

OurWEEKLYNEWS.com

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Walnut

10-Day Water Shutdown Means Major Conservation

STAFF REPORTS

Walnut - Walnut Valley Water District customers are being asked to voluntarily reduce their water use while a major source of supply is taken out of service for 10 days, beginning at midnight Monday, Feb. 29 through Wednesday, March 9.

The Metropolitan Water

see Walnut page 5

Diamond Bar

Diamond Bar Council Recap

BY NATALIE KIM

Diamond Bar - The February 2 Diamond Bar City Council meeting began with a crime report from Sheriff's Captain Jeff Scroggin. According to Scroggin, the vast majority of Diamond Bar crimes are theft and burglary, which can be prevented through simple acts such as locking doors on cars and homes and investing in home

see DB page 5



PHOTO COURTESY: FACEBOOK

After drainage, Prado Lake is being refilled with reclaimed/recycled water at the rate of 10 million gallons per day.

Prado Lake Maintenance

BY CAROL HEYEN

Chino - The lake at Prado Regional Park has been looking a little different these days. The San Bernardino County

Regional Park Department began a maintenance and enhancement project around the lake on January 31, and the lake was drained.

According to a park employ-

ee, one of the lake drains was severely damaged, and the lake needed to be emptied to investigate the problem. Work-

see Prado page 5

National Signing Day in Chino Valley



PHOTO COURTESY: FACEBOOK

Emily Nguyen signs her letter of intent to Finlandia University in Michigan.

BY CAROL HEYEN

Chino Valley - Chino Valley Unified had more than two dozen seniors sign with universities on February 3 and 4, as part of National Signing Week.

The annual event allows America's most talented high school senior student-athletes their first opportunity to sign a binding letter of intent to a NCAA school. The event has

see Signing page 6

see IE page 5

Chino Resident Arrested for Car Burglaries

COURTESY OF SBCSD

Chino Hills - On Monday, February 8, 2016, deputies from the Chino Hills Sheriff's Station arrested Richard Steven Silva, 22, of Chino, after being called to investigate vehicle break-ins in the 15000 block of Hanover Way in Chino Hills.

After an investigation, Silva was found to be in possession of approximately \$1,023 dollars

see Burglar page 2

Our Featured Businesses

Treat Your Valentine To The Whole Enchilada

STAFF REPORTS

Diamond Bar - Valentine's Day is upon us, and what better way to show your love for your sweetheart than a delicious dinner at The Whole Enchilada!

From delicious platters and entrée meals to taco bars, The Whole Enchilada

see Enchilada page 3



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com.

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see Gas page 8



This program is funded by California utility customers and administered by Southern California Gas Company under the auspices of the California Public Utilities Commission.

Weekly News

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PHOTO COURTESY: NPR

History 101

Archaeologist opens tomb of King Tut

COURTESY OF HISTORY.COM

On February 16, 1923, in Thebes, Egypt, English archaeologist Howard Carter entered the sealed burial chamber of the ancient Egyptian ruler King Tutankhamen.

Because the ancient Egyptians saw their pharaohs as gods, they carefully preserved their bodies after death, burying them in elaborate tombs containing rich treasures to accompany the rulers into the afterlife. In the 19th century, archeologists from all over the world flocked to Egypt, where they uncovered a number of these tombs. Many had long ago been broken into by robbers and stripped of their riches.

When Carter arrived in Egypt in 1891, he became convinced there was at least one undiscovered tomb—that of the little known Tutankhamen, or King Tut, who lived around 1400 B.C. and died when he was still a teenager. Backed by a rich Brit, Lord Carnarvon, Carter searched for five years without success. In early 1922, Lord Carnarvon wanted to call off the search, but Carter convinced him to hold on one more year.

In November 1922, the wait paid off, when Carter's team found steps hidden in the debris near the entrance of another tomb. The steps led to an ancient sealed doorway bearing the name Tutankhamen. When Carter and Lord Carnarvon entered the tomb's interior chambers on November 26, they were thrilled to find it virtually intact, with its treasures untouched after more than 3,000 years. The men began exploring the four rooms of the tomb, and on February 16, 1923, under the watchful eyes of a number of important officials, Carter opened the door to the last chamber.

Inside lay a sarcophagus with three coffins nested inside one another. The last coffin, made of solid gold, contained the mummified body of King Tut. Among the riches found in the tomb—golden shrines, jewelry, statues, a chariot, weapons, clothing—the perfectly preserved mummy was the most valuable, as it was the first one ever to be discovered. Despite rumors that a curse would befall anyone who disturbed the tomb, its treasures were carefully catalogued, removed and included in a famous traveling exhibition called the "Treasures of Tutankhamen." The exhibition's permanent home is the Egyptian Museum in Cairo.

OUR LIFE

Did You Know?

Valentine's Day

COURTESY OF HISTORY.COM

Every February 14, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death, and on February 14, around the year 278 A.D., Valentine was executed.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks



IMAGE COURTESY: GOOGLE

to this reputation, Valentine would become one of the most popular saints in England and France.

At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting is now part of the manuscript collection of the British Library in London, England.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year.

Chino resident arrested for car burglaries

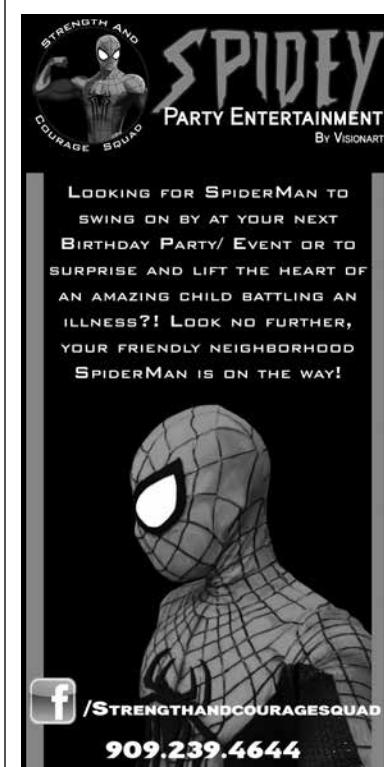
Burglar from page 1

worth of stolen property.

Detectives later learned of a second subject, a 17 year old male juvenile from Chino. Silva and the juvenile walked around the neighborhood, pulled on vehicle door handles, and stole miscellaneous items from three different vehicles.

The juvenile was cited and released to his guardian at the scene.

Anyone with information regarding this incident (DR#221600464) is urged to contact Deputy Timothy Quick at the Chino Hills Police/Sheriff's Station (909) 364-2000. Callers wishing to remain anonymous are urged to call the We-Tip Hotline at 1-800-78-CRIME (27463) or you may leave information on the We-Tip Hotline at www.wetip.com.



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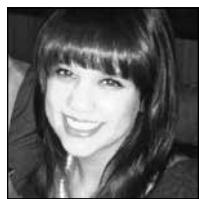
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Daily Donuts 18766 Amar Rd. (626) 913-1074	Shane Chiropractic 20803 Valley Blvd #103 (909) 598-2111	Walnut Sheriff's Station 21695 Valley Blvd. (626) 913-1715	The Whole Enchilada 1114 S. Diamond Bar Blvd. (909) 861-5340	La Olla Mexican Grill 3277 Grand Ave. (909) 465-9944
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Seven Things They Don't Tell You About Marriage

By SARAH SANCHEZ



I married my best friend a year and a half ago and I believe I've

settled into the routine of my new married life. I can look back and honestly say that no one prepared me and my husband for marriage. Even though we took a pre-marital course and were given advice from family and friends, there are still things that no one told us about.

Now don't get me wrong, I love my husband and I love our marriage. This is not a complaining session, but an informative piece. If I had been given this list before the wedding, I don't think I would have been so shocked with the changes. So pass this along to any engaged or newly married couples you may know, and you'll save them a few surprises.

#7 – Communication And Compromise Are Key: Marriage is about becoming one unit, and this "all for one, one for all" mentality can be a little tough to get used to. You will be making sacrifices throughout your marriage, mainly because it's not just about you anymore; it's all about the "we". You are a team now and you need to constantly be on the same page. But if you communicate and compromise with one another, then both of you can be happy with the decisions that are made.

#6 – You Will Become One; But So Does Your Bank Account: If you and your spouse put all your money into a joint bank account, all of it now belongs to both of you and you have to learn to budget EVERYTHING. This can be tough because budgeting your money makes you realize how much you need to cut down on going out to eat, and how much groceries and gasoline really cost. My suggestion is to print out a budget sheet online, fill it out every month, and – oddly enough – actually follow it by writing down every expense you make every single day. Dave Ramsey has an awesome book and class you can take that will benefit you as well.

#5 – Men And Women Are Wired Differently: This particular point actually became quite clear to us after reading a daily devotional called, "The Love and Respect Experience," by Dr. Emerson Eggerichs. We learned that men and women are very different in almost every aspect: emotionally,

Free Cash for College Workshop

COURTESY OF SENATOR CONNIE M. LEYVA

Senator Connie M. Leyva is inviting California's high school seniors, parents, and guardians to a free Cash for College Workshop. High school seniors are encouraged to attend the workshop and apply for a Cal Grant, a Middle Class Scholarship and/or other student financial aid between January 1 and the March 2 deadline.

California high school seniors who meet income qualifications and have a minimum GPA of 2.0 are guaranteed financial assistance through the Cal Grant program. These grants do not need to be repaid and may be used for tuition, fees, books, and access costs at qualifying public or private California two-year and four-year colleges and universities. If you are not sure whether you meet financial-need requirements, apply anyway. The California Student Aid Commission periodically raises the income ceilings depending on the budget, and changes can occur that alter a family's situation. For information on program qualifications, visit csac.

physically, sexually, etc. As expressed in the book, a way to look at it is that women wear pink glasses and hearing aids, and men wear blue glasses and hearing aids. When you are in a disagreement, men occasionally need to put on the pink glasses and hearing aids, and women occasionally have to put on the blue glasses and hearing aids, in order to understand how the other is feeling. Sometimes it's just about perspective.

#4 – When You Say 'I Do', You Marry The Family Too: When you get married, it's a package deal, meaning the in-laws come along with the spouse. Therefore, it's better to put your differences aside and try to be civil with one another. A trick my husband and I use is that we confront our own families, and not our in-laws. For example, if the problem is with my side of the family, then I will be the one to confront the family member. But if the problem is with my husband's side of the family, then he will be the one to confront the family member. That way, the relationships with our in-laws aren't jeopardized with the confrontation. The bottom line is to try to find a way to keep the peace and don't let the little things bother you. Also, remember that every family is different, so the way your in-laws act may be very different than the way you grew up. It's not wrong, just different; keep that in mind.

#3 – Pick Your Battles: There is a difference between a disagreement and a fight. From my experience, disagreements are more about bickering, while fights are the escalated form of a disagreement that usually includes some form of

ca.gov.

A new middle class scholarship program provides undergraduate students with family income and assets up to \$150,000 a scholarship to attend University of California or California State University campuses. Application is made by filling out the Free Application for Federal Student Aid (FAFSA) or the CA Dream Act (CADA) Application

The California Student Aid Commission provides guidelines to determine whether you are eligible for financial aid; it is not the final determination of your financial need. Here's a checklist of helpful information needed to complete the application. Bring all of the following items that apply to you:

- Student's Social Security card & driver license (or government-issued ID);
- Parent or guardian's Social Security card;
- If you are not a U.S. citizen, bring your Alien Registration card; if you do not have an AR card, check out caldreamact.org to see if you qualify for California Dream Act financial aid;
- Parent's Federal Income Tax return, current W-2 forms

or other records of income;

- Records of untaxed income such as TANF, veteran's benefits, or Social Security benefits;
- Student's W-2 forms, pay records or other records of income earned;
- Bank account records or bank statements;
- Records of stocks, bonds or investments;
- Business and farm records.

If you know the colleges you are interested in attending, bring a list. These workshops are intended to provide information and to assist in filling out applications; attendance is not an assurance of a grant or scholarship.

Workshops will be held on the following dates:

Tues, Feb. 9, 2016 • 6-8 pm at Colony High School, 3850 E. Riverside Dr. Ontario;

Wed., Feb. 10, 2016 • 6-8 pm at Colony High School, 3850 E. Riverside Dr. Ontario;

Tues., Feb. 16, 2016 • 6-8 pm at Jurupa Hills High School, 10700 Oleander Ave, Fontana;

Wed., Feb. 24, 2016 • 6-8 pm at Montclair High School, 4725 Benito Street, Montclair.

For more information, please call 909-591-7016.

The Whole Enchilada

Enchilada from page 1

da offers fresh, authentic Mexican recipes their resident chef brought from their homeland. They guarantee you will enjoy your dining experience.

"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada. The restaurant has been in business for over 30 years, offering a variety of Mexican dishes ranging from enchiladas and burritos to carne asada and fajitas.

Planning a Valentine's Day party? The Whole Enchilada can help cater your event with handmade tamales – which are available year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. Other menu items, such as the taquito or street taco platters, are available for catering as well.

Whether it's a Valentine's fiesta, business meetings or parties, promotions, fundraisers, birthdays, or just an evening out, The Whole Enchilada will dazzle you with their excellent customer service and delicious food. They look forward to helping you celebrate the special moments in your life.

If you are looking for a sweet Valentine's treat after your meal, try The Whole Enchilada's Mexican Kaluha Flan, Rio Grande Mud Pie, or popular Deep Fried Ice Cream. Valentine's Day never tasted so delicious!

The celebration doesn't stop with just one visit. The Whole Enchilada has gift cards available for purchase in person or online. It's the perfect gift for your Valentine, or anyone you are gift-shopping for; it's always the perfect color and size. And be sure to ask The Whole Enchilada about the Combo Punch Card, Enchilada Bucks, and their Kids Club. With a wide variety of reasons to visit, it's obvious that The Whole Enchilada wants to become your favorite restaurant.

Don't deny your taste buds this Valentine's Day, visit the Whole Enchilada soon!

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication.

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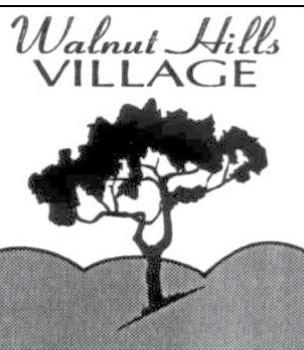
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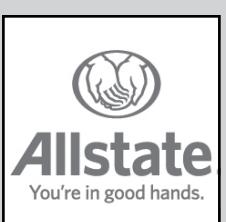
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Skyline Dental / Harvey Chen, DDS	595-1800
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Prado lake

Prado from page 1

ers were able to clean out three drainage basins in the process, which will help prevent mosquito breeding in the summer. Workers also removed hundreds of pounds of trash from the lake and, interestingly, a green mid-1990s Chevy truck, which was sitting about 40 feet from the nearest shoreline. The truck had been reported stolen at the beginning of 2009. When park rangers went to get the VIN number for the truck to identify it, there was water in the cab and trout swimming in the truck.

The lake is being refilled with reclaimed/recycled water at the rate of 10 million gallons per day, and fishing will resume on February 13. There are still many fish in the lake, because there was a pond left in the center to keep them alive until the refill began. The lake will be double-stocked with trout before re-opening, and there may be a possible one-time stocking of bass in the coming month.

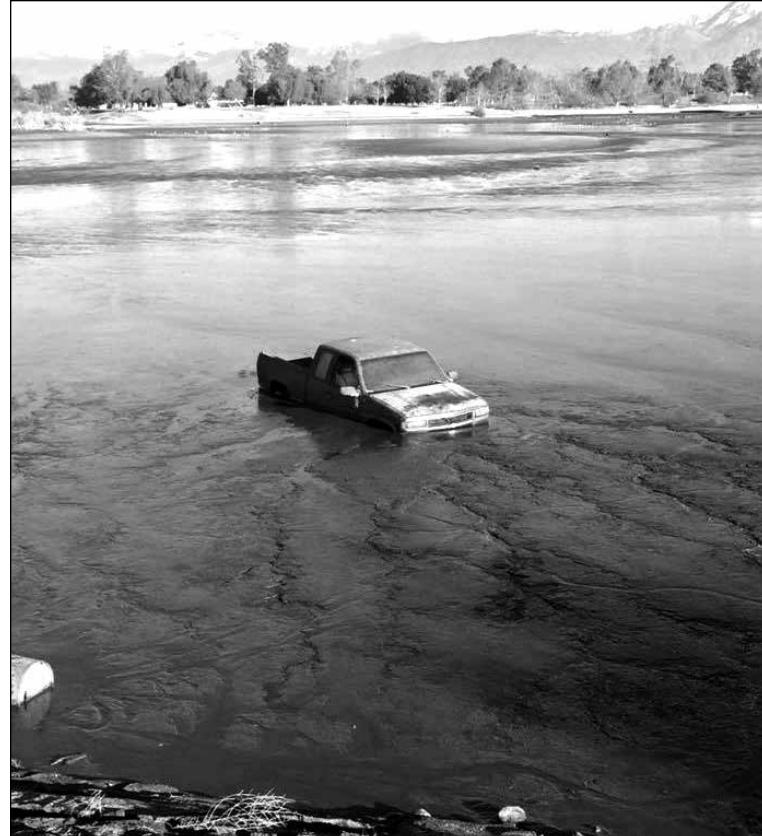


PHOTO COURTESY: FACEBOOK
Stolen truck found parked at the bottom of the lake at Prado Regional Park

Prado Regional Park is located in the Chino Valley basin where San Bernardino, Riverside, Orange and Los Angeles Counties connect. The name Prado is derived from California's early Spanish days when the countryside was known as a "prado" or meadow.

Park entrance fees are: \$8 per car Monday - Fridays (excluding holidays and special events) and \$10 per car on weekends and holidays (excluding special events.) Daily Fishing Permits are \$8/person, all ages. For more information call (909) 387-2757.

Mt baldy trails close after deaths

IE from page 1

Flats, Icehouse Canyon, the Three Ts, Chapman and Devil's Backbone trails are closed, according to a Forest Service spokeswoman.

"At one point we had four different helicopters going up here on Saturday," said Mt Baldy Fire Department Captain Gordon Green. "One came back at least twice."

During an earlier rescue of five stranded hikers, the sheriff's department was advised about a married couple, Dong Xing "Tony" Liu and Linda Duan, who were hiking near the Icehouse Canyon Saddle, and

who had both slipped on ice. A sheriff's helicopter was already in the area and started searching the canyon.

Two hikers who were also in the area heard the couple's cries for help and made their way down the steep terrain to the pair. The good Samaritans kept Duan warm while waiting for the rescue helicopter. The victims were stuck on an icy slope under a fallen tree, and rescuers were able to conduct a night hoist rescue using night vision goggles. Ms. Duan was transported to the hospital, where she was diagnosed with a broken arm. Mr. Liu sustained fatal injuries as a result of the fall and

was pronounced dead at 8:12 p.m.

Liu, 47, was the just the latest person to die on the trails. Only four days earlier, 23-year-old Daniel Nguyen, a Cal State Long Beach graduate, fell to his death while trying to help a friend who had slipped on the Devil's Backbone Trail.

The trail conditions must be evaluated before they can be reopened, according to MBFD officials.

"Anyone planning a trip up here should check with the U.S. Forest Service first," Green advised. "Find out about the conditions and if the trails have been opened and always be prepared."

Diamond Bar council recap

DB from page 1

security systems.

During the public comments, a representative from the Diamond Bar Public Library announced several events coming up, including a Chinese New Year celebration, an etiquette workshop for teens on February 6 from 2-3 p.m., and a Landlord/Tenant informational workshop on February 18 from 6-7 p.m. Another resident announced an Evening of Colors on March 18 at 7 p.m. at the Diamond Palace.

The schedule of future events was read, which includes the Planning Commis-

sion meeting on February 9 at 7 p.m.; the Traffic and Transportation Commission meeting on February 11 at 7 p.m.; and the next City Council meeting on February 16 at 6:30 p.m. City offices will be closed on February 15 in observance of Presidents Day.

The Council then approved all items on the consent calendar, including minutes from the City Council meeting of Jan 19; the Traffic and Transportation Commission minutes from the meetings of September 10, October 8, and November 12; Planning Commission minutes from the meeting of January 12; ratification of a check register totaling \$1,452,378.07;

the Treasurer's Statement for the month of December 2015; an ordinance amending penalties and civil remedies for offenses pertaining to animal regulations; notice of completion for the Ronald Reagan and Peterson Park parking lot rehabilitation projects; a resolution approving CalRecycle grants to the Department of Resources Recycling and Recovery; and a contract amendment with Tait Group for professional consulting/advocacy services.

Following Council reports and comments, the Council adjourned until February 16 at 6:30 p.m. at 21865 Copley Dr in Diamond Bar.

Place an ad in The Weekly News! Call (909) 464-1200

10-day water shutdown

Walnut from page 1

District of Southern California (MWD) will upgrade its F.E. Weymouth Water Treatment Plant in La Verne. This shutdown will reduce the city's available supplies by more than 50 percent, according to water officials.

As structures at Weymouth continue to age, regular maintenance is required to maintain supply reliability. The Weymouth plant was last fully shut down in March 2013.

While some local water agencies have access to groundwater, stored reservoir supplies and other sources to meet retail demands during the shutdown, the Walnut Valley Water District is nearly 100 percent dependent on imported water supplies.

To insure there is adequate water, reservoirs will be full prior to the shutdown, and another-

er local water treatment plant will provide additional supplies. However, officials encourage customers to conserve water whenever possible.

To help conserve water, here are some steps to take:

- No outdoor watering – turn your sprinklers "OFF,"
- No hand-washing vehicles
- No filling swimming pools or spas
- No hosing down driveways and sidewalks.
- Other water-saving measures include:
- Running only full loads in washing machines and dishwashers,
- Not leaving the tap running when washing dishes,
- Not leaving the water running while brushing your teeth or shaving. Our customers should be aware that some local parks and landscape areas that are irrigated with recycled water will not be impacted by the shutdown.

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Walnut Valley now registering for 2016-17 school year

By KELLI GILE

Walnut - The Walnut Valley Unified School District is currently registering for the 2016-2017 school year for those elementary children new to the district, at any grade level.

You may register your child for transitional kindergarten if he/she turns 5 years old between September 2nd and December 2nd. Students must be 5 years of age on or before September 1, to enroll in kindergarten for the 2016-2017 school year.

At the time of registration, parents will be asked to present a certified copy of the child's birth certificate or passport, proof of the child's immunizations, and for kindergarten and 1st grade, proof of an oral health examination. For residency verification, parents will also need to provide either final escrow papers, mortgage statement or lease/rental agreement, along with a current utility bill (gas, water or electric bill) and a driver's license (or California I.D.) with current home address. Enrollment is ongoing, and your residence address determines the elementary school where you should enroll your child.

The Walnut Valley Unified School District offers quality day care programs at all elementary sites, for both before and after school hours. You may contact the Child Care office at 909-444-3460 for additional information and fees.

Ayala High teacher in Wrestling Hall of Fame

COURTESY OF CVUSD

Chino Hills - Ayala High School's Terry Martin will be inducted this spring into the National Wrestling Hall of Fame, California Chapter, for his Lifetime Service to Wrestling. The Lifetime Service award is given in recognition of years of dedication to the development of leadership and citizenship in youth through the sport of wrestling.

Martin coached wrestling for more than 30 years, half of that time at Ayala. He began his coaching career at Oklahoma University after wrestling for the Sooners, and is a proud alumnus of the university. Coach Martin is a member of the Mt. San Antonio College Hall of Fame and has been named L.A. Times Wrestling Coach of the Year once. He is a member of the CIF Wrestling Advisory Committee, has 1 CIF Championship, been Runner-Up 7 times, has 11 Sierra League Championships, and has coached 16 CIF Individual Champions and 8 CIF State Champions. Coach Martin continues to teach at the school but stepped away from coaching last year.

The National Wrestling Hall of Fame and Museum, headquartered in Stillwater, Oklahoma, pays tribute to coaches, officials, and contributors who represent "the best qualities the sport of wrestling has to offer and who share those characteristics with young people day in and out," according to Dan Dierdorff, President of the

California Chapter of the National Wrestling Hall of Fame.

This year's induction ceremony will be held May 21 in Laguna Hills.



PHOTO BY: CVUSD

Ayala High School's Terry Martin

CV national signing day

signing from page 1

become well-known as major colleges such as USC, Michigan, Alabama, Ole Miss and others sign their football recruits during this time. The letter of intent restricts a recruit to signing with only one school in the NCAA. National Signing Day is typically on the first Wednesday in February, according to Sports Illustrated.

Football is the big topic when talking about National Signing Week, but other sports are included as well. Chino Valley Unified had several recruits sign this year in different sports such as softball, water polo, baseball, gymnastics and soccer.

Chino Hills High School's

Emily Nguyen, who will be majoring in Criminal Justice at Finlandia University in Michigan, said this week that while she will miss her family and friends in Chino Hills, she is excited for the change of scenery and the adventure that college holds. "Signing day was one of the biggest days of my life; it meant that I knew I was going to do what I love while learning at the same time." She also said that Signing Day was especially sentimental because she got to sign with her best friend, Emily Luna, who will be attending Wilmington University in the fall. The duo started playing together on a 8U Chino Hills Girls Softball team, and have been friends since.

Congratulations to all CVUSD student-athletes!

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Salt & Pepper Prawns



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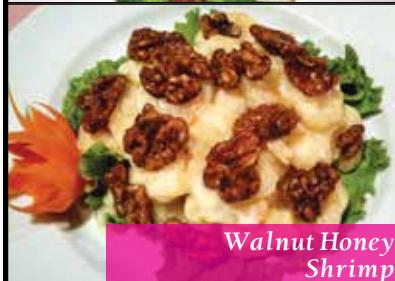


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Restrictions apply on these holidays: Valentine's Day, Mother's Day, Memorial Day, Labor Day, & 4th of July



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Sweet & Sour Pork Chops



Peking Duck

Lemon Chicken

Sizzling Three Flavors

Po-Po Plate

Two Color Chicken

A photograph of a young woman with curly hair hugging her mother from behind. Both are smiling warmly. The background is a bright, slightly blurred indoor setting.

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

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

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Local Races

Chino Hills Trail Run Series - 10k & Half Marathon

When: Sat., Mar. 5, 2016
Where: Chino Hills State Park Discovery Center
Info: runchinohills.com

Chino DairyAire 5K Run

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

Recipes:

Broccoli and Feta Omelet with Toast

COURTESY OF HEALTH.COM

Who needs breakfast in a restaurant when you can whip up a dish like this in no time flat? Use either fresh or frozen broccoli, both work well. The feta cheese adds some CLAs, plus a punch of flavor, too.

Ingredients

- Cooking spray
- 1 cup chopped broccoli
- 2 large eggs, beaten
- 2 tablespoons feta cheese, crumbled
- 1/4 teaspoon dried dill
- 2 slices rye bread, toasted



PHOTO COURTESY: HEALTH.COM

Preparation

Heat a nonstick skillet over medium heat. Coat pan with cooking spray. Add broccoli, and cook 3 minutes. Combine egg, feta and dill in a small bowl. Add egg mixture to pan. Cook 3-4 minutes, flip omelet and cook 2 minutes more or until cooked through. Serve with toast.

Makes one serving.
Calories: 390

February is National Heart Month

STAFF REPORTS

Every 43 seconds, someone in the United States has a heart attack. According to the American Heart Association, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

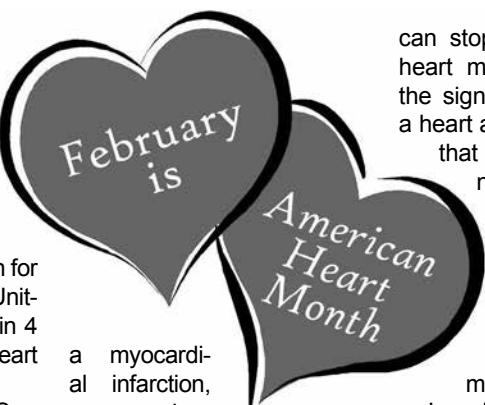
The CDC says that Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. You and your health care team may be able to help you reduce your risk for CAD.

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis.

Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD.

Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.

A heart attack, also called



can stop blood flow to the heart muscle. If you know the signs and symptoms of a heart attack and recognize that you or someone near you is having a heart attack, seek immediate treatment by calling 9-1-1. The longer you wait, the more damage to the heart muscle can occur.

In spite of all of this, the American Heart Association says there is good news. Heart disease can often be prevented when people make healthy choices and manage their health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight. Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Know your ABCs:
- o Ask your doctor if you should take an Aspirin every day.
- o Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- o If you Smoke, get help to quit.
- Take control of your heart health by following your doctor's prescription instructions.

Keep cozy. We'll help with the cost.

Gas from page 1

you to know about our family of customer assistance programs that can help you cover the costs to keep your family comfortable this winter.

If you or a loved one has a serious medical condition that requires using extra heat during cold weather, the **Medical Baseline Allowance** provides you with natural gas at the lowest rate. Your eligibility for this program is based on your medical need, not your income. Plus, you can still qualify for other assistance programs.

The **California Rates for Energy (CARE)** program offers eligible customers a 20 percent discount on their monthly natural gas bills. It takes just a few minutes to apply, and you'll see the savings on your next bill.

The **Gas Assistance Fund (GAF)** provides a one-time grant of up to \$100 toward the natural gas bill for customers who qualify.

One way to save money and make your home more energy efficient is through the **Energy Savings Assistance Program**. This program offers no-cost energy-saving home improvements to qualified renters and homeowners. Improvements include: Attic insulation, water heater blankets, door weather-stripping, minor window repairs and more.

Visit socalgas.com (search "ASSISTANCE") to see the full list of customer assistance programs that can help you save money and conserve energy.

Other useful tips that will help lower your energy use.

When heating your home during cool weather:

- Thermostats should never be turned up high to heat a home quickly. The heater will stay on longer and waste energy.

- Save up to 25 percent of your heating costs by installing or upgrading insulation in your attic and walls (may be covered by the Energy Savings Assistance Program)

• For safety and efficiency, keep all heating vents and furnace registers free of dirt, lint and obstructions.

When cooking:

- Don't preheat your natural gas oven if you don't have to.
- Don't open the oven door while food is cooking. You could lose up to 50 degrees in temperature, which wastes energy and money.
- Keep oven and burners clean. A clean oven uses energy more efficiently.
- Cook by time and temperature guides.
- Cook several meals at the same time.

- Use pots and pans that fit the range top. Pans that fit a burner absorb more of the energy, reducing the amount of heat lost.

- Cover pots when cooking.

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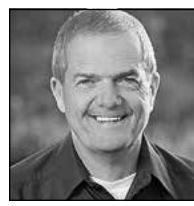


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Holding Hands

By PASTOR MARK HOPPER



Recently, I was on my way to visit someone at Pomona Valley Hospital when I saw something that caught my attention.

Instead of taking the freeway, I took surface streets. I like to stay off the busy freeways whenever I can and enjoy the side streets and local neighborhoods. As I was driving along Orange Grove Avenue in Pomona, I saw an older couple walking on the sidewalk. It was a nice day, the sun was shining and this couple seemed to be enjoying their stroll.

The thing that caught my attention was that they were holding hands. Yes, they were holding hands. This couple looked like they were in their 70's. I'm sure they were grandparents or

maybe even great-grandparents. But as they slowly walked along the sidewalk, they were holding hands.

I suppose we expect to see some teens or young couples holding hands. Sometimes we see couples out on a date holding hands, but I don't think we often see older couples taking a walk and holding hands. I wonder, why do we stop holding hands with our spouse? I suppose that it is when we start having children. Young parents have their hands full with baby carriers and diaper bags. It may be when we try to protect our toddlers and tell them "hold my hand" as you cross the street or navigate through a busy parking lot.

Since we are busy holding the hands of our children, we may not have the opportunity to hold the hand of our husband or wife. In addition, there are those times when our hands are filled with groceries, shop-

ping bags and other things so we are not able to hold someone's hand.

I think God gave us human hands so that we can touch, caress and embrace those we love. Touch is a powerful sense that can communicate so much. Whether it is a soft touch or a firm grip, our hands communicate love and emotion.

Let me encourage you this Valentine's season to hold someone's hand. Make an effort to hold their hand as you walk to the car or stroll through a park. Use your hands to communicate your love and feelings for the special people in your life. They will be glad you did and you will too.

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

Winner of Your Personal Revolution

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



Do you ever feel like you just need to make a huge change?

Are you afraid and stay with your same old ways, because it's what you have always done and how you've always been? Maybe it's time to have a personal revolution and really shake things up. I think you can start your own personal revolution by making a list of what you need to keep about you and what you really need to finally let go of. It's time to revolt and personally attack those demons and the lies that hold you back from being a great and powerful you.

I know it sounds crazy to

stage a revolution against yourself or against the pieces of yourself you are sick and tired of, but I don't know of any other way to move forward if you are really stuck. Fight hard and fight smart and do your interpersonal work. What better day than today to claim the rights to you? Stop letting others hold you hostage to being a lesser version of you. Today is the day you take control of yourself and of your mind. Has somebody made you doubt yourself? Today is the day to fix that. Today is the day you decide that you are proud of yourself and that you will fight to become the best you can be. I know you can win that internal battle and you can revolt against all the lies.

You owe yourself this revolution and I know you can win. The past is over, the future is uncertain, but the present is a

gift that can help us unwrap our true inner being. This is an inner being we can be proud of and can make us feel confident like never before. This newly found confidence can help us see anything is possible and there will be no limits for us!

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. You may email her at nancyjstoops@verizon.net.

Straight Talk with Danice

My daughter thinks she's ready to move out - A Letter from Danielle

By DANICE AKIYOSHI, N.D.



Q: My daughter just graduated from high school last June and she

has already decided to move out with two girlfriends. I feel she is not ready to be on her own, but when I try to give her advice she gets nasty. How can I make sure she is okay without making her look childish in front of her friends? I am really worried, because she is still so immature. By the way, none of

these girls are in college, but they all have jobs. They believe they can make this arrangement work out. Please help!

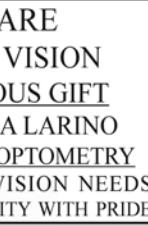
A: This is one of those difficult times in the parenting cycle. You sound like a very caring mom and your daughter will appreciate that some day. Have faith that you did a good job in raising your daughter, and create space in your relationship for her to develop self reliance. When I felt a deep need to visit and "check in" on my young adult kids, I made favorite food items, or offered to share my giant bundle of paper towels or toilet paper. Youngsters are usually very open to receiving these gifts when they are first starting out on their own. Be careful not to criticize their dwelling if it is messy, and resist the urge to fix

all the difficulties that crop up. When young adults make a decision to enter adult living, you should allow them to sort things out on their own. However, let your daughter know she can seek your assistance before she allows anything to become a crisis. I am assuming you have given her guidance about credit card debt and basic health practices. Also, you might want to explain that you will not be taking steps to maintain her former lifestyle once she moves out. For example, clothes shopping, haircuts, cell phone bill, extra gas money, medical or dental expenses. This talk should be informative, but not manipulative. Often young adults are so excited at the thought of being on their own, that they don't see the big picture. When my son called



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with a very expensive utility bill he and his roommates couldn't pay, I explained that I would assist them, but made it clear that I would not fix the same problem twice. This shows you're interested in a good outcome, but allows respect for the fact that you're both functioning adults. If she still decides to move out after this friendly and informative conversation, be supportive, wish her well, and get back to your own interests in life. Be well.

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

South Pointe Named "School to Watch"

By KELLI GILE

Diamond Bar - South Pointe Middle School has been designated as a model middle school in the 2015-16 Schools to Watch-Taking Center Stage program.

A total of 11 high-performing middle schools in California will receive this year's award for academic excellence, developmental responsiveness, and social equity.

South Pointe is now among a select cadre of 78 schools in the state and more than 450 around the nation that are Schools to Watch.

"We are thrilled to have received this recognition," said Principal Susan Arzola. "Our school community has worked very hard to create an exciting and challenging middle school program that inspires students to achieve their potential and look to their future!"

Schools to Watch, which are recognized at both the state and national level, become examples for middle schools across the country. South Pointe becomes the first school in Walnut Valley USD to receive the prestigious award.

"South Pointe is committed to providing students with a strong academic foundation to foster

success as they move toward high school, college, and careers," said Superintendent Dr. Robert Taylor.

On Thursday, February 18 at 8:00 a.m., students, staff, administrators, board members, and community members will celebrate the selection as one of California's newest Schools to Watch in the school's multipurpose room.

South Pointe prepares students to be globally competitive through the integration of science, technology, engineering, the arts and math (STEAM). "We are proudly preparing the next generation of leaders," added Arzola.

All of California's Model Schools will also be formally recognized in Sacramento and Washington D.C. The schools will have an opportunity to showcase their accomplishments and network with other middle grades educators from around the state.

South Pointe applied for the designation and was chosen among schools from across the nation. In order to become a School to Watch, applicants must have met or exceeded the Academic Performance Index (API) school-wide growth target for three of the previous five years.



PHOTO COURTESY: WVUSD

South Pointe 8th Graders Enjoy STEM activities

School administrators must conduct a self-study evaluation and complete an extensive narrative application. Each site is then reviewed by a team of middle grades experts. In order to retain the designation, each school is re-evaluated every three years.

The California Department of Education and the California League of Middle Schools are the lead agencies in the program, with the support of the California Middle Grades Alliance, a collaborative dedicated to providing policy assistance and encouragement for California's 1.5 million middle grades students.

California's Schools to Watch-Taking Center Stage program uses a competitive, rigorous review process to identify high performing, high impact middle schools so that all middle schools may have models of real-world success.

SMS Medals in Contest

BY KELLI GILE

Walnut - Fifty Suzanne Middle School students recently participated in the challenging AMC 8 math contest.

During the national event, mathletes tackle 25 multiple-choice questions on the 40-minute timed competition. Questions cover many different topics, which exceed the normal middle school curriculum. The top three school finishers earned medals.

Darren Chen, grade 8, took home the gold medal with a top score of 23 out of 25. He was also awarded an Honor Roll of Distinction Certificate for scoring in the top 1% in the nation.

William Lin, grade 8, earned the silver medal with a score of 20 out of 25. He also earned an Honor Roll Certificate for scoring in the top 5% in the nation.

Amber Tsao, grade 8, earned the bronze medal with a score of 17 out of 25. Additionally, she earned an Honor Roll Certificate for scoring in the top 5% in the nation.

Joining the medal winners with Honor Roll Certificates were fellow eighth graders Joseph Xu, Katherine Lee, Tyler



PHOTO COURTESY: WVUSD

Top award winners Darren Chen, William Lin, and Amber Tsao

Xu, Rongtian Yue and 6th grader Joshua Hsu.

Joshua Hsu was also awarded a Certificate of Achievement for scoring above 15 as a sixth grader.

The top-ten middle school students will also participate in the AMC 10 on February 17.

"I am very proud of the students for all of their hard work, dedication and achievements. Well done!" commented math teacher Amy Erickson.

"I am very proud of our Math Counts students and the level of success they have achieved this year," added Principal Les Ojeda. "They have done a great job representing our school and I am proud to be their principal. Ms. Erickson has done an outstanding job as their coach and goes above and beyond preparing them for their competitions."



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