

# OurWEEKLYNEWS.com

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## 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](#)



PHOTO BY: MONIQUE VALADEZ

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

## 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 annual

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](#)

[see IE page 8](#)

## 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.

## 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

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

[see Sushi page 5](#)

### 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.

# Weekly News

WEEKLY NEWS  
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Write a letter to the Editor.

**The Weekly News**  
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 **ARMIJO**  
NEWSPAPERS  
& PUBLIC RELATIONS

## 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



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**/TheWeeklyNews**

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

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](http://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."

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# 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,

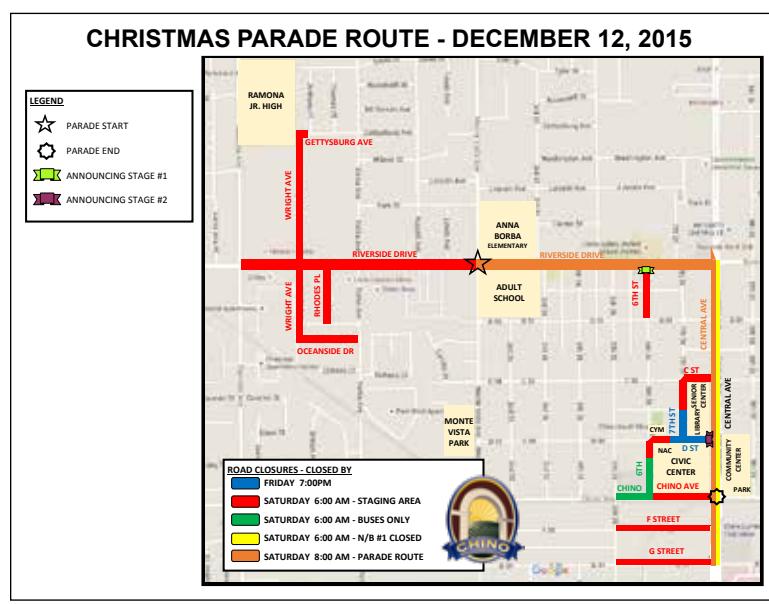


IMAGE COURTESY: CITY OF CHINO

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 DDVIPCA.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.

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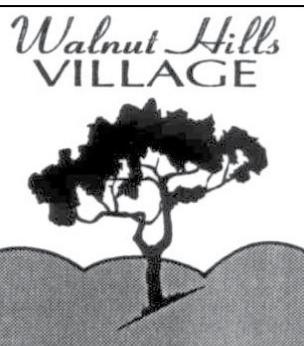
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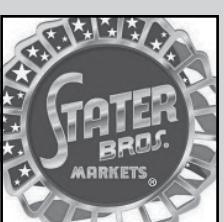
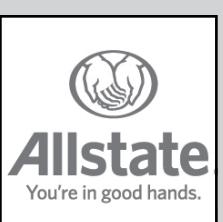
## Walnut Hills Village Merchant Directory (area code is 909)

\$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
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# 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.

## Epoth 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.epothsushi.com](http://www.epothsushi.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 Epoth Sushi gave me more for my dollar, and for my taste buds.

Epoth Sushi, 5536 Philadelphia St, Suite D, Chino, CA 91710, (909) 627-8862. [www.epothsushi.com](http://www.epothsushi.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.

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# Healthy Living

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(909) 334-3478, [healthychino.com](http://healthychino.com)

**Amy's Farm**  
7698 Eucalyptus Ave., Ontario  
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(844) 426-9732

**Jack Newe's Farmers Market**  
Mt. SAC Campus, Lot B  
1100 N. Grand Ave., Walnut  
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(626) 810-8476

**Corona Certified Farmers Market**  
488 Corona Mall, 6th and Main Street  
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(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 fallen Police Officer killed in the line of duty by drunk driver  
Info: [chinopoa.org](http://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



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

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

## 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 minutes 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.



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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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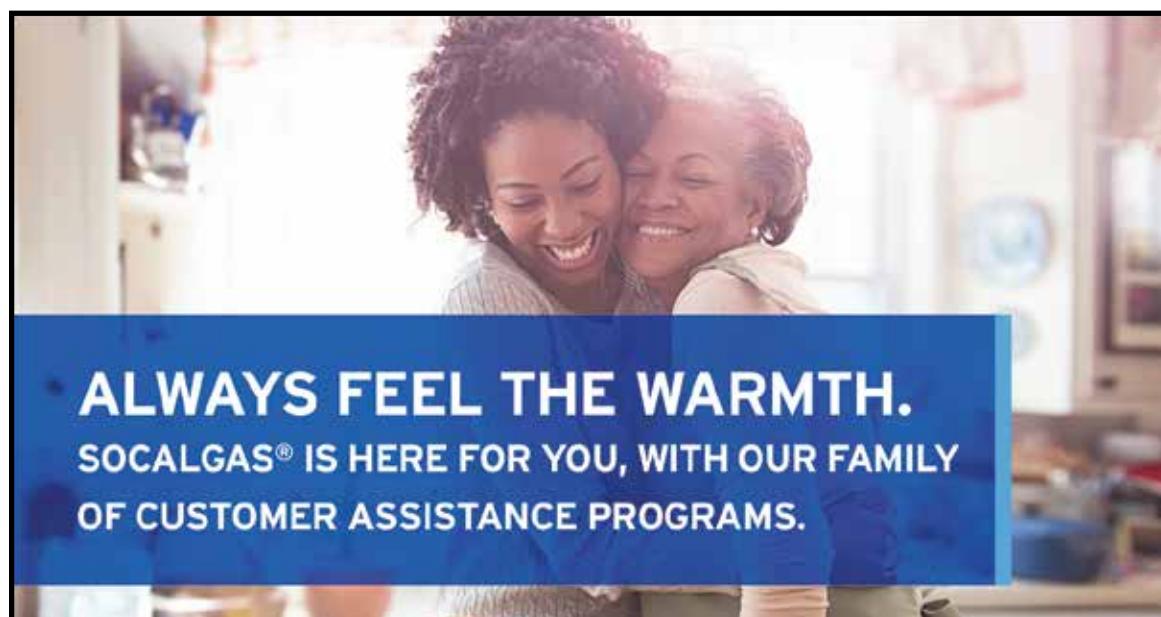
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# Couple arrested for identity theft

IE from page 1

fraud investigator, reporting a theft. Bank investigators were alerted to a theft by fraud that occurred at the San Manuel Indian Bingo and Casino in May of 2015. A bank customer reported \$46,866 was stolen from their savings and home equity line of credit accounts. The suspect made numerous cash withdrawals over a five-day period, using the victim's identity and stolen banking information.

With the assistance of the Bank of America fraud investigator and investigators from

the San Manuel Tribal Gaming Commission, detectives identified Vinny Hoai Nguyen of El Monte as a suspect. On the morning of Wednesday, Nov. 25, an arrest warrant was issued for Nguyen. Detectives contacted Nguyen, at his home, at the 5000 block of La Madera Avenue, in El Monte. Nguyen's girlfriend, Quynhnhu Nguyen, was also inside the residence when detectives arrived. A search warrant was obtained for Nguyen's residence.

During a search of the home, detectives found numerous credit card manufacturing devices, hundreds of credit cards in various stages of being al-

tered, dozens of stolen identification cards, numerous altered checks, several laptop computers and \$8,300 in one hundred dollar bills.

The couple was booked at the Central Detention Center in San Bernardino.



PHOTO COURTESY: SBCS

# Motor officer hurt in Chino crash

Officer from page 1

says. The officer — identified as Nicholas Mutrux, is a 10 year veteran of the Chino police department.

Police officials said that Mutrux suffered serious injuries and was airlifted to a local hos-

pital. He is in stable condition and is expected to make a full recovery. The solo occupant of the Chevrolet Silverado, did not suffer any injuries.

The police report said that the California Highway Patrol is leading the investigation into the traffic collision.

"The level of support from

the community has truly been amazing," Chino Chief Karen Comstock said. "Our personnel are like family; when one experiences tragedy, we are all impacted greatly. Knowing we have the prayers and support of the community and fellow agencies truly keeps us strong moving forward."

# Senator hosts turkey giveaway

Turkey from page 1

offices in Chino and Fontana.

Leyva understands that buying the traditional bird and all the fixings can be a burden for many families.

"Times are still tough for too many families in the Inland Empire, so I am pleased that we are able to provide these turkeys, canned goods and other Thanksgiving fixings as we kick

off this holiday season. I thank my community partners for sharing in the spirit of giving to ensure that 175 more families will have a home-cooked meal on Thanksgiving Day."

Leyva provided plump turkeys and meals to over 175 local families and non-profit organizations that assist individuals.

Additionally, Leyva provided holiday meals to local non-profits including Isaiah's Rock in Chino and Time for Change

Foundation in Rialto/San Bernardino that provide meals throughout the year to homeless and underserved individuals and families in the her district.

"I am very excited to collaborate with the Fontana Water Company and Stater Bros. Markets on this opportunity to lend a helping hand to families in my district who are struggling to make ends meet," Leyva added.



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# Holiday feast at Mandarin Taste

Mandarin from page 1

Diamond Bar for over 30 years.

Make Mandarin Taste an enjoyable holiday tradition! The restaurant has thrived because of the many mouth-watering dishes it serves and the family-friendly atmosphere that keeps people coming back for more. Skip slaving over the stove all day and cleaning up after a house full of guests. Mandarin Taste hopes to make the holiday season less stressful and more enjoyable for you while you feast and share memories with your loved ones.

From Peking duck and Hunan lamb to customers-favorite pork fried rice, wonton soup and orange-flavored chicken, Mandarin Taste offers an abundance of tasty food options to satisfy every palate.

The restaurant's owners and staff want everyone who comes to their establishment to relax and enjoy themselves over the

delectable food.

"We're like a family restaurant," said restaurant manager Chi Young, when describing the feeling that customers get when visiting the long lasting eatery.

"People are always smiling [here]," said Young.

The restaurant holds a very popular champagne brunch on Sundays and has all-you-can-eat buffets, as well.

Mandarin Taste also serves traditional and specialty cocktails. Join them during Happy Hour, held Monday through Friday, 3 p.m. to 5:30 p.m. If customers can't come in to enjoy the pleasant ambience, they have the option to order food for carryout. Share the love and give your family and friends Mandarin Taste gift certificates, available year round!

For more information, please call (909) 861-1819, or just stop by their location at 23391 E. Golden Springs Drive, Diamond Bar.

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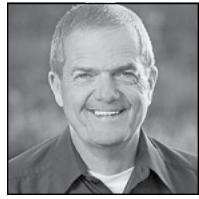
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# Cleaning The Garage (Part 2)

By PASTOR MARK HOPPER



In my last article, I shared a b o u t 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](http://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](mailto:straighttalk@candidcoachingservices.com). You can also visit her website at [www.candidcoachingservices.com](http://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](mailto:nancyjstoops@verizon.net). Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

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# 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

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.



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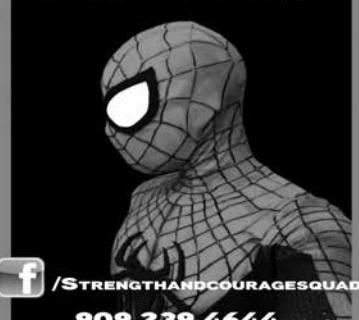
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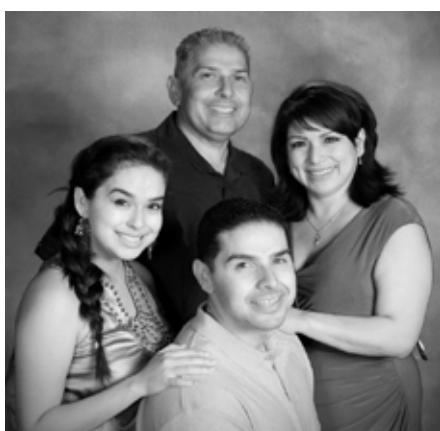


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