

OurWEEKLYNEWS.com

Volume 18 • Issue 31 • Feb. 6 - 12, 2016 • ANAPR.COM

Walnut

Walnut Council Recap

By NATALIE KIM

Walnut - The January 27 Walnut City Council meeting began with an announcement from a Walnut United Taxpayers representative, who announced that Mt. Sac's attempt to dismiss the injunction on the parking lot structure was dismissed by the court, and that Walnut United Taxpayers was able to add Mt. Sac's proposed solar farm to

[see Walnut page 5](#)

Diamond Bar

City Commission Vacancies

STAFF REPORTS

Diamond Bar - Do you want to help your city be better? Office terms are set to expire next month for members of the City's three commissions; the Parks and Recreation Commission, Traffic and Transportation Commission, and the Planning Commission, and seats are up for grabs. These commissions serve as advisory boards to the

[see DB page 5](#)



The 91 closure from Friday, February 19 at 9 p.m. to Monday, February 22 at 4 a.m. will affect thousands of motorists.

PHOTO COURTESY: GOOGLE

Steer Clear of the 91!

STAFF REPORTS

A full closure of eastbound and westbound 91 between the 71 and I-15 will occur from Friday, February 19 at 9 p.m.

to Monday, February 22 at 4 a.m. This 12-mile stretch of freeway sees over 280,000 cars per day, and that number is expected to jump to 425,000 by the year 2030, according

to Joel Zlotnik of the Orange County Transportation Authority.

The 91 freeway is a valuable

[see 91 FWY page 5](#)

Zika Virus Sparks Travel Alert



PHOTO COURTESY: ZIKA

Mosquito spreading disease.

BY CAROL HEYEN

The World Health Organization's Director General, Dr. Margaret Chan, has declared a "Public Health Emergency of International Concern" regarding the Zika virus. The level of threat, the lack of vaccinations, reliable diagnoses, treatments and population immunity, and the ability for worldwide transmission of the virus prompted the declaration.

The disease, which spreads

through the bites of infected mosquitoes, usually produces a mild fever, skin rash and conjunctivitis. Symptoms last 2-7 days, and begin 3-7 days after the person has been bitten by the infected mosquito. There is no specific treatment or vaccine currently available.

The principal danger of the Zika virus is to the unborn. According to the PAHO, during

[see Zika page 3](#)

Inland Empire

Hemet Man Sentenced to 18 Months

By LYN TAYLOR

Hemet - A man who repeatedly threatened to kill a United States Forest Service Law Enforcement Officer was sentenced today to 18 months in prison. Richard Latka, 57, of Hemet, was found guilty by a federal jury in October of threatening to assault and murder an officer who was investigating Latka of dumping trash in the San Bernardino National Forest.

According to the evidence

[see IE page 5](#)

Californians Meet Water Goals

COURTESY OF CA WATER BOARD

Sacramento - Californians have reduced water use by 25.5 percent since June, and are continuing to meet Governor Brown's 25 percent mandate, despite a decline in the statewide water-savings rate during the last three months of 2015.

In December, the statewide conservation rate was 18.3 percent, down from 20.4 percent

[see Water page 6](#)

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[see Gas page 8](#)



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[see Luxury page 3](#)

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Weekly News

WEEKLY NEWS
EASTVALE NEWS
SGV NEWS
14144 Central Ave. Suite H
Chino, CA 91710
Phone: 909.464.1200

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ABC Public Relations

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PHOTO COURTESY: PETERSENGLAND

Did You Know?

Groundhog Day

By LYN TAYLOR

Groundhog Day, which this year was on February 2, is a tradition in the United States and Canada, beloved by those in cold climates looking for the hope of spring. This year was Punxsutawney Phil's 130th prognostication, and his handlers said that the furry rodent failed to see his shadow at dawn on Tuesday, which means that he "predicted" an early spring.

"Is this current warm weather more than a trend? Per chance this winter has come to an end? There is no shadow to be cast, an early spring is my forecast!" read Jeff Lundy, vice president of the Inner Circle of The Punxsutawney Groundhog Club.

Legend has it that if the groundhog sees his shadow when he emerges from his den, he will become frightened and return to his burrow, and winter will last another six weeks. If not, spring comes early.

Records going back to 1887 show Phil has now predicted more winter 102 times while forecasting an early spring just 18 times. There are no records for the remaining years. Since 1988, the groundhog has been "right" 13 times and "wrong" 15 times.

About 10,000 of Phil's most faithful admirers gathered on Tuesday to wait for the forecast. Many had been there all night. The crowd was very happy to hear the prediction of an early spring. "Bring on Spring!" yelled one.

Punxsutawney Phil is only one of several groundhogs relied on for weather reports. There is also Staten Island Chuck in New York, General Beauregard Lee in Georgia, Jimmy the Groundhog in Wisconsin, Sir Wally Wally in North Carolina, Woody the Woodchuck in Michigan, and Buckeye Chuck in Ohio.

According to the Punxsutawney Groundhog Club, the average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. Punxsutawney Phil weighs about 20 pounds and is 22 inches long. A groundhog's life span is normally 6 to 8 years, but Phil receives a drink of a magical punch every summer during the Annual Groundhog Picnic, which gives him 7 more years of life.

OUR LIFE

History 101

Queen Elizabeth II Becomes Monarch

By CAROL HEYEN

On February 6, 1952, after a long battle against lung cancer, King George VI of Great Britain and Northern Ireland died in his sleep at the royal estate at Sandringham. Princess Elizabeth, the oldest of the king's two daughters and next in line to succeed him, was in Kenya at the time of her father's death. Upon George's death, Elizabeth became queen. She was formally crowned Queen Elizabeth II on June 2, 1953, at age 27.

Princess Elizabeth Alexandra Mary, born on April 21, 1926, and known to her family as Lilibet, was groomed as a girl to succeed her father. She married a distant cousin, Philip Mountbatten, on November 20, 1947, at London's Westminster Abbey. The first of Elizabeth's four children, Prince Charles, was born in 1948.

According to History.com, Elizabeth has understood the value of public relations since the start of her reign, and allowed her 1953 coronation to be televised, despite objections from Prime Minister Winston Churchill and others who felt it would cheapen the ceremony.



PHOTO COURTESY: NASA



PHOTO COURTESY: PETERSENGLAND

Elizabeth, the 40th British monarch since William the Conqueror, has worked hard at her royal duties and become a popular figure around the world. In 2012, she celebrated 60 years as Queen with her Diamond Jubilee. On September 10, 2015, Queen Elizabeth II became the longest reigning British monarch ever, surpassing the 63 years 7 months that her great-great-grandmother Queen Victoria spent on the throne.

The role of Queen in modern times, being that it is largely ceremonial, has come into question as British taxpayers have complained about covering the royal family's travel expenses and palace upkeep. Still, the royals are effective world ambassadors for Britain and a huge tourism draw.

Here are some interesting facts about Queen Elizabeth II that you may not know:

- She was the first head-of-state to use electronic mail, when in 1976, she sent her first email at a demonstration in Malvern, England;
- She drove a truck in the Women's Auxiliary Territorial Service, and is the only living head of state to have served in WWII;
- She doesn't have a passport or a driver's license;
- She paid for the material for her wedding gown with ration coupons;
- She once woke up to find a stalker in her bedroom;
- She loves the Pembroke Welsh Corgi dog breed, and has had Corgis since the 1930s;
- She is an avid horsewoman
- She has four children, eight grandchildren and five great-grandchildren.

Battle of the Badges Blood Drive

STAFF REPORTS

Pomona - On Sunday, February 21, a Battle of the Badges Blood Drive will take place at the Los Angeles County Fire Department's East County Training Center, located at 3325 Temple Avenue in Pomona. The event will take place from 9 a.m.-3 p.m., and it will be held in Classroom One. The annual campaign is in partnership with the American Red Cross, helping to ensure local blood bank reserves are available to meet the needs of trauma victims and hospital patients. The event is free of charge and the Red Cross will provide a commemorative t-shirt for those who choose to donate blood.

"Here in Southern California, more than 160 local hospitals depend on the Red Cross for blood donations to assist trauma victims and hospital patients," says Fire Chief Daryl Osby. "Yet less than 3 percent of the population donates blood, leading to continual shortages of all blood types."

Everyone is invited to stop by and help support the American Red Cross. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org.



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Part of Your World

By MICHAEL ARMIJO

I remember the Disney movie "The Little Mermaid." Ariel, the star of the show, swam in the ocean and gazed upward towards the surface. She could only see the sky filtered through the hazy water, and could never feel the warmth of the sun. She could not survive in our time, she couldn't breathe our air. She was, simply, part of another world.

Ariel would yearn to be part of a place she felt she didn't belong. A world she felt would never accept her. An area she believed would never understand where she came from or who she really was. So that kept her longing for the surface. For the humans.

I understand how Ariel felt, coming from a place that I understood was not the norm. Coming from an environment that reflected behavior without rhyme or reason. A place that made me feel that I was never truly accepted nor understood. I felt just like that little mermaid, an outcast. A mutant. Unequal. Inadequate. Different.

I found myself, when listening to that song, drowning within my own life looking outward to another place. To a world I felt I could not survive. An air I couldn't breathe. A place I felt would never understand who I was, where I came from. All I wanted was to be like the "humans."

I wanted to be like the people on "the surface." I wanted what I felt was a normal life. Parents who loved and respected me. A family who cared about me and taught me about love, harmony, and respect. I wanted lifelong friends. That day I couldn't help but feel inadequate.

And because I didn't have the proper environment like so many others did, I understand that this is my fate. To walk amongst the "humans" and listen to their stories. To watch their moms, dads, and siblings live in harmony and respect. To hear the functional part of structure and logic, and the fearlessness of life. To see them RESPOND to life's mis-haps instead of dysfunctionally REACTING to them. To listen to their outlook on their future without pain and uncertainty. To feel a genuine love and respect for one another.

While there are times I feel like an underdog, I sometimes pretend as though I DO belong. I pretend that I feel equal and belong on this Earth. I roam amongst the humans but I actually feel like I'm deep inside the ocean waters and all I can see is a murky version of the sun. I cannot feel its warmth. I cannot enjoy its rays of light. I walk with a heavy heart. I walk with an empty soul. And it's at that time my spirit silently whispers to my soul, that I someday hope to be...part of your world.

Preserving the American Legacy of Leadership and Service

By JERRY SILVA



Americans have always faced and met great challenges. This can be attributed to our rich legacy of thoughtful, spirited and remarkable leaders and a powerful sense of civic involvement. Though sparsely settled, the American colonies bred brilliant statesmen – George Washington, John Adams and Thomas Jefferson – to name just a few. Our post-colonial history continued to see the emergence of great American leaders – Abraham Lincoln, Teddy Roosevelt, Susan B. Anthony, and Dr. Martin Luther King among others.

Today, our nation faces unprecedented challenges. Adding a further level of complexity is the fact that issues cannot be confined within our borders. The world now is truly global. And while the world has seemingly grown smaller, our challenges have become greater.

In 1964, President Lyndon Johnson was dismayed by the widening gulf between youth and government and was quite concerned about what he perceived to be an indifference of young Americans toward their government. LBJ wanted to give the nation's youth living in the tumultuous 1960's the same bond with government that his generation felt in the 1930's.

Later that year, President Johnson launched a great experiment. He announced a non-partisan program that would draw young Americans of exceptionally high promise to Washington for one year of personal involvement in the process of government. These individuals would work alongside senior White House staff, the vice president, cabinet secretaries and other top-ranking government officials. President Johnson's mission for this program was to give firsthand, high-level experience with the workings of the federal government and to increase the sense of participation in national affairs. In return for the year, President Johnson expected these young Americans to "repay that privilege" when they left by "continuing to work as private citizens on their public agendas." He hoped that these remarkable individuals would contribute to the nation as future leaders.

This program lives today. Known as the President's Commission on White House Fellowships, the program boasts nearly 700 outstanding alumni who have gone on to become leaders in all fields of endeavor. These Americans have fulfilled the Fellowship's mission to encourage active citizenship and service to the nation. The White House Fellows Program has fostered leaders such as Secretary of State Colin Powell, Secretary of Labor Elaine Chao, United Nations Foundation President and Former Senator

Timothy Wirth, American Red Cross President Marsha J. Evans, and General Wesley Clark.

President Johnson recognized a time in our history when the need was greater than ever to foster leadership and service among our youth. This period is before us again.

Get involved in your community, don't be a bystander during these presidential elections, and learn more about your United States of America and values of this program. For more information about this program, you can visit their website at www.whitehouse.gov/participate/fellows

Jerry Silva grew up in the San Gabriel Valley and worked much of the Inland Empire as Regional Public Affairs Manager for SCE. Jerry serves as a board member for the Hispanic 100, International Visitors Council of Los Angeles, and Gubernatorial appointment to the state board of Professional Engineers and Land Surveyor commission. Has been involved with community and public affairs for the San Gabriel Valley and Inland Empire for over 20 years. He has been involved with the White House Fellows program since 2002, serving in the capacity as Los Angeles Regional Judge for the White House Fellows and has served as Regional Judge Chair from 2003-2008. Jerry recently attended the 50th year reception of the White House Fellows program on October 22nd at the White House. Jerry can be reached at jerrysilva@earthlink.net or (626) 536-3435.

Luxury for less!

Luxury from page 1

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protection. If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.

- Using insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label.

- When weather permits, wear long-sleeved shirts and long pants.

- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

- Help reduce the number of mosquitoes outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.

Zika virus sparks travel alert

Zika from page 1

large outbreaks in French Polynesia and Brazil in 2013 and 2015 respectively, national health authorities reported potential neurological and auto-immune complications of the Zika virus disease. Recently in Brazil, local health authorities have observed an increase in Zika virus infections in the general public, as well as an increase in still-born babies, and an increase in babies born with microcephaly in northeast Brazil. Microcephaly is a condition where the head and brain of the affected child are abnormally small, sometimes causing severe birth defects and death. Agencies investigating the Zika outbreaks are finding an increasing body of evidence about the link between Zika virus and microcephaly.

The U.S. Centers for Disease Control and Prevention (CDC) have issued a Level-2 (Practice Enhanced Precautions) travel alert for people traveling to certain regions and countries affected by the Zika virus, including Bolivia, Brazil, Cape Verde, Colombia, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Martinique, Mexico, Pan-

ama, Paraguay, Saint Martin, Suriname, Samoa, Venezuela and Puerto Rico.

The Zika virus, spread by Aedes mosquitoes, is affecting Africa and nearly all of the Americas, according to the Pan American Health Organization

The California Department of Public Health (CDPH) recommends special travel precautions for pregnant women and women trying to become pregnant. Pregnant women in any trimester should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas should talk to their healthcare provider first and strictly follow steps to avoid mosquito bites during the trip. Pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection if they had any symptoms suggestive of Zika or if their baby has evidence of microcephaly or brain calcifications.

According to the CDPH, the mosquito Aedes aegypti has been detected in twelve counties in California, and Aedes albopictus has been identified in five counties, including Los Angeles, Orange, Riverside and San Bernardino counties. Thus far in California, Zika infections have been

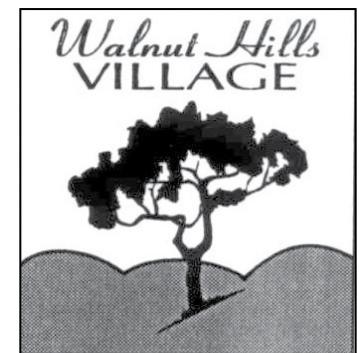
documented only in persons who were infected while traveling outside the United States.

While the risk for transmission of Zika, chikungunya, or dengue viruses is still low in California, infected travelers coming back to California can transmit these viruses to Aedes mosquitoes that bite them. This may lead to additional people becoming infected if they are then bitten by those mosquitoes. To date no local transmission of Zika infections have occurred in California.

The CDC recommends taking appropriate precautions if you must travel to affected countries. Pregnant women and women trying to become pregnant should review the recommendations listed earlier. If you have returned from an affected region and have fever with rash and/or joint pain within the week following your return, contact your doctor and let him know that you have been in an affected area.

There are no vaccines to prevent Zika infection. Preventing mosquito bites is the only way to avoid becoming infected. The CDC gives these recommendations to keep yourself safe:

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long lasting



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Hemet man sentenced to 18 months

IE from page 1

presented at the trial, the Forest Service Officer went to a residence on Persimmons Lane in Hemet in October 2014 to investigate a large amount of trash that had recently been dumped in the nearby national forest. The officer encountered Latka in the front yard of the residence, and Latka reacted angrily when the officer said he wished to speak to the owner of the home. Latka then ran toward the officer with clenched fists. Believing that Latka intended to hit him, the officer drew his Taser and ordered Latka to stop. Latka stopped

running but continued screaming at the officer. The officer tried to diffuse the situation by retreating to his car, but Latka followed the officer, continued to scream at him, and then pounded with both fists on the driver's side window of the officer's marked law enforcement vehicle. The officer drove away, but Latka pursued the officer in his own car, screaming that he was going to kill the officer. At one, Latka pulled up beside the officer and yelled, "Next time you're dead!" Witnesses reported that Latka later returned to the home and screamed to them that he was going to kill the officer.

"This federal law enforce-

ment officer faced serious threats of assault and murder. The officer did everything he could to de-escalate the situation," said United States Attorney Eileen M. Decker. "Instead of de-escalating, Mr. Latka made repeated threats to harm the officer, who was acting both lawfully and prudently. As a result of his dangerous conduct, his unwillingness to comply with law enforcement, and his failure to accept responsibility for his crime, Mr. Latka has earned this prison term."

The case against Latka was the product of an investigation by the United States Forest Service.

City commission vacancies

DB from page 1

City Council in their designated areas.

Each commission is made up of five members who serve two-year terms that expire on February 28 of even-numbered years. Members of the Parks and Recreation Commission and the Traffic and Transportation Commission receive a stipend of \$45 per meeting, while the members of the Planning Commission receive a stipend of \$65 per meeting.

The Planning Commission meets on the fourth Thursday of the month; it is responsible for helping direct the short- and

long-range growth and development of the city through the implementation of the City's General Plan and Municipal Code.

The Parks and Recreation Commission meets on the second and fourth Tuesday of the month; it is responsible for helping coordinate all the recreation and leisure activities of the city and providing for the establishment and maintenance of sound recreation and parks programs.

The Traffic and Transportation Commission meets on the second Thursday of the month; it helps with the review and development of systems, facilities, plans, policies and

programs concerning rail, bus and other forms of private and public transportation with the city and affecting the city.

Diamond Bar residents who are at least 18 years of age, registered to vote, and interested in serving on one of the City Commissions should obtain an application from the City Clerk's Office by calling 909.839.7010 or visiting City Hall during the operating hours of Monday through Thursday 7:30 a.m. to 5:30 p.m. and Friday 7:30 a.m. to 4:30 p.m. **The deadline for submission of applications is 5:30 p.m. on Monday, February 8, 2016.** Diamond Bar City Hall is located at 21810 Copley Drive, Diamond Bar, CA.

Steer clear of the 91!

91 FWY from page 1

transportation corridor for thousands of motorists, and also serves hundreds of thousands of commercial and freight trucks as they travel inland from the ports of Long Beach and Los Angeles, according to Anaheim City Councilman Harry Sidhu.

The full weekend closure of the 91 will allow crews to perform three major construction activities: 1) Demolish the west side of the Maple Street Bridge over the 91; 2) Install support beams for the new westbound Maple Street flyover ramp bridge; and 3) Pave the new eastbound 91 alignment near I-15.

"By fully closing the roadway, we will be able to consolidate these significant construction efforts into one weekend, rather than multiple weekends or extending this over a month of weeknights," said RCTC Executive Director Anne Mayer. "Consolidating the work activities within one weekend will reduce the number of closure hours by more than 50 percent. The project's design-build method allows for flexibility in

planning work, such as this weekend closure," she said. Another benefit, Mayer noted, is that the full closure will help ensure the safety of the 91 Project crews and the traveling public by eliminating cars and construction equipment on the road at the same time.

More work will be occurring in the Maple Street area during the coming months, including reconstructing the Maple Street bridge and building the flyover connector ramp bridge. Crews will require nightly full closures of eastbound 91 for about a week after the weekend closure. During these closures, motorists will be directed to the eastbound 91 Maple Street off-ramp, and then east on Frontage Road to re-enter the 91 at the Maple/Paseo Grande on-ramp. Once the flyover ramp bridge is completed this summer, another full closure of the 91 may be conducted to remove the temporary support beams that will be placed the weekend of February 19-22.

Because of the impact that a full closure will have on this heavily traveled roadway, motorists are urged to "steer clear"

of the area during this closure. To minimize major travel delays and impacts during the closure, RCTC strongly recommends that motorists plan ahead, avoid travel in the area or stay home. Motorists traveling on the 91, the 71 or I-15 near the project area during the closure period can expect travel delays of three to four hours. If travel cannot be avoided, motorists can use the 57, 60 and I-10 as alternate routes.

The Green River Road interchange will remain open to motorists, and during the weekend closure, emergency vehicles will be able to travel on the 91, as needed, to respond to police, fire and medical situations. "Corona residents can rest assured that police, fire, CHP and ambulance personnel will be fully briefed about the weekend closure and are ready to respond," Mayer said.

In case of rainstorms or inclement weather, the closure will be postponed to the next weekend, weather permitting. For more information, please call the helpline at 877-770-9191, or visit www.sr91project@rctc.org.

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

Walnut council recap

Walnut from page 1

their case. The case against Mt. Sac was reported to be very strong, although currently Mt. Sac's current master plan still includes the contended parking lot structure.

Following the public comments, the Council approved all items on the agenda, including minutes from the January 13 City Council meeting; an ordinance imposing an express ban on marijuana cultivation, processing, delivery, and dispensaries; a resolution allowing claims and demands of \$581,050; a resolution authorizing city application for all eligible CalRecycle payment programs; a first amendment to the purchase and sale agreement by and between the City and CalAtlantic Group Inc; appropriation of CalRecycle Bev-

erage Recycling grant funds; awarding a bid to the Creekside Park Playground Renovation Project; a waiver of parking restrictions on La Puente Rd for a special high school event; a request from Mt. Sac Relays Executive Committee to conduct a 5k/10k Fun Race/Walk on April 9; a request for a film permit; a resolution approving the recognized obligation payment schedule for July 2016 to June 2017; the administrative budget for July 2016 to June 2017; appeal of Planning Commission Conditions and a tentative tract map for a two-lot subdivision of undeveloped land within the Single Family Residential and Rural Overlay Zoning Districts.

The Council adjourned with plans to meet again on Feb 10 at 7 p.m. at 21201 La Puente Road, in the Council Chambers.

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Planes of Fame Fly Again

By LYN TAYLOR

Chino - The Planes of Fame Air Museum, which is open to the public, will present its monthly Living History Flying Day on February 6, 2016, and will be featuring the Lockheed P-38 Lightning. A speaker panel of distinguished aviation experts, historians and veterans will be featured, followed by a question & answer period and flight demonstration if possible. At 12:00 noon, the Raffle Flight will occur.

It is the mission of Planes of Fame Air Museum to preserve aviation history, inspire interest in aviation, educate the public, and honor aviation pioneers and veterans. The Museum sponsors regular events in the form of inspirational experiences, educational presentations, flight demonstrations, and air shows in fulfillment of this mission.

The Living History Flying Days are held on the first Saturday of each month, and are great for families to attend. Price is \$11 for adults, \$4 for children 5-11 years, and 4 years and under are free.

A different featured airplane will fly for each event. Upcoming Living History Days will feature the Republic P-47G Thunderbolt on March 5 and the North American B-25 Mitchell on April 2.

The Planes of Fame Air Show will be held April 29-May 1 this year, and will commemorate the 75th anniversary of the attack on Pearl Harbor. There will be over 40 vintage aircraft on display, and many of these, along with newer aircraft, will be performing for your enjoyment.

Mail Theft on the Rise

COURTESY OF THE RIVERSIDE COUNTY SHERIFF'S DEPT.

Many local police departments have recently experienced an unusual number of calls for service regarding the theft of U.S. mail. Police always attempt to identify suspects involved in such thefts and to recover the property stolen from its citizens. Postal inspectors across the country also work hard to protect your mail, but with more than 100 million addresses for delivery, you can imagine the job can't be done alone.

Criminal investigations of such thefts involve a multitude of resources to solve the crimes, but law enforcement also relies heavily on your participation to recover stolen mail and place closure on a case. Knowing that, officers would like to suggest several steps you can take in deterring these thefts.

Here's what you can do to protect your mail from thieves and, thereby, reduce the number of thefts:

- Use the letter slots inside your post office for your mail or personally hand it to a letter carrier.
- Don't leave your mail in your mailbox overnight. Pick it up promptly after delivery. If you're expecting checks, credit cards or other negotiable items, ask a friend or neighbor you trust to retrieve your mail.
- If you don't receive a check or other valuable mail you're expecting, contact the issuing agency immediately, without delay.
- If you change your address, immediately notify your Post Office and anyone with whom you do business through the U.S. mail.
- Don't send cash in the mail.
- Tell your Post Office when you'll be out of town, so they can hold your mail until you return.
- Report all suspected mail



PHOTO COURTESY: GOOGLE

thefts to the Sheriff's Department and a Postal Inspector.

• Consider starting a neighborhood watch program. Exchanging work and vacation schedules with trusted neighbors and friends, you can watch each other's mailboxes (and homes).

• Consult with your local Postmaster for the most up-to-date regulations on mailboxes, including the availability of locked centralized or curbside mailboxes.

If you witness a mail theft in progress, immediately contact your local police department and report the incident. Afterwards, contact the Postal Inspectors at 877-846-2455.

CA meet water goals

Water from page 1

in November, compared to the same months in 2013. A drop in the water conservation rate was expected during the cooler fall and winter months, when Californians use less water and there is less opportunity to save on outdoor water use compared with the hot summer months. Statewide water use declined from 76 gallons per person per day in November, to 67 gallons in December, the second lowest per-person rate since water use reporting began in June 2014.

Nonetheless, Californians are urged to keep up their efforts to conserve through the winter months. This includes complying with urban water supplier directives to switch to once-a-week watering schedules, and not using

outdoor irrigation during and within 48 hours following a rain event.

"While the recent rains and growing snowpack are wonderful to behold, we won't know until spring what effect it will have on the bottom line for California's unprecedented drought," said Felicia Marcus, chair of the State Water Resources Control Board. "Until we can tally that ledger, we have to keep conserving water every way we can. Every drop saved today is one that we may be very glad we have tomorrow."

In November 2015, the Governor issued an Executive Order directing the State Water Board to extend and revise the drought emergency water conservation regulations based on conditions through January.

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Po-Po Plate

Two Color Chicken

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.

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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

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

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

Recipes:

Italian Garbanzo Salad

COURTESY OF HEALTH.COM

This vegetarian salad is a textbook example of the Mediterranean Diet, which has become renowned for its ability to promote overall health, including a healthy weight.

This super-easy salad features some of the diet's key pillars: low-fat dairy (represented here by feta cheese), fresh vegetables (tomato, onion), healthy fats (olive oil), and lean protein (chickpeas). Best of all, one serving (1 cup) is only 159 calories!

Ingredients

- 3 cups finely chopped fennel bulb
- 2 cups chopped tomato
- 1 3/4 cups finely chopped red onion
- 1 cup chopped fresh basil
- 1/3 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 4 garlic cloves, minced
- 2 (15 1/2-ounce) cans chickpeas (garbanzo beans), rinsed and drained
- 1/2 cup (2 ounces) crumbled feta cheese

Preparation

Combine all ingredients except the cheese in a bowl; toss well. Let stand 30 minutes; sprinkle with cheese and enjoy. Makes 8-1 cup servings.

Calories: 159



PHOTO COURTESY: HEALTH.COM

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. **Southern California Gas Company is not responsible for any goods or services selected by customer. This program is funded by California utility customers and administered by**



"To De or Not to De"....Tox that is!

COURTESY OF CLARK'S NUTRITION

Much of the information and misinformation surrounding the concept of detox diets and supplements could only be murkier and more perplexing if it was written by William Shakespeare in unrhymed iambic pentameter. This may be due, in part, to the knowledge gaps that exist in the literature regarding how detoxification processes work in concert to keep us from acute toxicity. The science certainly doesn't exist in large enough quantities to justify the hype. It may also be due to the lack of one dedicated detoxification "system", like the muscular or cardiovascular system, further allowing speculation and "marketing," with efforts to appease an impatient population with imprecise and "sciency" sounding jargon. Or it may be that the aversion one feels towards a word (CrossFit, Vegan, Paleo, Yoga, Microbrew, or Manscaping) creates an antipathy that blinds one from exploring beyond first sight or sound. In any case, the desire to detox, to effectively assist the body's efforts to gain or remain healthy is not a futile or fruitless endeavor. It is however an effort that must be governed with safety, prudence, and a boost in health literacy. To this end, the following questions must be asked:

1. Can we assist or speed up detoxification through supplementation and elimination diets?

inform them of any and all supplementation.

Detoxification efforts receive the majority of their benefits from the following:

1. Increasing fluid intake (to cleanse kidneys, bladder, skin, and fat cells);

2. Increasing fruit and vegetable intake i.e., increasing levels of antioxidants, phytochemicals, and fiber (digestion and colon health);

3. Secondary emphasis on grass-fed and organic meats and reducing consumption of processed carbohydrates;

4. Tertiary emphasis on reducing food sensitivities, allergies, and trigger foods that feed the stomach but starve the brain.

Detoxification diets are fads in the classical sense; i.e., the science has not caught up with the marketing machine which includes word-of-mouth and inspiring testimonials. Yet it is vital to remember that many commonplace approaches to life started out as a fad; e.g., high fat diets have now been shown to improve the symptoms of epilepsy in children and insulin sensitivity in Type II diabetics, and high-complex carbohydrate diets are standard for some liver disorders. The goal is to engage in a behavior that is healthy, safe, sustainable, and above all eliminates deficiencies in lieu of creating them.

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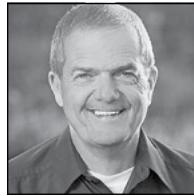


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It's Tax Season

By PASTOR MARK HOPPER



There is bad news and good news about income taxes this year. The bad news is that it's tax season again. The good news is that income taxes are not due until April 18th!

I know there is a lot of tax preparation software available these days. And there are many tax professionals that can help people with filing their income tax returns. Since I usually do my own taxes, I spend hours reading the instructions and filling out my tax return. It used to take weeks to get additional forms. Now, I can find them online and print my own copies.

All year long, I collect and keep receipts in a large manila envelope. In January, it takes a lot of time to sort and organize

these into different piles. I have heard that it takes the average tax payer from five to ten hours to prepare their income taxes. I'm sure it takes me a lot longer!

Eventually, my taxes get done and in the mail before the deadline. I always say a short prayer when I put my tax return in the mail. I hope that I got them right!

If I were a politician, I would simplify the whole income tax system. More people would probably file their own taxes if the process was simplified. I wonder if the complexity motivates people to not file at all or requires many people to hire tax professionals?

There is a passage in the Bible that says, "Give to everyone what you owe him; if you owe taxes, pay taxes, if you owe revenue, then pay revenue, if you owe respect, give respect and if you owe honor, then give honor" (Romans 13:7) When Jesus was asked

if people should pay taxes He answered, "Whose picture is on the Roman coin?" The answer was Caesar. Therefore, He said, "give to Caesar what is Caesar's and give to God what is God's" (Mark 12:14-17).

I don't think anyone enjoys paying taxes, but it is part of life. If we live in this country, we should expect to support this country with our taxes. We may not always like the way our local, state or national governments spend our money, but we should pay our taxes and then show our approval or disapproval at the ballot box in November.

Don't forget - good news - the tax deadline this year is April 18th!

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.

We Could Learn a lot from Dogs

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



Have you ever noticed how dogs take the time to really enjoy everything they do? Dogs never seem to be in any sort of a hurry and are content just being with us. I have also noticed dogs love us unconditionally and their sense of loyalty is miraculous.

I think we could learn a lot from these wonderful beings. We need to learn to appreciate our time here and to enjoy each and every day. We need to slow down and take the time to literally smell the roses and all the other wonderful scents our world offers us. We need to forgive when others disappoint us, and not hold grudges. We

need to be able to give of ourselves to others and trust that they will take care of us. I think being loyal is such an admirable trait- I wish I'd see it more in this world.

Have you ever watched the endless joy and comfort we give to our dogs when we slow down and just spend time petting them? We think we are comforting them but in reality we are comforting each other. In one of my groups, a gentleman told me he pets his dog when he gets angry and that seems to really calm him down and make him feel better. I personally think it's their way of trying to take care of us while also getting love for themselves.

I live with an amazing dog named Midnight. He has taught me about naps, how to enjoy being out in nature, how to be silly, how to love uncon-

ditionally, how to love cuddling and how smelling each and every flower is a necessity. His lessons have been very healing for me but never any more than Midnight himself. He is a constant reminder of how I am supposed to live a wonderful life!

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

I want to date my friend's ex! - A Letter from J.S.

By DANICE AKIYOSHI, N.D.



Q: I am very attracted in my friend's ex-girlfriend. They broke up over a month ago, and I can tell she's looking at me in a new way, too. We all go to the same gym. I don't want to hurt my friend, but I want to ask her out. How should I approach this?

A: This is a tricky situation. I've seen it go well, and I've seen it go horribly wrong. I have a few questions for you to consider. Are both parties completely over each other? Are they mature? Will any-

one suffer humiliation? Do you have mutual friends, therefore making the situation awkward? Do you want to take the risk of losing your friend over a new person to date? Has enough time really gone by? Please look ahead a few months into the future and decide if you can live with the possible consequences that may occur if you date your friend's ex-girlfriend. My personal opinion is to wait six months. If you still feel the attraction, then approach your friend and see what his views are, and make your decision at that time. Don't rush on this if you value these relationships. Thanks for writing.

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

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send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

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Caitlyn Broad surrounded by Navy sailors and the goodie bags she made them

PHOTO COURTESY: CVUSD

CVUSD Seniors Study Heroism

COURTESY OF CVUSD

Chino Valley - As part of a literary unit on heroism, 12th grade students from across the Chino Valley Unified School District devoted several volunteer hours in community service over the winter break. Projects varied from volunteering at food banks and homeless shelters to cleaning up trails and parking lots across the city. Students were asked to "pitch" a proposal to a panel of their peers and suggest projects that would be classified as heroic. As part of a culminating experience which emphasizes effective oral communication, students prepared and delivered five-minute speeches sharing their experiences and addressing major societal issues.

Caitlin Broad, an Ayala High

senior, traveled to the Naval Weapons Station Seal Beach with 40 goodie bags she prepared as thank you gifts for active duty sailors. Caitlin's experience was especially meaningful to her as she was escorted by her father and grandfather, who are both Navy veterans.

Another Ayala senior, Diane Eckstrom, relieved her relatives in the daily care of her 94-year-old grandmother and delivered a speech on the need for loving elder care.

Priceless Pets, a pet adoption and care facility in Chino Hills, was a favorite organization of the volunteers, who exercised and cared for the animals. Ayala senior Terrance Seki walked dogs for Priceless Pets as part of his volunteer experience.

Ayala High senior Jake Sears,

who cleaned up litter at Chino Hills State Park, told his classmates, "It shouldn't be that difficult to clean up after yourself."

Ayala students Jacob Axton and Calista Ho worked at a local food bank.

Most of the students involved in the program said they did not believe their efforts should be labeled heroic but rather just the actions of responsible citizens.

The curriculum unit writers included this project as part of the District's implementation of Common Core State Standards to create real world experiences to develop 21st century skills. Teachers were impressed with their students' passion towards the less fortunate and their appeals to their classmates to do the little things to show care for their community.

Congressional App Challenge Awards

BY CAROL HEYEN

Yorba Linda - U.S. Representative Ed Royce invites the community to attend the Congressional App Challenge 2016 Exhibit & Awards Ceremony, to be held 7:00 p.m. Feb. 17 at the Nixon Library & Museum in Yorba Linda.

The Congressional App Challenge is a competition aimed at encouraging U.S. high school students to learn how to code by creating their own applications. The Challenge is intended to highlight the value of computer science and STEM (Science, Technology, Engineering and Math) education and encourage students to engage in these fields. By encouraging and recognizing our nation's young programming talent, Congress hopes to shine a light on the growing importance of these skills.

High school age students are eligible to compete. Students are required to create an original web app, a mobile app, or a tool, for whatever

topic they are passionate about. Students can enter an app on their own or as a team of up to four. A panel of local computer science professionals and congressional representatives judges the apps, and the winners in each district have the honor of being recognized by their Congressional representative.

Students will have the opportunity to meet experts in computer application development and engineering at the awards ceremony. There will also be exhibits of computer applications developed by high school students. Competition winners will have their work displayed in the United States Capitol.

Representative Royce is the U.S. representative for Chino, Chino Hills, Diamond Bar, Walnut and some surrounding cities, and he is a strong supporter of the App Challenge. For more information, and to find out about next year's contest, visit www.challenge.gov or www.congressionalappchallenge.us.



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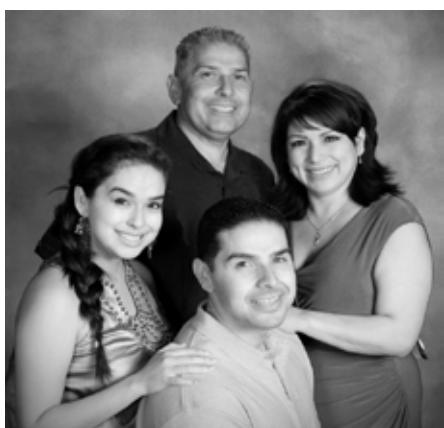
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