

OurWeeklyNews.com

Volume 18 • Issue 23 • Dec. 5 - 11, 2015 • ANAPR.COM

Walnut

It's A Walnut Winter Wonderland

COURTESY OF CITY OF WALNUT

Walnut - Walnut is transforming into a wintery Wonderland this holiday season. The Walnut Senior Center Parking Lot will be filled with snow on Saturday, Dec. 12 from 6 p.m. to 9 p.m. For only \$8, participants will be able to enjoy the unlimited sled rides, snow ball battlefield, games and live entertainment by local commu-

see Walnut page 3

Diamond Bar

Going On Vacation?

Local Sheriff Offers Vacation Checks Service

By MONIQUE VALADEZ

Diamond Bar – There's one thing you can put on your to-do list this holiday season that will keep your home safe if you're leaving town.

The Los Angeles County Sheriff's Department, Diamond Bar-Walnut station is offering to watch your home free of charge.

Tis' the season for burglars

see DB page 5



Chino Cub Scout Pack 205 at the 2014 Youth Christmas Parade.

PHOTO BY: MONIQUE VALADEZ

Youth Christmas Parade Is Coming!

MONIQUE VALADEZ

Chino – The holiday lights are glistening once again along Central Avenue and city hall in preparation for Chino's annu-

al Youth Christmas Parade on Saturday, Dec.12. This year's theme is "A Christmas in Toy-land" featuring dozens of community floats, classic cars, horse-drawn carriages, school

bands, drill teams, elected officials and local youth organizations. But the prettiest sight to see will be jolly St. Nicolas at

see Parade page 3

Senator Hosts Turkey Giveaway

STAFF REPORTS

Chino – Hundreds of local needy families enjoyed a delicious turkey dinner on Thanksgiving Day thanks to Senator Connie M. Leyva (D-Chino).

On Tuesday, Nov. 24, Leyva, in partnership with the Stater Bros. Markets and Fontana Water Company, hosted her inaugural Operation Gobble turkey giveaway at her district



PHOTO COURTESY: SENATOR CONNIE LEYVA DISTRICT 20

Leyva provides turkey dinner to over 175 local families on Nov. 24.

see Turkey page 8

Inland Empire

Couple Arrested For Identity Theft Crimes

STAFF REPORTS

San Bernardino County – An El Monte couple is jailed for numerous identity theft that occurred at San Manuel Indian Bingo and Casino.

Authorities arrested Vinny Hoai Nguyen and Quynhhu Nguyen on Nov. 25.

On Nov.23, San Bernardino County Sheriff's were contacted by a Bank of America

see IE page 8

Motor Officer Hurt In Chino Crash

STAFF REPORTS

Chino - A Chino motor officer suffered serious but non-life-threatening injuries in a collision Monday (Nov. 30) afternoon, authorities said.

The officer collided with a Chevrolet Silverado on Central Avenue near the westbound off-ramp to the 60 freeway while responding to an emergency call at approximately 2:01 p.m., a police statement

see Officer page 8

Our Featured Businesses

Epoh Sushi Is Fresh And Affordable

By MICHAEL ARMIJO

Chino – As a sushi connoisseur, I am very particular when it comes to sushi. I've had some bad experiences, so I was pleasantly surprised when a group of us went into Epoh Sushi in the Chino Town Center on Philadelphia near Central Ave.

"I recommended this place because

see Sushi page 5



Epoh Sushi, 5536 Philadelphia St, Suite D, Chino, CA 91710, (909) 627-8862. www.epohsushi.com.

Holiday Feast At Mandarin Taste

By MONIQUE VALADEZ

Diamond Bar - This holiday season, give yourself the gift of kitchen-free days and let Mandarin Taste prepare a delectable holiday feast that will have you dashing over for seconds. Known for its delicious, authentic Chinese cuisine, Mandarin Taste has brought quality service and traditional Chinese cuisine to

see Mandarin page 8



Mandarin Taste is located at 23391 E. Golden Springs Drive, in Diamond Bar. For reservations, call (909) 861-1819. Open daily from 11 a.m. to 10 p.m.

ARMIO NEWS • (909) 464-1200 • ANAPR.COM • 382 N. LEMON AVE. #402, WALNUT, CA 91789



CALL TO ADVERTISE!
909.464.1200

Find us on Facebook
facebook.com/TheWeeklyNews
3,369 Like Us!

Current Resident Or

Presorted Standard U.S. Postage PAID Chino, CA Permit #61

Weekly News

WEEKLY NEWS
EASTVALE NEWS
SGV NEWS

14144 Central Ave. Suite H
Chino, CA 91710
Phone: 909.464.1200

PUBLISHER
ABC Public Relations

EDITORIAL
Editor In Chief:
Monique Valadez

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

PRODUCTION
Felicia Oblea

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

ADVERTISING SALES
909.464.1200
Director:
Diane Armijo

Account Executives:
Joe A. Merica

Commercial



Website



The **Weekly News** is owned by Armijo Newspapers and ABC Public Relations. It is directly delivered each week to homes and businesses. *Weekly News* is not responsible nor liable for any claims or offerings, nor responsible for availability of products advertised. All rights reserved. Reproduction in whole or in part without permission is prohibited.

Write to Us

Do you have any comments, questions or concerns about the community?
Write a letter to the Editor.

The Weekly News
Please contact us at:

LETTERS:
14144 Central Ave. Suite H
Chino, CA 91710

E-MAIL:
editor@anapr.com



Lost Love

By MICHAEL ARMIJO

I stood there in the courtyard, and waited. Her little eyes, her bright smile, her warm hugs...I was waiting for them all. It would be just a few minutes before that bell would ring, it would be just a few minutes before my little love of life would run out smiling, wrapping her arms around me proclaiming, "Daddy, I love you."

The bell rang and I stood there. I watched; I waited. I sought her out, but she didn't show. Hundreds of kids ran by and I made eye contact with each and every one of them. There wasn't a chance that she would've gotten by me. My mind knew what she looked like, what she resembled, and all her characteristics. I was like a machine, scanning the crowd, like a robot with a mission. I was waiting for someone who made my life complete, who I had given my heart to, who I trusted with my feelings, my spirit, my life.

After most of the children passed me by, I felt a sensation of panic. I felt a sense of fear. I was afraid that I had lost one of the only people in life that I knew loved me, unconditionally, and now, who would be there in the end?

When I felt that panic, when I felt the fear of losing someone I really loved, I wondered why. Why did I feel so fearful? Why was I so afraid? Why did I feel such a sense of panic? And then I remembered what had happened.

I remembered my mother, my father, my family. I remembered how much they loved me, how they took care of me. I remembered giving my 8-year old heart to those who I thought I could trust. And then I remembered how one day my life changed. I still don't recall how, and I still can't understand why, but for some strange reason, when I was growing up my life was filled with love and joy, and then one day it was all taken away. All that I knew as a child, all that I trusted, was ripped from my heart, and then ripped from my soul. And no one explained why.

After the inconsistency of that environment, I found new love from girlfriends in high school. And then they too, like

my family, left me, and took parts of my heart with them. I remember, at 16 years of age, standing in the aisle of Sav-on, stocking shelves, while tears poured from my eyes. I was hurt, I was devastated, and I was alone. Again, someone whom I had given my heart to had taken away a piece of my inner self. And again, they left without a word.

It took so long for me to love again, to fully trust people, but somehow I did. I began to give my heart, or what was left of it, to others whom I felt I could trust. I slowly began to rebuild my life, or so I thought.

The way I felt that day so many years ago when I couldn't find my daughter, when that sleeping giant of fear woke up and looked around - I remembered the pain, and the sorrow and I remembered how much love hurt. I guess that when I waited for her, those feelings of abandonment returned, and I was afraid of losing yet another love in my life. I didn't have much heart left to lose; I couldn't stand to go through what I had experienced so many times, and so many years ago. But I faced those demons of fear and abandonment and grew from my pain. I simply refused to let my past interfere with my future. I had worked too hard to let irresponsible acts of yesterday interfere with what I had built for today. That day, I found my daughter, and I faced my fears.

As each day passes, I thank God for the opportunity to feel feelings and emotions that some people will never feel. I thank God for being able to enjoy my life with a smile and a hug. More importantly, I thank God for allowing me to understand that someday I may lose the ones I love, but not to fear, because today is the day I will enjoy their presence, their love, and their joy. And when they're gone, I will still make wonderful memories, so that I can remember that God has given me a beautiful place in my soul - free from past pain, free from fear and abandonment, and free from lost love.

How To Reprogram Yourself For Success In 2016

By TONI TANTLINGER

Some people start each day with an early morning jog. Others begin with a cup of coffee and a donut.

"Everyone knows that people are creatures of habit," says wellness expert Scott Morofsky, author of the books "The Daily Breath: Transform Your Life One Breath at a Time" and "Wellativity: In-Powering Wellness Through Communication" (www.Wellativity.com).

"But too often, the habits we nurture are laziness, procrastination, self-serving biases, justification and rationalization."

Such behaviors put people on a path to destruction, all the while making them look forward to the trip, he says. In the process, they are robbed of essential happiness and joy.

The trick to improving isn't just by ridding yourself of habits, he says, but by replacing the bad ones with good ones.

"I really believe people can use practical methods to reprogram themselves for life-enriching habits and overcome any affliction they suffer from," Morofsky says. "After all, we all know the things that hurt us and we know that we shouldn't be doing those things. So why don't we stop? Because we don't know how to go about making these changes happen."

For Morofsky, the key is for people to become conscious of something they take for granted - breathing. By conditioning yourself to improve the quality of your breathing, you do a better job of taking in oxygen. A lack of sufficient oxygen in our cells is known to contribute to many health issues, he says.

"The important thing to remember is you don't need pills, potions, gadgets or gizmos to make a change for the better happen," Morofsky says. "Your desire for a better life and a

system that helps you achieve it are all you need - if you're willing. It's a matter of getting your mind, body and spirit working together in a practical way."

He offers these tips to get started going into the New Year:

- **Conscious breathing.** Morofsky made conscious breathing the centerpiece of Wellativity, which is what he calls his personal method for helping people overcome afflictions such as obesity, smoking, lethargy, eating disorders and any other behavior that inhibits wellness. This is much like the advice people hear their entire lives to "take a deep breath" when they face stressful moments. "The core focus is conditioning ourselves to stay as connected to conscious breathing as possible and to clear away anything negative or detrimental," Morofsky says. Breathing awareness in itself helps reduce bodily tension, improve rational thinking and increase oxygen to the entire body.

- **All in good time.** One of the most common pitfalls people face when they want to improve their lives is trying to do too much too soon, Morofsky says. That's especially true with exercise or physical fitness programs, but it applies to other areas of life as well. It's fine to be ambitious about trading bad habits for good, but don't set yourself up for failure by creating unrealistic goals.

- **Healthy boundaries.** When you are establishing a healthier lifestyle, it's important that you have healthy boundaries. "An alcoholic in recovery shouldn't join the crowd at the bar while waiting for a dinner table," Morofsky says. "A person with a gambling problem shouldn't vacation in Las Vegas. As much as possible, when you are trying to trade bad habits for good, put yourself in the best position to be successful."

Pick Up Your Copy!

In addition to delivering to homes and businesses, copies of our papers are also available at these locations:

WALNUT
20/20 Vision
20687-6 Amar Road
(909) 468-9622

Alamo Hand Car Wash
784 N. Nogales St.
(800) 952-2792

Animal Hospital
20670 E. Carrey Rd
(909) 594-1737

Clearwater Bagel
20747 E. Amar Rd.
(909) 598-4332

Donut Tree
388 N. Lemon Ave.
(909) 595-5337

Daily Donuts
18766 Amar Rd.
(626) 913-1074

Farmer Insurance
378 N. Lemon Ave.
(909) 869-1077

Hair Perfect
20747 E. Amar Ave.
(909) 598-8394

Lemon Creek Cleaners
360 N. Lemon Ave.
(909) 594-7504

NY Pizzeria
364 N. Lemon Ave.
(909) 594-5000

Osuna's Mexican Food
18746 Amar Road
(626) 810-4101

Post Box Plus
382 N. Lemon Ave.
(909) 595-5924

Shane Chiropractic
20803 Valley Blvd #103
(909) 598-2111

Senior Center
21215 La Puente
(909) 598-6200

Starbucks
505-A A Grand Ave.
(909) 598-4459

UPS
20687 Amar Rd # 2
(909) 444-1303

Walnut City Hall
21201 La Puente Rd.
(909) 595-7543

Walnut Hills Optometry
18736 E. Amar Rd.
(909) 594-1153

Walnut Library
21155 La Puente Rd.
(909) 595-0757

Walnut Sheriff's Station
21695 Valley Blvd.
(626) 913-1715

DIAMOND BAR
Barro's Pizza
21000 Golden Springs
(909) 598-2871

Diamond Bar City Hall
21825 Copley Drive
(909) 839-7000

Diamond Mail & Shipping
1249 S. Diamond Bar Blvd.
(909) 861-1290

It's A Grind
1223 S. Diamond Bar Blvd
(909) 396-0577

Taco Factory
1123 Grand Ave.
(909) 396-5373

Paco's Tacos
1131 Brea Canyon Rd.
(909) 595-0044

The Whole Enchilada
1114 S. Diamond Bar Blvd.
(909) 861-5340

CHINO HILLS
Chino Hills Car Wash
Grand Ave./Peyton
(909) 464-8286

Chino Hills Pharmacy
2140 Grand Ave Ste 130
(909) 364-9244

Chopstix House
3938 Grand Ave.
(909) 590-3688

Crossroads Urgent Care
3110 Chino Ave Ste 150-B
(909) 630-7868

Planet Beach
13890 Peyton Dr # C
(909) 465-9911

Senior Baja
3908 Grand Ave. #A
(909) 902-5110

Taco Factory
3277 Grand Ave.
(909) 464-9943

CHINO
Chino Commercial Bank
14345 Pipeline Ave.
(909) 393-8880



Like us on Facebook!
/TheWeeklyNews

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

Walnut Dinner With Santa

COURTESY OF CITY OF WALNUT

Walnut - Do you hear that? It's the sound of bells jingling-must be Santa! And he and his jolly elves are inviting you and your family to gather round the tree for a festive holiday dinner! The City of Walnut will be hosting a Dinner with Santa from **5:30 p.m. to 7 p.m. on Saturday, Dec. 12** at the Walnut Senior

Center. Dinner with Santa will include a delicious buffet-style dinner with live entertainment, arts and crafts, games and an opportunity to take a picture with our special guests, Santa and his elves. The cost is \$12 per person and \$8 per child. For more information please call 909-598-5605. The Walnut Senior Center is located at 21215 La Puente Rd. in Walnut.



PHOTO COURTESY: CITY OF WALNUT

Tis The Season Holiday Mini Marketplace

COURTESY OF CITY OF WALNUT

Walnut - The Holidays are approaching fast, so why not stop by our Mini Marketplace to find that unique gift idea you have been looking for! Our Annual Tis the Season Marketplace has partnered up with

Winter Wonderland to make family time both easy and fun. The Mini Marketplace hours are from 4 p.m. to 9 p.m. on Saturday, Dec. 12 at the Walnut Senior Center. There will be a variety of items such as; hand-made crafts, festive decorations and much more available for

purchase. So, get in the spirit of the holidays and find that thoughtful gift for that special someone. For more information, please contact the Walnut Senior Center at 909-598-6200. The Walnut Senior Center is located at 21215 La Puente Road, Walnut, CA 91789.

It's a Walnut winter wonderland

Walnut from page 1

nity groups. This evening will be a night to remember as we kickoff our first Winter Wonderland Sing-off. Participants can sing as a solo or duet.

Auditions will take place Dec. 7 through Dec. 9, with finalist competing during Winter Wonderland. So make your way over in your best winter holiday spirited event and experience the fun of Walnut's Winter Wonderland. To register or

for more information, call the Walnut Senior Center at 909-598-6200. Family four packs and Dinner with Santa combo packs are also available. The Walnut Senior Center is located at 21215 La Puente Road, Walnut.



PHOTO COURTESY: CITY OF WALNUT

Annual Christmas parade underway

Parade from page 1

the tail end of the parade. The parade steps off at 9 a.m. on the corner of Monte Vista Avenue. It continues east on Riverside Drive then continues south on Central Avenue, ending near city hall. Some of the best spots are located near the announcement stages, one on Sixth Street and Central and the other on Central Avenue and D Street. But every spot along the parade route offers excellent views and entertainment. City officials encourage parade goers to grab their spots early. Commuters are also advised of the street closures taking places on the morning of the parade. See map in this article. Following the parade, the community is welcome to hang out at the civic center until 3 p.m. for live family entertainment,

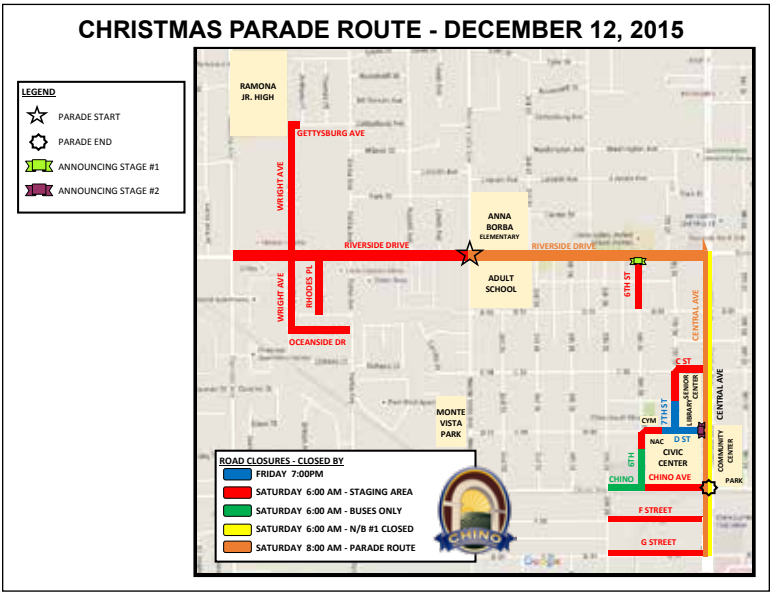


IMAGE COURTESY: CITY OF CHINO

carnival rides, food vendors and a craft fair offering handmade gifts and other items. The mayor will announce the parade float winners at noon during the festivities at the civic center. Nearby the Chino Youth Museum will offer visitors free

entry into their Santa's Village from 10 a.m. to 3 p.m. in conjunction with the annual parade and fair. This year, Santa will make a pit stop at the museum on the corner of Sixth Street and D Street, so photos are recommended to capture this special guest.

First of Its Kind Mobile App for Designated Drivers

New app treats designated drivers like VIPs, now available for iOS and Android devices

STAFF REPORTS

Sacramento – The California Office of Safety (OTS) has launched DDVIP, its designated driver mobile app. The app is the first of its kind, featuring exclusive offers and discounts to sober designated drivers at a growing list of participating bars and restaurants throughout California. “Designated sober drivers play such an important role in saving lives each time they take the wheel,” said OTS Director, Rhonda Craft. “The DDVIP app lets users see which nearby bars are choosing to reward designated drivers with discounts and free non-alcoholic beverages. Essentially, it gives designated sober drivers the VIP treatment they deserve.”

The DDVIP app is now available for free download on iOS and Android devices. Originally launched last year as a mobile-friendly website DDVIPA.com, the new DDVIP app offers enhanced features, allowing users to “Map a Spot” with their current location to find DDVIP partnering establishments in their area or a “List of Spots” to search all participating bars and restaurants throughout California. Users can stay up-to-date with the latest from DDVIP and see what other users are saying via its social tab. Also through the app, for those who want to imbibe but also make it a point to plan ahead,

users can easily order a sober ride from Uber, Lyft or Curb – all from one screen. Designated sober drivers can view the profile of the bar they choose and use the “Offer” tab to redeem exclusive deals, with the ability to share the deal with friends on social media. The partnering bars and restaurants throughout the state have volunteered to offer nonalcoholic specialty drinks (“DDrinks”), among other perks, to designated sober drivers.

“We’re pleased with the growing list of partnering bars and restaurants who are willing to reward and encourage those who choose to get their friends home safely,” said Craft. “These partners are the backbone of this effort and are doing a great service in keeping our roadways safe.”

While DDVIP concentrates on mobile device users, OTS also helps sponsor similar efforts by RADD, the Entertainment Industry’s Voice for Road Safety, through the use of the RADD Rewards Card.

The DDVIP app’s release coincides with California’s annual December DUI Crackdown, which runs from Dec. 13 – Jan. 1. During the crackdown period, the California Highway Patrol and over 150 participating law enforcement agencies throughout California will be conducting increased sobriety checkpoints and saturation patrols. Both the designated driver incentive programs and enforcement measures are not only meant to keep impaired drivers off the roads, but also to raise public awareness about the dangers of driving while impaired.

WALNUT HILLS OPTOMETRY

"Because you know WHO will care for your eyes..."

Offering you...

- High Fashion Quality Frames
- Customized Contact Lens Options
- Thorough Vision Examinations
- Up-to-Date Treatment of Eye Diseases
- Specialized Care For Those With Diabetes
- Convenient Evening and Weekend Hours
- Friendly, Personalized Eye Care Service

EYE CARE

BECAUSE VISION IS A PRECIOUS GIFT

DR. CARMELA LARINO
DOCTOR OF OPTOMETRY

SERVING THE VISION NEEDS OF OUR COMMUNITY WITH PRIDE

\$39 Children's Eye Exam Special!

"Limited Time Offer: \$39 Eyeglass Exam* w/ coupon"

*Restrictions Apply

Se Habla Español / Kababayan

(909) 594-1153
(626) 965-3878

18736 E. Amar Rd Walnut/West Covina
(in the former Albertson's Shopping Center next to Papa John's Pizza)

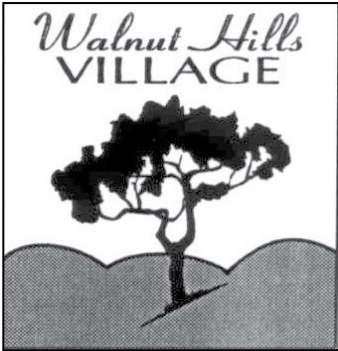
We Welcome:

VSP

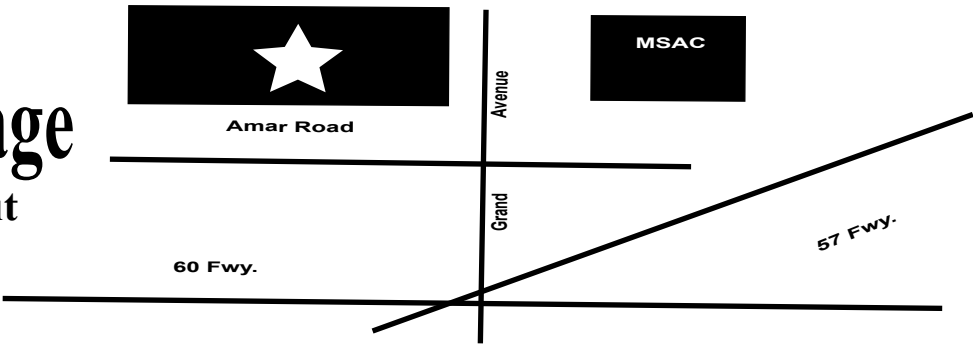
Eyemed, MESC, Healthy Families, School Districts, Medi-Cal/Medicare, Unions, Local 1428

YOUR AD HERE

Call us to find out how! (909) 464-1200



Walnut Hills Village
20747 Amar Road, Walnut
(1/2 block west of Grand Avenue)



Sophie's Wags To Whiskers
Pet Salon and Boutique

Hours: Tuesdays-Fridays 8am-4:30pm
Saturdays 7:30am-3:30pm
Sundays/Mondays CLOSED
"Grooming all Breeds and Cats"

(909) 594- 4092
20687- 7 Amar Rd. Walnut CA, 91789

FREE EXAM & DIGITAL X-RAY
To schedule an appointment, please call 909.595.1800

SKYLINE DENTAL
Visit us online at www.skyline2th.com
20747 Amar Rd, suite 5, Walnut, CA 91789
Tel: (909) 595-1800, Fax: (909) 594-8915

Offer expires **12/31/15**
www.skyline2th.com
info@skyline2th.com

For further info
Scan Here

Newen's Beauty Salon
20747 E. Amar Rd. #2 - Walnut, CA 91789
909-598-8394

Eyebrow Threading \$ 8.00 EXP 12/31/15	Men's Hair Cut \$15.00 \$2 off w/ coupon EXP 12/31/15	Chemical Service \$ 5.00 OFF EXP 12/31/15
--	--	---

Party Tray Set
VIETNAMESE, THAI, CHINESE

PHO-THAI
Vietnamese-Thai cuisine

Pho Noodle Soup
Phở
牛肉粉 by
Asian Kitchen Express
20747 Amar Road, #8D
(Behind Burger King), Walnut
(909)345-8587, (909)468-2220
Order Online at www.phothai.net
or www.asiankitchenexpress.com

Pre-order 1 week or more in advance
Get \$5 Cash Reward of every \$50 spending!

Baby Elephant Thai Cuisine
20795 #3 Amar Road • Walnut, CA 91789
909-595-3034

OPEN DAILY
11:00 am - 10:00 pm
Dine In ~ Take Out

Walnut Hills Village Merchant Directory (area code is 909)

\$1 Drinks	869-8632
20/20 Vision Optometry	468-9622
4G Verizon Wireless	595-9109
50% Cleaners	444-1111
Allstate Insurance	468-1495
Art Nails	594-5080
Asian Kitchen Express	345-8587
Bin Bin Konjac	594-2832
Burger King	468-3672
Clearwater Bagels	598-4332
Dollar Tree	468-4850
East West Bank	869-7232
Electric Beach Tanning	839-1992
GNC Vitamins	869-7272
International School of Montessori	594-8172
Baby Elephant Thai Cuisine	595-3034
MJ Café & Teahouse	612-7480
Newen's Beauty Salon	598-8394
Royal Florist	718-0688
Sake Sushi	594-5221
School Connection	594-1873
Skyline Dental / Harvey Chen, DDS	595-1800
Smoke Town	468-5816
Stater Bros.	598-6534
The UPS Store	444-1303
US Taekwondo	595-9222
Vapor Junkies	595-0255
Wags to Whiskers	594-4092
Yummy House	468-4991

International School Of Montessori

Registration Fee Waived

Spacious classrooms provide a clean and stimulating environment. Security cameras located throughout schools for safety.

Our academic curriculum is recognized as the best in Walnut by current and past parents.

Montessori Preschool • Kindergarten • Childcare • Infant Care
<http://www.montessoriwalnut.com>

909.594.8172
6:30 am ~ 6:30 pm

20781 Amar Road, Unit 1
Walnut, CA 91789
Walnut Village Shopping Ctr.



Don't Be Fooled by Phone Scams This Holiday Season

*Be Alert. Be Aware.
Be advised!*

COURTESY OF LA COUNTY SHERIFF

The Los Angeles County Sheriff's Department has been advised that citizens are receiving phone calls from individuals who are representing themselves as Department employees. The caller usually tells the citizen that there has been a warrant issued for their arrest for failure to appear for Jury Duty. The caller will tell the victim that they have to pay a sum of money or deputies will come and arrest them. The caller will instruct the victim to purchase a Money Order, conduct a wire transfer, or buy a Gift Card (usually Green Dot) and send it to "pay the fine."

BE ALERT, BE ADVISED! The Los Angeles County Sheriff's Department or any Gov-

ernment Agency will NEVER call and solicit money for fines. The Los Angeles County Sheriff's Department does not solicit warrant information by phone. The Sheriff's Department or any Government Agency will NEVER ask you to get a Money Order, Gift Card, or wire transfer. Sheriff Department personnel will never go to your home to collect a fee for a warrant.

BE AWARE! NEVER give your personal information to anyone over the phone. DO NOT give callers information about your bank account, pin numbers, Social Security number or any type of identifying information.

Phone Scam Thieves are just that "Thieves" they will try and trick you into giving them money and information. If you receive a call protect yourself, your information and DO NOT SEND MONEY!

If you receive a phone call,



PHOTO COURTESY: LACoSHERIFF

always verify who the caller truly is. DO NOT use a phone number they provide you as verification. Usually numbers provided by the thief will go to a voice recording/message.

Call your local Sheriff Station to verify any solicitation.

If you have sent money or believe that you are a victim of a crime, please call your local Sheriff's Station or Police Department and report the incident.

If you receive a suspicious phone call/solicitation that you believe is not from a real government agency, please contact The Department of Consumer Affairs at (800) 593-8222.

Going on vacation?

DB from page 1

to scout out empty neighborhoods. But, this year the local sheriff's department is taking extra steps to prevent break-ins through its vacation check service.

"This service acts as an extra set of eyes and ears for homes and neighborhood," said Sergeant Mark Saldecke with the L.A. County Sheriff Department – Diamond Bar-Walnut Station. "And, it's free!"

The free service involves a sheriff's deputy or trained volunteer on patrol monitoring the registered properties, at least once a day while you are away, to check for evidence of possible forced entry or any other suspicious activity, Saldecke

said.

"It's very reassuring for homeowner's away on vacation as well as for the neighborhood," Saldecke said of the year-round service.

The patrol officers or volunteers make it a point to get out of their vehicles and conduct a thorough check of the vacant homes.

"We'll walk through, look at all the windows and doors, check the backyard, make sure the screens are intact," said Saldecke. "We don't just drive through the neighborhood. We make sure to conduct meaningful checks of the homes."

Saldecke also encourages residents to get involved in their local neighborhood watch program that works together with the local sheriff's to keep

a close eye on suspicious activity.

Residents are so appreciative of this service that they often return from their vacation bearing treats to the station for offering a helping hand while they were away, Saldecke said.

To register for the free vacation check service, visit the station located at 21695 E. Valley Boulevard in Walnut or call Sergeant Saldecke at 909-595-2264.

Sheriff's still recommend a few tips that can prevent your home from being a target: stop any mail or packages from being delivered, put your lights on a timer, keep your blinds closed, and tell someone you trust you're going out of town.

Epoh Sushi is fresh and affordable

Sushi from page 1

of the freshness and the quality of the fish" said fellow connoisseur, Ben Cortes. "And the specials are great, especially the lunch specials."

Since there was a group of us, we all ordered a dish and shared, so I was able to sample several items.

The albacore sushi was tender and fresh. It had a delicate flavor that you could savor. The soup, called Sukiyaki, was a smorgasbord of several kinds of fish that created a delicious blend of flavor that lit up your taste buds. The "half and half" chicken and beef bowl, which featured chunks of beef instead of the traditional shredded beef, boasted with tender and seasoned cuts that melted

in your mouth. And the surprising part was the rice. I am not a "rice guy," but it was flavorful and soft, but not mushy. I even took the leftover rice home, something I've never done with rice before.

One of my new, all time favorites has to be the Yellowtail Collar. It was baked, crispy on the bottom, and meaty. The Collar was just delicious.

They have daily lunch specials, and their dinner prices are reasonable as well. The lunch specials range from \$7.95 to \$9.95. From the sushi bar, specials run from \$10.95 to \$12. And the Rice Bowls run from \$6.95 to \$11. For dinner, the entrees and the specials start out at \$16. For a complete menu with prices you can sign onto www.epohsushi.com.

They also have a unique pro-

gram called a ""membership." It costs nothing, all you do is fill out a card and supply your email. The membership includes a 10% off each visit discount and you get a free meal on your birthday! I signed up as my birthday is in January, so I'll be celebrating it there!

I could go on and rave about the food but we all know price is always a factor. I used to believe "you get what you pay for" but Epoh Sushi gave me more for my dollar, and for my taste buds.

Epoh Sushi, 5536 Philadelphia St, Suite D, Chino, CA 91710, (909) 627-8862. www.epohsushi.com. Open Monday-Friday 11:30 a.m. to 2:30 p.m. and 5 p.m. to 9 p.m., Friday 11:30 a.m. to 2:30 p.m., and 5 p.m. to 10 p.m., Saturday 11:30 a.m. to 10 p.m., and Sunday 11:30 a.m. to 9:30 p.m.

CERAMIC TILE LICENSED CONTRACTOR

NO JOB IS TOO SMALL!

SINCE 1971

- KITCHEN
- SHOWER
- FLOORS
- GRANITE



OFFICE (909) 396-9032
CELL (951) 317-3842

LIC# 367120

Grace Buencamino

COMPLETE BUSINESS PACKAGES
PERFORMANCE BONDS
WORKMAN'S COMPENSATION

George L Brown Insurance Agency





Direct: 909-973-8233
gbuencamino@georgebrowninsurance.com
www.georgebrowninsurance.com


License #0H30972

WATER SHORTAGE

The Problems

We are in a long drought!
Landscapes are suffering!
Fines are being imposed!

The Solutions

Tear out those thirsty lawns
Turn down the sprinklers
Install gravel or synthetic sod or a combo of both
Water only your favorite shrubs
Apply for a rebate from your local Water Department
Enjoy your new-found free time and money

It's easier than you think.
Call us... We can help!



GARDEN RESTORATION

The Common-sense Alternative to California Gardening.

909-468-5017

Office, Professional,
Commercial and Retail Space



Canyon View Offices at 21308 Pathfinder Rd., Diamond Bar

Diamond Bar-Canyon View Plaza is an ideal location for multipurpose offices with 24/7 access to building. Located right next to the 57 and 60 fwy makes it highly visible and easy to find. It is across the street from Diamond Bar High School and Chevron Gas Station. Offices are all inclusive. Starting at \$600 for an executive suite. Offices range in different size up to 2300 sq ft. Free utilities, including water, trash, gas, gardening and cleaning service. Verizon is the phone carrier. Wireless internet FIOS and direct tv are available. Great space for office, retail, medical, acupuncture, nail salon, beauty salon, and school related business like tutoring. Some of the current tenants are psychologist, dentist, beauty salon, real estate brokers, mortgage brokers, tutoring, driving school, music teacher, art studio, doctor, Diamond Bar Tailoring, and used car dealers.

Offered By
Rinehart Management Co
Contact Terry at (626) 331-2441
Or Cell (626) 233-3952

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

Amy's Farm
7698 Eucalyptus Ave., Ontario
Daily – If the sun is up and the gate is open!
(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

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

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

Recipes:

Lighter Chocolate Chip Cookies

RECIPE COURTESY OF FOOD NETWORK KITCHEN

- 1/2 cup rolled oats (not quick-cooking)
- 1 cup whole-wheat pastry flour, spooned and leveled
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 4 tablespoons (1/2 stick) unsalted butter, softened
- 2/3 cup packed light-brown sugar
- 3 tablespoons agave nectar
- 1 large egg, room temperature
- 2 teaspoons pure vanilla extract
- 4 ounces semisweet chocolate, chopped, or 1/2 cup semisweet chocolate chips

1. Preheat the oven to 350 degrees F. Combine the oats, flour, baking soda and salt in a food processor and pulse until the oats are finely ground. Set aside.
2. In the bowl of an electric mixer, cream the butter, sugar and agave nectar until light and fluffy. Add the egg and vanilla and mix until smooth and glossy. Reduce mixer speed to the lowest setting and gradually add the flour mixture until just incorporated; stir in the chocolate.
3. Drop level tablespoons of the dough onto silicone mat lined baking sheets, 2 inches apart



PHOTO COURTESY: FoodNetwork.com

(12 cookies per sheet). Transfer the sheets to the refrigerator and chill the cookies until solid, about 30 minutes. Bake until lightly golden around edges, about 12 to 14 minutes, rotating the pans halfway through. Remove the baking sheets from the oven and let cool on the sheets for 1 minute; transfer to a wire rack to cool completely.

Cook's Note: These cookies like to spread. If you are bothered by them touching, bake on 3 pans.

Nutritional analysis per cookie (based on 2 dozen, serving size 2 cookies)

Calories 200; Total Fat 7g (Sat Fat 4g, Mono Fat 1g, Poly Fat 0g); Protein 3g; Carb 32g; Fiber 2g; Cholesterol 28mg; Sodium 56mg

Snack Attack

COURTESY OF CLARK'S NUTRITION

What are your favorite snacks? Do you snack to stay healthy or are snacks becoming extra calories that ruin dinner and make structured eating implausible? According to scientists, the most consumed snacks are chips, chocolate, and cheese with fruit coming in a distant fifth. Snacks are comfort foods that help us to deal with stress and provide a respite from the monotony of our days and continuous pursuit of balanced meals. Yet they can also sabotage our fitness goals and create a cycle of dependency on foods that have too much sodium, sugar, and unhealthy fats.

Snacking is a tool just like all other tools, it can lead to controlling calories and help with weight loss and maintenance, or it can become an exercise in calorie overindulgence and wreak havoc on fitness goals. An hour in the gym can be overwhelmed by two minute of gorging on calorie-laden snack foods. The healthiest version of snacks should contain fruits, veggies, and nuts, and occasionally real fruit drinks. The ubiquity of juicing establishments can also be very beneficial in ensuring we get enough fruits and veggies in our diets. While it is better to eat an apple than juice an apple, it is certainly better to juice an apple than consume any other man-made snack. This goes for all

fruits and veggies! Juicing bypasses chewing which may be a boon to individuals that cannot chew crunchy foods. For those that can transport fruits and vegetable and have no issue chewing, chew away! This mastication process, wherein we chew and macerate foods to enable them to pass through our digestive system, helps with providing satiety and joy in consuming foods.

While there is no perfect design for weight loss on an individual level, there are some guidelines that may be beneficial (and backed by science) in helping to meet and exceed fitness goals. If an individual is overweight, eating three to five solid meals may contribute to the thermic effect of food (the heat produced from burning calories) and assist in the reduction of bodyweight. For individuals that are at a lower bodyweight and want to put on mass, larger & less frequent meals, two to three may be more beneficial to achieve those goals, with one or two high-calorie snacks added in. While the above recommendation may be beneficial,

it must always be remembered that food choice comes first, and then meal frequency can be manipulated.

It seems whether an individual eats three times a day or 10, the overall amount of food must remain the same if the goal is weight loss or weight gain. In other words, the foods (and total calories) we put in or bodies are more important than the frequency or arrangement. Do not worry about food combining or frantically scrambling to fit in a certain "macro" set; rather, ensure that the meals contain a variety of colorful foods, mostly plants, and that the meals do not cause you to become sluggish or too tired to perform the day's activities.

What we eat is more important than how frequently we eat, and the way we go about eating healthy foods is very individualistic and subject to great variance. Clark's Nutrition and Natural Foods Market is the perfect one-stop-snack shop. Every department has a multitude of choices to ensure snacking becomes a partner to your fitness, health, and longevity goals.



PHOTO COURTESY: HEALTHYSNACKBLOG.COM

Fish Filet With Black Bean Sauce - \$16.99

Salt & Pepper Calamari - \$13.99

Mandarin Taste Restaurant
HUNAN - SZECHUAN
Gourmet Chinese Cuisine & Cocktails
23391 E. Golden Springs Dr.
Diamond Bar
(909) 861-1819
Fax 861-8041

M-F: Lunch 11am - 3pm
Dinner 5pm - 10pm

Sa-Su: 11am - 10pm
ChinesePage.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

Two Color Chicken - \$17.50

Orange Flavored Chicken - \$12.99

Sweet & Sour Pork Chops - \$12.59

One Of The Best Chinese Food In Town

BUFFET COUPON
\$2 OFF
ALL YOU CAN EAT!
One coupon per table each person. For Sunday Adult Lunch. Dine-In only. Not valid with any other offer, coupon or discount. Not valid on holidays. Valid with coupon only.
EXP 1/1/16

COUPON
20% OFF
DINE IN ONLY!
Each order over \$20 (before tax and excluding drinks). One coupon per order. Not valid with any other offer, coupon or discount. Limit one coupon per customer. Not valid on holidays. Valid with coupon only.
EXP 1/1/16

TO-GO COUPON
15% OFF
TAKE OUT ONLY!
Each order over \$20 (before tax and excluding drinks). One coupon per order. Not valid with any other offer, coupon or discount. Limit one coupon per customer. Not valid on holidays. Valid with coupon only.
EXP 1/1/16

BIRTHDAY COUPON
\$30 OFF
CELEBRATE WITH US!
Each order over \$70 (before tax and excluding drinks). One coupon per table per order. Valid during customer birthday month (I.D. required). Not valid with any other offer, coupon or discount. Limit one coupon per customer. Not valid on holidays. Valid with coupon only.
EXP 1/1/16

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

DIOR • VERSACE • CALVIN KLEIN • TIFFANY & CO. • GUESS • PRADA • JUICY COUTURE • DOLCE & GABBANA • BVLGARI • BCBG

BCBG • BVLGARI • DOLCE & GABBANA • JUICY COUTURE • PRADA • GUESS • TIFFANY & CO. • CALVIN KLEIN • VERSACE • DIOR

One Hour[™] Glasses[®] & Contacts

without the "One Hour Price"

Back to School

1-2 hr. turnaround



Lilly Pulitzer



AIROPTIX[®] COLORS



AIROPTIX[®] COLORS



AIROPTIX[®] COLORS

GLASSES FRAME AND LENSES

\$59

Single Vision, Clear Plastic Lenses - 18-40mm
Progressive Lenses (CR39) - \$199

SAVE \$25

DESIGNER & FASHION FRAMES

Priced from \$55-\$199

No-Line Bifocals

\$99

*Progressive Lenses
Soft XL (CR39+40)
with purchase of frames
(Priced from \$55-\$199)

EYE CARE PACKAGE

ONLY \$179

12-14 Complimentary (1st exam at service) eye exams
+ 1 pair of glasses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)

FRESHLOOK[®] COLOR CONTACT LENSES

12 PAIRS **\$269**

INCLUDING EXAM

12-14 Complimentary (1st exam at service) eye exams
+ 1 pair of glasses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)

BREATHABLE CONTACT LENSES

12 PAIRS **\$249**

INCLUDING EXAM

12-14 Complimentary (1st exam at service) eye exams
+ 1 pair of glasses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)

12 PAIRS FRESHLOOK[®] COLOR CONTACT LENSES

\$269

INCLUDING EXAM

12-14 Complimentary (1st exam at service) eye exams
+ 1 pair of glasses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)

MULTIFOCAL CONTACT LENSES

NOW AVAILABLE!

12-14 Complimentary (1st exam at service) eye exams
+ 1 pair of glasses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)
+ 1 pair of contact lenses (single vision & 1st pair of contact lenses)

ALL UNION GROUPS, INSURANCE PLANS & MEDI-CAL WELCOME!

LA PUENTE OPTOMETRY CENTER

DR. ANDREW G. CHONG, MBA, O.D. & Associates

1641 N. Hacienda Blvd. La Puente/West Covina

626-918-2020

CHINO OPTOMETRY CENTER

DR. JOHN T. JU, O.D. & Associates

11640 Central Ave., Chino

909-628-5581

SERVICE, QUALITY, COURTESY & VALUE

Most Contact Lenses • Most Contact Lenses • Most Contact Lenses

Clark's NUTRITION[®]

Natural Foods Market

Now through Tuesday!

Organic Fuji Apples

\$1.52 per lb.

(limit 5 lbs.)

94131

Sale ends Tuesday Dec 8th, 2015
Limited to stock on-hand. No Rain Checks

Organic Black Hass Avocados

88¢ each

(limit 5)

94225

Sale ends Tuesday Dec 8th, 2015
Limited to stock on-hand. No Rain Checks

LOMA LINDA
11235 Mountain View Ave.
(909) 478-7714

CHINO
12835 Mountain Ave.
(909) 993-9200

RANCHO MIRAGE
34175 Monterey Ave.
(760) 324-4626

RIVERSIDE
4225 Market St.
(951) 686-4757

www.clarksnutrition.com



ALWAYS FEEL THE WARMTH.

SOCALGAS[®] IS HERE FOR YOU, WITH OUR FAMILY OF CUSTOMER ASSISTANCE PROGRAMS.

If life takes an unexpected turn, we'll be there with a variety of Customer Assistance Programs. Our Medical Baseline Allowance is available for customers who need to turn the heat up due to a serious medical condition, the California Alternate Rates for Energy (CARE) program provides qualifying customers a 20% rate discount and the Energy Savings Assistance Program offers no-cost home improvements to eligible renters and homeowners.

Learn more about our Customer Assistance Programs and apply today at socalgas.com (search "ASSISTANCE").

These programs are funded by California utility customers and administered by Southern California Gas Company (SoCalGas[®]) under the auspices of the California Public Utilities Commission. Eligibility requirements apply.

© 2015 Southern California Gas Company. All copyright and trademark rights reserved.



A Sempra Energy utility

Place an ad! Call (909) 464-1200

Sarah Marie's Creations

Custom Cakes, Crafts, & Creations

 SarahMariesCreations.etsy.com

 @SarahMariesCreations

 /SarahMariesCreations

SarahMariesCreations.com
SarahMariesCreations@hotmail.com
(909) 992-9036



APEX LAWYERS INC.



Attorney Shazad Omar

- FAMILY LAW
- CAR ACCIDENTS
- CRIMINAL LAW
- BREACH OF CONTRACT
- IMMIGRATION
- DUI'S

APEX LAWYERS INC.

21671 Gateway Center Dr. Suite 108 Diamond Bar, CA 91765-2463
Tel: 909-860-0342 | Fax: 909-861-8800
www.apexlawinc.com



Promoting Healthy Lifestyles

MOBILE FRESH

GROCERY STORE ON WHEELS



NEW LOCATION & TIME

SHOP FOR FRESH, AFFORDABLE FOOD!

TUESDAYS /// 11:30 AM-12:30 PM



NEIGHBORHOOD ACTIVITY CENTER
 (N/E CORNER OF 6TH AND D STREETS)
 5201 D STREET, CHINO 91710

CASH, CREDIT CARD, EBT, AND WIC ACCEPTED





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

FOR MORE INFORMATION
 909.334.3478 /// HEALTHYCHINO.COM

Cleaning The Garage (Part 2)

By PASTOR MARK HOPPER



In my last article, I shared about cleaning up the garage at our house. It was like "Spring Cleaning" in November. It felt good to throw things away and get the garage organized.

But as I thought more about this experience, I wondered how did we get so much of that stuff in the first place? Part of the problem is that we tend to keep things we really don't need any more. The other part of the equation is that we keep buying and adding to the stuff we already have.

We live in a consumer economy. Advertisements entice us to buy more things. They also sow a sense of discontentment that motivates us to buy newer, bigger and better things than we

already have.

There is an interesting story that Jesus told in the Bible in Luke chapter 12. Jesus warns his listeners about always wanting more and more things. He says in verse 15, "A man's life does not consist in the abundance of his possessions".

Jesus goes on to tell a parable about a farmer who was so successful that he did not have room to store all of his crops. He faces a dilemma. His barns are filled to capacity. He doesn't have any more room to store all his stuff.

Instead of sharing some of his abundance with others, he decides that he will tear down his barns, build bigger ones so he can keep everything for himself. It is like the person whose garage is so full that he can't even get his cars in. Instead of cleaning out his garage and giving some things to others, he decides to rent a storage unit so he can keep it all for himself.

At the end of the parable, the man dies suddenly and all of his earthly possessions that he saved and hoarded are left to others. Jesus calls this man a fool.

Someone said that a parable is an earthly story with a heavenly message. Jesus told this story to remind us that there is more to life than our material possessions. He warns about the danger of greed and the importance of sharing what we have with others.

I wonder what Jesus would say about our homes, closets, attics and garages that are full of stuff? I wonder what He would say about the thousands of self-storage units that people rent to keep the things that they can't fit into their own homes and garages?

Let me encourage you to look around your house this month and see if there are things that you no longer need or use. Why not have a garage sale and use

the proceeds to help others. Why not give some extra books to your local library and some clothes that you no longer wear to Goodwill? Why not buy a little less this holiday season and put a little more in the Salvation Army's Red Kettle?

Don't be a fool and cling to all your material possessions.

Be wise and be generous and share some of what you have with others.

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 Ray

By DANICE AKIYOSHI, N.D.



Q: I have a serious problem with anger. My sister said she will never drive

with me again or allow me to take her kids to the movies anymore because I had an episode with road rage when she was a passenger in my car. I can tell that she thinks less of me now and it really bothers me. I am a nice man, but when people do stupid things on the streets I can't control myself. I will do anything to get her to trust me again. She

says she doesn't understand me anymore. I already miss my niece and nephew. I don't have any friends outside of my family. What should I do to regain her trust? I regret upsetting her. She is my best friend. Thank you.

A: In my opinion, anyone who would lose their temper in public with a total stranger to the degree that their own loved ones will turn away from them is in serious trouble. Quite often, unnecessary aggression stems from low self esteem and a feeling of having no personal power. I hope you will seriously consider some sort of personal coaching or counseling to identify what is bothering you so deeply that you take these dangerous risks. The fact that you show remorse and feel sad because of the distance your sister has imposed on you

shows me that you care enough to get better. Please call a skilled professional and schedule an appointment. Consider inviting your sister to attend therapy with you eventually so that she can see how serious you are about repairing things with her.

From a safety standpoint I'm glad you are addressing your problem. Please make an appointment to get help right away. I wish you well.

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

Giving Back This Holiday Season

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



This holiday season, Midnight and I will continue our volunteer

work at the Infusion Center at St. Jude Hospital in Fullerton. I think it's very timely because to me the holidays are partly about giving back. We take a lot for granted and working with cancer patients makes you really appreciate life. So this year if you're feeling grateful or maybe even sorry for yourself and not so grateful, do something wonderful for a good cause. Do something wonderful for somebody else.

I think the holidays are about getting together with family and friends but also about giving something back. You can make a huge difference in somebody's

life by being unselfish and volunteering, donating or whatever your thing is. The holidays are a special time to show this world how very much you care. Stop complaining about the state of our world and get out there and do an act of kindness. I promise you, it will feel fabulous and you'll stop feeling sorry for yourself and actually feel good this holiday season.

Take that money that you're planning to spend on drugs or alcohol and give yourself a different kind of medicine. Give yourself some medicine that is good for the soul. The kind of medicine that comes from helping others and understanding that's what we are suppose to be doing here. What I speak of can be very healing and maybe you'll begin to forgive yourself for all you've done wrong and start moving in the right direction. Ending the year helping others can be

a great way to motivate you to make 2016 a better and more productive year. It's never too late to become a better person and somebody that you can be proud of. This year, give the gift of giving back!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, including a group on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909) 229-0727, or via email at nancyjstoops@verizon.net. Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

Discovered TREASURES
A Special Kind of Thrift Store

WE'RE NOW ONLINE!
Like us for a load of exclusive Facebook promotions and giveaways.

Like us on Facebook

Also find us online at:
discovered-treasures.org

(909) 594-8862
20425 Valley Blvd. Walnut CA 91789
Store Hours:
Monday - Friday 10am - 6pm
Sat - Sun 10am - 4pm

YOUR AD HERE

Call us to find out how! (909) 464-1200

**LAW OFFICES OF
L. DOMINIC CHACON**

- Family Law
- Immigration Law
- Corporate Formation
- Criminal Law
- Bankruptcy
- Personal Injury
- Workers Comp

L. Dominic Chacon
Attorney & Counselor at Law
Available 24 Hours

2341 S. Azusa Ave.
West Covina, CA 91752

210E to 605S to 10E, right at Azusa,
Azusa and Lamar

Call For Free a Consultation
Open 24 Hours
LDominicChacon@yahoo.com

Telephone:
(626) 839-8852
Fax:
(626) 839-8013

Kingdom

Christian Party Food Catering

starting @ \$5 a person

Maria Rodriguez 909.438.8130

Owned

**Have A
Bouncy, Jumpy Day With
Koki's Bouncers!**

kokijr@yahoo.com

Koki's Bouncers & Party Supplies is insured

Koki's Bouncers & Party Supplies

Call Us
909-68-kokis
909-685-6547

Serving Eastvale & Surrounding Cities

Signing Day for Seven Mustang Athletes

By Kelli Gile

Walnut - Seven outstanding Walnut High athletes signed National Letters of Intent during a lunchtime ceremony on November 24.

The following seniors committed to play sports in college: Cody Dye – University of New Mexico (Baseball), Michael Moy – La Sierra University (Baseball), Brennan McKenzie - Cal Poly Pomona (Baseball), Alison Chang - Princeton University (Golf), Megan Hou - Southern Illinois University – Edwardsville (Golf), Kayla Richardson – USC (Track and Field), and Kyla Richardson – USC (Track and Field).

“Congratulations to all of our student athletes, this is a great accomplishment!” said Princi-

pal Brandon Dade.

“These student athletes will be getting money to go to college, play their sport, and get their education. It’s pretty incredible,” Athletic Director Jerry Person said. “They worked hard to get where they’re going.”

During their high school careers, the dedicated athletes earned numerous individual and team awards.

Pitching star Cody Dye signed to play baseball with University of New Mexico.

“They’re the top in their conference every year,” he said.

Dye received a coveted full-ride scholarship with the Division 1 School and plans to study criminology.

Last year, Boys Baseball had an impressive 18 game



Signing Day at Walnut High! Seven outstanding athletes signed letters of intent on Nov. 24. PHOTOS COURTESY: WVUSD



PHOTOS COURTESY: WVUSD

winning streak and took the Runner-Up Award during the CIF Southern Section Championships.

“We have a lot of good guys on the team!” said first baseman Brennan McKenzie who committed to Cal Poly Pomona. “This means a lot! I’ll get to play baseball, get an education– and hopefully get a good job.” He plans to major in kinesiology.

Teammate second baseman Michael Moy committed to play at La Sierra University in Riverside.

Golfer Alison Chang will play at Princeton University in the fall. “It’s like a dream come true,” she said after the signing ceremony. “I only could have gone this far with the support of everyone round me, including my coach, my family, and teammates.”

This season, Chang, a 4.0 GPA honor student, clinched an Individual CIF 2nd Place

Award. The Girls Golf team also took 2nd Place at the CIF Championships.

“I’m just happy I get to play the sport I love and take it to the next level,” Chang added.

Megan Hou received a full-ride scholarship to play golf at Southern Illinois University – Edwardsville.

“I’m very excited because the coach and the girls seem very nice,” she said.

Hou has been golfing since she was eight years old and “got serious” about the sport when she was 12. She played varsity all four years at Walnut High.

“I’m very happy I chose to go to this school. I feel like it’s a better for me academically,” she added.

Hou looks forward to taking a broad range of courses before selecting her major.

Track and field sprinters Kayla and Kyla Richardson will attend University of Southern

California (USC) next fall.

“USC has always been my dream school,” Kyla said.

“It was really exciting signing. I don’t think it’s sunk in yet!” twin Kayla added.

“It’s a relief and I’m glad all my hard work paid off,” Kyla commented.

The 200-meter dash is the sisters’ favorite race and they are currently training for the 2016 season.

Last year, Kayla won two CIF Southern Section championships and advanced to the CIF State meet. She clocked the fastest times in the 100 meters (11.65), 200 (23-45), and 400 (56.53 in the San Gabriel Valley last season. She also won CIF-SS Division 1 titles in 100 and 200, running the season’s best 11.65 in the 100 and 23.45 in the 200.

“The sky’s the limit – there will be no limit to what they can do with this opportunity!” Dade added.

BRAKES • CLUTCH • MAINTENANCE SERVICE

PETERSON
Auto Repair Center

SHOCKS & STRUTS • AXLES • CV BOOTS

LUBE & OIL CHANGE SPECIALISTS

3980-A Valley
WALNUT
(626) 536-6917

OIL CHANGE
\$21.99
PLUS TAX & FEES
SAVE \$12

We are Now a Full Mechanic Shop
to Serve All Your Automotive Needs!

3980-A Valley Blvd. Walnut Ca. 91789

RADIATORS • ALTERNATORS • STARTERS

AIR CONDITIONING • BELTS & HOSES

SPIDEY
PARTY ENTERTAINMENT
By Visionart

LOOKING FOR SPIDERMAN TO
SWING ON BY AT YOUR NEXT
BIRTHDAY PARTY/ EVENT OR TO
SURPRISE AND LIFT THE HEART OF
AN AMAZING CHILD BATTLING AN
ILLNESS?! LOOK NO FURTHER,
YOUR FRIENDLY NEIGHBORHOOD
SPIDERMAN IS ON THE WAY!

f /STRENGTHANDCOURAGESQUAD

909.239.4644

Professional Pool & Spa Repair Services Since 1979

Spa Care
Repair Specialists

Keep your family cool and happy with a company that does more than tread water when it comes to pool and spa repairs. Spa Care Repair Specialists specializes in providing services, parts, and repairs to keep your pool refreshing and cool and your hot tub ready for relaxation.

\$10 off
Our Initial Visit

Visit Us Online at
www.spa-care.net

CALL:
909.861.5973

Lujan family owned

www.CalCoachAuto.com
909.595.9448
Collision Repair
Free Pickup & Delivery
24 HR Towing
Emergency Roadside Assistance

Preferred Collision Repair for
Diamond Honda of Puente Hills

Mercury C.A.R.S. Shop
Rental Cars
All Insurance Claims Welcome!

limited lifetime warranty

**OVER 25 YEARS
IN WALNUT**

Monday-Friday
8:00 am-6:00 pm
Saturday
9:00 am-noon
22064 Valley Blvd.
Walnut, CA 91789-1407

SellYourCasa.com 877.888.SOLD



Gil Rivera
REALTOR®

4%

CalBRE #01213587

TOTAL COMMISSION
FULL SERVICE
GRiveraEmail@gmail.com

CHECK OUT MY NEWEST LISTING!

List Price:

\$399,900

13124 2nd St,
Chino, CA 91710

- 4 Bedrooms
- 3 Bath
- 1,856 Sq. Ft.
- Single Story
- 2 Car Garage
- Built in 2008

Come see this wonderful 1-story home with plenty of living space. The living and dining rooms lead to an open floor plan with high ceilings. The kitchen has granite countertops and plenty of storage space in cabinetry. There is a good sized backyard with grass area, plus covered patio with ceiling fan, and a new pergola patio area with outdoor fireplace. Wonderful home for entertaining!



Spacious kitchen has granite countertops and plenty of storage space in cabinetry.



Custom tile and paint throughout the home with ceiling fans everywhere!



Long beautiful hallways lead to clean bathrooms! Tankless water heater provides plenty!



Covered patio is cable-ready with ceiling fan! Also a NEW pergola patio with fireplace.



Every room is Internet ready and has ceiling fans to keep you cool!

NO homeowners association! Come see all this home has to offer!

KITCHEN • BATH • FLOORING

LUXURY FOR LESS

你好



Kitchens

Starting At
\$4995

Installed + Tax
Cabinets & Granite
See Store For Details



FREE
In-Home
Consultation

FREE SINK & FAUCET

With Any Complete Kitchen Or Bathroom Remodel

Baths



Visit our showroom
Hours: Mon - Sat 11 a.m. - 5 p.m.



WE DO IT ALL

- Full Kitchen and Bathroom Remodel
 - All Types of Countertops • All Types of Flooring
 - Plumbing, Electrical, Recessed Lighting
 - Windows and Doors, Painting
- Lic. #968078 & Insured

Kitchen & Flooring Center Inc.

"We Turn Houses Into Homes"

20875 Golden Springs, Diamond Bar

909-594-5020

www.kitchennflooring.com

Enchilada

HOLIDAY TAMALES

Catering Available
ORDER TODAY

The Whole Enchilada **DINE IN SPECIAL**
2 for \$25

Each entrée includes choice of any 2:

- taco (shredded beef or chicken)
- cheese enchilada
- (2) taquitos- plus 2 fountain drinks or 2 Mug-A-Ritas served with rice and beans

\$25

With this coupon. Not valid Friday, Saturday, Sundays or Holidays. Not valid with any other offers. EXP 1/15/16

The Whole Enchilada **ENTRÉE**

Buy one entrée and receive the second entrée of equal or lesser value at 1/2 off.

1/2 off

With this coupon. Not valid Friday, Saturday, Sundays or on Tamale Orders. Not valid with any other offers. EXP 1/15/16

The Whole Enchilada **Any Purchase**

\$5 off of \$25 or more.

With this coupon. Not valid Friday, Saturday, Sundays or on Tamale Orders. Not valid with any other offers. EXP 1/15/16

Make shopping easy with Gift Cards!! **Open for Breakfast**
 Receive \$5 Enchilada Bucks for every \$25 Gift Card Purchased
 Sat. & Sun. 7:30 am

1114 S. Diamond Bar Blvd. (at Grand next to Chase Bank)
Diamond Bar - (909) 861-5340

Dine In • Take Out • Smoothies • Gift Cards • Catering

www.WholeEnchilada.com