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Walnut

Walnut's City Council Meeting Recap

BY NATALIE KIM

Walnut- The first Walnut Council meeting of 2017 began with the Council introducing a new award for the City. Jacqueline Yu and Jonathan Lee were the inaugural recipients of the City's new Outstanding Young Citizen Recognition award, as

see Walnut page 10

Diamond Bar

Diamond **Bar Council** Meeting Recap BY NATALIE KIM

Diamond Bar- The first Diamond Bar Council meeting of the year began with the Council announcing the winners of the annual Through My Lens Photo Contest of 2016. Residents of Diamond Bar submitted pictures in the categories of People, Places, Pets,

see **DB** page 10

Rain Storms, Closed Roads And **School Cancelled**

BY STAFF REPORTS

Chino- This past weekend's rain storm was something we haven't seen in a long time! Hail came in covering the streets looking like snow. The amount of rain caused many streets to flood, school closed, as well as the City of Chino urging residents to shelter in place.

On January 22, the Cal Aero Preserve sent a message to the parents stating, "Out of an abundance of caution, Superintendent Wayne M. Joseph has determined, in conversation with the City of Chino and the Chino Police Department, to cancel classes at Cal Aero Preserve

Academy on Monday, January 23, 2017. Classes will resume on Tuesday, January 24, 2017."

The City of Chino Police Department posted a Community Emergency alert that stated, "Due to excessive flooding in the region, we are urging residents to

see Rain page 3



PHOTO CREDIT: CHRISTIAN SEVILLA Whacky Wheather: Residents in Chino were surprised by this week's unusual Hail Storm.

Hike Your Heart Out In Chino Hills

BY CITY OF CHINO HILLS

Chino Hills- Hike Your Heart Out with the City of Chino Hills Healthy Hills Committee and Chino Hills State Park Rangers on Saturday, February 11th from 9:00 a.m. to noon at Chino Hills State Park. Kids and adults of various fitness levels will be able to explore Chino Hills State Park with knowledgeable State Park

is free, but you must pre-register at www.chinohills.org/ HealthyHills. Parking will be \$5. There will be an easy hike (30 - 45 minutes) or a moderate hike (60 - 90 minutes). The entrance to the State Park is located at 4721 Sapphire Road near Elinvar and Soquel Canyon Parkway. Participants should allow about 15 minutes to drive to Rolling M Ranch inside the State Park. Healthy staff and volunteers. The event Hills staff will be on hand to



PHOTO CREDIT: ANGELICA CUEN

see Hike page 3

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Inland Empire

\$65K Raised By SB Sheriff's Rodeo

By SBCS

The San Bernardino Countv Sheriff's Rodeo is one of the few community events that bring together residents,

see IE page 3

Eastvale

Woman **Arrested For** Counterfit Currency

BY CITY OF EASTVALE

On January 18, 2017, Eastvale Police Officers responded to a report of a shoplifting in progress at

see EV page 5

Our Featured Businesses

Make Your Backyard Extreme

By Michael Armijo

Ontario- Companies come and go, so longevity is key when you're modifying your home, both inside and out. Extreme Backyard Designs is a testimony of longevity as their family run business has been

see Extreme page 5 their ad on page 6.



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

Have Your Party Catered By The Whole Enchilada

By Staff Reports

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

see Enchilada page 5 ad on page 12.



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

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4. Makeup magic. When

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skin and keep it hydrated. Use

under eye concealer to easily eliminate any signs of fatigue. If

you do need to abbreviate the

full eye makeup routine, don't

omit a quick coat of mascara,

which can help you look wid-

er-eyed and more awake with

a few seconds of effort. Lastly,

give lips shine and protect them

from chapping with a lip balm

inine care is one routine ele-

5. Be Free to Be You. Fem-

that preferably contains SPF.

Weekly News

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E-MAIL: editor@anapr.com



Did You Know?

5 Morning Tips To Prepare For The Day

BY STATEPOINT

Are most of your mornings spent running out the door with breakfast in-hand, and applying your makeup on-the-go? It's easy to snooze, and rush all the way to work - but building a routine that gives you a calm and efficient morning can make you feel more prepared to take on your day. If you haven't nailed it yet, don't fret.

To celebrate the similarities and differences of women's routines, the team at Carefree is offering some tips to make mornings easier.

1. Rise and shine. Do you hit the snooze button one too many times? Avoid being late again. Place your alarm out of reach so that in order to turn it off, you have to get out of bed. If you use your phone to wake up, consider setting your alarm tone to a song that annoys you -- you'll be happy to get out of

History 101

Gandhi, the political and spiri-

tual leader of the Indian inde-

pendence movement, is as-

sassinated in New Delhi by a

cial in 1869, Gandhi's Vaishna-

va mother was deeply religious

and early on exposed her son

to Jainism, a morally rigorous

Indian religion that advocated

nonviolence. Gandhi was an

unremarkable student but in

1888 was given an opportuni-

ty to study law in England. In

1891, he returned to India, but

failing to find regular legal work

he accepted in 1893 a one-

subjected to racism and South

African laws that restricted the

rights of Indian laborers. Gand-

hi later recalled one such inci-

dent, in which he was removed

from a first-class railway com-

partment and thrown off a train, as his moment of truth. From

thereon, he decided to fight

injustice and defend his rights

as an Indian and a man. When

his contract expired, he spon-

taneously decided to remain

in South Africa and launched

a campaign against legislation

that would deprive Indians of

the right to vote. He formed

the Natal Indian Congress and

drew international attention to

the plight of Indians in South

Africa. In 1906, the Transvaal

government sought to further

restrict the rights of Indians,

and Gandhi organized his first

campaign of satyagraha, or

mass civil disobedience. After

seven years of protest, he ne-

gotiated a compromise agree-

Settling in Natal, he was

year contract in South Africa.

Born the son of an Indian offi-

Karamchand

Gandhi Assasinated

By History.com

Mohandas

Hindu fanatic.



PHOTO COURTESY: STATEPOINT

bed to make it stop!

You may not have time for a full workout in the morning, but moving a bit upon getting out of bed can get the blood flowing, help wake you up and give you a metabolism boost. Start the day with a few stretches and body weight exercises, such as lunges and planks.

2. Perk up. Perk up with a morning ritual that activates your mind. Enjoy your cup of coffee or green tea alongside a brain teaser, Sodoku or crossword puzzle. Or spend the time

writing a journal entry, scanning the morning headlines, or reading a chapter of a book. Taking a few moments to warm up the mind can encourage greater productivity all day long.

3. Eliminate bed head. You can shave substantial minutes off your morning routine by doing your hair the night before. After washing and conditioning your locks, leave hair up in buns or clips while sleeping. In the morning, undo the up-do and use a little spray before heading out the door.

ment that links all women. It's a part of life, and as we all know - it's not always predictable. "Liner Up!" every morning with Carefree Acti-Fresh liners, which are soft, thin and absorbent enough to go unnoticed, helping you feel confident as you go throughout your day. It is easy to incorporate them into your daily regimen by storing them in your underwear drawer-you will

hi and 60,000 others, earned new international respect and support for the leader and his movement.

never forget to give yourself a

layer of protection again.

In 1931, Gandhi was released to attend the Round Table Conference on India in London as the sole representative of the Indian National Congress. The meeting was a great disappointment, and after his return to India he was again imprisoned. While in jail, he led another fast in protest of the British government's treatment of the "untouchables"the impoverished and degraded Indians who occupied the lowest tiers of the caste system. In 1934, he left the Indian Congress Party to work for the economic development of India's many poor. His protege, Jawaharlal Nehru, was named leader of the party in his place.

With the outbreak of World

later, he was arrested by the British authorities for sedition, found guilty, and imprisoned.

After his release in 1924, he led an extended fast in protest of Hindu-Muslim violence. In 1928, he returned to national politics when he demanded dominion status for India and in 1930 launched a mass protest against the British salt tax, which hurt India's poor. In his most famous campaign of civil disobedience, Gandhi and his followers marched to the Arabian Sea, where they made their own salt by evaporating sea water. The march, which resulted in the arrest of Gand-

War II, Gandhi returned to politics and called for Indian cooperation with the British war effort in exchange for independence. Britain refused and sought to divide India by supporting conservative Hin-

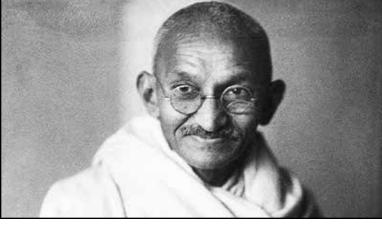


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Walnut Library

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18736 E. Amar Rd.

21155 La Puente Rd.

Walnut Hills Optometry

UPS

see **History** page 10

First World War but in 1919 launched a new satyagraha in protest of Britain's mandatory military draft of Indians. Hundreds of thousands answered his call to protest, and by 1920 he was leader of the Indian movement for independence. He reorganized the Indian National Congress as a political force and launched a massive boycott of British goods, services, and institutions in India. Then, in 1922, he abruptly

called off the satyagraha when

violence erupted. One month

nence and spirituality on the

periphery of Indian politics.

He supported Britain in the

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ment with the South African government. In 1914, Gandhi returned to India and lived a life of absti-

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(909) 598-2111 **Senior Center** 21215 La Puente

Diamond Bar City Hall 21825 Copley Drive (909) 839-7000

Rain storms, closed roads and school cancelled

Rain from page 1

shelter in place until further notice. The National Weather Service has forecasted continuous rainfall and flooding throughout the evening and into the morning in San Bernardino County. Specifically in Chino, there are limited routes through The Preserve area. Our neighboring communities are also experiencing flooding and have roads closed as well. Please be advised, it is best to remain in place and avoid all roads. City crews are monitoring 24/7 and will notify you when the roads are safe to travel. Emergency personnel are already staged inside The Preserve and are available to respond to any incidents in the area. Additionally, public safety personnel have emergency vehicles that allow them to access any closed roadways."

It has been reported that the City Of Chino has plans to improve road conditions but they will not use tax payer's money for future road improvements which has been made clear to develop-

The Community Emergency alert was lifted on January 23, Monday morning at 6 a.m. The City of Chino Police Department saying, "Thank you for your coop-



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PHOTO COURTESY: EDWIN MEDINA

eration and patience during the latest storm series." The City of Eastvale also participated in helping with an updated list of road closures in the area,

as well as the surrounding areas

When PASSION and PURPOSE collide

you switch from a life of surviving to a life of thriving.

that citizens use to drive through the community. Refer to your cities website for updated road closures and detour map options for your daily commute.

\$65K raised by SB Sheriff's Rodeo

IE from page 1

business owners, city and county officials, and law enforcement for one purpose strengthening community ties and creating just plain fun!

The 17th Annual P.R.C.A Sheriff's Rodeo was held at the Glen Helen Regional Park during the third weekend in September. Over 26,000 people attended the three-day event which provided a memorable experience for the community and all who participated. Several of the world's top professional cowboys performed bareback and saddle bronc riding, bull riding, steer wrestling, tie-down roping, barrel racing and team roping. Those in attendance enjoyed performances by PRCA Rodeo Clown Punkintown, Norco Drill Team and Riata Ranch Cowgirls. Last year's specialty act was Cowboy Kenny Bartram's Steel Rodeo Tour. Fans were on the edge of their seats during their performance.

The success of the rodeo and the support from the sponsors has allowed over

\$65,000. in donations to be given back to the community. Proceeds from our event continue to support the youth in our community with the ultimate goal of developing them into responsible citizens.

Cash donations were given to the Boy Scouts and Girl Scouts, the Challenged Children's Rodeo, Children's Fund, the 4H Club of San Bernardino, Loma Linda University Hospital for breast cancer research, Man Up Crusade, Norco Cowgirls and various Sheriff's Department Volunteer groups whose assistance is essential to the success of the rodeo.

Mark September 22nd, 23rd, and 24th on your calendars for this year's Sheriff's PRCA Rodeo that benefits the children of San Bernardino County. We encourage you to arrive early and meander among the many merchandise vendors and partake in the food and beverages that will be available to you.

The rodeo grounds are located in Devore a short distance from the I15/I215 interchange. Take the Devore turn off or Glen Helen Parkway exit. ■

Hike your heart out in Chino Hills

Hike from page 1

share health and wellness tips, including ways to keep your heart healthy! This event was scheduled after the "First Day Hike" on New Year's Day was rained out. Over 200 people had registered to participate. Chino Hills State Park is a gem right in Chino Hills' own backyard. There is no other where people can drive a short distance and be swept away with scenic vistas as they hike, bike, or ride a horse on over 90 miles of trails. At 14,102 acres, the Park is managed as an open space habitat where all plant and animal life are protected. Enjoy the beauty with the entire family and join the First Day Hike. For more information, call (909) 364-2700. ■

State Park, in an urban area,

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Call us to find out how! (909) 464-1200

Community Events

UPCOMING EVENTS:

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, February 27, 2017, 5 pm -7 pm

Where: First Baptist Church, 601 N. Garey Ave., Pomona Why: 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, February 4, 2017, 10am-12 noon: Speaker program & flight demonstration. Museum doors open at 9:00am. Where: Planes of Fame Air Museum, 7000 Merrill Avenue #17, Chino, CA 91710

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

Rowland Heights Community Meeting: "Protect Yourself and Home From Burglars When: Wednesday, February

8, 2017 7:00 p.m.

Where: Rowland Heights Community Center, 18150 Pathfinder Rd., Rowland Heights, CA

"Coffee & Conversation" with Mayor Ray Marquez

When: Saturday, January 28, 2017 10:00 a.m. to 1:00 p.m. Where: 1800 Carbon Canyon Rd., Chino Hills

Why: Drop in event provides residents with the opportunity to meet the Mayor, share ideas, express concerns or provide input on any topic.

Contact: Community Relations Division (909) 364-2610

Paws At The Park

When: Saturday, March 11,

Where: Vila Borba Park, 17001 Amadora Dr., Chino Hills Cost: FREE

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.

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, Wal-

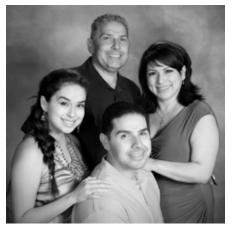
Cost: Free Admission/Parking Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates. Contact: (909) 869-0701



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Recent Recalls

BY STAFF REPORTS

1. D. F. Stauffer Biscuit Co., Inc. is voluntarily recalling one specific best by date of 32 oz. Original Animal Cracker because they may be packaged with other cookies that contain milk powder. People who are allergic to milk run the risk of serious or life-threatening allergic reactions if they consume this product.

2. **Blue Ridge Beef** is voluntarily recalling one (1) of its frozen products due to their potential to be contaminated with Listeria monocytogenes. Listeria can affect animals eating the product. There is a risk to humans from handling contaminated pet products, especially if they have not thoroughly washed their hands after having contact with the products or any surface exposed to these products

3. Trek 720 Disc bicycles and wheel sets-The front brake caliper can come into contact with a broken spoke,

posing a fall hazard to the rider.

4. Pirelli Tire LLC is recall-



ing certain P Zero All Season tires, size 275/40R19 101W, manufactured January 11, 2016, to October 29, 2016, as an original equipment fitment exclusively for certain Maserati cars. Due to an incorrect carcass component, the affected tires may develop cracks in their lower sidewall, possibly resulting in a loss of air.

5. **Baby Trend**, **Inc.** is recalling certain Hybrid LX 3-in-1 Centennial booster seats, model number FB58181, manufactured on July 23,

2016, and Hybrid LX 3-in-1 Kiwi booster seats, model number FB48417, manufactured on July 14, 2016. The affected child seats have a center adjuster rivet that may pull through or break if the harness is being used with a child weighing more than 40 lbs. As such, these child seats fail to comply with the requirements of Federal Motor Vehicle Safety Standard (FMVSS) number 213, "Child Restraint Systems."



6. Mobiles- The wheels on the mobile's hanging cars can detach and fall, posing a choking hazard to young children.

Have your party catered by The Whole Enchilada

Enchilada from page 1

friends.

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

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

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

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

The Whole Enchilada's food is only one reason to celebrate at their restaurant. They also pride themselves on excellent customer service due to their family friendly servers be-

ing attentive, courteous, and knowledgeable.

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

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

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

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

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.), in Diamond Bar. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on page 12. ■



Cervical Cancer Awareness

Like us on Facebook!

/TheWeeklyNews

Make your backyard extreme

Extreme from page 1

designing outdoor entertainment centers with name brand components for over 20 years.

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

Extreme Backyard Designs can provide custom Barbeque

islands, outdoor fireplaces, fire pit tables, spas, patio furniture, and many other items all wholesale to the public.

"We are college and trade school educated and enjoy the interaction and satisfaction of transforming backyards into a family's personal oasis," Deeley said. "Since we buy at such a large volume, we always have monthly specials on our website."

The Extreme Backyard Designs staff are the most knowledgeable and friendly people in the area, as they are centrally located on the corner of the 60

Freeway and Vineyard, right across from the newest Kaiser building.

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

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

Woman arrested for counterfit currency

EV from page 1

a retail store at 12315 Limonite Avenue, Eastvale. When officers arrived, they detained a man and woman as they exited the store. Officers discovered the woman, Cherokee Hicks (age 39 of Chino), was in possession of methamphetamine for sale and was under the influence of a controlled substance. The man, Iban Perez (age 36 of Ontario), was under the influence of a controlled substance.

Officers located Hicks' vehicle in the parking lot and located a third suspect, David Suarez (age 36 of Ontario), inside the vehicle. Suarez was found to be in possession of methamphetamine, and he was under

the influence of a controlled substance. Officers also recovered counterfeit currency in the vehicle.

Hicks was booked for possession of a controlled substance for sales, possession of counterfeit currency, and being under the influence of a controlled substance. Perez was booked for being under the influence of a controlled substance. Suarez was booked for possession of a controlled substance and for being under the influence of a controlled substance.

This investigation is on-going, and the Eastvale Police Department requests that anyone with additional information contact Deputy Ce. Martinez at 951-955-2600. ■

No woman should die of cervical cancer. You can help prevent it by being screened regularly

BY CENTERS FOR DISEASE CONTROL AND PREVENTION

Cervical Cancer is highly preventable with regular screening tests and appropriate follow-up care. It also can be cured when found early and treated.

Cervical cancer is almost always caused by the human papillomavirus (HPV) Vaccines are available to protect against the types of HPV that most often cause cervical cancer.

HPV is very common in the United States and is passed from one person to another during sex. It is so common that nearly all sexually active men and women get it at some point in their lives, but few women will get cervical cancer. Talk to

your health care provider about whether the HPV test is right for

Screening Tests: Two tests can help prevent cervical cancer or find it early—

• The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

• The HPV test looks for the virus that can cause these cell changes.

The Pap test is recommended for women between ages 21 and 65, and can be done in a doctor's office or clinic. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be per-

formed by your doctor at the same time. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say you can wait as long as five years for your next screening.

If you have a low income or do not have health insurance, you may be able to get a free or low-cost Pap test through CDC's National Breast and Cervical Cancer Early Detection Program.

HPV Vaccine

Get the HPV vaccine if you are in the age group for which it's recommended. The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26.

Place an ad in The Weekly News!
Call (909) 464-1200 for information and rates!



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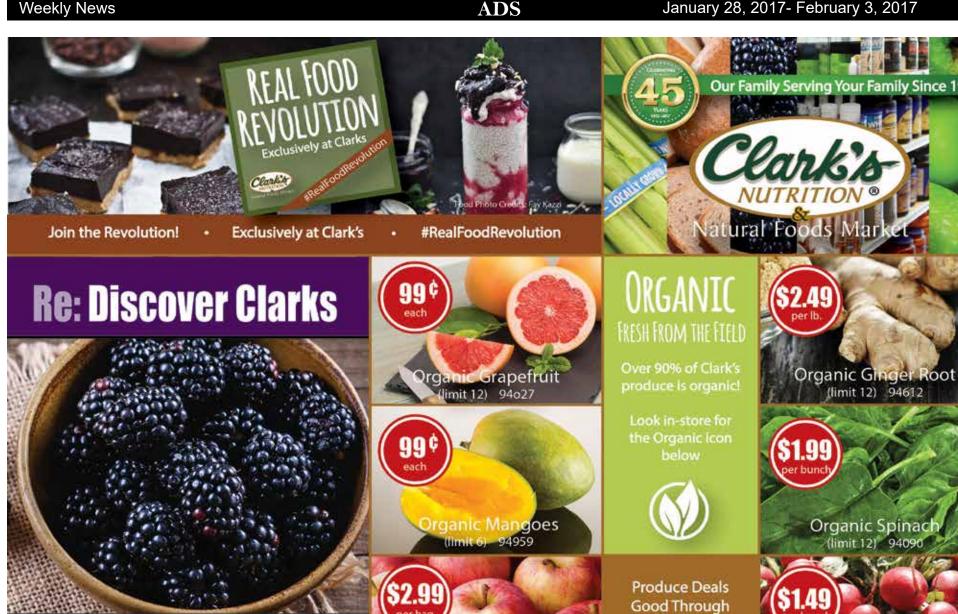
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Healthy Living

Local Farmers Markets:

Claremont Farmers & Artisans Market

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

Amy's Farm

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

Jack Newe's Farmers Market

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

Corona Certified Farmers Market 488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m. (760) 728-7343

Recipes:

Mozzarella-Crusted Chicken

With Blistered Tomatoes and Potato Wedges

By Hello Fresh

Cooking Time: 30 min.

Servings: 2

Nutrition: 545 cal, Fat: 17 g, Sat. Fat: 5 g, Protein: 52 g, Carbs: 56 g, Sugar: 6 g, Sodium: 355 mg, Fiber: 7 g

Ingredients:

- Yukon Potatoes- 12 oz.
- Roma Tomatoes- 2
- Panko Breadcrumbs- 1/2 Cup
- Dried Oregano- 1 tsp
- Paprika- 1 tsp
- Mozzarella Cheese- ½ Cup
- Chicken Breasts- 12 oz.

Preparation:

- 1. Preheat and prep. Wash and dry all produce. Preheat oven to 425 degrees. Cut potatoes into 1/2-inchthick wedges, like steak fries. Core and quarter tomatoes.
- 2. Roast veggies. Toss potatoes on one side of a foil-lined baking sheet with a drizzle of olive oil and a pinch of salt and pepper. On other side of baking sheet, toss tomatoes with a drizzle of olive oil and a pinch of salt



PHOTO COURTESY: HELLO FRESH

and pepper. Roast until potatoes are crispy and tomatoes are very soft, 25-30 minutes, tossing halfway through.

- 3. Make panko crust. Mix panko, oregano, paprika, mozzarella cheese, a drizzle of olive oil, and a pinch of salt and pepper in a small bowl.
- 4. Season chicken. Season chicken breasts all over with salt and pepper. Rub with a drizzle of olive oil. Place on a second baking sheet.
- 5. Coat chicken. Add a layer of panko crust to top of each chicken breast, gently pressing to adhere. Pile topping as high as possible (you may have some left over).
- 6. Bake chicken and serve. Bake chicken until meat is cooked through and topping is golden brown, about 20 minutes. Serve with potato wedges and roasted tomatoes.

Flu Facts And How To Avoid Catching It

BY NANCY BOSTROM

Widespread flu is reported in our state and nearly half the country right now and health officials say that means you can expect more people to get sick in the next few weeks.

The best way to fight the flu is to get vaccinated, but it takes two weeks for the shot to become effective. In the meantime, the best protection is good hygiene. That's why physicians at American Family Care, with urgent care clinics in our area, have identified the top five germiest places and how to protect yourself from them.

Top 5 Germiest Places to Avoid During Flu Season:

1. Debit card machine. Get into the habit of punching in your debit card pin with a knuckle instead of a fingertip. This way if you rub your eye or mouth with your fingertip,

you're not transferring germs.

- 2. Community pens. Whether at work or signing a credit card receipt at a store, never pick up a public pen because also use the paper towel they're covered with otha pen handy for any situ- card info. ation that could pop up.
- 3. Shaking hands. People are more germ-conscious days so avoiding a handshake is not as rude as once thought, especially during flu season. If you must do it, wash or sanitize your hands immediately.
- lets. We are constant- by droplets made when ly using our phones or someone with flu coughs, computer tablets to show sneezes or talks. They friends and coworkers can infect you from six pictures or videos. This means other people are putting their germs on the virus and risk exsomething you are constantly touching. Get into the habit of wiping your phone down with a disinfecting wipe to cut down on spreading germs.
 - 5. Gas pump. Drivers ly if someone is ill. ■

must get gas no matter what, sick or not. Protect yourself at the pump, grab a paper towel by the pump before picking up the gas nozzle. You can as a barrier when puncher people's germs. Keep ing in your debit/credit

FAST FLU FACTS:

- · Children under the these age of 6, pregnant women and adults 65 or older are at high risk for serious flu complications like inflammation of the heart, brain or muscle tissues or multi-organ failure.
- · Most experts think 4. Cell phones, tab- flu viruses spread mainly feet away.
 - · People can carry posing others when they show little symptoms.
 - · Frequently touched surfaces at work or school should be cleaned and disinfected especial-

How To Take Your Child's Temperature

Infants (less than 3 months): use a digital thermometer in the baby's rectum (bottom). Do not take the temperature in the infant's ear.

Babies (3 months - 2 vears): use a digital thermometer in the baby's rectum or use an electronic ear thermometer.

Toddlers (2 - 3 years): use a digital thermometer in the child's rectum or use an electronic ear thermometer.

Children (3 years and up): use a digital thermometer in mouth or ear.

Make sure to read the thermometer's instructions. Do not use a mercury thermometer.



PHOTO COURTESY: GOOGLE

Vegan Banana Chocolate Oatmeal Muffins

BY ADRIANA SEPULVEDA

Ingredients:

- 2 cups flour organic white wheat
- 1/2 cup oats
- 3/4 cups raw sugar
- 3 med bananas
- 3/4 tsp baking soda 3/4 tsp baking powder
- 3/4 cups chocolate chips
- 1/3 cup oil

Preparation:

- **1. Combine** all ingredients.
- 2. Bake at 375 for 18 minutes.

Enjoy! ■



PHOTO COURTESY: ADRIANA SEPULVEDA



Fresh Oranges

BY MARK HOPPER



When we bought our house in Diamond Bar about 30 years

ago, there was a scrawny (sp) little citrus tree in the back yard.

The previous owner said that he had planted the tree but it had not produced much fruit. He had given up on it and was thinking of pulling it

But, I'm glad that he didn't. Thirty years later, we continue to enjoy large, juicy navel oranges from that tree.

That little tree has grown and matured over the past three decades. It produces es are one of God's best cre-

large, juicy oranges year after year.

January is harvest season. This year we have a bumper crop. The branches are bent low with the weight of these delicious fruit.

I love to go out in our back yard early in the morning and pick a fresh orange for breakfast. I usually slice it into three or four large pieces. They really are delicious.

There is a verse in the Bible that says, "God has shown His kindness to us by giving us rain from heaven and crops in their seasons. He provides us with plenty of of food and fills our hearts with joy" (Acts 14:17).

I'm convinced that orang-

ations. And, I'm sure that He intended for us to enjoy them.

We are fortunate that we can find plenty of food at our local grocery store. But, there is something special to see fruit begin as tiny blossoms in the spring that become beautiful, tasty fruit at the end of the year.

If you have a citrus or fruit tree in your back yard, I hope you are able to enjoy it. And, I hope you will give thanks to God who created it for you to enjoy.

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 ■

No More Failed New Year Resolutions

By Nancy Stoops



It's that time of year where we all start setting some resonew lutions for

2016. As we do this, we also wonder why we didn't meet our 2015 resolutions. Usually the reason we don't accomplish resolutions or goals in general is because we make them unrealistic. We also don't give ourselves credit for accomplishing part of the goal. For example let's say you wanted to loose thirty pounds this year and you lost fifteen pounds. I say that you were successful because you did part of what you set out to do. I say if we move in the right direction of our goals them we are successful. I also believe that if we are able to incorporate this mindset then we will eventually meet the

entire goal. On the other hand if you feel you have failed chances are you'll probably put the fifteen pounds back on that you originally lost and then really beat yourself up.

Be smarter this year and set more realistic goals. Also remember that all good things take time. More importantly meeting a goal is usually about changing a habit. It can take awhile some times to successfully change a habit. Think of your goals as more of lifestyle changes. If your goal is to lose weight or to get in better shape think about how long you have had your bad habits and that you are trying to make permanent changes in your lifestyle. Don't be so hard on yourself this year and learn to be happy with the baby steps that you accomplish toward the big goal that you have in mind. Also learn to reward yourself as you accomplish each baby step.

Make this New Year the year you stop self sabotaging and finally meet those life changing goals. I believe in all you and know that you can be and have what you deserve if you just follow my plan. Happy New Year!!!!!!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients. She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. For more information about any of these services contact Nancy at (909) 229-0727. You may e-mail Nancy at nancyjstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com. ■

Straight Talk With Danice

My husband is overbearring- An Anonymous Letter

BY DANICE AKIYOSHI, N.D.



Q: My ing. When thinks someone

has done something unfair to him, he overreacts. Yelling, finger pointing, arm waving. Intimidation is his answer to almost all problems. He has even had tantrums on my behalf when I do not feel offended. He has become a real bully. I am embarrassed, but I don't know how to tell him to

knock it off. In other areas he is a really nice man.

A: Having adult tantrums, and using intimidation as a form of communication is a sign of immaturity and low self esteem. Perhaps he is really hurting about something husband is and feels it would be weak to address his suffering, so he masks it with anger. I don't know your husband or his issues, so I will address your situation. Whenever your husband displays a behavior in your presence that you find unacceptable, it is your right to tell him not to act that way in front of you again. If he decides to test you and does it again, remind him that you have communicated clearly once before, then leave his company

immediately. Walk away, call a cab, do whatever it takes to set a new boundary. Do not nag, plead, or repeat yourself again. Make your statement, and then act on it. Since you say he is basically a nice man, he should catch on quickly and soften his approach when he's with you. Good Luck.

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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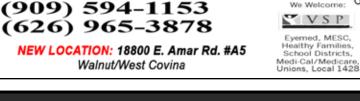
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Walnut's City Council Meeting Recap

Walnut from page 1

the Council recognized and praised "home grown heroes" for pursuing innovating and unique paths. First to be honored was Jacqueline Yu, who graduated from Walnut High School by the age of 15 and enrolled in Mt. Sac's honors program. She has pursued acting while studying forensics, and has been successful in both endeavors, earning a Bovero Top Speaker Award as well as featuring on Disney Channel and several music videos. Yu was named as Mt. Sac's 2016 Student of Distinction and is currently enrolled at UC Berkeley. Jonathan Lee was unable to attend the meeting, but was honored as an Outstanding Young Citizen. Lee graduated from UCLA and interned at prestigious companies such as Merrill Lynch and the Disney Company, and is currently a revenue operations accountant for Netflix. During the oral communications, residents expressed concern and confusion over the updated employment agreement of the City Manager, Rob Wishner. However, according to the Brown Act, the Council was unable to respond to the public at the time, and moved on to the public hearing.

Following the public hearing, the Council approved the minutes of the December 14 City Council meeting and a resolution selecting projects for the 2017-2018 Program Year of the Community Development Block Grant Program.

The Council then approved all items on the consent calendar, including a resolution allowing the City claims and demands in the amount of \$1.095.816.93: a resolution allowing the City Council to establish a self-insurance reserve; the 2017 investment policy; the authorization to contract with MIG, Inc. to prepare and complete an environmental impact report and CEOA documentation for the Walnut Ranch Expansion Project; the amendment and restating the City Manager Employment Agreement; the final acceptance of Areas 1 & 2 Street Resurfacing Project; a resolution allowing the City as Successor Agency allowing claims and demands in the amount of \$125,000; and a Comprehensive Annual Financial Report the year ended June 30, 2016. Council member Tragarz as well other residents brought up concerns and a question surrounding the City Manager's amended employment agreement. However, several residents loudly declared their support for the City Manager's new contract, and following the wishes of their constituents, the Council approved the amended employment contract. Following individual reports and comments from Council members, the Council adjourned to January 25, 2017 at 2101 La Puente Rd.

The Walnut City Council held a short meeting on January 25. Following the pledge of allegiance, oral communications were opened to the public. One resident brought up concern over Mt. Sac's apparent plans to build multiple multi-story parking structures. The Council addressed this fear by assuring residents that in order to use government funding for construction, very stringent regulations would need to be approved. The Council assured residents that what the residents wanted was most important to each member of the Council, and that steps to prevent an unseemly parking structure would be taken.

Following the oral communications, the Council approved all items on the consent calendar, including a resolution allowing the City certain claims and demands in the amount of \$925,402.26; and the first amendment to the right-of-way use agreement between the City and Crown Castle (formerly NextG Networks).

The Council also approved all items on the successor agency consent calendar, including a resolution from the City of Walnut Successor Agency to the Walnut Improvement agency approving the ROPS for July 2017-June 2018; a resolution from the City of Walnut Successor Agency to the Walnut Improvement agency approving the administrative budget for July 2017-June 2018; and a resolution from the City of Walnut Successor Agency to the Walnut Improvement Agency finding a loan made by the City of Walnut to the Walnut Improvement Agency was for a legitimate redevelopment purpose and authorizing the Successor agency to enter into that certain agreement to re-establish loan pursuant to Section 34191.4.

Following individual reports and comments by members of the City Council, the Council adjourned to February 8, 7 p.m. at 21201 La Puente Rd. ■

YOUR AD HERE

(909) 464-1200

Diamond Bar Council Meeting Recap

DB from page 1

Nature, and Digitally Altered. The photos depicted stunning and striking spaces and residents of Diamond Bar.

Following the recognition of the contest winners, the Council heard public comments. One resident expressed concern over the rising crime in Diamond Bar and the possibility that not all residents are well connected to the local police, due to language barriers or other obstacles. A representative from the Diamond Bar Public Library announced upcoming events for kids and teens, and a representative from the Diamond Bar Breakfast Lions Club announced a Drums for Kids Multicultural

Following the public comments, the schedule of future events was read, which included the next General Plan Advisory Committee meeting on January 19; the cancellation of the Winter Snow Fest due to excessive rains; the cancellation of the January 24 Planning Commission meeting; the next Parks and Recreation meeting on January

26; and the next City Council meeting on February 7.

Next, the Council approved all items on the consent calendar, including the minutes from the City Council meeting of December 20 and the special meeting of December 19; ratification of a check register totaling \$2,112,884.78; the Treasurer's Statement for November 2016; approval of notice of completion for construction of Diamond Bar Blvd./Brea Canyon Rd. intersection enhancement project; approval of notice of completion for construction of area 4 residential and collector road maintenance project; a resolution awarding a construction contract for the traffic signal battery backup project in the amount of \$193,560; and awarded a design services contract for area 5 residential and collector street rehabilitation and Brea Canyon Cut-off Rd. drainage improvement and pavement rehabilitation projects to Onward Engineer-

Finally, after individual reports and comments, the Council adjourned to February 7, at 6:30 p.m. ■

History 101

History from page 2

du and Muslim groups. In response, Gandhi launched the "Quit India" movement it 1942, which called for a total British withdrawal. Gandhi and other nationalist leaders were imprisoned until 1944.

In 1945, a new government came to power in Britain, and negotiations for India's independence began. Gandhi sought a unified India, but the Muslim League, which had grown in influence during the war, disagreed. After protracted talks, Britain agreed to create the two new independent states of India and Pakistan on August 15, 1947. Gandhi was greatly distressed by the partition, and bloody violence soon broke out between Hindus and Muslims in India.

In an effort to end India's religious strife, he resorted to fasts and visits to the troubled areas. He was on one such vigil in New Delhi when Nathuram Godse, a Hindu extremist who objected to Gandhi's tolerance for the Muslims, fatally shot him. Known as Mahatma, or "the great soul," during his lifetime, Gandhi's persuasive methods of civil disobedience influenced leaders of civil rights movements around the world, especially Martin Luther King Jr. in the United States. ■

Corner Bakery Cafe To Satisfy Cravings In Hacienda Heights With New Location



PHOTO COURTESY: THE CORNER BAKERY CAFE

Hacienda Heights— Corner Bakery Café will soon satisfy cravings for fresh, ingredient-inspired food with the opening of a Hacienda Heights cafe on Monday, Jan. 30. The new Hacienda Heights cafe is located at 1697 South Azusa Avenue, Suite A, in Hacienda Center.

To celebrate the new cafe, the first 100 guests through the doors at 7 a.m. on opening day will receive a commemorative Corner Bakery Cafe travel mug with free daily refills of hand-roasted coffee for one year. In addition, the cafe will host a social media contest during its first seven days in business, where guests who post using the hashtag #CBCHaciendaHeights will be entered into a drawing to receive a \$5 Corner Bakery

Cafe voucher. Winners will be randomly selected and up to \$1000 worth of vouchers will be awarded.

Corner Bakery Cafe serves made-to-order food for breakfast, lunch and dinner. The seasonal, innovative menu ranges from hot breakfast and grilled panini to handcrafted salads, signature sandwiches, mouthwatering sweets and more. Favorites include light and fluffy Buttermilk Pancakes for breakfast, the grilled-to-perfection Chicken Pomodori Panini for lunch, the crave-worthy Pesto Cavatappi for dinner, and a slice of rich Cinnamon Creme Cake for dessert.

In a warm, relaxing atmosphere with artwork depicting local landmarks on the wall, guests can enjoy their meals in the company of friends and family or stay connected with

Hacienda Heights— Corner Cafe voucher. Winners will be free WiFi and bottomless cups of hand-roasted coffee.

For social occasions and business events, Corner Bakery Cafe offers an unrivaled catering experience, delivering signature, made-to-order breakfast, lunches and dinners. The catering menu includes scrambled-to-order eggs and Chilled Swiss Oatmeal, baskets of assorted specialty sandwiches, hot signature pasta, homemade soups and more.

For guests dining in the cafe, the made-to-order food is delivered fresh to the table at a price point that it is comfortably affordable to all. The Hacienda Heights Corner Bakery Cafe also offers online ordering.

The Hacienda Heights Corner Bakery Cafe is open Sunday through Thursday from 7 a.m. to 9 p.m., and Friday and Saturday from 7 am to 10 pm ■

WVUSD Board Celebrates Star Students And Community Members

BY WVUSD

WALNUT- The Walnut Valley Unified School District Board of Trustees paid tribute to star students and community partners during the January 18 meeting.

Westhoff Elementary 5th grader Valentina Galvan received a certificate of special recognition for winning the 2016 "Holidays Around the World" greeting card contest. Valentina's submission depicted a snowman and holiday greetings in German, Swedish, Spanish. Chinese, and Hebrew. She also received a family gift pack from Chick-fil-A in Walnut.

C.J. Morris Elementary fifth grader Delia Jaramillo was saluted with the school's Super Star Student Award. Since arriving at the school last year, Delia has shown abundant growth in all areas, improved attendance, demonstrated a positive attitude, and she has made new friends. Delia has become involved in school activities including the Matador and Green Clubs, and she enjoys singing in the school's talent show and choir concerts. "Delia is truly somebody that exemplifies grit and perseverance," said Principal Shehzad Bhoiani. "And her hard work has paid off!" "Our staff is so excited for Delia to move up to middle school and be success-

Longtime C.J. Morris par-

na was presented the Partner in Education Award. Rita has been a wonderful source of support in the school community for the past 13 years. She has served in many capacities including a decade-run as Community Club treasurer, as well as Spirit Drive, Matador March, and Fall Fundraiser coordinator, teacher and staff appreciation events, after-school concessions, uniform sales, book fair, ice cream social, and bond committee representative. "She has been there for our school community in more ways that I can count! Bhojani said. The principal said he asked the standout parent why she is so involved at the school? "I've always tried to use my talents for the kids, teachers, and staff because I can. I was taught the more we do for teachers and staff, the more they can focus on children," Rita said. "We appreciate all that she has done for the C.J. Morris community

Faith Education Center, under the leadership of Pastor Donald and First Lady Gloria Gridiron, received the Partner in Education Award. "They have been great supporters of the Ron Hockwalt Academies and the Hockwalt Adult Resource & Transition Training (HARTT) program," said Principal Dr. Donna Hunter. For the past three years, Faith Center supplied food for the HARTT

and District!" Bhojani said.

viding an opportunity for the young adults to prep and cook meals. In addition, students gain work experience by bagging groceries, assisting families, and working as part of a team at the church food bank.

At Ron Hockwalt Academies (RHA), Faith Center organized and hosted a free Emergency Preparedness Workshop for 150 families and community members in October. Gloria Gridiron was the inspiration behind a Veteran's Day assembly with staff dressing up and performing in military-themed clothing for students. In December, the Faith Center sponsored new tennis shoes and gift cards for every Ron Hockwalt student through the District's Caring Soles program. "I'm speechless, this is the nicest present I've ever received," said one teen recipient. "It makes me want to work harder and graduate." "As a learning community, Ron Hockwalt Academies and the HARTT Center sincerely appreciate your support," Hunter said. "We believe you share our HOPE and our Heart. Thank you for partnering with us!"

Ron Hockwalt Academies senior Mirya Ortiz received the Super Star Student award. Since arriving in Fall 2015, Mirya has found her voice and become a great leader on campus, Hunter said. Mirya was an original member of the school's first ASB leadership group. She led, organized and planned Spirit Week activities, assemblies, and helped shape the culture by focusing on student wins. She also represented the school on the Superintendent's Student Advisory Council and was awarded the Principal's Award as the top student in academics and citizenship. "Mirya is such a great student that she completed her senior year and is the first RHA graduate for 2017!" Hunter announced.

The WVUSD Adapted Physical Education (APE) Team was recognized as the Exemplary Program of the Year. The four outstanding APE educators -Kris Rote, Greg Sasaki, Deanne Rodriguez, and Mika Chan were named the top team in the California, Arizona, and Nevada by the State Council of Adapted Physical Education. "They are dedicated to kids, and put in numerous hours above and beyond to make sure that all our 15 schools are serviced with the best care," said Assistant Superintendent of Educational Services Jeff Jordan. "You might see them at school sites, or teaching our students lifelong recreational skills at the Big Bear adapted ski school, fishing and kayaking at Mother's Beach, at the bowling alley, or even golfing," shared Special Education Director Judi Koorndyk.



PHOTO COURTESY: WVUSD

Westhoff Elementary 5th grader Valentina Galvan is the winner of the District's holiday art contest. Shown with Board President Dr. Tony Torng and Superintendent Dr. Robert Taylor.

The function of education is to teach one to think intensively & to think critically. Intelligence plus character- that is the goal of true education. -Martin Luther King Jr.

WVUSD Seeks Members For WV Citizens' Bond Oversight Committee

BY WVUSD

WALNUT- The Walnut Valley Unified School District (WVUSD) is looking for qualified, interested individuals to serve on the Citizens' Bond Oversight Committee.

On November 8, 2016, voters residing within the WVUSD passed Measure WV. Measure WV is a \$152,880,000 bond measure that authorizes funding for needed repairs, upgrades, and new construction projects to the District's schools. Proposition 39 required a 55% supermajority for approval; Measure WV was passed by 64.31%.

An active oversight committee is part of the accountability and auditing process to ensure that a check and balance system is effective. The Committee consists of a minimum of seven members appointed by the Board of Trustees from a list of candidates submitting written applications and based on criteria established by Prop 39. The District is seeking applications from interested individuals willing to serve a term on the Citizens' Bond Oversight Committee. Applicants must meet at least one of the following criteria:

- One (1) member shall be the parent or guardian of a child enrolled in the District.
- One (1) member shall be both a parent or guardian of a child enrolled in the District and active in a parent-teacher organization, such as the P.T.A. or a school site council.
- One (1) member active in a business organization representing the business community located in the District.
- One (1) member active in a senior citizens' organization.
- One (1) member active in a bona-fide taxpayers association.
- Two (2) members of the community at-large.

A copy of the Bylaws and an Application may be downloaded from the District's website at www.wvusd.k12.ca.us. Completed Applications are to be emailed to Business Services Interim Assistant Superintendent Kenneth Goodson: kgoodson@wvusd.k12.ca.us by 4:30 PM on February 24, 2017. ■

"Drumming For Kids" Concert At Diamond Bar HS

LIONS CLUB

Diamond Bar- The Diamond Bar Breakfast Lions Club is hosting a fundraiser "Drumming for Kids" concert on Sunday, February 12, 2017 at Diamond Bar High School theater from 2 pm-5 pm. We will have multicultural drum groups performing; Diamond Bar High School Drum Line. Korean Performing Arts Academy, soloist Tom Rossi. Youth and Family Club of Pomona (Aztec)

By DIAMOND BAR BREAKFAST and Taiko Center of Los Angeles. All proceeds with go to Lions International Clubs charities and youth and community projects. Honorary Lions Jack and Wanda will be recognized at this event for their volunteer service and working with youth.

> The tickets are \$15 for adults, \$8 for children (4 yrs-17 yrs) and 3 yrs and under is free.

For tickets contact Lion Debbie Avila-Mott at (909) 860-1063. ■



Don Lugo High School FFA reports their first set of lambs were born on January 11, 2017! There were 2 ewes & 1 ram. All are healthy!





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