

# OurWEEKLYNEWS.com

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## Walnut

### Mt. SAC Elects New Officers

STAFF REPORTS

**Walnut** - The Mt. San Antonio College Board of Trustees elected on Dec. 9 Judy Chen Haggerty as president, Rosanne Bader as vice president, and Dr. Manuel Baca as clerk. These roles are one-year terms and effective immediately.

The board also elected Jay Chen to represent Mt. SAC

[see Walnut page 4](#)

## Diamond Bar

### Diamond Bar Council Recap

BY NATALIE KIM

**Diamond Bar** - The December 15 Diamond Bar City Council meeting began with a presentation of a City Tile to Lt. Anthony Tachias upon his retirement from the Los Angeles County Sheriff's Department. The Council thanked him for his hard work and praised his 32 years of dedicated service to the Sheriff's Department and the citizens of Diamond Bar.

Next, representatives from the Los Angeles County Public

[see DB page 3](#)



PHOTOS BY DAVESTRAVELCORNER.COM

L.A. City Council approves \$250 million settlement agreement for Ontario International Airport Authority to take over ONT.

## Lawsuit Over Ontario Airport Settled

STAFF REPORTS

**Ontario** - The Los Angeles City Council approved last Wednesday the landmark settlement agreement that hands over the reins of LA/Ontario Interna-

tional Airport (ONT) to the Ontario International Airport Authority (OIAA).

In a closed-session meeting, the council unanimously settled the \$250 million lawsuit brought by the city of Ontario in June

2013. In 1967, Ontario turned over airport operations to Los Angeles who then sold it in 1985.

"We are now one step closer to finalizing a historic settle-

[see ONT page 3](#)

## Inland Empire

### Former Cheerleading Coach Pleads Guilty

COURTESY OF SAN BERNARDINO COUNTY DISTRICT ATTORNEY

**San Bernardino** - A Chino cheerleading coach was sentenced Friday to 18 years in state prison for molesting girls on his Pop Warner cheerleading squad.

Kristofer Bland, 34, of Chino pleaded "no contest" to 13 felony counts, including one count of sexual penetration on a minor age 14 and 12 counts of lewd act

[see IE page 2](#)

## Social Media Leads to Arrest of Chino Burglar

STAFF REPORTS

**Chino** - Social media helped Chino Police catch an accused burglar on Tuesday, Dec. 15.

Yvess Emmanuel Ibarra-Vega, 20, of Pomona, was arrested and charged in a series of robberies - including two that occurred at Doublz restaurant in Chino.

On Nov. 11 and Dec. 3, Dou-

[see Burglar page 3](#)

## El Niño Preparedness

BY RAYMOND MENDOZA

**Diamond Bar** - It sounds ironic to talk about the dangers of El Niño causing massive flood damage as California is currently in the midst of a terrible drought; however Los Angeles County officials were adamant that residents should be prepared for an emergency as the weather gets colder and rainfall becomes more frequent.

[see El Niño page 4](#)



PHOTO COURTESY: BREITBART.COM

## Our Featured Businesses

### Holiday Getaway At Comfort Suites

STAFF REPORTS

**La Puente** - This holiday season, head over to Comfort Suites for an affordable, comfortable good night's sleep while you dream of sugar-plum fairies and other magical things.

And if you are planning to have family and friends join you from out of town for the holidays, why not have

[see Getaway page 8](#)



Located at 753 Glendora Avenue in La Puente, Comfort Suites can be reached at 626-330-0030, or visit their website at [www.industryhillshotel](http://www.industryhillshotel) for more information and photos of their site.

### Eastvale San Antonio Medical Plaza

STAFF REPORTS

**Eastvale** - With very few medical service options available in Eastvale, and the closest hospital nearly ten miles away, the San Antonio Medical Plaza is a welcome addition to the area.

"We are pleased to extend our award-winning care to Eastvale, South Ontario, Norco and the surrounding communities," San An-

[see Medical page 3](#)



Eastvale San Antonio Medical Plaza is located at 12442 Limonite Avenue, in the Gateway South shopping center.

# Weekly News

WEEKLY NEWS  
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## Did You Know?

### Charity Checklist

COURTESY OF THE  
FEDERAL TRADE COMMISSION

With so many charities looking for donations this time of year, make sure you take the following precautions to make sure your donation benefits the people and organizations you want to help.

- Ask for detailed information about the charity, including name, address, and telephone number.

- Get the exact name of the organization and do some research. Searching the name of the organization online — especially with the word "complaint(s)" or "scam" — is one way to learn about its reputation.

- Call the charity. Find out if the organization is aware of the solicitation and has authorized the use of its name. The organization's development staff should be able to help you.

- Find out if the charity or fundraiser must be registered in your state by contacting the National Association of State Charity Officials.

- Check if the charity is trustworthy by contacting the Better Business Bureau's (BBB) Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.

- Keep a record of your donations.

- Make an annual donation plan. That way, you can decide which causes to support and which reputable charities should receive your donations.

- Visit this Internal Revenue Service (IRS) webpage to find out which organizations are eligible to receive tax deductible contributions.

- Know the difference between "tax exempt" and "tax deductible." Tax exempt means the organization doesn't have to pay taxes. Tax deductible means you can deduct your contribution on your federal income tax return.

- Never send cash donations. For security and tax purposes, it's best to pay by check (made payable to the charity) or by credit card.

- Never wire money to someone claiming to be a charity. Scammers often request donations to be wired because wiring money is like sending cash: once you send it, you can't get it back.

- Do not provide your credit or check card number, bank account number or any personal information until you've thoroughly researched the charity.

- Be wary of charities that spring up too suddenly in response to current events and natural disasters. Even if they are legitimate, they probably

## Tomorrow

BY SARAH SANCHEZ

It's tough when a loved one passes away. I've been to four funerals in the last few years, and it seems like it gets harder each funeral.

When one of my dad's best friends passed away suddenly two years ago, it was one of the hardest times for my family. Now with another one of my dad's best friends passing away suddenly this week, it hurts my heart to see the pain all over again. Both were great men that we didn't expect to leave so quickly.

Death is a hard thing to deal with, but almost every person on this earth has experienced a loved one pass, so we all know how tough it is. The only message I wanted to leave you with is make sure you appreciate the time you have with your loved ones. Don't hold grudges, don't be angry, just let the past go. Kiss your loved ones goodbye every time you leave, tell them you love them constantly, and make time to see them regularly.

Someone once told me that it's not that we don't have enough time in the day, it's that we don't make time...So what are you doing with your time? We need to use that precious time to make great memories with our loved ones. When someone leaves this earth, we shouldn't feel regret, and we don't have to.

Make the most of today... because life may be different tomorrow.



PHOTO COURTESY: SBC DISTRICT ATTORNEY

## Coach guilty of molesting girls on squad

### IE from page 1

on a minor aged 14 or 15. The 13 charges involved three girls on his squad.

Bland was a cheer coach with the Chino Pop Warner league, a non-profit football and cheering organization for children ages 5-15.

"The defendant is a true predator," said Deputy District Attorney Karen Schmauss, who prosecuted the case. "He used his position as a cheerleading coach to win the trust and compliance of the girls under his care. His influence was so strong that some of the children whom he molested continue to defend him, because they love him so much."

The mother of one of the girls called Chino police in Feb. 2014 after overhearing her discussing part of what Bland had done to her. The 14-year-old told police that Bland had committed acts of molestation on her while giving her a ride home from cheer practice. He had also told her that he had molested two other girls on the squad.

Bland admitted to police that he molested the 14-year-old. He also admitted to molesting two 15-year-olds on the squad. The crimes were committed over a span of five months between Aug. 2013 and Jan. 2014.

During the investigation, Bland was charged with molesting six additional girls on the team, aged 12 and 13. However, those charges were dismissed as part of a plea agreement.

At the time of his arrest, Bland was a private first class of the California Army National Guard in Azusa, working in intelligence analysis. His security clearance was pulled at the time of his arrest, and he will now receive a general discharge, other than honorable, according to his commanding officer.

The courtroom was packed with victims and their friends and family members, along with family members and supporters of the defendant.

The mother of the 14-year-old spoke at the hearing, stating, "I do not believe that he is sorry. I believe he is just sorry he got caught. Kristofer Bland is a sexual predator and threat to our community. I don't know what the future holds for my daughter but I do know that as of today she will no longer be a victim of Kristofer Bland but a survivor of Kristofer Bland. She is the strongest and bravest person I know. I know she will not let this destroy her."

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PHOTOS COURTESY: CITY OF DIAMOND BAR

Hundreds of Diamond Bar residents did their part in going "green" by participating in the first America Recycles Day Nov. 14.

## Over 150 Tons of Carbon Emissions Eliminated at E-Waste Collection

STAFF REPORTS

**Diamond Bar** — The City of Diamond Bar's Eco Expo set a new record for the largest e-waste collection, with over 5 tons collected at America Recycles Day, Nov. 14. At the event that took place at the Air Quality Management District, the community was able to drop off unwanted electronic devices, clothing, and more.

After researching various E-Waste companies, the city decided to partner with All Green Electronics Recycling.

"We chose to partner with All Green because they made us feel that our event was in good hands during all communication and they have all of the re-

quired certifications within the E-Waste recycling industry," said the City's Management Analyst Alfa Lopez. "They help us provide a free, responsible and safe option for recycling E-Waste."

Because All Green is an e-Stewards and R2 certified E-Waste recycler, no material collected will be sent overseas to developing nations or dumped into landfills.

"There were multiple educational booths, fun activities and outlets to responsibly recycle," said Chelsea Wilder from All Green.

Out of all the services provided such as clothing and textile recycling, garden mulch give-away, and green information

booths at the Eco Expo, electronic waste recycling was "the busiest service of that day," Lopez added.

Due to the Eco Expo's massive success, another has been scheduled for Earth Day, Saturday, April 23, 2016. It will also be held at the AQMD. While electronic devices such as computers, laptops and cell phones are always accepted, it is important to check if your device qualifies for free recycling before heading to the next event.

For more information about Earth Day E-Waste Collection Drive and a list of acceptable items, please visit: <http://www.allgreenrecycling.com/events-city-of-diamond-bar/>.

## Diamond Bar council recap

### DB from page 1

Works department discussed El Niño preparedness. They emphasized the importance of spreading awareness of the El Niño season and its dangers, and the importance of the community preparing for potential problems caused by flooding from El Niño storms. More information can be found online at [www.lacounty.gov/elnino](http://www.lacounty.gov/elnino).

During the public comments, a representative from Donate Life invited the Council to add a dedicated rose to the Donate Life float for the Rose Parade. The float will feature donors as well as those who received a donated organ and the gift of life. Also, a representative from the Diamond Bar Public Library announced a Holiday Music Program on December 19 at 2 p.m., as well as Santa's arrival at the Diamond Bar Public Library.

The schedule of future events was read, which includes the Holiday Diamond Ride, a free shuttle service to and from Diamond Bar shopping centers, running from November 27 to January 1; and the Holiday Tree Curbside Collection Program, that will run December 26 through January 8. Trees free of decorations and flocking may be left at the curb for free pickup, although trees

over six feet must be cut in half. The Planning Commission meeting on December 22 and the Parks and Recreation meeting on December 24 are both canceled. City offices will be closed December 24 and 25 for the Christmas holiday, and will reopen on Monday, December 28. City offices will also be closed January 1 in observance of the New Year's holiday. They will reopen on January 4, 2016. The next City Council meeting will be on January 5; and the next Planning Commission meeting will be on January 12. The next Traffic and Transportation meeting is on January 14. The Winter Snow Fest will be held on January 16 from 9-3 p.m. at Pantera Park, 738 Pantera Drive in Diamond Bar. It will have four snow hills, a snow play area, snowman building, a craft area, and children's game booths. Sleds will be provided.

Next, the Council approved all items on the consent calendar, including the minutes from the City Council meeting on December 1; minutes from the planning commission; minutes from October 27; ratification of a check register totaling \$421,068.45; adjourning the December 15 City Council meeting to January 19; a resolution approving the application for \$267,500 of land and wa-

ter conservation funds for the development of the Canyon Loop Trail; acceptance of work performed by Valleycrest Landscape Maintenance to remove turf from the medians along Diamond Bar Blvd. and replace it with drought tolerant planting material and mulch, plus retro-fitting the irrigation system as necessary to meet state Water Board requirements; a funding agreement with Los Angeles County Metropolitan Transportation Authority to secure grant funds in the amount of \$1,406,860 for the Diamond Bar adaptive traffic control; adoption of a resolution amending the City compensation plan; an amended and restated City Manager employment agreement; a resolution authorizing the City Manager to enter into a five-year administrative services agreement with ICMA-RC for 457 Deferred Compensation Plan Services; and a contract amendment to the consulting services agreement with Tait & Associates for construction administration services for the Ronald Reagan Park and Carlton Peterson Park parking lots rehabilitation projects in the amount of \$40,000.

After a brief public hearing, the Council adopted a resolution approving the Community Development Block Grant Program

## Eastvale San Antonio Medical Plaza

### Medical from page 1

tonic Hospital President Harris F. Koenig said.

As a satellite facility for San Antonio Regional Hospital in Upland, the Eastvale San Antonio Medical Plaza provides key medical services, including a much-needed urgent care center - San Antonio Urgent Care at Eastvale. Outpatient diagnostics such as laboratory, X-ray, ultrasound, 3-D mammograms, and EKG testing are also available. Several physician suites are on site with a variety of primary and specialty care physicians.

"People in the city are excited that San Antonio Community Hospital is bringing key medical services to our region, said Eastvale Mayor Ike Bootsma.

San Antonio Regional Hospital is known for its excellent services and high quality care, and the new Eastvale Plaza joins Rancho San Antonio Medical Plaza in Rancho Cucamonga and Sierra San Antonio Medical Plaza in Fontana as part of the hospital's network of care.

This 40,000-square-foot plaza marks the completion of Phase I of this project. Phase II will soon continue and will include the development of another 30,000 square foot medical office building to house additional physician suites.

Come and visit Eastvale San Antonio Medical Plaza and learn more about their plans to grow with the community and surrounding region, and carry on their tradition of delivering modern medicine with compassion.

Eastvale San Antonio Medical Plaza is located at 12442 Limonite Avenue, in the Gateway South shopping center by 24-Hour Fitness. For more information, including physicians taking appointments, visit [SARH.org/Eastvale](http://SARH.org/Eastvale).

allocation, including \$198,757 in Fiscal Year 2016-17 funds and \$72,709 from unallocated balance of funds for the total amount of \$271,466. A second emergency ordinance was read, and subsequently adopted, which approved the guidelines for implementation of the City of Diamond Bar water efficient landscape ordinance.

Finally, the Council ratified City Council appointments and adopted a resolution confirming the appointment of specific representatives to the San Gabriel Valley Council of Governments. A resolution authorizing the City Manager to enter into an agreement for other post-employment benefits, trust administration and investment management services with California Public Employees Retirement System was approved, and delegation of authority to request disbursements for qualified expenses was also approved.

The Council adjourned with plans to meet again January 5, at 6:30 p.m. at 21865 Copley Dr.

## Chino burglar

### Burglar from page 1

blz restaurant, located at 4750 Riverside Drive, was robbed by an unknown male armed with a handgun.

On Dec. 14, Chino Police posted surveillance footage of the suspect on Facebook in hopes of getting the word out about a robbery that occurred at Doublz.

Pomona police officers contacted Ibarra-Vega on Dec. 15 based on several leads related to a string of seven armed robberies in Pomona. According to detectives, information was received that the suspect was possibly linked to the Chino robberies. The information provided to Pomona police officers was the Chino police department's Facebook post requesting assistance in identifying the suspect.

While in custody, Ibarra-Vega confessed to the Doublz robberies in Chino. Ibarra-Vega is in custody at a Los Angeles County jail facility on multiple robbery charges.

## Control of ONT settled

### ONT from page 1

ment that will improve air travel throughout Southern California and benefit residents and airport employees in both Los Angeles and Ontario," said L.A. Mayor Eric Garcetti in a statement.

The OIAA must now obtain a certificate to operate the airport from the Federal Aviation Administration, according to the report. The entire process, including FAA approval, is expected to be completed next year.

"We are committed to working closely with FAA officials and Los Angeles World Airports to ensure a smooth transition of airport control in the second half of 2016," Wapner stated.

"The OIAA will take all steps to ensure that Southern California has the airport capacity needed to meet the long-term demand for air travel while boosting the Inland Empire's most important economic and jobs engine," Alan Wapner, Ontario councilman and president of the authority, said in a statement.

Deborah Flint, executive director of Los Angeles World Airports, in unison with the agreement ensures that ONT operations and jobs will not be affected by a lapse in airport operation.

"The agreement ensures uninterrupted operations at ONT by providing the 191 Los Angeles World Airports employees with key employee protections and stability during the transition," she said in a statement. "My staff is committed to working closely and cooperatively with the City of Ontario and the OIAA to allow for a smooth transfer."

# El Niño preparedness

## El Niño from page 1

quent.

Pamela J. Manning, from the County of Los Angeles Department of Public Works, and Jeanne O'Donnell, senior emergency program manager for the County of Los Angeles, gave a short presentation at the Dec. 14 Diamond Bar city council meeting to dispel rumors associated with El Niño and to offer tips to Diamond Bar residents during the winter season.

For example, Manning stated that most citizens believe that El Niño is a yearly, singular storm that brings in heavy rains and flooding- when in fact El Niño is a climate cycle that causes multiple storms over the course of several months. In Southern California, El Niño is expected to cause increased rainfall from February through May, giving residents ample time to prepare for the worst.

"I can't tell you the amount of times I've heard people say 'when is THE El Niño going to hit?', as though it were one big bucket rainstorm," Manning said. "That's not at all what it is. Believe it or not, it's actually a condition that has been happening since March, which a lot of people don't realize."

Manning stated that the county's flood control systems are checked and that when flooding occurs, rainfall causes mudslides or if there are any other hazardous problems, public works will work to mitigate accidents from occurring.

Residents were also asked

to prepare sandbags and to report any dangers caused by storm activity, which could help avoid accidents or injuries.

Manning said that the county looks at "Possible Vulnerable Locations" (PVLs) in every city which can be affected by inclement weather. These areas are noted in order to ensure that when El Niño does arrive, proper precautions are made to ensure that residents are not affected by problems caused around PVLs.

Manning said that only one PVL exists in Diamond Bar, an access road to the Indian Creek sewer maintenance pump.

While Manning covered the county's ongoing actions, O'Donnell spoke about how residents can be proactive, and that the Internet has been and will continue to be an invaluable tool to warn residents of any storm related dangers.

O'Donnell said the county has been preparing for El Niño for months and that public outreach is important. She mentioned that #LARAIN on Twitter and other social media is a fast and clever way to let the masses know that El Niño can be dangerous, which areas to avoid, and when and where residents can go to receive help during a storm.

O'Donnell mentioned that during El Niño, the county will be working with various cities, emergency responders and even the Red Cross in the event that problems and injuries do occur.

"We're really working hard to reach out and bring those agencies in and have conversations so that when El Niño

does start, it's not a 'he said that, she said this' situation and instead people understand the threats and the risks."

Both O'Donnell and Manning agreed that having an emergency kit with food, water, clothing, a first aid kit, and various other survival items is important during an emergency and that keeping connected and informed is what can save lives and circumvent problems during El Niño.

Helpful tips from Los Angeles County:

- Monitor TVs and the radio for news
- Be prepared to leave immediately if an evacuation has been ordered
- Stay away from flooded channels and rivers
- Do not try to cross flooded areas
- Flood water picks up sewage and chemicals- throw away any food or medication that comes in contact with flood waters
- Stay away from steep slopes- they become unstable during heavy rainfall
- Never touch a downed power line
- Look for tilted trees, telephone poles, fences, and walls on hillsides
- If trapped in your vehicle- stay inside. If the water level rises, get on top of your car
- Be alert when driving
- Report small problems before they become big problems

As Manning and O'Donnell concluded their presentation, they said that additional information can be obtained at [www.lacounty.gov/elnino](http://www.lacounty.gov/elnino) and [www.dpwc.org](http://www.dpwc.org).

## Mt. SAC elects new officers

## Walnut from page 1

Trustee Area 5.

Haggerty was the first Asian-American to serve on the board and elected in 2001, 2005, 2009, and 2013. She has been a practicing attorney since 1986, a law professor at Rio Hondo College since 2001, and currently serves on the governing board of Whittier Medical Center.

Bader was first elected to the board in 2003. She was reelected in 2007, 2011, and 2015. In 2007, Trustee Bader was elected to the California Community College Trustees Board. She is a member of the Board of Directors of Pomona Valley Hospital Medical Center and serves as a member of the hospital's Foundation Board. She also presides over the Pomona Rotary Board. She spent 32 years in public education, both as a teacher and administrator. Before retiring from the Pomona Unified School

District in 2001, she was principal at two Pomona elementary schools.

Baca was first elected to the board in 1999 and reelected in 2003, 2007, 2011, and 2015. He currently teaches political science at Rio Hondo College in Whittier, where he has also held key academic and administrative positions, including an interim presidency. On the state level, Dr. Baca is president of the California Community Colleges Board of Governors. He is a member and past president of the Kiwanis Club of Walnut Valley, a mentor with the El Monte Union High School District's Graphic Arts & Communications Academy, and on the executive committee of the Rio Hondo Boys & Girls Club of Bell Gardens. He has also been a member of the 32nd Congressional District's U.S. Military Academies Advisory Committee.

Chen previously served on the Board of Education for the

Hacienda La Puente Unified School District for two terms. He ran for Congress in 2012. A graduate of San Gabriel Valley public schools and Harvard University, Jay previously worked at Bain & Company as a management consultant and currently owns his own real estate business. He is a lieutenant in the United States Naval Reserve and a Marshall Memorial Fellow. He has served as an executive volunteer at Children's Hospital of Orange County.

The board consists of seven elected community members and one student trustee. The other Mt. SAC trustees are outgoing president Dr. David K. Hall, trustee Laura Santos, trustee Robert Hidalgo, and student trustee Elizabeth Santos.

The Mt. San Antonio College Board of Trustees meets the second Wednesday of each month at 6:30 p.m. in Founders Hall at 1100 North Grand Avenue.

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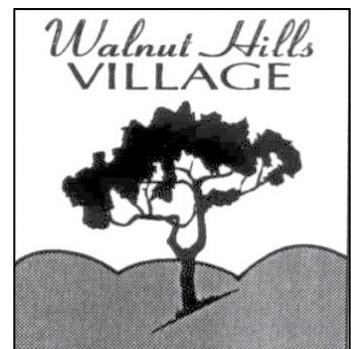
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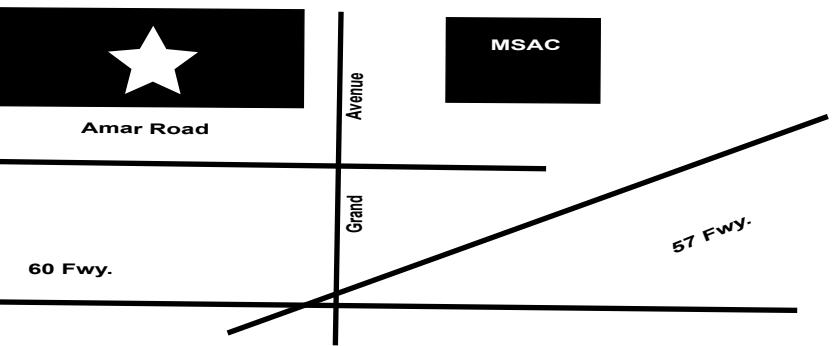
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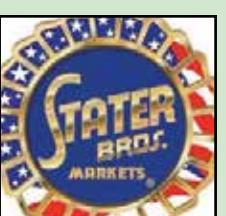
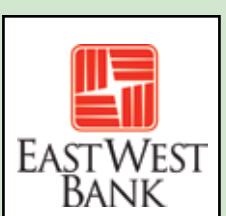
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### Getaway from page 1

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## Healthy Living

### Local Farmers Markets:

**Chino Farmers Market (NEW Location!)**  
Neighborhood Activity Center  
5201 D Street, Chino  
Tuesdays, 11:30 a.m. to 12:30 p.m.  
(909) 334-3478, [healthychino.com](http://healthychino.com)

**Amy's Farm**  
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**Jack Newe's Farmers Market**  
Mt. SAC Campus, Lot B  
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(626) 810-8476

**Corona Certified Farmers Market**  
488 Corona Mall, 6th and Main Street  
Saturdays, 8:30 a.m. to 12:30 p.m.  
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### Local Races

**Russ Miller Memorial 5K Run/Walk**  
When: Sat., Feb. 6, 2016  
Benefits: Honors falls Police Officer killed in  
the line of duty by drunk driver  
Info: [chinopoa.org](http://chinopoa.org)

**Chino DairyAire 5K Run**  
When: Sat., Mar. 5, 2016  
Benefits: Chino Youth Museum  
Info: (909) 334-3270, [chinoyouthmuseum.com](http://chinoyouthmuseum.com)

### Recipes:

## The Lighter Side: Healthy Chili

COURTESY OF PAULA DEEN

### Ingredients

- 1 tablespoon olive oil
- 1 lb. ground turkey
- 1 green bell pepper, diced
- 1 medium Vidalia onion, diced
- 2 celery stalks, diced
- 2 tablespoons pickled jalapeno peppers
- 2 cloves garlic, minced
- 2 (14 1/2 oz) cans diced tomatoes (petite cut)
- 1 (15 1/2 oz) can red kidney beans
- 1 (15 oz) can pinto beans
- 1 cup tomato sauce
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1/2 cup reduced-fat shredded cheese
- 1/2 cup scallions, chopped

### Preparation

Step 1: Heat oil in large, nonstick saucepan over medium-high heat. Add the turkey and cook, breaking it up with a spoon, until turkey is browned, about 6 minutes.

Step 2: Add the bell pepper, onion, celery, jalapeno and garlic. Cook, stirring



PHOTO COURTESY: PAULA DEEN

occasionally, until vegetables are tender, about 8 minutes.

Step 3: Add the tomatoes, beans, tomato sauce, chili powder, cumin and salt; bring to a boil.

Step 4: Reduce the heat and simmer covered, stirring occasionally, until the flavors are blended and the chili begins to thicken, about 1 hour. Serve with cheese and scallions.

NUTRITION (Per Serving) 571 calories, 23g fat

## Healthy Holiday Eating

COURTESY OF CLARK'S NUTRITION

Whether it's Christmas, Hanukkah, Winter Solstice, Kwanzaa, or New Year's Eve, winter holidays are traditionally celebrated with food. But no matter how delicious, not every holiday morsel provides the best nourishment for your body. Nourish both your body and soul with these tips for healthy holiday eating.

Try feeding your family and friends with foods that are as close to their natural state as possible. If you eat fish, buy it fresh since it has more valuable fatty acids than smoked or canned. Studies have shown that free range foods are 40 percent more nutritious. Free range is a method of farming husbandry where the animals are permitted to roam freely instead of being contained. Fair treatment of animals is an integral part of leading a sound life as a human.

Organic foods have more nutrients and better environmental consequences than chemically-raised foods and they taste better too. Eating organic food is practically the only way to avoid genetically engineered foods. The DNA of genetically engineered foods has been altered, and may present health risks.

Some traditional holiday foods are high in fat. You can substitute lower-fat foods, or serve fewer high-fat foods. Instead of frying or roasting potatoes, bake or boil them. If you make mashed potatoes, be sparing with the butter.

Avoid holiday waste with

refined sugar can also make children over-excitable.

Instead of packaged cookies and cakes, bake from scratch and bake recipes that call for less-refined sugar. Try dried cane juice, fructose, molasses, fruit juice, or crushed fruit instead. Make goodies just sweet enough, but not too sweet.

When offered sweet goodies, eat less. Take just one or two pieces. Eating sweets with a meal can help lessen the "sugar blues." No matter how mouth-watering, too much food overwhelms your digestion.

### A Healthy New Year

Ring in the new year with a healthy attitude toward your body. If you host a New Year's party, offer sparkling grape juice or organic, non-alcoholic punch to guests who prefer to avoid alcohol.

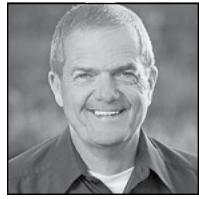
Make a New Year's resolution to give yourself the gift of healthy food every day. Your body will reward you!



PHOTO COURTESY: CHEWCHEWMAMA.COM

# A Man Named Mark

By PASTOR MARK HOPPER



The worst home improvement project is plumbing. When you start a plumbing project in most homes, you can expect to go back to the store at least three times and often more.

Recently, my wife and I were in Arizona visiting her mother and working on some home improvement projects. One of the major projects I undertook was to change the valves on the water connections for the washing machine. A main reason that plumbing projects are so frustrating is that you have to turn off the main water supply into the house before you can change out valves and other water supply outlets. Once the water is off and old valves are removed, there is no turning back. You are committed to finishing the job completely before you can turn the water back on. There is no room for error or only doing the job halfway. Once you start, you have to finish. Inevitably, you run into a problem that you did not expect. In my case, I was

trying to replace the two valves that supply the hot and cold water to the washing machine.

On my first trip to the store, I bought two identical valves and they looked the same. When I brought them home and tried to install them, one fit but the other one did not. How could that be? I went back to the home improvement store looking for help. Although there were several people willing to help me, they all said I needed to talk to Mark. He was an experienced plumber with a good name. He was the one I should talk to. It turned out that the man named Mark was rather shy and soft spoken, but I quickly discovered that he was both knowledgeable and helpful. He agreed that my two valves were not the same. One valve had "compression threads" and the other valve had standard "pipe threads". I knew pipes had threads, but I did not realize that there are different kinds of threads!

He said that I needed a transition connection that would enable both of the valves to fit the compression threads coming out of the wall. No one else in the plumbing department could diagnose my problem, but Mark did. With his help, some Teflon tape and a lot of pipe dope, I

soon had the problem solved and the valves reassembled. I could turn the water back on and life could return to normal.

I'm thankful that there are "Marks" in the world who can solve problems for us. It's great to have someone who is knowledgeable in their field to ask for help and advice. I'm sure there is someone in your life who knows a lot about computers, car repair or baking cookies. You may have a skill or expertise that enables you to help others, too. I hope that you will watch for an opportunity to help others like Mark helped me. And, I hope you will say "Thanks" to the people who have stepped in to help you solve a mystery or problem in your life.

I not only said thanks to Mark, but I also sent an email to his boss to express my appreciation for Mark's help and guidance in solving my problem. I hope my brief note will result in some recognition or reward for my new hero named Mark.

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

# Straight Talk with Danice

Dealing with a breakup - A letter from Y.P.

By DANICE AKIYOSHI, N.D.



**Q:** I recently suffered a terrible break up. I didn't want my family to

see me crying all the time so I started taking long walks. My walks soon turned into running and I have now lost 23 pounds. Now everyone is asking me if I'm suffering from an eating disorder and wondering if I'm depressed. I do look a little under weight, but this is what I need

to do right now. I don't want to talk about the details of my break up because it is too painful for me. I just want to run. I want to avoid socializing right now. How can I briefly explain myself so people will leave me alone?

**A:** It seems to me that you have found a healthy way to work through your pain and suffering. In my opinion you are on the right track and you do not owe anyone an explanation about how you are managing your emotions. As for your well meaning and sincere loved ones, tell them exactly what you told me. When you feel up to talking, tell them that you are processing your suffering with exercise and that you are not

willing to have long conversations about your breakup. Well meaning people will respect your request. However, if you find yourself unable to truly digest your difficult experience in a reasonable amount of time, please seek the guidance of a skilled coach or therapist for a bit of additional assistance. Good Luck, and keep safe.

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

# There Still is a Lot of Good

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



I see the lady in the wheelchair at the post office collecting money for the Salvation Army and I know there is hope for the world. I look at all of the fundraising going on to help sick and less fortunate children and my heart feels happy. There are so many organizations helping all the wonderful animals in this world and they all make my spirit light up with joy. As Midnight and I run through our community, people honk and wave and so many wish us a good day and my entire being

feels so grateful for the honor of living and working in a community filled with such wonderful and caring people.

Every time I run one of my support groups I have the rare privilege of hearing people share their stories and as they share, they help others heal in my groups. I see our community offering support for the people that live here and others offering to lend a hand. I see breakfasts with Santa and snow being brought in to provide snow days for the children that live here. I see the magic that lives in this world still. Oh and the houses all decorated with lights and all the colors of the rainbow make me feel so very alive.

I guess you could say I'm lov-

ing this wonderful thing called life. I guess you could say I love the holidays as well. I think it's a great time to see all that is right and good in our lives and our world. I hope this article will make you stop and reflect on all of the good that is still in our world. Give the gift of helping people see all the good in this gift called life!

*This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently 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*



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loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909) 229-0727, or via email at [nancyjstoops@verizon.net](mailto:nancyjstoops@verizon.net). Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

# Walnut High Named Grammy Signature School Semifinalist

By KELLI GILE

**Walnut** - Walnut High School has garnered national recognition as a 2016 Grammy Signature School Semifinalist by the Grammy Foundation.

The Grammy Signature Schools program recognizes top U.S. public high schools that are making an outstanding commitment to music education during an academic school year.

A total of 119 schools around the country received the distinction.

"We are very proud of the work that Instrumental Music Directors Dr. Buddy Clements, Corey Wicks, and Choir Director Lisa Lopez do to support the arts at Walnut High," said Principal Brandon Dade. "These outstanding music educators have gone above and beyond to develop a top-rate program!"

The Grammy Signature School program, created in 1998, recognizes top public high schools that are making an outstanding commitment to music education.

Finalists will be announced in mid-March. These schools will receive a custom award and \$1,000-\$6,000 grant benefit their music program.

The top programs are designated as Gold recipients, and the best of the Gold recipients is designated as the National Grammy Signature School.

The selection process for Grammy Signature Schools be-

gins each year in August when the Grammy Foundation mails notification to more than 20,000 public high schools from districts large and small, urban, suburban and rural, requesting information about each school's music program.

Applications are completed and submitted online in October. After the applications are scored, finalists are identified and asked to submit additional documentation, such as recordings of school concerts, sample concert programs and repertoire, which is then reviewed by an independent blue-ribbon committee of top music educators and professionals to determine the schools that merit Grammy Signature School status.



PHOTOS COURTESY: WVUSD

Walnut High School has been named a 2016 Grammy Signature School Semifinalist. The Home for the Holidays band and orchestra concert, under the direction of Corey Wicks and Dr. Buddy Clements



PHOTOS COURTESY: CVUSD

## CV Students Treated to Shopping Spree

COURTESY OF CVUSD

**Chino** - Smiles, grins and laughter came easy for 100 Chino Valley Unified School District students and their parents as they were treated to a police escort, a shopping spree, visit with Santa, crafts and snacks during the annual Make A Child Smile event on Dec. 15 at Walmart in Chino.

The students, selected by their schools for the field trip, pressed their noses against the glass of school bus windows as Chino Police motorcycle officers whizzed by, stopping traffic as the caravan of buses was led to the store by two Chino Valley fire engines.

The students were greeted at the store by dozens of wav-

ing Walmart employees, Chino Valley Independent Fire District firefighters, Chino Police officers, San Bernardino County Sheriff's deputies, Highway Patrol officers, Cal Fire officials, other first responders from various departments around the Chino Valley, and Chino Valley Unified School District employees. Santa was among the first to shake the students' hands as they disembarked.

"We're like celebrities!" one child yelled as he arrived at the store.

Each child, accompanied by a parent or volunteer, was paired with first responders or community volunteers and a Walmart employee and allowed to shop for \$150 in items. Gift cards for the purchases were provided by Chino Valley Fire Foundation. Some students chose large gifts like bicycles. Others picked out clothes, shoes and small toys. Some students said they were shopping for holiday presents for their entire family.

Nearly a dozen volunteers, including members of the Chino Hills 55+ Club, bagged up the items so they'd be safe for the bus trip back to the schools.

The students were also treated to snacks inside a tent, crafts, two areas of man-made snow, and a formal photo with Santa courtesy of School Portraits by Adams Photography in Chino.

The event is hosted by Chino Valley Fire Foundation.

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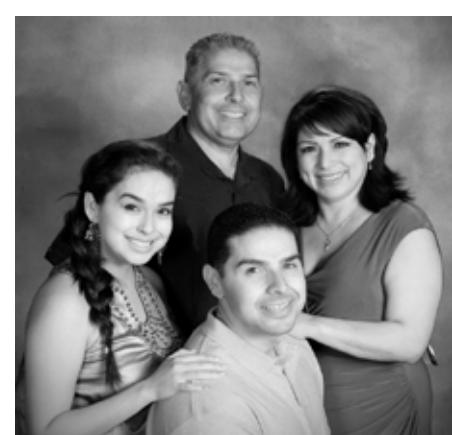
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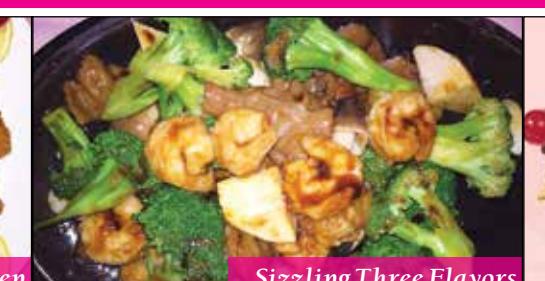
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Restrictions apply on these holidays: Valentine's Day, Mother's Day, Memorial Day, Labor Day, & 4th of July



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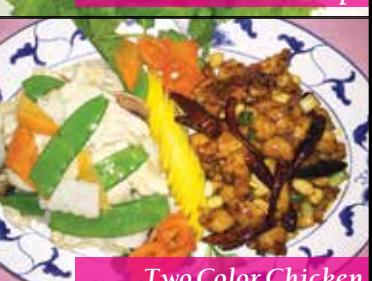
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Po-Po Plate



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