# OURWEEKLYNEWS.com

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### Walnut

# Walnut City Council Recap

BY NATALIE KIM

Walnut - The Walnut Council meeting of December 14 began with several presentations. The first was a presentation for Andy Jin, a Walnut High School student being recognized not only by the city of Walnut, but also the Los Angeles County. Jin began charity work in his freshman year, selling his photographs and donating the profits to those in need, such as the homeless population. As

see Walnut page 10

### Diamond Bar

### Diamond Bar's City Council Recap

BY NATALIE KIM

Diamond Bar - The December 6 Diamond Bar Council meeting began with the closing with the exciting reorganization of the City Council. Mayor Nancy Lyons formally handed down the gavel to mayor pro tem Jimmy Lin. Councilmember Ruth Low was then nominated and appointed the mayor pro tem. The Council then gave a presen-

see **DB** page 10



Police personnel at Chino Neighborhood House Photo courtesy: Chino PD Children's Christmas Party. Chino PD's facebook says, "We look forward to this event each year!"

# City Facilities & Library Closed Christmas & New Years

BY CITY OF CHINO HILLS

Chino Hills – The City of Chino Hills City Hall and City Yard will be closed for the Christmas and New Year's holidays, from Friday, December 23rd through Monday, January 2nd. The Chino Hills Community Center and McCoy Equestrian & Recreation Center will be closed December 23rd, 24th,

25th, 30th, 31st, January 1st and 2nd. From December 27th to the 29th, the Chino Hills

see Closed page 10

# Passport Services Temporarily Suspended

By CITY OF CHINO HILLS

Chino Hills - The City of Chino Hills will temporarily suspend its Passport Acceptance services from Monday, December 12th to Monday, January 2nd. Starting on Tuesday,

see **Suspended** page 5



Рното courtesy: Google

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### **Inland Empire**

# City of Eastvale Awarded \$250,000 for HSIP Grant

BY CITY OF EASTVALE

Eastvale -The City of Eastvale was awarded \$250,000 for the highly competitive Highway Safety Improvement Program (HSIP) funded by Caltrans. The city plans to install crosswalk enhancements by retrofitting existing traditional pedestrian crossings at signalized intersections with Countdown Pedestrian Signals at 46 locations and audible APS Controller Units at 22 locations.

Studies have shown that the countdown signals, both visual and audio, are less confusing for pedestrians. They are less likely to begin crossing the intersections if they know that

see IE page 5

### **Our Featured Businesses**

### Care Plumbing & Restorations

BY RACINE GUAJARDO

**So Cal** - Care Plumbing & Restoration is a family owned company who specializes in Copper, PEX re-piping and flood damage restoration. Care Plumbing is owned and operated by two brothers, John Ovsepyan and Mike Ovsepyan. They have been in business for 25 years. They have been success-

see **Plumbing** page 5



Care Plumbing is a family owned business that serves in LA, Ventura, Orange, Riverside, San Bernardino and San Diego. Call Toll Free at 888-737-4738.

# Top Quality Auto Body Repair and Towing

By J.D. ALBERTS

**Walnut** – For over 25 years, California Coach Auto Collision has served its community with top notch repair and assistance services, reaching from "Diamond Bar to Chino and beyond."

see **Auto** page 5



California Coach can take care of all your auto needs! They also have a 24-hour towing service. Read the article below for more information about California Coach.

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### Weekly News Did You

#### **WEEKLY NEWS EASTVALE NEWS SGV NEWS**

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**ABC Public Relations** 

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Editor In Chief: Michael Armijo

Staff Writers, Photographers, Editorial Team: Michael Armijo Racine Guajardo Natalie Kim Raymond Mendoza Irene Ornelas

### **PRODUCTION**

Irene Ornelas

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### Write to Us

Do you have any comments, questions or concerns about the community? Write a letter to the Editor.

> The Weekly News Please contact us at:

#### LETTERS:

14144 Central Ave. Suite H Chino, CA 91710

E-MAIL:

editor@anapr.com



# Know?

Holiday Travel Made Easy: Is Your Tech Ready?

#### BY STATEPOINT

As families prepare for the holiday season, they also prepare to make big family trips, so make sure not to leave home without the proper tech reinforcements this year!

These tips will ensure you can savor the sweet moments and avoid potential hiccups!

Drive smarter. Hitting the road? Apps like Waze, a community-based traffic and navigation guide, offer immediate information and alternate routes that save time when everyone is heading out of town. Other apps, like GasBuddy, compare pricing for nearby gas stations so you can fuel up economically, making the drive convenient and worry-free.

Beat boredom en route. Even in the air, there are ways to keep the family entertained. Inflight internet services, like Gogo, allow for texting and surfing the web, so kids can keep up with their Candy Crush game and mom and dad can hop online to research travel activities. And if you are a T-Mobile customer, you get a free hour of Wi-Fi on every domestic flight! Take connectivity to the next level by plugging into a portable charger to ensure all your devices are fully charged for the duration of your flight and after you land.

Find your travel Zen. Ever been on a long train ride with an unhappy baby or snoring fellow rider? Drown out unwelcome disruptions by turning up the volume, and streaming unlimited music from services like Spotify, Apple Music and Pandora with Music Freedom from

see **Know** page 3



PHOTO COURTESY: GOOGLE

### Street Art

#### By Julia Rohrabaugh

Children are taught graffiti is vandalism. The beauties of graffiti and the possibility for it to be an encouraging tool is washed out by its more common occurrences of destruction. Exploring new places, specifically the urban scene, awakens people to the power of street art. When they're taking a morning commute every day on the bus in downtown LA, staring listlessly outside the window, bored and unexcited about heading to work. The urban landscape seems barren at times, when the stores are closed and gated, and people are tucked away in their job offices or home nooks. However, in this monochromatic

scene with dull paint chipping away at the curbs, cars parked on the street and in between, there is a painted box on the corner of somewhere and 6th street. There is a white face on the side with sunglasses on, and when the bus stops at a red light just close enough, the rider can read: "Thieve the world; dispense only the good," signed by Megzany.

This quote seen by probably thousands of people every day, causing hundreds to ponder the meaning, tens to tell their friends about it, and changes maybe one. Influencing people every day, or maybe only every week, nevertheless with words on a utility box. How come this isn't what children are taught?



PHOTO COURTESY: GOOGLE

### **Pick Up Your Copy!**

In addition to delivering to homes and businesses, copies of our papers are also available at these locations:

**WALNUT** 20/20 Vision 20687-6 Amar Road (909) 468-9622

**Animal Hospital** 20670 E. Carrey Rd (909) 594-1737

Clearwater Bagel 20747 E. Amar Rd (909) 598-4332

Clearwater Bagel 20747 E. Amar Rd. (909) 598-4332

Curves 385 S. Lemon Ave (800) 704-5908

**Daily Donuts** 18766 Amar Rd. **Farmer Insurance** 378 N. Lemon Ave (909) 869-1077

20747 E. Amar Ave. (909) 598-8394

**Lemon Creek Cleaners** 360 N. Lemon Ave. (909) 594-7504

NY Pizzeria 364 N. Lemon Ave. (909) 594-5000

Osuna's Mexican Food 18746 Amar Road (626) 810-4101

382 N. Lemon Ave (909) 595-5924 **Shane Chiropractic** 

Post Box Plus

20803 Valley Blvd #103 (909) 598-2111 **Senior Center** 21215 La Puente (909) 598-6200

505-A A Grand Ave.

(909) 598-4459

Starbucks

20687 Amar Rd # 2 (909) 444-1303

**Walnut City Hall** 21201 La Puente Rd. (909) 595-7543

Walnut Hills Optometry 18736 E. Amar Rd. (909) 594-1153

**Walnut Library** 21155 La Puente Rd. (909) 595-0757

Walnut Sheriff's Station 21695 Valley Blvd. (626) 913-1715

**DIAMOND BAR** Barro's Pizza 21000 Golden Springs (909) 598-2871

**Diamond Bar City Hall** 21825 Copley Drive (909) 839-7000 **Diamond Mail &** Shipping 1249 S. Diamond Bar Blvd. (909) 861-1290

It's A Grind 1223 S. Diamond Bar

La Olla 1123 Grand Ave. (909) 861-4499

(909) 861-5120

Paco's Tacos 1131 Brea Canyon Rd. (909) 595-0044

The Whole Enchilada 1114 S. Diamond Bar Blvd (909) 861-5340

CHINO HILLS Chino Hills Car Wash Grand Ave/Peyton (909) 464-8286

**Chino Hills Pharmacy** 2140 Grand Ave Ste 130 (909) 364-9244 **Chopstix House** 3938 Grand Ave (909) 590-3688

**Crossroads Urgent Care** 3110 Chino Ave Ste (909) 630-7868

Oke Poke 3277 Grand Ave. Ste. L

(909) 548-7887 **Planet Beach** 13890 Peyton Dr # C

(909) 465-9911 La Olla 3277 Grand Ave.

(909) 465-9944

<u>CHINO</u> Chino Commercial Bank 14345 Pipeline Ave (909) 393-8880

Chino Chamber of Commerce 13150 7th Street (909) 627-6177

### History 101

Bugsy Siegel opens Flamingo Hotel

#### By History.com

On December 26, 1946, in Las Vegas, Nevada, mobster Benjamin "Bugsy" Siegel opens The Pink Flamingo Hotel & Casino at a total cost of \$6 million. The 40-acre facility wasn't complete and Siegel was hoping to raise some revenue with the grand opening.

Well-known singer and comedian Jimmy Durante headlined the entertainment, with music by Cuban band leader Xavier Cugat. Some of Siegel's Hollywood friends, including actors George Raft, George Sanders, Sonny Tufts and George Jessel were in attendance.

The grand opening, however, was a flop. Bad weather kept many other Hollywood guests from arriving. And because gamblers had no rooms at the hotel, they took their winnings and gambled elsewhere. The casino lost \$300,000 in the first week of operation.

Siegel and his New York "partners" had invested \$1 million in a property already under construction by Billy Wilkerson, owner of the Hollywood Reporter as well as some very popular nightclubs in the Sunset Strip. Wilkerson had wanted to recreate the Sunset Strip in Las Vegas, with a European style hotel with luxuious rooms, a spa, health club, showroom, golf course, nightclub and upscale restaurant. But he soon ran out of money due to the high cost of materials immediately after the war.

Siegel, who held a largest interest in the racing publication Trans America Wire, was drawn to Las Vegas in 1945 by his interest in legalized gambling and off-track betting. He purchased The El Cortez hotel for \$600,000 and later sold it for a \$166,000 profit.

Siegel and his organized crime buddies used the profits to influence Wilkerson to accept new partners. Siegel took over the project and supervised the building, naming it after his girlfriend Virginia Hill, whose nickname was "The Flamingo" because of her red hair and long legs.

Two weeks after the grand opening, the Flamingo closed down. It re-opened March 1, 1947, as The Fabulous Flamingo. Siegel forced Wilkerson out in April, and by May, the resort reported a profit, but it wasn't enough to save Siegel.

Convinced that Siegel wasn't giving them a "square count," it is widely believed that his partners in organized crime had him killed while he was reading the paper June 20, 1947, at Hill's Beverly Hills mansion. Hill was in Paris, having flown the coop after a fight with Siegel 10

see **History** page 3

### Recent Recalls

STAFF REPORTS

- VanLaw Food Products, Inc. is initiating a voluntary recall of WinCo Brand Ranch Dressing with code date of Best By 08/23/17. The back label was mislabeled with WinCo Fat Free Ranch Dressing label, and in particular the label is missing an egg allergen declaration.
- Williams-Sonoma of San Francisco, CA is voluntarily recalling limited quantities of WILLIAMS-SONOMA MEYER LEMON POPPY SEED QUICK **BREAD**, as it has the potential to be contaminated with Salmonella. The ingredient supplier has issued a recall of the bulk milk powder.
- Houdini Inc. of Fullerton, California is recalling limited quantities of Blue Cheese Savory Twists, 7 oz box after the FDA found traces of Salmonella at the manufacturing facility of the ingredient supplier for the powdered buttermilk used to make the Blue Cheese seasoning in these products. Although no pathogenic bacte-

ria have been found in the powdered products supplied to our Savory Twist supplier by the ingredient manufacturer, nor in any of the Blue Cheese Savory Twists themselves, we have decided out of an abundance of caution to recall products produced from the specific lots purchased from this ingredient supplier.

- **Evenflo** Company, Inc. is recalling certain Evolve 3-in-1 Combination Booster Seats, model number 34411700 manufactured February 26, 2015, to February 9, 2016 and model number 34411741 manufactured May 27, 2015, to February 9, 2016. The affected seats have a button for adjusting the harness tightness. The child in the seat can access this button and loosen the harness without the caregiver's knowledge.
- Baby Jogger, LLC is recalling certain City GO Infant Car Seats (models BJ64510 and BJ64529), City GO Base for infant car seat (models BJ80400 and BJ61500); City Mini Infant Car Seat/Stroll-

er Travel Systems (model BJ72510); and Vue Lite Infant Car Seat/Stroller Travel Systems (models BJ70411, BJ70424, and BJ70431). The affected child seats have information on the labels, instruction manual and registration card that is either the wrong size, has an incorrect background color, or is in the incorrect order or is missing. As such, these seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard number 213, "Child Restraint Sys-

Children's Graco Products Inc. is recalling certain Milestone child seats, model numbers 1910130, 1923980, 1926538, 1926539, for failing to comply with the requirements of Federal Motor Vehicle Safety Standard number 213. "Child Restraint Systems." The affected child seat have labels that are missing the required phrase "Secure this child restraint with the vehicle's child restraint anchorage system (LATCH) if available or with a vehicle belt." ■



PHOTO COURTESY: STATEPOINT

### Did you know?

**Know** from page 2

T-Mobile.

Pro Tip: Noise-cancelling headphones help too! Seek out a comfortable pair designed to fit the unique contour of your ears - they are ideal for lengthy trips.

Make the most of travel downtime. Dealing with a delay or adjusting to a different time zone? Use the unplanned time to catch up on your favorite shows. You can stream services like Netflix, Hulu and YouTube on your phone with T-Mobile's Binge On and not only will you get through the series cliffhanger, none of your streaming will count against

### History 101

History from page 2

days prior. The crime remains unsolved to this day.

Surviving a series of name and ownership changes, the hotel is known today as The Flamingo Las Vegas, owned and operated by Harrah's Entertainment. The property offers 3,626 hotel rooms and a 77,000-square-foot casino. ■

your high-speed data! Happy holidays indeed!

Stay connected even when abroad. Google's 2016 travel trends show that 85 percent of leisure travelers decide on activities to do from their mobile phone after they've arrived at their travel destination. You can avoid roaming charges while you wander out of the country with services like Simple Global from T-Mobile. It provides unlimited data and texting in more than 140 countries around the

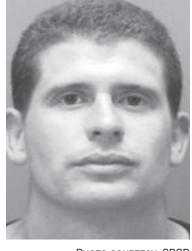
For the 50 percent of Americans who regularly travel to Mexico or Canada, a travel offering that spans an entire continent. like Mobile Without Borders, will be welcome news. It ensures you can text and post photos of guacamole and poutine all day with no (data) consequences.

Be the all-star family photographer. Essential for capturing photos throughout the holidays, selfie sticks are this year's unexpected travel necessity. Various types- compact, waterproof and Bluetooth enabled are available at a range of prices. Whether you are headed on a morning hike or prepping the holiday feast, you'll capture memories the family will love for years to come. ■

### Two Arrested For Multiple Burglaries

By SBSD

Chino Hills - During an investigation of several commercial burglaries at the Lowe's Home Improvement in Chino Hills, deputies from the Chino Hills Police/ Sheriff's Department identified the suspect as 30-year-old Dominic Adame. On Monday, December 19, 2016, deputies and detectives served warrants at Dominic Adame's home in the city of Corona. The warrants were in reference to two burglaries which occurred at a Lowe's home improvement store in Chi-



**PHOTO COURTESY: SBSD** 

burglaries committed in Lowe's locations throughout Riverside County. A white older model Toyota Avalon was used during the burglaries. Adame would enter the Lowe's locations, select combo tool kits, then exit without paying for the merchandise.

no Hills, and several other similar

During the service of the warrants, deputies recovered stolen tools and several items consistent with a Methamphetamine Clandestine Lab. Adame and

see Burglar page 10

### **Community Events**

### **UPCOMING EVENTS:**

#### **Autism Resource and Fun** Fair

When: January 28, 2017 3:00 PM - 5:00 PM

Where: Chino Youth Museum 13191 Sixth Street, Chino, California 91710

#### **Pomona Inner City Homeless Ministry Dinner**

When: Saturday, January 21 2017, 5 pm -7 pm Where: First Baptist Church, 601 North Garey Avenue, Po-

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, January 7, 2017, 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

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

### **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 addic-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 oils, cheese and spreads, 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 a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates. Contact: (909) 869-0701

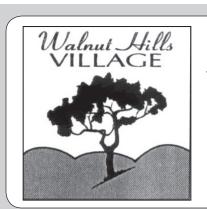
#### **Pomona Inner City Homeless Ministry Dinner** The 4th Saturday When:

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

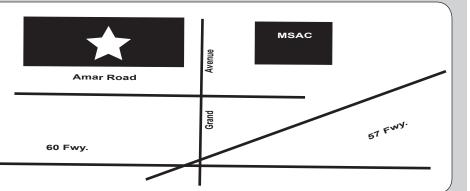
hygiene kit distribution, and instruction for serving dinner to the homeless. Ministry ends by 4:30 p.m.

### Place an ad in The Weekly News · 4 Ads start at \$160 · Call (909) 464-1200



### Walnut Hills Village

20747 Amar Road, Walnut (1/2 block west of Grand Avenue)













### Walnut Hills Village Merchant Directory (area code is 909)

\$1 Drinks	869-8632
20/20 Vision Optometry	468-9622
4G Verizon Wireless	595-9109
50% Cleaners	444-1111
Allstate Insurance	468-1495
Art Nails	594-5080
Asian Kitchen Express	345-8587
Bin Bin Konjac	594-2832
Burger King	468-3672
Clearwater Bagels	598-4332
Dollar Tree	468-4850
East West Bank	869-7232
Electric Beach Tanning	839-1992
GNC Vitamins	869-7272
International School of Montessori	594-8172
Baby Elephant Thai Cuisine	595-3034
MJ Café & Teahouse	612-7480
Newen's Beauty Salon	598-8394
Royal Florist	718-0688
Sake Sushi	594-5221
School Connection	594-1873
Skyline Dental / Harvey Chen, DDS	595-1800
Smoke Town	468-5816
Stater Bros.	598-6534
The UPS Store	444-1303
US Taekwondo	595-9222
Vapor Junkies	595-0255
Wags to Whiskers	594-4092
Yummy House	468-4991



















### Juvenile Arrested for Carjacking and Robbery training officer Deputy Nicas-The stolen vehicle and money

**BY SBSD** 

On December 17, 2016, the victims were giving the suspect/17-year-old male juvenile a ride. The suspect pulled a western style hand gun out on the victims and told them to stop the vehicle. The suspect demanded all the money the victims had and threatened to kill them both if they called the police. The suspect forced the victims out and fled the area in their vehicle.

Deputy Jones and his field

sio, from the San Bernardino County Sheriff's Central Station responded to the incident location to help the victim's. The victims were able to provide accurate information to identify the suspect and conduct an area search.

Additional recourses were called to assist in the investigation and deputies were able to locate the stolen vehicle in the 3100 block of California St. in the Dellman Heights area of San Bernardino. Through their thorough investigation, deputies were able to locate the suspect and arrest him without incident.

were recovered, and returned to the victims. A loaded revolver with additional ammunition was recovered and booked into evidence. The suspect was booked into San Bernardino Juvenile Hall for Car Jacking, Robbery, and Assault with a Deadly Weapon, all with a loaded gun.

Anyone with information regarding this investigation is urged to contact Central Station. Callers wishing to remain anonymous are urged to call the Wetip Hotline at 1-800-78-CRIME (27463) or you may leave information on the We-Tip Hotline at www.wetip.com.

### Passport services temporarily suspended

Suspended from page 1

January 3rd, passport hours are from 7:30 a.m. to 4:30 p.m. on Monday, Wednesday, and Thursday; 7:30 a.m. to 7:00 p.m. on Tuesday; and 7:30 a.m. to 12:00 p.m. on Friday. Visit the City Clerk's Office on the

second floor at City Hall, located at 14000 City Center Drive, to apply for a passport. The City Clerk's Office also takes passport photos. For more information, please call the passport information hotline at (909) 364-2628, or visit the passport information website at www. travel.state.gov. ■

### Care Plumbing & Restorations

#### **Plumbing** from page 1

fully holding the California Contractor's License C36 for 20 years without any disciplinary action or citations from State License Board. Care Plumbing is fully insured and bonded.

The Ovsepyan brothers said, "It all started with our father, who he passed the torch to us. Most of our clients are home owners, who have old water pipes but are leaking from pinholes and damaging their house. We get there, we stop the leak, help them out with restoring the water damage and changing their water pipes to permanently resolve their problem."

Care Plumbing's motto is "DO THE JOB RIGHT, DELIV-ER YOUR 110% AND DON'T WORRY ABOUT THE REST, SUCCESS WILL FOLLOW YOU". The Ovsepyan brothers also stated, "We take a lot of pride in what we do. At the end of the project there should be two happy parties - customer, who is 100% satisfied and Care Plumbing & Restoration, who successfully delivered all the promises.'

Care Plumbing treats every job as a special one and gives their personal attention to each and every project. There is no job less important than the other. They give their Unconditional Lifetime warranty for the life of the house.

Care Plumbing's owners, also give some special advice, saying "You give us a few days and we will give you a plumbing system that will last longer than your house. Your plumbing system is the most important part of your house, but a lot of us take it for granted. We use it every day and we don't realize how important it is until we find ourselves into a situation where the water is shut off for more than few hours. As important the water is, it's equally important to maintain the system that delivers the water to your faucets & taps. Unmaintained plumber system could create a disaster that will damage the most important thing in your life - your house. It could cost you many-many times more to

fix the damage that it creates than to maintain it on time. The money spent on the re-pipe will increase the value of your property. Unlike cars, electronics, etc. that depreciates their value really fast, re-pipe of your house will increase the value of it for years to come."

Care Plumbing is currently running a special for 2 bathrooms. raised foundation house complete re-pipe and patch starting at \$3,495.

Care Plumbing & Restoration Glendale address: 6054 San Fernando Rd, Glen-

dale, CA 91202

Glendale office Ph #: 818-565-0080

Orange County address: 2030 Main St, Suite 1300, PMB 752, Irvine, CA 92614

Orange County Ph #: 714-202-0033

Toll Free phone number: 888-737-4738

They serve the Los Angeles, Ventura, Orange, Riverside, San Bernardino and San Diego counties. You may also visit repipingspecialist.com

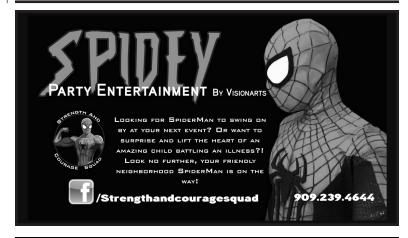
### City of Eastvale Awarded \$250,000 for HSIP Grant

**IE** from page 1

they will not have enough time to completely cross, based on the information provided on the signal. In addition, the timing greatly reduces the likelihood of pedestrians being caught in the middle of the crossing when the vehicle signals

change. The City's goal for this project is to greatly improve safety, encourage walking and avoid pedestrian/vehicle collisions.

The City of Eastvale was recently recognized as the #1 Best Places to Live in the State of California and #17 Best Places to Live in America, as awarded by Money Magazine, 2016. ■





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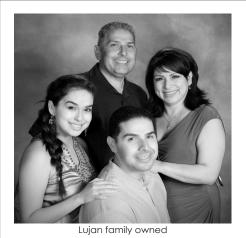
Auto from page 1

Under original ownership, Cal-

in their quality service reputation and understands the importance of automotive safety. Their highly trained, certified mechanical ifornia Coach takes great pride technicians take great care of ev-

ery vehicle they service. And with a 16,000 square foot "state of the art" collision repair shop and one

see **Auto** page 10



www.CalCoachAuto.com

909.595.9448

**Collision Repair** Free Pickup & Delivery

24 HR Towing

Emergency Roadside Assistance



Preferred Collision Repair for Diamond Honda of Puente Hills



Mercury C.A.R.S. Shop **Rental Cars** All Insurance Claims Welcome!

**Monday-Friday** 8:00 am-6:00 pm Saturday

AND TOWING

OVER 25 YEARS

IN WALNUT

9:00 am-noon

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maxium results. NO PAIN | NO NEEDLES | NO DOWN TIME \$69 (Reg \$250)

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first treatment. NO PAIN I NO NEEDLES | NO DOWN TIME. \$69 (Reg \$169) Limit 2 per person

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Dev Wali, MD Linell Wagers, RN BSN

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Carboxy Eyes Treatment (\$125 Value) With a minimum

**Botox** 

\$10 a unit & Free

30 unit Botox purchase

Limit 1 per person

Make It A Part Of Your Routine! This deluxe Hydro Facial Jet Peel focuses on deep cleansing, extractions, the removal of dead skin cells and impurities as well as lymphatic drainage. Lymphatic drainage, is a very gentle yet powerful technique which helps to detoxify the skin. This must-have treatment will leave your skin glowing, hydrated and refreshed. \$75 (Reg \$150) Limit 1 per person

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## Healthy Living

### Local Farmers Markets:

#### **Claremont Farmers & Artisans Market**

On Second Street between Indian Hill Blvd. & Yale Ave. Every Sunday, from 8 a.m to 1 p.m. (909) 626-3066, ClaremontForum.org

#### Amy's Farm

7698 Eucalyptus Ave., Ontario
Daily – If the sun is up and the gate is open!
(844) 426-9732

#### **Jack Newe's Farmers Market**

Mt. SAC Campus, Lot B 1100 N. Grand Ave., Walnut Saturdays, 8 a.m. to 2 p.m. (626) 810-8476

(760) 728-7343

#### Corona Certified Farmers Market 488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m.

### Recipes:

### Honey Mustard Glazed Chicken

with Baked Veggies

#### By Hello Fresh

Cooking Time: 40 min

Servings: 2

Nutrition: 526 cal, Fat: 16 g, Sat. Fat: 2 g, Protein: 47 g, Carbs: 51 g, Sugar: 17 g, Sodium: 322 mg, Fiber: 7 g Ingredients:

- Red Onion- 1
- Zucchini- 1
- Sweet Potato- 12 oz.
- · Garlic- 1 Clove
- Honey- 2 tsp.
- Whole Grain Mustard- 1 TBSP
- White Wine Vinegar- 1 tsp
- Chicken Breast- 12 oz.
- Parsley- ¼ oz.

#### Preparation:

- 1. Preheat and prep. Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and cut red onion into wedges. Halve zucchini lengthwise, then cut into ½-inch-thick halfmoons. Cut sweet potato into 1-inch cubes. Place veggies on a baking sheet. Toss with 1 TBSP olive oil and a pinch of salt and pepper. Roast until tender and lightly browned, 25-35 minutes.
- **2. Make marinade.** Meanwhile, mince or grate garlic. Whisk garlic,

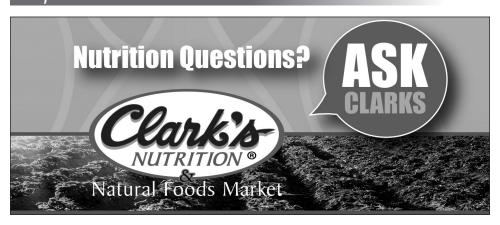


PHOTO COURTESY: HELLO FRESH

honey, 1 TBSP whole grain mustard, 1 tsp white wine vinegar, and 1 TBSP olive oil in a medium bowl. Season generously with salt and pepper. Stir to combine.

- **3. Marinate chicken.** Place chicken in marinade and toss to coat.
- **4. Sear chicken.** Heat a medium ovenproof pan over medium-high heat. Remove chicken from marinade and sear in pan until no longer pink on outside, 2-3 minutes on each side. Brush chicken with marinade as it cooks.
- **5. Bake chicken.** Once chicken is browned and sticky, pour over any remaining marinade. (TIP: If you don't have an ovenproof pan, transfer chicken and marinade to a baking dish.) With 8-10 minutes to go on veggies, transfer pan with chicken to oven. Roast until chicken is firm and juices run clear when cut.
- **6. Serve.** Divide chicken and veggies between plates. Drizzle with any remaining sauce from pan. Tear leaves from parsley and sprinkle on top. ■

### Tips:



"I have noticed that lots of foods say low cholesterol. What is cholesterol and why is this important? And should I only eat low cholesterol foods?"

### A question from Vivian of Corona

#### By Clark's Nutrition

Cholesterol is a natural substance manufactured in the body and consumed in foods. As you might already know, blood cholesterol is typically monitored by your doctor during regular visits. The process of monitoring your cholesterol is done through blood testing. There are different types of cholesterol. The most commonly talked about are LDL (low-density lipids) and HDL (high density lipids). Why are these so important? Cholesterol levels, when elevated and out of balance are considered a warning sign of cardiovascular disease. Typically a good blood value level is considered to be 200 or less for total cholesterol.

The LDL cholesterol is considered to the 'bad' guy, while HDL cholesterol is considered to be the 'good' guy. LDL and HDL cholesterol is manufactured in your body for various reasons. These include hormone production, lipid (fat) transport, cell membrane, vitamin D production and many other reasons. LDL cholesterol is a carrier of fats to cells but can, under cer-

tain conditions, deposit fat into arteries causing plaque buildup. Elevated LDL cholesterol is also strongly linked to cardiovascular disease.

Certain foods elevate LDL cholesterol including trans-fats, saturated fats and cholesterol to a lesser extent. The most dominant in this area is trans fats (found in baked goods like cakes, cookies, doughnuts, and hydrogenated margarines and oils), and saturated foods (typically animal foods including eggs, meats and milk). Some saturated fats (such as coconut and palm oils) have a much lower effect on blood cholesterol and cholesterol levels overall. The amount of cholesterol recommended to be consumed daily is 300mg. Saturated fat total is suggested to be10% of total calories so a 2000 calorie diet would have 20 grams total. So what is a low cholesterol food product?

A low cholesterol food contains 20 milligrams or less per serving of cholesterol while having 2 grams or less of saturated/trans fats. Cholesterol free foods have less than 2 milligrams of cholesterol and 2 grams or less of saturated/trans fats. Less cholesterol foods have 25% or less cholesterol and 2 grams or less saturated/ trans fats total than the comparison food(s)

(ie cookies with 'Less Cholesterol' compared to another product that has higher cholesterol). Also, please remember that including healthy fats in your diet helps in the equation of balanced HDL/LDL cholesterol. Good heart healthy fats include monounsaturated fats from avocadoes, flaxseeds, olive and peanut oils. Omega 3 fats are beneficial in helping to maintain good HDL cholesterol balance.

These fats are found in fish (mackerel, salmon and sardines being most abundant), flaxseed, canola oil and walnuts being a good starting place. Omega three fats help to lower triglycerides (linked to high LDL), while having many heart protective factors as well.

Fat balance is the biggest thing to remember for your diet. Foods that have fats are needed and are essential but having an abundance of bad fats including too much cholesterol is where problems can start.

### 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.

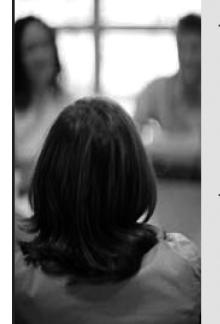
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### **Christmas Traditions**

By Mark Hopper



Thanksgiving and Christmas are special times in our family. My wife and

I enjoy the time we spend together with family and friends.

I love hearing people share about traditions that they celebrate with their family. seems that each family have some specific things that they do during the holiday season.

One Christmas tradition in our family is baking cinnamon rolls. I remember baking them with my grandmother when I was young.

My wife and I have continued that tradition with our children and now they do it with their own kids. They have changed the receipt over time but the memories remain.

Another tradition is putting up our Christmas Tree on the day after Thanksgiving. We have

boxes of ornaments and decorations that make our house ready for the holidays.

This includes putting up our nine foot artificial Christmas tree. This year we actually purchased a new tree. This one has the lights already attached.

The tree looks great and is covered with ornaments that my wife and I have collected from our travels all over the world. There is a story behind

There are also ornaments that belonged to my wife's parents and ornaments that we were given to us at our wedding 45 years ago!

Another tradition that is part of our family's Christmas is reading the account of Jesus' birth in the Bible. My parents and grandparents did this on Christmas Eve when I was young. We did this with our children and now they are doing it with their own children.

The passage is found in Luke chapter two in verses 1-20 (Luke 2:1-20). The author, Luke, provides vivid details about the birth of Jesus. He may have personally talked with Mary years later about the events that transpired that night.

This year Christmas falls on a Sunday. I'm sure that many churches will be having special programs for Christmas.

We will have two church services on Christmas Eve at 4:30 & 6:00 PM. We will also have two services on Christmas day at 9:30 & 11:00 AM.

Let me encourage you to renew your Christmas traditions again this year. And, you may want to consider starting some new ones too. I hope you will also make time to attend a church near you this Christmas

#### **Merry Christmas!**

Efree Church of Diamond Bar 3255 South Diamond Bar Blvd (909) 594-7604 Christmas Eve services: 4:30 & 6:00 PM Christmas Sunday services: 9:30 & 11:00 AM

### A Gift from the Heart is Priceless

**BY NANCY STOOPS** 



Times tough for so many right now. know the media makes

us feel like we show our love by spending lots of money. It shows people giving diamonds and luxury cars and the message is that if you really love somebody you'll give them this type of gift. The truth is the most people don't have that kind of money to spend on themselves much less somebody else.

Many people tell me they feel bad because they wish they had more money to spend this holiday season. Maybe I'm wrong but the true meaning of the holiday is to spread love and kindness and those things are free. There

are many ways to show love and kindness. This time of year is about reminding all the special people in our lives how very much we appreciate them. I have many people every year besides my family and friends that I get a tiny gift for. I don't spend too much but they sure do appreciate my gesture.

I always love spending time with my family and friends but this time of year is special because we all have time off and we have more time to be together. We love sharing meals together, singing songs, baking cookies, laughing, creating memories, taking pictures and getting all of the generations together. For us the holidays are about having fun and just having more time to express our love for each other. We make sure to always make time for lots of hugs and kisses as well. Over the years I have made many gifts for friends and family. We are all very sentimental so a gift from the heart is priceless in my family and doesn't have to cost you a cent. Just enjoy the holiday season!!!!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients. She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. 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 book's Live Heal and Grow and Midnight the Therapy Dog at Amazon.

### Straight Talk With Danice

I am a single mother. My 15 year old daughter tries to embarrass me in public settings. –A letter from Janice B.

By Danice Akiyoshi N.D.



Q: lf I have drink at a party, BBQ, wedding reception sports

event, she feels like she can

question me about how many drinks I've had and how stupid I'm acting. If she sees me dancing with someone she gives me hard looks the whole time. When I invite friends over to our apartment she scowls and waits for a chance to make a rude remark. I've had it. I need advice.

A: Your daughter is somehow confused about who's in charge. This usually happens when a passive parenting approach is in play. If your daughter isn't sure who is in charge, she probably thinks she is. This is hard for kids and that's why she seems so upset and unhappy. Kids don't have the developmental skills or maturity to be the person in charge. You need to get things turned around by having her firmly understand that you are the parent and you are in charge. You might think kids will automatically rebel against this, but they actually often calm down and feel relief. It causes them great anxiety when they feel like they have to be in charge.

If you have a casual parenting style or are mistakenly trying to treat you daughter like your buddy, I would recommend stopping

that now. Regain control. Behave in a respectable manner when you're in the presence of your daughter. It appears that your choices for having a good time are rubbing her the wrong way. Develop rules and codes of conduct for public situations and don't waver. Kids should be answering to adults not the reverse, but that only works in a healthy way when the adult shows up as a strong, decent,

and competent person. Be that

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. ■



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### Diamond Bar's City Council recap

**DB** from page 1

tation honoring outgoing mayor Lyons, thanking her for her hard work and the dedication she has given to the City as mayor. Following a brief reception and the public comments, the Council announced the schedule of future events, which is as follows: the Holiday Diamond Ride will shuttle Diamond Bar residents 18 years or older to or from Di-

amond Bar Shopping centers for free from November 25 to January 1, 2017; a Traffic and Transportation meeting on December 8 has been cancelled; a Planning Commission meeting on December 13 has been cancelled; and the next City Council meeting on December 20.

The Council then approved all items on the consent calendar, including the minutes from the City Council meeting of November 15; the Parks and Recreation

Commission minutes from the meeting of October 27; the Traffic and Transportation Commission minutes from the meetings of July 14 and September 8; the Planning Commission minutes from the meeting of October 11; the ratification of a check register totalling \$2,597,356.20; the Treasurer's Statement for the month of October, 2016; approval of adjourning the December 20 City Council meeting to January 17, 2017; a resolution amending

the 2016-17 Fiscal Year Budget in the Public Works Department, eliminating the Park Maintenance Inspector classification, and establishing the facilities and assets maintenance technician and maintenance worker job classifications and salary grades effective December 10; appropriation of \$8,507 from the General Fund Reserves and approval of amendment no. 8 to the contract with Brightview Landscape Services Inc. for landscape main-

tenance services at Diamond Canyon Park for the December 3, 2016 through June 30, 2017 period in an amount of \$20,377; and an authorization for an approval of expenditures up to \$60,000 payable t Alliant Insurance Services for the purchase of tenant user liability insurance and special event insurance for fiscal year 2016-17.

Following individual reports and comments, the Council adjourned to January 17, 2017. ■

### Walnut City Council recap

Walnut from page 1

Jin grew and matured, so did his charity work. Jin began to also focus on other important issues, such as conservation. In thanks for his recognition before the Council, Jin presented the Council with a Christmas wreath made purely out of recycled materials.

Pastor Anna Crews Camphouse of the Walnut United Methodist Church was also recognized by the Council. The pastor dedicated her life to service; not purely in the church, but to the rest of the City as well. The Council bade her farewell and wished her good luck on her return to her home state of Alabama. Camphouse praised the City for being a success of diversity and respect for all people.

Finally, the Walnut High School Freshman/Sophomore Volleyball Team was recognized by the Council. The team were League Champions this year, and the Council praised the team for their hard work, dedication, and showcasing the well roundedness of students at Walnut High School.

Following the oral communications, the Council approved the minutes for the October 19 Joint City Council/Planning Commission Workshop; the October 26 City Council meeting; the November 9 City Council meeting; and the November 9 City Council SPecial meeting.

Next, the Council opened a public hearing concerning an urgency ordinance adopting the 2017 Los Angeles County Building, Residential, Plumbing, Mechanical, and Electrical Codes with local amendments and the 2016 California Green Building and existing building codes with local amendments. After hearing the staff report and closing the public hearing, the Council adopted the urgency ordinance. The Council also approved all items on the consent calendar, including a

resolution allowing the City of Walnut claims and demands in the amount of \$1,433,181.17; a request by Valley Vista Services for a rate adjustment for CPI increase and adoption of organic material recycling rates; a resolution authorizing destruction of records pursuant to resolution No. 01-18; a resolution amending the seasonal part-time salary schedule; a resolution supporting the Los Angeles County Metropolitan Transportation Authority Complete Streets policy; the donation of \$500 from the Los Angeles County First District Supervisor Solis' Board of Supervisors Revolving Fund and appropriate the \$500 towards the purchase of lunches for seniors at the Walnut Senior Center; award of a bid for the Lemon Creek Park Playground Renovation Project; and the final acceptance of a tract map.

Following individual reports and comments, the Council adjourned to January 11, at 7 p.m. at 21201 La Puente Rd. ■

# Top quality auto body repair and towing

Auto from page 5

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California Coach Auto Collision is located at 22064 Valley Blvd. in Walnut. Body Shop hours are Monday through Friday, 8 a.m. to 6 p.m.; and Saturday, 9 a.m. to 12 noon. You can reach them at (909) 595-9448, or (909) 595-6970 for their 24-hour towing service. For more information visit their website at www.calcoachautobodytowing. com, or send them an email at info@CalCoachAutoBodyTowing.com.

### Two arrested for multiple burglaries

**Burglar** from page 3

his girlfriend, Amber Buasen, were arrested and booked into custody in Riverside County for manufacturing and possession of narcotics for sales. During the investigation, it was determined Buasen conspired with Adame

to commit burglaries at Lowe's locations in San Bernardino and Riverside County.

Anyone with information regarding this case is urged to contact Deputy E. Bradshaw at the Chino Hills Police/Sheriff's Department at (909) 364-2000. If you wish to remain anonymous you may contact WeTip at (800) 78-CRIME. ■



PHOTO COURTESY: SBSE

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# City facilities & library closed Christmas & New Years

### Closed from page 1

Community Center will be open from 7:30 a.m. to 5:30 p.m. and the McCoy Equestrian Center will be open from 8:00 a.m. to 4:00 p.m. Trash pickup will be delayed one day during the week after December 26th and January 2nd. Customers who require a new water service account or wish to close a water service account between Friday, December 23rd and Monday, January 2nd when City Hall is closed, will need to call (909) 364- 2860 to make arrangements with "on-call" staff. During the closure, the City will not process delinquent utility bill notices, nor will they "lockoff" water service. Customers are encouraged to pay due

utility bills during or before the closure to avoid a longer wait time at the counter or on the phone, and/or to avoid having their water service "locked-off" until after the holidays when normal business hours resume on January 3rd. Customers may make payments during the above closure dates by mail using the return envelope provided, by dropping it off at the payment box in the Government Center parking lot adjacent to the Library, by paying online via www.chinohills.org/ BillPay, or by using their bank's online payment system. Staff will be available "on-call" to respond to emergencies just as they are on other holidays and on weekends. Please call (909) 364-2860 to report after-hours emergencies.

### Helping Out For The Holidays

**BY CVUSD** 

Butterfield Ranch Elementary School in Chino Hills took to heart the motto that it is "better to give than receive" during its annual Night of Giving on Dec.

Students, staff and parents collected new toys for distribution by the Chino Valley Fire Department, collected items for families in need that are served by Chino Valley Unified School District's HOPE centers, collected blankets and pet toys for homeless animals in shelters, filled a firefighter's boot with money to help burn victims, and collected change to "change someone's holiday."



PHOTO COURTESY: CVUSD

The students also made cards for children who are in the hospital during the holidays.

The evening event also included a visit from Santa Claus and Chino Valley firefighters.

### WVUSD Seeks Applicants For **Provisional Board Member**

By WVUSD

Walnut Valley Unified School District is looking for qualified applicants to fill a vacant seat on the Board of Trustees.

The Governing Board, in accordance to Education

Code Section 5091, took action on December 14 to fill the seat by making a provisional appointment to be filled until the next scheduled District election

Application and process are available on the District's website at www.wvusd.k12.ca.us and must be submitted no later than Tuesday, January 3, 2017, at 4:00 p.m., via email.

Former Board Member Phillip Chen was elected to the 55th Assembly District in November and resigned.

### Walnut High Alumni Bid Farewell To **Retiring Maestro**

**BY WVUSD** 

Three decades of Walnut High students, parents, and staff surprised retiring music director Buddy Clements during a farewell concert last Saturday

Clements thought he was going to dinner with a former student and fellow director Co-

But when a limo arrived to pick him up, all his friends would say was they were head-

As Clements entered the school's Performing Arts Center, the audience of about 400 burst into cheers.

Guests lauded the teacher who has been at the school since 1984 for his generosity, kindness, and for giving students "gentle nudges" in the right direction.

"He's been like our second dad," said organizer Jennifer Santillan-David, Class of 2000, who spread word about the event through a secret Facebook page.

"I felt like I wanted to do this for him because he always taught me to think out-of-thebox," she said. "Before he retires, he deserves to see all of us as established adults and to conduct us."

Alumni musicians dusted off their instruments to perform several pep and holiday songs during the show.

At the finale, Clements came to the stage to conduct the grads performing his favorite song, The Magnificent Seven – in a nod to the movie Mr. Holland's Opus.

Chris LaCoste-Crumley, a 1988 alum, got a chance to thank the band teacher for his welcoming enthusiasm for the program in the early days.

"You believed in me when I didn't believe in myself," she

Parents Lou and Joan Simonelli, Blue Thunder Band Boosters since 2001, have remained loyal volunteers long after their two children gradu-

"It's a very successful program that teaches students to go do their best," Lou Simonelli

"I grew up in the band," recalled Kat Simonelli, Class of 2012, who remembered first watching her brother's band competitions as a six-year-old.

"Dr. Clements is such a great person and so special to our family."

During his tenure, Clements introduced his teenage musicians to several big name performers and directors including Maynard Ferguson, Bobby Shew, Ricky Lawson, Glenn Miller Band, and Elmer Bernstein.

"He raised the bar in our entire Fine Arts program," retired grade level coordinator Scott Cassells said.

"Thank you for your guidance, inviting Glen Miller Orchestra to our stage, shared memories, and the "How to Train a Dragon" field show," said 2013 grad Katie Takahashi who currently studies music at

"You're an inspiration to all

"There's nobody like Buddy Clements," said Wicks who was saluted for his 20 years at

"It's a real blessing in life to be able do what you love for a living. And to do it with my best friend has been amazing.'

"I'm overwhelmed and humbled. This has been a super surprise!" Clements said.

"I knew this is where I needed to spend a good chunk of my life. I'm so proud of all my



Holiday production at Eagle Canyon Elementary School's Drama Club presented "Santa and the Christmas Witch," written and directed by John Payne, retired Eagle Canyon teacher. More than 40 students participated in the live holiday production for families and Eagle Canyon students.



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