

OurWeeklyNews.com

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Walnut

Walnut Council Election Set for April

STAFF REPORTS

Walnut - A general municipal election will be held on Tuesday, April 12, 2016, for three Walnut City Council member positions. Members will serve a full four-year term, beginning April 2016 and ending April 2020.

The three City Council members whose terms are expiring are Tony Cartagena, Eric

see Walnut page 2

Diamond Bar

Diamond Bar Completes Beautification Projects

By CAROL HEYEN

Diamond Bar - The City of Diamond Bar has recently completed two major beautification improvement projects.

The Grand Avenue Beautification Project, which began in May 2015, included several aesthetically-pleasing upgrades along Grand Avenue at

see DB page 3



PHOTOS COURTESY: FACEBOOK

A driveway covered with tumbleweeds greeted this Chino Hills' homeowner.

Wild Winds Blast Through IE

By CAROL HEYEN

Inland Empire - A National Weather Service wind advisory came to fruition Saturday as strong winds pummeled the Inland Empire.

Winds gusting over 40 miles per hour sent dirt and tumbleweeds flying across the 71 freeway and into Chino Hills' yards. Drivers swerved to avoid the damaging weeds as they flew by.

Houses were shaking from the winds and hundreds of trees were blown over as residents hunkered down to escape the gusts.

see Winds page 6

Vintage War Plane to Soar Over CV

By MONIQUE VALADEZ

Chino - On January 2, look up to the skies for a special fly-over by a vintage Curtiss P-40 Warhawk, in honor of the 75th Anniversary of the Flying Tigers, the 1st American Volunteer Group.

The action will start inside the Planes of Fame Air Museum with a speaker's panel discussion featuring aviation



PHOTO COURTESY: PLANES OF FAME MUSEUM

Curtiss P-40 Warhawk, the third most produced fighter plane of WWII.

see Plane page 5

Inland Empire

32 Honored for Saving Lives

STAFF REPORTS

San Bernardino - The San Bernardino County Sheriff's Department on Friday, Dec. 18, recognized 32 personnel and citizens whose actions contributed to saving many lives.

Sheriff John McMahon presented the individuals with the awards and praised their heroic deeds at the event.

"I couldn't be more proud of the professional character displayed by all 32 individuals awarded," McMahon said.

see IE page 3

Chino P.D. Combating Package Theft

GPS tracking technology utilized in bait packages

COURTESY OF CHINO PD

Chino - Chino P.D. is utilizing GPS tracking technology in an effort to combat the growing concern of package theft from residences this holiday season. Several bait packages

see Theft page 3

Our Featured Businesses

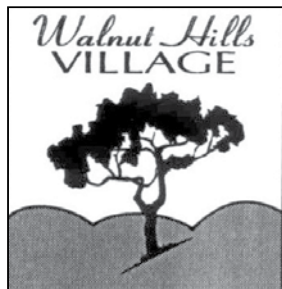
Something For Everyone At Walnut Hills Village

STAFF REPORTS

Walnut - Things can get hectic this time of year, especially after the holiday hustle and bustle. Let Walnut Hills Village help you tackle the new year rush and fulfill some of your resolutions.

Walnut Hills Village can help you be

see WH Village page 5



Walnut Hills Village is located at 20747 Amar Road, just 1/2 block west of Grand Avenue, with easy access from the 60 and 57 freeways.

Get Some R&R at Comfort Suites

STAFF REPORTS

La Puente - As the holidays come to an end - the guests have left, the shopping is over, and the big dinners are a thing of the past - it might be a good time to slow down and unwind. Why not head over to Comfort Suites to catch up on some much needed rest and relaxation.

see Getaway page 8



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

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A Better Place

By SARAH SANCHEZ

I went on a mission trip to Haiti with a team a few years ago, and lately we've been talking about going back. The team and I always talk about how much we miss Haiti, but I think it's strange that we're talking about how much we miss a Third World country, where people live in poverty and barely have enough food to eat. The other day, I really thought about what it was that I missed about Haiti and the first thing that popped into my head was the people.

The Haitian people who lived in the villages were always so friendly to us. They would wave at us as we walked by, have us hold their children, or ask us to pray with them. They were welcoming everywhere we went. They treated us as if we were family, even though we were strangers who didn't even speak their language.

The Haitian children were a whole new level of friendly. Whenever we had an opportunity to play with the children, my arm would end up being tired from holding so many of them and my legs would be tired from running around with them the entire day. At one point, I had a little over ten children surrounding me, each fighting to hold my hand, trying to play with my hair, trying on my sunglasses, asking me questions in Creole or doing anything to get my attention. The funny part was that as soon as I turned around to look at them, they would give me the biggest smile. The love they showed us was truly remarkable.

It wasn't until we were back in a United States airport that I realized how different Haiti was. The moment I realized we weren't in Haiti anymore was the moment I turned to say "Bonswa" (meaning hello in Creole) to someone, and I didn't see a smiling face like I was used to in Haiti.

It's amazing to think that I miss a country where we didn't have any electricity, where we didn't have clean water, where we barely had enough food, and where I've sweated more than I've sweated my entire life. But still, I have the urge to go back just so I can see those friendly faces and feel that special love all around me.

The question I found myself asking is, why do I have to go back to Haiti to feel this way? Why can't I have that same feeling when I'm in my own hometown? Why can't we be friendly to one another here? So I ask you to please help me spread love around the community. Say hi to one another, smile at each other, open doors, help with grocery bags, or carry out a simple act of kindness to show a stranger this love. As the years progress, I find the world becoming less civil. But who says we can't change it? Let's work together to make this world we live in a better place.



IMAGE COURTESY: MODERN DESIGN

Did You Know?

Happy New Year!

By K.P. SANDER

Happy New Year! Did you know that the very first time the New Year was celebrated on January 1st, was in Rome in 153 B.C. The month of January did not even exist until around 700 B.C., when the second king of Rome, Numo Pontilius, added the months of January and February to the annual calendar.

Around the world, different countries celebrate New Year's Eve in their own particular manner, with social gatherings, eating, drinking alcoholic beverages, some sort of fireworks display...and the "countdown". In some U.S. cities, you can still hear firecrackers popping and the banging of pots and pans- a celebration of the 50s and 60s- in nostalgic fashion.

Perhaps the most popular celebration comes from New York City; it is watched via television the world over. The very first New Year's Eve celebration in Times Square was in 1903. According to Wikipedia, Adolph Ochs, the owner of the New York Times, decided to celebrate the opening of his new headquarters, located

at One Times Square, with a fireworks show displayed from the roof of the building. Nearly 200,000 people attended the event.

Wanting to improve upon the spectacle each year, Ochs had one of his electricians design an electrically lit time ball to draw more attention. The ball was made of wood and iron and weighed 700 pounds. Approximately 5 feet in diameter, the ball was lit with one hundred incandescent bulbs and hoisted on the building's flagpole by a team of six men. As the ball dropped, it completed an electrical circuit to a large sign indicating the New Year. That first "ball drop" occurred on Dec. 31, 1907- welcoming in 1908- and it has been a tradition ever since.

The New Year is a brand new beginning, a fresh start, a time for resolutions- often overstatements of intent- to change behaviors and start anew. What did you resolve to change on New Year's Eve? Some say the very best resolution, and the one most frequently found successful, is the resolve to implement no more New Year's Resolutions. Whatever your traditions, here's hoping that your New Year is full of blessings and joy.



IMAGE COURTESY: GOOGLE IMAGES

Walnut city council election set for April

Walnut from page 1

Ching, and Nancy Tragar.

Council Members are currently paid \$300 per month and have a monthly health benefit allowance of \$700. In addition, Council Members receive \$50 per meeting for attendance at Housing Authority meetings.

The nomination period for these offices began on Monday, December 21, 2015 and close on Tuesday, January 19, 2016. Qualified candidates must be 18 years of age, a citizen of the United States, and a registered voter residing within the Walnut city limits. Candidate Handbooks are available at City Hall. Obtaining nomination papers will take approximately 30 minutes, and there is a filing fee of \$25. All candidates are requested to make an appointment to obtain or return nomination papers by calling the City Clerk's Office at (909) 595-7543, ext. 311.

If an incumbent does not file, the nomination period will be extended to Wednesday, January 20, 2016. If no one or only one person is nominated for an elective office, appointment to the elective office may be made as prescribed by the Elections Code of the State of California No. 10229.

The polls will be open on April 12, 2016 between 7 a.m. and 8 p.m. Campaign statements will be posted on the City's website: www.ci.walnut.ca.us.

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91 Freeway Construction Message Sign Hacked

STAFF REPORTS

Corona – A hacked electronic construction sign on the northbound Interstate 15 had commuters scratching their heads at the unusual message Christmas evening.

The electronic sign, which is located between El Cerrito and Ontario Avenue in Corona, was changed from a construction alert to a political message Dec. 25.

Several commuters posted images and video of the hacked sign on social media. One of the Facebook images shows the sign was changed to read: "Inland Empire Supports



PHOTOS COURTESY: FACEBOOK/NIKKI WORDEN

Donald Trump. Merry Xmas. Vote Donald Trump."

The political message was replaced on Dec. 26 when work crews returned to work after the Christmas holiday, according to the Riverside County Transportation Commission (RCTC).

The RCTC issued a press release regarding the vandalism of a changeable message

on Monday, Dec. 28.

"Enhanced security measures will be implemented to protect the signs and the project from additional vandalism," John Standiford, RCTC's Deputy Executive Director said in the press release.

At this time, California Highway Patrol investigators have no solid leads as to who vandalized the sign.

DB completes beautification projects

DB from page 1

the intersections of Diamond Bar Boulevard and Longview Drive, both of which are considered primary gateways into the city, according to city officials.

Workers installed 16 new traffic signals, created 12,000 square feet of new sidewalks, and laid 3,000 square feet of pavers.

A new gateway monument was installed at the intersection of Diamond Bar Boulevard and Longview Drive. Design details of windmills and timber rails from the city's agricultural past are incorporated in the new monument.

Other improvements included the planting of 67 new drought-resistant trees along with other water-friendly plants. Bus benches will be added by Foothill Transit later this year.

Money for the Grand Ave-



PHOTO BY: JENNIFER HEYEN

New City Monument Greets Commuters along Grand Avenue

nue Beautification Project was made possible from a federal grant obtained through the Safe Accountable Flexible Efficient Transportation Equity Act.

Carlton Peterson Park's parking lot also underwent

some much-needed rehabilitation. The rehabilitation included repaving and adding 34 new parking spots. Ronald Reagan Park will also undergo parking lot rehabilitation.

Chino P.D. combating package theft

Theft from page 1

equipped with GPS trackers have been placed at residential locations throughout Chino this week as an enforcement tool and proactive prevention measure. The device will notify police personnel when packages have been stolen and allow officers to locate suspects with a high degree of accuracy.

"We want these thieves to know we are stepping up our enforcement efforts to protect our citizens," states Special Enforcement Team Sergeant Marotta. "We hope that through the use of tools such as this, we can both prevent these thefts and



apprehend those who victimize our community members."

If you have any information related to incidents of package theft or have been a victim of package theft in Chino and would like to report it, please contact Chino PD at 909.628.1234.



PHOTO COURTESY: SBCSD

Deputies honored for their life-saving actions pictured with Sheriff McMahon.

32 deputies honored

IE from page 1

"Without hesitation, citizens and employees from various agencies stepped in and gave so many people their life back."

Among the stories of the heroic acts, here are a few shining examples:

Deputy Will Fifita was honored for saving his father's life while off-duty. On Thursday, Oct. 1, Fifita was off-duty at LAX Airport waiting to pick up family members. Suddenly, Will's father, Eddie Fifita, fell to the ground and stopped breathing, possibly in cardiac arrest. Will quickly began assessing his father's needs and was assisted by Customs Agents Philip Gaff and Kevin Mahoney. The three officers began CPR and after several minutes, Will located a pulse and his father began breathing. Eddie Fifita was transported to a nearby hospital.

Highland resident Micheal Ruth helped save an injured driver on June 19. At about 11 p.m., a traffic collision occurred on Boulder near Pacific. Ruth

witnessed a car crash into a tree and become fully engulfed in flames. Ruth ran to the vehicle, saw the injured driver in the backseat, reached into the burning vehicle and pulled the driver to safety. After rescuing the driver, Ruth stayed with the driver until he was transported to a local hospital.

Deputy Daniel Smith was honored for saving his partner Deputy David Franquez's life earlier this year.

In January of 2015, Deputies Daniel Smith and David Franquez were assigned as partners for the day on routine patrol in Rancho Cucamonga. They stopped for a quick bite to eat before their first assignment. Smith was researching the subjects they were going to contact when he looked at Franquez and realized he was choking. Franquez's face turned red and he was no longer breathing. Smith got Franquez out of the patrol car and immediately began the Heimlich maneuver. The one hard compression dislodged the food from his airway and he began breathing on his own.

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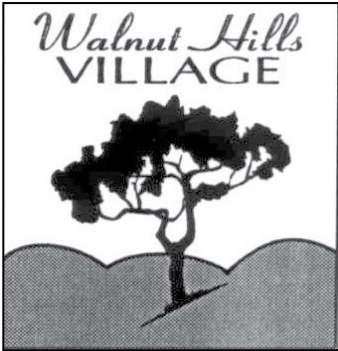
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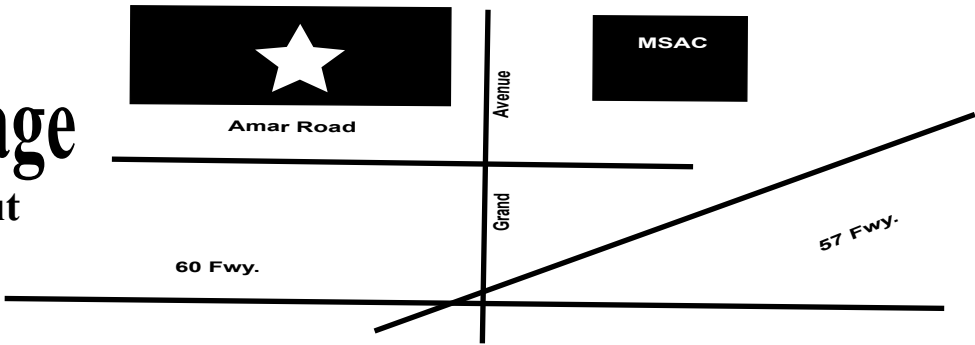
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New Laws on the Books for 2016

By CAROL HEYEN

On January 1, several new laws will hit California. Here are some that might affect you and your family:

- SB 172 suspends the administration of the California High School Exit Exam (CAHSEE) at least through the 2018 school year. High school seniors will receive their diploma without having to pass an exit exam. Students who were unable to pass the exams since 2004 will also retroactively be granted their diplomas;
- AB604 mandates that motorized skateboard users must be 16 years old, must wear helmets, and forbids the use of them while under the influence.
- SB 178 will help protect citizen privacy by requiring law enforcement to obtain search warrants in order to examine citizens' emails, text messages, Internet search history and other digital data;
- In a bill authored to cut down on accidental police shootings, SB 199 will require airsoft guns to show aspects marking them as toys, such as fluorescent trigger guards;
- In a hotly contested bill, SB 277 will require most children to obtain full vaccination by July so they can attend school in September. This bill was introduced after the Measles outbreak last spring. It removes the "personal belief" exemption for public and private school students and those in public



IMAGE COURTESY: GOOGLE IMAGES

and private daycares and other licensed facilities;

- SB 549 allows in-game charity raffles to allow winners to keep 50 percent of ticket sales. The previous law allowed charity raffles only when 90% of ticket sales were going to charity;
- SB 588 permits the California Labor Commissioner to place a lien on an employer's property to try and recoup the value of wages left unpaid if an employee has not been paid his/her full wages;
- In a bill sponsored by California College and University Police Chiefs Association, SB 707 bans concealed firearms from college campuses and K-12 school grounds;
- AB 329 makes participation in sex education courses mandatory for students unless parents purposely opt-out, and also includes the teaching of a fluid gender identity;
- AB 359: Forces stores to keep employees for at least 90 days so they cannot be fired as a result of buyouts or mergers;

- In another hotly contested fight for religious freedom, AB 775 will force crisis pregnancy centers to post a sign alerting clients of the existence nearby of public family planning programs, including abortions. These pregnancy centers are unhappy that they will have to mention abortion services when most are pro-life.
- AB 1014 will permit family members to obtain a restraining order to keep relatives who might commit gun violence from owning a gun. This bill was introduced after Elliot Rodger stabbed his roommates and went on to shoot several others near the University of California at Santa Barbara.
- In an effort to discourage frivolous proposals, AB 1100 will raise the fee for a state-wide proposition from \$200 to \$2,000.
- AB 1422 , in an attempt to enhance passenger safety, compels Uber, Lyft, and similar entities to give the California Department of Motor Vehicles access to driver records.

Vintage war plane to soar over CV

Plane from page 1

historians, impressive displays, and a rare movie screening on Saturday.

As part of the museum's monthly Living History Flying Day, this year the P-40, the most advanced fighter in the US arsenal at the outbreak of WWII and of which over 13,000 would be produced by war's end experts say, will be on display and perform a flight demonstration. The shark-faced nose art of the Flying Tigers remains among the most recognizable image of

any individual combat aircraft or combat unit of World War II.

Starting at 10 a.m., distinguished aviation experts, historians and veterans will make up the speaker's panel. Aviation Historian Kevin Thompson will moderate the discussion. The museum's Founder Edward Maloney will also bring his expertise to the presentation and help moderate.

Author and Aviation Historian Mark Carlson will discuss his latest book, Flying On Film: A Century of Aviation in the Movies. The book will be available for purchase at the event.

Guests will also be treated to "Ways of the Warhawk" movie showing. The 35-minute black and white film was produced in 1940 by the Curtiss-Wright Corporation and provides an up-close look at the mighty P-40 aircraft. According to museum officials, the film puts you in the cockpit to learn the controls and features of the P-40. Two screenings will be held at 12:45 p.m. and 1:30 p.m.

The Planes of Fame Air Museum is located at the Chino Airport, 7000 Merrill Avenue #17. The event is open to the public. The museum opens at 9 a.m.

Something for all at Walnut Hills Village

WH Village from page 1

more productive and efficient in 2016. With more than 30 stores in one location, and anchored by Stater Bros., this is one-stop shopping at its finest. There is something for everyone. And with so many independent merchants, this is the perfect opportunity to shop small by shopping local.

Drop your pet off at Sophie's Wags to Whiskers boutique for some grooming, while you

relax at Newen's Beauty Salon or Art Nails. You can run errands at several retailers, and then grab a quick lunch at Baby Elephant Thai Cuisine. There is even time to schedule that dental or vision appointment that you've been putting off, get your banking done, and run into Dollar Tree for a 2016 calendar.

Asian Kitchen Express will set you up with delicious Pho-Thai party trays for your next celebration, while Royal Florist takes care of your table cen-

terpiece. And, the UPS Store is right there to help mail your returned items from Christmas.

With so many options in one place at Walnut Village, now you can tackle those specific New Year's resolutions like meditating or flossing regularly.

The Village is located at 20747 Amar Road, just a ½ block west of Grand Avenue in Walnut. See the full page ad on page 4 of this publication for a full listing of all of the retail establishments you can find there.

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Two Men Arrested for Vehicle Theft

By SARA CIPOLLONE

Chino Hills – Two Riverside County men were arrested on Sunday, Dec. 20 by the Chino Hills Sheriff’s Station in response to a service call regarding a vehicle burglary.

On Sunday morning the Chino Hills deputies responded to a call reporting a vehicle burglary in progress. Adam Rudolph, 23, of Riverside and John Gillespie, 26, of Menifee were arrested in relation to the report.

The reporting party provided police with a description of the suspect vehicle and the last known direction of travel, according to the San Bernardino County Sheriff’s Department. Deputies set up a perimeter



PHOTO COURTESY: CHSD

Stolen vehicle and items recovered by Chino Hills Sheriff’s deputies.

and conducted a traffic stop on the suspect vehicle on Rock Springs Drive, just west of Oakland Way.

Police found several stolen items inside the suspects’ vehicle which link them to an ongoing investigation involving

numerous victims throughout the city of Chino Hills.

Rudolph and Gillespie were identified during a lineup and booked at West Valley Detention Center for burglary, conspiracy to commit burglary, and possession of stolen property.

Wild winds blast through IE

Winds from page 1

Residents took to Facebook to complain about the wild winds. Many people lost brand-new drone and helicopter Christmas gifts as they were caught up in the gusts. Garbage cans and Christmas decorations were found blown down streets, and wooden fences were blown over.

In Eastvale, a backyard palapa was snapped off its pole and landed upside down in the family’s Jacuzzi, and a trampoline that had been staked down flew up and over a brick wall.

Cleaning up the mess was no easy task. Chino Hills’ resident Steven A. Velasquez Sr. likened clean-up to “bailing water out of a sinking boat.”

City clean-up crews were seen in Chino Hills on Sunday, helping to dispose of the tumbleweeds from residents’ front yards and streets.

Some blame El Niño for the windy and freezing conditions that swept across the southland over the Christmas holiday.

NASA reports that the 2015 El Niño, currently unfolding in the eastern equatorial Pacific Ocean, is the strongest since 1997-98. According to officials,

the worst is yet to come with weather events likely to peak in early 2016.

The strong winds serve as a reminder to be prepared. The Federal Emergency Management Association (FEMA) say that high winds can be just as dangerous as heavy rain or snow. They remind residents to remove or secure items that are typically outside.

Bring patio furniture, garden tools, garbage cans, and toys inside. Trim or remove trees close enough to fall on the building. Anchor objects that are unsafe to bring inside, like gas grills or propane tanks.

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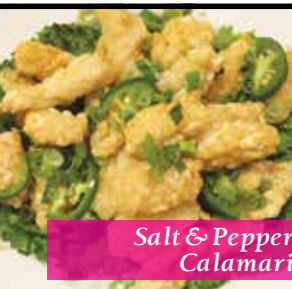
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Restrictions apply on these holidays: Valentine’s Day, Mother’s Day, Memorial Day, Labor Day, & 4th of July



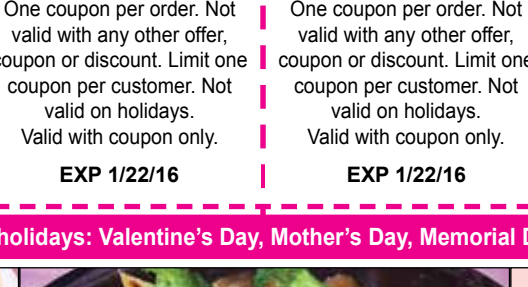
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Getaway from page 1

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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

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

Recipes:

Unbelievable Chicken

COURTESY OF ALL RECIPES

- Ingredients**
- ¼ cup cider vinegar
 - 3 tablespoons prepared coarse ground mustard
 - 3 cloves garlic, peeled and minced
 - 1 lime, juiced
 - ½ lemon, juiced
 - ½ cup brown sugar
 - 1 ½ teaspoons salt
 - Ground black pepper to taste
 - 6 tablespoons olive oil
 - 6 skinless, boneless chicken breast halves

Preparation

Step 1: In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in

the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.

Step 2: Preheat an outdoor grill for high heat.

Step 3: Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade. Makes 6 servings.

Tip: Aluminum foil can be used to keep food moist and ease clean up.



PHOTO COURTESY OF ALL RECIPES

Prep 15 min
Cook 15 min
Total Time 9 hours



PHOTO COURTESY: FIT2K.COM

How to Stay True to Your New Year's Resolutions

COURTESY OF MID-DAY.COM

BE KIND TO YOURSELF- Set realistic goals. Understand your capabilities and don't set goals that are unreachable. Consult your physician before starting any diet program. Take a few days off. Breathe and eat healthy to rejuvenate your body and soul. Take at least two weeks off each year; connect with nature, read a book, or do anything that calms your mind and nerves. During your time off, make sure to take time for doctors' appointments and other preventative health care.

FITNESS: Make separate weekend and weekday goals, since you are likely to be busy with house or office work during the week. Work out for a minimum of

five hours per week, in increments that work best for you. Change your fitness routine on the weekends by trying out new sports, or by engaging in any activity that sounds fun to you. Avoid a few foods that are fattening rather than banning one type of food entirely.

FINANCES: Plan wisely. Financial planning does not begin with a new year; it needs to be a lifelong commitment. Do not keep all your eggs in one basket. Do not depend on free advice; you may have to pay for professional help but it will set you in the right direction. Make sure you have adequate health and life insurance for each earning member of the family.

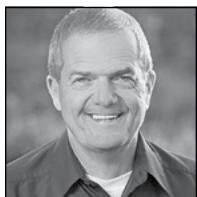
RELATIONSHIPS: Hit a positive high. Work hard on yourself and your belief

system. Do away with negative thought processes and challenge yourself. Work on the art of communication, with yourself and others. Do not be defensive. Be positive about yourself and your goals. This will help bring emotional stability and affect the way you behave with everyone.

WORK: Right the wrongs. Go back in time and examine your work patterns at earlier workplaces. Determine the things that went wrong, and fix them in the future. Don't be negative and judgmental about your colleagues, as this will end up affecting you as well. If you have to be a leader, be confident, not a tyrant. For a good environment and results at the workplace, happy colleagues are important.

Go The Extra Mile

By PASTOR MARK HOPPER



One phrase that we have often used in our family is "Go The Extra Mile".

We would tell our kids to do more than they were asked to do. We wanted them to go beyond what was expected of them.

During His Sermon on the Mount, Jesus gave a series of instructions to his followers. He challenged them to live differently than the culture of their time. In Matthew 5:41, Jesus said, "If someone forces you to go one mile, go with him two". At the time Jesus spoke those words, the nation of Israel was under Roman occupation. A Roman soldier could force anyone to carry his equipment and materials up to a full mile. No one could refuse this demand.

When Jesus said, "go with

him two," He was saying that His followers should exceed what is demanded of them by those in authority. Followers of Christ should go "above and beyond" what is required of them. Today, many people do as little as possible. Students in school spend as little time as necessary to complete their homework. Employees often do the same thing. They can't wait to punch their time card and leave their building or factory.

I wonder about you. When you are given an assignment at work or school, do you strive for excellence or just try to do the minimum required? Do you exceed the expectations of your teacher or boss or do you only do as little as necessary to complete the assignment? What would your classmates or co-workers say about the quality of your work and the level of your performance?

I read a story about a man in England who built walls out

of rocks and stones. You see these stone walls all over rural England. He was very careful to make sure that the foundation of the wall was well built, even though it would eventually be covered up with dirt. When his young apprentice asked him why he spent so much time and effort on the part of the wall that no one would see, he replied, "Even if no one else sees it, I will know and God will know if it was well built."

Let me challenge you to exceed expectations and excel in what you do. Look for opportunities to "go the extra mile." Others may never know the extra time and effort you invested, but God will know and you will, too!

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

Straight Talk with Danice

Restless Marriage -
A letter from C.L.

By DANICE AKIYOSHI, N.D.



Q: I find myself feeling really restless in my marriage. My husband

is a very nice man, but my requests to add more excitement into our relationship are being ignored. He seems very uncomfortable when I bring up the subject of improving our romantic life. I notice that he buys me more gifts and takes me to nice dinners when I complain, but that's not what I'm after. I want more intimacy. He is healthy in every way and so am I. My sister said that this is what happens after 12 years of marriage. I don't want to believe this is true and that things will get steadily worse. He seemed

uncomfortable with the idea of getting counseling. He said we are fine and that he's just been tired lately. I worry that he no longer finds me attractive even though I've worked very hard to stay fit and healthy. I don't know what to do.

A: You say you have tried to communicate your needs clearly to your husband and he is not taking you seriously. Is this the way your relationship works in other areas too, or just in the intimacy department? Give it some thought. Maybe you'll see that there is a pattern in other areas of your relationship where you are being ignored. If in fact you have communicated clearly that you feel dissatisfied with the degree of intimacy in your marriage, your husband should be on red alert and strive to remedy that situation promptly. If you are both healthy then there should be no problem spicing things up a bit. If your husband is content in allowing you to feel insignificant to him

then he has some ugly trouble awaiting him in his future. The fact that you took time out to write to me means you are not going to deal well with being ignored, nor should you. This is the time to get some serious conversations started before you find yourselves in jeopardy, and while you still love each other. Do not wait. Seek assistance if you need to, but I urge you to aggressively address this issue before you end up dealing with many more serious problems. At this stage things can be turned around pretty quickly if the love is there.

I wish you the best of luck.

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.candid-coachingservices.com.

No More Failed New Year Resolutions

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



It's that time of year when we all start setting resolutions for the New Year. As

we do this, we also wonder why we didn't meet our resolutions from the last year. Usually the reason we don't accomplish resolutions or goals is because we make them unrealistic. We also don't give ourselves credit for accomplishing part of the goal. For example, let's say you wanted to lose thirty pounds this year, but you lost fifteen pounds. I say that you were successful because you did part

of what you set out to do. I say that if we move in the direction of our goals, we are successful. I also believe that if we are able to incorporate this mindset into our daily lives, we will eventually meet the entire goal. On the other hand, if you feel that you have failed, chances are that you'll probably put the fifteen pounds back on that you originally lost and then really beat yourself up.

Be smarter this year, set more realistic goals, and remember that all good things take time. More importantly, meeting a goal is usually about changing a habit. It can take a while sometimes to successfully change a habit. Think of your goals more as lifestyle changes. If your goal

is to lose weight or to get in better shape, think about how long you have had your bad habits and the fact that you are trying to make permanent changes in your lifestyle. Don't be so hard on yourself this year and learn to be happy with the baby steps that you accomplish toward the big goal that you have in mind. Also learn to reward yourself as you accomplish each baby step. Make this New Year the year you stop self-sabotaging and finally meet those life-changing goals. I believe in all you and know that you can be and have what you deserve if you just follow my plan. Happy New Year!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and



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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.

Brahma Mathletes Named National Champs

By KELLI GILE

Diamond Bar - Diamond Bar High's Math Team wrapped up its undefeated season in dramatic fashion.

After eight weeks of exciting competition against hundreds of schools across the nation, the Diamond Bar students were named the national Math Madness champions on December 11.

Math Madness is a national online event inspired by college basketball's March Madness tournament. Teams in the contest, which is sponsored by the American Mathematics Association (AMA), play in a round-robin format and then are seeded into a draw of 64 teams.

First reports from the December 9 finals ranked the Brahmas as second place finishers against competitors from Valley Christian High School in San Jose. Two days later, officials announced that the first place team had cheated, and named the Brahmas the winners.

"We knew that the final match was going to be very, very close," commented math teacher and advisor Jeff Brose. Teachers Dena Lorde and Jimmy Kuo served as co-advisors and retired teacher Howard Alcossier as Coach Emeritus.

Each 30-minute weekly match contained a set of 10 questions which became more difficult as the competition progressed. "In one of our matches this year, we earned the deciding point with just seconds remaining," said Brose, whose team played in the Division IIE, which is the division made up of teams with more than 20 active members. "Making it to the finals this year was a pretty big thing," Brose said. The school's best finish to date was making it to the quarterfinals.

"They (Valley Christian) had been performing on par with us through the tournament," he

added.

Playing other opponents in the semifinals, DBHS earned 69 points and Valley Christian earned 70 points. The team score was comprised of the top players' scores. In the final match, Diamond Bar earned 62 points, with about 60 students competing. "Valley Christian shocked everyone by earning a whopping 93 points," Brose said.

Diamond Bar's top performer was Benjamin Chen, who was able to earn 9/10 on the final. Ben is ranked #21 in the nation out of over 17,000 students.

Runner-ups Sabrina Tseng and William He each scored 7's on the exam.

"When Valley Christian turned in an unbelievable six perfect 10/10 scores, AMA's Tim Kelley determined they had cheated," Brose said. In the end, Diamond Bar was awarded the championship. "This capped a truly unforgettable season," said Brose. The students learned some lifelong lessons, including the value of working as a team toward a goal and performing under pressure with poise and integrity, Brose said. "And they

learned some cool math too!" he quipped.

Diamond Bar High was among a select group of schools invited to join the new Math Madness competition when it began a few years ago. Since then the contest has grown tremendously.

"Being named the champions is a major accomplishment, because a large number of the schools involved in the contest are private schools, prep schools, and specialized math and STEM academies," Alcossier said.



PHOTO COURTESY OF WVUSD

Diamond Bar students named the national Math Madness champions on December 11.

Tournament Win for CH Basketball

By MONIQUE VALADEZ

Chino Hills - Chino Hills High boys' basketball team received an early Christmas gift last Wednesday when they won the City of Palms Classic Tournament in Florida.

The Chino Hills Huskies won the prominent tournament with a 66-60 overtime victory against Patrick School of Elizabeth, N.J.

"It's the best tournament in the nation," said Chino Hills coach Steve Baik. The Huskies knocked off some of the nation's best boys basketball teams to reach the top including Thomas Jefferson High of New York, Monteverde Academy of Florida, and High Point Christian of North Carolina.

With the victory, Chino Hills became the fifth California school to win the tournament and the first since Santa Ana's Mater Dei in 2008.

UCLA-bound senior Lonzo Ball was named the tournament's Most Valuable Player and scored 20 points in the final.

The Huskies are also seeking to be named the best boys' basketball team in the country when ranking results are released this week by a USA Today High School Sports Poll.

The Huskies winning streak will continue at the MaxPreps Holiday Classic Tournament through Dec. 29 in Rancho Mirage.



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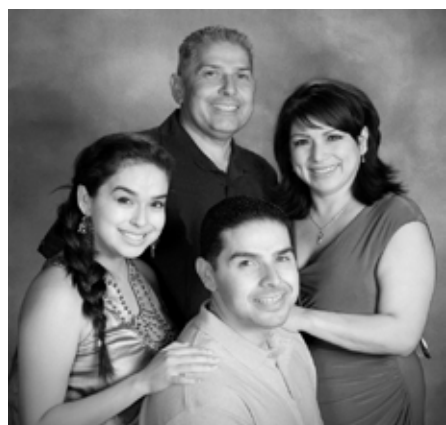
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- 4 Bedrooms
- 2 ¾ Bath
- 2,150 Sq. Ft.
- Two Story
- 3 Car Garage
- Built in 1986

Standard Sale of a wonderful area home by the original owner from 1986! This home offers 4 bedrooms and 3 baths! Large Family Room with fireplace, Formal Dining Room, Spacious Living Room with vaulted ceilings, comfortable kitchen, lattice-Covered Patio with deck, 3 large bedrooms upstairs and so much more. It needs upgrading throughout but it is clean and ready for you to make it your own!



Spacious interior with vaulted ceilings! Perfect for entertaining.



Warm kitchen offers plenty of counter space and ample storage.



Family room with fireplace will be sure to keep the family close and cozy.



Private backyard with fruit trees, lattice-covered patio and sturdy block wall.



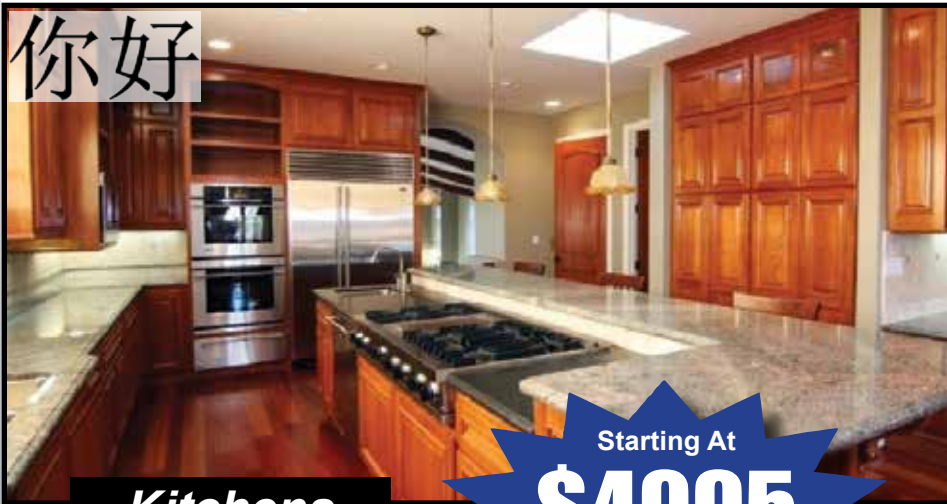
Wide stairway leads to 3 spacious upstairs bedrooms!

Located on a corner lot with views to the neighboring Chino Hills!

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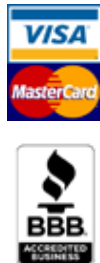
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Any Purchase
of \$25 or more
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1/2 off
Entrée

Buy 1 entrée, receive the 2nd entrée of equal or lesser value at 1/2 off

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