

OurWeeklyNews.com

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Walnut

LASD C.A.R.E.S

BY WALNUT/DB SHERIFF'S
STATION

If you are feeling depressed or having psychological problems, you don't have to feel alone. LASD C.A.R.E.S. in conjunction with the LA County Department of Mental Health would like to provide you with the following resources:

Life Threatening Emergency- Dial 9-1-1

Call 24 hours a day in case

see **Walnut** page 10

Diamond Bar

Free Sandbags and Holiday Tree Collection

BY CITY OF DIAMOND BAR

Diamond Bar – During the rainy weather season, most County of Los Angeles fire stations double as free self-serve sandbag stations.

Diamond Bar residents whose

see **DB** page 10



PHOTO COURTESY: USPS

Love Skywriting Stamp Revealed

BY TIANA GOEGBUER

On January 7th, 2017, the United States Postal Service will debut their new postage stamp "Love Skywriting" at the Chino Airport. According to USPS.com, the stamp is not just meant for romantic cor-

respondence, but for friends, family members, or anyone else you love. The new stamp's description is: "The stamp art depicts the word "Love" written in white cursive script against a blue sky studded with wispy clouds. The edges of the letters are just beginning to blur into

the surrounding sky. Underlining the word is a decorative swirl of smoke that emphasizes the message. A small, stylized plane, dwarfed by the giant letters, completes the end of the swirl, with smoke trailing from

see **Stamp** page 10

4 Arrested after DUI Checkpoint

BY CITY OF CHINO

Chino Police Department Traffic Unit conducted a DUI/ Drivers License Checkpoint on Friday, December 16, 2016 between the hours of 8:00 p.m. and 3:00 a.m.

The deterrent effect of High Visibility Enforcement using both DUI checkpoints and DUI Saturation Patrols has proven to lower the number of persons

see **DUI** page 3



PHOTO COURTESY: GOOGLE

In This Issue

Columnists	9
Community Events ...	3
Did You Know	2
Healthy Living	8
History	2
Our Life	2
Recalls	3
Schools	11

Inland Empire

Sheriff Station Commanders Promoted

COURTESY CITY OF EASTVALE

Sheriff Stan Sniff has appointed 2 new Chief Deputies on December 22, 2016, to fill existing vacancies created by recent retirements within the

see **IE** page 5

Ontario Man Arrested For Robbery

BY SBSO

On December 21, 2016, at approximately 1:00 pm, deputies from the Rancho Cucamonga Police Department responded to a report of an

see **Robbery** page 10

Our Featured Businesses

Quality Comes First At Peterson Auto Repair

BY K.P. SANDER

Walnut – If you are looking for a local automotive repair center that performs quality work at reasonable prices - and delivers it all with excellent service - look no further than Peterson Auto Repair Center.

see **Auto** page 5



Visit Peterson Auto Repair Center in the Big Valley Industrial Park, located at 3980-A Valley Boulevard, in Walnut. They can be reached at (909) 598-3881. Also see their ad on page 5.

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 successfully holding the California

see **Plumbing** page 10



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.

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The Weekly News

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Did You Know?

*Healthy New Year's
Resolutions to Boost
Your Immunity*

BY STATEPOINT

This New Year, one important resolution is to focus on supporting a strong immune system for a happy and healthy 2017. "Building a strong immune system can improve and even extend your life," says Larry Robinson, PhD, and vice president of Scientific Affairs, Embria Health Sciences, a manufacturer of natural, science-based ingredients that support wellness and vitality. For a healthier year, Robinson and the experts at Embria are encouraging people to toast to these great health and wellness tips.

Be Social. It's easy to hole-up during these cold winter days, but it's not very good for your health or immune system. Research shows that people that have more human interactions are better at combating cold weather challenges. So make sure to chat with your coworkers during the day and make plans with your friends after work. Not only will this boost your immunity, but social activities may also help reduce stress and depression.

Supplement. While a well-balanced diet of fruits, vegetables, and whole grains can support good health, getting the proper vitamins and nutrients in sufficient quantities every day can prove challenging. Consider resolving to offer your immune system targeted support with a supplement designed to boost healthy immune function. One of the best immune strengthening ingredients is EpiCor fermentate, which has been clinically shown to support the body's ability to initiate the

see Know page 3



PHOTO COURTESY: GOOGLE

Time for 2017

BY JULIA ROHRABAUGH

Time. It's not something to take lightly, but it's also not something to spend your quiet moments pondering about. This idea of time, that one second gone is one you'll never get back, can be frightening. Our time is precious, so we want to control how we spend it. What I find though, is the harder you try to control something, the more out of control it becomes.

This past year has been a tough one for me and my family, as I assume it has for many, many families. Humans have only a number of emotions, however which result from infinite possible circumstances, relationships, or moods. No matter what your situations are, there is someone out there that is feeling just the same. Honestly, I say that this year has been the greatest struggle for me in my life. I come out of it knowing that because I cannot predict what is going to happen, I cannot plan and be upset when plans change. The most pain I have ever experienced or observed is when someone loses someone in one form or another, so all other changes in plans don't seem so bad anymore. I come out of this year with a better perspective of what brings me joy, where I place my value, and then how I should devote my time.

Taking the minutes of our life and devoting it to being with others, I'd say, is the most precious gift. Unfortunately, I see myself and other people abusing the opportunity to spend time with one another. It isn't just time that you give to people. People need attention, they need your mind, your thoughts, conversation, ideas, plans, jokes, hobbies, interests, etc. It's an exchange though. It is an investment. Hoping that pouring into someone, they may just pour back. It is a fact that energy is not created nor destroyed, just transferred. When we give up our energy, we are at a deficit, and we need to be filled back up again.

I come out of this year with more patience. A gift isn't genuine when you're expecting one right back, is it? That would be self-seeking. I am motivated to devote myself to people by knowing that everyone needs to be filled, because in truth I do not feel full myself all the time.

The new year coming around is an even greater reminder that time is continuous. However precious time is, we cannot hold it in our wallet, and choose when to spend it. We just have to keep going with it. My New Year's Resolution is that we do not let the cruel intentions of the world stop us from relating to one another, we keep pursuing one another and don't let each other go unseen. ■

History 101

*Sooners win 30th game
in a row*

BY HISTORY.COM

This day, On January 2, 1956, Oklahoma University's champion football team, the Sooners, defeat Maryland 20-6 in the Orange Bowl in Miami, Florida, winning the national championship and scoring their 30th straight victory in the middle of a winning streak that went on to stretch to 47 games.

Behind Coach Bud Wilkinson, the Sooners had lost the opening game of the 1953 season to Notre Dame and tied Pittsburgh the next week; since then, they had gone undefeated. The game on January 2, 1956, was a rematch of the 1954 Orange Bowl, when Maryland had been ranked first and OU fourth. During that game, the Terrapins twice had a first down with the ball inside the 10-yard line only to be shut down by the Sooner defense. The Sooners won 7-0 with the game's single touchdown, scored by tailback Larry Grigg in the second period.

In 1956, OU came into the Orange Bowl as the defending national champions, with the No. 1 ranking in the country and a 10-0 regular season record. Maryland was ranked third, with only one regular-season loss. Trailing 6-0 at halftime, the Sooners kicked in their offense in the second half, scoring three times and posting a second Orange Bowl win and a second straight national championship.

The Sooners' historic winning streak didn't come to an end until November 1957, when they lost to Notre Dame 7-0. In addition to their two national titles, in 1955 and 1956, they won or shared 14 straight conference titles from 1946 to 1959, all but the first year under Wilkinson. Their record of 47 straight wins over three years still stands, as of the end of the 2006 season. ■

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Recent Recalls

STAFF REPORTS

1. Herrs Foods Inc. has announced a voluntary recall of some chipotle-flavored potato chips due to possible salmonella contamination. The recall covers Herr's smoked chipotle-flavored kettle cooked potato chips and Peddler's Pantry smoke-dried chipotle-flavored kettle cooked potato chips.

2. King Meat Services, Inc., a Vernon, Calif. establishment, is recalling approximately 50,991 pounds of beef products due to misbranding.

3. Continental Tire the Americas, LLC is recalling certain Crosscontact LX20 tires, size P275/55R20 111S, manufactured May 3, 2015, to May 9, 2015. The tires, sold as replacement tires as well as original equipment on certain General

Motors full size trucks and SUVs, may have insufficient adhesion within the belt package, resulting in tread wear, vibration, noise, or bulging areas on the tire.

4. Kia Motors America is recalling certain model year 2016-2017 Sorento vehicles manufactured October 27, 2014, to August 25, 2016, and 2017 Sportage vehicles manufactured December 10, 2015, to August 26, 2016. The affected vehicles are equipped with an accessory trailer hitch wiring harness that, due to a malfunction of the tow hitch module, may result in the trailer brake lights being constantly illuminated. As such, these vehicles fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 108, "Lamps, Reflective Devices, and Associated Equipment."



5. Qbit strollers- A gap in the stroller's folding side hinge can pinch a caregiver's hand during unfolding, posing a laceration hazard. In addition, the stroller can fold unexpectedly during use, posing an injury and fall hazard to the caregiver and child. ■



PHOTO COURTESY: STATEPOINT

Did you know?

Know from page 2

proper immune response when needed, support rapid immune response and maintain healthy immune function. You can find EpiCor in many popular and trusted supplement brands.

Rest and Relaxation. Rest and relaxation can go a long way toward supporting good health. Ongoing sleep deficiency is linked to a number of major health problems and can

impair the way your immune system responds, according to the National Institutes of Health. What's more, too much stress can compromise immune response. So whether it's spending time with friends, going to yoga class or taking a bath, make sure your schedule includes time for both sleep and for stress-reducing activities.

Improve your health from the inside out this New Year. By focusing on boosting your immunity as a goal, you will naturally adopt healthy habits. ■

4 Arrested after DUI Checkpoint

DUI from page 1

killed and injured in alcohol or drug impaired crashes. Research shows that crashes involving an impaired driver can be reduced by up to 20 percent when well-publicized proactive DUI operations are conducted routinely.

DUI Checkpoints like this one are placed in locations based on collision statistics and frequency of DUI arrests, affording the greatest opportunity for achieving drunk and drugged driving deterrence. Locations are chosen with safety considerations for the officers and the public.

In California, this deadly crime

led to 1,155 deaths and over 24,000 serious injuries in 2014 because someone failed to designate a sober driver. Over the course of the past three years officers have investigated 60 DUI collisions which have claimed 0 lives, but resulted in 79 injuries.

According to the National Highway Traffic Safety Administration (NHTSA), checkpoints have provided the most effective documented results of any of the DUI enforcement strategies, while also yielding considerable cost savings of \$6 for every \$1 spent. Ninety Percent of California drivers approve of checkpoints.

The checkpoint resulted in the following:

- 1,092 vehicles screened

- 4 DUI suspects arrested
- 14 drivers cited/arrested for operating a vehicle unlicensed or while suspended/revoked
- 9 other citations issued
- 7 vehicles impounded/stored

Studies of California drivers have shown that 30 percent of drivers in fatal crashes had one or more drugs in their systems. A study of active drivers showed more tested positive for drugs that may impair driving (14 percent) than did for alcohol (7.3 percent). Of the drugs, marijuana was most prevalent, at 7.4 percent, slightly more than alcohol. Everyone should be mindful that if you're taking medication – whether prescrip-

tion or over-the-counter – drinking even small amounts of alcohol can greatly intensify the impairment affects.

Drivers are encouraged to download the Designated Driver VIP, or "DDVIP," free mobile app for Android or iPhone. The DDVIP app helps find nearby bars and restaurants that feature free incentives for the designated sober driver, from free non-alcoholic drinks to free appetizers and more. The feature-packed app even has social media tie-ins and even a tab for the non-DD to call Uber, Lyft or Curb.

Drivers caught driving impaired can expect the impact of a DUI arrest to include jail time, fines, fees, DUI classes, license suspensions and other expenses that can exceed \$10,000 not to mention the embarrassment when friends and family find out.

Funding for this checkpoint is provided to Chino Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, reminding everyone to 'Report Drunk Driver – Call 9-1-1'. ■

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, 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, 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 presenta-

tions, flight demonstrations, and air shows in fulfillment of this mission.

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 Neue's Farmers Market sponsored by SGV Regional Chamber of Commerce
When: Every Saturday from 8 a.m. to 2 p.m.
Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut
Cost: Free Admission/Parking
Features: Seasonal organic produce, breads and cakes, olive

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

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

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Quality Comes First At Peterson Auto Repair

Auto from page 1

Peterson now houses a full mechanic shop to serve all your automotive needs. They

not only specialize in lube and oil changes, but also repair and maintain radiators, alternators, starters, brakes, clutches, shocks and struts, axles, air conditioning, belts and hoses,

and much, much more. In business for over 15 years, owner Eric Peterson says, "For me, it's all about providing quality automotive repair for the neighborhood. I grew up in

La Puente and Walnut, and we have so many good customers in this area. We really appreciate the business and word of mouth referrals."

Carhelp.com customers agree constantly giving Peterson high marks for quality workmanship and fair pricing.

Look for Peterson to add quality auto-body services to

the business in the future. Peterson Auto Repair is located in the Big Valley Industrial Park, at 3980-A Valley Boulevard in Walnut. They are open Monday through Saturday, from 9 a.m. to 5 p.m., and can be reached at (909) 598-3881. Mention their ad (see page below) and get a discount on your brakes. ■

Sheriff commanders promoted

IE from page 1

Riverside County Sheriff's Department.

Captain Cheryl Evans was appointed to Chief Deputy and will oversee Corrections Operations, which consists of jail facilities in Blythe, Indio, Banning, Temecula and Riverside. She has served in the Riverside County Sheriff's Department for 22 years.

Chief Deputy Cheryl Evans began her law enforcement career in 1991 with the Corona Police Department, where she volunteered as a Reserve Police Officer. After joining the Riverside County Sheriff's Department, she worked in the Corrections Division assigned to the Blythe Jail, and later, patrol at the Blythe Sheriff's Station, now known as the Colorado River Station.

In 1997, Chief Deputy Evans transferred to the Moreno Valley Station, where she worked patrol, traffic, and the Problem Oriented Policing (POP) team. In 2003, she promoted to the rank of Corporal within the Moreno Valley Station. In 2004, Chief Evans was promoted to the rank of Investigator within the Moreno Valley Station and later transferred to the Special Investigations Bureau, assigned to the Central Homicide Unit.

Chief Deputy Evans was promoted to the rank of Sergeant in 2005, and transferred to the Perris Station. Her assignments while at the Perris Station included supervising patrol, traffic and the field training program.

In 2009, Chief Deputy Evans promoted to the rank of Lieutenant and returned to the Moreno Valley Station where she held assignments in patrol, administration, and the detective bureau. In 2012, she trans-

ferred to the Personnel Bureau.

In 2014, Chief Deputy Evans was promoted to the rank of Captain by Sheriff Stan Sniff and assigned to the Coordinated Custody Management Unit (CCMU). In 2015, she was assigned as the commander of the Robert Presley Detention Center (RPDC) and most recently, as the commander overseeing Court Services East.

Chief Deputy Evans possesses a Bachelor of Science degree in biology and a Master's degree in public administration, both awarded from California State University, San Bernardino. She is also a graduate of the Sherman Block Leadership Institute (SLI).

Chief Evans lives in the city of Riverside with her husband and five-year-old son.

Captain Jason B. Horton was appointed to Chief Deputy and will oversee West Field Operations which consists of the Jurupa Valley, Moreno Valley and Perris Sheriff's Stations, the Special Investigations Bureau (SIB), as well as the Sheriff's Media Information Bureau (MIB). He has served in the Riverside County Sheriff's Department for 23 years.

Jason B. Horton joined the Riverside County Sheriff's Department in 1989 as a Reserve Deputy Sheriff assigned to the Sheriff's Riverside Station, which is now replaced by the Jurupa Valley Station. In 1993, he was hired as a Deputy Sheriff and attended the 125th Basic Peace Officers' Academy.

Upon academy graduation, he was assigned to the Southwest Detention Center. He later completed assignments at the Hemet, Perris and Jurupa Valley Sheriff's Stations. While in field operations, Horton was promoted to the ranks of Senior Deputy Sheriff and Corporal and held collateral assignments as a Field Training Officer (FTO), Special Enforce-

ment Team (SET) member, and School Resource Officer (SRO).

In 2004, Chief Deputy Horton was promoted to Sergeant and worked in the Corrections Division, and later at the Ben Clark Training Center (BCTC) and Perris Station. While in Perris, he worked on the transition of the city of Menifee becoming a sheriff's contract city.


In 2009, Chief Deputy Horton was promoted to Lieutenant. As a Lieutenant, he held assignments at the Larry D. Smith Correctional Facility (SCF), Jurupa Valley Station, and the Special Investigations Bureau (SIB). While in Jurupa Valley, Horton worked on the transition of the cities of Eastvale and Jurupa Valley becoming sheriff's contract cities.

Chief Deputy Horton was promoted to Captain in 2013 by Sheriff Stan Sniff and served as the Coordinated Custody Management Unit (CCMU) Commander. In April 2014, he was transferred to the Jurupa Valley Station as the commander and as chief of police for the cities Eastvale, Jurupa Valley, and Norco.

Chief Deputy Horton holds a Bachelor's Degree from California State University San Bernardino in Criminal Justice and a Master's Degree from the University of Redlands in Management. He is a graduate of Class 214 of the Sherman Block Supervisory Leadership course (SLI). He has served as an academy instructor for 16 years, teaching topics in law, supervision and defensive tactics.

Chief Deputy Horton is the fourth generational member of his family to serve in law enforcement, which started with his great-grandfather being a member of the Royal Canadian Mounted Police. He and his wife Jacqueline have four children and reside in Riverside. ■

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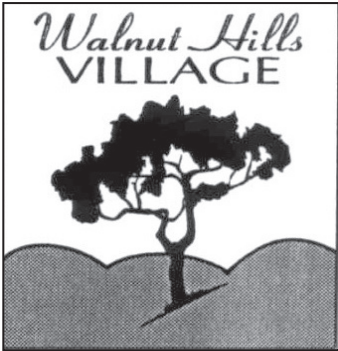
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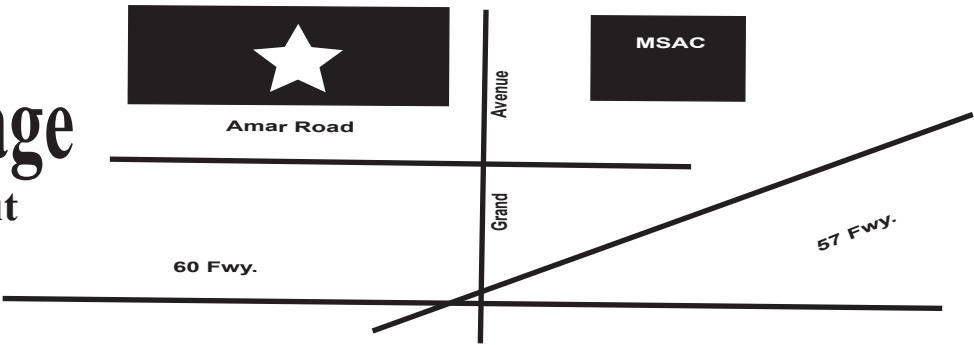
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Recipes:

Chicken Satay Skewers

with Sriracha and
Peanut Sauce

BY HELLO FRESH

Cooking Time: 35 min.

Servings: 2

Nutrition: 632 cal, Fat: 16 g, Sat. Fat: 4.5 g, Protein: 50 g, Carbs: 74 g, Sugar: 8 g, Sodium: 507 mg, Fiber: 5 g

Ingredients:

- Wooden Skewers- 4
- Garlic- 1 Clove
- Lime- 1
- Jasmine Rice- ¾ Cup
- Chicken Tenders- 12 oz.
- Coconut Milk- ¼ Cup
- Soy Sauce- 2 tsp.
- Justin's Peanut Butter- 2 Tbsp
- Sesame Oil- 1 ½ tsp
- Snow Peas- 8 oz.
- Sriracha- 1 tsp

Preparation:

- 1. Preheat and prep.** Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Put skewers in a large bowl and cover with water to soak. In a small pot, bring 1½ cups water and a pinch of salt to a boil. Mince or grate garlic. Halve lime.
- 2. Cook rice.** Add rice to boiling water, cover, and reduce to a simmer until tender, 15-20 minutes.
- 3. Make satay skewers.** Toss



PHOTO COURTESY: HELLO FRESH

chicken in a large bowl with TBSP coconut milk (we sent more), a big squeeze of lime juice, 1½ tsp soy sauce, half the garlic, and ½ tsp sugar. Season with salt and pepper. Thread chicken onto skewers. Place on a lightly oiled baking sheet. Broil until cooked through, about 15 minutes.

4. Make peanut sauce. In a medium bowl, stir together peanut butter, 1½ tsp sesame oil, ½ tsp soy sauce, 1 TBSP coconut milk, 2 TBSP water, ½ tsp sugar, and as much remaining garlic as you like (add a pinch and go up from there). Taste and adjust flavor with a squeeze of lime or a pinch of salt, if desired.

5. Cook snow peas. With 5 minutes left to go on chicken, spread snow peas on top of baking sheet (you may need a second sheet) and drizzle with oil. Season with salt and pepper. Return to oven and bake until snow peas are tender and lightly crisped, 3-5 minutes.

6. Plate. Serve satay skewers on a bed of rice with snow peas. Drizzle with peanut sauce and sriracha. ■

Tips:



Live Better
HEALTH TIP

Magnesium the Magnificent!

BY CLARK'S NUTRITION
OF CHINO

Medieval Latin named it "magnesia", a white lodestone mineral that was highly magnetic and very highly prized by the 15th century alchemists. This group of protoscientists aimed to purify base metals into gold and craft elixirs of mortality, and believed magnesium deposits could be used to craft the mythical "philosopher's stone". While unsuccessful in their pursuit, this historically significant movement produced many writings that would eventually be of benefit to geologists, architects, physiologists and biochemists. Today, we know magnesium to be one of the most important, most studied, and most dynamic nutrients in our bodies. As a major mineral, magnesium assists the body in carrying out over 300 enzymatic reactions, stabilizing our cell's energy currency, and helping our muscles and nerves relax. Individuals with physiological appropriate levels of magnesium tend to suffer less from conditions such as diabetes, kidney disease, and hypertension. But the benefits do not end there, magnesium may also improve short and long term working memory by improving the density and strength of our nerve network. Luckily,

ly, nature has made magnesium ubiquitous and easy to ingest, no matter the eating philosophy, dietary needs, or food selection of even the most finicky eater. Good sources of magnesium are green leafy vegetables, nuts and seeds, dairy, fish, and legumes (magnesium is mostly synonymous with high fiber foods). As easy as finding and ingesting magnesium should be, there are still large swaths of the population that are in deficiency states. Individuals in chronic unmitigated high-stress lifestyles, alcoholics, caffeine abusers, those engaging in long periods of sweating without proper hydration (exercisers), and individuals eating a highly refined "fiber-less" diet are most at risk for a magnesium deficiency.

Inadequate magnesium may also exacerbate the following conditions:

- Depression- by reducing serotonin levels. Serotonin positively affects almost all of our 40 million brain cells by regulating sleep, mood, sexual desire, appetite, and learning and social behavior.
- Heart health- low levels of magnesium may lead to heart arrhythmia (irregular heart beat) in combination with calcium.
- Diabetes- magnesium helps to regulate the effects of blood sugar

by improving insulin sensitivity.

- Osteoporosis- 50-60% of our body's magnesium (~25 grams total) are found in our bones.

Magnesium recommendations are 310 milligrams for women and 420 milligrams for men. This dose may be increased in times of acute deficiency with one caveat, high doses of magnesium may cause loose and watery stools (which may be the desired effect for those suffering constipation). Upper tolerable levels for daily use are between 800-1200 milligrams for up to three months. Magnesium can interfere with some medications therefore it is imperative that individuals currently taking any medication discuss magnesium dosing with their doctor.

Magnesium is found in powder form, which can easily be mixed into a drink as well as capsules and liquid. Taking 100 milligrams (up to 250 mgs may be well tolerated after a ramp up period) an hour before bed may help to relax muscles and increases the function of GABA receptors (GABA is a calming "inhibitory" neurotransmitter). If the alchemists taught us one thing, it is our interaction with minerals may greatly influence our longevity and health span. As always, have a healthy day. C Doussett MPH, RDN ■

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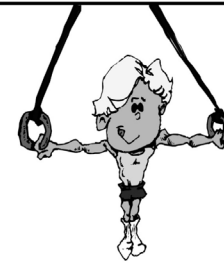
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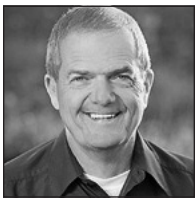
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A Simple Solution

BY: MARK HOPPER



My son owns a newer Honda Accord. Over the past few years, the plastic shield that is under the radiator and the front of the car came loose and began to hang down from the car. I noticed it was hanging down but didn't know what to do about it. I was sure it would be expensive to have it repaired at the car dealer. As more time passed, the plastic guard hung further down from the car until it began to drag on the street. Sometimes I would hear it scrape on the ground as he pulled in and out of the driveway at our house. Finally he asked me if I could

help him fix this problem. I got down on the pavement and slid under the car. I noticed that some of the plastic fasteners that held up the shield were missing. I drove his car to a local auto parts store and asked for their help. They suggested that I remove one of the remaining fasteners so we would know what kind to purchase. I was amazed to see how many different fasteners they had available, but we finally found some that matched the one I had removed from his car. With the new fasteners in hand, I drove back to our house and used them to repair the plastic shield. They fastened it securely to the car frame. The under-shield was properly restored and the problem was solved! I was surprised that the solution was that simple. I ex-

pected it would be difficult and expensive. But it was relatively simple and inexpensive. I wonder if you have put off dealing with a problem because you thought it would be too difficult or too expensive? Maybe you have a dripping faucet or a broken sprinkler. Maybe you have a strained or broken relationship that needs to be mended. Let me encourage you to not put off dealing with a problem or difficult situation. Don't assume it will be too difficult or too expensive to fix. Take the first step. Give it a try. It may be easier and cheaper than you think! *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 ■*

What is the Real Christmas Magic?

BY NANCY STOOPS



Every time I see the look on my grandson's face when he sees all the lights, I feel the Christmas magic. I feel the hope that the lights seem to bring. That is the real Christmas magic. Every time I wish somebody happy holidays and they light up and smile I feel the Christmas magic. We seem to be able to bring others joy a little easier this time of year. I think this is the real Christmas magic. Every time I see somebody opening a door or displaying an act of kindness which seem to happen more this time of year I feel the real Christmas magic.

I love this time of year because people in general seem to just be kinder towards each other. To me the definition of real Christmas magic is the love we feel this time of year towards each other. We become the people we were destined to be when we had the honor of being put in this world. For me this is the real Christmas magic. It's never been about all the chasing around to find the perfect gift because in feeling and sharing the love we have the ultimate perfect gift. I watch all the Christmas movies and the ones that really speak to me are showing the true meaning of the holidays, sharing the love. They are about helping the less fortunate and about slowing down to spend quality time with family and friends. Take a moment and feel the Christmas magic through your entire

body and soul and embrace the sense of gratitude it makes us feel. My wish for you is that you embrace the real magic of the holidays and you give yourself the gift of being who you are intended to be!!!! *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 nancystoops@verizon.net. ■*

Straight Talk With Danice

I recently had back surgery –A letter from Al

BY DANICE AKIYOSHI, N.D.



Q: I attend physical therapy three times a week. The facility is near my home and I am making progress. My wife wants me to change to a new facility because the therapist who works

with me is an attractive redhead. She knows I like redheads, and she is jealous. I don't feel I should have to do this just because she is insecure. A: I agree that your wife is insecure, but I'd like to know why? If you've ever given her a reason to doubt you, then this is the result. If her insecurities are unfounded, then that's a different type of difficulty. Either way, you need to address the problem; it won't disappear on its own. Seek a coach or therapist to assist you. When trust issues arise, there is usually an issue that has never been

dealt with properly, and I'll bet you know exactly what that is. If you don't, I'm almost certain you can get your wife to fill you in. Good luck. Thanks for writing. Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at <http://www.candidcoachingservices.com>. ■

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Living History Flying Days occur the first Saturday of each month at the Chino, CA location. (Schedule subject to change.)

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Plumbing from page 1

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LASD C.A.R.E.S

Walnut from page 1

of an extreme emergency if you, your loved one and/or the public are facing an imminent threat.

Urgent Questions-call the DMH ACCESS Center (800)854-7771

If you need help with a situation that seems to be getting worse, but hasn't turned into an emergency, call the DMH Access Center. They will discuss resources and if necessary, may send a Psychiatric Mobile Response team to your location to help evaluate the situation. However, the Response Team won't come out right away; it may take a few hours, so if the situation changes to an emergency, dial 911 immediately.

Start a Caregiver Plan- Dial 2-1-1

211 LA County provides access to comprehensive social services and disaster support for

Los Angeles County residents. They work closely with the DMH ACCESS Center on mental health resources. They can help you with questions about your loved one's behavior such as suicidal thoughts, hallucinations or what to do when your loved one becomes gravely disabled. After a series of telephone prompts, you will speak to a live person.

Who Qualifies for a '5150' Hold?

Under certain circumstances, officer can place your loved one a 5150 hold. This means a mentally ill person is held for at least 72-hours at a hospital while being evaluated. This can be done when (1) the individual presents a danger to himself or others, or (2) a person is so disabled that he or she cannot take care of daily life activities (for example, has stopped eating for days and won't come out of the bedroom). However, this is a very difficult standard to meet. In most cases, the LASD

cannot take your loved one to a hospital against his or her will.

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Suicide Prevention and Survivor Hotline (24 hours/7 days)

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English: 877-727-4747
Spanish: 888-628-9454
Calling from outside the above counties: 310-391-1253

Substance Abuse Hotline: 800-564-6600

Veteran's Services: 877-452-8387

National Alliance on Mental Illness (NAMI)

800-950-NAMI (6264)
www.nami.org

Los Angeles Gay and Lesbian Center: 323-993-7400 ■

Love skywriting stamp revealed

Stamp from page 1

its tail." The stamp was designed by Louise Fili, illustrated by Jessica Hische, and directed by Derry Noyes.

Open to the public, the reveal will take place at 10 a.m. at the Planes of Fame Museum, followed by a series of events and activities. According to the Chino Airport website, the

events will feature the Curtiss P-40N Warhawk, which will be on display and perform a flight demonstration, a speaker panel of aviation experts and historians, followed by a question & answer period.

The stamp celebrates the history of skywriting as a form of art and expression, so the location of the reveal serves to showcase both aspects and provides an opportunity to see them in action. ■

Free sandbags and holiday tree collection

DB from page 1

home are prone to flooding when it rains may stop by local station 119 (20480 Pathfinder Road – 909.598.4290.) or 121 (346 Armitos Road – 909.396.0165) to pick up free sand and sandbags, while supplies last.

There are a maximum of 25 sandbags allowed per household, and residents should bring gloves and shovels to fill their own sandbags. For more information, call the City's Public Works De-

partment at 909.839.7040.

Holiday Tree Collection-Waste Management and Valley Vista Services will be collecting live trees collection from December 25 until January 6.

Trees must be free of the stand, ornaments, tinsel and lights be stripped of ornaments and stand, and placed at the curb or designated collection point on the regularly scheduled trash collection day.

For more information, contact Waste Management at 800.266.7551 or Valley Vista Services at 800.442.6454. ■

Ontario man arrested for robbery

Robbery from page 1

armed robbery at 8880 Archibald Avenue. Preliminary information obtained at the scene indicated the suspect left on foot and was in possession of a handgun. For an abundance of caution, Rancho Middle School, Cucamonga Elementary, and Bear Gulch Elementary were placed on school lockdowns until deputies rendered the surrounding area safe.

Through evidence gathered at the scene, detectives were able to identify the suspect as Cristopher Seagraves. On December 22, 2016, at approximately 1:00 pm, detec-

tives contacted Seagraves at his residence in Ontario. Seagraves was taken into custody without incident. Detectives obtained a search warrant for Seagraves' residence and located evidence connecting him to the armed robbery.

Seagraves was arrested and booked into the West Valley Detention Center for armed robbery, and his bail was set at \$100,000. Anyone with information regarding this incident is urged to contact the Rancho Cucamonga Police Department at (909) 477-2800. Callers wishing to remain anonymous may contact the We-Tip Hotline at 1-800-78CRIME (27463), or you may leave information on the We-Tip website at www.wetip.com. ■



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want to wish you a

Happy New Year!

Have fun and stay

safe!



PHOTO COURTESY: STATEPOINT

Mid-Year Motivation for Students and Educators

BY STATEPOINT

The school year can seem long for students and educators alike. However, a mid-year infusion of new technology and tools can provide just the motivation needed to ace the rest of the year. Here are several tools and technologies that can pave the way to better, more enthusiastic learning at home and in the classroom.

Social Media: Teachers are increasingly communicating with students and parents over social media, whether it is tweeting updates about today's lesson or field trip or using Pinterest to share ideas and student work. Seventy-one percent of teens use more than one social media site already, according to recent Pew research. However getting comfortable using these tools in a more formal capacity can have real world implications for students, as more industries and professions require social media proficiency.

Making Music: Students and teachers of music know the varied benefits of a high-quality arts education. Learning music

can help develop math and pattern recognition skills, increase coordination and foster left brain development, according to the National Association for Music Education. Be sure your tools of the trade are up to the task. For students learning to play a keyboard, be sure their instrument features the same sound quality as a traditional piano, but with the additional benefits a higher-tech option brings. For example, the Privia PX-160 from Casio, an 88-key digital piano that boasts the sound of a 9-foot concert grand, features left and right audio outputs, making it easy to connect to other devices for external amplification or recording purposes. Additional features include dual headphone jacks, 18 authentic piano tones, duet mode, a USB port and a two-track recorder. Whether you are outfitting a home or a classroom with musical instruments, additional information can be found at CasioMusicGear.com.

Noise Canceling Headphones: Peace and quiet are not always available during crunch time, particularly for students with many siblings, or

college students living in a dorm room. Help scholars achieve greater serenity with a good set of noise canceling headphones that don't compromise the quality of the audio.

Classroom Revamp: Many schools are looking to go green and save some money while upgrading technology. By combining a laser and LED light source, Casio's LampFree projectors are a unique, high-brightness, mercury-free tool that uses half the amount of power per unit than its traditional lamp-based counterparts. They save educators time and money because they require minimal maintenance and eliminate the cost of replacement lamps, as they have a 20,000 hour lifespan. The XJ-F210WN model features Intelligent Light Control, which senses ambient light in the room and automatically adjusts the projection brightness accordingly. This can be particularly beneficial to teachers, who may be using their projectors in classrooms with a lot of natural sunlight. You can help make the school year feel new again with educational tools that revamp learning. ■



PHOTO COURTESY: CVUSD

Eagle Canyon Elementary School in Chino Hills donated several toys to Chino Valley Unified School District's HOPE Centers, which provide social services to families throughout the District.

Chino Valley Fire Visits Children's Hospital

BY CVFD

Chino Valley Fire District personnel visited children undergoing treatment at Children's Hospital Los Angeles to deliver toys and other gifts on December 22, 2016.

The second-annual toy delivery was first initiated by CVFD Junior Firefighter Vincent Dominguez, 8, after he successfully fought and beat cancer while being treated at CHLA. Fire personnel returned to CHLA with Junior Firefighter Dominguez to greet patients, offer gifts and words of encouragement.

The Chino Valley Fire Foundation provided \$1,500 for firefighters to purchase several toys, art supplies, sports equipment, electronic devices and gift cards that were distributed

throughout the morning.

The Chino Valley Fire Foundation is a non-profit organization dedicated to promoting life, safety, and welfare of the public

through educational programs, direct assistance, and financial support of charitable organizations, victims of tragic events, and injured firefighters. ■



PHOTO COURTESY: CVFD

Junior Firefighter Dominguez helps sort toys before delivering them to children receiving treatment at Children's Hospital Los Angeles.

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