

OurWeeklyNews.com

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Walnut

Trustees Celebrate Walnut Valley Stars

By WVUSD

In keeping with tradition, the Walnut Valley USD Board of Trustees paid tribute to outstanding students and community partners during the November 16 meeting.

Walnut Elementary fifth grader Breanna Bongcaras was honored with the Super

see **Walnut** page 11

Diamond Bar

DB 4 Youth Holiday Food Drive

STAFF REPORTS

Diamond Bar - The City of Diamond Bar announced their reminder of Diamond Bar 4 Youth will be continuing their food drive until December 16.

The Diamond Bar 4 Youth program wants to help Stomp Out Hunger by helping feed families in need through food donation that will also help

see **DB** page 10



Walnut Elementary 5th grader Breanna Bongcaras received the Super Star Student Award on November 16. Shown with Board President Helen Hall. PHOTO COURTESY: WVUSD

Drug Lab Explodes

BY CITY OF CHINO

Chino – On Sunday November 27, 2016 at approximately 1:55 p.m. Chino Police Officers and Chino Valley Firefighters responded to a report of a residential fire in the 4900 block of G Street. Upon arrival, officers

discovered that an explosion had occurred in the back of the residence. The fire was extinguished prior to the officers' arrival.

Located at the residence was 20-year-old Chino resident, Adrian Corona who was suffering from severe burn injuries

to his face and upper body.

The investigation revealed the source of the explosion as a Butane Honey Oil (BHO) extraction laboratory used to manufacture marijuana hash oil. Investigators from the Chino

see **Lab** page 10

CVFD Is Spreading Holiday Cheer

BY CVFD

The Chino Valley Fire District asks the public to join our firefighters in spreading holiday cheer through the annual Spark of Love Toy Drive. Off-duty Chino Valley Fire personnel will be collecting toys at their annual toy drive event on Saturday December 3, 2016 and Sunday December 4, 2016, from 8am to 5pm in front of Wal-Mart in the City of Chino (3943 Grand

Avenue). The Chino Valley Fire Professional Firefighters Union will offer free photos with Santa Claus from 10am to 4:30pm during the toy drive. All new, unwrapped toys and sports equipment collected during the toy drive will be distributed to local charities serving the Cities of Chino and Chino Hills.

CVFD will continue collecting donations at all seven fire

see **Cheer** page 10



PHOTO COURTESY: GOOGLE

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Inland Empire

EPC Approves Costco Project

BY CITY OF EASTVALE

Eastvale – The City of Eastvale is proud to announce that Costco, the nationally famous membership “warehouse” store chain will be opening in the city. The Eastvale Planning Commission unanimously (4-0) approved

see **IE** page 10

Walnut Holiday Events

STAFF REPORTS

Walnut - Thanksgiving has come, and now it's gone! The City of Walnut has the following events coming up soon.

Community Holiday Dinner & Dance

December 9, 2016 at 6:30 pm to 9:30 pm at the Walnut

see **Events** page 10

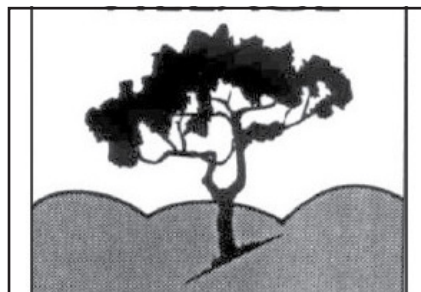
Our Featured Businesses

One-Stop Shopping At Walnut Hills Village

STAFF REPORTS

Walnut –Walnut Hills Village can help you be more productive and efficient while doing your daily errands. With more than 30 stores in one location, and anchored by Stater Bros.,

see **Village** page 5



Walnut Hills Village is located at 20747 Amar Road, just ½ block west of Grand Avenue, with easy access from the 60 and 57 freeways.

WHO Will Take Care of Your Eyes

STAFF REPORTS

Walnut – Do you know WHO will care for your eyes? For many years, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community, serving patients from Walnut, West Covina, Diamond Bar, and Chino Hills to patients from La Puente, Rowland

see **WHO** page 10



Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18736 East Amar Road. Visit their web-site at www.walnuthillsoptometry.com.

Weekly News

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SGV NEWS

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Did You Know?

Tips to Keep Your Family Healthy and Happy this Winter

BY STATEPOINT

With colder weather comes an increase in weather-related illness and health issues. From activity levels to mood, diet and more, seasonal weather affects all areas of your life. But, don't let the winter blues get you down -- follow these tips to help keep your family healthy and happy during the cold-weather months.

"Winterize" Your Diet

Some fresh fruits and veggies can be hard to find in winter. The Cleveland Clinic suggests turning to root vegetables like beets, carrots and turnips since they can withstand cold temperatures, making them easier to find. Also on their list of suggested foods are oatmeal, soup (without a lot of salt), sushi, broccoli and cauliflower -- all of which provide essential nutrients to support immunity and boost vitamin levels.

Also, be sure to work vitamin D into your system. It aids bone health and muscle strength, but during shorter, cloudy days of winter, you might not get the necessary amount you need. Harvard School of Public Health recommends daily 15-minute walks outside to get some sun, and eating vitamin D-rich foods such as dairy products, breakfast cereals and fish like salmon and tuna. You may also consider a supplement.

Keep Moving

Studies show that daily exercise and activity offer immune-boosting benefits. People who exercise 30 to 45 minutes a day experience a 40 to 50 percent reduction in the number of days they get sick, according to studies at

see **Know** page 3



PHOTO COURTESY: GOOGLE

The LA Transplant

BY JULIA ROHRABAUGH

I moved to Los Angeles just over a month ago from a small town in Northern California. I'm what the Angelenos call a 'transplant,' someone who has recently moved to LA. My Nor Cal roots are in the central foothills, a very different environment to So Cal. We have rolling hills and one-lane roads, where here there are 8-lane freeways and desert land. Traffic here is a topic of daily conversation, so much that they call their freeways by name--The 10, The 405, The 101--and this is just the surface level of contrasts. In the beginning, my life felt surreal, like this big move was temporary arrangement, or a dream. I didn't feel home yet, and as impatient as I am for security, this frustrated me.

Moving to a new place where I hadn't established myself was an unknown feeling. I could be whoever I wanted, really. There are so many different people in LA, and so many different cultures, so you can be different without stress, or an explanation. It was freeing. After the initial excitement of the city faded, thinking about this also makes me sad. Feeling freedom when surrounded by people who I don't know, those don't know me? I did not come to LA as an escape from previous experiences, but it was then I became aware of how unhappy I must

have been up north. I realized the amount of pressure I felt to do and act in ways that conflicted with who I felt I was or what I wanted to do with my life, my career, and my time. The fear of imperfection and judgment was debilitating. As a result, I avoid intimate relationships in fear that letting someone get to know me will reveal my flaws.

Going back up north for the Thanksgiving holiday made me feel the permanency of my move to LA. While I was home, I realized how the city had affected my mental health. With only five weeks in LA and I felt calmer talking to family members, sure of my decisions, and confident in my future. I wasn't scared to talk about my ideas, job prospects, or what I've been doing with my friends. Without fear in my mind, I had the capacity to think and converse better. I was more secure of myself than I can remember. Driving south on The 5 finally felt like going home.

It's said that during the holiday season we are more giving and less judging of people. I challenge you to ask yourself why this is only seasonal. How do you treat the people you love during this season, and how does it compare to the way you treat them all year round? Check your relationships, and communicate. Do not give up

see **Transplant** page 3

History 101

Aircraft squadron lost in the Bermuda Triangle

BY HISTORY.COM

At 2:10 p.m., five U.S. Navy Avenger torpedo-bombers comprising Flight 19 take off from the Ft. Lauderdale Naval Air Station in Florida on a routine three-hour training mission. Flight 19 was scheduled to take them due east for 120 miles, north for 73 miles, and then back over a final 120-mile leg that would return them to the naval base. They never returned.

Two hours after the flight began, the leader of the squadron, who had been flying in the area for more than six months, reported that his compass and back-up compass had failed and that his position was unknown. The other planes experienced similar instrument malfunctions. Radio facilities on land were contacted to find the location of the lost squadron, but none were successful. After two more hours of confused messages from the fliers, a distorted radio transmission from the squadron leader was heard at 6:20 p.m., apparently calling for his men to prepare to ditch their aircraft simultaneously because of lack of fuel.

By this time, several land radar stations finally determined that Flight 19 was somewhere north of the Bahamas and east of the Florida coast, and at 7:27 p.m. a search and rescue Mariner aircraft took off with a 13-man crew. Three minutes later, the Mariner aircraft radioed to its home base that its mission was underway. The Mariner was never heard from again. Later, there was a report from a tanker cruising off the coast of Florida of a visible explosion seen at 7:50 p.m.

The disappearance of the 14 men of Flight 19 and the 13 men of the Mariner led to one of the largest air and seas searches to that date, and hundreds of ships and aircraft combed thousands of square miles of the Atlantic Ocean, the Gulf of Mexico, and remote locations within the interior of Florida. No trace of the bodies or aircraft was ever found.

Although naval officials maintained that the remains of the six aircraft and 27 men were not found because stormy weather destroyed the evidence, the story of the "Lost Squadron" helped cement the legend of the Bermuda Triangle, an area of the Atlantic Ocean where ships and aircraft are said to disappear without a trace. The Bermuda Triangle is said to stretch from the southern U.S. coast across to Bermuda and down to the Atlantic coast of Cuba and Santo Domingo. ■

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(909) 598-6200

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(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
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Diamond Bar City Hall
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(909) 861-1290

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Chopstix House
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(909) 590-3688

Crossroads Urgent Care
3110 Chino Ave Ste 150-B
(909) 630-7868

Oke Poke
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(909) 548-7887

Planet Beach
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(909) 465-9911

La Olla
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(909) 465-9944

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Chino Chamber of Commerce
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Recent Recalls

STAFF REPORTS

1. Raritan Pharmaceuticals, a contract manufacturer for **Homeolab USA**, is voluntarily recalling **homeopathic products containing belladonna extract** due to the potential for variation in the content of belladonna extract in the products.

2. NutriVitaShop is a dba of **Naturecom Inc.** Lake Forest, CA is requesting the voluntary nationwide recall of its **DMAA net weight 500g** to include lot **#20141102, 20150715, 20151022, 20160226, 20160701, 20161017 and 20150323** because there may be presence of DMAA. DMAA is also known as 1,3-dimethylamylamine, methylhexanamine, or geranium extract. DMAA is commonly used as a stimulant, pre-workout, and weight loss ingredient in dietary supplement products.

3. Fresh to Go Mediterranean Chicken Hummus sandwiches (UPC 5254858888) manufactured solely for

7-Eleven Corporation are being recalled because **Sabra Dipping Company** has recalled the ingredient **Red Pepper Hummus. Green-core**, USA is voluntarily recalling these sandwiches. Sabra Dipping Company has recalled the Red Pepper Hummus ingredient used in this sandwich because of potential contamination with **Listeria monocytogenes.**

4. Piccadilly Fine Foods, a Santa Clara, Calif. establishment, is recalling approximately **144 pounds of beef products** due to misbranding and undeclared allergens.

5. JFC International Inc. is voluntarily recalling the following confectionery products because they may contain undeclared wheat. People who have allergies to wheat run the risk of a serious or life-threatening allergic reaction if they consume the products. The products were distributed to retail stores and other foodservice operators in the states of CA, CT, MA, NJ, and NY. JFC In-

ternational Inc. is recalling the following products:

You-ka Fresh Ramune- 3.87 ounces- 4902486308594-Best By 2017.11.15 or before

You-ka Punch Ramune- 3.87 ounces- 4902486111064-Best By 2017.11.15 or before

The You-ka Fresh Ramune comes in a pink package, and the You-ka Punch Ramune comes in a blue package.

No illnesses have been reported to date in connection with this problem. The recall was initiated after it was discovered that the sugar ingredients used in the products may have been contaminated by wheat. JFC has immediately responded to this issue and have already taken action to stop sales and distribution of the affected product. Consumers who have purchased these products are urged to return it to the place of purchase for a full refund. Consumers with questions may contact the company at 1-800-633-1004, Monday-Friday, 8:30 AM - 5:00 PM PST or via e-mail at consserv@jfc.com. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

Appalachian State University’s Human Performance Lab. Encourage the family to get active with step or fitness trackers. Daily or weekly step goals and challenges with siblings or spouses are fun ways to keep everyone moving. FitBit, Garmin and Jawbone all make trackers with corresponding mobile apps to help monitor goals.

And, when cabin fever sets in, grab the kids and head outside. Cold weather activities nearby or on a trip away, such as sledding, skiing and snowboarding, can offer additional exercise outside the normal indoor routine.

Always be Prepared

When the weather gets cold, the risk of certain illnesses like cold and flu rise. What’s in your feel-better-fast kit when your family gets sick? Items that doc-

tors recommend to have when a cold or the flu hits include: pain and fever relief (ibuprofen, acetaminophen), tissues, fluids (especially cool water), soup and tea, throat lozenges and a digital temperature monitor.

Instead of waking young children to get accurate temperature readings with a digital thermometer, consider picking up TempTraq the next time you’re at Target, CVS or Walgreens. It’s a wearable, Bluetooth monitor that safely and continuously senses, records and transmits body temperature for 24 hours through its free TempTraq app. You can even receive fever alerts so you can eliminate poking or prodding kids in the middle of the night, providing peace of mind for you and much needed rest for them during sick days.

For a happy and healthy winter, use these tips to inspire your family to eat right, get active and be prepared for colder weather. ■



The LA Transplant

Transplant from page 2

on these people, but forgive them for their mistakes. Understand, because they really

are just trying to do the best they can, the same as you. Our struggles may be different, but the emotions are the same, and that is something we all have in common. No matter how far

away you are, you can always talk to someone. There is no reason to wait, because what really are you waiting for? Don’t wait to become a transplant in an unknown city to figure out you haven’t been fair to the ones you love. ■

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Community Events

UPCOMING EVENTS:

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

Pomona Inner City Homeless Ministry Dinner
When: Saturday, 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

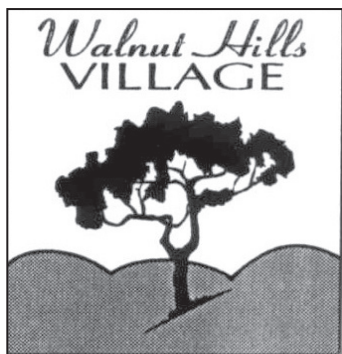
intervention is appropriate, and what local resources are available. Space is limited and reservations are recommended.
Contact: Call (626) 859-5269, or visit www.charteroakhospital.com.

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

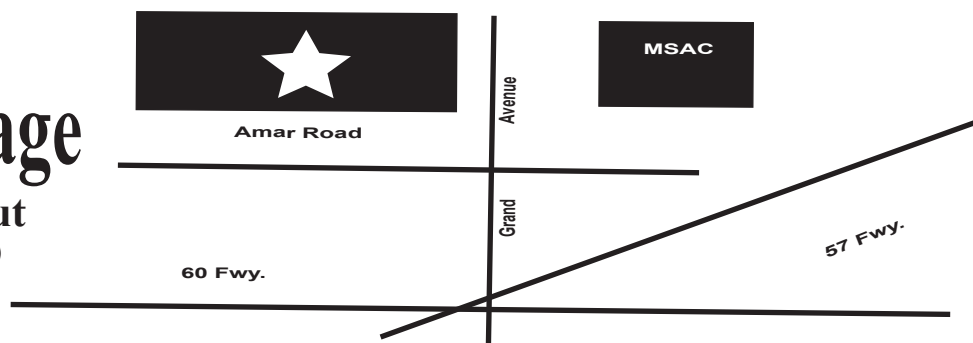
Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates.
Contact: (909) 869-0701

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.



Walnut Hills Village

20747 Amar Road, Walnut
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Walnut Hills Village Merchant Directory (area code is 909)

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Dollar Tree	468-4850
East West Bank	869-7232
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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
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Stater Bros.	598-6534
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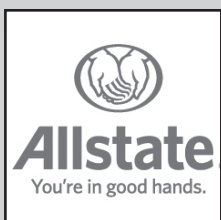
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Walnut Village Shopping Ctr.



Annual Tree Lighting and Holiday Events

BY CITY OF CHINO

Chino – Chino Mayor Yates will “flip the switch,” one final time at the annual tree lighting ceremony on the City Hall lawn on Tuesday, December 6, 2016.

Prior to the tree lighting ceremony, a reception will be held at 5:45 p.m. in the City Hall Lobby for outgoing Mayor Dennis Yates. The community is invited to attend and extend their well wishes as the Mayor embarks on retirement.

At 6 p.m. the annual Tree Lighting ceremony will begin. Kicking off the tree lighting is Chino Community Chorus, a crowd favorite, who will be singing holiday classics. Santa, will also make a special guest appearance and will be available for pictures. Light holiday refreshments will be served. The

tree lighting ceremony marks the beginning of the holiday season in Chino.

In December, Santa’s Sleigh begins making its way through the city. Santa’s Sleigh is a program of the Chino Police Officer’s Association and gives youth the opportunity to experience the magic of Christmas. This program gives families the opportunity to take pictures with Santa, interact with police officers, and visit with Santa’s Sleigh riders. This is truly a memorable experience for Chino youth. The sleigh will travel through neighborhoods during the month of December. Dates, neighborhoods and times of the Santa Sleigh Program are yet to be published.

On December 10, the beloved Chino Youth Christmas Parade and Fair will take place. The Parade will step off from

Yorba Avenue and Riverside Drive at 9 a.m. and continue east on Riverside Drive before heading south on Central Avenue, ending near City Hall. The parade features classic cars, horse drawn carriages, school bands and local youth organizations.

The Fair, free to the public, is located at the Civic Center and will start at the conclusion of the Parade. This fair features craft and food vendors, carnival rides and entertainment. At noon, the Mayor will announce the Christmas parade float winners.

Event Dates:

12/6	5:45 p.m.	Farewell Reception for Mayor Dennis Yates
12-6	6:00 p.m.	Tree Lighting Ceremony
12/12	9:00 a.m.	Christmas Youth Parade and Holiday Fair ■



PHOTO COURTESY: Google

One-Stop Shopping At Walnut Hills Village

Village from page 1

this is one-stop shopping at its finest. There is something for everyone. And with so many independent merchants, this is the perfect opportunity to shop small by shopping local.

Drop your pet off at Sophie’s Wags to Whiskers boutique for some grooming, while you relax at Newen’s Beauty Salon or Art Nails. You can run errands at several retailers, and then grab a quick lunch at Baby Elephant Thai Cuisine. There is even time to schedule that dental or vision appointment that you’ve been putting off, get your banking done, and run into Dollar


Tree for discounted items.


Asian Kitchen Express will set you up with delicious Pho-Thai party trays for your next celebration, while Royal Florist takes care of your table centerpiece. And, the UPS Store is right there to help mail out a birthday card.

With so many options in one place at Walnut Village, now you can tackle those daily errands.

The Walnut Hills Village is located at 20747 Amar Road, just a ½ block west of Grand Avenue in Walnut. See the full page ad on page 4 of this publication for coupons and a full listing of all of the retail establishments you can find there. ■

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Recipes:

Thai Beef Skewers (aka Satay)

With Peanut Dipping Sauce, Broccoli, and Jasmine Rice

BY HELLO FRESH

Cooking Time: 30 min.

Servings: 2

Nutrition: 657 cal, Fat: 23 g, Sat. Fat: 5 g, Protein: 48 g, Carbs: 62 g, Sugar: 12 g, Sodium: 654 mg, Fiber: 5 g

Ingredients:

- Garlic- 2 Cloves
- Lime- 1
- Scallions- 2
- Jasmine Rice- ½ Cup
- Broccoli Florets- 8 oz.
- Sirloin Tips- 12 oz.
- Soy Sauce- 4 tsp.
- Peanut Butter- 2 TBSP
- Skewers- 4

Preparation:

1. Preheat oven and cook rice. Wash and dry all produce. Preheat oven to 400 degrees. Mince garlic. Zest and halve lime. Thinly slice scallions, keeping greens and whites separate. Bring 1 cup salted water to a boil in a small pot. Once boiling, add rice. Cover and simmer until tender, about 15 minutes. Keep covered.

2. Roast broccoli. Toss broccoli on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Roast until golden brown and slightly crispy,

15-20 minutes.

3. Marinate. steak Combine sirloin tips, 1 TBSP soy sauce, 2 tsp sugar, half the garlic, ½ tsp lime zest, and a large drizzle of olive oil in a medium bowl. Season with salt and pepper.

4. Make peanut sauce. Heat a drizzle of olive oil in a medium pan over low heat. Add scallion whites and remaining garlic, and toss until fragrant, 1-2 minutes. Stir peanut butter, 1 tsp soy sauce, and 2 tsp sugar into pan. Slowly stir in ¼ cup water until incorporated. Remove pan from heat, and stir in a squeeze of lime. Season to taste with salt and pepper.

5. Broil skewers. Preheat broiler to high (or increase oven to 500 degrees). Rinse skewers under water, then thread steak onto them. Place on baking sheet and broil, flipping over halfway through, until slightly charred and cooked to desired doneness, 5-10 minutes.

6. Plate. Serve satay on a bed of rice alongside broccoli. Garnish with scallion greens, and serve with peanut sauce for dipping. ■



PHOTO COURTESY: HELLO FRESH

Tips:



"I heard that calcium causes heart disease, is that true?"

A Question from an anonymous reader

BY CLARK'S NUTRITION

Calcium consumption from foods and supplementation has become somewhat controversial in the last few years. Osteoporosis prevention has centered on the consumption of calcium from foods and supplementation. Recently, (in October 2016) the Journal of the American Heart Association (JAHA) released a research article that suggested higher consumption of calcium from supplementation might increase the risk of coronary artery calcification (also known as CAC). The information contained in this article helped many individuals see a different view of calcium supplementation. Although it is important to note the JAHA study also suggested that total atherosclerosis was less

with individuals who consumed more total calcium via foods and supplementation but suggested the food group was best. There are also some other responses have come out in support of calcium supplementation. The National Osteoporosis Foundation and American Society for Preventive Cardiology convened an expert panel to look at research to determine other positions for calcium supplementation. These two groups concluded that supplemental calcium with or without vitamin D have no relationship either good or bad to the risk of cardiovascular disease and cerebrovascular disease mortality. They also found that generally there was no cause of mortality in healthy adults when using calcium supplementation. They also recommend that individuals consume no more than the upper daily limits for calcium at 2000-2500mg per day including foods and sup-

plementation. Additionally the NOF suggested that calcium is a nutrient that is lacking in many individuals. Although there is a lot of negative press about the use of calcium, the Council for Responsible Nutrition also reported that the American Heart Association's Multi-Ethnic Study of Atherosclerosis suggests that there is proof of safety in supplementation because of the positive association with total calcium consumption and reduction in lower rates of atherosclerosis. As always, if you have any questions about the use of supplementation, please consult with your doctor before using any 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. ■



A Christmas Toy Drive

Donate an unwrapped toy of a \$25 value* between now and Dec. 20th to be entered in a \$500 tattoo raffle.

*You may also donate \$25 cash



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Straight Talk With Danice

Every winter I struggle with a sore throat about ten times- A letter from Gus



BY DANICE AKIYOSHI N.D.

Q: Every winter I struggle with a sore throat about ten

times. I'm tired of being on antibiotics so often. Do you know of a natural remedy? My grandma told me to drink tequila, lemon juice and honey, but I can do that before work.

A: Yes, I understand your hesitancy about drinking tequila before going to work. What I choose for my family and myself is 8 drops of Cayenne Pepper tincture in about three or four ounces of juice. Drink it quickly. Your throat

will burn, but it will be well worth it.

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. ■

Depression and the Holidays

BY NANCY STOOPS



Did you know that suicide rates are among the highest during the holidays? This may sound very strange to some of you, but it is true. Believe it or not this isn't a wonderful time of year for everybody. I remember, as a little girl thinking how anybody could be sad this time of year. Now that I'm grown up and work as a therapist, I understand this concept much better.

The holidays seem to make us vulnerable and open our eyes to things that are painful for us. This time of year, we seem to become very sentimental and want to be close to our family and friends. This is a great idea in theory, but what

if you have alienated them or maybe they have passed away. This could make your holiday feel like a very lonely time. It makes it worse when you see other families and friends gather together.

Are you feeling without purpose this holiday season? This may be the cause of your depression this time of year. There are so very many places you could go and donate some time. There are many people that are sick or just plain less fortunate than we are. You could really make a difference for an individual, a family, or an animal and fight off the depression as well.

Whatever may be causing your depression during this holiday season, decide to do something about it. Don't sit around and feel sorry for yourself this year, life is just too short. Call an old friend, make up with a family member, help

the less fortunate, or whatever else it takes to get through this holiday. My point is, this year learn to help yourself, and you will give you, the greatest gift you have ever received!

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

A Pink Donut

BY MARK HOPPER



Recently our granddaughter had a sleep over at our house. We were glad she could come.

This cute three year old arrived at our house confidently pulling her small carry-on size suitcase. She was excited to come to Grammy's and Pop Pop's house.

She enjoyed playing with some toys, some dolls and the small wooden train that we have.

Bath time went smoothly and we read several bed time stories.

Grammy noticed that our granddaughter's pajamas had donuts printed on them. The design included different sizes and different colors.

The donuts became a top-

ic of conversation as she got ready for bed. Grammy asked if our granddaughter would like to have a donut as part of her breakfast in the morning.

That sounded like a good idea. "What color donut would you like", Grammy asked? "Pink", she replied.

I think our granddaughter had sweet dreams that night! I bet there were pink donuts in her dreams.

Who do you think was going out to find a pink donut early in the morning? Clearly that was my assignment. Don't come home without it!

Thankfully, we have a nice donut shop near our home. The owner and I are on a first name basis. I have many bought boxes of donuts from him for many early morning meetings at our church.

I was pleased to discover that he had several different types of pink donuts! Some

had sprinkles and others had pink frosting only. Some were decorated for Halloween.

I took a chance and went for the pink with white sprinkles. It was a winner!

Since we didn't want our granddaughter to eat alone, I got a donut for my wife and me too. My wife got chocolate covered and I got an old fashioned glazed.

I'm sure that we were violating all of the dietary guidelines published by the US government by serving our granddaughter a donut for breakfast. I'm sure that her parents would prefer we provided a more balanced breakfast, too.

But, I'm also sure that this is a breakfast that two grandparents will remember for a long time!

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



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CVFD is spreading holiday cheer

Cheer from page 1

stations and Fire Administration through December 24, 2016, in partnership with ABC 7's Spark of Love Toy Drive.

Chino Valley Fire District locations:

- Fire Station 61: 5078 Schaefer Avenue, Chino
- Fire Station 62: 5551 Butterfield Ranch Road, Chino Hills
- Fire Station 63: 7550 Kim-

ball Avenue, Chino

- Fire Station 64: 16231 Canon Lane, Chino Hills
- Fire Station 65: 12220 Ramona Avenue, Chino
- Fire Station 66: 13707 Peyton Drive, Chino Hills
- Fire Station 67: 5980 Riverside Drive, Chino
- Fire Administration: 14011 City Center Drive, Chino Hills

Each year, we receive many donations for young children, but are always short on items

for children between the ages of 11 and 18. Suggested donations for children that fall within that age range include: earphones, gift cards, sunglasses, skateboards, scooters, basketballs, footballs, blow driers, curling irons, and flat irons.

Your continued support and donations are very much appreciated and will go a long way to help brighten the holiday season for many children throughout the Chino Valley. ■

Walnut holiday events

Events from page 1

Senior Center. \$15 per person.

This is your chance to dance the night away while celebrating the holidays. This fun evening will feature live music, a buffet dinner and door prizes. Space is limited, so please register early. Ages 21 years and older are welcome. For more information or to register, con-

tact the Walnut Senior Center at (909) 598-6200. Ask us how you may reserve a table.

A Winter Wonderland

December 10, 2016 at 6:00 pm to 9:00 pm at the Walnut Senior Center. \$8 per person.

Featuring: Kiddie Snow Area - Arts & Crafts - Sled Rides - Snow Ball Battle Field - Games & Live Entertainment! For more information call (909) 598-5605. Rain date - TBA

Dinner with Santa

December 10, 2016 at 5:30 pm to 7:00 pm at the Walnut Senior Center. \$12 adult/\$8 child.

The holidays come but once a year! Why not spend some time with Santa himself? Join us for a hearty and delicious dinner. You and your family will enjoy games and other winter activities. Don't forget to bring a camera as Santa will be posing for pictures with the children. ■

DB 4 Youth holiday food drive

DB from page 1

spread holiday cheer to kids and their families.

The donations will benefit Inland Valley Hope Partners

serving local communities.

Suggestion Donations are as follows:

DRY: beans, rice, pasta, boxed cereal, noodles, macaroni & cheese

CANNED: meat, fruit, vegetables, soups, chili

JARS: peanut butter, jelly, pasta sauce

Items may be dropped off at the Diamond Bar City Hall or the Diamond Bar Center during regular business hours which are between 7:30 a.m. and 5:30 p.m. ■

Drug lab explodes

Lab from page 1

no Police Department and the Chino Valley Fire District quarantined the area and processed the scene once investigators

determined it was safe to enter. Emergency personnel closed G Street for several hours while investigators processed the scene.

Corona was transported to an area hospital with severe burn injuries. Investigators are

seeking charges against Corona for his involvement in drug manufacturing.

The investigation is ongoing; anyone with information should contact Lieutenant Mensen with the Investigations Bureau at (909) 334-3093 or kmensen@chinopd.org. ■

EPC approves Costco project

IE from page 1

the Costco project at its meeting on Wednesday, November 16, 2016.

"Costco is coming to Eastvale!" said City Manager Michele Nissen. "We are very pleased to be adding this new shopping opportunity for our residents, and to welcome Costco to our city."

Today's announcement followed the approval by the Eastvale Planning Commission of a project that includes:

- A 158,000-square-foot retail warehouse,
- Upto a 30-position gasoline fueling station, and
- A state-of-the-art self-service car wash, among the first of its kind in California for Costco.

The Commission also approved Costco's operation of a tire center and the sale of alcoholic beverages. The chain is

known for its selection of fine wines and spirits.

According to City Manager Nissen, retail sales at the Costco store are conservatively estimated to add more than \$1-million annually to the City's coffers in the form of sales taxes.

Costco Director of Real Estate Jenifer Murillo, who spoke to the Eastvale Planning Commission on behalf of the project, praised the work of City staff, who worked closely with both Costco and Goodman, the developer of the retail in which Costco is located, to address and resolve a number of issues. "This was the fastest process we've ever been through," said Murillo, who manages the development of Costco stores in several western states.

To view the Major Development Plan power point that was presented to the Planning Commission click here.

The Costco store is the first phase of a 45-acre retail complex in the Goodman Commerce Center. ■

WHO will take care of your eyes

WHO from page 1

Heights, Hacienda Heights and Whittier. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

WHO considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams.

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

Dr. Larino is proud to serve the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then attended U.C. Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2003, Dr. Larino was honored at her alma mater - Nogales High School - when she was inducted onto their Wall of Fame. She is a member of the American Optometric Association, the California Optometric As-

sociation, and the Rio Hondo Optometric Society, where she stays current on the latest in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local store, or attending a community event.

WHO offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. A wide variety of eyewear is also available, from progressive and polarized lenses to silicone high-oxygen contacts, and even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them to the WHO offices and they will donate them to those in need of frames.

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



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WVUSD Choral Students Make Honor Choir

Walnut - Congratulations to ten talented Walnut Valley Unified School District choral students named to the 2016 Southern California Vocal Association (SCVA).

The teens participated in two days of intense rehearsals culminating in a concert held Saturday, November 19 at the University of Redlands.

Walnut high School Honor Choir students are Adrienne Caparaz, Nellie Kwang, Eugene Lo, Matthew Huang, Jocelyn Chow, and Raji Rajkumar.

Diamond Bar High School Honor Choir students are Kaitlyn Lee, Karoline Chuang, Rebecca Chuang, and Jodie Liu.

For more pictures and videos of the event, please follow



PHOTO COURTESY: WVUSD

Walnut High School Honor Choir members Adrienne Caparaz, Nellie Kwang, Eugene Lo, Matthew Huang, Jocelyn Chow, and Raji Rajkumar gather before the second 12-hour day of rehearsals.

the Walnut High School choir on Instagram at walnut_choir. ■

A Message From Superintendent Wayne M. Joseph

By CVUSD

The holiday season is the time of year we all take time to pause and count the numerous blessings in our lives. This is never more important than this year in which recent events have underscored the seething anger and frustration of many of our fellow American citizens. The time has come therefore, for us to reflect upon the pos-

itive occurrences that have affected us.

For me, it has been heartening to witness, these past twenty-three months, the spirit of cooperation throughout the Chino Valley as my team and I met to discuss the facilities needs in our District. This time was especially gratifying in that it reaffirmed how vital and robust our schools are and how they continue to be a top priority for

our community.

No matter the outcome and final results of Measure G, let us never doubt or question this community's commitment to its schools and its children.

I hope that you will have some moments to reflect over this past year as well, and may the magic that is so prevalent this time of year permeate your lives and that of your families.

I wish all of you a very safe and prosperous holiday season. ■

Trustees celebrate Walnut Valley stars

Walnut from page 1

Star Student Award. Principal Robert Chang shared tributes from past and present teachers during the recognition.

"It was a pleasure having Breanna in the first cohort for the Dual Language Immersion Mandarin Program. She always had a bright smile that would light up the room," said kindergarten teacher Carol Chang.

"She is a polite, hard-working, cheerful, and resilient girl. Her optimism and cheerful disposition are truly inspirational," added 2nd grade teacher Amy Wu.

"We are proud to see Breanna succeed. Even in tribulations, her upbeat and positive nature make her a breath of fresh air in the classroom," said her 4th and 5th grade teachers.

Powerhouse parent Cynthia Hua Pinpin received the Partner in Education Award.

Cyndi began as a classroom volunteer five years ago and quickly became an active Community Club member. She is a problem-solver who happily tackles any task with a smile.

"Now, Cyndi oversees the largest fundraiser at our school and doesn't bat an eyelash at the number of items and prizes

needed. She is also a spreadsheet queen!"

"Cyndi does so much for our students and staff members that we would be lost without her," Chang said. "Her dedication and selflessness do not go unnoticed."

Chaparral Middle School selected 8th grader Ryan Real as the recipient of the Super Star Student Award.

"At Chaparral, we celebrate the well-rounded student – and Ryan is a stellar student," said Principal Ron Thibodeaux.

The honor-roll student holds a 4.0 GPA and is the current ASB present, as well as founding member and president of the Future Business Leaders of America Club.

Ryan is involved in several clubs around campus, volunteers in the library, and plays cello in the advanced 8th grade Sinfonia orchestra. This spring, he'll be appearing as LeFou in the musical "Beauty and the Beast." Additionally, Ryan is a member of the league championship cross country team and competes internationally with the USA Taekwondo team.

Chaparral grandfather and resident artist Cornelis Greive was lauded with the Partner in Education Award.

Thibodeaux recalled how

the painter's daughter, Sarah Ramirez, volunteered her father's talents last summer.

"I quickly made a phone call to take the family up on the generous offer."

Since then, Cor has probably spent 1,000 hours painting each Tuesday and Thursday around the campus.

The amiable octogenarian has beautifully detailed about 20 paintings, including Ann Frank, Albert Einstein, Abraham Lincoln, Parthenon, George Washington, and the Chaparral Cougar.

He also lent his talents to Maple Hill Elementary when granddaughter Grace attended the school.

"Cor's added a lot of color to classrooms and hallways and brightened up our beautiful campus," Thibodeaux added. "And he's promised that we'll have him for three whole years!"

Trustees honored outgoing Personnel Commissioner Gayle Pacheco for 18 years of dedicated service to the District.

"Your work on the Personnel Commission will never be forgotten," said Board President Helen Hall.

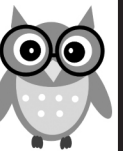
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Christmas Caroling



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! ** 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 ACCEPTED ** 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