

Inland Empire News

Street Closure In Corona, 91 Project

By ELIZA ECHEVARRIA PEREZ

Corona – As part of the Riverside County Transportation Commission's 91 Project in Corona, Buena Vista Avenue at the 91 undercrossing will close from 6 p.m. on Friday, Nov. 20 until Dec. 2 to lower the roadway.

There will be no pedestrian access during this closure. Mo-

see IE page 3

Diamond Bar News

Calling All Photographers!

Diamond Bar's "Through My Lens" Photo Contest

STAFF REPORTS

Diamond Bar – Think you have what it takes to be named the City of Diamond Bar's "Through My Lens" prized photographer? Now is the time to choose a photo from your existing collection or take a brand new one before the Nov. 16

see DB page 9



PHOTO COURTESY: GOOGLE

Assemblymember Roger Hernández hosted this year's 2015 Operation Gobble. Turkeys were distributed at the Covina Police Department on Nov. 24.

Assemblymember Hernández to Host 2015 Operation Gobble

BY RAYMOND MENDOZA

SGV – Assemblymember Roger Hernández is proud to host this year's 2015 Operation Gobble. This event is organized by Assemblyman Hernández in partnership with

the Covina Police Department, local police departments, Police Officers' Association, Suburban Water Systems, the San Gabriel Valley Water Company, and United Food and Commercial Workers Local 1428.

These turkey donations will

aid local non-profits and hundreds of financially strained families within the San Gabriel Valley. This includes the cities of Azusa, Baldwin Park, Brad-

see Gobble page 10

Domestic Violence Awareness Collection Drive A Success

COURTESY KAISER PERMANENTE

Baldwin Park – Kaiser Permanente Baldwin Park Medical Center held a press conference on November 13 to announce the results of a month-long collection drive to benefit survivors of domestic violence. The drive, held in partnership with Congresswomen Judy Chu and Grace

Napolitano and local women's shelters, started in October and coincided with Domestic Violence Awareness Month. Gently-used women and children's clothing, toiletries, household cleaning products, and school supplies were collected.

"This is our 12th year that we

see Awareness page 10



PHOTO COURTESY: KAISER PERMANENTE

Kaiser Permanente donated to the YWCA and other organizations.

57/60 Freeway Plans Move Forward

City officially breaks ground on first phase of long-anticipated 57/60 Confluence Project

BY MONIQUE VALADEZ

Diamond Bar – Deemed the eighth worst bottleneck in the nation by the American Transportation Research Institute, the

see Freeway page 11

\$10K Reward Offered for 2011 Pomona Murder

STAFF REPORTS

Pomona – Suspects remain at large in the 2011 murder of 20-year-old Pomona resident Carlos Jimenez.

The Pomona Police Department announced this week the \$10,000 reward for any information that leads to the arrest of the suspects. The Pomona Police are seeking the public's assis-

see Reward page 9

Our Featured Businesses

Tamale Time at The Whole Enchilada

STAFF REPORTS

Diamond Bar – If you're looking for a break from the kitchen this holiday season, hurry over to The Whole Enchilada for a flavorful fiesta! Visit The Whole Enchilada for a rich, delicious, invigorating Mexican breakfast perfect for any occasion.

With the holidays here, it's tamale

see Enchilada page 8



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on page 7.

Give The Gift Of Sight For The Holidays With Walnut Hills Optometry

STAFF REPORTS

Walnut – Give someone special the gift of sight during this holiday season. Walnut Hills Optometry considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams. For many years, Walnut

see WHO page 8



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SGV News

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

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Lead By Example

By SARAH SANCHEZ

I attended a celebration a few months ago that honored Mark and Jeanne Hopper for dedicating 27 years of ministry to EFree Church and to the Diamond Bar community.

At the event, I heard so many wonderful stories about Jeanne and Mark. The theme I consistently heard was that they loved others and showed their love through their actions. Evelyn Gonzalez, a member of the worship team, said that she witnessed the Hoppers being very generous, very loving and accepting of everyone. She said that not only is Pastor Hopper a gifted teacher that can explain the Bible in an understanding way, but he also has the heart of a shepherd. "There was no ministry that he was above doing," she exclaimed. "He is definitely a servant."

Describing the Hoppers as servants and shepherds continued as many different people shared how the Hoppers have impacted their lives.

Mary Jo Dell-Imagine, Deacon of Submissions and a member of the church for 24 years, was the woman whose story truly touched my heart. With tears, she said that Mark Hopper was there for her when her husband was diagnosed with a terminal disease. Mark also helped Mary Jo when her mother passed away five years later.

Denise and Dennis Ahern agreed by saying that the Hoppers are caring people who live by example. Denise said that Jeanne is the reason why she is a teacher today because Jeanne went out of her way to help Denise get a teaching job. Then Dennis said that Mark took time out of his day to help him move. He said that the Hoppers don't just speak the word of God; they live the Word through their actions.

This philosophy was truly shown through the people of EFree Church. Many of the members of the church showed us an overwhelming love by introducing themselves and even helping us find specific people in a crowd of 400.

But I think Dennis Ahern was

see Life page 9

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PHOTO COURTESY: GOOGLE

How To Find Wholeness In A Fractured World

Circumstance Does Not Have To Dictate Terms Of Happiness

By A. K. DRIGGS

Happiness can seem like an endless journey fraught with many, often contradicting theories. There's what you should and shouldn't do; training states of mind; economic considerations; health; family; meaning; philosophy; spirituality – the list goes on.

But what actually works?

"As a newborn, they found me on a frigid winter's day inside a brown paper bag left on a toilet seat in a bar-and-grill washroom in upstate New York," says A. K. Driggs. "It would prove to be an inauspicious start for a happy life."

Can someone with such a disadvantaged beginning life find happiness? We don't have figures on abandoned babies in the United States, let alone a protocol based in the social sciences for how to help raise these infants as they mature. Fortunately, Driggs was adopted by a loving couple, but other challenges would come her way.

For Driggs, her estimated January birthday initiated an extended series of life obstacles – romance, sexual identity, insecurity, fear of abandonment, cancer, being bullied and other existential crises, career uncertainty – on the path to happiness.

"But I found it and, honestly, I'm sure I'm happier for having gone through the challenges beforehand," says Driggs, author of "Abandoned in Search of Rainbows," (abandonedinsearchofrainbows.com), which details her journey to wholeness. She offers advice for those who seek fulfillment in life.

• Self-acceptance is the gateway. We tend to worry about what's wrong, which makes a certain amount of sense be-

cause what's right doesn't require attention. Of course, the problem with this paradigm is that we create an inner environment dominated by anxiety. And, ironically, we worry about all the things we tell ourselves that we first have to do to be happy. As a result, we often have that busybody voice perpetually telling us something is wrong.

"Accept that there are things that need to be done – you want to be healthier, find a better job or a long-term romantic partner – but these things don't have to be accomplished in order to be happy," Driggs says. "Anxiety is terribly inefficient. There's no point in worrying about such issues unless you're actively trying to yield a solution. Accept that you're in the process of growth, and it's not so bad."

• Your spirituality is available to you every day. Many people wonder what spirituality means in practical terms. Aside from metaphysical aspects, some define spirituality as self-transcendence, which proves to be extremely valuable in our pursuit of happiness. Again, consider the subliminal voice that's always telling us things like Your hair doesn't look good enough or You said the wrong thing at the meeting and so forth. Are these concerns anything more than ego traps?

"There is a golden thread of truth that winds through and between the cloth of all religions if you look carefully," she says. "Spiritual truth lies within each of us at the temple within. The Universe is vast, and our humility in relation to it is good because it relieves us of the ego burden."

• Make peace with your sexuality, disability, religion, race, adoption and more. Thankfully, in 2015, society has come a long way in its relationship to those who are not the majority. Still, it's not hard to feel different, and there are individuals and groups that are explicitly unwelcoming.

"It's sad that many of us are still in a position of needing to advocate for those from minority groups, but there's an upside to it," Driggs says. "If you're different, you are unique and you can embrace this identity. As an adoptee, for example, my parents instilled in me that I was special because I was chosen. A similar perspective can be taken by anyone who feels different for a number of reasons. Embrace who you are!"

• Don't let go of what makes you happy! No matter how you've come across happiness – whether seemingly by accident or after a long, earnest effort – appreciate it by doing it. While that may seem like simple common sense, people lose sight of what makes them happy all the time.

"I found happiness in my spouse; the family that I've chosen, my friends; and singing as a recording artist," she says. Whether it be dancing for fun, sewing, gardening or simply singing to all living creatures, don't give up what makes you happy."



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Bob's Big Boy in Diamond Bar shuts down after 35 years. Franchise owner James Tsai and staff waited for customers Thursday afternoon to bear the bad news.

Check, Please! Bob's Big Boy Closes

By MONIQUE VALADEZ

Diamond Bar—After 35 years, Bob's Big Boy in Diamond Bar is closed for business. Facing rising costs, expensive rehab and landlord disputes, restaurant owner James Tsai swallowed hard and announced that the place he'd owned since 1992 would shut its doors this week.

"We tried all we could to keep our doors open," Tsai said. "We came to a point where we needed to end this land fighting. But ultimately it became an unfair fight where the landowner won."

Tsai said he tried negotiating with the building's landlord over the remaining years on the Bob's Big Boy lease.

ANAPR was unable to reach the restaurant's land owners, Garden Grove-based Lakeview Village, Corp.

The diner-style eatery, featuring a long, curved counter with wooden bar stools and small booths scattered throughout the dining room, went through a number of chefs, general managers and culinary styles as the owner repeatedly worked to capture an audience in the ever-changing demographics of the city, located on a busy intersection on Golden Springs Road and the 60 and 57 freeway.

"There are three reasons that changed our minds in closing our doors," Tsai said. "First, there was spike in rent. Then, demographics had changing, and the last, the 57/60 freeway construction has already started and has moved a lot of businesses in the area."

"Diamond Bar has always been good to us. The city council has also supported us but there was nothing they could do because of the landowners," Tsai added.

The restaurant attempted a historical landmark petition campaign back in 2012, but failed to reach the 20,000 required signatures, Tsai said. The building first opened in 1979, and is 15-years young to be considered for the national historical landmark status, he said.

Now only two Bob's Big Boy locations remain in California — Norco and Burbank.

Though it was no secret that business wasn't exactly booming. It was also in dire need of costly repairs, according to customers and employees.

For the restaurant employees, the news hit hard. On Thursday afternoon, as if attending a vigil, three of the restaurant's employees — Gloria Shepherd, Michelle Witt and Marcos Botello — and Tsai, were sitting on the barstools along the famed curved counter signing business cards with discount offers to present to customers as they walked up to the closed restaurant.

"It's been sort of like a wake since the news broke," waitress Michelle Witt said recently, seated in the restaurant's barstool. "It was a punch to the heart, is what it was."

At the counter of the restaurant, Gloria E. Shepherd, who has been with the restaurant roughly 22 years, recalled her longtime customers and fond memories.

"All four of my grandchildren have birth photos with their grandmother in a Bob's Big Boy work shirt," Shepherd said. "It's just sad and I'm going to miss my customers that I couldn't even tell we are closed. Hopefully, they will follow us over to Norco."

Witt, who has worked as a waitress for five years at Bob's, said that she is deeply saddened by the closure and most important

ly will miss about having to shut down more for the longtime customers they've considered family but is ready to bring her friendly service to Norco's Bob's Big Boy.

"Between just our staff and customers, this was family," Witt said. "This is a place where memories were made. Many people will tell us this is where they had our first date or the place where customers came after a football game. We've established traditions and family here. And now, it's all gone!"

Tsai said he did all he could to keep the restaurant doors open but the landlord was very difficult to work with.

With nearly 45 employees, Tsai said he was able to get most of his staff transferred to the Bob's Big Boy in Norco.

"About 65 percent of staff all got transferred over to the Norco restaurant," Tsai said. "We tried taking care of all our staff. Some already had other jobs and others were unable to transfer due to the distance."

"The Norco restaurant was very welcoming and have already started training us a new computer system," Shepherd said. "Norco is actually closer to my Ontario home. I'm just not sure what the traffic commute or shift I will have but I'll see what the future holds."

With tears in her eyes and a shaky voice, "We'll be here until we can to let the customers know we are closed."

Shepherd, Witt and Botello have remained loyal to the bitter end. They say they're taking shifts at the restaurant to personally inform customers of the closure. They start their new jobs Dec. 1 at the Norco restaurant.

"Looks like we're trading in our aprons for cowboy boots and a hat," Witt laughed.

Street closure in Corona, 91 Project

IE from page 1

The closure dates were coordinated with the Corona Norco Unified School District. Students are on Thanksgiving vacation for much of this closure time.

The 91 Project is adding regular lanes, tolled express lanes, auxiliary lanes and direct express connectors from the northbound 15 to the westbound 91 and from the eastbound 91 to the south-

bound 15. Improvements to interchanges, ramps, lanes and surface streets also will be made along the 91 between the Riverside County/Orange County Line in Corona and Pierce Street in Riverside. The new lanes are expected to open in 2017.

For more information, visit 91project.info or call the helpline at 877-770-9191.

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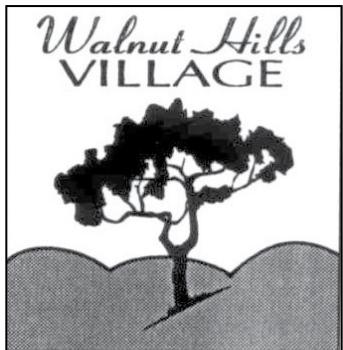
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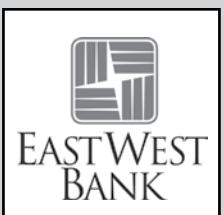
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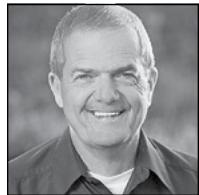
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Right Back Where I Started From

By PASTOR MARK HOPPER



Recently, my wife and I were looking forward to spending a week in Hawaii, but

it was a lot more difficult than we expected.

Our travels started easy enough. We got up early at 4 a.m. and left our house before 5 a.m. to catch our flight to Hawaii. Freeway traffic was better than we expected and we got to the airport in plenty of time for our 8 o'clock flight.

We had made our reservations using airline miles almost a year ago. We were scheduled to go from LA to San Francisco and connect with a Hawaiian Airlines flight to Maui. Unfortunately, our flight out of LAX was delayed and we began to wonder if we would make our connection in San Francisco. But, our airline was reassuring. We had time to catch the Hawaiian flight.

When we finally got to the San Francisco airport we discovered that we had to go outside security, go to another terminal and go through security again. There were about 10 people like us who were scheduled to connect with the Hawaiian flight.

As we ran to our departure gate we could see the big, beautiful Hawaiian plane pulling away from the gate. It did not wait for us and it did not come back for

us. We missed it.

All of us were told to go back to our original airline's ticket counter to get booked on another flight since they had caused us to miss our connection. We were told there were no other flights available to Hawaii from San Francisco on that day.

We could stay at a hotel near the airport (at our own expense) and try again the next day. Or, they offered to fly us back to LA and see if there were any empty seats on planes going to Hawaii that evening. All 10 of us decided to take our chances in LA. So we flew back to where we started from!

Two couples got rebooked on a Hawaiian Airline flight from LAX to Honolulu and then on to Maui. Two other couples got on a flight from LAX direct to Maui on our original carrier. We did too. We got the last two seats on the last flight of the day!

Hurray, we were finally going to Hawaii! Our flight was packed but we were just glad to be going to Maui and not going back to Diamond Bar. We arrived at about 10 p.m. Hawaiian time which is about 1 a.m. our time. We had been waiting and flying and waiting and flying for almost 24 hours!

Just when we thought we had successfully completed our travel adventure, we discovered that our bags did not make it. Thankfully, we had our clothes in our carry-on bags but the most important one, my golf club bag, did not make it. How can you enjoy

Hawaii without your golf clubs?

The airline assured us that my golf clubs would be on the next flight and would be delivered to our hotel the next day. What they didn't tell us was that my golf bag was actually still in San Francisco. I finally found it in a locked office at the Maui airport two days later. I'm not sure what happened to the overnight delivery.

I know that there are many things much worse that can happen in life. Our little Hawaiian adventure was more of an inconvenience, not a national disaster. You probably have a similar story of missed flights and lost bags. I suppose we should expect things to not always go as planned.

There is a verse in the book of Proverbs that says, "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will direct your paths. (Proverbs 3:5-6)

In all of life there will be unexpected bends in the road and delays at the airport. We need to learn to trust God to direct our paths and not become impatient or frustrated with the missed connections of modern travel. Who knows, you may find yourself right back where you started from, too!

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

Everyday Heroes

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



There is so much good left in our world. I run into wonderful people daily.

In my eyes you don't have to acquire super powers or wear a cape to be a hero. For me, a hero is somebody that models all the good characteristics one should have. A hero is a person that lives up to their potential and strives to be better each and everyday. A hero is a person that gives fully of themselves because it is the right thing to do and doesn't expect anything in return.

Look around and you will see plenty of everyday heroes. You will find them teaching our children, protecting our community, mentoring others, saving lives, putting

out fires, giving grants and scholarships and modeling who we are intended to be in this world.

Giving unconditionally is one of the greatest gifts one can offer to this world. It is the stuff that can make another understand, just how important their existence is to this world. It can literally save the life of another.

Sometimes people just need a break and being an everyday hero can offer that break for another human being. Don't take your life for granted instead strive to be an everyday hero. Being an everyday hero doesn't require lots of letters after your name or a fancy college degree. You can make a huge influence by just being the wonderful person you already are and by sharing your kindness and compassion with another.

Our youth need heroes and a sense of hope in a very chaotic

time in our world. It is our job to be everyday heroes and guide them. Strive to be your best, each and everyday. If you do this I'm sure your inner most everyday hero will be unveiled for the world to see!

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

Straight Talk With Danice

A Letter From Auntie M.



By DANICE AKIYOSHI, N.D.

Q: My niece is having her wedding on a cruise ship. Over 20 people from our family are in-

vited to join them on this cruise. My niece asked me if I would book the largest stateroom so I can babysit the youngest kids who aren't old enough for the kids club. This way, everyone is free to drink and go to the casino late at night. I don't drink or gamble very often, but that doesn't mean I want the task of nightly babysitting. I want to have fun, too. Now I'm not looking forward to the trip at all. I would feel guilty

if I cancelled. I already said I would go, and everyone just assumes I will babysit because I'm not as wild as they are. I feel like I'm not really a guest at all. What should I do?

A: It's time for a family meeting. Explain that you look forward to doing your part with the youngest members of the family in the evenings. Then present a schedule with the names of all the viable babysit-



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ters. Assign a night to each capable party or couple. They are free to switch and trade off if they like, but make it clear that you intend to enjoy yourself too, even if you don't choose to drink and gamble. Do not feel guilty when you resist being taken advantage of. Have fun!

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To 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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Battle in Mt. SAC's Solar Project

STAFF REPORTS

Walnut - Walnut has been the epicenter of a fight between the city and Mt. San Antonio College's proposed Photovoltaic Solar System project. City officials and some residents say the project would be an eyesore and increase traffic in the city. Mt. SAC says it will save the campus' thousands of dollars in energy costs.

According to the city officials, Mt. SAC is required to obtain a Conditional Use Permit (CUP) for the proposed project. In the Oct. 28 staff report, Mt. SAC officials note that the school "will not be requesting a CUP for the said project."

City staff contacted the Cali-

fornia Energy Commission and the California Public Utilities Commission for support. But both State agencies indicated that they are exempt from local zoning due to the type of project.

Residents are also joining the city's forces to fight off the project. During the Oct. 28 council meeting, several residents expressed concern over the aesthetics and increased traffic on the intersection of Grand and Temple, and the Council agreed that action was necessary against the project.

The outcry of residents moved the Council to figure out how to cease construction of the proposed solar project.

In October, the city approved bringing in legal help. The city

agreed to hire Leibold McClelland & Mann to help them fight Mt. SAC's proposed project. The city's new legal team will review and analyze Proposition 39 and government codes.

With construction planned in late spring/early summer of 2016, City officials are not backing down. "Walnut fully intends to enforce City Zoning Code regulations, City General Plan guidelines and State and Land Use law as it pertains to any proposed development at Mt. SAC," city staff reports state.

"The City Council remains committed to safeguard the health, safety, and general welfare of the community at large," city officials added.

Tamale time at The Whole Enchilada

Enchilada from page 1

time! Let The Whole Enchilada help cater your holiday festeas with delicious 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.

The Whole Enchilada also offers breakfast so you can wake up to some delicious huevos rancheros, chorizo or tasty tamales with a nice cup of Joe. They are now open on Saturday and Sunday at 7:30 a.m.

Bring the entire family to The Whole Enchilada, where you can get a taste of authenticity and enjoy a wonderful experience. The Whole Enchilada offers two mouth-watering

menus featuring an array classic American dishes and traditional Mexican cuisine. "All our food is made fresh daily," says Lil Palmer of The Whole Enchilada.

The restaurant has been in business for over 30 years, and offers fresh, authentic Mexican recipes their resident chef brought from their homeland. There is a reason it is a favorite with locals. The Whole Enchilada offers a variety of delicious Mexican dishes ranging from enchiladas and burritos to carne asada and fajitas – and don't forget their Mexican Kaluha Flan or Rio Grande Mud Pie after your meal!

Whether it's an anniversary, a business meeting or catered Grand Opening, a fundraiser or birthday party, or even just a wonderful excuse not to cook, 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.

Get The Whole Enchilada gift cards as stocking stuffers or secret Santa gift ideas. The Whole Enchilada has gift cards available for purchase in person or online. And be sure to ask about the Combo Punch Card, Enchilada Bucks, and Kids Club.

Whether you live near or far, come be a local at The Whole Enchilada. Your taste buds will thank you! The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). They are open Mon. – Thurs., 11 a.m. to 9 p.m.; Fri., 11 a.m. to 10 p.m.; Sat., 9 a.m. to 10 p.m.; and Sun., 9 a.m. to 9 p.m. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on page 7 of this publication.

Give sight with Walnut Hills Optometry

WHO from page 1

Hills Optometry has taken great care of the vision needs of its community, serving patients from Walnut and Diamond Bar, to Chino Hills and Rowland heights. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

They believe that quality eye care involves consistent care by a professional. Carmela Larino, O.D. and her loyal staff will give your eyes the personalized care and attention they deserve.

Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then

attended UC Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2002 to 2004, Dr. Larino was honored at her alma mater - Nogales High School - by being inducted onto their Wall of Fame. She is a member of the American Optometric Association, California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care.

As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

Walnut Hills Optometry offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide variety of eyewear is also avail-

able, from progressive and polarized lenses, to silicone high-oxygen contacts, even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to our offices and we will donate them to those in need of frames.

Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18736 East Amar Road (at the corner of Nogales Street and Amar Road, next to Papa John's Pizza). Their hours are Monday through Friday, 10 a.m. to 7 p.m.; and Saturdays, 9 a.m. to 2 p.m. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at www.walnuthillsoptometry.com.

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Less Thanksgiving Stress

7 Easy Steps to Your Best Turkey Yet

COURTESY OF STATEPOINT

Selecting, preparing and cooking the centerpiece of your family's Thanksgiving meal can pile on a lot of stress. However there are some easy ways to simplify the process.

"There are a lot of great choices, but they can certainly be overwhelming during a busy holiday," says Theo Weening, Global Meat Buyer for Whole Foods Market.

Here are seven basic rules to ensure you have the perfect turkey for your holiday meal.

1. Plan ahead: Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Plan for one full day of thawing for every five pounds of turkey. If you're short on time, put your turkey in a leak-proof wrapper and submerge it completely in cold tap water. The water should be changed every 30 minutes. Plan for 30 minutes of thawing time per pound.

2. Research: There are many different types of turkey to choose from. Some grocers carry a variety of birds and additionally have in-house butcher experts behind the counter to help you choose what is right for your taste and budget. Here are the five types of turkey found at Whole Foods Market:

- Organic: fed organic feed (that means no GMOs, among other things) and given access to the outdoors.

- Classic: known for their trifecta of flavor, quality, and value.

- Heritage: rich, succulent, old-world breeds cherished for flavor.

- Heirloom: robust flavor with a higher percentage of dark meat.

- Kosher: certified kosher.

- 3. Size matters: A good rule of thumb is to buy 1.5 pounds of turkey per person, providing



PHOTO COURTESY: STATEPOINT

everyone a healthy portion while allowing for those sought after leftovers.

4. Read the label: The best birds are raised with the highest standards. This means no antibiotics, no animal by-products in their feed, no added solutions or injections and no added growth hormones. To make it simple, shop at a store that only carries turkeys raised with these standards, such as Whole Foods Market. Their turkeys are also 5-Step Animal Welfare rated.

5. Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit for a simple and easy recipe.

6. Time it: It takes approximately 13 minutes per pound to cook a turkey at 350 degrees, and the turkey is done once it reaches 165 degrees. Use a meat thermometer and insert it into the thickest part of the thigh (without hitting the bone) to test the temperature.

7. Rest: Wait 30 minutes before carving the turkey. Giving the turkey time to rest allows the juices to redistribute for better flavor.

More turkey tips are available at www.wholefoodsmarket.com/turkey.

When it comes to choosing and cooking your holiday turkey, preparation is key. Do your research, know what you like, and enjoy the rest.



PHOTO COURTESY: GOOGLE

Make The Perfect Care Package For Troops

BY UNITED SERVICE ORGANIZATIONS

It's easy to take the little things for granted. For most Americans, stocking up on snacks, baby wipes and Kleenex is as simple as heading to a convenience store.

But for troops stationed around the world — especially at overseas locations like the Mid-east or Okinawa — stocking up on every day commodities can mean waiting on, or rationing from, care packages shipped from the United States. However, even the most thoughtful — and jam-packed — of care packages eventually runs empty.

Luckily, the USO is there to help.

Anyone who wants to create the ultimate box of goodies for the troops can do so. Remember, even just one package worth of supplies can brighten a service member's day.

Step 1: Find a USO center

This is easy. For a list of all USO centers, visit www.uso.org/Centers/Locate-A-Center.aspx.

Click the dropdown menus on the left side of the page to search for a center in the region you want to help out.

Step 2: Check in with that center before you buy

Before you gather supplies and seal that box, send your selected center an email to

double check that they're able to receive care packages and ask them what sort of items troops at their location need most. They'll help you get the right address to send your package to, too.

Step 3: Fill up a box

We always defer to the individual centers' knowledge (see Step 2) when it comes to knowing what troops need. No one knows our troops like the USO staff and volunteers on the ground. Still, we took the liberty of compiling a list of some of our downrange troops' favorite things to receive in care packages:

- **Healthy snacks:** Jerky, trail mixes, granola bars and fruit snacks

- **Drink mix packets:** Gatorade, lemonade, iced tea and crystal light packets

- **Microwavable food:** Easy Mac, popcorn, Cup O'Noodles, Chef Boyardee, oatmeal and other snacks that come in their own bowl (dining ware is scarce in Afghanistan)

- **Non-perishable food:** Tuna cans or packets, fruit cups, peanut butter, Nutella, soups and other canned foods

- **Chocolate:** Wait until the winter months to send chocolate, as it will melt in the mail if sent now

- **Toiletries:** Travel-size shampoo, conditioner, body lotion, body wash, wet wipes and hand sanitizer (Please send these in separate boxes from food — no one likes shampoo-flavored oatmeal!)

- **Step 4:** Don't have the time? We can do it for you ...

Everyone has something they're passionate about. And if you've read this far, helping our troops is probably one of those things for you. But time can get in the way, especially during the holidays. If you still want to help troops, but can't make it to the store to fill up a care package, the USO can take care of it for you through a donation to USOWishbook.org, where you can send items like comfort food packages, books, movies, video games and more.

Lead by example

Life from page 2

the person who left the biggest impact on our experience at this event. Dennis left his dinner to help us find people to interview for an article. He went out of his way to help us capture the event perfectly. This one act amazed me because you usually don't find many people willing to help others for nothing in return. But Dennis followed what he was taught by Pastor Mark; he showed love to a total stranger, to a reporter who saw a large crowd of people to interview and didn't know where to start. To feel loved when you walk into a room of strangers is amazing.

For Mark and Jeanne to touch and change so many lives is inspiring and moving. Mark and Jeanne have shown us that it's possible to change lives without saying a word; it's possible to lead by example.



PHOTO COURTESY: POMONA PD

20-year-old Carlos Jimenez

\$10K reward for Pomona murder

Reward from page 1

tance to provide any information to help solve the case.

According to the Pomona Police Department, on May 14, 2011 at 11:46 p.m. Carlos Jimenez was found in a garage near the rear alley of the 2400 block of Chanslor Street suffering from several gunshot wounds. Jimenez was pronounced dead at the scene at 12 p.m., according to Los Angeles County coroner's records.

Police believe Jimenez was shot at close range and that the suspects involved in the shooting may have been involved in a local street gang.

Pomona Police Detectives remain vigilant and believe in a positive outcome for this investigation. Investigators are again asking for the public's assistance in this case and hope that a reward will convince someone with information to come forward.

Anyone with information regarding this crime is encouraged to contact the Pomona Police Department's Homicide Unit at 909-620-2095. To provide information anonymously, call "Crime Stoppers" at 1-800-222-TIPS (8477) or "We-Tip" at 1-800-782-7463. Please refer to incident DR# 11-053331.

Calling all photographers!

DB from page 1

deadline.

The five categories that make up this year's contest are people, pets, places, nature and digitally-altered.

"Through My Lens" was started in 2008 as a means to celebrate the various facets of Diamond Bar living and the photographic talents of community members; it is co-sponsored by the Diamond Bar Community Foundation (DBC).

The contest is open to photographers of all ages and levels of experience, with youth and adult entries judged separately. To qualify to enter, the contestant must reside in Diamond Bar and the photo subject must also be within city limits.

Photographs by the winners and finalists will be fea-



PHOTO COURTESY: CITY OF DIAMOND BAR

Alfred Bertulfo's beautiful 2014 entry of "Diamond Bar Center From Above" won the Grand Prize for that year.

tured on the City's website, in the Windmill magazine published by the DBCF, and a print of the Grand Prize image will be showcased inside the City Hall building on wall space dedicated to the photo contest. Also, winners will be

recognized during an upcoming City Council meeting and receive a cash prize, courtesy of the DBCF.

Complete contest guidelines and the entry form are available online at www.diamondbarca.gov/photocontest.



2015 Operation Gobble

Gobble from page 1

bury, Industry, Covina, El Monte, Glendora, Irwindale, Monrovia and West Covina, as well as the unincorporated communities of Bassett, Charter Oak, East Arcadia, Ramona, Royal Oaks and Valinda.. This year goal is to distribute 1,000 turkeys within the 48th Assembly District. Participation is always welcomed.

Assemblyman Roger Hernandez, D-West Covina, is collecting donations and accepting applications for the 48th Assembly District "Operation Gobble" program.

Turkeys will be distributed at the Covina Police Department, 444 N Citrus Ave., from 1 to 3 p.m. Nov. 24.

For more information, contact Ashley Rozatti at 626-960-4457 or Ashley.Rozatti@asm.ca.gov.

Hernández proudly serves the cities of Azusa, Baldwin Park, Bradbury, City of Industry, Covina, Duarte, El Monte, Glendora, Irwindale, Monrovia, West Covina and the unincorporated communities of Bassett, Charter Oak, East Arcadia, Ramona, Royal Oaks, Valinda and West La Puente.

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Domestic Violence Awareness Collection Drive

Awareness from page 1

are hosting the clothing and necessities drive. We truly believe in increasing awareness around violence within our communities, especially since family violence is a cycle that affects thousands of victims and their families each year," says Maggie Pierce, Senior Vice President and Area Manager, Kaiser Permanente Baldwin Park. "As a healthcare provider, we see first-hand the physical and emotional impacts that violence and abuse brings upon its victims."

"In addition to bringing awareness to domestic violence, this collection campaign enables others to donate critical resources to empower the victims of domestic violence to rebuild their lives. The wonderful shelters that we partner with give them shelter and transitional housing, but often resources are scarce. We thank everyone who donated items to help these victims and their families take the first steps to empowerment," adds Pierce.

The campaign yielded more than 150, 33-gallon size bags of donations. Employees, physi-



PHOTO COURTESY: KAISER PERMANENTE

cians, and members from Kaiser Permanente facilities throughout the San Gabriel Valley contributed to the campaign. Items were donated to the Asian Pacific Women's Center, House of Ruth, San Gabriel Valley Center, and YWCA-WINGS San Gabriel Valley. These organizations provide services, resources, and shelter for victims of domestic violence. Additionally, Kaiser Permanente Baldwin Park made a \$1,000 donation to each of the shelters to supplement what was not collected in the drive such as new bed linens, towels, or other items that are needed to make each shelter as much of a home as possible for the victims and their families.

"We've partnered with Kaiser Permanente Baldwin Park since the collection drive start-

ed 12 years ago and it is truly amazing," says Ana Interiano, Director, WINGS Domestic Violence & Prevention Services. "It has grown over the years to include more partners to help raise awareness of domestic violence, which is a public health issue, not a gender issue. Our strong partnership with Kaiser Permanente Baldwin Park is very special to us. In addition to the collection drive, we work closely with physicians regarding referrals for counseling services, our hotline, etc. We appreciate all that they do."

Another component of Kaiser Permanente Baldwin Park's Domestic Violence Awareness Campaign is a Day of Pampering. Students from Baldwin Park Adult and Community Education Program provided compli-

mentary haircuts, styles, facials, pedicures, and manicures for nearly 20 women from our partnering domestic violence shelters.

Besides the donation collection, Kaiser Permanente Baldwin Park's year-round used cell phone collection campaign in partnership with Verizon Wireless HopeLine continues to provide assistance to women in need. Verizon Wireless generously provides each of the shelters with 20 phones that are programmed with 3,000 airtime minutes each. The phones have been instrumental in helping victims as they work toward rebuilding their lives in seeking permanent housing and employment, as well as in being able to communicate with their families, attorneys, and the courts.



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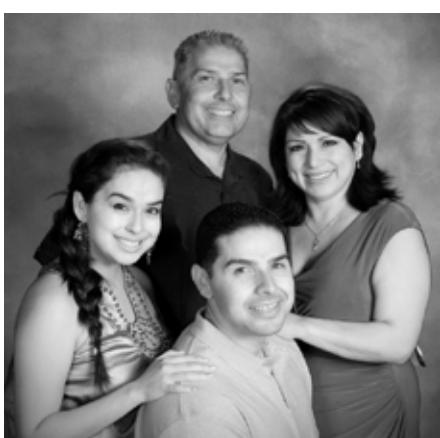
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PUSD Teachers Awarded Grants

By JULIETTE FUNES

Pomona - The Pomona Valley division of the California Retired Teachers Association has provided nearly \$750 in mini-grants to Pomona Unified teachers to purchase a variety of classroom materials, from chemistry handbooks and circuit boards for robotics to computer tablets and balance scales.

During the highly competitive grant process – in which a seven-member committee from Pomona Valley Division 13 reviewed 256 applications submitted by teachers from 10 school districts – six PUSD educators were selected to receive the small grants to enrich their classrooms and benefit students.

"I want to thank our retired Pomona Valley educators, who continue to care about our students and their education and inspire our teachers to continue improving achievement outcomes for all of our students," Board of Education President Andrew Wong said.

The 2015 grant recipients from PUSD are Rebecca Bulsombut from Decker Elementary, who will purchase Arduino boards for her robotics class; Christiana Duckett from Gane-

sha High, who will purchase a chemical equations handbook; Pimolrat Kanehana of Alcott Elementary, who will buy hands-on math manipulatives; Roxane Medina of Fremont Academy, who will buy materials for her special education class; Jessica Mitchell from Ranch Hills Elementary, who will buy a computer tablet; and Linda Quach of Ganesha High, who plans to purchase a balance.

"As former teachers, we firmly believe in supporting our successors in their efforts to raise student success rates," said Kathy Concidine, Pomona Valley Division 13's Teacher Grant Chairperson. "While these grants are small, I know that they will go a long way in supporting classroom instruction."

Of the 256 applications the committee reviewed, 54 were from Pomona Unified.

"This is wonderful news for Pomona Unified and these deserving teachers, who work diligently every day to make miracles happen in the classroom," Superintendent Richard Martinez said. "Thanks to organizations like the California Retired Teachers Association, these educators will be able to continue making a difference in the lives of their current and future students."



PHOTO COURTESY: GOOGLE

PUSD's Special Education Department led local speech therapists in exploring strategies for helping students with communication challenges.

PUSD Speech Therapists Explore Challenges and Treatment Strategies

By JULIETTE FUNES

Pomona – Pomona Unified School District's Special Education Department led local speech therapists in exploring strategies for helping students with communication challenges during a recent conference PUSD co-hosted with a non-profit organization.

Speech and language pathologists from Pomona Unified, neighboring cities and school districts convened Nov. 5 at the Village at Indian Hill Conference Center for the "Differential Diagnosis and Treatment of Childhood Apraxia of Speech" workshop, sponsored by the California Speech-Language-Hearing Association District 7.

The program featured Dr. Edythe Strand, an international expert in apraxia of speech, a motor speech condition that significantly affects a child's ability to produce sounds, syllables and words, hindering their ability to

communicate and learn.

"Providing our staff with professional development that will enrich their skills in diagnosing and treating children with speech disorders is crucial to establishing a foundation of growth both for our staff and students," said Board of Education President Andrew Wong. "We look forward to the advances our students will make."

CSHA District 7 Director Beth Pioli, a recently retired Pomona Unified speech pathologist, said the conference and workshop offered a unique opportunity for speech and language pathologists from all over Southern California to attend and participate in a presentation by Dr. Strand.

"After years of dedication and service to the District as a language speech specialist, Beth Pioli carries on with her unyielding commitment in diagnosing and exploring treatment strategies for students with language-based learning disorders," said Debbie

Montoya, PUSD special education program administrator. "By bringing this level of expertise to the District, our staff will undoubtedly learn new skills and ways to improve student learning."

Participants discussed how assessment procedures and data analysis can be used to determine which children have some degree of difficulty with speech. A number of treatment strategies were discussed and video examples were used to facilitate discussion.

"This program provided new and groundbreaking concepts that will assist District therapists when working with our students who have this disorder," Superintendent Richard Martinez said. "Pomona Unified cares deeply whenever our students face challenges to learning and we strive to do everything we can to ensure that they are receiving high-quality education and services with their disabilities in mind."

57/60 freeway plans move forward

Freeway from page 1

two-mile stretch where the 57 Freeway and 60 Freeway merge is on the fast track for a face lift that is set to begin in January 2016.

Last Tuesday, Nov. 10, city officials from cities of Diamond Bar and Industry were joined by the U.S. Department of Transportation's Federal Highway Administration (FHWA) and other dignitaries to help break ground on the first phase of the two-mile stretch, referred to as the 57/60 Confluence Project.

"We applaud Los Angeles County for moving this project forward," Federal Highway Administrator Gregory Nadeau said. "It is tremendously important to the economy of California and, by extension, to the nation as a whole."

During both the morning and afternoon grind, commuters attempt to weave across multiple lanes where 17 lanes of traffic condense sharply into just 14 lanes, resulting in a traffic choke hold on both freeways and frequent accidents. The \$256-million freeway facelift

promises to alleviate this problem with three major phases of improvements.

The first phase of the project calls for construction of the westbound freeway on-ramp from Grand Avenue. Phase two will include two series of improvements: Street widening in the vicinity of Grand Avenue and Golden Springs Drive and construction of the westbound freeway off-ramp and secondary lane to Grand Avenue.

The third and largest phase will bring improvements to the freeway mainline and bypass connectors. Funding is yet to be identified for this phase.

The project will be funded with a mix of funds from local, State and Federal sources. Similar projects nationwide are not moving forward due to the lack of funding, according to federal officials.

Senator Bob Huff (R-San Dimas) who represents the project area says that the nearly 40 year old freeway redesign is long overdue.

"The Southern California Association of Governments (SCAG) estimates about 356,000 vehicles, including

26,000 big rig trucks, travel on the 57/60 Confluence every day," said Huff. "During rush hours, peak traffic generally last for three to four hours on a typical weekday. Nearly ten thousand vehicles travel this stretch nearly every hour of the day."

U.S. Transportation Secretary Anthony Foxx says that the interstate redesign project will make a big difference in the quality of life.

"This project is a win for businesses and people living in Los Angeles County," said Foxx. "Not only will it improve the efficient movement of freight, which is an important priority for the economy, it will also improve the quality of life for people who have experienced the frustration of waiting in rush hour traffic."

The proposed improvements would result in a reduction of at least 162 accidents per year, or nearly 3,300 less accidents over the next 20 years, and likely reduce accidents that cause injury or fatality by at least 1,000 occurrences over the next 20 years, according to project planners.

This freeway fix is expected to be completed in about two years depending on weather.

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