

OurWEEKLYNEWS.com

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Walnut

Mt. SAC Spring Registration Begins Jan. 13

By MIKE TAYLOR, Mt. SAC

Walnut - Online registration for Mt. San Antonio College's spring semester credit classes begins Jan. 13. Classes begin on Monday, Feb. 22.

All credit students must register for classes online through the My Mt. SAC Portal at my.mtsac.edu. New students must submit

[see Walnut page 5](#)

Diamond Bar

Create the Future of DB Parks

Jan. 21 Workshop Seeks Residents Input

STAFF REPORTS

Diamond Bar - In a county-wide effort to determine park and recreation needs, the city of Diamond Bar is asking residents to give their input in shaping the future of city parks during a public workshop

[see DB page 4](#)



7-11 clerk celebrates winning ticket

PHOTO COURTESY: FACEBOOK

Winning Ticket Sold in Chino Hills!

By CAROL HEYEN

Chino Hills - Lady Luck struck Chino Hills on Wednesday night, when it was announced that a winning Powerball ticket had been

bought at the 7-11 convenience store on Chino Hills Parkway and Pipeline Avenue.

Chino Hills' residents eagerly checked their tickets after it was announced that the winning ticket

was bought in the city. Ashley Wagenhoffer, a Chino Hills resident, admitted to checking her tickets "more times than I'd like to admit."

[see Lotto page 5](#)

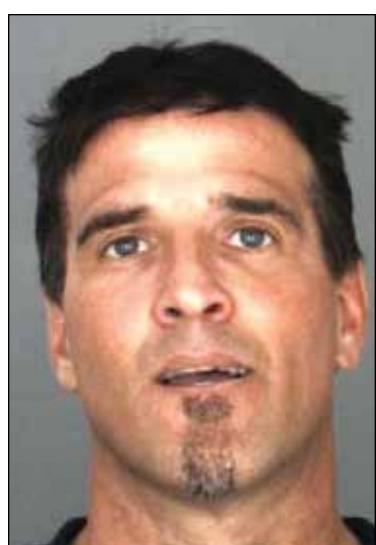


PHOTO COURTESY: CHINO PD

Chino School Placed on Lockdown

STAFF REPORTS

Chino - A man who ran from police prompted one Chino Valley Unified School District school to be placed on lockdown Thursday, Jan. 7, Chino police said.

Larry Lopez, 46 of Chino, who was stopped for a minor traffic infraction on Thursday, was able to get away and was

believed to have barricaded himself into his home on San Antonio Avenue near Rhodes Elementary school.

Around 10 a.m., Schafer and San Antonio Avenues were closed and Rhodes Elementary was put on lockdown while police tried to get Lopez to surrender, officials

[see Lockdown page 4](#)

Inland Empire

Catholic Church Tagged by Vandal

STAFF REPORTS

San Bernardino - County Sheriffs are searching for a male suspect after a Catholic church was tagged with graffiti last Friday, Jan. 8.

In black paint, the suspect spray painted offensive symbols including swastikas and pentagrams on the outside walls and front entrance doors.

Last Friday at approximately

[see IE page 4](#)

chARTS Hosts "Meet the Artist"

COURTESY OF THE CITY OF CHINO HILLS

Chino Hills - The Art Committee of the Chino Hills Community Foundation, known as chARTS, has partnered with the City of Chino Hills to showcase the work of local artists in the lobby of the Chino Hills Community Center, located at 14250 Peyton Drive. The artwork is now on display.

There will be a "Meet the Art-

[see chARTS page 5](#)

Our Featured Businesses

Apex Lawyers, Inc.

Law doesn't need to be as complicated as some firms make it out to be

By CLAIRE LEWIS

Do you have a legal issue? Are you not sure where to go or who to talk to?

[see APEX page 4](#)



Apex Lawyers, Inc. is located at 21671 Gateway Center Drive, Suite 108, in Diamond Bar. They can be reached at (909) 860-0342, or visit www.apexlaw-inc.com for more information. See their ad on page 7.

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STAFF REPORTS

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[see Clark's page 8](#)

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IMAGE COURTESY: BIOGRAPHY.COM

History 101

Dr. Martin Luther King, Jr.

STAFF REPORTS

During the less than 13 years of Dr. Martin Luther King Jr.'s leadership of the American Civil Rights Movement from December 1955 until April 1968, African-Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced, according to The King Center in Atlanta, Georgia.

MLK Jr. was the son, grandson and great-grandson of Baptist ministers. Drawing inspiration from both his Christian faith and a 1959 trip to India where he met with Mahatma Ghandi, who he described in his autobiography as "the guiding light of our technique of nonviolent social change," Dr. King led a nonviolent movement in the late 1950s and '60s to achieve legal equality for African-Americans in the United States.

While others were advocating for freedom by "any means necessary," including violence, Martin Luther King Jr. used the power of words and acts of nonviolent resistance, such as protests, grassroots organizing and civil disobedience to achieve seemingly impossible goals, according to The King Center.

Dr. King's "I Have a Dream" speech, which took place on the steps of the Lincoln Memorial in front of a crowd of over 250,000, is widely renowned as one of the greatest speeches of the 20th century.

King was assassinated on April 4, 1968, by James Earl Ray, a serial convict, while standing on the balcony of the Lorraine Motel in Memphis, Tennessee. More than 100,000 mourners, including Jacqueline Kennedy and Hubert Humphrey, followed King's coffin as it was pulled through the streets of Atlanta.

Martin Luther King Jr. is the only non-president to have a national holiday dedicated in his honor, the only non-president memorialized on the Great Mall in the nation's capitol, and has numerous parks, schools, named in his honor.



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High Cholesterol At 23

BY SARAH SANCHEZ



There's always a few days in your life that you'll never forget. For me, it was when I was visiting my doctor, just before Thanksgiving, and she walked in and told me that my bad cholesterol was twice as high as it should be. The doctor said if I didn't get my cholesterol down as soon as possible, I was at risk for a heart attack, diabetes, and infertility. That last one hit me hard, considering I just got married and having children is all we ever talk about. I remember staring at her, trying to process the information I was just given; trying to hold back the tears that suddenly filled my eyes. I couldn't believe it. There was a possibility I couldn't have kids, and I had high cholesterol at 23.

The doctor told me to change my eating habits, and to stay away from carbohydrates, sugar, and alcohol. She prescribed medication, and sent me on my way. I walked out of the doctor's office shocked and confused, with no idea what to do next. I cried a lot that week. I went into a bit of depression after imagining that I might not be able to give my husband a child because of my eating habits. I replayed the conversation in my head, confused on how this happened. My husband and I barely ate out because of finances. I cooked

chicken or turkey meat almost every day, I don't drink soda or coffee, and I rarely drank alcohol. I just didn't get it.

That following Sunday, my husband and I went to our couple's small group and I completely broke down. Surrounded by people I had just barely met, I held my husband's hand, told them everything, and I cried. I let it out. And I'll be honest, I felt better. They were so supportive, offering recipes, a group diet, and prayer. I couldn't believe the love I got from them, strangers that suddenly became my support group in a time of need.

After my breakdown, I just snapped out of my depression. I was motivated. There was no way my eating habits were going to be the reason I couldn't have kids. My mind was set: something had to change.

With love and support from my husband, I spent the next three months changing my lifestyle. I monitored everything I ate and developed an exercise routine. I went on a protein shake diet for the first two weeks, and then maintained my weight by eating smaller portions of strictly healthy food. I also downloaded the "My Fitness Pal" app, which helped me realize what's actually in the food I was eating.

It was tough to change everything at first. I felt ridiculous reading labels at Trader Joe's and then looking up to see an 80-year-old man doing the same thing right next to me. But I stuck it out, and I'm happy to say that

four months later, I'm down 12 pounds, I'm off medication, and my cholesterol is normal.

I truly believe that everything happens for a reason. This experience helped me to learn how to use low-fat alternatives, realize what foods are actually bad for me, and it also helped me build a closer relationship with my husband, family, and friends. My family was inspired to go to the doctor for routine checkups, too.

I think the most important outcome out of this experience was that I was able to feel better about myself. I've had low self-esteem since I was very young, and on every birthday since I was about 13-years old, I wished I was "skinny" when I blew out the candles. But every year, I never did anything about it. Having high cholesterol forced me to lose weight, and now that I have, I feel better where I am. This past year was the first birthday that I didn't wish to be "skinny" because for once in my life, I felt comfortable with the weight I was at.

In the end, I realized having high cholesterol went from being devastating news to being the best thing that ever happened to me. God always has a bigger plan for us and sometimes we need to stop looking at the problem that's happening in the moment, and look toward the positive outcome that it can have in the future. So even though I'd never thought I'd say this, I'm thankful to have had high cholesterol at 23.

Martin Luther King Jr. Day Schedules

Monday, January 18, 2016 is a holiday for schoolchildren in the area.

The City Halls of Walnut, Eastvale, Chino Hills, Norco and Corona will be closed for the day. The Diamond Bar and Chino City Halls will remain open.

Trash pickup will run on a normal schedule.

Post offices and San Bernardino and LA Public Libraries will be closed.

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Sandbags Now Available

COURTESY CITY OF CHINO HILLS

Chino Hills – In preparation for El Niño, the City of Chino Hills Public Works Department has been cleaning V-ditches along slopes and roadways, and has also been cleaning debris from storm drains, catch basins, and flood control channels. If you see any of these areas clogged with debris, report the location by calling Public Works at (909) 364-2800 or the after-hours on-call hotline at (909) 364-2860.

The City of Chino Hills and the Chino Valley Fire District encourage residents to take steps to protect their property before the rain begins. Homeowners should do their part by clearing debris from rain gutters, downspouts, and drains so water can flow and drain



PHOTO COURTESY: GOOGLE IMAGES

properly. Residents with yards that are prone to erosion during heavy rains should consider implementing erosion control mechanisms such as sandbags and the use of straw rolls or wattles. Residents should check roofs for leaks, damage, or displaced tiles, and pay close attention to areas where separation could occur, such as around the chimney.

The City of Chino Hills has delivered sand, and the Chino Valley Fire District has delivered sandbags to Fire Station No. 64, located at 16231 Canyon Lane; and to Fire Station No. 62, located at 5551 But-

terfield Ranch Road. Citizens with proof of residency will be issued 25 sandbags per household. Bring a shovel to fill the sandbags. For tips on filling and placing sandbags, visit www.chinovalleyfire.org/sandbags. For properties that require significant sandbagging, sandbags are available for purchase at local hardware stores.

For more information, please visit the City website at www.chinohills.org/ElNino to learn more about what you can do to prepare, how to stay safe during floods and heavy rains, and website links to other helpful resources.

Did You Know?

New U.S. Dietary Guidelines - Everything you need to know about what to eat and what not to eat

COURTESY OF THE WASHINGTON POST

Go ahead and have those eggs. That's just one piece of good news from the U.S. dietary guidelines released on Thursday. Updated every five years, the government recommendations have been credited -- or blamed (depending on whom you ask) -- for shaping the eating habits of generations of Americans.

The 2015 revision contains a few radical changes, such as removing recommendations to limit intake of cholesterol-rich foods and adding a reference to coffee as potentially being part of a healthy diet. But the real difference, nutritionists say, is that eating well no longer just means cutting back on fat or calories -- a simple idea that has been promoted for decades but has left us fatter and sicker than ever. It's now about having a healthy pattern of eating.

U.S. Agriculture Secretary Tom Vilsack emphasized that the new guidelines show there are a variety of ways to have a nutritious diet. "We are suggesting to American families they don't need to make huge fundamental changes, that in fact small changes can add up to big differences," he said.

Here are the highlights:

• Salt: Less than 2,300 milligrams/day for everyone. That's one teaspoon. (Previously, if

you were African-American, older than 50 or had certain chronic conditions, the recommended limit would have been 1,500 mg/day.)

- Coffee: Up to 5 cups a day.
- Dairy: Stick to low-fat or skim milk.
- Sugar: Keep added sugars to less than 10 percent of daily calories.
- Cholesterol: No limit anymore, but the report still cautions not to have too much.
- Alcohol: Up to one glass a day for women, two for men.
- Meat: Get a variety of it, but go for lean and watch out for saturated fat (see below).
- Saturated fat: Keep to less than 10 percent of daily calories.

While the document explaining the new guidelines does not explicitly tell Americans to cut back on processed or red meat, it does contain a chart with examples of foods high in saturated fat that should be limited, which includes a lot of meat products like hamburgers. The U.S. panel behind the guidelines had access to the same science as the W.H.O. but appears to have come to different conclusions about the risks of processed and red meat given the absence of any strong wording against those foods.

Eat more of:

- A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables. Health and Human Services Secretary Sylvia Burwell put it more simply, suggesting Americans select "a variety of colors" when eating produce.
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain

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Three Arrested in String of Robberies

COURTESY OF CORONA PD

Corona – On Sept. 21, 2015, the Corona Police Department began investigating a string of robberies which occurred at three different locations within a six-hour time period in the City of Corona. The robberies occurred at the following locations:

- USA Gas, 1205 South Main Street, Sept 21, 2015 at 9:19 p.m.
- 7-11 Store, 700 West Sixth Street, Sept. 22, 2015 at 12:58 a.m. and 3 a.m.
- 7-11 Store, 725 East Grand Blvd., Sept 22, 2015 at 3:37 a.m.

In each of the robberies, the suspects were described as two males, possibly Hispanic, who concealed their faces and demanded money from the cash register. As a result of the robberies, the suspects made off with cash, lottery tickets, cigarettes, and also a wallet from a customer at one of the locations.

On Oct. 30, 2015, officers responded to a report of a robbery at USA Gas, 1205 South Main Street, in which one male Hispanic suspect had fled with cash. The suspect was located hiding at a nearby city park, where

he was arrested for the robbery. The suspect was identified as Axl Garcia, 22-years-old, of Corona.

Corona Police detectives continued to investigate the string of robberies that had occurred in September, and had information that Garcia may have been involved.

On Jan 6, 2016, Corona Police detectives, with the assistance of the Riverside County Post-Release Accountability Team (PACT) and the Riverside County Gang Task Force-Region 8, served a search warrant at Garcia's Corona residence. Detectives arrested two additional robbery suspects, Jimmy Olivares, 21-years-old of Corona, and a 16-year-old male.

Olivares was cited and released from the Corona Police Department on a lesser charge and the 16-year-old male juvenile was charged with four counts of robbery and associated gun charges. Garcia remains in the Riverside County Jail on an unrelated incident and will be charged with additional counts of robbery related to the string of robberies in September within the City of Corona.

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Catholic church tagged

IE from page 1

2:25 a.m., deputies responded to a report of vandalism in progress at Our Lady of Hope Catholic Church located at 6885 Del Rosa Ave. in the county area of San Bernardino. The suspect fled the location prior to deputy arrival, department officials said.

Witnesses described the suspect as a male Hispanic adult wearing a blue jacket and dark pants, the authorities said in a statement released on

Monday.

Church volunteers worked into the evening painting over the graffiti, according to parish officials.

There are no leads as of Monday, Jan. 11. Sheriffs are investigating the incident, and are asking the public to help with any information by contacting the San Bernardino County Sheriff's Office. Callers wishing to remain anonymous are urged to call the We-Tip Hotline at 1-800-78-CRIME (27463) or the WeTip website at www.wetip.com.



PHOTO BY: JOHN P

Chino school placed on lockdown

Lockdown from page 1

said.

At 11:37 a.m., the school district posted on their Facebook page that the school was placed on locked due to police activity in the area. Afternoon Kindergarten classes were cancelled.

Officers deployed a flash bang at the house at 1:45 p.m. in attempt to make contact with the suspect. Police broke into the house at 3 p.m. and found

that Lopez had evaded them.

The school district posted regular updates on their social media pages to keep public informed. Parents were also notified by a phone blast message by the school's Principal Dr. Freed. Updates were also posted on Facebook.

The lockdown was lifted at regular dismissal time of 3:20 p.m. Dismissal took place at Cypress Trails Park, next to the school.

Dr. Freed thanked parents for their patience and com-

mended students and teachers for their outstanding cooperation with police.

"We did the best we could while working in partnership with Chino Police," she said. "Every decision was made with the safety of students as the number one goal."

Lopez was apprehended the next morning at his home on San Antonio Avenue. He was taken to the West Valley Detention Center and booked for felony evading and an outstanding prior warrant.

Create the future of DB parks

DB from page 1

Thursday, Jan. 21 at 7 p.m.

"We know that access to parks is so important to the health and quality of life of all communities. And, it is so important for all LA County residents to attend these meetings and tell us what they believe the priorities for park and open space should be," the Park Needs Assessment Project Director for the County Department of Parks and Recreation Rita Robinson said in a press release.

Held at the Diamond Bar Center, city officials say that the workshop will help deci-

sion makers and residents better understand Diamond Bar's nine parks and recreational facilities, as well as community programs and services. Diamond Bar Center is located at 1600 Grand Avenue.

Comments and suggestions gathered from the workshop will be submitted to the County of Los Angeles as part of a Countywide Comprehensive Park and Recreation Needs Assessment. The assessment period will run through February.

According to county officials, the assessment will identify need based on park acreage, park access, park use, park condition, and the number and

type of park amenities available in communities.

"It's absolutely critical that all residents across Los Angeles County have access to thriving, high quality parks. For the first time, this assessment will allow us to truly understand the park needs of every community within the county," Robinson added.

A two-question online survey is available on the county's website, www.lacountypark-needs.org/survey, for those unable to attend the workshop.

A final report with findings and estimated costs from the assessment will be presented to the County Board of Supervisors in May.

Apex Lawyers, Inc.

APEX from page 1

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Shazad D. Omar, Esq., is the managing attorney at Apex Lawyers, Inc. and has experience in a wide variety of legal issues. Mr. Shazad is a grad-

uate of Whittier Law School and prides himself in providing high-quality services to all his clients regardless of the type of issue the client is facing.

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PHOTO COURTESY: FACEBOOK

chARTS hosts "Meet the Artist"

chARTS from page 1

ist" reception on Thursday, January 14th from 6:00 to 8:00 p.m. The featured artist this quarter is Chino Hills' resident Marilee Poirier. She first discovered her passion and talent for drawing during her early childhood in the Philippines. She moved with her family to the United States in 1982, where she began sketching realistic portraits of her family and friends. Marilee is a self-taught artist who specializes in portraits, landscapes, and illustrations. She works with several traditional drawing mediums, such as charcoal, colored pencils, and watercolor, as well as digital technology to create dig-

ital paintings and illustrations. Marilee is a wife and mother who finds personal fulfillment in being an artist. Her greatest inspirations are her family and God.

New permanent artwork at the Community Center will also be featured at the January 14th reception. The artwork was purchased through a \$10,000 donation from the County of San Bernardino during the tenure of former San Bernardino County Supervisor Gary Ovitt. The newly-installed pieces include three custom eight-foot murals painted by local artist Enrique Vidal; canvas prints of photos taken by professional photographer Council Member Peter Rogers; historical photos of the Chino

Rancho Ride; and "before" and "after" aerial photographs of locations in the city. In addition, a beautiful Oak tree painting by Laguna Beach artist Carolyn Reynolds has been relocated to the Community Center lobby from the reading room in the Library.

ChARTS is led by local artists and art lovers who represent a wide range of expertise in fine arts, graphic design, music, creative writing, theater, and more. They encourage the creation, enjoyment, and enrichment of the arts in Chino Hills. The Chino Hills Community Center serves as a home base for chARTS. For more information about chARTS, please call (909) 364-2736.

Mt. SAC registration

Walnut from page 1

an admission application online. For students who do not have computer access, computers and assistance are available in the Student Services Center during business hours. The Admissions Office is open now Monday through Thursday, 8 a.m. to 7 p.m., and Friday from 8 a.m. to 4:30 p.m.

Before registering, new stu-

Before registering, new students are required to activate their personal Mt. SAC portal account through the My Mt. SAC Portal at my.mtsac.edu. Instructions on how to do this, along with a username, are sent to the new student's email address the student used when applying to the college. Through the portal, mtsac.edu, students will be able to view their registration date and time but will not be allowed to register before their assigned

time. New students must also sign up for their assessment tests at the Assessment Center. Appointments can be made at www.mtsac.edu/assessment, by calling (909) 274-4265, or in person at the Assessment Center.

Students are urged to prepare for assessment testing by reviewing the information available on the Assessment Center webpage.

In addition, new students must also sign up for the required new student orientation session before registering for classes. For more information about required orientation sessions, call the Mt. SAC Counseling Department at (909) 274-4380.

(903) 274-4380.

The enrollment fee is \$46 per unit for California residents, and all fees are due upon registration.

For more registration information, call the Mt. SAC Admissions & Records Office at (909) 274-4415, or visit www.mtsac.edu.

Winning Lotto ticket

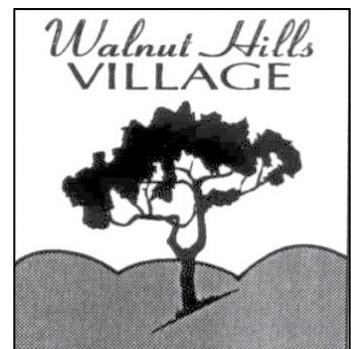
Lotto from page 1

The winner has not come forward, but Chino Hillians were still cheering on their city. The 7-11 was swarmed by residents eager to celebrate the win with shop owners. The store will receive a \$1 million bonus for selling the winning ticket.

The ticket, worth approximately \$528 million, was one of

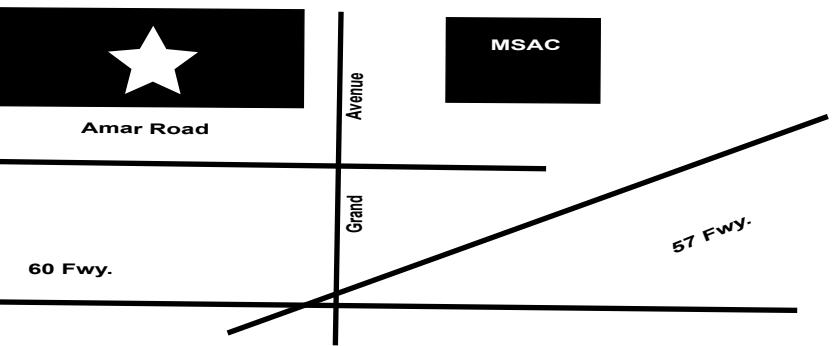
three winning tickets sold for this week's record \$1.5 billion Powerball drawing. The other winning tickets were sold in Tennessee and Florida. This was the largest lottery prize ever offered in North America.

For every \$1 in lottery sales, half goes to prize winnings, 40 percent goes to education and 10 percent goes to the retailers who sell the tickets and administrative costs.



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50% Cleaners	444-1111
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Electric Beach Tanning	839-1992
GNC Vitamins	869-7272
International School of Montessori	594-8172
Baby Elephant Thai Cuisine	595-3034
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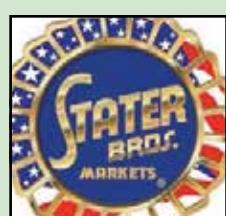
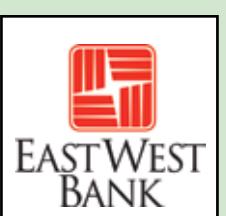
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The image is a full-page advertisement for 'One Hour Glasses & Contacts'. The top half features a large, stylized title 'One Hour Glasses & Contacts' with a 'without the "One Hour Wait"' subtitle. Below this is a 'Back to School' section. On the left, there's a '1-1-1 Color Technologies' graphic with a grid of six eye color examples: Blue, Brown, Green, Grey, Honey, and Turquoise. A young girl with blonde hair and a colorful floral top is shown wearing pink-rimmed glasses. To her left is a small image of a boy with glasses. A pink banner at the bottom of the girl's photo reads 'Lilly Pulitzer'. The right side of the page is filled with promotional offers: 'GLASSES FRAME AND LENSES \$59*', 'SAVE \$25 DESIGNER & FASHION FRAMES', 'No-Line Bifocals \$99', 'EYE CARE PACKAGE ONLY \$179*', 'FRESHLOOK COLOR CONTACT LENSES \$269', and 'BREATHABLE CONTACT LENSES \$249'. Each offer includes a small image of a person wearing glasses. The bottom section features several professional centers: 'La Puente Optometry Center' (with a 'Dr. Andrew G. Chong, MBA, O.D. & Associates' box and a map of the Puente Hills Shopping Center), 'Chino Optometry Center' (with a 'Dr. John T. Ju, O.D. & Associates' box and a map of Chino), and a central 'GENERAL PRACTICE' section. The bottom right corner includes a 'One Hour Glasses & Contacts' logo and a 'EXP 1/31/16' expiration date. The top and bottom edges of the page are bordered by a repeating 'DIOR • VERSACE • CALVIN KLEIN • TIFFANY & CO. • GUESS • PRADA • JUICY COUTURE • DOLCE & GABBANA • BVLGARI • BCBG' brand header.

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The logo for Clark's Nutrition & Natural Foods Market. It features the word "Clark's" in a large, stylized green script font inside an oval border. Below it, the word "NUTRITION" is written in a smaller, bold, green sans-serif font, with a registered trademark symbol (®) to the right. Below the oval, the words "& Natural Foods Market" are written in a smaller, green, sans-serif font.

Natural Foods Market

MORE GREAT JANUARY DEALS

A black plastic tub of MRM All Natural Isolate Whey Protein. The label is blue and yellow, featuring the "MRM" logo at the top, followed by "All Natural" and "Isolate". The main product name "Isolate" is in a large, bold, yellow font. Below it, "WHEY PROTEIN" is written in a smaller, bold, yellow font. The label also includes "100% NATURAL FLAVORS AND CHOCOLATE", "HORMONE FREE AND CHOLESTEROL FREE", and "FRENCH VANILLA" flavor. A red circle at the bottom left contains the price "\$34.95" and "1.99 lb.".

A black plastic tub of Twinlab IsoWhey Fuel protein powder. The label is black with orange and white text. The "TWINLAB" logo is at the top, followed by "ISO WHEY FUEL" in large letters. Below that, "VANILLA CREAM" flavor is specified. A red circle in the center contains the price "\$28.99" and "Vanilla or Chocolate". To the right, another tub of the same product is partially visible.

A black plastic tub of Twinlab IsoWhey Fuel protein powder. The label is black with orange and white text. The "TWINLAB" logo is at the top, followed by "ISO WHEY FUEL" in large letters. Below that, "CHOCOLATE MILKSHAKE" flavor is specified. A red circle in the center contains the price "\$28.99" and "Vanilla or Chocolate". To the left, another tub of the same product is partially visible.

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A photograph of a young woman with curly hair hugging an older woman from behind. Both are smiling warmly. The background is a bright, slightly out-of-focus indoor setting.

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Corona Certified Farmers Market
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Local Races

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

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

Recipes:

Helen's Zucchini Casserole

COURTESY OF FOOD.COM

Ingredients

- 6 medium zucchini (thinly sliced)
- 1 medium onion (chopped)
- 1 large fresh tomato (chopped)
- 1 garlic clove (minced)
- 1 (8 ounce) can tomato sauce
- 2 cups mozzarella cheese (shredded)
- 1 teaspoon Italian spices
- 1 tablespoon olive oil
- 1 teaspoon garlic salt

Preparation

1. Heat oil in large skillet.
2. Add zucchini, onion, tomato & garlic.
3. Cover & cook until desired tenderness, about 10 minutes. Drain.

Prep 15 min
Cook 40 min
Serves 8



PHOTO COURTESY: Food.com

Start New Year, new you at Clark's

Clark's from page 1

and service.

"The cornerstone of Clark's market position is to provide reliable scientific information for the consumer's benefit in making educated and informed decisions resulting in vibrant health," Clark's website states.

Spanning three generations, Clark's Nutrition and Natural Foods Markets was founded in 1972 in Riverside by the Clark family patriarch, Jim Clark, whose vision of healthy living grew into what is today a 60 billion-dollar industry.

Today's, Jim's grandchildren have taken over the reins of Clark's Nutrition and Natural Foods Markets. Grandson Jeff Clark is president, his brother Bruce Clark is vice president of retail development, and their sister Tracy Clark is the director of finance.

Their newest location in Chino, 12835 Mountain Avenue (at corner of Mountain

Avenue and Riverside Drive), boasts a large selection of organic, gluten free, grass-fed beef, vitamins and raw foods. They also carry an extensive collection of health and beauty production including, celebrity Suzanne Somers' skin care and cosmetic line, "SUZANNE Organics."

Clark's puts an emphasis on connecting with the community through various in-store and local events.

With locations in Loma Linda, Riverside, Rancho Mirage, and now Chino, Clark's Nutrition lives up to their motto, "Live Better ...We Can Help!" They provide regular free lectures on various health related topics

and make-up tutorials with professional make-up artists.

Customers will appreciate their knowledgeable and helpful staff. Clark's employees undergo a comprehensive in-house training curriculum, and continuing their education "which is now accredited".

So, for all your health and nutritional needs, look no further than Clark's in Chino or any of their other I.E. locals. Clark's is open 7 a.m. to 9 p.m. every day. Stop by for yourselves and experience Clark's great customer service, knowledgeable staff, and affordable pricing. Whatever your health goals, Clark's can help! Visit www.clarksnutrition.com.

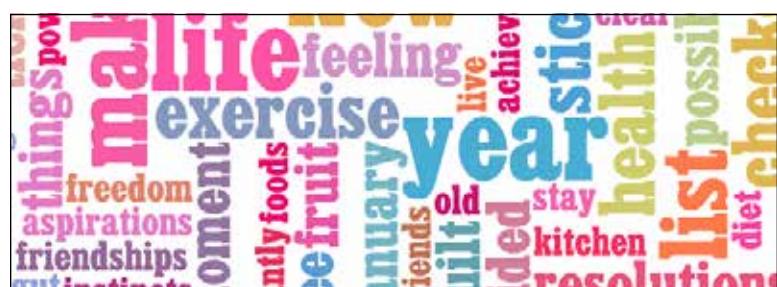


PHOTO COURTESY: GOOGLE IMAGES

Five Ways to Test Your Health at Home

BY NANCY BOSTROM

Ready to jump start your health in 2016? Local docs at American Family Care map out five ways to test your health at home.

5 Ways to Test Your Health at Home

• Plank it Up! Get into push-up position on the floor. Now, bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. If you can't hold this plank position for 2 minutes, AFC doctors warn it could mean you are carrying too much weight. The physicians say improving your core is important for your overall movement stability and strength.

• Sit, Rise, Stand: Based on Brazilian research, this test examines how well you get up from a seated position

on the floor. Sit down, try to get up without using your hands or knees. The idea is to use as few body parts, as possible, to get up, testing your strength, balance and flexibility.

• Bad Breath Barometer: Bad breath can turn into more than just an awkward situation; halitosis could be a sign of a serious health problem. AFC doctors say to scrape your tongue with a spoon. Put the spoon in a plastic bag, close it and smell it. A fruity odor can point to diabetes, a fishy smell may indicate kidney failure, and a sour mouth could be tied to sleep apnea.

• Test of Time: How sharp is your mind? Swedish researchers developed a clock drawing test to screen for cognitive development and dementia. Simply start with a blank piece of paper, draw a clock, put in all the numbers and set hands for 10 and 11. This test taps into

a range of cognitive abilities and can set off a signal if impairment is developed or developing.

• Track your pulse: How strong is your heart rate? Did you know a weak pulse could not only be a sign of heart disease but a blood clot in your arm or leg?

1. Place 2 fingers, not using your thumb, on your wrist, and press lightly until you feel a pulse.

2. Using a watch or clock, make note of how many heartbeats you feel in 15 seconds. Your pulse = (total beats in 15 seconds) X 4 = (your heart rate). A normal resting heart rate ranges from 60 to 100 beats a minute.

3. **Why do it?** To see how well your heart is working. In an emergency situation, a pulse rate can help determine if your heart is pumping enough blood. Check for blood flow and get a gauge on your general health and fitness level.

Breaking the Barriers Workshop

STAFF REPORTS

change.

Chino – Chino Police Department joins forces with the community in hosting a Breaking Barriers United Initiative Workshop on **Saturday, Jan. 23** from 10 a.m. to noon at Valley Christian Church.

Workshop organizers say that the goal of the workshop is bring the community and law enforcement together for the purpose of promoting national

"Our mission is to restore the relationship between Law Enforcement Officers and Community Members by bridging the gap between them," workshop organizers said in a statement.

Participants will also have the opportunity to participate in law enforcement scenario reenactments.

Valley Christian Church is located at 12410 Nor-



IMAGE COURTESY: GOOGLE

ton Ave. in Chino. The workshop is free and open to the public. For more details, please contact Chino Police Officer Ryan Tillman at 909.641.5229 or Sergeant Rodney Lombard at 909.721.6524.

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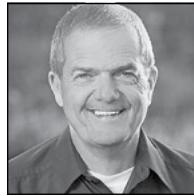
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Clueless

By PASTOR MARK HOPPER



I am a big fan of summer. I like the long evenings and the warm sun. I like working in the yard and with just a pair of shorts and a t-shirt. I am not as big a fan of winter. I don't enjoy wearing long sleeve shirts and warm coats. I would prefer to not need to wear a sweater or sweatshirt every time I go out the door. My wife would say that I am not always aware of what I am wearing. When she sees me wearing an old shirt or a worn-out sweater, she will encourage me to not wear it outside the house.

But what do you do when there is no one around to help you know what colors go together or what shirt goes with a particular pair of pants? I think most men

need help in this area. That is why men need a wife to help them with these sensitive matters. Not long ago, I got dressed for work and put on a warm sweater and went out the door. When I went to a scheduled meeting, someone tapped on my shoulder and said that there was something on the back of my sweater.

When I looked to see what he was referring to, I didn't notice a thing. Maybe it was just some fuzz or lint. I went through the entire day and did not know that there was something wrong. When I got home that night, I discovered that I had put the sweater on backwards! The thing on the back of my sweater was a design of a small sail boat. It is the logo for the Nautica sportswear company! It belongs in the front!

I was very embarrassed. I had been wearing my sweater backwards all day long. I wonder how many people noticed this but did not say anything? I wonder how

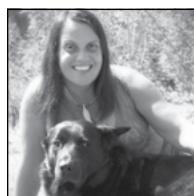
many people did not notice or didn't care? There is a verse in the Bible that says, "Two are better than one because they have a good return for their labor. If one of them falls, the other will lift him up" (Ecclesiastes 4:9-10). Maybe we could paraphrase the verse to say, "If one wears his sweater backwards, the other can help point out his mistake and help correct the problem".

Let me encourage you to be open to the suggestions or correction of a trusted friend or family member. They may see something in your life that you are unaware of. They may be able to help you "get your sweater on" right and help you avoid embarrassing yourself!

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.

Don't Let Life Pass You By

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



When we are young, we can't wait to turn eighteen. When we are eighteen, we can't wait until we are twenty-one. Once we are adults, we can't wait to graduate college and get married. Once we are married, we can't wait to have a family and buy a house. Then we have it all, the family, the job, and the house, and now we can't wait until we retire. Why is it that we have such a hard time just living in the present? It's as if we are literally wishing our lives away.

People seem to believe that the future holds the happiness that the present just doesn't. I al-

ways hear people say that things will be different when I get past this. So time moves along and they do indeed get past this, and from nowhere something else comes along. Now they are thinking things will be so much better when I get past that. And so it is that this just keeps reoccurring. Do you see a pattern here? It's called life, and it seems as if it is always giving us a challenge that we must get through.

Life is not a neat little package; it involves a lot of hard work and challenges. Even then, there are times that we don't get what we think we really deserve. Maybe those are the times to look at what we did end up with and realize that it is even better. We spend so much time looking at what we don't have and feeling sorry for ourselves. Life has a way

of giving us what we need, if we just pay attention. Things seem to work out if we are patient and willing to accept life's challenges and live each day to the fullest.

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

Straight Talk with Danice

Relationship Perks -
A letter from S.S.

By DANICE AKIYOSHI, N.D.



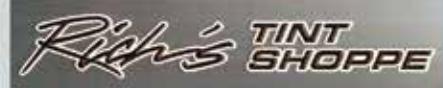
Q: I like your column and I hope you can handle a dispute I'm having with my girlfriend. She recently moved into my home because we were living 90 minutes apart and it made our relationship difficult. I am paying the mortgage and utilities and she buys the groceries, cooks, and keeps the domestic side of the home in great shape. Things have never been so organized and clean and I've been very happy. The dispute occurred when the washing machine broke down. She does laundry every single day and went into a panic, asking me what I wanted to do. I

told her to go out and buy a new washer and I could tell that she was surprised at my suggestion. When I pointed out that I am the one paying the house payment, she pointed out that it is my home and that I would have to pay my

own house payment and utilities with or without her. She said she feels she's contributing more than her fair share and removed \$700.00 in grocery receipts from her wallet for the food she bought and cooked the previous month. She asked if I was more interested in a roommate or a girlfriend. She made it clear that she doesn't buy groceries, cook, clean and sleep with someone she considers a roommate. Now she's staying in the spare bedroom. The house is a mess and all of the other perks are gone too. She barely speaks to me at night and leaves for work before I get up. She says she will leave a check for her room rent on the first of the month, but plans to make other arrangements soon. This is bad. Do I have a chance

to repair this? How wrong was I to think she should buy the new washing machine? Why is she over reacting when just a few weeks ago we were so happy? I'm really confused. I need some suggestions.

A: Looks like you took all those wonderful perks for granted. It seems like you were imagining that she needed you a lot more than you needed her. That's a shame. Based on the fact that your home is now a mess, there is no dinner, clean laundry, intimacy, etc. I'm willing to bet that you would fork over the money for several washing machines at this point to restore your former happiness. You undervalued what she was bringing to your relationship. This is a common mistake between couples. I see it every single day in my practice. Your girlfriend seems like a very organized caregiving type. If she was spending \$700.00 a month on groceries and feeding you nice meals along with keeping the household



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in stellar condition, then I would say she really was doing her part to contribute to the happiness and wellbeing of the household. Unfortunately, this woman also seems stubborn, based on the current silent treatment and her retreat to the spare bedroom. You will have to come up with an apology that she can truly feel, taste, and hear. She must gain a clear understanding that you will never treat her like that again. Keep in mind that there are all sorts of currencies in a relationship and she was generously sharing things of value to you. In reality, money isn't usually the most important contribution. You're smart enough to get your thoughts around this concept. My advice to you is to immediately admit you were wrong and offer a sincere apology. Convince her that her offerings are of great value to you and that you have no intention of taking her for granted in the future. I have a feeling that if she wasn't waiting for you to figure this out on your own, she would already be making one of her nice dinners somewhere else. In my opinion, you still have a good chance of correcting the situation. Let me know if you need help with that apology. You'd better make it exceptional. Good 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.candidcoachingservices.com.



PHOTO COURTESY: CVUSD

Students Beat the Odds

COURTESY OF CHINO VALLEY UNIFIED

A foster youth who had to overcome much adversity is the first Buena Vista Continuation High student qualified to go straight to a four-year college from the high school, according to Principal Rigoberto Vasquez.

Steven Beadle, 17, of Chino, has been accepted at Cal State, Stanislaus, and has also applied to Cal Poly Pomona, Cal State Dominguez Hills, and Cal State Fullerton. Another Buena Vista student, Destiny Miguel, also recently qualified to go to a four-year college. She and Steven were honored by the Chino Valley Unified School District Board of Education at its Jan. 7 meeting.

This month, Steven will take a Spanish class at Chaffey College's Chino campus while still enrolled at Buena Vista. Steven plans to major in sociology or criminal justice at a four-year college and pursue a career as a police officer in Texas or Colorado. "I'm very passionate about public safety," he said. "I'd like to help on the streets."

He practices Krav Maga, a self-defense system developed for the Israel Defense Forces (IDF), that consists of a combination of techniques from aikido, judo, boxing, and wrestling, along with realistic fight training. He also recently took a ride-along with a Chino Police officer to get an idea what it would be like to work in law enforcement. Steven said he is driven to succeed because, as a foster child for the last three years, he has seen a lot of youth in that system fail. "I don't want to be one of those," he said. "They don't take advantage of what they are given to help them." He also said he's learned to stay away from drugs, which he believes is often a downfall for youth in foster care.

Steven was behind on his

coursework when he transferred to Buena Vista 18 months ago. He was a sophomore with only 158 credits towards the 225 needed to graduate. He is now at 206 credits. Although he is expected to soon have enough credits to graduate from high school, he plans to stay in school until June to make sure he has all the A-G credits required for the California State University system. Principal Vasquez said he believes Steven is the first BV student to qualify for a four-year college because courses taught at the school were not approved as college preparatory until a couple of years ago, when former counselor Anna Fierro-Purcell "took it upon herself to have all of our courses submitted and approved." Fierro-Purcell is now an assistant principal at Chino Hills High. "As a result, Steven's courses taken at Buena Vista are accepted now by Cal State and University of California universities," Mr. Vasquez said. "Steven is the first, and we have an additional two students who may be accepted by late February or early March. Steven turned in his college application very early."

DB Students Get Advice From News Anchor

BY KELLI GILE

Diamond Bar - Fox 11 News (KTTV) veteran anchor Christine Devine slipped away from her news desk to chat with students at Diamond Bar High School on Jan. 8.

About 150 teens from the Pathways Communications Academy gathered in the theater offered an enthusiastic welcome as the television reporter took the stage.

Right off the bat, Devine asked students for something unusual - another round of applause.

"That wasn't for me, it's for you guys! Because you're here today in school, doing your job as students," she said. "Recognize that you are building the steps to be whatever you're going to be one day."

Devine told the group that life is much harder without an education.

"You want to finish this job and get your degree," she advised.

Devine spoke about her arrival at the Los Angeles station 25 years

PHOTO COURTESY: WVUSD
Fox 11 anchor Christine Devine shares career advice with Diamond Bar High Pathways students on January 8.

ago, a typical day in the life of a reporter, and of the "good and bad" in the changing news industry.

When she inquired if students watched the 10 p.m. broadcast, only a few raised their hands.

People are getting the news all day long on their cell phones, Devine said.

"That's the biggest challenge in our industry - to get you all to watch it and to still be relevant. We're doing a lot more in social networking and branding."

Devine's typical day includes a staff meeting, writing stories, reading scripts, proofing, and fact checking before going on air for the 10 p.m. broadcast.

The news business has unusual hours, with no holidays or weekends off, she explained.

"My treat is taking Christmas off," she said. "But I worked New Year's Eve."

"On every job, you're going to have stuff you don't like," she added.

Devine admitted that she also doesn't "love" all the violence covered on local news.

She's found a balance by focusing on the positive, which includes her "Wednesday's Child" segment that has helped foster kids get adopted for the past 20 years.

"My motto is being a cheerleader for children and youth," she proudly said.

Devine encouraged the students to begin thinking about things that interest them for their own careers.

"There's a saying you can be whatever you want to be - I'll never say that," she said.

She offered the example that a

female could never play on the Los Angeles Lakers.

"But you can work with the Lakers," said Devine, who has interviewed NBA stars Kobe Bryant and Shaquille O'Neal.

She even has one of Shaq's enormous size 22 shoes on display in her home.

"So, I'm not a Laker, but I'm hanging with the Lakers!" she added.

Devine has walked through the doors that opened throughout her career.

Her message to students: "If you don't get the things you want, see what other opportunities are happening for you around that."

Devine currently mentors DBHS sophomore Priscilla Gomez, who launched Full Broadcast Entertainment with interviews, photos, and behind the scene videos last summer.

Gomez reached out for advice after an introduction at a Los Angeles event.

Now, the pair often communicates via text and phone calls.

"She's always really helpful and supportive," said Gomez, who joined the news anchor on stage during the Q & A session.

"It was an incredible opportunity to have Devine speak with our Pathways students," English teacher Whitney Prenger said. "We wanted to provide them with the exclusive opportunity to meet a professional from the field. She went above and beyond, answering questions, taking selfies, and allowing the students to have access to interact with her on and off camera. It was a great day for our program."

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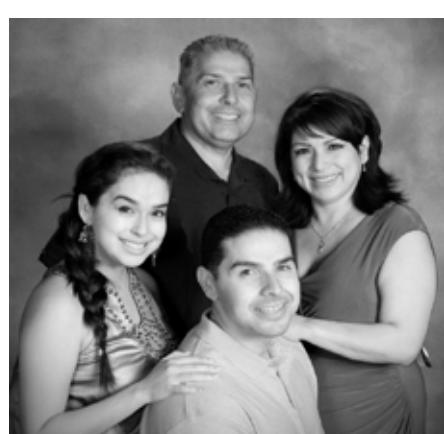
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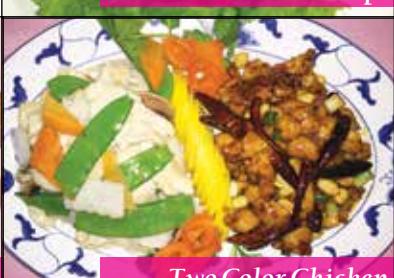
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