

OurWeeklyNews.com

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Diamond Bar

Read Together Diamond Bar

By DIAMOND BAR FRIENDS OF THE LIBRARY

The Friends of the Library and the Diamond Bar Library thanks everyone who participated in Read Together Diamond Bar 2016 in October. We had many interesting and exciting events throughout the month of October that were enjoyed by people of all ages.

Read Together Diamond Bar

see DB page 10

Walnut

Walnut City Council Meeting

By NATALIE KIM

Walnut - The November 9 Walnut Council meeting began with a special presentation in honor of veterans. Following the pledge of allegiance, the Council recognized veterans of all branches and from all wars, thanking them for their service. The men and women serving the national armed forces all made this country safe, secure, and

see Walnut page 10



Members of AAUW and Diamond Bar Friends of the Library with 2016 Read Together Diamond Bar essay contest winners Olivia Chiang, Victoria Gruen and Miranda Tejada

PHOTO COURTESY: DBL

Auto Theft Suspect Sought After Chase

By CITY OF CHINO PD

Chino - On Saturday, November 12, 2016 at approximately 10:00 a.m., Chino Police received information that Pomona Police were in pur-

suit of a stolen vehicle in the area of Ramona Avenue and Chino Hills Parkway. Shortly thereafter, Pomona Police terminated the pursuit due to the erratic driving of the suspect. Several minutes later

a Chino Police officer observed the stolen vehicle in an industrial complex in the 4500 block of Carter Street. Chino Police officers, with

see Sought page 10

Santa Is Coming To Walnut!

By CITY OF WALNUT

Letters to Santa

This holiday season Santa's elves will be busy answering letters from girls and boys who send him their wish lists (be sure to include a self-addressed stamped envelope as the North Pole Post Office runs out during the holidays). Beginning Mon-

see Santa page 10



PHOTO COURTESY: GOOGLE

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Inland Empire

CH Honor 25th Anniversary

By CITY OF CHINO HILLS

Chino Hills - The City of Chino Hills will celebrate its' 25th anniversary, and the annual Tree Lighting, at a special celebration on Saturday, December

see IE page 6

Annual Street Project Underway

By CITY OF CHINO HILLS

Chino Hills - Street improvements are coming to several Chino Hills neighborhoods as part of the 2016/2017 Street Improvement Project. The \$1,039,000 project consists of

see Street page 10

Our Featured Businesses

Have Your Party Catered By The Whole Enchilada

STAFF REPORTS

Diamond Bar - If you're planning a celebration, parties can be planned easily at a home or business with The Whole Enchilada's catering service. Book now and you can reserve a portion of the restaurant to celebrate with good

see Enchilada page 5



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

Make Your Backyard Extreme

By MICHAEL ARMIJO

Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been designing outdoor entertainment centers with name brand components

see Extreme page 10



Extreme Backyard Designs is located at 2330 S. Vineyard Ave. They can be reached at 909.930.6111 or online at www.extremebackyarddesigns.com.

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Did You Know?

Holiday Party Survival Guide: Tips to Avoid Weight Gain

BY STATEPOINT

Lights decorate streets across the country. The holiday season is officially upon us! However, with the joy of the season comes the tendency to over-indulge.

On average, Americans gain approximately one to two pounds during the holiday season. With just a few strategies from nutrition experts, you can avoid weight gain while still enjoying friends, family and holiday feasts.

Don't Skip Meals

"In preparation for a holiday feast, do not skip meals throughout the day," says Heather Mangieri, registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson. "Skipping meals can result in overeating later on."

Instead, Mangieri recommends eating foods full of protein and high in fiber before the feast because these foods will fill you up and satisfy hunger.

Don't Forget to Exercise

The holidays are a busy time full of cooking, decorating, shopping and catching up with loved ones. But remember, it is still important to make time for physical activity.

"We have set a tradition to include a family walk over the holidays," says registered dietitian nutritionist and Academy spokesperson Toby Smithson. "It's a great time to create memories, share in conversation and sneak in exercise."

Don't Overdo the Buffet

Holiday meals tend to be large, buffet-style gatherings where it is easy to overeat and fill up on unhealthy options.

To avoid overeating, Mangieri recommends loading your

see Know page 3



PHOTO COURTESY: DISNEY/GOOGLE

Part of Your World

BY MICHAEL ARMIJO

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

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

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

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

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

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

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

History 101

Edison's first great invention

BY HISTORY.COM

The American inventor announces his invention of the phonograph, a way to record and play back sound.

Edison stumbled on one of his great inventions—the phonograph—while working on a way to record telephone communication at his laboratory in Menlo Park, New Jersey. His work led him to experiment with a stylus on a tinfoil cylinder, which, to his surprise, played back the short song he had recorded, "MARY HAD A LITTLE LAMB". Public demonstrations of the phonograph made the Yankee inventor world famous, and he was dubbed the "Wizard of Menlo Park."

Edison set aside this invention in 1878 to work on the incandescent light bulb, and other inventors moved forward to improve on the phonograph. In 1887, Edison resumed work on the device, using the wax-cylinder technique developed by Charles Tainter. Although initially used as a dictating machine, the phonograph proved to be a popular tool for entertainment, and in 1906 Edison unveiled a series of musical and theatrical selections to the public through his National Phonograph Company. Continuing to improve on models and cylinders over the years, the Edison Disc Phonograph debuted in 1912 with the aim of competing in the popular record market. Edison's discs offered superior sound quality but were not compatible with other popular disc players.

During the 1920s, the early record business suffered with the growth of radio, and in 1929 recording production at Edison ceased forever. Edison, who acquired an astounding 1,093 patents in his 84 years, died in 1931. ■

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Recent Recalls

STAFF REPORTS

1. **Fun-karts:** The fuel tank can crack and cause the fuel to leak out, posing a fire hazard.
2. **Kidde NightHawk combination smoke/carbon monoxide (CO) alarms:** The alarm can fail to continue to chirp when it reaches its seven year end of life if the batteries are replaced, leading consumers to believe it is still working. This poses a risk of consumers not being alerted to a fire or CO incident in their home.
3. **Klement's Sausage Company, Inc.,** a Milwaukee, Wis. establishment, is recalling

- approximately 1,689 pounds of beef and pork products that may be contaminated with extraneous materials.
4. **OSI Industries, LLC,** a Fort Atkinson, Wis. establishment, is recalling approximately 21,403 pounds of chicken products that may be contaminated with extraneous materials.
5. **Krystal Ice ceiling fixtures:** The 40-watt halogen bulbs sold with the ceiling fixtures burn too hot for the electrical supply wires in the ceiling, posing a fire hazard. The fixtures also pose a fire hazard in homes with older wiring, even if used with lower wattage bulbs.
6. **Agave Dream** of Palos

Verdes Peninsula, CA is recalling all vanilla, chocolate, cappuccino, chocolate chip and lavender ice creams packaged in pint sized containers, because it has the potential to be contaminated with *Listeria monocytogenes*, an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Although healthy individuals may suffer only short-term symptoms such as high fever, severe headache, stiffness, nausea, abdominal pain and diarrhea, *Listeria* infection can cause miscarriages and stillbirths among pregnant women. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

party plate with lean protein and veggies. “But that poses a problem at many holiday parties because treats and snacks are often all that fill the countertops. Stay in control by taking your own healthy protein options with you such as turkey meatballs, chicken skewers or a shrimp cocktail platter,” says Mangieri.

Also note that it takes about 20 minutes for your stomach to tell your brain you are full. “Before going back for seconds, take time to savor each bite and

enjoy conversation with friends and family,” says Mangieri.

Don’t Splurge on Sweets

“It is okay to save room for dessert, but try to choose only one splurge item,” recommends Smithson. “These sweet treats can stick to your waistline and the added sugar may make you crash later.” Avoid overdoing it on dessert and limit sugary beverages.

Use these expert tips at the holiday dinner table to maintain a healthful eating plan throughout the entire season. The holidays are a wonderful time of the year, and it is possible to enjoy this special time without weight gain. ■



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Community Events

UPCOMING EVENTS:

Chino Youth Christmas Parade and Fair
When: December 10, 2016 9a.m. to 3 p.m.
Where: Parade begins at Monte Vista Avenue and Riverside Drive and ends at City Hall. The fair will be in the Senior Center and Library parking lots. The carnival will be at the Civic Center on D Street between 7th and 6th Streets.
Description: Celebrate the holiday season with a Parade celebrating Chino’s youth. Immediately following the Parade, visit City Hall for the Holiday Fair and Carnival. Enjoy thrilling rides, entertainment by youth and community groups, delicious food, and a vendor fair featuring many home-made items and gifts.

Pomona Inner City Homeless Ministry Dinner
When: Saturday, November 19, 5 pm -7 pm
Where: First Baptist Church, 601 North Garey Avenue, Pomona
Description: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at 12 noon for prayer/devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 5:30 p.m.

Planes of Fame Air Museum, ‘Where Warbirds Fly and Aviation History Lives’
When: Saturday, December 3, 2016, 10am–12 noon: Speaker program & flight demonstration. Museum doors open at 9:00am.
Where: Planes of Fame Air Museum, 7000 Merrill Avenue

#17, Chino, CA 91710
Description: Distinguished veterans, aviation experts, and historians constitute the presentation panel. Stay tuned for announcement of special speakers. Kevin Thompson (POF Moderator and Aviation Historian) moderates and joins in the presentation.

REGULAR EVENTS:

Alcohol and Addiction Intervention Information
When: Third Tuesday, monthly at 6 p.m.
Where: Aurora Charter Oak Hospital, 1161 E. Covina Blvd., Covina
Details: Free information sessions about the intervention process, a powerful tool to combat alcoholism and addiction. Attendees can expect to learn what the intervention process consists of, when an

intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.
Contact: Call (626) 859-5269, or visit www.charteroakhospital.com.

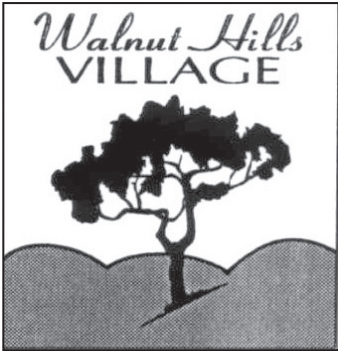
Free Acupuncture for Veterans, Active Military, First Responders
When: Every Tuesday at 5 p.m.
Where: 12598 Central Avenue, Unit 113, Chino, CA 91710.
Cost: Free
Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

Jack Newe’s Farmers Market sponsored by SGV Regional Chamber of Commerce
When: Every Saturday from 8 a.m. to 2 p.m.
Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut
Cost: Free Admission/Parking

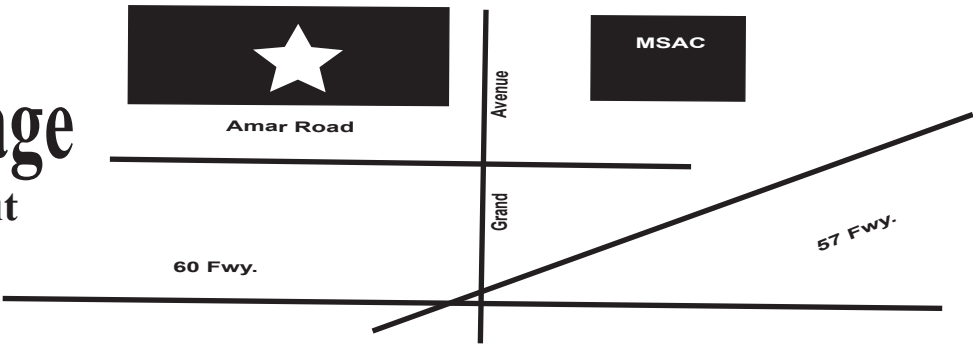
Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.
Contact: (909) 869-0701

Pomona Inner City Homeless Ministry Dinner
When: The 4th Saturday monthly
Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona
Details: Come help serve the homeless and economically disadvantaged at monthly dinners. Volunteers meet in E202 (2nd Floor) at noon for prayer and devotion, followed by orientation, clothing and hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.





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Artist Corner: Tomas Rodriguez

*"KEEP believINK " –
Tomas Rodriguez*

By RACINE GUAJARDO

Tomas Rodriguez is a 33 year old Mexican who was born in Durango, Mexico. Rodriguez came to California when he was 15 years old. As far as back as Rodriguez can remember he says, "Always been into art of any type, I have been drawing to keep my mind quiet."

Technology and the Internet have opened the opportunity for people to search just about anything, so Rodriguez says, "I discovered tattooing by accident one day, buying a set up online and tattooing myself. I knew right then that this was my calling on life. And it would be my way to help people with this positive energy."

As a spiritual person, Rodriguez talks about his influences, saying, "I have had a few spiritual teachers during my life, that help me find myself as a person and as an artist, always wanting to give back."

Some people may get a tattoo because they think it's cool or it's a style that's popular; however Rodriguez says, "I started a positive movement about tattooing, changing people's minds about the art and the importance of decorating our bodies with permanent ink. To always believe in the rea-



PHOTO COURTESY: TOMAS RODRIGUEZ

sons behind the tattoo."

There are many different styles in tattooing, Rodriguez says, "I concentrate on my realistic black and gray, I believe that's deep within my roots and honoring my ancestors." Also saying, "Just the way I see each and every tattoo I do, putting 100% of my energy and love into the piece, always doing my prayers before each tattoo behind scenes."

When Rodriguez was asked if he could give advice, he said, "This is the easiest question for

me. DO WHAT MAKES YOU HAPPY, it doesn't matter if people around you think you can't do it or that it's not important at all or that you're not supposed to do this or that. JUST DO WHAT MAKES YOU HAPPY."

Believink Art Studio is located at 401 E. 10th Street Gilroy, CA 95020. Rodriguez also travels all over the states and as well as out of the country for conventions.

You can find him on social media accounts; Instagram: @believink and Facebook: Keep Believink ■

Have Your Party Catered By The Whole Enchilada

Enchilada from page 1

food, family, and friends.

Gift shopping can also be made easy now that The Whole Enchilada has gift cards available for purchase in person or online at www.wholeenchilada.com.

You can also take a break from the kitchen and visit The Whole Enchilada Restaurant for great food and customer service. With its promise of authenticity, The Whole Enchilada guarantees that its customers will enjoy the taste of their savory entrees.

The Whole Enchilada can help you make at-home dinners easy by offering tamales all year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. From platters and entrée meals to taco bars, they also provide other options to serve fresh, authentic Mexican recipes their resident chef brought from their homeland.

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

The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent customer service due to their family friendly servers being attentive, courteous, and knowledgeable.

The staff will be there to help you celebrate special moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, and special events for churches, sports, schools, clubs, and more.

Birthday parties are always fun at The Whole Enchilada, as well. No matter how old you are, the staff will provide you with a total birthday experience including singing, a special picture to take home, free birthday hat and dessert, and best of all, five "Enchilada Bucks" to use the next time you visit.

Better yet, The Whole Enchilada's "Kids Club" includes four mailings per year entitling your children to a free meal when accompanied by an adult, as well as a birthday invitation for a free meal and dessert.

And remember to ask your server for a Combo Punch Card on your next visit, which provides a free combo dinner when you purchase any nine of their combination dinners. ■

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CH Honor 25th Anniversary

IE from page 1

3rd. The date of City's incorporation was December 1, 1991. The event starts at 5:00 p.m. at the Chino Hills Community Center, 14250 Peyton Drive and continues until 8:30 p.m. Historical banners that highlight milestones of the City's first 25 years will be on display. Attendees will receive 25th anniversary giveaways while supplies last. An outdoor ceremony near the gazebo will begin at 5:45 pm with 25th anniversary remarks followed by "A Walk Down Memory Lane" Laser Light Show at 6:15 pm. Iconic images from the history of Chino Hills will be incorporated into the Laser Light Show. Chairs will be provided on a first-come, first-served basis. The tree lighting is set to take place at 6:45 pm followed by Santa's arrival. Chino Hills' kids will have a chance to visit with Santa and take photos. Holiday activities including crafts, refreshments, and carol-

ing will also be featured.

In the event that weather is a concern on December 3rd, a hotline has been set up to provide updates as necessary. Please call (909) 364-2810 for a recorded message.

Residents may exchange old, inefficient holiday lights for new energy efficient LED holiday lights at the event. Stop by the San Bernardino Regional Energy Partnership booth to exchange a maximum of two old incandescent holidays light strands, 50 count or higher, that are still working and contain all bulb parts, for two 100 count LED holiday light strands. A copy of your SCE electricity bill, and a driver's license or photo id that matches the customer name and address on the SCE bill is required. Free Energy Efficiency Starter Kits are available to residents who bring a copy of the monthly Southern California Gas bill and a driver's license or photo id that matches the customer name and address to the SCG bill. ■

CVFD Offers Thanksgiving Cooking Tips

By CVFD

The Chino Valley Fire District wants to help ensure that your Thanksgiving holiday is a safe and happy one. Below are some safety tips that will help you and your loved ones stay safe during the holiday.

Cooking Safety:

- Begin holiday cooking with a clean stove, oven and food preparation surfaces.
- Keep the kitchen area off limits to young children and adults that are not helping with food preparation to avoid accidents.
- Have games or other activities for young children

outside of the kitchen area to keep them entertained.

- Avoid wearing clothing with loose fitting or long sleeves that might ignite if too close to a flame.
- Avoid wearing dangling jewelry that might get caught on pot handles.
- Never leave boiling pots unattended. If you must leave the kitchen, turn off all burners or have another adult watch what is being cooked.
- Have a fire extinguisher available no more than 10 feet from the stove or cooking area.
- Remain in the home while food is cooking. Use a timer to remind you that you are cooking.
- Keep anything that can

catch fire—oven mitts, wooden utensils, food packaging, towels or napkins—away from your stovetop.

Deep-Fryer Safety:

- If you are using a deep fryer to cook your turkey, make sure it is set up outdoors in an open area that is away from walls, wooden fences, hanging tree branches and any other structure or item that can catch fire.
- Never use a deep fryer on a wooden deck or inside a garage.
- Never let children or pets near the fryer when it is in use.
- Never leave a deep fryer unattended. ■

IEEP Mourns Loss of Stater Bros. Markets Executive Chairman Jack H. Brown

By IEEP

Rancho Cucamonga - The Inland Empire Economic Partnership (IEEP) is saddened by the loss of Stater Bros. Markets Executive Chairman Jack H. Brown. Brown died Sunday at 78.

"I am deeply saddened by the news of the passing of Jack Brown," said IEEP President

and CEO Paul Granillo. "Mr. Brown was a great businessman and cared deeply about the welfare of the Inland Empire, he never forgot that he was one of us, and we need to take great pride in his life and legacy."

"On behalf of our Board of Directors, executive management team and employees, we mourn his loss and extend our

deepest sympathies to his family," he adds.

According to the Stater Bros. website, Brown, a 60-year supermarket veteran, led them to become the largest privately-owned supermarket chain in Southern California as well as largest private employer in both San Bernardino and Riverside Counties. ■



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Recipes:

Tortellini Gratin

With Tomato Basil Bolognese and Cheesy Breadcrumbs

BY HELLO FRESH

Don't let the fancy name fool you. Gratin is just a French way of saying this dish is topped with cheesy breadcrumbs and heated under the broiler until brown and crispy. So it essentially translates to "delicious," right? We snuck in some spinach for a pop of color and nutrition.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 793 cal, Fat: 30g, Sat. Fat: 13 g, Protein: 48g, Carbs: 82 g, Sugar: 11 g, Sodium: 1128 mg, Fiber: 4 g

Ingredients:

- Yellow Onion- 1
- Garlic- 1 Clove
- Basil- ½ oz.
- Ground Beef- 8 oz.
- Crushed Tomatoes- 1 Box
- Tortellini- 9 oz.
- Panko Breadcrumbs- ½ Cup
- Parmesan Cheese- 1/8 Cup
- Spinach- 5 oz.
- Sour Cream- 1 TBSP
- Olive Oil- 2 tsp

Preparation:

1. Preheat and prep: Wash and dry all produce. Preheat broiler to high. Bring a large pot of salted water to a boil. Halve, peel, and dice onion. Mince 1 clove garlic. Finely chop basil leaves.

2. Cook the aromatics: Heat a drizzle of olive oil in a large pan over medium-high heat. (TIP: If you have an



PHOTO COURTESY: HELLO FRESH

ovenproof pan, use it instead.) Add onions and garlic, and toss until softened, 4-5 minutes. Season with salt and pepper.

3. Make the Bolognese: Add beef and break up into pieces until browned, 3-4 minutes. Season with salt and pepper. Add crushed tomatoes, basil, and ½ cup water. Stir and reduce to a low simmer until thickened, 4-5 minutes. Season generously with salt and pepper.

4. Cook the tortellini and make the breading: Add tortellini to boiling water. Cook until tender, 3-4 minutes. Meanwhile, combine panko, Parmesan cheese, a drizzle of olive oil, and a pinch of salt and pepper in a small bowl.

5. Toss: Remove tortellini from water with a slotted spoon, and incorporate into Bolognese with spinach and 1 TBSP sour cream. Stir gently until spinach wilts. (TIP: Depending on size of your pan, you may want to add spinach a little at a time.) If your pan is not ovenproof, transfer to a medium baking dish. 6 Broil: Sprinkle breadcrumbs over tortellini, and broil until browned, about 2 minutes (keep an eye on it!). Serve right out of pan and enjoy! ■

Tips:



"What are nutraceuticals?"

A question from Alexis of Chino

BY CLARK'S NUTRITION

The term nutraceuticals was coined by Dr. Stephen L. DeFelice M.D. circa 1989. Dr. DeFelice is the founder and chairman of the Foundation of Innovation Medicine. Nutraceuticals comes from two words, nutrition and pharmaceuticals. At the time nutraceutical was defined as "any food or parts of food that provide medical or health benefits, including the prevention or treatment of diseases". Remember, that Dr. DeFelice is a medical doctor and has the ability to use medicine and nutraceuticals for "treatment" of disease. Most companies using the name nutraceuticals today are implying the use for 'health and disease prevention'. The products that are suggested as being 'nutraceutical' apply to ranges of isolated nutrients, dietary supplements and herbal products. These products could also be used to target specific diets using processed or fortified foods such as cereals, soups, and beverages. The list typically does not include vitamins and minerals in today's definition. A great example is seen

with isolated amino acids which are known as "free form". We see protein foods that may have an over abundance of amino acids but to isolate the substance makes it more bio-available to the system. BCCA (Branched Chain Amino Acids) amino acids have been used for muscle loss prevention, a medical condition known as sarcopenia, as well as muscle recovery in many double blind studies to date. While protein consumption post work out is ideally effective, whey proteins typically stack up to be one of the most effective forms of protein, making BCAA and whey protein 'nutraceuticals'.

The term "functional foods" has also been added to link consumption of certain foods or food products to help with disease prevention and improved health benefits. This has largely been a by-product, so to speak, from Japanese identification and regulation of 'foods for specified health use'. Since 1991 over 600 foods have been identified as 'functional foods' in Japan. This identification is used to alert individuals to eat these valuable foods for increased health and disease prevention.

Another term that is commonly used in the media and household

verbiage is super foods. A super food is an older term that was used over 100 years ago when food abundances were less and nutrient deficiencies were more common from refined foods. Super foods like cod liver oil provides vitamins A, D and omega 3 fatty acids. If anyone has a deficiency in one of these nutrients they might find relief of the symptom when consuming the super food. Today food fortification and typically more readily accessible foods have prevented stark nutritional deficiencies in the United States. Super foods today often include powdered fruits and vegetables because of our habitual inability to consume these foods on a daily and regular basis. These super foods, when consumed every day help us maintain good health and help with disease prevention.

Remember that the consumption of nutraceuticals, functional foods and super foods should be part of a daily diet and longevity plan.

Have a health related question?

Send us your question, your first and last name, and the city you live in to: askclarks@clarksnutrition.com

Due to the number of responses, we will only be able to answer published questions. ■

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Straight Talk With Danice

Help! I need to quit smoking - A letter from Darlene



BY DANICE AKIYOSHI N.D.

Q: Help! I need to quit smok-

ing. I've tried everything except acupuncture. I hate needles. Do you have any ideas for me? Does that new prescription medicine work?
A: You said you've tried everything, but have you tried reading the book "Easy Way to Stop Smoking" by Allen Carr? I personally know many people who stopped smoking for good after reading this book. Give it a try. I wish you success.

Congratulations for making a wise health choice.
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. ■

Thoughts on Gratitude

BY NANCY STOOPS



I can't believe Thanksgiving is here next week already. It is truly one of my favorite holidays. I love the gathering of my special family and friends. I think about having a whole lazy day with my favorite people and I get very happy. We are all usually so rushed but on Thanksgiving we take our time together and that is a gift.

Having time to share with my loved ones is something I'm very grateful for. Having loved ones to share the holiday with is also something that makes me feel grateful. We sit together in

my big house, with much more food than we could ever really eat and again, all I feel is gratitude. I look around the table and everybody is really enjoying themselves and I think how grateful I am and how special my loved ones are. I love when people have a really good time at my house. It fills my heart with joy.
I have lost all of my siblings and my father but this year I will not mourn the losses, instead I will be grateful for their memory and for the people I have left, to help me celebrate. I know I'm a very blessed woman and this year on Thanksgiving and every other day, I will be grateful. I will sit at the table and look into the faces of the people I love. The room will be filled with wonderful smells and so much

laughter our bellies will ache. My heart will sing with joy as I have the honor of celebrating all my gratitude, with all of my favorite people. I wish you the most wonderful Thanksgiving. This year really pay attention to how blessed you are and just take some time to be grateful for everything!!!!!!!!!!
This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy runs free family support groups, a group on loss for seniors, and groups for teens. For more information about any of these services feel free to contact her at (909) 229-0727. You may e-mail Nancy at nancyjsttops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com. ■

What Are The Odds?

BY MARK HOPPER



On our recent trip to New England, we stayed off the free-ways and interstate highways and used smaller country roads.

Our goal was to see the beautiful fall colors in the mountains of Vermont and New Hampshire. We were not disappointed. The color of the leaves were amazing and remarkable. We ran out of adjectives as we tried to describe the beauty around us.


As we drove through a beautiful part of New Hampshire, my wife and I stopped at a small convenience store to use the restroom.

Unfortunately, there was only one restroom in this small store. As we waited in line with several other adults, I asked another couple in line where they were from.


They replied that they were from North Dakota. As we continued our short conversation, I shared with them that we had some friends who were farmers from East Grand Forks,

Minnesota, which is just across the Red River from North Dakota.
I mentioned that we had met these special people over 30 years ago when we lived in Tucson, Arizona. These Minnesota friends were "snow birds" who spent the winter in the warm sunshine of southern Arizona. We had met them at church.
After a brief pause, the woman asked me if I was talking about the Redmers? I was stunned. Yes, I was talking about our friends Ray and Margaret Redmer!
Of all the people in the world, what gave them the idea I was referring to the Redmers? The woman replied, "When you mentioned farmers from East Grand Forks who spent the winters in Arizona and went to church, she immediately thought of Ray and Margaret."
This couple were also farmers and had known the Redmers for many years. Ray died about ten years ago and Margaret died last March. These nice North Dakota people were still good friends with one of the Redmer's daughters.
Now, what are the odds that some tourists would meet in

a line at a small convenience store in rural New Hampshire and discover that they shared a common friendship with some remarkable people named Ray and Margaret Redmer?
I have heard that everyone is only eight people removed from the President of the United States. The idea is that you know someone who knows someone who knows someone (8x's) that has met the President.
Our chance encounter at a convenience store in rural New Hampshire may indicate that the Redmers are actually better known than the President of the United States! What are the odds?
Let me encourage you to take time to talk with people you don't know. Speak to a stranger in the grocery store line or at the fast food restaurant. Greet an older adult at the dry cleaners and extend an encouraging word. You may be surprised at what you have in common!
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 Efreedb.org. ■



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Call (909) 464-1200

Santa is coming to Walnut!

Santa from page 1

day, November 30, the elves will be busy answering letters. Letters must be postmarked no later than Thursday, December 10 in order to be guaranteed a timely response before Christmas. Letters may be deposited in the Holiday Mailboxes located outside the Walnut post office, inside Walnut City Hall or mailed to:

Santa Claus
P.O. Box 682
Walnut, CA 91788-0682

Santa Makes House Calls

This will be an occasion to remember! Imagine the look of merriment on your children's faces as Santa magically appears at your door. Santa plans on being in the Walnut area beginning Friday, December 2 through Thursday, December 24. Santa's visiting hours are 6:00 pm to 8:30 pm. The cost to Walnut residents for a 20-minute visit is \$65 and \$90 on Christmas Eve. The cost to non-residents for a 20-minute visit is \$80 (Christmas Eve reservations are available for

City of Walnut residents only). Special arrangements may be made for visits to neighboring communities, large groups and other dates on a case-by-case basis for an additional fee. Reservations for Santa visits can be made beginning Monday, November 21 at 7:30 am, by calling (909) 598-5605 or in person at the Community Services Office, 21701 Valley Blvd. Sorry, no online registration is available for this activity. Please note: Christmas Eve reservations are available for City of Walnut residents only. ■

Annual street project underway

Street from page 1

pavement repair using selective asphalt grind and patch, crack seal, overlay, and slurry seal treatment on residential streets. Contractor Hardy and Harper, Inc. of Santa Ana, was set to start work in selected areas to grind the existing street surface on Monday, October 24th but faced a rain delay. Schedules are always subject to change due to weather or unforeseen circumstances.

According to Public Works Director Nadeem Majaj, the City budgets approximately \$1 million each year to maintain and improve the City's roadway system. During the last five years, the City's roads have

benefited from projects that total approximately \$4.4 million. The first areas scheduled to get underway during the week of October 24th included English Place, streets in Los Serranos in the vicinity of Birdfarm Road, and streets in the Glenmeade area west of Pipeline Avenue.

A street-by-street schedule is posted on the City of Chino Hills website at www.chinohills.org/StreetProject. The City's Contractor, Hardy & Harper, Inc., will post temporary "No Parking" signs two (2) working days before the street is paved and will specify the date and time of work on the street.

Residents are advised to park their cars completely outside of the neighborhood on paving days, because the cars cannot drive upon the new-

ly-slurried streets for several hours. Cars left in driveways will be unable to leave for a several hours. Unfortunately, due to the nature of the paving project, residents on affected streets will experience some inconvenience.

Replacement of pavement striping, markings and reflective pavement markers are also part of the overall project. Schedules are subject to change and the City will endeavor to update the posted project schedule in a timely manner, as needed.

The project is funded by Measure I, the half-cent sales tax approved by voters in San Bernardino County for transportation projects. Questions should be directed to the project manager, Fe Rama at (909) 364-2776. ■

Walnut City Council meeting

Walnut from page 1

ensured the freedom of every American citizen. Alyssa Ibera performed a moving rendition of the national anthem as residents paid their respects to the brave veterans who risked life and limb to protect the nation, their families, and democracy.

Following the public comments, the Council approved all items on the consent calendar, including minutes from the October 12 City Council meeting; a resolution allowing claims and demands in the amount of

\$482,321.41; the Calsense irrigation Controller Project for the fiscal year of 2015-16 evaluation; Walnut Valley Pony Baseball's Request to host a "Toys for Tots" tournament at Creekside Park December 9-11, 2016 with fees waived; Walnut Valley Pony Baseball's request to host Bronco Regional Mustang World Series Tournaments July 13-30, 2017 at Creekside Park with fees waived; bi-annual sport group and tournament field use request for spring, 2017; final acceptance of parcel map 72159; appointment of Mary Su to San Gabriel Valley Mosquito and Vector Control Board of Trust-

ees; and an alcoholic beverage license application for Adesso, Inc.

An appeal was brought before the Council regarding the site plan and architectural review to eliminate two conditions of approval related to the construction of a new 37,648 square-foot building located at 20659 Valley Blvd. After listening to the details of the appeal, however, the Council decided that the matter was a private issue, rather than a City one.

Following individual reports and comments, the Council adjourned to December 14, at 7 p.m. ■

Auto theft suspect sought after chase

Sought from page 1

the assistance of the San Bernardino County Sheriff's Helicopter, established

a perimeter and began a search for the suspect using a Chino Police K9 Unit and a Bloodhound from the San Bernardino County Sheriff's Department, however; the

suspect was not located.

The investigation into this case is ongoing. Anyone with information is encouraged to contact the Chino Police Department at (909) 628-1234. ■

Read together Diamond Bar

DB from page 1

finished with the presentation of the three winners of our annual "How a Book Changed My Life" essay contest at our final RTDB event featuring Sisters in Crime.

All winners placed first and are listed alphabetically below:

Oivia Chiang is age 16 and she wrote about Me Before You by Jojo Moyes. Olivia is from Rowland Heights. As part of her essay, Olivia write: "So thank you, Ms. Moyes. Your spectacular story, Me Before You, will be that one book on my bookshelf that I will always gravitate toward when I need to ground myself and remind myself to be grateful of what I have."

Victoria Gruen is age 13 and her essay was on Little Women by Louisa May Alcott. Victoria is from Chino Hills. As part of her essay, Victoria wrote: Little Women has changed my life in so many ways. It has made me think about why self-sacrifice is noble. Never giving up is important too. If I work hard enough, I can achieve my dreams."

Miranda Tejeda is age 17 and she wrote about Lord of the Rings by J.R.R. Tolkien. Miranda is from Diamond Bar High School. Addressing J.R.R.

Tolkin, Miranda wrote: "Your book series of Lord of the Rings has changed my life forever. For if not for your books and characters, I would not have made the right choices in many of life's important questions."

All essays were inspiring and spoke of the impact reading and literacy has in all our lives. Stop by the Diamond Bar Library during November and read all three essays. They are mounted as posters by the Teen Zone.

There are many more great programs throughout the year at the Diamond Bar Library. Check out the Diamond Bar Library website at www.colapublib.org/libs/diamondbar on-going for the most up-to-date information.

Passport Applications Now At Diamond Bar Library

The Diamond Bar Library is now offering a new service to the community. We are now accepting Passport Applications. The dates and times that this service will be available varies depending on the availability of the staff. So, please call the Diamond Bar Library for more information and to schedule an appointment. Our phone number is 909-861-4978. Application can be picked up at the Diamond Bar Library or it can be downloaded from the U.S. Department of State website at travel.state.gov. ■

Make your backyard Extreme

Enchilada from page 1

for over 20 years.

"A key component to staying in business so long is to treat people the way we would want ourselves to be treated," said James Deeley, founder of the family business. With so many years in business, you not only get quality products, you also gets years of experience of getting things done correctly and creatively.

Extreme Backyard Designs can provide custom Barbeque islands, outdoor fireplaces, fire pit tables, spas, patio furniture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Dee-

ley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60 Freeway and Vineyard, right across from the newest Kaiser building.

"We believe what makes a business thrive is to provide the best quality components, a superior level of customer service, while providing an affordable price," Deeley said.

Serving all of Southern California, Extreme Backyard Designs is located at 2330 S. Vineyard Ave in our neighboring city of Ontario. They can be reached at 909.930.6111, or you can view their website at www.extremebackyarddesigns.com ■



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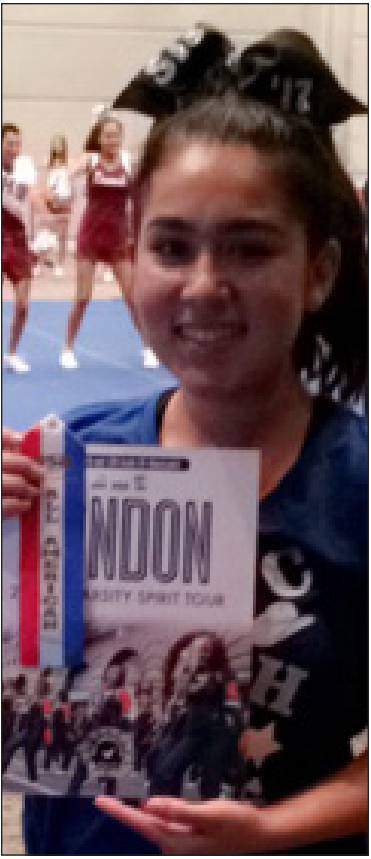


PHOTO COURTESY: CVUSD

Chino High Cheerleader Will Ring In New Year In London

BY CVUSD

Chino High cheerleader Natalie Duran will celebrate the beginning of 2017 by performing in London's famous New Year's Day Parade.

The senior is one of more than 650 high school cheerleaders and dancers from across the United States and the only cheerleader from Chino Valley Unified School District chosen to represent Varsity Spirit in the parade. Varsity Spirit holds cheerleading competitions, camps, and clinics, and sells cheerleading uniforms.

The individuals invited to perform in the New Year's parade qualified for the trip after being

nominated as an All-American at one of the summer camps hosted by Varsity Spirit.

"All-Americans are selected to try out based on superior cheerleading, dancing, and leadership skills at camps across the country," Varsity Spirit officials said in a press release. "Only the top 10% of the more than 325,000 cheerleaders and dancers who attend the 5,000 Varsity summer camp sessions earn the chance to march in the holiday spectacular."

Natalie will be among 10,000 performers from all over the world participating in the parade that is seen by nearly 300 million people around the world, according to Varsity Spirit officials.

In addition to cheering in the

parade, Natalie will tour some of London's historic sites during her seven-day stay that begins December 26.

Natalie has been involved in cheerleading at Chino High since her freshmen year. She is currently varsity cheer captain. She has also cheered for Union All American since she

was in the fifth grade. Natalie is also involved in Renaissance (academic recognition), Project Earth ecology club, soccer, and swimming at Chino High.

A student in the Chino Valley Unified School District since kindergarten, Natalie plans to attend Pepperdine University and become an attorney. ■

Vejar Elementary Honors Local Veterans

BY WVUSD

Walnut - Vejar Elementary School honored 14 family members during a special tribute to veterans on November 4.

The amphitheater stage was decorated with flags and a "We Love our Veterans" banner. Upon their arrival, each guest was offered a warm welcome by a team of Student Ambassadors. An opening flag ceremony was led by Vejar cub scouts and girl scouts.

Second grader Abigail Cordova performed the national anthem as her father Julio, a member of the Army National Guard, stood behind her in uniform.

"Today we honor the men and women who fight to protect the freedoms we all enjoy. Let



PHOTO COURTESY: WVUSD

Vejar Elementary students and staff salute service men and women during a Veterans Day celebration on November 4.

us celebrate and salute the servicemen from the Army, Navy, Coast Guard, Marines and Air Force and thank them for their service to our country!" said kindergarten teacher Natalie Lawrence.

Each month, the school hosts a spirit assembly to rec-

ognize Valuable Vaqueros and introduce the character trait of the month.

"Since November's character trait is gratitude, our teaching staff thought it would be a perfect fit to honor our veterans," said Elementary Learning Specialist Jodi Yim. ■

Five Walnut High Athletes Take Part in Fall Signing Day

BY WVUSD

Walnut - Walnut High School held a celebration on November 9 to honor five star athletes as they officially signed national letters of intent.

The following recruits received scholarships to play their sport next year in college: Emily Honng, Swim - UCLA, Keisha Lugito, Golf - Seattle University, Anabelle Chang, Golf - Princeton University, Dylan Needham, Baseball - University of New Mexico, and Dylan Zavala, Baseball - University of New Mexico.

Families, friends, teammates, and coaches gathered as the seniors made their commitments final during the lunchtime event.

"I'm so grateful for this opportunity to go to such a prestigious school," said Emily Honng, age 17, after the signing. "I've been working hard balancing swim

and my academic schedule," she shared. "And the hard work definitely pays off!"

She has been a competitive swimmer since the age of six and admits to being "passionate" about her sport, eagerly plunging into the water for morning and afternoon practices each day.

Honng swims the breaststroke, individual medley, sprint, fly, and free races. She is the CIF Champion in the 200 individual medley and holds the school record in the 100 breaststroke.

"My next goal is to make the Olympic Trials cut," she added.

"It's a great feeling," said pitcher Dylan Needham. "This has been my dream all through high school."

Second baseman Dylan Zavala will be joining his teammate at University of New Mexico next year.

At 5'9", Zavala said he

wasn't big enough for some colleges and was happy the the UNM Lobos coach realized his "fight in the dog" quality and gave him a chance.

"I've been competing my whole life with my older brother - in everything - even ping pong."

Now, Zavala said he will solely focus on becoming a better person and baseball player. He hopes to pursue a criminal justice degree.

Anabelle Chang is looking forward to playing golf at Princeton, especially since her sister, Alison-WHS Class of 2016, is already there on an athletic scholarship.

"I've always played by her side," said Chang, who has been hitting the links for a decade.

"I'm really glad I chose Princeton; I think it's a really good fit."

"Congratulations to our student athletes! 'We'll be looking forward to seeing you at the collegiate level,' said Principal Brandon Dade. ■

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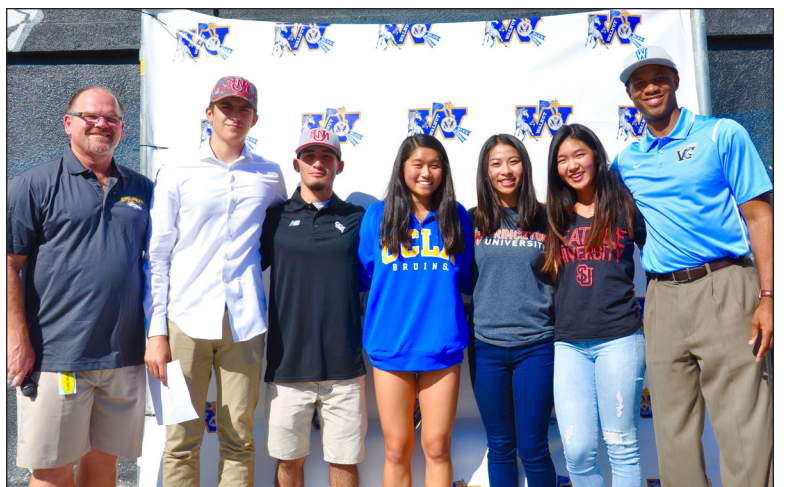


PHOTO COURTESY: WVUSD

Walnut High athletes Dylan Needham, Dylan Zavala, Emily Honng, Anabelle Chang, and Keisha Lugito, with Athletic Director Jerry Person and Principal Brandon Dade during signing day ceremony.

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