

OurWeeklyNews.com

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Walnut

Public Invited To Workshops On Mt. SAC Master Plan

By Mt. SAC

WALNUT- Mt. San Antonio College will kicked-off a collaborative community effort to develop a new Educational and Facilities Master Plan by encouraging the public to attend one of eight community workshops throughout Mt. SAC's District, beginning Feb. 23.

see **Walnut** page 10

Diamond Bar

Golf With Your Local Sheriffs

By WALNUT-DIAMOND BAR SHERIFF'S BOOSTER CLUB

The Walnut-Diamond Bar Sheriff's Booster Club will host a golf tournament in honor of the Sheriff Department's 150 volunteers next month. If you would like to contribute and/or cannot attend and would like to donate, the Booster Club is looking for 150 minimum promotional product donations to help in honoring the volunteers.

The registration will be at

see **DB** page 3



Suzanne Middle School students get an "A" in etiquette during the Blue and White Tea on Feb. 17.

PHOTO COURTESY: WVUSD

Tea Is Served For 8th Graders At Suzanne Middle School

By WVUSD

WALNUT—Suzanne Middle School presented its Blue and White Tea on Friday, giving 8th graders a chance to dress up and show off their best manners. The traditional tea has been held on the Walnut campus for over three

decades. Candles, soft lighting, decorated tables, and live music set the tone as the well-dressed couples entered the event arm in arm.

Over 450 students participated during five tea services held in the multipurpose room. The Challenger Orchestra under the direction of Amy

Garvin provided music during each processional. For the formal occasion, the dress code required girls to wear dresses, and boys to sport shirts and ties. A team of parent volunteers worked seamlessly behind the scenes pre-

see **Tea** page 3

Man Convicted Of Murder After Killing His Wife & Dumping Her Body In Chino

By SBCDAO

SAN BERNARDINO - A Fontana man was convicted Friday of murder after strangling his estranged wife to death and then dumping her body in Chino in 2013. After a day of deliberations, the jury found 44-year-old Victor Lopez guilty of first degree murder in the killing of Lorna Lopez and found true the allegation that he had used a

deadly weapon, a cord.

According to Supervising Deputy District Attorney Norma Alejo, who prosecuted the case, the 40-year-old victim had recently told her husband she was planning to seek a divorce.

On March 12, 2013, Victor Lopez and Lorna Lopez were reported missing by relatives. The investigation into the missing couple led officers

see **VLopez** page 5



PHOTO COURTESY: SBCDAO

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Inland Empire

Murder Suspect Turns Himself In

By SBSB

On Sunday, February 19, 2017, at approximately 1:11 a.m., deputies from the Victorville Police Department responded to the report of shots heard and a man down in the 13800 block of Victoria Drive.

see **IE** page 3

Eastvale

School Bus Stop Passing Enforcement Planned

By CORONA PD

The Corona Police Department will be conducting a school bus stop passing

see **EV** page 3

Our Featured Businesses

Strategic Alliance: FREE Networking

By STAFF REPORTS

Diamond Bar— If you are looking for an effective way to market your business and network with local businesses at the same time, Strategic Alliance is the perfect solution...and it has NO MEMBERSHIP FEE!

Strategic Alliance is a non-profit group of

see **Strategic** page 5



Grow your business through referrals with Strategic Alliance Networking Group. For more information visit our website at www.strategicnetworking.org.

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.

see **Plumbing** page 10



Care Plumbing is currently running a special for 2 bathrooms, raised foundation house complete re-pipe and patch starting at \$3,495. See their ad on page 12.

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History 101

New Orleanians Take To The Streets For Mardi Gras

BY HISTORY.COM

On this day in 1827, a group of masked and costumed students dance through the streets of New Orleans, Louisiana, marking the beginning of the city's famous Mardi Gras celebrations.

The celebration of Carnival—or the weeks between Twelfth Night on January 6 and Ash Wednesday, the beginning of the Christian period of Lent—spread from Rome across Europe and later to the Americas. Nowhere in the United States is Carnival celebrated as grandly as in New Orleans, famous for its over-the-top parades and parties for Mardi Gras (or Fat Tuesday), the last day of the Carnival season.

Though early French settlers brought the tradition of Mardi Gras to Louisiana at the end of the 17th century, Spanish governors of the province later banned the celebrations. After Louisiana became part of the United States in 1803, New Orleanians managed to convince the city council to lift the ban on wearing masks and partying in the streets. The city's new Mardi Gras tradition began in 1827 when the group of students, inspired by their experiences studying in Paris, donned masks and jester costumes and staged their own Fat Tuesday festivities.

The parties grew more and more popular, and in 1833 a rich plantation owner named Bernard Xavier de Marigny de Mandeville raised money to fund an official Mardi Gras celebration. After rowdy revelers began to get violent during the 1850s, a secret society called the Mistick Krewe of Comus staged the first large-scale, well-organized Mardi Gras parade in 1857.

Over time, hundreds of krewes formed, building elaborate and colorful floats for parades held over the two weeks leading up to Fat Tuesday. Riders on the floats are usually local citizens who toss “throws” at passersby, including metal coins, stuffed toys or those now-infamous strands of beads. Though many tourists mistakenly believe Bourbon Street and the historic French Quarter are the heart of Mardi Gras festivities, none of the major parades have been allowed to enter the area since 1979 because of its narrow streets.

In February 2006, New Orleans held its Mardi Gras celebrations despite the fact that Hurricane Katrina had devastated much of the city with massive flooding the previous August. Attendance was at only 60-70 percent of the 300,000-400,000 visitors who usually attend Mardi Gras, but the celebration marked an important step in the recovery of the city, which counts on hospitality and tourism as its single largest industry. ■



PHOTO COURTESY: STATEPOINT

Did You Know?

Dental Health Is Important For Children's 'Baby Teeth'

BY STATEPOINT

Parents and caregivers may be underestimating the importance of dental care for children's “baby teeth.” According to the Centers for Disease Control and Prevention, only 63 percent of children ages two to four see the dentist at least annually.

Most dental benefits cover preventive care visits twice a year with no out-of-pocket costs, and these visits are important for small children.

Baby teeth, (also known as primary teeth), play an important role in a child's overall healthy development. If cavities begin and are left untreated, they can become painful and possibly infected. Loss of these teeth prematurely may impact eating, speaking, learning and self-esteem. Baby teeth help guide the way for permanent teeth to erupt into proper position.

“Tooth decay is preventable. The investment of only a few minutes each day on the part of parents and caregivers, coupled with regular dental checkups, goes a long way in creating healthy smiles to last a lifetime,” says Dr. Diane Monti-Markowski, clinical program director for Cigna Dental.

She offers these oral hygiene tips for those caring for small children:

- Plan to have your child vis-

it the dentist by his or her first birthday or within six months after the first teeth appear.

- As a child's teeth start to come in, brush them gently twice a day with a child-sized toothbrush and water.

- Begin flossing a child's teeth daily when there are two teeth that touch.

- Do not put your baby to sleep with a bottle of formula, milk, juice or any other liquid other than water.

- Consider introducing toothpaste for children who are two and older and are able to follow directions to spit after brushing. The American Dental Association recommends using fluoride toothpaste about the size of a grain of rice for children younger than three years old and a pea-size amount for children three to six years old. By age three or four, your child should be able to brush with your supervision.

- Make brushing fun. Let your child pick out the color of his or her toothbrush. Play a favorite song or set a timer to help children understand that good brushing takes about two minutes twice a day.

Find more tips at Cigna.com/dental-resources. For detailed questions or concerns about a child's oral health, it is important to consult a dentist.

“Adults can also reinforce the importance of oral health by their attitudes,” adds Dr. Monti-Markowski. “Encouraging good habits and showing a positive manner when visiting the dentist can lay the foundation for children to maintain healthy teeth throughout their lives.” ■

Our Life: The Ledge

BY SARAH SANCHEZ

I have a friend who gave an analogy to explain her depression to me. She said that some days she felt like she was standing on a ledge, barely holding on. She said that sometimes she felt like letting go of that ledge, but as she “let go” she felt others still “holding” on to her. Her point was that when she felt like giving up, she had someone who still believed in her and wouldn't let her give up.

How many times have we felt a depression like this? How many times have we wanted to take the easy way out and give up? With the stress of finances, relationships, work, family, and busy schedules, it's easy to feel overwhelmed and defeated. It's easy to feel like giving up and not want to get up in the morning. It's easy to feel like we're ready to let go of the ledge.

But as we let go of that ledge, we can feel the others that are still holding on to us. Maybe it's our friends or maybe it's our family that's still holding on. Or maybe it's just one person in our life who we have impacted enough to still believe in us. All it takes is one person: one person who hasn't given up on us, one person to keep going for, one person who's worth living for, and one person who will keep holding on to us. But, will we keep holding on for them?

We have the power to be that one person in a loved one's life. We have the tools to show unconditional love to those around us and to maybe change a life enough for someone to keep getting up in the morning.

But the big question is: are you that one person who is capable of impacting someone else's life? Or are you the person who needs to get down from the ledge? ■



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Public invited to workshops on Mt. SAC master plan

Walnut from page 1

Hosted by members of Mt. SAC's Board of Trustees, the public workshops are the community's opportunity to provide input on the college's Educational and Facilities Master plan.

Mt. SAC's master plan determines how to best serve the college's students and community for the next decade and beyond. Mt. SAC previously had separate facility and educational plans. This effort is an integrated process that will combine the two. The Educational Master Plan will inform the Facilities Master Plan, and both will be provided in one comprehensive document.

The public workshops will be held on these dates at the following locations:

- Thursday, Feb 23, 6:30-8 p.m., Ganesha Park Community Center, 1575 N. White Ave., Pomona.

School bus stop passing enforcement planned

EV from page 1

enforcement operation the week of Feb. 27 to March 3. Officers will be at school bus stops targeting motorist who violate traffic laws while children are loading or unloading from school buses within the City limits.

The Corona Police Department would like to remind motorist when red lights flash on a school bus, drivers in both directions must stop, unless they are on a divided roadway or one that has multiple lanes in each direction of travel. If it is a divided highway, then there is no requirement to stop for the other direction, however, the drivers should proceed with caution. The dividing median can be painted

- Tuesday, Feb. 28, 6:30-8 p.m., West Covina Senior Center, 2501 E. Cortez Str., West Covina.
 - Wednesday, Mar. 1, 6:30-8 p.m., Esther Snyder Community Center, 4100 Baldwin Park Blvd., Baldwin Park.
 - Thursday, Mar. 2, 6:30-8 p.m., Mt. SAC Founders Hall, 1100 N. Grand Ave., Walnut.
 - Thursday, Mar. 9, 6:30-8 p.m., Cougar Park, 150 W. Puente Street, Covina.
 - Monday, Mar. 13, 6:30-8 p.m., Hacienda Heights Community Center, 1234 Valencia Blvd., Hacienda Heights.
 - Tuesday, Mar. 14, 6:30-8 p.m., La Verne Community Center, 3680 D Street, La Verne.
 - Wednesday, Mar. 15, 6:30-8 p.m., Rowland Heights Community Center, 18150 East Pathfinder Road, Rowland Heights.
- For more information, please visit the website at www.mtsac.edu/efmp. ■

or raised. Either double-solid- or double-broken-yellow lines still qualify as a median, so traffic on the opposite side can keep moving. If it is not a divided highway, drivers in both directions must come to a complete stop until the red lights and/ or swinging stop sign is no longer present.

A national study reveals that pedestrians and drivers do not obey laws and signals consistently and many often use cell phones, text and listen to music while walking or driving.

Funding for this program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. ■

Tea is served for 8th graders at Suzanne Middle School

Tea from page 1

paring dozens of trays of the tea fare between services.

Guests dined on traditional scones with Chantilly cream, finger sandwiches, wonton cups, fruit skewers, and three types of dessert. Volunteers from the school's Impact group served menu items along with tea, decaffeinated coffee, and punch. The 8th graders were prepped for the special occasion during several days of etiquette classes held during their P.E. classes, according to teacher Marla Rickard.

Murder suspect turns himself in

IE from page 1

Upon arrival, deputies located an adult male, in the street in front of the residence, suffering from an apparent gunshot wound. The victim was pronounced deceased at the scene.

Investigators from the Sheriff's Specialized Investigations Division, Homicide Detail, responded to the location and are conducting the investigation.

On Monday, February 20, the victim has been identified as Roman Robert Clemente of Apple Valley.

Through investigation, Homicide Investigators identified Austin Lembcke as a suspect in

Students got to practice pulling out the chair for their partner, passing food in a counterclockwise direction, stirring cream and sugar in tea using a six and twelve motion, and selecting the correct silverware. And there weren't any elbows on tables in sight! 'We're focused on teaching the kids to be completely selfless,' Rickard said. "We've talked to them about acting appropriately in different cultures and settings, and what's socially acceptable."

One group of students admitted to being "excited and a

little nervous" at the beginning of the tea. "I'll probably use some of these skills on special occasions," said Ricky Trujillo. "We don't want to mess up!" said Eliana Lu, age 13, who explained that students would receive a pass or fail grade for their performance. The students also quickly learned that bite-size nibbles are featured during high teas. "These are the size of Lunchables!" exclaimed Sam Deng, age 13, as the first course of cucumber and cream cheese sandwiches (sans the crusts) arrived at the table. ■

the murder of Roman Clemente. An arrest warrant for murder has been issued for Lembcke.

Homicide Investigators are releasing a photo of Austin Lembcke and asking the public for assistance in locating him. Anyone with information regarding the whereabouts of Austin Lembcke is asked to call Sheriff's Dispatch at (760) 956-5001; or Detective Brian Chambers or Sergeant Jason Radeleff, Homicide Detail (909) 387-3589. Callers wishing to remain anonymous are urged to call the We-Tip Hotline at 1-800-78-CRIME (27463), or you may leave information on the We-Tip Hotline at www.wetip.com.

On Tuesday, February 21st, at approximately 4:00 p.m.,

Austin Lembcke turned himself in to Homicide Investigators at Sheriff's Headquarters. Lembcke was arrested and booked into the Central Detention Center for Murder. He is currently being held without bail and is scheduled to appear in court on February 23rd in Victorville.

Anyone with information regarding this investigation is urged to contact Detective Brian Chambers or Sergeant Jason Radeleff, Homicide Detail (909) 387-3589. Callers wishing to remain anonymous are urged to call the We-Tip Hotline at 1-800-78CRIME (27463), or you may leave information on the We-Tip website at www.wetip.com. ■

“Doing business without advertising is like winking at a girl in the dark. You know what you are doing, but nobody else does.”

- Stuart Henderson Britt

Community Events

UPCOMING EVENTS:		REGULAR EVENTS:	
Pomona Inner City Homeless Ministry Dinner When: Saturday, March 18 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 WHAT: Open to the public, Planes of Fame Air Museum (Chino, CA) presents its monthly Living History Flying Day on March 4, 2017, featuring the North American P-51 Mustang. A speaker panel of distinguished aviation experts, historians and veterans is featured, followed by a question & answer period and flight demonstration when possible. The North American P-51 Mustang will be on display and perform a flight demonstration. At 12:00 noon, the Raffle Flight will occur. Become a member to enter the Raffle. All members are eligible to enter the Raffle, but you must be present to win. Distinguished veterans, aviation experts, and historians constitute the presentation panel. Stay tuned for announcement of special speakers. Kevin Thompson (POF Moderator and Aviation Historian) moderates and joins in the presentation. WHEN: Saturday, March 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 airshows in fulfillment of this mission.to win.	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 .	Where: 12598 Central Avenue, Unit 113, Chino, CA 91710. Cost: Free Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com Jack Newe's Farmers Market sponsored by SGV Regional Chamber of Commerce When: Every Saturday from 8 a.m. to 2 p.m. Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Avenue, Walnut Cost: Free Admission/Parking Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, fresh-popped Kettle Corn and grilled food plates. Contact: (909) 869-0701
Paws At The Park When: Saturday, March 11, 2017 Where: Vila Borba Park, 17001 Amadora Dr., Chino Hills Cost: FREE		Free Acupuncture for Veterans, Active Military, First Responders When: Every Tuesday at 5 p.m.	

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Recipes:

Melty Monterey Jack Burger

With Red Onion Jam & Zucchini Fries

BY HELLO FRESH

Cooking Time: 35 min.

Servings: 2

Nutrition: Calories: 860

Ingredients:

- Garlic- 1 Clove
- Red Onion- 1
- Zucchini- 1
- Mayonnaise- 1 ½ TBSP
- Balsamic Vinegar- 2 TBSP
- Panko Breadcrumbs- ¼ Cup
- Dried Oregano- 1 tsp
- Ground Beef- 8 oz.
- Monterey Jack Cheese- ½ Cup
- Potato Buns- 2
- Ketchup- 2 TBSP

Preparation:

1. **Prep.** Wash and dry all produce. Preheat oven to 450 degrees. Mince or grate garlic until you have ¼ tsp (you may have a clove left over). Halve, peel, and thinly slice onion. Cut zucchini into 3-inch-long pieces, then halve each piece lengthwise. Cut each into thin wedges.

2. **Make Aioli** In a small bowl, mix together 1½ TBSP mayonnaise (we sent more) and as much of the garlic as you like. Season with salt and pepper.

3. **Make Onion Jam** Heat a drizzle of oil in a large pan over medium heat. Add onion and cook until caramelized, 8-10 minutes, tossing occasionally. Stir in balsamic vinegar and 1 tsp sugar. Continue cooking until syrupy, 1-2 minutes more. Season with



PHOTO COURTESY: HELLO FRESH

salt and pepper. Remove from pan and set aside in another small bowl.

4. **Make Zucchini Fries** While onions are cooking, toss together zucchini and ½ TBSP aioli in a medium bowl until wedges are evenly coated. Add panko, oregano, and a large pinch of salt and pepper and toss so that crumbs stick to zucchini. Spread on a lightly oiled baking sheet. Bake in oven until panko is golden-brown, about 15 minutes, tossing halfway through. TIP: It's OK if not all the breadcrumbs stick.

5. **Cook burgers** Wash out pan you cooked onions in. Heat a drizzle of oil in same pan over medium-high heat. Shape beef into two 4-inch-wide patties. Season all over with salt and pepper. Add to pan and cook until burgers almost reach desired doneness, 3-5 minutes per side. Top each with Monterey Jack cheese. Cover pan until cheese melts, about 1 minute.

6. **Finish and serve** While burgers cook, split buns in half and place on another baking sheet. Toast in oven until golden, about 3 minutes. Spread split sides of buns with ketchup and remaining aioli. Top each with a burger and as much onion jam as you like. Serve with zucchini fries on the side. ■

5 Top Tips For American Heart Health Month



BY STATEPOINT

PHOTO COURTESY: STATEPOINT

Heart disease and stroke cause one in three deaths among women each year, killing approximately one woman every 80 seconds. While there are many risk factors involved that are beyond one's control, a healthy lifestyle can make a big difference.

February is American Heart Month and a great opportunity to adopt healthy habits that can reduce your risk for illness. Here are five to consider.

- **Move about:** Exercise doesn't have to be daunting! Aim for 10-minute sessions, three times daily. Movement sets your metabolism in motion, so make sure it's a consistent part of your life.

- **Get sleep:** Sleeping fewer than seven hours a night can make you gain weight and have more trouble taking it off, according to Columbia University research. Another study found that people who get enough sleep have a five percent higher metabolism than people who don't. That means more calories burned while you're sleeping! Doesn't get much easier than that.

- **Eat small and well:** "Studies have found that losing five to 10 percent of your body weight can lower the risk of a heart attack," says Dawn Zier, CEO of Nutrisystem and the 2017 Go Red for Women Campaign Chair in Philadelphia, a movement to help end heart disease and stroke in women.

Research suggests that eating

smaller, balanced meals throughout the day promotes greater weight loss and maintenance, and can also be good for your heart. Schedule meals every two to three hours, six times a day. Programs designed to help you eat healthy portions can mean seeing quick results. For example, Nutrisystem Lean13 is a new program designed to help you lose up to 13 pounds and seven inches in the first month. For more information visit nutrisystem.com.

- **Rise, shine, drink water.** You'll burn more calories all day: A German study found that drinking 48 ounces (about six cups) of cold water increased calorie burn at rest by up to 50 calories per day. This alone could melt a pound in a little more than two months. And drinking it before meals could give you an added bonus, as a Virginia Tech study found that dieters who drank two, eight-ounce glasses of water before meals for 12 weeks lost 36 percent more weight than those who didn't down the water.

- **Put your phone away:** Checking your email in the morning will just stress you out. Many productivity experts recommend waiting at least an hour once you get to work before checking your inbox, so you can tackle your most important priorities calmly without getting distracted.

This American Heart Month, take steps to improve your health and reduce your risk for serious illness. ■

Warning Signs Of Heart Attack, Stroke & Cardiac Arrest

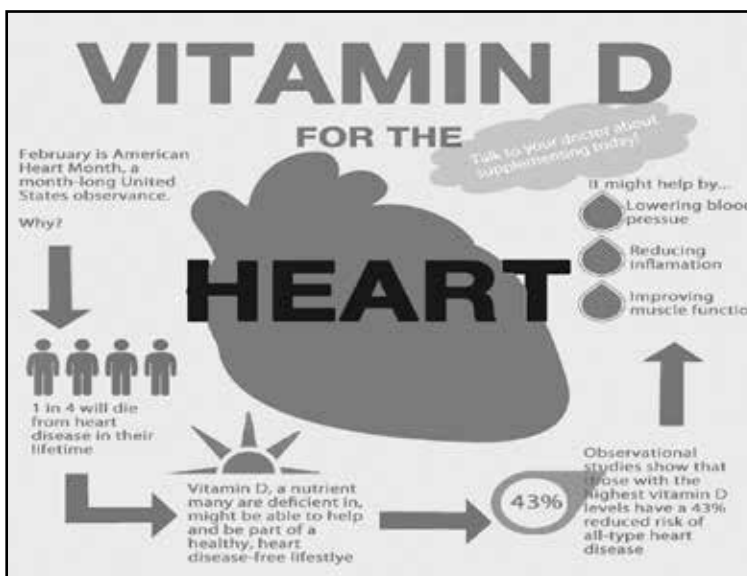
By AHA

HEART ATTACK WARNING SIGNS

- **Chest Discomfort**-Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the Upper Body**- Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of Breath**- with or without chest discomfort
- **Other Signs**- may include breaking out in a cold sweat, nausea, or lightheadedness.

STROKE WARNING SIGNS

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.



- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

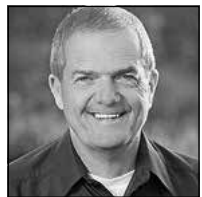
- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

CARDIAC ARREST WARNING SIGNS

- **Sudden Loss of Responsiveness**- No response to tapping on shoulders.
- **No Normal Breathing**- The Victim does not take a normal breath when you tilt the head up and check for at least five seconds. ■

Comeback Or Collapse?

BY MARK HOPPER



I realize that some people did not watch the Super Bowl football game recently. Some prefer basketball or soccer or some other sport. But according to the TV ratings, millions of people did watch the Super Bowl again this year. If you missed it, you may have heard that the game this year was one of the best. It was the first time in the history of the Super Bowl that the game was tied at the end of regulation.

The game went into overtime for the first time ever. This was one of the most dramatic and exciting Super Bowl games in its fifty-one year history. In addition, this year's Super Bowl included the greatest comeback in history. The Atlanta Falcons led the game by over 20 points in the third quarter. But, the New England Patriots came back and tied the game with only seconds left on the clock in regulation. And, the Patriots used a rare

two-point play after their final touch down to tie the game and force overtime. It doesn't get much better than this if you are a football fan.

I have heard a lot of sports fans talking about the remarkable comeback by New England. Few people thought that the Patriots could pull this off. Every pass completion was critical. Every penalty seemed to go their way. It was amazing to watch. However, I have also heard other fans say it was the biggest collapse in Super Bowl history. How could Atlanta let the game slip away? They had a commanding lead in the third quarter. Most people thought the Falcons had the game wrapped up. I wonder how the players and coaches feel? The players on the winning team must be so excited. The players on the losing team must be so disappointed.

I suppose that life is a lot like the Super Bowl. There are times that we are excited and delighted over a personal success or accomplishment. And, they are times when we feel discouraged and disappointed

over a missed opportunity. My suggestion is to focus on the positive. Don't dwell on your defeats. Remember your successes. Atlanta fans certainly have a reason to be disappointed. They almost won the game. They were so close. But, they had a remarkable season and won more games than most people expected. Their quarterback had the best season of his career. Football fans were surprised that the Falcons made it to the Super Bowl and almost won it! I hope you can learn to be thankful for the positive things in your life. Focus on your family and your friends - your health and your faith. Every day is a gift from God. We know there will be difficulties and disappointments in life. Lost jobs and poor health. But, face those times with hope and faith. You will be glad you did and others around you will too.

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 ■

Wellness Is Empowering

BY NANCY STOOPS



Everybody seems to be talking about wellness. I just did a seminar for the city of Walnut on wellness and we had over a hundred people attend. I think wellness comes from having a healthy mind, body and spirit. I tell my clients the same thing. I think wellness comes from being quiet inside from knowing one is growing into who they are intended to be more and more each day. I think wellness involves daily meditation and working to manage one's stress, a healthy diet, vitamins and supplements and daily exercise and a faith in something bigger and more powerful than us.

Wellness is not something

that just happens it's a lifestyle that needs to occur daily. It's a desire to be operating at one's optimum. Your life will have much more quality if you are operating at your optimum. If you bring total wellness into your life you will feel great and have the energy and mindset to live the wonderful life that each and every one of us is so deserving of. I feel if I'm going to be here living my life why not do what I need to do to make it the best life possible. I do all I can to bring optimum wellness into my life and my being every day.

Think about a starting point to bring wellness into your daily life. Make your goals small and obtainable to start. Once you've met these goals then add more. Bringing total wellness into your life is a process and don't beat yourself up as you go but praise your-

self for the positive changes you are making. I think if you add one change per week you are doing pretty well. Something as simple as a daily walk and meditation can be a great place to start. I wish you nothing total wellness in life!!!

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 Have A Serious Anger Problem"—A Question from Ray

BY DANICE AKIYOSHI, N.D.



Q: My sister said she will never drive with me again or allow me to take her kids to the movies anymore because I had an episode with road rage when she was a passenger in my car. I can tell that she thinks less of me now and it really bothers me. I am a nice man, but when people do stupid things on the streets I can't control myself. I will do anything to get her to trust me again. She says

she doesn't understand me anymore. I already miss my niece and nephew. I don't have any friends outside of my family. What should I do to regain her trust? I regret upsetting her. She is my best friend. Thank you.

A: In my opinion, anyone who would lose their temper in public with a total stranger to the degree that their own loved ones will turn away from them is in serious trouble. Quite often, unnecessary aggression stems from low self esteem and a feeling of having no personal power. I hope you will seriously consider some sort of personal coaching or counseling to identify what is bothering you so deeply that you take these dangerous risks. The fact that you show remorse and feel sad because of the distance your sister has imposed on you shows me that you care enough to get better. Please

call a skilled professional and schedule an appointment. Consider inviting your sister to attend therapy with you eventually so that she can see how serious you are about repairing things with her.

From a safety standpoint I'm glad you are addressing your problem. Please make an appointment to get help right away. I wish you well.

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@candid-coachingservices.com. You can also visit her website at <http://www.candidcoachingservices.com> ■

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Golf with your local sheriffs in Chino Hills

DB from page 1

9:30 a.m. to 11:15 a.m. and followed by a Shotgun Start of 11:15a.m. on April 3 at the Western Hills Country Club, 1800 Carbon Canyon Rd., in Chino Hills. A luncheon will immediately follow the tournament.

“Thousands of hours are donated annually by our department’s volunteers, explorers, reserves and disaster communication specialists,” Captain Jeff Scroggin said. “From vacation checks and traffic control to color guard and keeping disaster communication equipment ready in case of emergency, these are a few of the many services they provide the community.”

Prizes for the longest drive, closest to the pin and hole-in-one will be awarded during the luncheon. The cost for a single player is \$100.

Sponsorship opportunities

are available as follows:

Platinum sponsor - \$3,000- Includes 16 players/four teams, recognition during the awards luncheon, repeated advertising of your company in Our Weekly newspaper and during the tournament, name placement on event signage and a recognition certificate from the Walnut-Diamond Bar Sheriff’s Booster Club.

Gold sponsor - \$2,000- Includes 8 players/two teams, recognition in Our Weekly newspaper, recognition during the awards luncheon, name placement on event signage and a recognition certificate from the Walnut-Diamond Bar Sheriff’s Booster Club.

Silver sponsor - \$1,000- Includes one team of four players and a recognition certificate from the Walnut-Diamond Bar Sheriff’s Booster Club.

Other sponsorship opportunities include- Soft drink/Beer Cart Sponsors for \$1,000,

Hole-In-One sponsor for \$500, Goodie Bag Sponsor for \$500, Closest-to-the-Pin Sponsor for \$400, and Tee Sign Sponsorship for \$100.

Captain Al Reyes encourages community members to join this fun and meaningful tournament to continue to help provide the needed uniforms and equipment to the people who volunteer their time to improve the service and security to the cities of Walnut and Diamond Bar, and the unincorporated communities of Rowland Heights, Covina Hills and West Covina.

For information and reservations, contact Sgt. Mark Saldecke, volunteer coordinator, at (909) 595-2264, mcsaldec@lasd.org or Gil Rivera, booster club member at (909) 967-4525, GRiveraEmail@gmail.com.

You may visit <http://www.planmygolfevent.com/30119-WalnutSheriffGolf/> for more information. ■

Care Plumbing & Restorations

Plumbing from page 1

They have been in business for 25 years. They have been successfully holding the California Contractor’s License C36 for 20 years without any disciplinary action or citations from State License Board. Care Plumbing is fully insured and bonded.

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

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

delivered all the promises.”

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

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

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

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

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Walnut Valley Trustees Celebrate Star Students, Volunteers

By WVUSD

WALNUT- In keeping with tradition, the Walnut Valley USD Board of Trustees honored outstanding students and parent partners during the February 15 meeting. Castle Rock Elementary parent Rowena Joe received the Partner in Education Award.

As Community Club treasurer, Rowena's ability to work with the books and diligence to ensure a balanced budget have brought more to the Diamond Bar students, according to Principal Dr. Resma Byrne. Last year, each child received a \$10 voucher for the school book fair. Through her time, efforts, and professionalism, the school's community club has thrived. "Your poise, grace, and elegance will never be replaced. Thank you for your countless hours and dedication!"

Castle Rock 5th grader Jovany Flores received the Super Star Student Award for perseverance, determination, and endurance. Twenty-first century learners think for themselves, analyze situations, and develop their own solutions. "Jovany embodies an IB student and has made us all proud! He consistently insists on pushing through, striving to produce work that demonstrates his grit," Byrne added.

Quail Summit Elementary 5th grade student leader Julia Schlachter received the Super Star Student Award. Julia shows a heart of compassion by giving up her recess time to work, connect, and interact with special needs students. "Her selfless nature has become a positive influence on other students," said Principal Jeanette Koh. Camfel Productions will be featuring Julia in up-

coming nationwide assemblies on inclusion and compassion. "We are so proud of Julia through and through!" Koh said.

Quail Summit's "dynamic duo" Marcus and Terri Lotto were honored with the Partners in Education Award. Marcus has been involved with the School Site Council for the past six years, and served as its chairperson. He also helps with all Community Club events, including working from dawn until midnight at the school carnival. Terri is the Community Club secretary and serves as chairperson on the Santa Store and Book Fair committees. She doesn't shy away from dressing up as an elf, pirate or even a donut to get the school excited for upcoming school events. "We won the lotto with these parents! We love their enthusiasm, dedication and commitment!" Koh added. ■



PHOTO COURTESY: CVUSD

Mark Bozek, President of the Chino Valley Firefighters Foundation, donates a check for \$1,000 to Chino Valley Unified School District's CARE program to assist students in need. He said the funds came from several fundraisers held by the firefighters. The donation was made at the Jan. 19 Board of Education meeting in Chino.

Walnut High Teen Wins Speech Trek Contest

WALNUT-Walnut High School sophomore Angela Cao took 1st place in the 2017 Speech Trek Contest.

The 10th annual Diamond Bar-Walnut branch contest was sponsored by the American Association of University Women (AAUW) on Jan 25.

Cao delivered a five-minute impassioned speech about the pros of passing the Equal Rights Amendment (ERA).

"I didn't really know about the ERA, but this gave me the opportunity to research women's rights," she said.

"I think it's important to know about the past in order to change the future."

Good luck to Angela as she advances to state-level competition later this month! ■

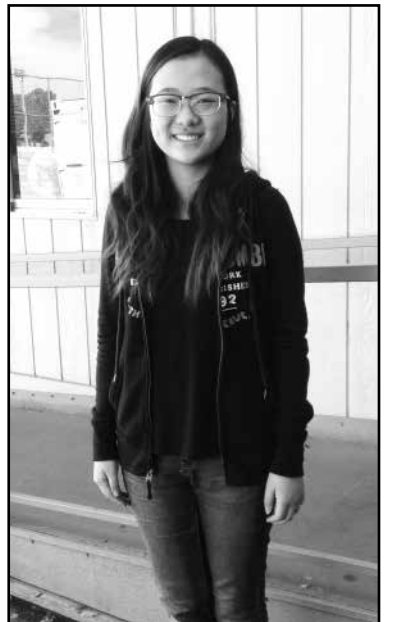


PHOTO COURTESY: WVUSD

Walnut High sophomore Angela Cao is the 2017 Speech Trek Contest winner. (Above)

Diamond Bar Student Selected As A Disney Summer Of Service Winner

To Create Positive Change In Her Community

By YSA

Diamond Bar- Srijani Krishnan, an eighth grade student from Chaparral Middle School, Diamond Bar, CA has been awarded a Disney Summer of Service grant through YSA (Youth Service America). The grant will support Srijani's in leading a community service project "Partnering with Pollinators" that addresses the issue of reduction in the pollinators count and their habitat.

Service activities will take place March 5th 2017, Noon – 2 pm for the inauguration of the redesigned 'Pollinators Garden'

at the Diamond Bar Community Garden (<http://www.diamondbarcommunitygarden.com>), for the project 'Partnering with Pollinators',

Through 2016 Summer Service grant, Srijani intends to support the pollinators of the Diamond Bar Community. The garden also provides a location for the community to enjoy and understand the importance of pollinators, and its role within the community. The volunteers and citizens of Diamond Bar are encouraged to help maintain the habitat after the project completion, and create habitats if possible in their home gardens.

Diamond Bar Community Garden, supported by Diamond Bar United Church of Christ, has gracefully accepted to host the garden for pollinators. The

pollinators garden work at the community garden is led by Mr. William Flournoy (Bill) – the Garden Manager, is mentored by Ms. Elizabeth Haffner (Betsey) Master Gardner, Co-founder of the community garden and supported by Ms. Susanne Potter, Office Support Liaison of the church office.

Srijani Krishnan is one of 340 young leaders across the country awarded a \$500 Disney Summer of Service grant to organize projects to help make their communities healthier, greener and stronger. Grantees will educate and mobilize their peers around the issue of reduction in the pollinators count and their habitat., creating solutions to partner with pollinators through awareness, service, advocacy, and philanthropic activities. ■



PHOTO COURTESY: CHINO VALLEY FIRE DEPT.

CVFD talking with students at Ramona Junior High School about our Explorer Program and answering questions about a career in the Fire Service.

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-Martin Luther King Jr.



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