

OurWeeklyNews.com

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Walnut

Walnut Council Recap

By NATALIE KIM

Walnut - The February 24 Walnut City Council meeting began with two commendations for city staff. First, Marie Santos was recognized for her ten years of service. Santos is retiring in order to spend more time with her family. Fabiola Huerta was also recognized for her nine years of service. She is moving away to accept an of-

see Walnut page 3

Diamond Bar

VolunTeen Summer Program

CITY OF DIAMOND BAR

Diamond Bar – Are you between the ages of 13 and 15 and looking for a fun way to earn community service hours while gaining job skills in the City recreation services field? The City of Diamond Bar is currently seeking interested teens to be part of its 2016 Summer VolunTeen Program.

To be eligible to participate,

see DB page 5

Mt. SAC Opens New \$13.6-Million Student Success Center



Mt. SAC's new Student Success Center

PHOTO COURTESY: MT. SAC

By MIKE TAYLOR, MT. SAC

Walnut- Mt. San Antonio College will hold a ribbon cutting and an open house for its new \$13.6-million Student Success

Center, building 9E, on Wednesday, March 9, at 3 p.m. This event is free and open to the public.

"The Student Success Center configures in a central location

many of the programs and support services that help our students succeed and reach their goals in college," said Mt. SAC

see SAC page 8

SBCS Helps Out Homeless Vet

STAFF REPORTS

San Bernardino - Jack was lying on a piece of cardboard in Perris Hill Park when San Bernardino County Sheriff Deputy Collins and Jones approached him one afternoon.

Once a decorated Vietnam veteran and business owner, Jack had hit rock bottom and given up on life after his wife's death in 2010. He had been living on



Jack gets a new start through HOPE program.

PHOTO COURTESY: SBCS

see Vet page 5

Inland Empire

SB County Jail Prisoners Sue Over Conditions

STAFF REPORTS

San Bernardino - Two prisoners in the San Bernardino County jails filed a federal class action lawsuit today, claiming that conditions in the jails are unconstitutional. George Topete and Zachary Shovey claim that the jails are depriving them of

see IE page 5

Alert Resident Helps Deputies Arrest Two Suspects

STAFF REPORTS

Chino Hills - An observant citizen helped deputies catch two suspected mail thieves on Friday, Feb. 26. At 3:30 a.m., sheriff's deputies received a call from a Chino Hills resident who saw two subjects carrying backpacks in the area of Shady View Drive and Mystic Canyon Drive.

After the subjects saw the

see Arrest page 3

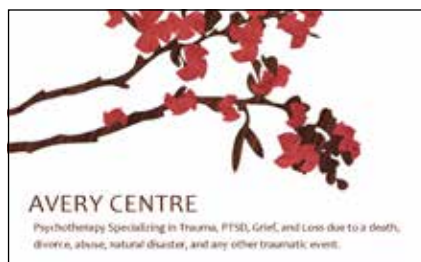
Our Featured Businesses

Avery Centre Helps Clear the Storm in Your Life

STAFF REPORTS

Chino Hills – How do people deal with difficult events that change their lives? The death of a loved one, loss of a job, serious illness, natural disasters, witnessing a death, and domestic abuse are all examples of challenging and traumatic

see Avery page 5



Avery Centre is located in the Pine Corporate Center off the 71 Freeway and Pine Ave. (After exiting the 71 freeway, make an immediate left into the Pine Corporate Center). Call them at 909-597-2226.

Pruners Garden Restoration

The common sense alternative to CA gardening

STAFF REPORTS

It's no secret that we are long into an historic drought for the state of California. Water departments are encouraging lawns to turn to "California Gold," and landscapes

see Pruners page 3



Pruners can help you transform your yard into a drought-friendly, beautiful garden. Call (909) 468-5017 for more information, and see their ad on page 5 of this publication.

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We Live In A World

By SARAH SANCHEZ

*We live in a world
where we can't spend time
with family
without looking at our phone.
We live in a world
where we have thousands of
"friends"
yet, we constantly feel alone.*

*We live in a world
where we don't know the
time or directions
without relying on technology.
We live in a world
where we'll say and do
everything
BUT actually admit we owe
an apology.*

*We live in a world
where we teach kids to speak
their minds
but only behind computer
screens.
We live in a world
where they tell us our sexuality
is determined by our genes.*

*We live in a world
where our kids can be
kidnapped
outside the house within our
community.
We live in a world
where children are starving
around us
while we're calculating server
gratuity.*

*We live in a world
where we throw out food
and water
because we feel full.
We live in a world
where we take 30 minute
showers
while others bathe in a
lake or a pool.*

*We live in a world
where people are greedy
and selfish
because it is normality.
Are you living IN the world
or OF the world?
What's your reality?*

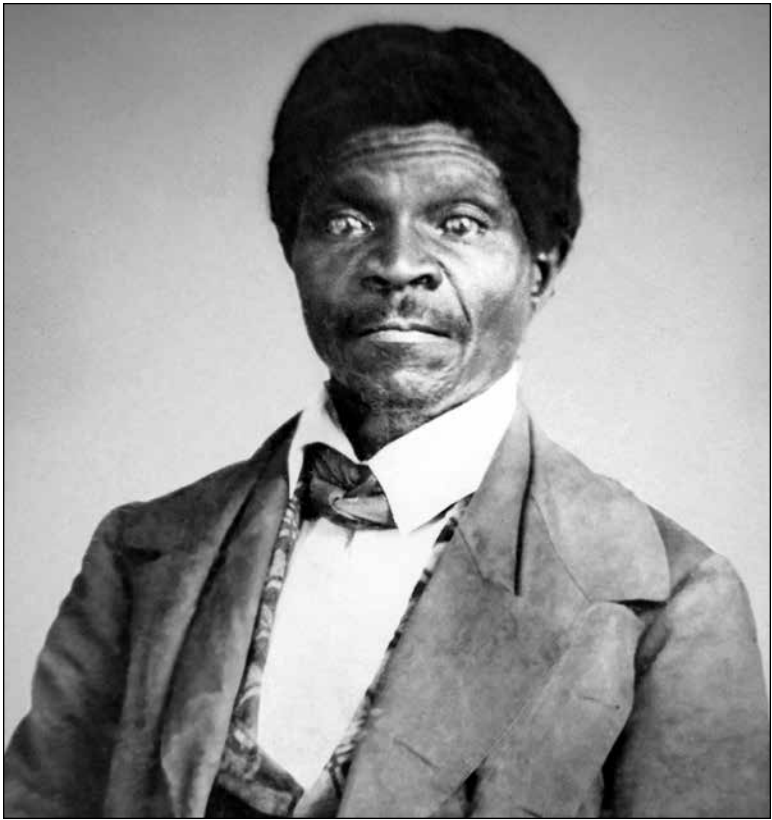


IMAGE COURTESY: WIKIPEDIA

History 101

Dred Scott Decision

COURTESY OF HISTORY.COM

On March 6, 1857, the United States Supreme Court issued a decision in the Dred Scott case, affirming the right of slave owners to take their slaves into the Western territories, thereby negating the doctrine of popular sovereignty.

At the heart of the case was the most important question of the 1850s: Should slavery be allowed in the West? As part of the Compromise of 1850, residents of newly created territories could decide the issue of slavery by vote, a process known as popular sovereignty. When popular sovereignty was applied in Kansas in 1854, however, violence erupted. Americans hoped that the Supreme Court could settle the issue that had eluded a congressional solution.

Dred Scott was a slave whose owner, an army doctor, had spent time in Illinois, a free state, and Wisconsin, also a free territory at the

time of Scott's residence. The United States Supreme Court was stacked in favor of the slave states. Five of the nine justices were from the South while another, Robert Grier of Pennsylvania, was staunchly pro-slavery. Chief Justice Roger B. Taney wrote the majority decision, which was issued on March 6, 1857. The court held that Scott was not free based on his residence in either Illinois or Wisconsin because he was not considered a person under the U.S. Constitution—in the opinion of the justices, black people were not considered citizens when the Constitution was drafted in 1787. According to Taney, Dred Scott was the property of his owner, and property could not be taken from a person without due process of law.

In fact, there were free black citizens of the United States in 1787, but Taney and the other justices were attempting to halt further debate on the issue of slavery in the territories. The decision inflamed regional tensions, which burned for another four years before exploding into the Civil War. ■

Spring Cleaning Checklist

COURTESY OF HGTV

You do a heavy spring cleaning on the inside of your home, but have you thought about your outdoor spaces? Use this handy checklist to help make sure the outside of your home is as beautiful as the inside.

- Inspect the exterior walls of your entire home. Look for signs of winter damage such as splitting wood, peeling paint, mold, etc.

- Got brick? It should be cleaned and checked for water damage once a year. Aside from cleaning the surface by use your hose with a spray nozzle to wash off dirt, you need to be on the lookout for mold. If there is mold, mildew, or moss, wash with a solution of 1 cup of bleach mixed with 4 L of water. Use a natural or synthetic bristle brush. Wire brushes leave traces of steel behind that will rust and discolor the bricks.

- Clean the windows.
- Use screens? Make sure they are dust-free and sparkling clean before putting them up.

- Check the driveway for cracks or winter damage.

- Clean the steps and the driveway with a spray nozzle hose. If moss is visible, pour vinegar on it and scrub.

- Inspect the gutters around the house. Remove debris.

- Inspect the roof, looking for damage and missing or loose shingles. Contact a roofing professional if you need a few replacements.

- Get your deck ready for use. Clean it with oxalic acid, which will penetrate the wood and kill microorganisms. Once dry (24 hours), treat the deck with a sealant.

- If boards on your deck are splintered or worn beyond repair, replace them before you seal and stain.

- Prepare outdoor furniture for use. If you kept the furniture out during the winter months, you need to scrub the surfaces clean. If you stored your furniture, bring it outside and make sure it's clean.

- Put on those gardening gloves, it's time to weed! The first step to a beautiful, clean garden is to remove weeds. It is important to leave a few, however, as they do have a purpose; they are food for insects and create a covered landscape for little critters.

- Give your garden it a filled-in appearance until it grows in. Sprinkle mulch around shrubs, trees, and flowerbeds. ■

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Chino Hills Police Reminding Residents To Retrieve Mail Daily

STAFF REPORTS

Chino Hills – Sometime between Feb. 26 and Feb. 29, several community mailboxes located throughout the city were pried open and an unknown amount of mail was stolen. The suspects targeted both community boxes and single residential boxes.

The Chino Hills Police Department is asking residents to be diligent in retrieving their mail daily. Additionally, please call 911 and report any suspicious activity near community mailboxes or suspicious people or vehicles in your neighborhood. You can reach them at (909) 465-6837 or office (909) 364-2000. ■

Walnut Council Recap

Walnut from page 1

fer from another city.

Following the commendations, the Walnut Valley Robotics team presented the robot they built for last year's robotics contest. The team requested assistance in continuing their work, such as city help with robotics contests and outreach programs, in order to increase awareness and interest of STEM fields. More information can be found on their Facebook page, Walnut Valley Robotics, and their website, www.team5857.com.

After the public comment session, the Council approved all items on the agenda, including the minutes from the February 10 City Council meeting; a resolution allowing claims and demands in the amount of \$849,997.46; a resolution allowing a change in positions; the new City Attorney services contract; a contract with RKA Consulting Group to prepare the preliminary engineering and alternative analysis for the proposed Walnut Ranch Park expansion; the award of the 2015-16 Maintenance Area 5 slurry seal program bid; final acceptance of the Suzanne Park parking lot project; and the mid-year request for additional appropriation.

Following Council comments and updates, the Council adjourned with plans to meet again on March 9 at 7 p.m. at 21201 La Puente Rd. ■

A Scoop of Flavor

By ELIZABETH CHILDRESS, FOOD CRITIC



Looking for tasty Italian and American dishes, along with scrumptious dessert options, and wine tasting? Then San Antonio Winery in Los Angeles is the place to go with your family or on a date. As you step foot into the wine tasting area you will be greeted with smiles from their diverse staff. A bit further and you will find yourself surrounded by unique collectables and gifts for any occasion. A few more steps will bring you to the Maddalena Restaurant. The friendly staff will cater to you in this trattoria-style restaurant, while your eyes land on a table which displays their signature dishes for the day, ranging from pasta and fish, meats, salads, and paninis. After selecting Linguini w/Scampi and the Homemade Pasta Stuffed Manicotti, Robert Morriane, Special Event Coordinator, paired the dishes with Maddalena Monterey Pinot Grigio 2014. The subtle hints of fruit made this wine the perfect match. The Linguini w/ Scampi is brightly colored with fresh vegetables and the succulent scampi is lying in a bed of perfectly cooked linguini.



Dominic Menton, Operations Manager, between rows of wine barrels at the San Antonio Winery in L.A.

The Homemade Pasta Stuffed Manicotti, made with fresh spinach, onions, and garlic, is a light dish, yet rich in flavor. Make sure not to leave before dessert. The cinnamon-dusted cannoli has a golden crispy shell and is filled with creamy ricotta and mascarpone, along with other decadent ingredients. The silky Tiramisu, which has hints of espresso coffee along with the mascarpone cheese, is a slice of heaven.

Thursday through Sunday you can catch a solo artist who will fill the room with soothing music as you break bread with loved ones.

After feasting on your meal

and dessert, a tour of the facility is a must! Dominic Menton, Operations Manager, took me through history of the San Antonio Winery as we strolled down the rows of beautiful oak barrels and stainless steel tanks. After the tour, Dominic and Clifton Date, Wine Steward, who's expert knowledge of wine, coupled with his enthusiasm for wine, made the wine tasting experience remarkably memorable. San Antonio Winery is a must for Angelinos and those out of the area.

For any questions regarding this article contact Elizabeth Childress at elizabethchildress-req1@gmail.com. ■

PHOTO BY: JERRY SILVA

Pruners

Pruners from page 1

and curb-appeal overall are suffering. You can even be fined if you water more than your allotment just to keep a little green in your yard.

Is there anything you can do to keep a beautiful yard and comply with recent drought regulations? Yes, says Pruners! It is much easier than you think.

By removing thirsty lawns, and installing synthetic sod, artistic gravel or rocks and planting vegetation that requires less water are all options that can lower your water bill and still show off an enviable garden. Drought-friendly landscaping can even support a possible rebate from your local water department.

Achieving a common sense alternative to California gardening is easy, especially if you work with a professional in the field who loves his work.

David Hetland, owner of Pruners, is a licensed landscape artist who designs individual gardens. He opened his full-service design landscape contracting business in 1997. The difference between Pruners and other garden places is that Hetland specializes in garden restoration.

"We're different because of the restoration side of gardening," Hetland says. "I work with the idea of being able to save some of what's good and take out what's bad."

Hetland, who has been landscaping for over 25 years, offers a free, brief consultation to analyze damages, estimate costs and arrange your fix.

Through restoration, your garden can be added on to, brought back to life, or simply be used to build a brand new garden.

Hetland works closely with clients, on a one-on-one basis, and is able to finish the work at one time, so there are no monthly fees.

Summer is almost upon us. Rather than be disappointed with a thirsty, lack-luster yard, call Pruners to discover the beauty of an ecologically transformed landscape.

Call Pruners today at (909) 468-5017, and see their ad on page 5 of this publication. ■

Resident helps deputies arrest suspects

Arrest from page 1

caller, they attempted to hide by jumping into nearby bushes. When deputies arrived, they noticed a vehicle driving away with passengers in the rear of the vehicle who were crouching

down in an attempt to remain unnoticed.

Samantha Goode, 25, and Theodore Sanchez, 32, both of Bloomington, used Uber to drop them off and pick them up from the location, where they were attempting to steal mail. The Uber driver was not

involved. Goode and Sanchez were booked at the West Valley Detention Center on charges of credit card fraud and identity theft.

Anyone with additional information is urged to call the Chino Hills Police Department or WeTip at 1 (800) 78-CRIME. ■



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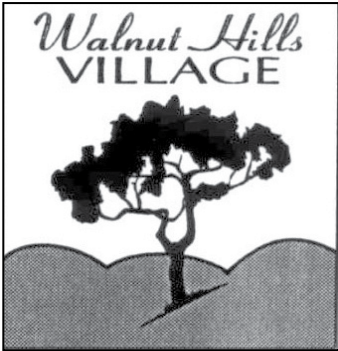
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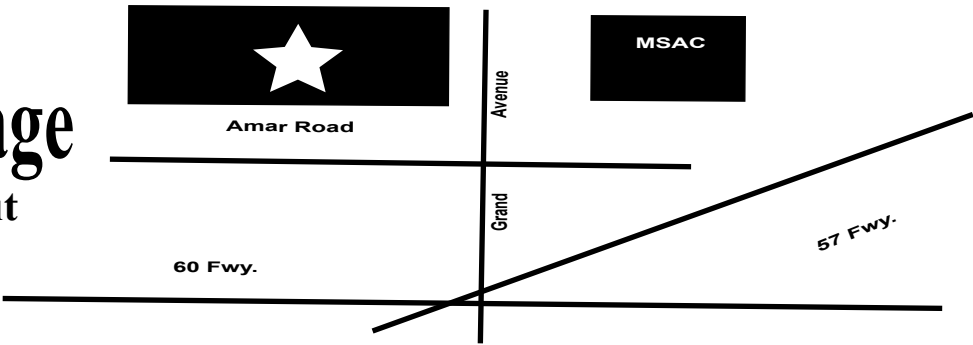


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Jail prisoners sue over conditions

IE from page 1

basic medical and mental health care, and protection from harm. They also allege that the jails are denying them reasonable accommodations for their disabilities. The prisoners are seeking an order from the court requiring county officials to improve jail conditions in order to comply with constitutional standards.

The suit alleges that prisoners do not have timely access to physicians and mental health clinicians, that they are victims of excessive force and violence from other inmates, and that they do not receive reasonable accommodations for their disabilities.

George Topete, 50, who has been convicted of attempted murder and robbery, alleges that he has difficulty walking and using stairs due to a physical disability. Topete is alleging that the jail system has refused him access to a cane, which he needs to walk. Topete is also alleging that the jail gave him a wheelchair, but he is not able to use it because he is not located in a wheelchair-friendly cell block. As a result, he has fallen and is at risk of falling when trying to access the visiting area, his cell,

and the toilet.

Zachary Shovey, a pretrial detainee at the West Valley Detention Center, has no violent criminal record. He does have an extensive psychiatric history that includes multiple suicide attempts, psychiatric medications, and a nine-month stay in a state psychiatric hospital. Shovey is alleging that the jail failed to provide him mental health treatment and psychiatric medications for one year after his arrest despite symptoms including hallucinations, delusions, anxiety, and insomnia. He is also alleging that the jail has failed to provide him with timely medical treatment for his seizure disorder.

"These people are entirely dependent on the jail for their health care and well-being — they have no other options," said Kelly Knapp, Staff Attorney at the Prison Law Office.

The lawsuits stem from a lengthy investigation undertaken by the Prison Law Office into conditions in the jails.

"Sheriff John McMahon has been transparent about the conditions in the jails and has cooperated fully with the investigation," said Donald Specter, Executive Director of the Prison Law Office. "We expect this cooperation to continue during the

litigation and hope that the case can be resolved as quickly as possible," said Specter.

The county denies that conditions in the jails are unlawful and believes that health care provided to inmates is of high quality, that inmates with disabilities are accommodated and that prisoners are housed in a safe and secure environment.

Even so, Sheriff McMahon noted that, "Since realignment, counties, including San Bernardino, have faced significant challenges in housing more inmates for longer periods of time than they have historically."

The county has devoted significant resources over the last several years to ensuring that conditions in the jails meet all relevant constitutional, statutory and regulatory standards. As part of that ongoing effort, the county has been working cooperatively with the Prison Law Office for more than a year in an effort to address the claims that have been made in the lawsuit.

"We have appreciated the willingness of the Prison Law Office to work constructively with the county on these issues, look forward to continued cooperative discussions, and are optimistic that the case can be resolved amicably" said Sheriff McMahon. ■

SBCS helps homeless vet

Vet from page 1

the streets for over a month. He turned to drinking heavily and ended up on the streets. He did not want to bother or worry his two adult children and decided to live in the park. Jack told deputies that he did not know how to get off the streets, but was willing to do whatever was necessary to get into housing.

After contacting Veteran Affairs, deputies discovered that Jack had earned five Medals of Valor during his service in Vietnam.

His day was about to change for the better. On Feb. 23, Jack was given a fresh start on life and offered assistance by the Sheriff's HOPE (Homeless Outreach Proactive Enforcement) team.

Jack was very eager to get out of the park and agreed. He had an honorable discharge and a copy of his Together with Veteran Affairs (VA) and Knowledge & Education For Your Success, Inc. (KEYS), deputies helped Jack put a roof over his head.

Jack was extremely happy and appreciative of the assistance provided to him by HOPE, and repeatedly thanked and shook the team's hands, with



PHOTO COURTESY: SBCS

tears in his eyes, deputies said.

"It was truly a pleasure to help a national hero get back on his feet and restore some dignity to his life," Jones said. "The HOPE team is pushing to end veteran homelessness in San Bernardino County."

This is just one of the many success stories of the SB County Sheriff's HOPE program.

HOPE was developed in 2014 to balance proactive outreach with enforcement of the law, while connecting members of the homeless population with resources that may help them transition from homelessness. The deputies even appear less threatening sporting polo shirts and khaki pants.

According to the HOPE webpage, the ultimate goal is to reduce the rate of recidivism and reduce the current costs associated to homeless related crime.

How can you help? Deputies encourage the public to give donations to organizations that assist homeless persons, not panhandlers. Statistics show that most panhandlers are not homeless, and most homeless do not panhandle. ■

Avery Centre helps your life

Avery from page 1

life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty. A traumatic event may cause mental, emotional, psychological, and physical harm.

At the Avery Centre, our therapists are versed in many types of trauma-related therapeutic approaches. We recognize that everyone has to cope with losing someone or something they love; and for some, this can become a traumatic event, especially if it follows a lifetime of stressful events. We approach our clients with compassion and understanding.

The Avery Centre provides therapy to clients and families that are suffering from grief, loss, trauma, and PTSD. We offer a comfortable and safe environment, complete with beautiful views of Chino Hills. We believe that our clients are the experts in their own lives; our therapists are here to inform, empower, and act as partners in the healing process.

Our therapists and interns are specifically trained in the area of trauma and follow a flexible, evidence-based curriculum. This allows for a greater collaboration and appreciation between client and therapist and improves patient outcome. We have 3 therapists and interns who work at the Avery Centre, with combined experience of nearly 30 years.

All therapists and interns at the Avery Centre have a minimum of

a Masters Degree in Counseling Psychology, with a few holding two Masters degrees in a related field. All licensed therapists and registered interns are registered with the state of California Board of Behavioral Sciences.

Avery Centre Founder Lyndee Venosta, M.A., M.S., says she had the idea for opening the Avery Centre after the death of her father. His death was sudden and traumatic. "Even though I had studied psychology in school, I had a difficult time processing the traumatic event," Venosta said. "I felt as if there needed to be a therapy center just for trauma and loss, where therapists knew how to approach the sensitive material. After many years of planning, the Avery Centre came to fruition."

In the event that you may need a therapist after a traumatic event, or if you just want to process your sense of loss, your grief or a past trauma, the Avery Centre is here for you.

At the Avery Centre, we appreciate the unique needs of each client. If you need an intensive approach to trauma therapy, the Avery Centre can accommodate those needs by creating a specialized treatment plan. A combination of individual and family psychotherapy, guided meditation, and group sessions may be utilized.

The Avery Centre is located in the Pine Corporate Center right off of the 71 Freeway and Pine Ave. (After exiting the 71 freeway, make an immediate left into the Pine Corporate Center). You can reach them at 909-597-2226. ■

VolunTeen summer program

DB from page 1

you must be available to work starting May 16 and until August 12 for a minimum of 5 to a maximum of 20 hours per week. Hours are mutually arranged between the VolunTeen program coordinator and the participant.

Volunteens help with popular City programs such as Summer Day Camp, Youth Baseball and Tiny Tots, and also assist with the City's popular Concerts and Movies in the Park series.

The last day to apply to be considered for the 2016 VolunTeen Program is Thursday, April 14. Only online applications submitted through the NeoGov system, available through the City website at www.Diamond-BarCa.gov/ employment will be considered. No paper applications or emailed resumes will be accepted.

For more information, contact the City's Recreation Services Division at 909.839.7070. ■

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This shutdown, which is scheduled for February 29 through March 9, 2016, will reduce our water supply significantly. Accordingly, we are calling for all customers to follow the additional water usage guidelines below during this ten-day period.

- Limit non-essential indoor uses
- Turn off all-irrigation/sprinkler systems, and
- Refrain from unnecessary outdoor water usage

It is important for all residents and businesses to pitch in and conserve water wherever possible. Please visit our website for more information regarding the upcoming shutdown and current Stage 3 conservation requirements:

www.wvwd.com

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February 29-March 9, 2016



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2016 年 2月29日至3月9日請節約用水

南加州大都會水區

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這次關廠定於2016年2月29日至3月9日，將大量減少我們的供水。因此，我們請所有的客戶遵守以下在這十天的額外用水準則。

- 限制非必要的室內用水
- 關閉所有灌溉/灑水系統，及
- 禁止非必要的室外用水

所有居民與企業儘量遵守規定及節約用水是至關重要的。有關即將到來的關廠與目前第3階段保護規定的更多資訊，請見我們的網站：

www.wvwd.com

請切記於2016年2月29日至3月9日節約用水



我們的
臉書帳號

核桃谷水區 (Walnut Valley Water District)
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Mt. SAC opens new Student Success Center

SAC from page 1

Student Services Vice President Audrey Yamagata-Noji. Located right next to the college's Student Services Center, the new facility affords 22,800 square feet for classrooms, study labs, offices, and a computer lab. It houses the Bridge Program, the TRiO Programs, ACES, Veterans Resource Center, Upward Bound, the Accessible Technology Center for Disabled Student Programs and Services, and a Student Health Center satellite office. College officials will make brief presentations at the ribbon cutting, and tours of the new facility will be available. The center was funded by Mt. SAC's Measure RR, the college's \$353-million facilities bond that was passed by voters in 2008. ■



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Corral Country Music 5K
When: Sat., Mar. 12, 2016
Where: Downtown Anaheim, 401 N Lemon St.
Info: stagecoach5k.com

Lake Norconian 5K
When: Sat., Mar. 19, 2016
Where: Starts and ends at Norco College
Info: www.norco5k.org

Recipes:

Lean Lasagna: A light twist on an old Fav!

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- Ingredients**
- 1/2 pound ground turkey
 - 1 (14.5-oz.) can tomato puree
 - 3 (8-oz.) cans no-salt-added tomato sauce
 - 1/3 cup chopped green pepper
 - 1/3 cup chopped yellow onion
 - 1 garlic clove, crushed
 - 1 bay leaf
 - 1 1/4 teaspoons Italian seasoning
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon fennel seeds
 - 1/8 teaspoon ground red pepper
 - Dash of ground nutmeg
 - 1 (12-oz.) container 2% reduced-fat cottage cheese
 - 1 (10-oz.) package frozen chopped spinach, thawed and pressed dry
 - 2 tablespoons grated Parmesan cheese
 - Vegetable cooking spray
 - 18 wonton wrappers
 - 1 cup (4 oz.) shredded part-skim mozzarella cheese
- Preparation**
1. Cook ground turkey in skillet over medium heat, stirring often, 8 minutes or until brown; drain well on paper towels. Stir together turkey, tomato puree, and next 10 ingredients in a large saucepan; cover and cook over low heat, stirring occasionally, 30 minutes. Discard bay leaf.



PHOTO COURTESY: SOUTHERN LIVING

2. Preheat oven to 350°. Stir together cottage cheese, spinach, and Parmesan.
3. Coat a 13- x 9-inch baking dish with cooking spray. Spread 1 cup turkey mixture into baking dish. Top with 6 wonton wrappers in a single layer (slightly overlapping), 1 cup spinach mixture, and 1 1/2 cups turkey mixture. Repeat layers twice, beginning with wontons and ending with turkey mixture.
4. Bake at 350° for 40 minutes or until thoroughly heated. Remove from oven. Top with mozzarella cheese, and bake 5 minutes more.

8 Servings • Total time: 1 Hour, 45 Minutes



PHOTO COURTESY: GOOGLE

Ten Easy Tips To Live By

COURTESY OF JAIME OLIVER.COM

Eating healthily is all about balance. Every now and then it's perfectly okay to have pie for dinner or a nice slice of cake at teatime-treats are a part of life –but it's also important to recognize when we're pushing things too far. Indulgent food should be enjoyed and savored, but only occasionally. It's important to remember that the majority of our diet should be made up of balanced, nutritious everyday foods. Make healthy food a priority in your life and allow it to bring your family and friends together. Learn to love how it makes you feel, how delicious it is and remember that a healthy balanced diet and regular exercise are the keys to a healthy lifestyle.

Here are ten easy tips to live by:

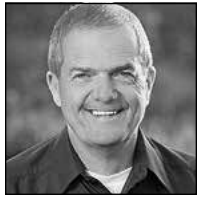
1. Cook from scratch – This is one of the most important life skills you can learn. It allows you to have complete control of what goes into your food;

2. Eat a balanced diet- Aim to eat a balanced diet that contains each of the food groups in the correct proportions;
3. Variety is key, eat the rainbow- Fill your diet with a wide range of fruits, vegetables, lean meats, fish, eggs, nuts, seeds, whole grains and naturally low-fat dairy foods. When it comes to fruits and vegetables, different colors provide your body with different nutrients it needs to stay strong and healthy- it's not just greens that are good for you!
4. Understand what you're eating- Make an effort to learn about the food you're eating-we all need to understand where our food comes from and how it affects our bodies;
5. Eat nutritious calories- Make sure the majority of your energy intake comes from nutritious calories that also provide your body with nutrients like vitamins, minerals, protein, fiber and good fats. Avoid empty calories;
6. Don't skip breakfast – Breakfast kick-starts your

- metabolism and helps you to be alert and awake throughout the day. Make sure you always eat a nutritious breakfast. Make it wholesome and make it count;
7. Read the small print- It's important to read packaging correctly. Be aware of the recommended portion sizes, and the sugar, salt, and saturated fat contents;
 8. Drink more water- Water is an essential part of your diet. Drink plenty of water and avoid empty calories from things such as soft drinks, energy drinks or juices with added sugar. Eat your calories, don't drink them;
 9. Keep active- Exercise is an extremely important factor in staying healthy, so try to be as active as you can;
 10. Sleep well- Make sure you get enough sleep, it's an essential part of being healthy and directly affects how well we are able to learn, grow and act in life. While we're asleep, our bodies have that all-important time to repair. ■

How Is Your Garden Growing?

By PASTOR MARK HOPPER



A few weeks ago, I shared that my grandchildren had helped plant seeds in a corner of our back yard. We planted seeds for lettuce, radishes, carrots and tomatoes. Every time the kids come to visit our house, they run to the back yard to see how the seeds are doing. It is fun to see their excitement and enthusiasm.

At first, there was nothing but dirt. For several weeks, we watered, waited and watched. Then, at last, there were tiny little seedlings that emerged from the rich, dark soil. These little sprouts were so small that you might not have noticed them. A week later, there were many young plants that were emerging all over the garden. I suppose it has been six to eight weeks since we planted the original seeds. I wish we had recorded the date.

Now, when the grandchildren come to visit, they have a lot to see. Small vegetable plants

are growing taller and stronger. The kids love to help water these little plants. The lettuce looks promising. I'm not as sure how the carrots and radishes are doing underground. We can't wait to see. I think every child should experience the wonder of planting seeds. It is amazing that a living plant emerges from a dead seed in a pile of dirt. It is amazing that fruits and vegetables are the result of one little seed!

I know that many people believe that this is simply a result of millions of years of evolution.

But, I think it is actually evidence for the existence of God and the perfect balance of conditions that enable tiny seeds to grow into healthy, edible plants. The conditions have to be perfect - water, sunlight, soil and nutrients all have to be there in the proper amounts.

In the Creation account in Genesis Chapter One we read, "Then God said, let the earth sprout with vegetation, plants yielding seed after their own kind, and trees bearing fruit with seeds in them after their kind, and God saw that it was good". (Genesis 1:11)

In the book of Acts, the Apos-

tle Paul says, "God did not leave Himself without evidence, but He has shown His kindness by giving you rain from heaven and crops in their seasons. He provides you with plenty of food and fills your hearts with joy." (Acts 14:17)

I'm thankful that my grandchildren are able to see these tiny seeds growing into healthy plants. I hope that they will get to taste some of the fruits of their labor in the months ahead. And, I hope they will realize that this remarkable process is the result of God's amazing creation.

The next time you go to the grocery store or a local farmer's market, take a moment to remember that a hard working farmer planted the seeds that grew into the fruit and vegetables that you see. And, take a moment to give thanks to God who designed all of this so that we might have food on our table every day.

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.efreechurch.org.

Straight Talk With Danice

My brother's perfect life - A letter from Yvonne

By DANICE AKIYOSHI, N.D.



Q: My brother brags about everything. His wonderful job, his smart kids, his beautiful wife, his new BMW, his boat, his latest vacation, and anything else that is impressive in his life. I'm over it. So he's done well in his life, it's obvious. Why does he have to shove it in my face by talking about it all the time?

A: Let's take a moment to

change your perspective. If your brother announced his brain tumor, his bankruptcy, his addiction, his house fire, the failures of his kids, his mean wife - or whatever- you'd be all ears, and maybe even sympathetic enough to offer help. Just take a look at how our society operates these days. When we are doing well, people say things like, "It must be nice. Why doesn't that ever happen to me? Wish it were me. How did you get so lucky? He didn't deserve that!"

Why do people so often offer support to their ailing loved ones, but criticize or shun them when they are doing well? It makes no sense to me. I want everyone to do well!

If your brother is a crashing bore, only interested in discussing his own good fortune, then tell him you are bored with constant conversations about him. If you are jealous, then do something about feeling better about your own life. Sharing success stories sounds better to me than sharing tragic stories. All people hope for approval.

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

Free Counseling Is Available

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



For the past eighteen years, I have had the honor of facilitating a free counseling group every Monday evening. Our group meets at the Walnut Teen Center and Gymnasium, located at 21003 La Puente Road, in the city of Walnut. We meet year-round from 6-8 p.m. every Monday, unless it is a holiday. The Teen Center's phone number is (909) 444-0089 and my contact number is (909) 229-0727, should you have any questions. You do not need to have

an appointment to attend this group- you are free to drop by anytime. This group satisfies many court-mandated needs.

Even though this group meets at a teen center, I invite people of all ages with all types of issues to come. This group helps parents, students, and many other people who are struggling in their lives. My goal is to make our community be healthier, make its population be effective in their lives, and create successful human beings. We work on an array of issues that many people in this day and age are dealing with. There is no reason for anybody to be stuck in an unhealthy place.

If you are tired of the fight

between you and your child regarding homework, or need more effective ways to communicate, this is the group for you. Maybe depression or anxiety seems to be holding you or a loved one back- finding solutions could be life changing. If you or somebody you know is struggling with drugs or drinking, this group is a great place to get some coping skills to get clean. We talk about ways to deal with bullies and how damaging bullying can be for a person's self-esteem. Bring in an issue and I promise you will feel hopeful and have new tools to help you confront the issue head-on when you leave. Don't let embarrassment stop you or a loved one from getting



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the help you need to reclaim the wonderful life you are so deserving of.

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 nancystoops@verizon.net.



PHOTO COURTESY: DBHS

Theatre Students Bring Musical And Literary Classic To The DBHS Stage

By Kelli Gile

Diamond Bar - Diamond Bar High School's Theatre Department will present a production of Alain Boubliil and Claude-Michel Schönberg's *Les Misérables*, based on Victor Hugo's novel of the same title. *Les Misérables* is a story of justice and redemption in a time of social and political revolution. DBHS' production will feature students from the Diamond Bar and Walnut area who auditioned for the children's roles in the piece.

"We wanted to extend the great learning experience that comprises the production of our Spring Musical to younger children in our district. They are learning not just acting, music and vocal technique, but they are also having a great time

learning about French history and the events that the story is based on," said director Beatrice Casagran. "I am amazed at the depth of insights and questions that are being raised by some of our youngest cast members during our character preparation discussions. It just highlights that theatre is a great way to for young people to access literature," she added.

DBHS theatre productions are student-run shows, with students involved in every aspect from publicity to production management. In fact, the ambitious, Gothic inspired set is being built by DBHS Stagecraft students.

Set in 19th-century France, *Les Misérables* follows the life of Jean Valjean, a man released from 19 years of unjust imprisonment. The kind act of a stranger

gives Valjean resolve to turn his life around. Hoping to find a new beginning, he breaks his parole, initiating a life-long struggle for redemption as he is relentlessly pursued by police Inspector Javert. Set during the years around the Paris student uprising of 1832, *Les Misérables* paints a striking portrait of the dark world within the City of Light, and is a sweeping history of a turbulent age through an unforgettable cast of characters.

Shows are April 21, 22, 23, 28, 29, & 30 at 7:00 p.m. in the school theatre located at 21400 E. Pathfinder Road in Diamond Bar. Tickets are \$18 for adults and \$15 for students. Proceeds go directly to help fund the DBHS Theatre Arts Program. Tickets are available online at www.seatyourself.biz/dbhsdrama. ■

Three Area Teams Make CIF Finals

By Carol Heyen

Inland Empire - It's a great year for basketball in the Inland Empire. Chino Hills High School, Ayala High School and Diamond Ranch High School's boys' basketball teams have all made it into the CIF Southern Section Finals to be played this weekend, March 4-5.

Diamond Ranch High School (23-8) will play Chaminade, Friday night March 4, at Azusa Pa-

cific University for the Division 3A Championship. Diamond Ranch is led by former professional basketball player and multiple award-winning coach Eric Cooper.

The No. 1 team in the nation, Steve Baik's Chino Hills Huskies (30-0), have dominated this season in the Open Division, and will take on Chatsworth's Sierra Canyon (26-3) at 6:30 p.m. for the prestigious Open Division Championship. Chino Hills' Ball brothers, Lonzo, Liangelo and Lamelo

Ball lead the team, with Elizjah Scott and Onyeka Okongwu creating a starting five who are fun to watch and difficult to defeat.

Ayala's Bulldogs (29-3) led by Coach John Mounce, will compete against Edison (24-7) at 8:30 p.m. the same night, also at the Honda Center, for the 2AA Championship. The Bulldogs will have 6'5" senior star John Edgar to help them in their first championship quest.

Good luck to all of the boys! ■

CVUSD District Science Fair Winners Named

COURTESY OF CVUSD

Chino - Thirty Chino Valley Unified School District students will advance to the RIMS Science and Engineering Fair in early April, after receiving trophies at the District's Science Fair on Feb. 24.

More than 170 projects were submitted by almost 200 students for the opportunity to represent CVUSD at the regional science fair in April, which includes students from Riverside, Inyo, Mono, and San Bernardino counties.

All of the students who made it to the District-level competition received some level of recognition: White Ribbon Medals, Red



Ribbon Medals, Blue Ribbon Medals, and trophies. Teachers and community members served as judges.

The RIMS Science and Engineering Fair will be held April 5 to 7 at the Bourns Technology Center in Riverside. ■

2015-2016 CVUSD Science Fair Winners			
Grade	Student	School	Place
4	Madelyn Pong	Chaparral	1st place
4	Charlene Omictin	Eagle Canyon	2nd place
4	Makena Bailey and Kyra Phaychanpheng	Wickman	3rd place
4	Haley Langley	Rhodes	4th place
4	Emma Gardea	Cal Aero	5th place
4	Silas Wu	Litel Elementary	6th place
Grade	Student	School	Place
5	Katie Chou	Rhodes	1st place
5	Alexandra Olivar	Cal Aero	2nd place
5	Hailey Oestreich	Hidden Trails	3rd place
5	Ashley Park	Rhodes	4th place
5	Audrey Na	Rolling Ridge	5th place
5	Anuj and Rohan Patel	Rolling Ridge	6th place
Grade	Student	School	Place
6	Katriana Rodriguez	Eagle Canyon	1st place
6	Alyssa Guevara	Chaparral	2nd place
6	Philip Ramsdell	Liberty	3rd place
6	Kyla Abdelgawad and Sabrina Barba	Oak Ridge	4th place
6	Kyle Cantiller	Chaparral	5th place
6	Meera Devine	Rhodes	6th place
Grade	Student	School	Place
7	Wynn Phaychanpheng and Audrey Sogata	Townsend	1st place
7	Lucas Ballard	Lyle S. Briggs	2nd place
Grade	Student	School	Place
8	Nistha Mistry	Townsend	3rd place
8	Stacy Deng	Cal Aero	4th place
Grade	Student	School	Place
10	Shannon Kim, Abigail Meyer, and Lauren Yap	Chino Hills High	1st place
10	Jasmine Park	Chino Hills High	2nd place



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