with the California Youth Authority and State Department of Corrections, Tanaka was first elected to the Diamond Bar city council in 2005.

A constant fixture in the community, Tanaka and his wife Wanda devoted much of their

time to helping out in the community especially youth. From the Miss Diamond Bar Pageant and the local Humane Society to community birthday parties and city concerts, the Tanaka's were always there to lend a helping hand.

The Tanakas believe community service makes each volunteer a better person, a caring person, a person living an enriched life.

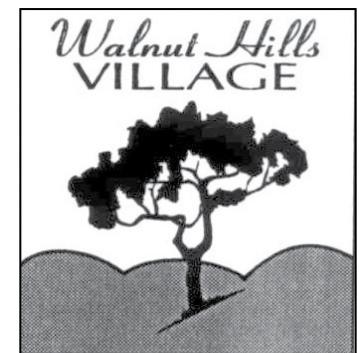
The Tanakas moved to Diamond Bar in 1976 and have since remained actively involved in community matters. In 2012, the couple was honored with Lions Clubs International's Lion of the Year Award, the organization's highest hon-

or and usually given to only one person in the world.

Diamond Bar resident Lorry Somers Hughes Meyer said it's sad to see him go. "He was great asset to the city. He has surely accomplished his civic duty in spades!"

James Audley "When you are as involved as Mr. Tanaka is in his community you never retire," resident James Audley said. "He and his wonderful wife Wanda embody the spirit of philanthropy and a service driven life. During my time working in Diamond Bar I cannot say I met anyone who was more kind and generous than the Tanakas. They are a model of what being a citizen is all about."

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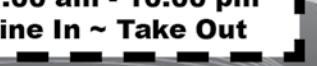
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Chino Teachers Receive Walmart Cash For Classroom Expenses

By MONIQUE VALADEZ

Chino - Twenty teachers from Walnut Avenue Elementary received \$50 gift cards to purchase supplies for their classrooms thanks to Walmart's annual Teacher Rewards Program.

These funds come at a critical time, as many teachers will spend an estimated \$1,000 of their own money to ensure their students have the supplies they need to learn throughout the school year, Walmart officials stated in a press release.

"I am thrilled that our Walnut teachers have this wonderful opportunity to win gift cards to purchase classroom supplies for their students," Walnut Avenue Elementary School Principal Karen Morales said. "Thank you Walmart and Sam's Club for your generous contribution to our school."

This year, local Sam's Club employees selected Walnut Avenue Elementary School to receive \$1,000 in gift cards to be awarded to teachers. The school was selected from among 35 schools in Chino Valley district because of the school's need and dedicated staff, officials said.

"The [Walnut Avenue Elementary] teachers are amazing as is the principal," said Sam's Club Marketing Leader Gustavo Miranda, who presented the 20



PHOTOS COURTESY: GUSTAVO MIRANDA/WALMART
Walmart/Sam's Club presented 20 Walnut Avenue Elementary teachers with \$50 gift cards for school supplies on Nov. 17.

teacher's with gift cards on Nov. 17 in the school's library. "As soon as they heard me say that we wanted to give them gift cards for their classroom supplies, their jaws dropped. It was an emotional presentation with one teacher almost in tears. We know we made the right choice."

For the past six years, Walmart has donated over \$4.5 million in reward cards to approximately 90,000 teachers across the United States to help offset the cost of classroom expenses.

"We are proud to honor our community's teachers, who give time and often their own money to ensure our students have everything they need to be successful throughout the school year," Miranda said.

More than 5,000 U.S. Walmart stores, Distribution Centers and

Sam's Club locations are eligible to select one local public school, grades K-8, and provide reward cards to 20 teachers from each selected school. Winning teachers can use the funds to purchase essential items for their classrooms such as paper, folders, binders, pencils, crayons and markers.

"At Walmart, we are dedicated to supporting our nation's teachers by providing support and resources needed to continue educating the future leaders of our community," Miranda added.

The Teacher Rewards program is an extension of Walmart's ongoing support of local initiatives that help students, teachers and families better prepare for their future including programs like Breakfast in the Classroom, Fill the Bus and Farm to School.

Quality first at Peterson Auto Repair

Auto from page 1

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 quali-

ty 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).

Tamale time at the Whole Enchilada

Enchilada from page 1

time! Let The Whole Enchilada help cater your holiday fiestas with delicious handmade tamales, which are available year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. Other menu items, such as the taquito or street taco platters, are available for catering as well.

The Whole Enchilada also offers breakfast so you can wake up to some delicious huevos rancheros, chorizo or tasty tamales with a nice cup of Joe. They are now open on Saturday and Sunday at 7:30 a.m.

Bring the entire family to The Whole Enchilada, where you can get a taste of authenticity and enjoy a wonderful experience. The Whole Enchilada offers two

mouth-watering menus featuring an array classic American dishes and traditional Mexican cuisine. "All our food is made fresh daily," says Lil Palmer of The Whole Enchilada.

The restaurant has been in business for over 30 years, and offers fresh, authentic Mexican recipes their resident chef brought from their homeland. There is a reason it is a favorite with locals. The Whole Enchilada offers a variety of delicious Mexican dishes ranging from enchiladas and burritos to carne asada and fajitas – and don't forget their Mexican Kaluha Flan or Rio Grande Mud Pie after your meal!

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vice and delicious food. They look forward to helping you celebrate the special moments in your life.

Get The Whole Enchilada gift cards as stocking stuffers or secret Santa gift ideas. The Whole Enchilada has gift cards available for purchase in person or online. And be sure to ask about the Combo Punch Card, Enchilada Bucks, and Kids Club.

Whether you live near or far, come be a local at The Whole Enchilada. Your taste buds will thank you! The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). They are open Mon. – Thurs., 11 a.m. to 9 p.m.; Fri., 11 a.m. to 10 p.m.; Sat., 9 a.m. to 10 p.m.; and Sun., 9 a.m. to 9 p.m. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication.

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(844) 426-9732

Jack Newe's Farmers Market
Mt. SAC Campus, Lot B
1100 N. Grand Ave., Walnut
Saturdays, 8 a.m. to 2 p.m.
(626) 810-8476

Corona Certified Farmers Market
488 Corona Mall, 6th and Main Street
Saturdays, 8:30 a.m. to 12:30 p.m.
(760) 728-7343

Local Races

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:

Easy, Healthy Mashed Cauliflower

Similar to mashed potatoes but with fewer carbs

By WHOLE FOODS MARKET

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
- 1 tablespoon extra-virgin olive oil
- Fine sea salt and ground black pepper, to taste

Bring a large pot of salted water to a boil. Add cauliflower and cook until very tender, about 10 minutes. Reserve 1/4 cup of the cooking liquid and then drain well and transfer cauliflower to a food processor. Add



PHOTO COURTESY: WHOLEFOODSMARKET.COM

oil and reserved water, 1 tablespoon at a time, and purée until smooth. (Or, mash cauliflower with a potato masher). Season with salt and pepper and serve.

Winning The Holidays!

COURTESY OF
CLARK'S NUTRITION

work

- Portion-Portion-Portion. Try and use smaller plates and cups (bring if necessary)

- Drink a 12 ounce glass (think soda can size) of water before sitting down at the holiday table

- Offer to bring a healthy dish to parties (what host would say no to eggplant parmesan or grilled cucumber and hummus wraps?)

- Have a healthy snack before going to the party or dinner and once there, plan your meal in your head. Lastly, savor every bite.

- Remember to wait 20 minutes before going for seconds (better to skip them altogether)

Remember that the holiday season is strategically followed by the "New-Years Resolution" season. Making better choices during the former means making easier choices during the latter. Also, having a bite of something sweet now is better than a having 10 bites later. Oftentimes, willpower can dissolve later in the night when our bodies start to wind down. It is possible to wipe a good workout off the map with a few mindless spatula-fulls of pumpkin cheesecake. Being active and even ramping up workouts is a very effective way to make those extra calories work in your favor. Here are a few suggestions that will help in the battle to win the holidays:

- Remember there is always strength in numbers. There is nothing wrong with letting others know of your goals and surprisingly, you may find others who have similar goals

- Prepare and bring healthy snacks to school or

- Remember there is always strength in numbers. There is nothing wrong with letting others know of your goals and surprisingly, you may find others who have similar goals

- Prepare and bring healthy snacks to school or

year. A cupcake-fueled sprint or latte-energized bench press may be your best attempt all year.

- Plan group activities that are not centered on food, like going on walking tours of decorated homes (also, volunteering opportunities are everywhere during the holidays as needs rise drastically)

- Be the life of the party! Mingle, move, and burn more calories

- Let your brain, not your stomach do the choosing. Showing up to functions hungry means being mostly defenseless against overindulgence.

- Be picky. Take a moment to think about what indulgences are worth your extra work.

- Get a high-quality digestive enzyme. These supplements can mean the difference between burping and "Burpees". By assisting digestion, enzymes help:

1. Extract vital nutrients from foods
2. Shuttle undigested foods through our digestive system
3. Reduce gas and bloating

The holidays do not have to be an automatic "lose my gains and gain weight" season. It can be a time of intense satisfaction when we prove to ourselves that planning really does lead to success. Plan time to be mindful of your goals and increase your holiday cheer.



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ChineseyPage.com/Mandarin



Salt & Pepper Prawns - \$16.99



Homebound Nested Seafood - \$16.99



Szechuan Beef - \$13.99



Walnut Honey Shrimp - \$14.99



Peking Duck - \$28.99



Lemon Chicken - \$12.50



Sizzling Three Flavors - \$14.99



Po-Po Plate - \$15.99



Sweet & Sour Pork Chops - \$12.59

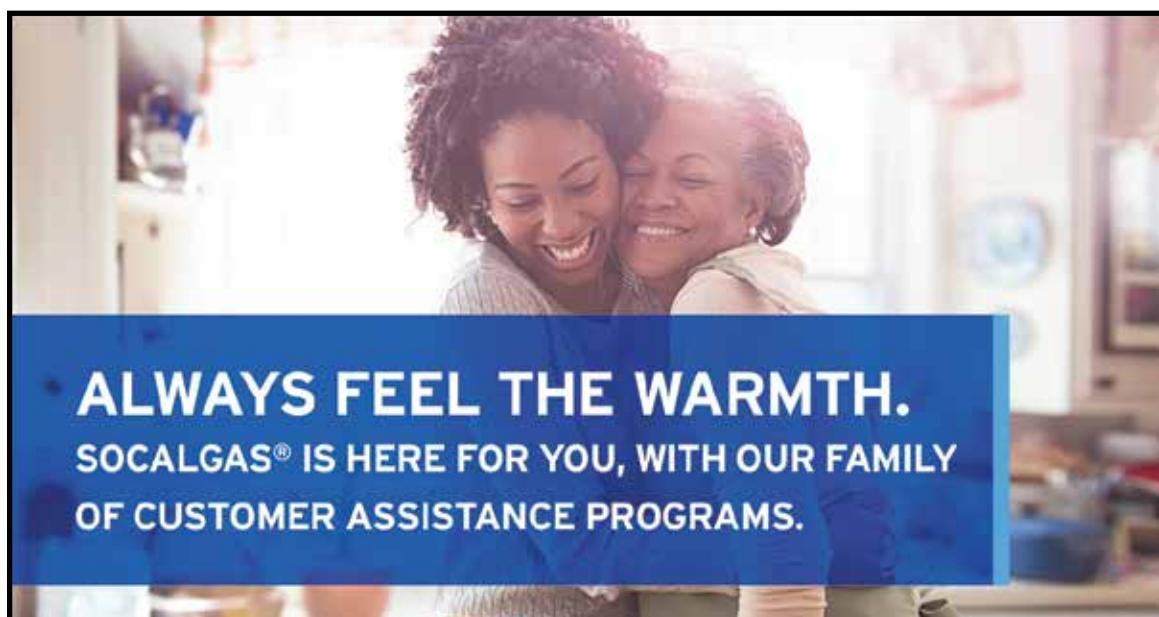


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Restrictions apply on these holidays: Valentine's Day, Mother's Day, Memorial Day, Labor Day, & 4th of July



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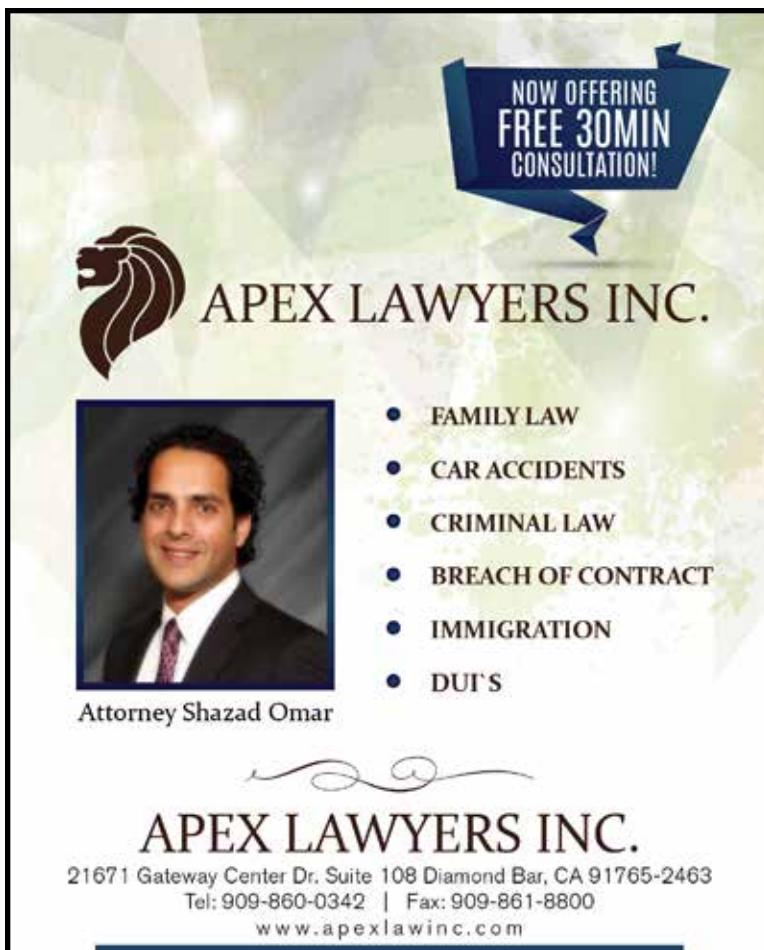




PHOTO COURTESY: TWITTER

Supervisor Seeks Applicants for Workforce Development Board

STAFF REPORTS

San Bernardino County — Supervisor Curt Hagman knows that a strong workforce is vital for the county's recovery. And Hagman along with the county's four other supervisors are seeking applicants for the first-ever San Bernardino County Workforce Development Board (WDB).

The WDB identifies growing employment centers and trains local residents to fill new jobs and assists business in avoiding employee layoffs through improving their businesses' productivity, showing them how to reduce costs and operate more efficiently, according to county officials.

Hagman, who represents Chino and Chino Hills, said, "Open government has always been a priority of mine. All qualified residents of the Fourth District deserve fair consideration for all my appointments and I look forward to receiving your application."

The WDB was established after the federal Workforce Innovation and Opportunity Act (WIOA) was signed into law in 2014.

On August 25, 2015, the County Board of Supervisors authorized the Workforce Development Department (WDD) to implement a recruitment and application process. Each County Supervisor appoints two business members to sit on the 19 member Board.

Additionally, Hagman is requiring the selected appointee's business or organization be barred from receiving any WDB services to prevent potential conflicts of interest.

By law, business members of the WDB must provide employment opportunities for members of the public and must participate in one or more local business organizations or trade associations. The deadline to apply is Nov. 30. Interested applicants can apply online at www.sbccounty.gov/COB/Main/NewBCCApp.aspx.

Election 2015: DB

DB from page 1

2,266 votes, Herrera received 2,216 votes and Nishimura received 2,149 votes. Coming in the fourth spot, Robert Velker received 730 votes.

Herrera, who's held the council seat since 1995, remains optimistic and continues to push her community goals.

"My priorities are public safety, reducing traffic and economic development," Herrera said. One of the economic development project's Herrera hopes to visit if re-elected is the rehabilitation of the Kmart center.

Low and Herrera both support the reconfiguration of the traffic madness along the 57/60 freeway interchange, a project that recently broke ground with construction starting in early 2016.

Low's campaign also pushes for public safety and solving the city's traffic issues. "I have directly contributed to making our community safer by vigorously enforcing our criminal laws, and as Councilmember, I will make community safety my top priority," the current Planning Commissioner said. "My goals are to maintain public safety, promote excellence in education and lifelong learning, mitigate traffic, conserve our environment and promote fiscal prudence."

Low will take the seat vacated by Councilman Jack Tanaka, who decided not to run for re-election.

According to city officials, Diamond Bar's city clerk will certify the election results and swear in the newly elected council members during the Dec. 1 council meeting.

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saves 12.5 GALLONS with a water efficient showerhead

RUN DISHWASHER WHEN FULL INSTEAD OF HALF FULL
saves 5-15 GALLONS per load

FILL THE BATHTUB HALFWAY OR LESS
saves 12 GALLONS per person

For more tips on reducing water use, visit www.saveourH2O.org

Save Our WATER

Less stress this Thanksgiving

Turkey from page 1

can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Plan for one full day of thawing for every five pounds of turkey. If you're short on time, put your turkey in a leak-proof wrapper and submerge it completely in cold tap water. The water should be changed every 30 minutes. Plan for 30 minutes of thawing time per pound.

2. Research: There are many different types of turkey to choose from. Some grocers carry a variety of birds and additionally have in-house butcher experts behind the counter to help you choose what is right for your taste and budget. Here are the five types of turkey found at Whole Foods Market:

- Organic: fed organic feed

(that means no GMOs, among other things) and given access to the outdoors.

- Classic: known for their trifecta of flavor, quality, and value.
- Heritage: rich, succulent, old-world breeds cherished for flavor.
- Heirloom: robust flavor with a higher percentage of dark meat.
- Kosher: certified kosher.
- Size matters: A good rule of thumb is to buy 1.5 pounds of turkey per person, providing everyone a healthy portion while allowing for those sought after leftovers.

4. Read the label: The best birds are raised with the highest standards. This means no antibiotics, no animal by-products in their feed, no added solutions or injections and no added growth hormones. To make it simple, shop at a store that only carries turkeys raised with these standards, such as Whole Foods Market. Their turkeys are also

5-Step Animal Welfare rated.

5. Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit for a simple and easy recipe.

6. Time it: It takes approximately 13 minutes per pound to cook a turkey at 350 degrees, and the turkey is done once it reaches 165 degrees. Use a meat thermometer and insert it into the thickest part of the thigh (without hitting the bone) to test the temperature.

7. Rest: Wait 30 minutes before carving the turkey. Giving the turkey time to rest allows the juices to redistribute for better flavor.

More turkey tips are available at www.wholefoodsmarket.com/turkey.

When it comes to choosing and cooking your holiday turkey, preparation is key. Do your research, know what you like, and enjoy the rest.

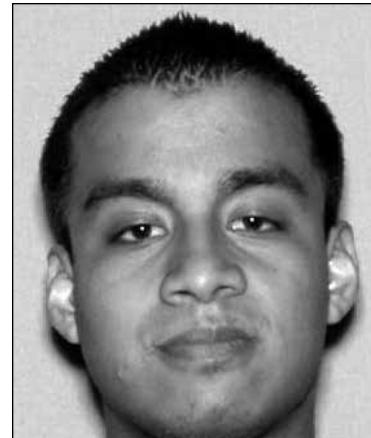


PHOTO COURTESY: TWITTER

Corona teacher arrested in sex crimes

IE from page 1

raphy.

Corona detectives determined that Perez engaged in a dating relationship with a minor student while teaching at Lee V. Pollard High School. Detectives determined that Perez and the minor had an ongoing inappropriate sexual relationship between December 2010 and April 2011.

In March 2015, Fontana Police Department notified the Corona Police Department regarding a child annoyance investigation involving Perez.

Fontana detectives discovered evidence that revealed Perez was engaging in inappropriate sexual acts with at least two minors in Corona, according to the Corona Police Department report.

Detectives are asking anyone with information regarding this investigation to please call Senior Detective Gail Gottfried at 951-817-5873.

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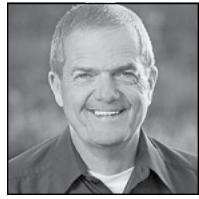
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Saving Water And Saving Money

By PASTOR MARK HOPPER



We continue to hear about the drought here in California. We tend to forget that we actually live in a desert. Even though we have an ocean only miles away, we have cactus growing on the hillsides right here in Diamond Bar!

I sense that many people are making sincere attempts to conserve water. Some have actually removed their lawns and installed artificial grass. Others have re-landscaped their yards with drought resistant plants and shrubs.

We have reduced the amount of water we are using at our home and the number of days we water our lawn. I'm encouraged to see that our water bill reflects that we are using less water each month.

Recently I noticed that there was moisture in the flower bed

where we left our water hose. I soon realized that the hose valve was not shutting off completely. A tiny stream of water was getting through. We were wasting water.

My first step was to try to turn the valve off more tightly. But that did not stop the water completely. I realized that the valve was not working properly. Calcium and mineral deposits had built up on the inside of the valve and it was not shutting off completely. How expensive was this going to be?

I went to Home Depot and bought a new valve but when I got home I discovered that it was not the same size. It looked like this project was getting more difficult and probably more expensive.

Then I went to my neighborhood Ace Hardware store hoping to could replace the parts inside the shut off valve and not have to remove the whole thing. They did not have the replacement parts that I was looking for, but I had an idea. Did they sell a simple rubber washer that is inside the shut-off valve?

Not only did they have the small washer, but the price was right, too. It cost a total of eighty cents - less than a dollar!

I went home and scrapped off the sediment and calcium that had built up inside the valve and installed the small rubber washer. It worked! No drips, no water seeping out of the garden hose!

I was so encouraged that I was not only saving water but I also save a lot of money.

Who would have thought that a small rubber washer could make such a difference? No more drips. No more wasted water!

Let me encourage you to look for some simple steps that you can take to save water and save money.

You will be glad you did and your neighbors will 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.

Straight Talk With Danice

A Letter From Blake

By DANICE AKIYOSHI, N.D.



Q: My wife is a terrible back seat driver. She complains about my driving every time she's in my car. She says things like, "everyone is stopped ahead, and maybe you should take your foot off the gas." "You're getting too close to that truck." "Why are you being so aggressive, let that guy get in front of you." "Please don't take that phone call, traffic is busy; you need to pay attention to the road." And the list goes on and on. I'm driving out in traffic all day. I've had very few tickets or accidents in my life. I am not a bad driver. My wife only has a 15

minute commute. I hate to criticize her, but she is not an expert driver and I'm tired of her comments. How can I get her off my back? Thank you.

A: It doesn't seem as if your wife is actually insinuating that you are a bad driver. It sounds a lot more to me like she struggles with anxiety. Do you notice this in any other areas of her life? I think when it comes to your driving she's not doing a very good job of communicating and you're taking it as a personal insult. If she were a better communicator, she might say, "I'm feeling a little nervous, would you mind slowing down...please don't drive next to big trucks or talk on the phone in busy traffic, it makes me terribly uneasy." If she were to own this as 'her' problem instead of making you feel inadequate, would you drive more cautiously or perhaps be a little more passive on the road to cater to her comfort zone? Experience with my

patients tells me that it might be doubtful, because you're hearing this as a personal attack when she is basically trying to communicate her fear to you. I hear this complaint in my practice all the time. My 'simple' advice is to let her drive or invite her to do whatever it is that will help her to relax before she gets into your car. Or you could be more considerate of her road anxiety. The best answer by far would be for her to address the underlying reasons for her excessive anxiety. I hope she makes that choice. Good Luck to both of you.

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 straight-talk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

Thoughts On Gratitude

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



I can't believe Thanksgiving is here next week already. It is truly one of my favorite holidays. I love the gathering of my special family and friends. I think about having a whole lazy day with my favorite people and I get very happy. We are all usually so rushed but on Thanksgiving we take our time together and that is a gift.

Having time to share with my loved ones is something I'm very grateful for. Having loved ones to share the holiday with is also something that makes me feel grateful. We sit together in my big house, with much more food than we could ever really eat and

again, all I feel is gratitude. I look around the table and everybody is really enjoying themselves and I think how grateful I am and how special my loved ones are. I love when people have a really good time at my house. It fills my heart with joy.

I have lost all of my siblings and my father but this year I will not mourn the losses, instead I will be grateful for their memory and for the people I have left, to help me celebrate. I know I'm a very blessed woman and this year on Thanksgiving and every other day, I will be grateful. I will sit at the table and look into the faces of the people I love. The room will be filled with wonderful smells and so much laughter our bellies will ache. My heart will sing with joy as I have the honor of celebrating all my gratitude, with all of my favorite people I

wish you the most wonderful Thanksgiving. This year, really pay attention to how blessed you are and just take some time to be grateful for everything!

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

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Brahma Athletes Sign National Letters Of Intent

By KELLI GILE/WVUSD

Diamond Bar - Diamond Bar High School (DBHS) golfer Josephine Chang and swimmer Jenna Lloyd will be taking their skills to compete at the collegiate level after signing national letters of intent on Nov. 13.

Chang, 17, will attend University of Kentucky in the fall on a coveted full-ride scholarship.

Louisville coaches contacted the teen last summer and came to watch her play in an East Coast tournament.

That same week, she visited the college to meet the athletic department staff and check out the indoor facilities and university-owned golf course. It was love at first sight.

"It was everything I possibly needed to pursue golfing," she said during the signing ceremony with school officials and families.

"The coaches genuinely want me and made me feel welcome. And it's beautiful and green and the trees change colors," she added.

Chang began playing golf for fun with her big sister and cousins at age 7. Chang has golfed all four years on the DBHS varsity team that has won three CIF Championships, one Runner-Up CIF, and two CIF State Runner-Up awards.

In fifth grade, she met two coaches who introduced her to the world of competitive golf. She soon began playing junior tournaments.

"They helped shape me into the golfer I am today," she said.

In 2014, the team claimed the State Championship against reigning champion, Torrey Pines High School.

"It was an amazing feeling when we came in and realized that we finally achieved the goal we'd been chasing since freshman year," said Chang, who advanced to the State Semi-Finals as an individual player this year.

Lloyd, 17, will attend San Jose State University on a full-ride scholarship.

"I was so happy when I got the offer," she said. "I love the school!"

The sprinter's favorite race is

the 100-meter breaststroke and her best time is an impressive 1 minute, 3 seconds.

"I've been swimming ever since I was little, about 4 years old," she said. "And it's fun!"

Lloyd made a competitive national team in the eighth grade and has qualified for a national contest. She now competes at the junior national level, which is just two levels below the Olympic trials level. This is Lloyd's fourth year on the school's varsity swim team.

"I love the new pool," she says about the aquatic center that was dedicated in December 2013.

"It's a beautiful facility, compared to other schools," she said.

PHOTOS COURTESY: WVUSD
Diamond Bar High golfer Josephine Chang committed to University of Kentucky.

"Having home meets gives us a boost during competitions." Prior to the opening, DBHS teams practiced and competed at Walnut High. Lloyd plans to study communication disorders to pursue a career as a speech therapist.



PHOTOS COURTESY: WVUSD
Diamond Bar High senior Jenna Lloyd signed a college national letter of intent to attend San Jose State University.

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PUSD Teachers Awarded Grants

By JULIETTE FUNES

Pomona - The Pomona Valley division of the California Retired Teachers Association has provided nearly \$750 in mini-grants to Pomona Unified teachers to purchase a variety of classroom materials, from chemistry handbooks and circuit boards for robotics to computer tablets and balance scales.

During the highly competitive grant process – in which a seven-member committee from Pomona Valley Division 13 reviewed 256 applications submitted by teachers from 10 school districts – six PUSD educators were selected to receive the small grants to enrich their classrooms and benefit students.

"I want to thank our retired Pomona Valley educators, who continue to care about our students and their education and inspire our teachers to continue improving achievement outcomes for all of our students," Board of Education President Andrew Wong said.

The 2015 grant recipients from PUSD are Rebecca Bulsombut from Decker Elementary, who will purchase Arduino boards for her robotics class; Christiana Duckett from Gane-

sha High, who will purchase a chemical equations handbook; Pimolrat Kanehana of Alcott Elementary, who will buy hands-on math manipulatives; Roxane Medina of Fremont Academy, who will buy materials for her special education class; Jessica Mitchell from Ranch Hills Elementary, who will buy a computer tablet; and Linda Quach of Ganesha High, who plans to purchase a balance.

"As former teachers, we firmly believe in supporting our successors in their efforts to raise student success rates," said Kathy Concidine, Pomona Valley Division 13's Teacher Grant Chairperson. "While these grants are small, I know that they will go a long way in supporting classroom instruction."

Of the 256 applications the committee reviewed, 54 were from Pomona Unified.

"This is wonderful news for Pomona Unified and these deserving teachers, who work diligently every day to make miracles happen in the classroom," Superintendent Richard Martinez said. "Thanks to organizations like the California Retired Teachers Association, these educators will be able to continue making a difference in the lives of their current and future students."

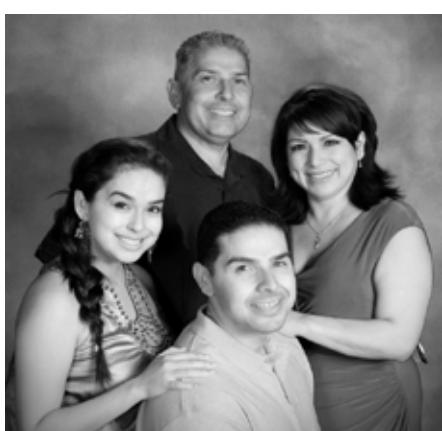
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