

OurWEEKLYNEWS.com

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Walnut

Nominations Close Jan. 19 for City Council

STAFF REPORTS

Walnut - January 19 is the deadline for people interested in running for city council seats in the spring election to submit nomination papers and get their names on the ballot.

The elections on April 12 will focus on three city council seats, currently held by Tony Cartagena, Eric Ching and Nancy Tragard.

see Walnut page 6

Diamond Bar

Snow Coming to DB

STAFF REPORTS

Diamond Bar - Snow days don't come very often to sunny Southern California, but the city of Diamond Bar has solved this winter dilemma by bringing snow - nearly 100 tons of snow - into their own backyard with the annual Winter Snow Fest on Saturday, Jan. 16.

City officials say that over 100 tons of snow will be hauled from local mountains and dumped at Pantera Park for Saturday's winter wonderland

see DB page 5



PHOTOS COURTESY: CITY OF CHINO HILLS

Council Member Peter Rogers poses with his dog Chloe and Sparky, the fire dog. Sparky, the fire dog, makes quick friends with Chloe.

Chino Hills First Dog Park Opens

BY MONIQUE VALADEZ

Chino Hills - The newest addition to Chino Hills is for the dogs. After more than a decade

of discussion and planning, Vila Borba Park - the city's first ever off-leash dog park - is now open to the public.

Nearly 200 people and their

furry four-legged friends gathered with much fanfare at the grand opening ceremony Dec. 18.

see Dog page 3

Coyote Attacks on the Rise

BY CAROL HEYEN

Diamond Bar - Coyote spotting has become commonplace in Diamond Bar and the Inland Empire. Coyotes primarily hunt rodents and wild rabbits for food, but they have seemed to acquire a taste for our pets the last few years.

As wild spaces are developed, coyotes are being pushed out of their wild hab-



PHOTO COURTESY: CHRISTOPHER MARTIN PHOTOGRAPHY

see Coyote page 3

Inland Empire

91 Project Prepares for El Niño

BY ELIZA ECHEVERRIA PEREZ

Corona - Construction crews working on the 91 Project in Corona are geared up for the arrival of El Niño storms.

During the first full week of El Niño conditions, the Riverside County Transportation Commission (RCTC) is increasing its Freeway Service Patrol (FSP) vehicles on the 91 and on Interstate 15 to help stranded motorists.

The specially marked FSP tow trucks roam local freeways, in-

see IE page 3

Chino Valley Ready for El Niño

BY MONIQUE VALADEZ

Chino Valley - As the first of many El Niño storms arrive in the southland, officials are helping residents to be aware of how to be prepared for the storms and their aftermath. Chino Valley residents have been hearing about the El Niño weather system since last year's summer months, and now Chino Valley Fire District officials are saying

see El Niño page 3

Our Featured Businesses

Start New Year, New You at Clark's

STAFF REPORTS

Chino - When it comes to health and nutrition, one size does not fit all. Just ask your neighborhood's health and nutrition market, Clark's Nutrition and Natural Foods Market who strive to make lives better one customer at a time.

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see Clark's page 8

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



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.

see WH Village page 5

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Weekly News

WEEKLY NEWS

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IMAGE COURTESY: STATEPOINT

Your Smartphone Can Help You Achieve Your Financial Resolutions

COURTESY OF STATE POINT

Sixty-four percent of American adults have a smartphone, according to Pew Research Center, and that number is growing. Savvy smartphone users are doing a lot more with their devices than taking selfies. At the forefront of a smartphone's benefits is on-the-go money management, which personal finance experts say can be a key tool to helping you achieve your New Year resolutions.

"Technology advances are giving banks an opportunity to further enhance their customers' ability to manage their money," says Brett Pitts, Head of Digital for Wells Fargo Virtual Channels.

Want to get a better handle on your money in 2016? Pitts offers some tips for making your smartphone your own personal banker:

- Go mobile: You may have used your phone to log into your account via your bank's website. Check your bank's mobile application offerings and download its mobile app instead. Using an app designed for device readability will make transactions easier and more efficient. When downloading an app to your smartphone, make sure you're using a trusted source. Make sure you download directly from your phone's app store or your bank's website.

- Review functionality: Mobile applications are always evolving and improving. Review your bank's app functionality periodically to ensure you're up-to-date. For example, Wells Fargo just added several new features to its already robust mobile banking suite. Once enabled, customers can view balance information with its Fast-Look swipe feature, as well as be notified of transactions via opt-in push notifications (without having to log in with a user-name and password).

- Manage your money on-the-go: Use your bank's free money management services like online bill pay, mobile check deposit and mobile funds transfer. Get peace of mind before heading out for holiday shopping. Before purchases, use your phone to check account balances and make transfers

as needed in order to avoid overdraft fees.

- Add automatic account alerts: Preset limits for transactions and purchases, so you can be immediately notified when those limits have been exceeded. This will help you track your spending and prevent you from breaking your budget. You may also wish to sign up for other notifications, such as when your card is declined, your balance drops below a certain threshold or a direct deposit posts to your account.

- Get reminded: Make late fees a thing of the past. Set up calendar reminders for credit card payments, mortgages and other bill due dates. Your bank's app may also have a built-in reminder feature to help you streamline payments.

- Keep contact details up-to-date: Make sure your bank knows how to reach you. For example, some banks notify customers of possible suspicious card transactions through text messages -- which allow customers to reply quickly to confirm whether the transaction is legitimate or not.

More banking tech tips and resources can be found at wellsfargo.com/mobile.

Thanks to new user-friendly technologies, being responsible with your money is easier than ever. Be smart with your smartphone and use it to help meet your 2016 financial goals.

We Accept the Love We Think We Deserve

BY JENNIFER JESTER-MADRIGAL

Show me what you think you are, and I'll show you what you actually are, and then you can decide which version of yourself is the one you wish to portray to the world.

How many of us have had this conversation with ourselves time and time again only to come to the same conclusion each time? I don't deserve "this" or I don't deserve "that" because of something I have done, or simply because I am not enough. It's amazing the power your thoughts can have over your entire life, often drastically altering your own path.

I was lucky in that I grew up in a loving home, with loving parents and great examples of what family, love and friendship look like. My father loved my mother and she loved him, and we were kissed and hugged and smothered with attention as well. We had the suburban upbringing: two kids and a dog - sans the picket fence (ours was a block wall) - and a neighborhood full of friends to play with until the street lights came on and we rushed our dirty hands and tousled hair back to our happy homes.

But somewhere along the transition from jubilant child to responsible adult, I stopped seeing myself as "deserving" of the love I had witnessed growing up. I let my own guilt and apathy for others override my own right to be loved as deeply and sincerely as I once was.

As a woman and a mother I began to believe that everyone else came first, and while I still think this is a great philos-

ophy to live by, it's not exactly correct. If you put the needs of others in front of your own, you can avoid becoming a selfish person, but there has to be a line drawn at some point. You are in charge of that line, and the power that comes with that is profound.

Loving another does not mean that you do it at the expense of your own soul. If you are a follower of Christ, then any love that takes you away from His path is at the expense of your own soul. Loving another shouldn't hurt. While there is often emotional pain involved in loving another person, that love should not cause your heart to constantly ache. True love builds you up and makes you a greater version of yourself; it does not tear you down with ugly words and forgotten promises. Loving another means you let them be "themselves" even if that "self" isn't what you completely understand. The greatest gift you can give another is to allow them to be who they are, and accept them with all their craziness, all their insecurities, and all their unique imperfections.

The strange thing is that when you turn these gifts around and apply them to yourself, you realize that until you can love yourself in this same way, you really can't truly love another. What we think we deserve - consciously or unconsciously - we accept. It is only when we change our own perceptions and really start loving ourselves in that same selfless way that we can demand the love we know we deserve. Life is too short to settle; so don't.



IMAGE COURTESY: GOOGLE IMAGES

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Coyote attacks on the rise

Coyote from page 1

itats and into our backyards. Attacks that have resulted in severe injury or death to pet cats and dogs have occurred all around Diamond Bar in the last few months, including near Pantera Park, off of Brea Canyon Road, and close to Golden Springs Drive.

Coyotes are opportunists by nature, and they will take advantage of every possibility for food that is presented. Coyotes are attracted to garbage cans, fruit trees (and the rodents who feed on the fallen fruit) and of course, our pets. What can you do to keep your beloved Fido and Fluffy safe?

Neighboring cities and the Inland Valley Humane Society have released lists of strategies to help.

- Securing garbage in tightly-closed containers
- Removing sources of water
- Locking pets inside at night
- Trimming shrubbery, as to not give the coyotes any hiding places
- Never let your dog off-leash in wild areas - Coyotes sometimes hunt in packs and have been known to lure dogs into ambushes

Other common-sense measures include not trying to tame the coyotes (or any other wild animal), and keeping your dog on a short leash while walking. Never leave small children or pets alone in your yard- coyotes can easily jump a 6-foot wall or fence, and there have been many dogs and cats in Diamond Bar and the surrounding areas that have been attacked while in their own backyard.

Coyotes are most active at dawn and dusk. They will be even more active in the next few months as they will need to find food and water for the pups that will be born this spring. If you come in contact with a coyote, raise your hands above your head, making yourself seem as large as possible, and shout loudly or throw something, like a rock, to scare it off. Garden hoses, air horns, pepper spray and whistles are also good deterrents, according to the website *Indefinitely Wild*.

If coyotes are afraid of human contact, and they don't have any readily-available food or water sources, they may stay away from our neighborhoods. Until then, be vigilant to keep your pets and families safe.

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PHOTOS COURTESY: CITY OF CHINO HILLS

City officials, local legislators and community members join in the ribbon cutting ceremony at the Tot Lot children playground at Vila Borba Park.

Chino Hills first dog park opens

Dog from page 1

City officials and community members snipped the official red ribbon, but it was Sparky the Fire Dog and McGruff the Crime-Fighting Dog that made the "leash cutting" ceremonies complete for all dogs in attendance.

The 5.6-acre park is located south of Pine Avenue, and west of Butterfield Ranch Road at 17001 Amadora Drive. It offers a fenced-in space for both big and little dogs to roam freely. The park comes equipped with convenient dog waste stations and

dog-appropriate water fountains. There is also a Tot Lot play area for children, picnic areas, exercise stations, and walking paths. The park will be open from 7 a.m. until dusk each day.

City officials say it's free and open to all dog owners, although there are a few rules. Dogs must be at least four months old and non-aggressive, and owners are asked to keep a leash with them at the park – though dogs can be unleashed within the fence.

City officials say the park has been in the works for more than a decade. The concept of a dog park in this city was first addressed in March 2000 by the

Parks and Recreation Commission, through a community engagement process, according to the city's staff report.

Developer Standard Pacific presented plans for its new 200-home project to the city council and offered to incorporate a dog park. Standard Pacific built the dog park at no cost to the city as part of their requirement to provide park space.

Residents of the city also rallied behind the cause by starting the nonprofit Dog Park for Chino Hills. The group's next fundraising efforts are to install commemorative bricks in a section of the park.

Chino Valley ready for El Niño

El Niño from page 1

that they have started a public awareness campaign to inform residents about El Niño. They have created an El Niño information page on their website and they have begun sending messages through social media.

"We want residents to take a proactive approach," Chino Valley Fire District's Public Information Officer Massiel Ladron De Guevara said.

El Niño storms in California caused economic losses of \$2.04 billion in 1982-83 and \$804 million in 1997-98, according to a recent report by the National University System Institute for Policy Research.

Chino Valley Fire, Police and Public Works are working together with county officials—along with local, regional and state partners – to make sure all safety issues throughout the county are being addressed, according to city officials.

Flash flooding and flows of mud and debris are a concern in the Chino Valley. Severe flooding on Euclid Avenue near Prado Regional Park; Pine Avenue by El Prado Golf Course; on Kimball at Rincon Meadows, and Schaefer Avenue between 4th Street and Central Avenue

is expected.

Public safety officials are urging commuters to be cautious around potential flooding areas and to follow this simple advice by the National Weather Service: Turn Around, Don't Drown.

Each year, more deaths occur due to flooding than from any other thunderstorm related hazard, according to the NWS. People underestimate the force and power of water. Many of the deaths occur in automobiles as they are swept downstream.

"A lot of people don't know that an average car can float in as little as 12 inches of water and most cars can be swept away in 18-24 inches of moving water," Ladron De Guevara said. "If you come across a water-covered road, do not attempt to cross it on foot or in a vehicle. Remember, 'Turn Around Don't Drown!'

Flood control channels and culvert crossings are being cleared in anticipation of heavy rains, and advance teams are advising homeless encampments to relocate, according to county officials.

Chino and Chino Hills residents can get up to 25 sandbags and sand at no cost. Here is a listing of sandbag distribution locations:

Chino

Fire Station No. 67 (SANDBAGS & SAND AVAILABLE)

5980 Riverside Drive Chino, CA 91710; (909) 902-5267

For residential use only, not industrial. No limits on quantity. (Self-service: Residents must bring their own shovels).

Fire Station No. 63 (SANDBAGS & SAND AVAILABLE)

7550 Kimball Avenue Chino, CA (909) 606-2415

Chino Valley Independent Fire District Administration (SANDBAGS & SAND AVAILABLE)

14011 City Center Dr. Chino Hills, CA 91709; (909) 902-5260

Chino Hills

Fire Station No. 61 (SAND & SANDBAGS AVAILABLE) Residents only - Must have proof of residency. 5078 Schaefer Avenue Chino, CA 91710; (909) 902-5261

Fire Station No. 62 (SAND/ SANDBAGS AVAILABLE) Bring own shovel) 5551 Butterfield Ranch Road Chino Hills, CA 91709; (909) 597-9062

Fire Station No. 64 (SAND/ SANDBAGS AVAILABLE) Bring own shovel) 16231 Canyon Lane Chino Hills, CA 91709; (909) 597-9064

Additional El Niño resources are available at www.chinovalleyfire.org and on the county website, <http://www.sbcounty.gov/main/elnino.asp>.

91 Project prepares for El Niño

IE from page 1

cluding the 91 Project construction limits in Corona, to assist stalled motorists at no charge by jump-starting batteries, providing fuel and fluids, changing flat tires and performing other minor repairs.

The trucks also can tow vehicles from the 91 and I-15 to CHP-approved locations.

The extra tow trucks will continue as needed later this week and during the 2016 El Niño season, through special funding provided by RCTC for the 91 Project.

Motorists who experience a vehicular breakdown should stay in their vehicle, turn on their hazard lights and wait for the FSP or the California Highway Patrol to summon help.

All tow trucks are white and display the FSP logo. Drivers wear blue uniforms and safety vests with the same logo, have an ID badge on their shirts and are certified by the CHP.

The RCTC has also undertaken a series of activities to help ensure the safety of motorists and crews within the project area:

• The team conducted a detailed review of the construction limits and identified potentially sensitive areas, including those prone to flooding and erosion. Special attention is being paid to these sensitive areas.

• Erosion control measures, such as the placement of fiber rolls, have been put into place, and crews are routinely checking drainage systems to make sure they are fully functional. Detention basins also have been created to hold excess water.

• The project team is monitoring weather forecasts and discussing during weekly and daily planning meetings.

• Construction crews have taken part in training sessions to increase awareness and responsiveness during the rainy season.

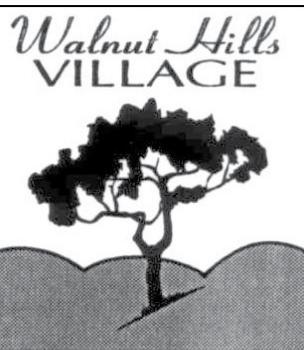
• Motorists are asked to report any problems related to drainage, potholes or flooding within the project limits on the 91 or on Interstate 15 by calling the help-line, 877-770-9191, sending an email to sr91project@rctc.org or using the "Contact Us/Feedback" section of the website, sr91project.info.

• Motorists should allow extra travel time during rainstorms. Drivers also are reminded that although the speed limit is 55 MPH within the construction area, it is important to adjust travel speeds to match rainy weather conditions, visibility and traffic. In addition, traffic fines are doubled in construction zones.



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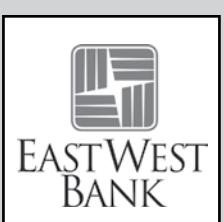
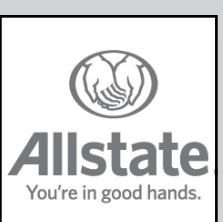
Walnut Hills Village Merchant Directory (area code is 909)

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4G Verizon Wireless	595-9109
50% Cleaners	444-1111
Allstate Insurance	468-1495
Art Nails	594-5080
Asian Kitchen Express	345-8587
Bin Bin Konjac	594-2832
Burger King	468-3672
Clearwater Bagels	598-4332
Dollar Tree	468-4850
East West Bank	869-7232
Electric Beach Tanning	839-1992
GNC Vitamins	869-7272
International School of Montessori	594-8172
Baby Elephant Thai Cuisine	595-3034
MJ Café & Teahouse	612-7480
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Stater Bros.	598-6534
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Huff Aims to Ban Powdered Alcohol in CA

By BILL BIRD

Sacramento — Senate Minority Leader Emeritus Bob Huff (R-San Dimas) started the first week of the 2016 legislative session by introducing a new bill, SB 819, which will place a ban on the sale of powdered alcohol in California. The product, also known as Palcohol, is a freeze-dried version of alcohol which comes in a small pouch and is the equivalent to a shot of alcohol. The crystallized formula becomes a cocktail once mixed with water. The product has already been banned in 27 other states.

"This substance is yet another drug that we should be concerned about and for good reason," said Senator Huff. "Some are predicting Palcohol will become the 'Kool-Aid of teenage binge drinking,' and this is a concern I agree with."

The ease of using this substance presents an array of potential health problems in California as it can be snorted, added to energy drinks, slipped to unaware recipients, or even added to beverages already containing alcohol in an at-

tempt to create a dangerously potent concoction.

"Powdered alcohol is the most insidious, youth-attractive alcohol product to come along since alcohol energy drinks," stated Richard Zaldivar, a spokesperson for California Alcohol Policy Alliance and Alcohol Justice. "The misuse danger, especially to young people, cannot be overstated."

"Powdered alcohol is a product that is ripe for abuse, and can easily be marketed to children," said Kat DeBurgh, MPH, Executive Director of the Health Officers Association of California. "From a public health point of view, powdered alcohol is unsafe for California's communities. The time to act is now."

Because this new drug can be easily sold and transferred, this is a prime product for abuse by children and teenagers. Alcohol-related harm to California youth can present itself in several ways including death, injuries, assaults, sexual violence, unsafe sex, suicide attempts, and academic problems.

Alcohol is already abused by underage kids and drinking responsibly is a challenge



PHOTO COURTESY: SENATOR BOB HUFF

for many adults," said Senator Huff. "Adding powdered alcohol to this potent mix is akin to squirting gasoline on a wildfire. This is a problem that California does not need."

SB 819 will now wait for its first policy hearing in coming months. Senator Huff is pleased the issue has achieved bipartisan support and is working closely with Assemblymember Jacqui Irwin (D-Thousand Oaks) on a companion measure that has been introduced in the Assembly, AB 1554.

Senator Huff is the Senate Minority Leader Emeritus and represents the 29th Senate District covering portions of Los Angeles, Orange and San Bernardino Counties. Follow Senator Huff on Twitter at @bobhuff99.

Snow coming to Diamond Bar

DB from page 1

from 9 a.m. to 3 p.m.

Snow revelers will enjoy sledding down one of four snow hills. There will be plenty of snow for making snowballs, snow angels and snowmen in a designated area. Other activities include arts and crafts, game booths, and photos with Flurry the Sledding Penguin.

Admission and snow play is free; the cost to play up to four games is \$1 and the cost for unlimited sledding is \$5. Only cash is accepted.

Local nonprofits will be operating a number of food booths

selling a variety of savory fares, drinks and snacks, while local schools and youth performance groups will be providing non-stop entertainment on stage.

Pantera Park is located at 738 Pantera Drive. As a reminder, dogs (except registered service animals) and other

pets are not permitted. For more information, call 909-839-7000 or visit www.diamondbarca.gov/wsf.

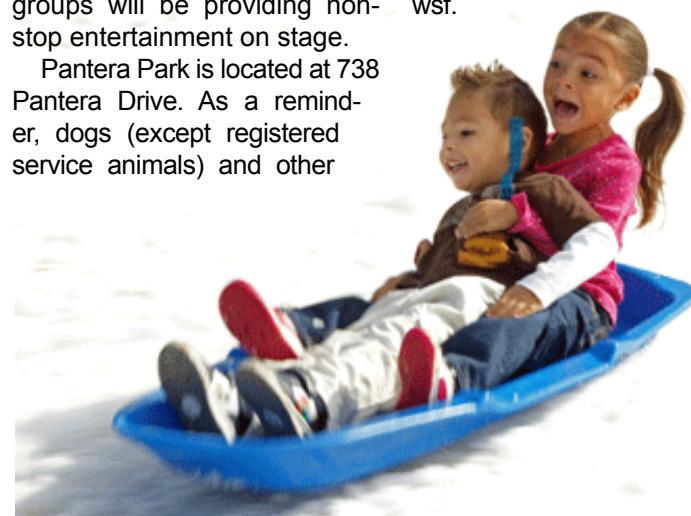


PHOTO COURTESY: CITY OF DIAMOND BAR

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.

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Nominations close Jan. 19 for City Council

Walnut from page 1

According to City Clerk Teresa De Dios, Ching and Tragarz have already pulled nomination papers. But there is still time for candidates to submit papers.

Nominating petitions must be filed at Walnut's City Clerk office by Thursday, Jan. 19, at 5 pm. Candidate handbooks are available at the City Clerk's Office inside City Hall. Cost is \$25 to submit nomination papers and will take approximately 30 minutes to process. Members will serve a full four-year term, beginning April 2016 and ending April 2020.

The nomination period for these offices began on Monday, Dec. 21, 2015. Qualified candidates must be 18 years of age, a citizen of the United States, and a registered voter residing within the Walnut city limits. 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 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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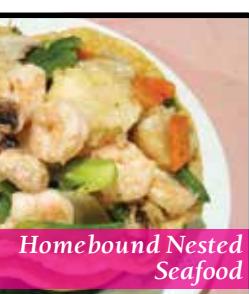
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Two Color Chicken

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A photograph of a young woman with curly hair hugging an older woman from behind. Both are smiling warmly at the camera. The background is a bright, slightly out-of-focus indoor setting, possibly a kitchen or dining room. The overall mood is one of family, warmth, and support.

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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



PHOTO COURTESY: GOOGLE IMAGES

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, "SU-ZANNE 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.

Healthy Living

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(909) 334-3478, healthychino.com

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1100 N. Grand Ave., Walnut
Saturdays, 8 a.m. to 2 p.m.
(626) 810-8476

Corona Certified Farmers Market
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Saturdays, 8:30 a.m. to 12:30 p.m.
(760) 728-7343

Local Races

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

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

Recipes:

Creamy Vegan Broccoli-Cauliflower Soup

By Food.com

Serves 4. This full-flavored soup uses potatoes and sourdough bread for creaminess without adding dairy. If desired, top with homemade sourdough croutons or finely chopped raw broccoli and cauliflower.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup (1/2-inch) cubes sourdough bread
- 1 medium Yukon gold potato, unpeeled, cut into (1/2-inch) cubes
- 1/2 yellow onion, chopped
- 6 cups low-sodium vegetable broth
- 2 cups broccoli florets, chopped
- 2 cups cauliflower florets, chopped
- 3/4 teaspoon fine sea salt

Preparation

Heat oil in a large pot over medium-high heat. Add bread, potato and onion and cook, stirring often, until golden brown, 5 to 7 minutes. Add broth, broccoli, cauliflower and salt, bring to a boil, cover and simmer until very tender, about 30 minutes. Carefully purée with an immersion blender, or by working in batches with a traditional blender.



PHOTO COURTESY: Food.com

Nutritional Info:

Per Serving: Serving size: , 260 calories (40 from fat), 4.5g total fat, 1g saturated fat, 0mg cholesterol, 930mg sodium, 46g carbohydrates, (6g dietary fiber, 6g sugar), 9g protein.



Live Better
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Five hundred years ago, the Spanish explorer Juan Ponce de Leon became fascinated with sailing, impressed by the circumnavigating exploits of Christopher Columbus. While Ponce de Leon established himself as an adroit farmer and landowner in the New World, he is perhaps most ubiquitously known for his quest to discover the mystical 'Fountain of Youth'. The Fountain was believed to impart vigor and longevity to anyone who imbibed from its crystal-clear waters. In fact, the rejuvenative powers of undiscovered bodies of water date back at least an extra two millennia when Alexander the Great went in search of the mystical 'River of Death'. Yet luckily, common sense has kicked in and the search for health and longevity has turned into an investigation into how treating our bodies better, and creating strong social structures, can produce almost magical outcomes.

Researchers from the University of California, Riverside, followed subjects for 20 years to examine life choices that might influence longevity. One of the most significant findings was that individuals who avoid stress and work tend to live shorter lives. Being productive and dealing with stress directly

and determinately is the best method to increase self-worth and efficiency. The best method to support these endeavors is to remain properly hydrated. Chronic dehydration, at levels of just 1% (think four glasses behind where you should be) can lessen our abilities to perform well cognitively and socially. This could translate to lower scores on tests and performance in the workplace or to a decline in creative pursuits, or in our ability to regulate mood, memory and relationships. In addition to these task-oriented and socio-cognitive aspects regarding hydration, there are certain physiological conditions that require constant hydration. Hydrated muscles perform more work, in a shorter amount of time, in a wider variety of settings, and among a broader set of tasks. Similar to muscles, bowels must remain properly hydrated to perform their tasks, i.e., sustaining the diverse microbiome that helps us to process foods, eliminate wastes, and protect against outside threats. In fact, all body systems require proper hydration to ensure their functions are performed in a manner (and rate) that is conducive to health and resistant to disease.

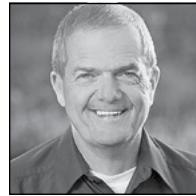
If aging can be conceptually distilled into how well we replicate proteins, free from the ravages of free-radical damage and replication errors, then on some level, providing the aqueous medium sufficient to maintain a healthy and organized system is our responsibility alone. Aging is usually represented by a curvilinear (bent line) continuum wherein the relatively healthy years (represented by the straight segment) starts to curve upward around age 50 and rises precipitously thereafter. This line, and the point where life curves into declining health, is not intrinsically predetermined; rather, it relies tremendously on individual effort or lack thereof. It is possible, via concerted individual and community efforts, to remove the curve from the line and live life straight on. To do so requires vigilance and a mindful approach to healthful pursuits, primary among them being hydration.

To this end, it is imperative to drink pure water daily and include high-water-containing fruits and vegetables, and may even be necessary to avoid caffeinated and carbonated drinks in the pursuit of metabolically-advantageous hydration levels. Finally, in place of looking for bodies of water, and their illusory promise of longevity, we should look at the water in our own bodies, and their demonstrated effects on quality and quantity of life.

Make sure to see the Clark's ad on page 7 for more information about our store and special events.

Keep On Knocking

By PASTOR MARK HOPPER



Recently I was working on a home improvement project when I ran out of material. I had put down some new floor tile and was trying to complete the grout, but I didn't have enough grout to finish. Bummer!

I knew that there was a Home Depot nearby and thought they were open until 10:00 PM. So I jumped into the car and hurried over, thinking I had plenty of time to spare. However, when I arrived at the store, I noticed that the parking lot was pretty empty and there were not many people around. As I walked up to the front door, I discovered that the store closed at 9:00 PM, not 10:00 PM. The ten o'clock closing time was correct in the summer, but in the winter they had an earlier closing time. Now what should I do? It was only a few minutes after nine when I arrived and I could still see a number of employees

inside the store. They were cleaning up and closing up for the day.

I knocked on the glass door and one employee saw me holding my empty container. The employee was kind enough to come to the door and listen to my distressing situation. To my surprise, he opened the door and asked me what color of grout I needed. He explained that he could not let me inside the store, but he offered to go look for what I needed. I handed him the empty container and off he went. A few minutes later, the helpful employee returned with two other employees following him. Maybe this was a security measure to make sure I wasn't planning to rob the store.

He found a new container of grout matching the color and texture of the empty container I had given him. When I pulled out my wallet to pay for the material, he said that he could not accept any money and that the price had been reduced. He gave it to me for free! The small bucket of grout cost less than \$10, but I never expected a huge home improvement

store to give me something for free- I was amazed, and I was very thankful to have enough material to finish my late night project. I was especially thankful for an employee who was kind enough to help me in my time of need.

There is a verse in the Bible where Jesus taught His followers about prayer. In Matthew 7:7 Jesus said, "Keep on asking and you will be given what you ask for. Keep on looking and you will find. Keep on knocking and the door will be opened." I'm sure that I said a little prayer that night when I knocked on the door at Home Depot, hoping that someone would hear and help. How much more does God love to respond to our daily needs when we come to Him in prayer asking for His help? All we need to do is bring our needs and requests to Him. He always hears and He is ready to help!

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

**Baby Blues -
A letter from Brenda**

By DANICE AKIYOSHI, N.D.



Q: My best girl-friend recently had a baby. I visited her and her husband in the hospital; saw the baby, and everything seemed fine. Now that she's home all of my requests to visit and see the baby have been brushed off. She doesn't answer her phone very often and when I call her husband he says she's in the shower or sleeping or nursing the baby. After 2 weeks of not hearing from her I called her sister who told me that she's not doing very well and that she is having the baby blues. This hurts my feelings. I am her best friend. I would be willing to help

her with the baby. I don't understand why she would keep this from me and why she hasn't returned my calls. Having to hear this from her sister makes me wonder if I'm wrong about our friendship. Can't a woman have a baby and a best friend too? Doesn't she realize that I miss her and that friendship is a two way street and she's not keeping up her end? Should I stop calling her? I am hurt and angry. What should I do next?

A: The first thing you should do is take a look at your emotional immaturity. After that, you should Google postnatal or postpartum depression, also known as the "baby blues." Once you become familiar with that topic, perhaps you can do a little bit of personal inventory. Maybe your friend just simply doesn't have the strength right now to manage two babies. (You being the second.) Why you would turn your friend's personal crisis into an issue about her not keeping up her

end of the friendship is very confusing to me. I can tell that you are basically a nice person, but please get some guidance and work to improve your emotional maturity. People are not obligated to accept your offerings. If I were you, I would send a card in the mail. Let her know that she is in your thoughts and that you are there for her when she feels ready or if she needs anything. Then you wait for the call. If it takes quite a while, send another card, but do not push yourself on a person who is already overwhelmed. That does not resemble friendship.

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.

2016 The Magic Year

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



Once again, Happy New Year to all of you wonderful beings! Yes, it's a new beginning for all of us. It's a chance to start fresh and finally become who you are meant to be. The New Year brings unlimited possibilities and new energy that helps us believe that the sky is the limit. The New Year gives us hope

and many new chances. I say take these chances and make this year the best one ever!

Start this process by setting some small, very obtainable daily goals. Once you're in the groove and have met the daily goals, then it's time to set a realistic goal for the year. You may or may not ever meet your year-end goal, but it's all about the steps or the process that we take in our attempts that cause us to change. That's what I want you all to focus on this year. So what if you never get there all the way? You're

certainly moving in the right direction. Be proud of what you are able to do this year and don't beat yourself up for what you couldn't do.

I hope you will be good to yourselves in 2016 and finally work toward who you are meant to be. I want you to remember that it's all here for you and all you have to do is believe in yourself and go and get what you deserve. I dedicate this to all of you in hopes that this will be a magical year. My wish for all of you is that you will get out there and find the great-



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ness that exists in you and in our wonderful world. It all starts by believing in yourself. I believe in all of you and want you to be the very best you can be!

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



PHOTO COURTESY: CVUSD

Chino High students Topanga Betke (left), August Decker-Curry, and Kayla Arcoverde were among the five Chino Valley Unified School District students who participated in the 2016 Tournament of Roses Parade on Jan. 1 as part of the Pasadena City College Tournament of Roses Parade Honor Band.

A Rosy Beginning

Students March in 2016 Rose Parade

STAFF REPORTS

Chino Valley - Five high school students from Chino Valley Unified School District celebrated the New Year in style – marching down Colorado Boulevard in the 127th Tournament of Roses Parade.

Don Lugo High School students Anthony Erroa (alto saxophone) and Alana Pineda (color guard) and Chino High's August Decker-Curry (trumpet), Topanga Betke (tall flag) and Kayla Arcoverde (banner) participated in Southern California's New Year's tradition as members of the Pasadena City College Tournament of Roses Parade Honor Band.

Over 600 high school students audition each year for the 200-plus spots in the band and pageantry, according to the pageant organizers.

After an intense audition and weeks of endurance training and practice, these students now have bragging rights as part of an elite group of performers that marched the famed six-mile route in Pasadena. The Pasadena City College Honor Band has participated in the Rose Parade since 1930.

"The students will have marched over 25 miles in rehearsal before they step on to the parade route on January 1," the pageant website noted. "This is one reason why the Tournament of Roses Honor Band looks and sounds as good at the end of the parade as they do at the beginning."

Walnut Valley Symphony Orchestra Delivers Holiday Magic

By MONIQUE VALADEZ

Walnut - More than 200 members of the Walnut Valley Symphony & Master Chorale (WVSO) and the Diamond Bar High School Symphony Orchestra entertained its audience with a winter concert "Holiday Magic" Dec. 29 at Walnut High School Performing Arts Center.

Walnut city officials in attendance said that the WVSO and Diamond Bar High School truly provided a magical night and remain true to their mission to



PHOTO BY: MICHAEL ARMJO
Soprano Cristina Elise Pacheco, founding WVSO board member, performs "All Is Well" during the annual winter concert Dec. 29.



PHOTO BY: MICHAEL ARMJO
City of Walnut Mayor Bob Pacheco welcomed guests to an evening of "Holiday Magic" at Walnut High School Performing Arts Center.

create a community tradition of maintaining and fostering music at the highest level of creativity.

The annual holiday concert, led by Conductor Sey Ahn, sought to ring in the holiday season with festive holiday music from Christmas carols to holiday stories.

The concert hall was filled with sounds from "The First Noel," "Away in the Manger," and "O Holy Night," and "A Merry Christmas."

The audience was also enchanted with dramatic versions of "Ave Maria," performed by Bess De Guzman-Valenzuela and "All Is Well" performed by Cristina Elise Pacheco, founding board member and director of the Walnut Valley Symphony Orchestra and Master Chorale.

"The pleasure of hearing the beautiful music [the WVSO] create makes our holiday pe-

riod so special," said Walnut Mayor Bob Pacheco, who is a WVSO board member and proud father of Soloist/Soprano Cristina Pacheco.

Guests were also treated to a special performance by the nationally-acclaimed Diamond Bar High School Symphony Orchestra, led by Music Director Steve Acciani. The Diamond Bar High School Orchestra recently won the National School Orchestra Finals at New York's Lincoln Center and is composed of 9th through 12th grade student string players.

Diamond Bar city officials say that events such as this, which shine a spotlight on local arts and music programs and showcase our community's young musicians' talent, are of great value and importance as they contribute in a positive way to our quality of life.

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By VISIONART

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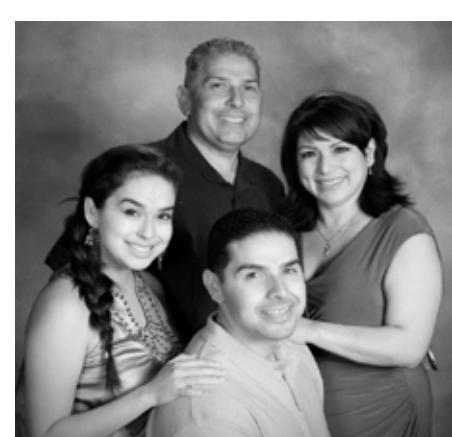
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1202 Longview Dr,
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- 4 Bedrooms
- 2 ¾ Bath
- 2,150 Sq. Ft.
- Two Story
- 3 Car Garage
- Built in 1986

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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