

OurWeeklyNews.com

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Walnut

Free Tax Help and E-filing by AARP

BY CITY OF WALNUT

Volunteers February 6 through April 10 9:00 am to 4:00 pm Walnut Senior Center (21215 La Puente Road) AARP volunteers will be available to assist you with your tax return. Appointments are limited and will be taken on a first-come, first-serve basis, by phone or in

see **Walnut** page 10

Diamond Bar

Diamond Bar Welcome's New Sheriff's Captain

BY CITY OF DIAMOND BAR

Diamond Bar - Walnut Sheriff's Station has a new leader. Captain Al Reyes, a 32-year veteran of the Los Angeles County Sheriff's Department, took over command of the station this past October.

Captain Reyes' career with

see **DB** page 10



Chino Valley YMCA 5th Annual Reindeer Romp

PHOTO COURTESY: CHINO VALLEY YMCA

Chino Valley YMCA Reindeer Romp

STAFF REPORTS

Chino - On December 3, the Annual Chino Valley YMCA Reindeer Romp event was at Ayala Park in Chino. They had the 5k and the 1/4 mile Kid's run (8 and under only).

The 5k is the first leg of the

Chino Triple Crown - participate in the Chino Valley YMCA Reindeer Romp 5k, Run for Russ (February 4, 2017) and the DairyAire (March 4, 2017) and receive a special Triple Crown medal!

All entrants in the 5k and kid's run received a long-sleeve

shirt and finisher medal.

The Kid's 1/4 mile (8 and under only) started at 8:00 am, Chino Valley YMCA Reindeer Romp 5k started at 8:15 am

There was also a costume contest, Participants wore their

see **YMCA** page 10

Chino Residents Arrested For ID Theft

STAFF REPORTS

Chino - On December 7, two City of Chino residents were arrested after the Rancho Cucamonga Police Department compiled a comprehensive investigation that which produced several search warrants,

see **Theft** page 5

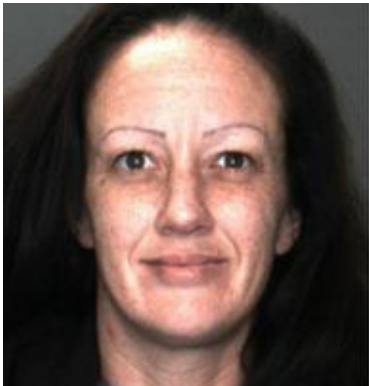


PHOTO COURTESY: SB SHERIFF'S DEPARTMENT

Stephanie Romero (left) William Hernandez (right)

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Inland Empire

South Milliken Project

As of November 30, 2016, the City of Ontario has opened the north-south traffic on Hamner/ Milliken through the over-crossing of the grade separation. The ramps connecting Hamner/Milliken to Mission Boulevard will remain closed until February 2017 for finishing touches.

see **IE** page 10

Chino PD Ride Baker to Vegas

BY CITY OF CHINO PD

Chino - The Chino PD Baker to Vegas Team is kicking off their fundraising efforts with t-shirt sales. Shirts are \$15 (plus tax and shipping, pick-up option only

see **Events** page 10

Our Featured Businesses

Luminary Leaders

BY RACINE GUAJARDO

Luminary Leaders consults with up and rising speakers to support their branding, public figure and monetizing the work they do. As well as, producing Seminars at Sea LIVE Events with Princess Cruise Lines and also offer an Annual Membership for Speakers on Call.

As the CEO and Founder of Luminary

see **Luminary** page 10



Luminary Leaders is a Global Company, Home office located in Riverside, California. They may be reached by calling (909) 519-3712

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

see **Catered** 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. See their ad on page 7.

Weekly News

WEEKLY NEWS EASTVALE NEWS SGV NEWS

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Did You Know?

Getting Back to Basics: The Lost Art of Writing Things Down

BY STATEPOINT

In this digital age, you may go days without using a pen and paper, but there are many reasons to skip the devices and stick to writing things down. From staying organized to planning your week to tracking career growth, here are a few things to take note of when it comes to taking notes.

- Taking notes in longhand can help you retain more information, suggests a study from Princeton and UCLA, as taking notes makes you more likely to process the information and reframe it in your own words. Not only that, your notepad is likely to contain fewer distractions than your laptop, tablet or phone.

- Look professional and stay organized at your next interview or meeting. Taking notes will make you look engaged and interested in what is happening, and a professional planner and/or notebook are must-have workplace accessories. Brands like AT-A-GLANCE offer professional, yet stylish planners, matching desk pads, notepads and wall calendars in a variety of styles and formats. Visit MyAtAGlanceStory.com for organizational inspiration.

- Making comments in your notebook or planner helps you become the publisher of your story, capturing your life's moments along the way. These are tools that help you look back on events in a tangible way.

- Rid yourself of the ever-present stress that comes with a busy life. Seeing every-

see **Know** page 3

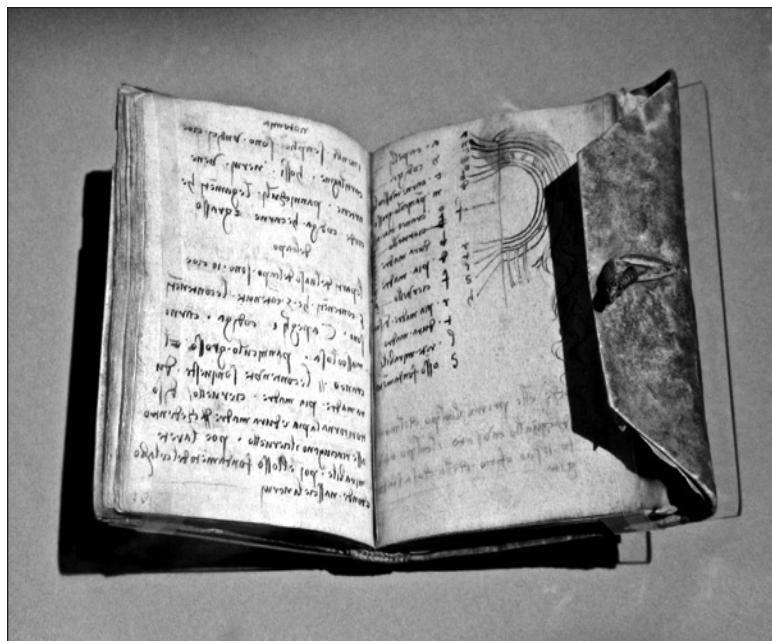


PHOTO COURTESY: HISTORY.COM

Forgiving Yourself

BY JENNIFER JESTER-MADRIGAL

There is a saying that talks about forgiveness being a gift that you give yourself. The idea is that once you forgive those who have wronged you, you take that load off your own shoulders and release that poison from yourself.

This is true in so many ways, but never is that load so heavy as when it is your own forgiveness. It's so much easier to forgive others than it is to forgive yourself. Often we judge ourselves so much more harshly than we judge others, and we make ourselves miserable trying to live up to some insane version of how we think we should be. The truth is, we're not perfect and we never will be.

Stop trying to be perfect and instead focus on who you are and the progress that you have made. Try to give yourself the same grace and charity that you give to others, and take a step back.

I do this all the time – I judge myself so much more rigidly than others and expect myself to always know better, do better and be better. But, I'm human. I mess up. I say the wrong things, do the wrong things, etc. These things don't make me bad and they don't define who I am. They are just mistakes.

Last year, I made some ma-

jor life changes and decided to get real with myself. I was tired of making excuses and feeling guilty about poor choices I've made, and instead I took action. I forgave all those who wronged me, even if they never apologized. I set myself free from the burden of trying to make everyone else happy, and instead focused on just being a better person for myself and my kids.

The struggle to forgive myself has always been within me, and setting achievable goals has been a hard step to take. But, it's working. I know in God's eyes I'm amazing, and that He sees me for what I really am even when I am unable to. He sees the struggles, the heartache and all the good intentions. Most importantly, He has forgiven me. If He can, who I am to say I am greater than He and not do the same?

That's the thing about mistakes and bad choices, they are so easy to do; but it's also easy to convince yourself that you are somehow not worthy of forgiveness.

So finally, after years of hurting and setting unreasonable expectations for myself, I finally have made peace within. I gave myself the same grace that I give others, and I let it all go.

Forgiveness is truly the best gift that I have ever given or received, and it turns out I had the power inside me all along. ■

History 101

Da Vinci notebook sells for over 5 million

BY HISTORY.COM

On this day in 1980, American oil tycoon Armand Hammer pays \$5,126,000 at auction for a notebook containing writings by the legendary artist Leonardo da Vinci.

The manuscript, written around 1508, was one of some 30 similar books da Vinci produced during his lifetime on a variety of subjects. It contained 72 loose pages featuring some 300 notes and detailed drawings, all relating to the common theme of water and how it moved. Experts have said that da Vinci drew on it to paint the background of his masterwork, the Mona Lisa. The text, written in brown ink and chalk, read from right to left, an example of da Vinci's favored mirror-writing technique. The painter Giuseppe Ghezzi discovered the notebook in 1690 in a chest of papers belonging to Guglielmo della Porto, a 16th-century Milanese sculptor who had studied Leonardo's work. In 1717, Thomas Coke, the first earl of Leicester, bought the manuscript and installed it among his impressive collection of art at his family estate in England.

More than two centuries later, the notebook—by now known as the Leicester Codex—showed up on the auction block at Christie's in London when the current Lord Coke was forced to sell it to cover inheritance taxes on the estate and art collection. In the days before the sale, art experts and the press speculated that the notebook would go for \$7 to \$20 million. In fact, the bidding started at \$1.4 million and lasted less than two minutes, as Hammer and at least two or three other bidders competed to raise the price \$100,000 at a time. The \$5.12 million price tag was the highest ever paid for a manuscript at that time; a copy of the legendary Gutenberg Bible had gone for only \$2 million in 1978. "I'm very happy with the price. I expected to pay more," Hammer said later. "There is no work of art in the world I wanted more than this." Lord Coke, on the other hand, was only "reasonably happy" with the sale; he

see **History** page 3

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Walnut Library
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(909) 595-0757

Walnut Sheriff's Station
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(626) 913-1715

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Recent Recalls

STAFF REPORTS

1. Piccadilly Fine Foods Recalls Beef Shepherd’s Pie Due To Misbranding and Undeclared Allergens Piccadilly Fine Foods, a Santa Clara, Calif. establishment, is recalling approximately 144 pounds of beef products due to misbranding and undeclared allergens.

2. FMIF Holdings, LLC Urges Consumers of 8oz Pods Purchased Online to Dispose of Product Immediately FMIF Holdings, LLC is recalling Snow Monkey Goji Berry and Cacao 8oz. pods 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.

3. FDA Consumer Advisory The U.S. Food and Drug Administration advises consumers not to eat goat cheese products manufactured by Apple Tree Goat Dairy of Richfield, Penn. (Apple Tree), because the products have the potential to be contaminated with Listeria monocytogenes.

4. Bakkavor Foods USA, Inc. Issues Voluntary Recalls of Certain Hummus Products Because of Possible Health Risks Bakkavor Foods USA, Inc. is voluntarily recalling Trader Joe’s Mediterranean Hummus (SKU #90642) and Trader Joe’s White Bean & Basil Hummus (SKU #91107) with "USE BY" date codes up through and including 12/15/2016, because

these products have the potential to be contaminated with Listeria monocytogenes.

5. Toyota Motor Engineering & Manufacturing is recalling certain model year 2011-2016 Toyota Sienna minivans manufactured January 4, 2010, to August 12, 2016. If the power sliding door is unable to be opened when commanded, such as if the door is frozen shut, the door may subsequently open unexpectedly, possibly while the vehicle is moving.

6. Mercedes-Benz USA, LLC is recalling certain model year 2016-2017 S63 AMG Coupe, S65 AMG Coupe, S550 Coupe 4Matic, S63 AMG 4Matic Convertible, and S550 Convertible vehicles manufactured June 29, 2015, to March 15, 2016. The seat belt extenders on the affected vehicles may not retract as intended and may potentially break the event of a crash. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

thing written down will give you a sense of control. You will feel confident in knowing you have it all set, and keeping a record of your tasks in one location gives you an easy, organized way to get a grasp on your days.

- Using a planner to track your schedule can actually help you find missing time. You will have a better grasp on what is coming up and may even see a break that leaves you time to schedule dinner with a friend, try that new recipe you’ve been craving, or time to search for that special birthday present you need for the party this weekend.

- Increase productivity by maximizing the 24 hours that you have. Seeing everything on paper will help you plan and prioritize. Having “sched-

uled downtime” can help you to know when to go full steam ahead and when to take a break and unwind for a bit.

- Tracking in one place can also help prevent committing to things you can’t do. Wall calendars for the house are a great tracking tool for multiple schedules, helping day-to-day tasks run smoothly.

- Whether you’re planning a wedding or a work conference, a planner is among the most important assets you can use to aid your efforts, helping you keep track of all the details, large and small.

Find a favorite pen and a favorite planner, and get back to basics. It may have been a little while since you relied on paper, but you may find that writing things down helps you keep better track of all of life’s little details and makes you the publisher of your own story. ■

History 101: Da Vinci Notebook

History from page 2

claimed the proceeds would not be sufficient to cover the taxes he owed.

Hammer, the president of Occidental Petroleum Corporation, renamed his prize the Hammer Codex and added it to his valuable collection of art. When Hammer died in 1990, he left the notebook and

other works to the Armand Hammer Museum of Art and Cultural Center at the University of California at Los Angeles (UCLA). Several years later, the museum offered the manuscript for sale, claiming it was forced to take this action to cover legal costs incurred when the niece and sole heir of Hammer’s late wife, Frances, sued the estate claiming Hammer had cheated Fran-

ces out of her rightful share of his fortune. On November 11, 1994, the Hammer Codex was sold to an anonymous bidder—soon identified as Bill Gates, the billionaire founder of Microsoft—at a New York auction for a new record high price of \$30.8 million. Gates restored the title of Leicester Codex and has since loaned the manuscript to a number of museums for public display. ■

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, December 17, 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

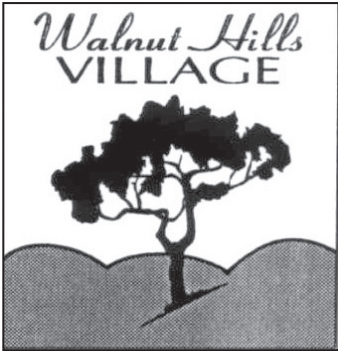
Pomona Inner City Homeless Ministry Dinner

When: The 4th Saturday monthly

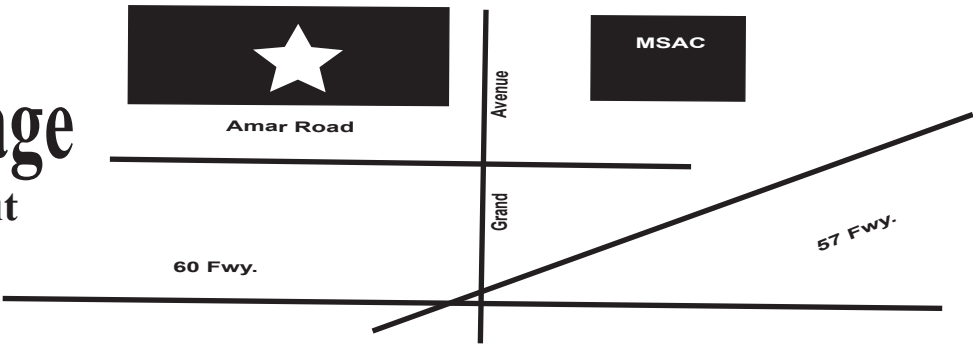
Where: First Baptist Church of Pomona, 601 N. Garey Ave., Pomona

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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Have your party catered by the Whole Enchilada

Catered from page 2

restaurant to celebrate with good 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 Mexi-

can 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. 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. See their ad on page 7. ■

Chino residents arrested for ID theft

Theft from page 1

identified countless victims of identity theft, cleared several vehicle burglaries that occurred in Rancho Cucamonga. The two suspects were identified as William Hernandez, 41-years-old, and Stephanie Romero, 33-years-old who were both residents of Chino. Deputy Torres of the Rancho Cucamonga Police Department began her investigation after reports of several vehicle burglaries were happening in the parking lots of the Rancho Cucamonga 24 Hour Fitness. The team of deputies and Deputy Torres were assigned to the Victoria Gardens Retail Theft Team where they found Hernandez and Romero as possible suspects. Detective Bureau and Deputy Torres together coordinated a takedown operation that led to the arrest of both Chino residents. The arrest led to a continued investigation with the help of other detectives and deputies, additional warrants were

placed in the City of Chino and Santa Fe Springs. According to the San Bernardino Sheriff's Department, "The search warrants exposed a comprehensive identity theft operation that Hernandez and Romero spearheaded. Thousands of dollars of fraudulently purchased property was located, along with hundreds of stolen access cards, stolen identification cards, personal documents and mail containing the information of hundreds of victims." Deputy Torres is working on locating every identity theft victim so their personal property may be returned, so she may obtain interviews and file additional charges to solidify her case with the District Attorney's Office. Anyone with information regarding these incidents is urged to contact the Rancho Cucamonga Police Department at (909) 477-2800. If you wish to remain anonymous, you may contact the We-Tip Hotline at 1-800-78CRIME (27463), or you may also leave information on the We-Tip website at www.wetip.com ■



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Recipes:

Easy As (Shepherd's) Pie

with Caramelized Onions and Roasted Carrots

BY HELLO FRESH

START STRONG. Potato skins are a rich source of vitamins and minerals like iron and potassium, so don't waste time peeling them! A quick chop is all the potatoes need before being tossed in the boiling water.

Cooking Time: 35 min.

Servings: 2

Nutrition: 703 cal, Fat: 33 g, Sat. Fat: 14 g, Protein: 44 g, Carbs: 59 g, Sugar: 14 g, Sodium: 573 mg, Fiber: 12 g

Ingredients:

- Yukon Potatoes- 16 oz.
- Baby Carrots- 8 oz.
- Yellow Onion- 1
- Garlic- 2 Cloves
- Thyme- ¼ oz.
- Ground Beef- 10 oz.
- Flour- 1 TBSP
- Chicken Stock Concentrate- 1
- Peas- 4 oz.
- Reduced-Fat Milk- ¼ Cup
- Parmesan Cheese- ¼ Cup

Preparation:

1. Preheat oven and roast carrots. Wash and dry all produce. Preheat oven to 420 degrees. Toss carrots on a baking sheet with a drizzle of olive oil and pinch of salt and pepper. Roast until starting to brown, about 20 minutes.

2. Cook potatoes. Cut potatoes into ½-inch cubes. Place in a large pot of salted water. Bring to a boil and cook



PHOTO COURTESY: HELLO FRESH

until fork tender, about 15 minutes. Drain and return to pot.

3. Prep remaining ingredients. Halve, peel, and thinly slice onion. Mince garlic. Strip thyme leaves off stems. Discard stems.

4. Brown beef and onions. Heat a drizzle of olive oil in a large ovenproof pan over medium-high heat. Add beef and thyme. Cook until browned, 3-4 minutes. Remove from pan and set aside. Add another drizzle of olive oil and onions to pan. Cook until softened, about 6 minutes. Add garlic and ¼ cup water.

5. Make sauce and mash potatoes. Sprinkle flour over onions and stir 1 minute. Add stock concentrate, ½ cup water, and peas. Stir until sauce thickens, 2-3 minutes. Add beef and stir to combine. Use a fork or potato masher to mash potatoes with ¼ cup milk and 1 TBSP butter until smooth. Season with salt and pepper.

6. Assemble. If your pan isn't ovenproof, transfer beef mixture to a medium baking dish. Spread mashed potatoes over top. Sprinkle with Parmesan cheese, and bake until melted and bubbly, about 5 minutes. Serve with roasted carrots on the side. ■

Tips:



"What Is Eucalyptus Oil Used For?"

A question from
Linda of Chino

BY CLARK'S NUTRITION

Eucalyptus oils have a long history of use in the medical field. A couple of doctors get the credit for eucalyptus oils popularity. Dr. John White and Dr. Dennis Cossiden were some of the first to distill eucalyptus oils for use medically. These doctors used eucalyptus to help with chest congestion, pain and colic problems. Dr. John White (c.1756-20 February 1832) was an English surgeon and botanical collector. Dr. White was appointed to the Royal Navy and was Chief Surgeon for the prisoners that were housed in Australian prisons. In his endeavors he realized the potential for using eucalyptus oils for healing colds and flu. Since then, the use of eucalyptus essential oils has crept into many other areas. Some of the common uses today are seen in Hall's vapor rub and cough drops as well as Vick's vapor rub used

for cold and flu symptoms (The founder of Vicks: Lunsford Richardson (1854-1919).

Traditional use of eucalyptus essential oils includes helping to reduce inflammation, congestion, excessive mucus from colds and as an anti-bacterial. The German commission E (therapeutic Guide to Herbal Medicines) suggests eucalyptus use can be used both internally and externally for reparatory tract mucus and for rheumatic complaints. Some contraindications are noted for internal use such as nausea and vomiting and possible asthma aggravation in some situations. Always consult with a physician if you are concerned about using substances internally.

There are 700 different varieties of eucalyptus. Some of the most popular are eucalyptus Globulus which has a spa like smell. Eucalyptus Radiata is smoother and less intense and is often called the lavender of the eucalyptus. Eucalyptus citradora is often used externally for pain and inflammation but has an

aggressive lemony smell like its cousin citronella. Eucalyptus citradora should be used only in a diluted form according to label instructions.

One of the most common over the counter formulas found in a health food store setting is Olbas. This product has been around for years in the United States and Europe. Olbas is a combination of peppermint, eucalyptus, cajeput, wintergreen, juniper and clove. Olbas comes in many different delivery systems including essential oil, inhaler, bath salts, cough syrup, cough drops and salve. Olbas is a favorite for many individuals for winter health. As always, please consult with a physician if you have any questions about using any of these products.

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

Is there a natural supplement that I can take for acid reflux and heartburn? –A letter from Rita S.

BY DANICE AKIYOSHI N.D.

Q: Is there a natural supplement that I can take for acid



Mint tea gives amazing results. If you need to sweeten it, I recommend Stevia or a tiny bit of raw honey.

reflux and heartburn? I heard that too many anti acids aren't good.

A: Yes, reflux and heartburn? I heard that too many anti acids aren't good.

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. ■

Giving Back This Holiday Season

BY NANCY STOOPS



This holiday season Midnight and I with continue our volunteer work at the infusion center at St. Jude Hospital in Fullerton. I think it's very timely because to me the holidays are partly about giving back. We take a lot for granted and working with cancer patients makes you really appreciate life. So this year if you're feeling grateful or maybe even sorry for yourself and not so grateful, do something wonderful for a good cause. Do something wonderful for somebody else.

I think the holidays are about getting together with family and friends but also about giving something back.

You can make a huge difference in somebody's life by being unselfish and volunteering, donating or whatever your thing is. The holidays are a special time to show this world how very much you care. Stop complaining about the state of our world and get out there and do an act of kindness. I promise you, it will feel fabulous and you'll stop feeling sorry for yourself and actually feel good this holiday season.

Take that money that you're planning to spend on drugs or alcohol and give yourself a different kind of medicine. Give yourself some medicine that is good for the soul. The kind of medicine that comes from helping others and understanding that's what we are suppose to be doing here. What I speak of can be very healing and maybe you'll begin to forgive yourself for all

you've done wrong and start moving in the right direction. Ending the year helping others can be a great way to motivate yourself to make 2016 a better & more productive year. It's never too late to become a better person and somebody that you can be proud of. This year, give the gift of giving back!!!!

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 nancyjstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the therapy Dog at Amazon.com. ■

Meet Me at In N Out

BY MARK HOPPER



One of my favorite lunch spots is In N Out Burger. The prices are right and the food is great. I love their burgers, fries and chocolate shakes too!

Recently I arranged to meet a guy for lunch to discuss a project he was working on. He works down in Orange County so we decided to meet somewhere half way between his office and my office in Diamond Bar.

I suggested we meet at In N Out on Chapman Avenue. He agreed. It seemed like a simple and clear plan.

However, did you know there are actually two Chapman Avenues in Orange County? One Chapman Avenue is in Fullerton near the campus of Cal State Fullerton just west of the 57 Freeway.

The other Chapman Avenue is in the city of Orange and extends from west of the 57 Free-

way to east of the 55 Freeway. And, to make matters worse, there are In N Out Burgers on both Chapman Avenues!

I'm sure that you already know what happened. I drove from my office down the 57 Freeway to the In N Out by the Cal State Campus. My friend drove from his office to the In N Out restaurant which is on the Chapman Avenue that is east of the 55 Freeway.

He was looking for me and I was waiting for him. Both of us were on time and both of us were at In N Out Burger, but we were miles apart at different locations.

I was thankful that we both had our cell phones with us. He called wondering where I was and I told him that I was looking for him too.

When we realized what happened, I jumped back into my car and drove to the location where he was waiting. We enjoyed our time together and the good food, too.

I wonder if this happens in other areas of life. Married couples think they have reached an

agreement on something only to find out that their spouse had a different plan in mind.


I'm sure this happens in business too. A supplier may think he is correctly filling an order from a customer, but the customer may have actually requested a different size or product.

There can be misunderstanding and miscommunication in many areas of our lives. We need to be clear and specific when agreeing on a plan of action.


Let me encourage you to be clear in what you say and clarify what you think others have said. Effective communication is vital in every area of our lives.

I wonder if there is an In N Out "app" that I can add to my phone so that the next time I make a important lunch appointment I will know where I am going?

Pastor Mark Hopper
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Chino PD ride Baker to Vegas

Events from page 1

available to City employees) and can be purchased online using the link below. A portion of the proceeds will be donated to the San Bernardino County Children's Assessment Center which provides services to child abuse victims. Orders must be placed

by December 21, 2016.

The Baker to Vegas event will take place in March of 2017 and involves 20 runners on a 120 mile relay race from Baker, California to Las Vegas, Nevada. The Baker to Vegas Relay Race began in 1985 with 19 teams and has grown to over 280 teams from around the world. Thousands of runners,

hundreds of support personnel, countless volunteers and innumerable work hours culminate in this one race. This event is the "Super Bowl" of Law Enforcement and the champions represent some of the best the police world has to offer.

www.ChinoB2V.Garmentdecor.com ■



Chino PD Baker to Vegas Team Fundraiser






Adult Sizes: S-4XL

Diamond Bar welcomes new sheriff's captain

DB from page 1

the Sheriff's Department began in 1984. After graduating from the Sheriff's Academy as a Deputy Sheriff, he was assigned to the Hall of Justice Jail as a custody deputy, and then as a patrol deputy at both East Los Angeles and Norwalk Sheriff's Stations. In November 2000, Captain Reyes was promoted to the rank of sergeant and supervised patrol functions at both Century and Lennox

Sheriff's Stations. He was also an Operations Sergeant at Norwalk Sheriff's Station. Seven years later, Captain Reyes was promoted to Lieutenant and assigned to the Norwalk Sheriff's Station where he worked as a shift watch commander and Service Area Lieutenant for the unincorporated areas of South and West Whittier. He also served as an Operations Lieutenant for Norwalk and Walnut/Diamond Bar Sheriff's Stations.

In 2015, Captain Reyes was assigned to Sheriff's Headquarters where he served as the

aide to the chief of East Patrol Division. Captain Reyes has an associate degree in liberal arts from Mt. San Antonio College, and is working toward a bachelor's degree in leadership at Trident University International. The Diamond Bar-Walnut Sheriff's Station serves Diamond Bar, Walnut, Rowland Heights and unincorporated areas of Covina Hills and West Covina.

For more information about the station and services available, visit www.walnut.diamondbar.lasd.org. ■

South Milliken project

IE from page 1

Initial Details (Posted 2/20/2015):

Milliken Avenue Closure
 • March 2, 2015 Milliken Avenue will close at Mission Blvd.
 • Use detours provided in the map below
 • Milliken Avenue expected to reopen March 2017

ADVISORIES

• Local access to businesses will be maintained throughout all construction activities.
 • Electronic message boards will be used to advise of the closures and manage traffic

detours to update commuters as necessary.

• Closure dates will be posted on electronic message boards 7 days in advance

AT A GLANCE

• Construction Cost: \$57.4 Million
 • Construction started: February 2014
 • Anticipated Construction End: Spring 2017

This project is in the City of Ontario however, it may have significant traffic impacts on Eastvale commuters heading north on Hamner Avenue.

Questions or comments may be directed to the City of Ontario hotline: 888-707-0783 ■

Luminary Leaders

Luminary from page 1

Leaders, Shelly Harrison, is proud to represent thought leaders, speakers and educators to present for business related events, conferences, seminars, retreats, radio- TV and other media outlets across the country. Harrison has 3 years experience as a business owner and 26 years as a Vice President in the banking industry. Therefore, has prepared her immensely for the work she does today. Shelly Harrison is also the Chairman for the Annual Riverside County Women's Leadership Conference and run her own women's networking group in the Inland Empire since 2009.

Luminary Leaders places their reputation in the industry to the highest standards of service to clients, affiliates, vendors, and those they serve. Additionally, they value a positive momentum that harnesses collaboration, compassion with other business owners, and their competitors. Providing everything they need in business and work with the 5 key areas; Marketing, Branding & Growth, Finance & Admin., Sales and

Operations.

Being selective with who they align their company with is a reflection of their reputation and how critical it is showcasing their core values. Luminary Leaders is a one stop shop and works side by side with each client. The reputable relationships that have been established with several companies, have products and services that have allowed them to refer clients to trusted people with the same values and vision. The speakers are professional business entertainers with educational backgrounds. Some speak pro bono in lieu of their speaking fees if they are permitted to share their products and services.

Luminary Leaders has Seminars at Sea LIVE Events available and can offer \$50 off the Seminars at Sea package. Also, Speakers on Call Annual Membership - \$50 discount.

Luminary Leaders is a Global Company, Home office located in Riverside, California. They may be reached by calling (909) 519-3712 or visit multiple websites: www.luminaryspeakers.com www.seminarsatsea.net www.etcwomensnetworkingllc.com ■

Chino Valley YMCA reindeer romp

YMCA from page 1

best holiday wear and competed for a special prize.

The Chino Police Department also participated in the Chino Valley YMCA Reindeer Romp; Captain Simmons, Cor-


porals McArdle and Carrino, and Officers Franks and Officer Gray took 1st in his division! Chino PD commented on their facebook saying, "Congrats to all of the participants and thank you to the YMCA for hosting such a great community event." ■

Free tax help and E-filing by AARP

Walnut from page 1

person. Residents may make appointments beginning, December 12 while all others may make appointments beginning

December 19. All others appointments will be scheduled beginning at 9:00 am. *Please note that the Walnut Senior Center will be closed on February 20 in observance of Presidents' Day. ■



Legal Aid Society of San Bernardino Legal Clinic

FREE Attorney Advice on all civil matters.
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 *** Funding for clinic provided in part by the City of Chino Hills through CDBG Funding

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Annual Make A Child Smile Shopping On Wednesday

By CVUSD

As early as 1937, local firefighters were collecting old toys, repairing and distributing them to make holidays brighter for Chino children in need.

By 1940, Chino firefighters were delivering toys throughout a 132-square-mile area, "sending trucks into every corner of the fire district on Christmas Eve," according to an article in the Chino Champion newspaper.

That charitable idea continues with the 14th annual Make A Child Smile program, to be held Wednesday, Dec. 7 at the Walmart Supercenter in Chino.

It is a sponsor-funded program run by the Chino Valley Fire Foundation, a non-profit organization that has merged charitable activities with the Chino Valley Professional Firefighters in an effort to better serve the Chino Valley community.

Make A Child Smile began in



PHOTO COURTESY: CVUSD

A Chino Valley Unified School District student checks out his purchases at the 2015 Make A Child event at the Walmart Supercenter in Chino.

2002, when 34 students were each given \$100 to shop for gifts. Since then, it has helped approximately 1,083 children shop for holiday treasures.

This year's event will benefit 100 students with a \$150 shopping spree each, a "Code Three" fire- and police-escorted

bus ride to the store, photos with Santa, crafts, food, snow play, and commemorative t-shirts.

We cannot thank Chino Valley firefighters, Walmart, and other community partners enough for providing these children with a day they will never forget! ■

Walnut Elementary Principal Gets Duct-Taped To Library

Walnut - Walnut Valley USD principals have been known to participate in fun incentives during school-wide fundraisers, like kissing a pig, sitting on a rooftop, or becoming a human hotdog.

Walnut Elementary leader Robert Chang has been putting it out there for the kids for the past decade.

During his tenure at Collegewood Elementary, he wore a dress and high heels for an entire school day, was taped to a playground ball wall, and even bravely allowed a student to buzz his hair into a Mohawk.

On December 2, he continued his "sticky" tradition at Walnut Elementary by volunteering to get duct taped to the school library.

The principal made the promise to students as motivation to reach a goal for the fall Colt Campaign.

"It's all about the students and making school fun for them," Chang explained. "We expect a lot from our students each and every day at school, once in a while we need to change things up and have them experience something outrageously fun!"

Meanwhile, as funds began pouring in, Community Club parents began researching YouTube videos to find the safe-



PHOTO COURTESY: WVUSD

We did it! Walnut Elementary hosts a successful fall fundraiser and principal Robert Chang gets taped to the library as a reward.

est way to complete the challenge.

It turned out to be an engineering feat that required a total of 15 giant rolls - each 55-yards-long - of the sturdy silver tape.

On Friday, all 675 students got a chance to place a strip of tape to help attach their principal to the door.

The parents even made Mr. Chang a duct-tape tie for the special occasion.

Once all the tape was se-

cured, students gathered together for the unveiling chanted "Open the door!"

Community Club president Molly Mendoza, and vice-president April Alvarado pulled the door open, removed the step stool under his feet, and let the principal "hang out" while students and staff members snapped photos.

"It was a fun day and our students loved every minute of it!" shared elementary learning specialist Jill Takayama. ■

Keeping the Beat!

Diamond Bar - Evergreen Elementary 2nd graders presented the "Parade of the Wooden Soldiers" during an assembly for parents on Wednesday morning.

The 24 costumed children showed off their skills marching

information and keeping the beat to the classic Tchaikovsky song written for the The Nutcracker ballet in 1892.

"This is one of my favorites!" exclaimed teacher Alice Oldag, who said she was impressed with the students' ability to per-

form the precision march.

The class had been practicing the synchronized movements on the playground for the past several weeks before taking the stage on December 7.

"I felt excited because I knew we would do awesome!" shared

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PHOTO COURTESY: WVUSD

Welcome to the show! Evergreen 2nd graders Kayden Siglar and Ava Furumoto welcome Principal Carolyn Wills to the performance of "Parade of the Wooden Soldiers" on December 7.

Jeremiah Tung.

"It was fun to do it and make everyone happy and see them smile!" said Jenna Lewis after the performance.

"I felt proud because I did a lot of work!" added Ava Furumoto.

Students also presented two holiday classic songs "Winter Wonderland" and Must Be Santa," and recited the "Our Snow-

man" poem.

"My favorite part was marching because it just felt good!" said Isaac Macedo.

"This great performance by Mrs. Oldag's class is another fabulous example of all our teachers and students do here at Evergreen to share holiday joy with others!" said Principal Caroline Wills. ■

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Christmas Caroling



CAROLING

List of Songs

DECK THE HALLS ** JINGLE BELLS ** O CHRISTMAS TREE ** 12 DAYS OF
CHRISTMAS ** WE WISH YOU A MERRY CHRISTMAS ** UP ON THE HOUSETOP **
SILENT NIGHT ** DECK THE HALLS ** O HOLY NIGHT ** AWAY IN A MANGER ** SANTA CLAUS IS COMING
TO TOWN ** HAVE YOURSELF A MERRY LITTLE CHRISTMAS ** LITTLE DRUMMER BOY ** LET IT SNOW!
LET IT SNOW! LET IT SNOW! ** ROCKING AROUND THE CHRISTMAS TREE ** DO YOU HEAR WHAT I HEAR? **
I SAW MOMMY KISSING SANTA CLAUS ** SANTA BABY ** WONDERFUL CHRISTMASTIME ** A HOLLY JOLLY
CHRISTMAS ** RUDOLPH THE RED NOSED REINDEER ** MUST BE SANTA ** RUN RUDOLPH RUN ** WHERE
ARE YOU CHRISTMAS ** BABY, IT'S COLD OUTSIDE ** ¿DONDE ESTA SANTA CLAUS? ** FELIZ NAVIDAD **
FELIZ NAVIDAD ** DREIDEL, DREIDEL, DREIDEL ** GONG XI, GONG XI ** SPECIAL REQUESTS ACCEPT-
ED ** A REVIEW OF THE PRINCIPLES OF KWANZAA

Date: December 10, 2016
Time: 7:00 PM—10:00 PM

Location:

Begin at 7:00 PM at Braes River Drive and Amar Road, Walnut, CA 91789;
Walk along Platt River Drive, Eureka River Place,
Braes River Drive and Dawson Creek Place;
Walk along Conway Springs Lane, Alyeska Place,
Argonia Place and Heaton Moor Drive;
Walk along Colina Drive, Coronel Court, Sol Vista Way, Castillo Court, and Fontes Place; and
End at Colina Drive and Creekside Drive, Walnut, CA 91789 at 10:00 PM.

All participants must abide by law. Anyone displaying disruptive behavior will be asked to immediately leave the group and will be reported to the local Sheriff's Department. Decorative flashlights and warm clothing recommended.

Contact:
Veronica I. Rojas Munoz
(626) 315-1705