

Chino Taking Action to Show They Care

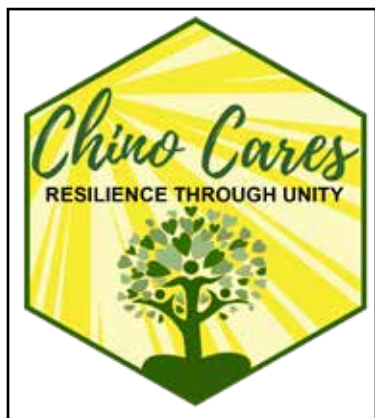


PHOTO COURTESY: CHINO CARES

BY IZABELLA SALINAS

Chino- Different members of the city of Chino have joined together to create a movement called "Chino Cares."

Chino Cares is a movement with the ultimate goal to unite each group in the diverse Chino community. They plan to do this

WALNUT

WVUSD Begins Enrollment for the 2019-20 School Year

BY KELLI GILE

Walnut— The Walnut Valley Unified School District will soon begin registration for the 2019-2020 school year for children transitional kindergarten and kindergarten through fifth grade. Registration dates are:

January 14-18, 2019—for those children with siblings already attending school in our district;

January 22, 2019 & on—for those elementary children new to the district, at any grade level.

You may register for

see **Walnut** page 10

by asking members to pledge to five things: Be informed, be prepared, be connected, be committed, and be supportive. These pledges mean members must remain informed about the city, sign up for Chino's mass communication system, commit to the safety of their neighbor, be prepared for disaster, and show support for the city by attending city events.

More than 200 city employees have pledged their allegiance to the campaign. The movement began with only city employees but has now expanded to allow residents, business owners, and organizations to join. Chino Cares believes that it is important for everyone to participate in the making of a more resilient community.

Since the expansion of membership to other parts of the community, there have been 180 households and eight

see **Chino Cares** page 10

1983 Murder Case is Back in the News

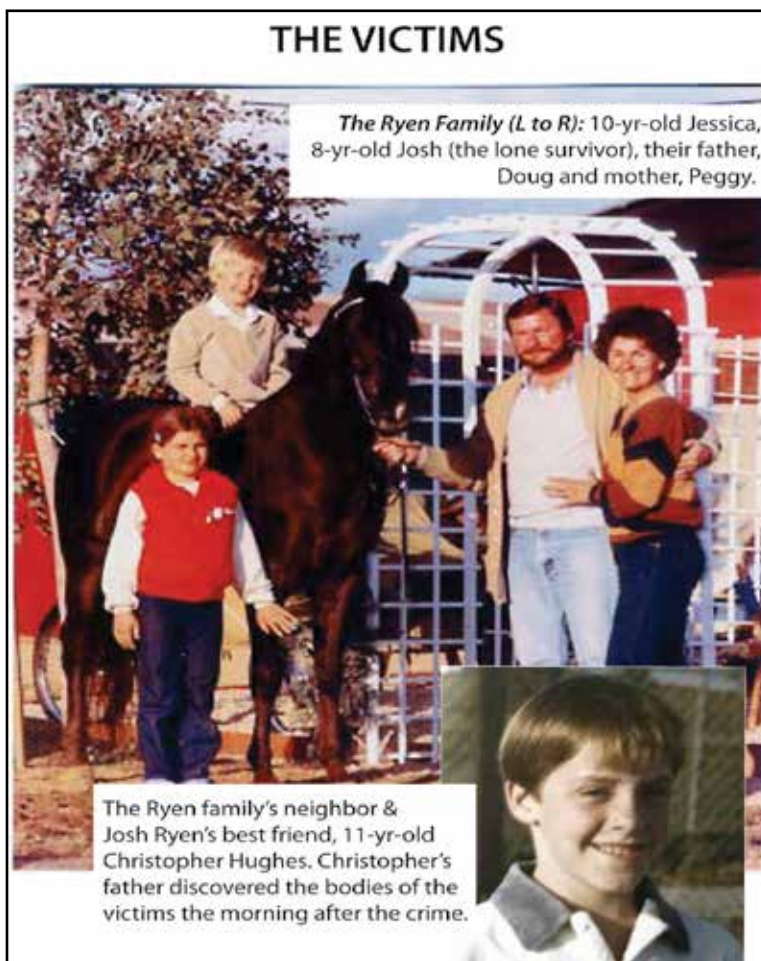


PHOTO COURTESY: GOOGLE

Governor Brown Orders Retesting of Evidence

BY IZABELLA SALINAS

Chino Hills- In his last days in office, Governor Jerry Brown ordered retesting of four pieces of evidence from a 1983 Chino Hills murder case.

35 years ago, a man named Kevin Cooper was convicted for the murders of Doug and Peggy Ryen, their daughter Jessica, their neighbor Christopher Hughes, and the attempted murder of their son Josh. Cooper was given the death penalty and was scheduled for execution in 2004. However, the execution was blocked due to a federal appellate court in San Francisco ordering a review of the scientific evidence.

San Bernardino County District Attorney Mike Ramos argues that two existing tests

see **Cooper** page 2

LOCAL NEWS

Chino's Plans to Expand Roadway Runs into Problems

City is forced to exercise their 5th Amendment right to Eminent Domain

BY IZABELLA SALINAS

Chino- The Pine Avenue Widening Project, Chino's plan to expand Pine Avenue into six lanes, has hit an obstacle due to the City being unable to reach an agreement with the owners of the land needed for the expansion. A resolution



PHOTO COURTESY: CITY OF EASTVALE

between the parties has not been easy, forcing the City to utilize "eminent domain."

Eminent domain is the right provided by the Fifth

see **Local** page 10

INLAND EMPIRE

Eastvale Residents Exercise the Power of Petition

BY IZABELLA SALINAS

Eastvale- Eastvale resident, James Sinnema, started a petition on the website Change.org to bring residents together who share the same concerns for a proposed project in their neighborhood.

In November of last year, the building of a self-storage facility was proposed to the City Council. The property is located east of Hellman Avenue and north of Walters Street. The family owned company

proposed a zone change of the land to become commercial.

Many residents were angered by this possible project because it would be located in a residential area near a school.

"A commercial use will not fit with the character of the surrounding uses," said James Sinnema in their Change.org statement.

The resident does not believe that this two-story storage building would be visually

see **IE** page 10

Our Featured Businesses

Advanced Improvements Provides Comfort for Your Home

STAFF REPORTS

SoCal— Advanced Improvements is an expert in solar power, roofing, air conditioning and heating, water heating and water filtration. For over 20 years, they have been providing eco-friendly, energy saving home and office comfort solutions for Riverside, Orange, San Bernardino, San Diego and Los Angeles counties.

see **Advanced** page 10



Advanced Improvements now does roofing as well. They can be reached at (888) 698-8859 or online at www.AdvancedIMP.com. See their ad on page 6.

Voortman's Egg Ranch: Farm Fresh Eggs for 60 Years

STAFF REPORTS

Ontario— Voortman's Egg Ranch has been in the business of providing farm fresh eggs to friends and visitors to the local area for over 60 years. Originally from Bellflower, the Voortman family—who has always been in the egg ranching business—moved their operation to Ontario in 1951.

Voortman's has a small-town farm ambiance,

see **Voortman's** page 10



The Voortman Family circa 1956. Voortman's Egg Ranch is located at 13960 Grove Avenue in Ontario. You can reach them at (909) 465-1319. They are open Monday through Saturday, 8 a.m. to 5 p.m. See ad on page 9.

SGV-IE News

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Walnut, CA 91789
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PUBLISHER
ABC Public Relations
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EDITORIAL
Editor In Chief:
Michael Armijo

Editorial Team:
Kelli Gile
Sarah Sanchez

PRODUCTION
Hillary Couron

ADVERTISING SALES

909.464.1200

Directors:
Diane Armijo

SOCIAL MEDIA

facebook.com/TheWeeklyNews
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editor@anapr.com



1983 murder case is back in the news

Cooper from page 1

have proven that Cooper is the killer. The tests show that Cooper was in the Ryen home, he smoked a cigarette in the Ryen's stolen vehicle, and Cooper's blood, along with the blood of one of the victims, was found on an abandoned T-Shirt along the road. The new testing would reevaluate this evidence.

"The purpose of this new testing is to determine whether another suspected person's DNA, or the DNA of any other identifiable suspect based on a match in the FBI's Combined DNA Index System (CODIS) database, is present on the items tested," said Governor Jerry Brown in his executive order.

Cooper and his attorney argue that additional testing with new available technology will show he is in fact innocent.

This quadruple murder changed the perception of the community and instilled fear amongst people near and far.

"I never let my children sleepover at their friends' houses solely because of this

case," said Eastvale resident Veronica Sahagun, "I heard the story and was mortified."

Doug and Peggy Ryen's son was the only survivor of the attack. Josh Ryen's best friend Christopher Hughes was sleeping over the night of the murders.

"I invited my best friend Chris Hughes to spend the night at my house. If I had not, Chris would still be alive today," said Josh in a letter to Governor Jerry Brown.

At the time, Josh was only eight years old and was initially unable to identify Kevin Cooper as the killer, but he can now positively say that Kevin Cooper is the murderer of his family and best friend.

"Kevin Cooper is a liar. He lies about everything. When he is caught in his lies, he lies more and more," said Josh in his letter as he begs for the state of California to stop subsidizing Kevin Cooper.

"I take no position as to Mr. Cooper's guilt or innocence at this time," said Governor Jerry Brown.

A date for the retesting has not yet been set. ■

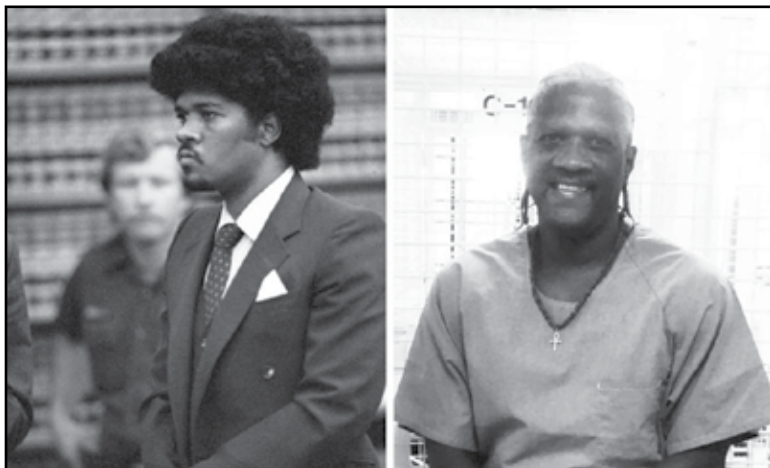


PHOTO COURTESY: GOOGLE

Left: Kevin Cooper received the death sentence for the Ryen/Hughes murders in 1985. Right: Cooper smiles from his cell on San Quentin's Death Row in 2017.

California Governor Releases Proposed State Budget

BY IZABELLA SALINAS

California- California's new elected governor, Gavin Newsom, was sworn into office on Jan. 7, 2019. He wasted no time and has released his proposed state budget for the 2019-2020 year.

On Jan. 10, 2019, Governor Newsom revealed his proposed budget and his primary goal of "California for All." The budget focuses on making a more affordable and accessible California, according to Newsom. The budget focuses on early childhood development, education, healthcare, homelessness, housing, emergency response, public safety, environmental protection, and contributing to the modernization of the court system.

The driving idea behind the budget is to "reanimate The California Dream," said Governor Newsom.

The Governor seeks to do this by focusing on the chapters stated above. Although he outlines the importance of each chapter, Newsom took pride in stating that the largest portion of money from the budget would go towards education. He proposes a record high of \$80.7 billion to be spent on education in California. The Budget proposes an increased investment of \$2.9 billion in schools and community colleges, according to the budget summary. The Administration proposes two free years of community college and attempts to make steps towards universal pre-school.

The Administration believes

pre-school is essential for students to succeed in grades K-12. Because of this, they are proposing an increase in accessibility to full-day programs. They intend to do so by contributing money as well as eliminating the requirement of parents to provide proof of employment or enrollment in higher education in order for their children to be eligible for full-day programs. This is an attempt to assist low-income families.

In efforts to make California more affordable, Newsom also plans to extend state health insurance to more undocumented immigrants and to lower drug prices. His motive behind this is to eventually reach universal healthcare.

California was the victim of devastatingly destructive wildfires this past year. The Administration seeks to address this. The Budget proposes to bolster the preparedness of individuals and communities, makes additional investments in prevention and critical emergency response systems, and builds up the state's firefighting capabilities, according to the budget summary.

Governor Newsom expressed that these actions are motivated by the idea of allowing everyone the opportunity to achieve the California Dream. In his statement, he defined the California Dream as the idea that every person can achieve a better life, regardless of where they start out.

To read the full proposed budget, visit <http://www.ebudget.ca.gov/>. ■

Community Events

UPCOMING EVENTS:

Lunar New Year Celebration

When: Saturday, February 9, 4:00 pm to 8:00 pm

Where: Walnut City Hall Parking Lot, 21201 La Puente Rd., Walnut

Details: Join us for an evening of family fun to celebrate the Lunar New Year. There will be a lion dance, firecrackers, live entertainment, music, food trucks, vendors, games, activities, and artistic demonstrations.

Cost: FREE

Healthy Diamond Bar

When: Beginning Saturday, February 9, 9:00 am to 11:00 am

Where: Various locations

Details: The City is kicking off the new year with a comprehensive community wellness initiative, Healthy Diamond Bar, aimed at encouraging and facilitating healthy habits for residents of all ages and fitness levels. One Saturday a month, 9:00 a.m. to 11:00 a.m.,

you are invited to swap screen time for green time and take part in a free, fun and healthy activity or event – come alone, bring a friend or the entire family! Events are open to all ages and fitness levels, and per-registration is not required. Throughout the year and beyond, the City will introduce fun programs and opportunities designed to support individual and family well-being as well as overall community wellness.

Calendar: Sat. Feb. 9 – Maple Hill Park, 1355 S Maple Hill Road, Connect with Rec Event – Pickleball

Sat. Mar. 16 – Pantera Park Trail, 738 Pantera Dr, Connect with Rec Event – Trail Hike Day
Sat. April 20 – Summit Ridge Park, 1425 Summitridge Dr., Connect with Rec Event – Recreation Open House

Cost: FREE

Contact: (909) 839-7070 or email recreation@diamondbarca.gov

Kid's Art Exploration Day

When: Saturday, March 2,

10:00 am to 1:00 pm

Where: The Shoppes, 13920 City Center Dr., Chino Hills

Details: The arts committee of the Chino Hills Community Foundation, known as chARTS, is hosting a kid's art exploration day, on March 2, 2019, from 10:00 a.m. to 1:00 p.m. that will allow kids to explore a variety of art mediums, including chalk, collage, and clay. The exploration day will be at the Promenade at the Shoppes at Chino Hills, located at 13920 City Center Drive. Local artists will provide demonstrations of their various forms of art. Advanced registration is required for kids aged 4-14. The event is free. Register at Chino Hills Community Center
Contact: (909) 364-2700

Paws at the Park

When: Saturday, March 9, 9:00 am to 12:00 pm

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

Details: The City of Chino Hills invites its furry friends to join us at the dog park at Vila Borba Dog park. Participants will have the

opportunity to take part in little dog races, the best trick contest, a dog fashion show, and may also visit the various vendor booths. Be sure to reserve your spot for the contest. Remember your dog must be on a leash! Contests: Little Dog Races (25lbs or less)- 9:45 am
Dog Fashion Show- 10:30 am
Best Trick Contest- 11:15 am
Cost: FREE

Cultural Palooza

When: Saturday, March 16, 10:00 am to 3:00 pm

Where: City Hall Lawn, 13220 Central Ave., Chino

Details: Celebrate Chino's rich and various cultures by joining us for an afternoon of entertainment, great food, and shopping! This fun-filled family event includes:

- Performances
- Children's Activities
- Food and Retail Booths
- Community Organizations
- And More!

Entertainment and vendor applications are now available at www.cityofchino.org.

Cost: FREE

Man Arrested in Chino Hills Murder Case



PHOTO COURTESY: HOTEL CHINO HILLS
Martin Zendejas was beat to death by Ivan Mejia in the parking lot of Hotel Chino Hills (above).

By IZABELLA SALINAS

Chino Hills- On Dec. 19, 2018, a suspect was arrested for the murder of a Chino Hills resident.

Ivan Mejia, 44, was arrested and charged for the murder of Martin Zendejas. The Chino Hills Police Department stated that Mejia attacked Zendejas and beat him to death. Mejia is currently being held at the West Valley Detention Center without bail, according to public inmate records.

Authorities were called to Hotel Chino Hills on Dec. 19, 2018, after a woman ran into the hotel with blood on her clothes screaming for help, according to a Chino Hills PD press release. When police arrived on the scene a man, who was later identified as Martin Zendejas, was found with severe injuries to his head and face.

Martin Zendejas, 54, was said to be in the car with the female in the parking lot of Hotel Chino Hills moments before. Detectives later discovered that Mejia was the boyfriend of the female who was in the vehicle

with Mr. Zendejas.

“Mejia pulled the victim out of his car and beat him causing the injuries that led to his death,” said the Chino Hills PD in their press release.

Martin was the brother to former NFL player Tony Zendejas. Martin, Tony, and their brother Javier managed the Zendejas restaurant in San Dimas.

A GoFundMe page was started by Tony to raise money for Martin’s funeral.

“They lost a great man, father, brother & friend. Martin Zendejas was an amazing man that was taken too soon,” according to the page. They hope to raise \$25,000.

There’s an outpour of love and support for the Zendejas family in the comments on the campaign.

“So sorry for your loss, Marty was the nicest man, I really enjoyed working at the Restaurant with him a long time ago. Love and Prayers to the Zendejas Family,” commented Yolanda Falciani.

Visit gf.me/u/psbbab to donate to the campaign. ■

View Homes on Terraced Lots at Hillcrest in Riverside

By CAROLYN TATE

Riverside- A collection of just 26 single family luxury homes at Hillcrest offer expansive views from large homesites. Located in the desirable La Sierra established area of Riverside, the exclusive tucked away neighborhood by Frontier Communities is priced from just the mid \$500,000s with a low tax rate of 1.176% and no Mello Roos or HOA fees.

“Hillcrest offers plenty of choices with three to seven bedrooms and up to 3,204 square feet,” said Mark Hicks, Division President for Frontier Communities. “Many customizing options are available, as well as move-in ready homes. Residents will love the convenient location with easy freeway access and being close to their favorite Riverside amenities for shopping and dining.”

Tour professionally decorated models with floor plans ranging from 2,541 to 3,024 square feet. Options include lofts, dens and super great rooms, a sixth or seventh bedroom, and three or four baths. Every residence is complemented by outstanding modern and energy-efficient features to enrich comfort.

Hillcrest residents will enjoy close proximity to schools including La Sierra University, nearby parks, trails and recreation spots. Outstanding local shopping can be found just a short drive away at the

Galleria at Tyler, hip Downtown Riverside and Riverside Plaza. There are plenty of great restaurants, museums and other fun activities, plus outdoor events and festivals include the Riverside Artwalk and the Festival of Lights. Easy access to the 91 freeway is convenient for outings or reaching major employment centers throughout Southern California.

Hillcrest is near Norwood Avenue and College Avenue in the city of Riverside at 11758 Norwood Ave, Riverside, CA 92505. The sales center is open daily, 10:00 a.m. to 5:00 p.m. except Wednesdays when buyers should call for availability. For additional information call (888) 837-5859 or visit www.FrontierHomes.com and be sure to sign up on the interest list.

Frontier Communities is your local neighborhood builder with a vision to help more people realize the American Dream of home ownership, offering attainable, quality homes in convenient Inland Empire and high-desert locations. Home shoppers looking for solid home value have trusted Frontier’s small town sincerity and way of doing business, along with a commitment to a growing, thriving Inland Empire region. A variety of programs and special incentives make it easier to qualify for financing, plus most communities have low tax rates and no or low Mello Roos and HOA fees. ■

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(909) 594-7504

NY Pizzeria

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

Osuna’s Mexican Food

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(626) 810-4101

Post Box Plus

382 N. Lemon Ave.
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Walnut Senior Center

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(909) 598-6200

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(909) 468-5109

UPS

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(909) 444-1303

Walnut City Hall

21201 La Puente Rd.
(909) 595-7543

Walnut Hills Optometry

18736 E. Amar Rd.
(909) 594-1153

Walnut Library

21155 La Puente Rd.
(909) 595-0757

Walnut Sheriff’s Station

21695 Valley Blvd.
(626) 913-1715

DIAMOND BAR

Barro’s Pizza

21000 Golden Springs
(909) 598-2871

Diamond Bar City Hall

21825 Copley Drive
(909) 839-7000

Diamond Mail & Shipping

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(909) 861-1290

It’s A Grind

1223 S. Diamond Bar Blvd.
(909) 861-5120

Paco’s Tacos

1131 Brea Canyon Rd.
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Crunch Fitness

1132 S. Diamond Bar Blvd.
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Continued on page 5

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ACROSS

1. Bird hangout

6. Loquacious person's gift?

9. Columbus launcher

13. Nebraska's largest city

14. Not a thing

15. Hispaniola republic

16. Shmear holder

17. Brouhaha

18. Court call

19. *Gaga and Cooper hit

21. *The Recording ____

23. *Drake's "Nice ____ What"

24. Doe's mate

25. *Best New Artist, 1983: ____ at Work

28. Aquarium show star

30. **Why don't you just meet me in the ____

35. Line of symmetry

37. Itty-bitty bit

39. Unwelcome message on computer screen

40. Roll call call

41. ***Reputation" artist

43. "The Bridges of Madison County" state

44. Implant

46. Delhi wrap

47. Politicians, for short

48. Isaac of science fiction fame

50. *Grammy Hall of Fame's "Sixteen ____"

52. Sodium solution

53. French Riviera city

55. Trigonometry abbr.

57. Danced to Miami Sound Machine in 1985

61. * ____ Center

65. Bay window

66. Poor man's caviar

68. Home to BYU

69. Dished out

70. Three strikes

71. Like yesterday's meal

72. '80s sitcom "Who's the ____?"

73. ** ____ Robinson," 1968

74. Giving up the ghost

DOWN

1. Ugly crowds

2. Wet nurse

3. Indian music

4. Elf's perch

5. Inciting call to a hunting hound

6. Bite like a beaver

7. A hand

8. Swell up

9. Persian backgammon

10. Adjutant

11. Type of cell

12. Well-ventilated

15. Deli offering

20. Florentine iris

22. Tucker of "Modern Family"

24. Fill to satisfaction

25. *Fall Out boy's album

26. End-of-semester events

27. Nimbus, pl.

29. Hang out till these come home?

31. Type of coffee maker

32. Salivate

33. Humble

34. Make blank

36. Appear to be

38. Bushy do

42. Color lightly

45. *Childish Gambino's name

49. *What nominees do

51. Like lathered hands

54. Read-only memory device

56. Aerosol can emanation

57. Toothy groomer

58. Three-ply dunker

59. Lice eggs

60. *Bee ____, multiple awards winner

61. Series of reps, pl.

62. "Laughing on the inside" text

63. Fifty-fifty

64. * ____ of the Year

67. Partaker's pronoun

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Did You Know?

How Parents Can Achieve Work-Life Balance

By STATEPOINT

In the pursuit of having more time to spend with their families, an increasing number of working parents are requesting flexible working options from their employers, suggests new research.

Often referred to as “co-working,” a flexible workspace offers individuals and employees a productive and collaborative environment to work. Co-working has risen in popularity over the past decade and new research from flexible workspace provider, Regus, found that 85 percent of working parents would forfeit other benefits to take up flexible working, with 81 percent surveyed believing the top benefit is a better work-life balance.

The growth of flexible workspace means that people increasingly have access to these locations no matter where they are, offering users the potential to skip a long commute and work closer to home. So, what would parents do with that extra time? According to the Regus survey, the number one activity parents would spend their time on, instead of commuting, is being with family (71 percent), followed by having “me-time,” like taking a long bath or meeting friends (38 percent).

Employers should take note, as flexible working options are a top priority for employed parents. Ninety-six percent of working parents say that they would work for an employer that provides flexible working as part of a benefits package and 74 percent say they are willing to take on a different job if it offered a range of working locations.

Looking to make the switch? Regus is sharing top tips to incorporate flexible working

into your current employment situation:

- Negotiate: If this option is not yet offered by your employer, negotiate. See if you can swap one benefit you may not use. For example, 85 percent of working parents reported that they are willing to work through their lunchbreak, and 85 percent would forfeit other benefits, like a company gym membership, to take up flexible working.

- Think creatively about location: Commuting isn’t only about the time spent traveling from your front door to the office. It may be better for you to be near your child’s school or daycare, or near a client, rather than your main office. Flexible working can make this shift possible.

- Banish the 9 to 5: For many parents, a 9 to 5 schedule doesn’t match that of their child. To get the most of flexible working, see if you can adapt your schedule with a late start and late finish, or early start and early finish. Or, throw the schedule out the window and focus on delivering results.

- Flex your flexible working: If you can’t make the switch to full-time flexible working, see if you can have this option available in emergencies, such as a gap in childcare or a tight schedule.

“Parents especially struggle to ensure their careers and personal lives exist in harmony,” says Michael Berretta, vice president of Network Development for IWG, the parent company of Regus. “Using flexible workspace can allow for a schedule that better fits around personal commitments, and employers can expect more working parents to ask for this option.”

To learn more visit, www.regus.com.

Working parents have a lot to juggle and finding the right balance can be a challenge, but there are more opportunities than ever to add flexibility to their schedules. ■



PHOTO COURTESY: STATEPOINT

Coworking spaces are providing parents with better work-life balance.

History 101



PHOTO COURTESY: WIKIMEDIA COMMONS

Miep Gies (Left), Jan Gies (Center) and Otto Frank (Right) at the opening of the Anne Frank House in Amsterdam, Netherlands (May 3, 1960).

January 11, 2010: Miep Gies, who hid Anne Frank, dies at 100

By HISTORY.COM

On this day in 2010, Miep Gies, the last survivor of a small group of people who helped hide a Jewish girl, Anne Frank, and her family from the Nazis during World War II, dies at age 100 in the Netherlands. After the Franks were discovered in 1944 and sent to concentration camps, Gies rescued the notebooks that Anne Frank left behind describing her two years in hiding. These writings were later published as “Anne Frank: The Diary of a Young Girl,” which became one of the most widely read accounts of the Holocaust.

Miep Gies was born into a working-class, Catholic family in Vienna, Austria, on February 15, 1909. At age 11, with food shortages in her native land following World War I, she was sent to the Netherlands to live with a foster family who nicknamed her Miep (her birth name was Hermine Santrouschitz). In 1933, she went to work as a secretary for Otto Frank, who ran a small Amsterdam company that produced a substance used to make jam. By the following year, Frank’s wife and two daughters, Margot and Anne, had left their native Germany to join him in the Dutch capital.

In May 1940, the Germans, who had entered World War II in September of the previous year, invaded the Netherlands and quickly made life increasingly restrictive and dangerous for the country’s Jewish population. In early July 1942, the Frank family went into hiding in an attic apartment behind Otto Frank’s business. They were eventually joined by Otto Frank’s business associate and his wife and son, as well as Miep Gies’ dentist, all of whom were Jewish. Gies, along with her husband Jan, a Dutch social worker, and several of Otto Frank’s other employees risked their own lives to smuggle food, supplies and news of the outside world into the secret apartment (which came to be

known as the Secret Annex). Gies and her husband even spent a night in hiding with the group to learn firsthand what it was like.

On August 4, 1944, after 25 months in hiding, the eight people in the Secret Annex were discovered by the Gestapo, the German secret state police, who had learned about the hiding place from an anonymous tipster who has never been definitively identified. Gies was working in the building at the time of the raid and avoided arrest because the officer was from her native Vienna and felt sympathy for her. She later went to police headquarters and tried, unsuccessfully, to pay a bribe to free the group.

The occupants of the Secret Annex were sent to concentration camps; only Otto Frank survived. After he was liberated from Auschwitz by Soviet troops in January 1945, he returned to Amsterdam, where Miep Gies gave him a collection of notebooks and several hundred loose papers containing observations the teenage Anne Frank had penned during her time in hiding. Gies recovered the materials from the Secret Annex shortly after the Franks’ arrest and hid them in her office desk. She avoided reading the papers during the war out of respect for Anne’s privacy.

Otto Frank, who lived with the Gies family after the war, compiled his daughter’s writings into a manuscript that was first published in the Netherlands in 1947 under the title “Het Achterhuis” (“Rear Annex”). Later published in English as “Anne Frank: The Diary of a Young Girl,” the book went on to sell tens of millions of copies worldwide.

In 1987, Gies published a memoir, “Anne Frank Remembered,” in which she wrote: “I am not a hero. I stand at the end of the long, long line of good Dutch people who did what I did and more—much more—during those dark and terrible times years ago, but always like yesterday in the heart of those of us who bear witness. Never a day goes by that I do not think of what happened then.” ■

Continued from page 3

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<p>TUESDAY</p> <p>Street Tacos, Soft \$1.50 ea. (Carne Asada, Chicken or Carnitas)</p> <p><small>Not valid with any other offers or discounts.</small></p>	<p>THURSDAY</p> <p>Buy 1 Enchilada plate & drink, get 50% off 2nd plate (Beef, Chicken or Cheese)</p> <p><small>Not valid with any other offers or discounts.</small></p>
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- Chino Farmer's Market**
Preserve Community Center, 15800 Main St., Chino, Saturday, June 10 from 9 am to 2 pm. (909) 334-3478, healthychino.com

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

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

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1701 S. Mountain Ave., Ontario Open 7 days a week, 8 am to 8 pm (909) 933-3750

Recipe:

Keto Pizza

BY DIETDOCTOR.COM

Pizza, meet keto... A simple take on how to get your pizza fix without the carbs. It's everything you want — pepperoni, cheese and tomato-sauce deliciousness.

Total Time: 30 mins
Servings: 2
Nutrition: 8 grams of fat

INGREDIENTS
Crust:
Eggs- 4
Mozzarella or Parmesan Cheese, Shredded- 6 oz.

Topping:
Tomato Paste- 3 tbsp
Dried Oregano- 1 tsp
Shredded Cheese- 5 oz
Pepperoni- 1.5 oz
Olives (optional)
For Serving:



PHOTO COURTESY: DIETDOCTOR

Leafy Greens- 2 oz
Olive Oil- 4 tbsp
Sea Salt & Ground Black Pepper- to taste

INSTRUCTIONS
1. Preheat the oven to 400°F (200°C).
2. Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.
3. Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.

4. Increase the oven temperature to 450°F (225°C).
5. Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.
6. Bake for another 5-10 minutes or until the pizza has turned a golden brown color.
7. Serve with a fresh salad on the side. ■

Addressing Chronic Pain Amidst a National Opioid Crisis

Chronic pain is among the most prevalent and debilitating medical conditions in the U.S. and opioids are the most commonly prescribed class of medications that are frequently relied on for the management of chronic pain. The high risk for dependence on these drugs and their frequent abuse has results in a national epidemic.

Spinal cord stimulation (SCS) is a proven, non-addictive, FDA-approved therapy available to help patients manage chronic pain. To learn more about SCS, visit www.ControlYourPain.com.

Awareness of drug-free treatment alternatives for chronic pain management is more important than ever. ■

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TheWeeklyNews

'Rewriting' Pain Management
Addressing chronic pain amidst a national crisis of opioid abuse and misuse

JUST THE FACTS:
Chronic Pain & Opioids

Chronic pain is among the most prevalent and debilitating medical conditions in the U.S.

One in three Americans suffer from chronic pain, a pain that persists for months and often years

Chronic pain is the number one cause of disability in adults in the U.S.*

The annual cost of chronic pain in the U.S. is as high as \$635 billion a year, which is more than the yearly costs for cancer, heart disease and diabetes*

Opioids are the most commonly prescribed class of medications and are frequently relied on for the management of chronic pain. The high risk for dependence on these drugs and their frequent misuse and abuse has resulted in a national epidemic.

In 2012, 259 million prescriptions were written for opioids, which is more than enough to give every American adult their own bottle of pills*

115 Americans die every day from an opioid overdose, that's more than 41,975 a year*

A DRUG-FREE ALTERNATIVE:
Spinal Cord Stimulation

Awareness of drug-free treatment alternatives for chronic pain management is more important than ever. Spinal cord stimulation (SCS) is a proven, non-addictive, FDA-approved therapy available to help patients manage chronic pain.

5 Tips to Shed Those Pounds in the New Year



PHOTO COURTESY: STATEPOINT

BY STATEPOINT

Maybe you want more energy, or perhaps you want to lose weight and keep it off for good. Whatever your goals, a new year means a fresh start to become the best version of yourself.

Here are five tips from Nutrisystem experts to get your scale moving in the right direction and support your long-term health.

1. Skip "diet" drinks: Of course, you know not to order the regular cola with your meal, but you figure the lower-calorie diet version is an okay choice. Not necessarily. One recent review of research found that artificial sweeteners often used in diet drinks may not be as beneficial for weight management as intended, and that drinking them regularly may be linked to an increased body mass index. If you want something fizzy, opt for seltzer with lemon or lime.

2. Drink more water: Every part of your body needs water to work properly. When you don't get enough, your body can't perform normal functions, which can drain your energy. More fatigue means less physical activity. Plus, mild dehydration is often masked as hunger -- prompting you to grab a snack when all you really need is water. Nutrisystem experts recommend drinking at least eight, 8-ounce glasses daily.

3. Slow down: It takes 20 minutes for the "I'm full" signals from your stomach to reach your brain. When you inhale

your food, it's much easier to eat more than your body really needs. One review of 23 studies found that fast eaters were about twice as likely to be obese, compared to slow eaters. To help slow down, take smaller bites, chew 10 to 15 times and put your fork down between each bite.

4. Don't eyeball portions: "The super-sized meals at restaurants have given us a skewed view of proper portion size," says registered dietitian for Nutrisystem, Courtney McCormick.

Even if you're tracking your food intake with an app or food journal, overestimating portions can sabotage progress.

McCormick's solution: Measure portions -- not forever, but for a while at the start. Doing so will help you get a visual of what portions should actually look like. You may also consider eliminating some of the guesswork with a program, such as Nutrisystem, that offers pre-portioned, nutritionally-balanced meals.

5. Reduce stress: Stress can cause your body to burn calories more slowly, which could lead to weight gain, according to a study. Plus, stress increases hormones that stimulate appetite, and the foods you'll crave for comfort tend to be high in fat and sugar. Help manage stress with deep breathing, meditation, exercise, hanging out with friends or listening to music.

More tips on jump-starting your weight loss goals can be found at nutrisystem.com.

With these tips for the new year, you'll be on the road to realistic weight loss achievement and have more energy for your day-to-day life. ■

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Another Consumer Conspiracy

BY MARK HOPPER



A few years ago, I wrote an article about how food manufacturers were reducing the size of their packaging but not reducing the prices they charge for their product.

The most obvious example was with ice cream. In the old days, a standard carton of ice cream was a half-gallon or 64 ounces. If you went to the store to get a “carton” of ice cream, you knew you were purchasing a “half-gallon” - 64 ounces.

But, sometime during the past decade, ice cream manufactures reduced the size of their packages to three pints or 48 ounces. The carton of ice cream looked similar, but the content was 25% less and the price has remained the same!

In the last five years, the orange juice companies changed the size of their packaging, too. One day I discovered that the “Half-gallon” (64 ounces) of orange juice had been reduced to 59 ounces. Again, the packaging

looked so similar that you didn’t really notice unless you read the fine print on the container. The price did not go down, but the volume was 10% less.

Recently, when I was shopping at a local market, I noticed that my favorite orange juice carton looked a little different. The package looked similar but a bit smaller. When I read the fine print, I discovered that the new carton of orange juice was now 52 ounces! They reduced the volume by another 10% but the price was still the same!

I suspect there is a conspiracy going on between food manufacturers and grocery stores. Their strategy is to reduce the volume or content of their products but not reduce the prices they charge. I think they assume that the average customer will not notice the difference.

I believe we need a congressional investigation! Where is the Consumer Product Safety Commission when we need it? Where are the government watch dogs who are supposed to protect us from misleading and false advertising?

What will be next? Will grocers start packaging egg cartons with only 10 eggs? Will they start al-

tering the scales in the produce section so that a five pound bag of potatoes will only contain 4 1/2 pounds? Will the pound of ground beef be reduced by 10%? Where will this conspiracy end?

There is a passage in the Old Testament that warns against defrauding others. “Do not have two different weights in your bag - a heavy one and a lighter one. Do not have two different measuring cups - one large and one smaller. You must have accurate and honest weights and measures (when you buy and sell) (Deuteronomy 25:13-15).

You have heard the phrase “Buyer Beware”. That is still true today. Let me encourage you to read the labels carefully at your grocery store. Read the fine print that tells you the real size and weight of the contents. Don’t be misled or confused. And, you may want to write to your local Congressman and request a Congressional investigation, too!

This article was written by Pastor Mark Hopper, Efree Church of Diamond Bar, 3255 South Diamond Bar Blvd, 909-594-7604, Sunday Services: 9:00 & 10:45 AM, Efreedb.org

2019: The Magic Year

BY NANCY STOOPS



Happy New Year to all of you wonderful beings. Yes it’s a new beginning for us all. It’s a chance to start fresh and finally become who you are meant to be. The New Year brings unlimited possibilities and new energy that helps us believe, the sky is the limit. The New Year gives us hope and many new chances. I say take these chances and make this year, the best one ever!

Start this process by setting some small very obtainable daily goals. Once you’re in the groove and have met the daily goals, now it’s time to set a realistic goal for the year. You may or may not ever meet

the year end goal but it’s all about the steps or the process that we take in our attempt that cause us to change. That’s what I want you all to focus this year. So what if you never get there all the way, you’re certainly moving in the right direction. Be proud of what you are able to do in 2018 and don’t beat yourself up for what you couldn’t do.

I hope you will be good to yourselves this year and finally work toward who you are meant to be. I want you to remember it’s all here for you and all you have to do is believe in yourself and go and get what you deserve. So I dedicate this to all of you in hopes that this will be a magical year. I wish for all of you that you will get out there and find all the greatness that exists in you and our very wonderful world. It all starts by believing in you and I be-

lieve in all of you and want you to be the very best you can be. Make 2019 a magical year, the best year of your 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 nancyjstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com. ■

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Eastvale residents exercise the power of petition

IE from page 1

compatible with the surrounding area. Sinnema also expressed concerns with the storage facility leaving land only big enough for a small business to be built.

“As I’ve shared with Mr. Gossett, it seems if the Council were to grant approval for the storage facility and it is constructed, then the remainder parcel would only work for a convenience store such as 7-11,” said Sinnema.

Sinnema and other residents believe that would increase the

crime rate in the area.

“As an employee of a local Police Department, I can’t begin to tell anyone the type of calls for service we get from these types of locations. We are only setting up our neighborhood up for failure. Crime rates will rise (thefts, graffiti, break-ins) traffic will increase and our home values will go down,” commented Kristen Kannard.

Over 600 residents have signed the petition.

The public hearing for the possible development will take place on Jan. 23 at 6:30 p.m. at City Hall. ■

WVUSD begins enrollment for the 2019-20 school year

Walnut from page 1

transitional kindergarten if your child turns 5 years old September 2nd – December 2nd. Students must be 5 years of age on or before September 1, to enroll in kindergarten for the 2019-2020 school year.

At the time of registration, parents will be asked to present a certified copy of the child’s birth certificate or passport, proof of the child’s immunizations, and for kindergarten and 1st grade proof of an oral health examination. For residency verification, parents will also

need to provide either final escrow papers, mortgage statement or lease/rental agreement, along with a current utility bill (gas, water or electric bill) and a driver’s license (or California I.D.) with current home address. Enrollment is ongoing, and your residence address determines the elementary school where you should enroll your child.

The Walnut Valley Unified School District offers a quality day care program at all elementary site, for both before and after school hours. You may contact the Child Care office at 909-444-3460 for additional information and fees. ■

Voortman's Egg Ranch: farm fresh eggs for 60 years

Voortman's from page 1

with the latest in technology. Their happy chickens are enjoying their newly remodeled home; and their egg-processing machine can handle about 36,000 eggs per hour at its peak. If the average bird lays one egg about every 26 hours, that equals a lot of chickens at the Voortman ranch!

Did you know that you can tell how fresh an egg is by how high the yolk stands up in the frying pan after you crack it? Voortman’s will have your over-easies standing tall. Their fresh eggs are the highest in quality, with dark, nutrient-dense yolks. You will immediately notice a difference in your cooking and baking.

Have you ever wondered how long the eggs in the grocery stores have actually been sitting around? Despite the use-by date, there is really no way to know how long ago they were

produced. With Voortman’s, the eggs are selected daily, on site, and readied for you in their store.

Third-generation egg rancher, Eddie Voortman, says, “We are a local, family-owned business that provides fresh, quality products to the public.”

Customers of Voortman’s rave about their all natural, cage free eggs, touting the freshness, and great pricing. One customer said, “They make the fluffiest scrambled eggs!”

The eggs come in all sizes and colors, depending on your needs. Whatever you choose, you will not be disappointed.

Voortman’s is centrally located just minutes from Chino at 13960 Grove Avenue in Ontario (just north of Edison). You can reach Voortman’s at (909) 465-1319; and Like them on Facebook at <https://www.facebook.com/pages/Voortmans-Egg-Ranch>.

Stop by any time Monday through Saturday, 8 a.m. to 5 p.m. ■

Advanced Improvements provides comfort for your home

Advanced from page 1

Advanced Improvements’ mission is to build top quality home and office improvement projects on time, with exemplary customer service, and within your budget. Right now, Advanced Improvements is offering specials and discounts on a variety of their products.

Solar: Whether you’re looking to go completely off the power grid, or just reduce your carbon footprint, Advanced Improvements can help by providing you with solar solutions. They offer both solar electric (photovoltaic) and solar thermal (solar water heating) technologies. The average solar system pays for itself in as little as four years. When you fit your home for solar, you can receive up to 30% in tax credits, and Advanced Improvements has 2.99% financing options available for solar upgrades (OAC).

Roofing: Experience and dedication to providing professional service allows Advanced Improvements to provide the most efficient and affordable roofing on the market. Whether you need a new roof or just want to upgrade your old one, they will give you an honest estimate

on the most advanced and energy efficient materials on the market.

Heating and Air: Advanced Improvements has trained professionals that provide expert analysis, top quality equipment, and skilled installation or repair of your heating and air conditioning equipment. They can give your home a heating or cooling system that is not only reliable, but efficient. They also offer heat pumps, gas furnaces, package units, air handlers, and cooling coils. Ask about their \$79 special for a spring tune-up on your current system.

Water Heating: Advanced Improvements carries a full line of different models and types of water heaters. They offer everything from traditional tanks to tankless water heaters. Advanced Improvements specializes in tankless water heaters, claiming the title of the largest tankless water heater installation company in the nation. They have installed over 10,000 tankless water heaters over the last ten years. Take advantage of their \$500 discount coupon on a Noritz Tankless Water Heater.

Water Filtration: Advanced Improvements offers water filtration systems that protect

against hardness elements, iron, rust, sediment, and a variety of other substances that may be present in your water. Their systems are high flow and low maintenance machines that are designed for optimum performance. Ask about their \$500 discount coupon for Anti-Scale and Carbon Water Filtration systems.

Go Green: You can GO GREEN with Advanced Improvements, as they provide eco-friendly, energy saving, green products for your home and business. They can help you go completely independent with solar power, replace your heating and cooling system with a new high-efficiency unit, or lower your energy usage by installing a tankless water heater.

Advanced Improvements stands behind their products and services and is committed to excellence.

Make your home or business comfortable today with Advanced Improvements (Contractor State License Board #947761). Their office is located at 1352 E. Valencia Dr, Fullerton, CA 92831, and they can be reached at (888) 698-8859. Visit their website at www.AdvancedIMP.com, and see their ad on page 6. ■

Chino's plans to expand roadway runs into problems

Local from page 1

Amendment in the constitution. It refers to the government’s ability to take private property for public use. However, they must provide the property owner with “just compensation,” which is determined by a property appraisal.

Lewis Operating Corporation plans to build 600 residential units, but their plan requires the dedication of certain land to the widening of Pine Avenue. This required land is part of the H&R Barthelemy Dairy Farm and has been in the Barthelemy family for over 70 years.

Lewis Operating Corporation has been trying to obtain the land since last year but has been unable to reach an agreement with the family. Because of this, the City has voted to acquire the land by exercising their right of eminent domain.

“For the public purposes set

forth herein, the City of Chino is authorized to acquire property through the exercise of eminent domain,” said the Chino City Hall Staff report.

The required easements for the project include a permanent easement of 110,766 square ft., slope easements, a drainage easement, a flooding easement, an access easement, and a temporary construction easement. An easement is the right to use another person’s land for a specified purpose.

“Pine Avenue needs to be widened to accommodate existing and future traffic due to development in the area,” said the Chino City Hall staff report.

The City of Chino states that the land owned by H&R Barthelemy Farms is necessary in order for their Pine Avenue Widening Project to move forward. The Project is deemed to be for the greater good of the public.

“The acquisition of the Easements is necessary for the Project because without them the Project cannot be constructed,” according to the staff report.

The Barthelemy family wishes to have their own appraisal of the property made and to be given a reasonable amount of time to do so.

“In order to engage in meaningful negotiation with the City, we wish to have the property independently appraised,” wrote Dan Barthelemy in a letter to the City.

In accordance to California eminent domain laws, the property owner does not have to accept the City’s offer and they are able to make a counter-offer.

No deal has yet been made.

Visit <https://eminentdomain.uslegal.com/state-laws-on-eminent-domain/california/> to find more details about California eminent domain laws. ■

Chino taking action to show they care

Chino Cares from page 1

businesses/organizations who have pledged to Chino Cares.

“We want to make our community even stronger so that we will be more resilient and recover more quickly when disaster strikes,” said Christin Wolff, the founder of Chino Cares.

Chino Cares hopes the concept of their movement

will eventually reach every city across the nation.

“In a nation where communities are dividing over their differences, the City of Chino is looking to unify under the one sentiment that is common across the spectrum – ‘We Care’,” said the City of Chino website.

The campaign has provided special events for people in the community to meet members

serving in the movement.

“We intend to do more of this in the future, bringing City Hall into our neighborhoods as another example of the ways in which ‘Chino Cares’,” said Christin Wolff.

The Chino Cares motto is, “Resilience through Unity.”

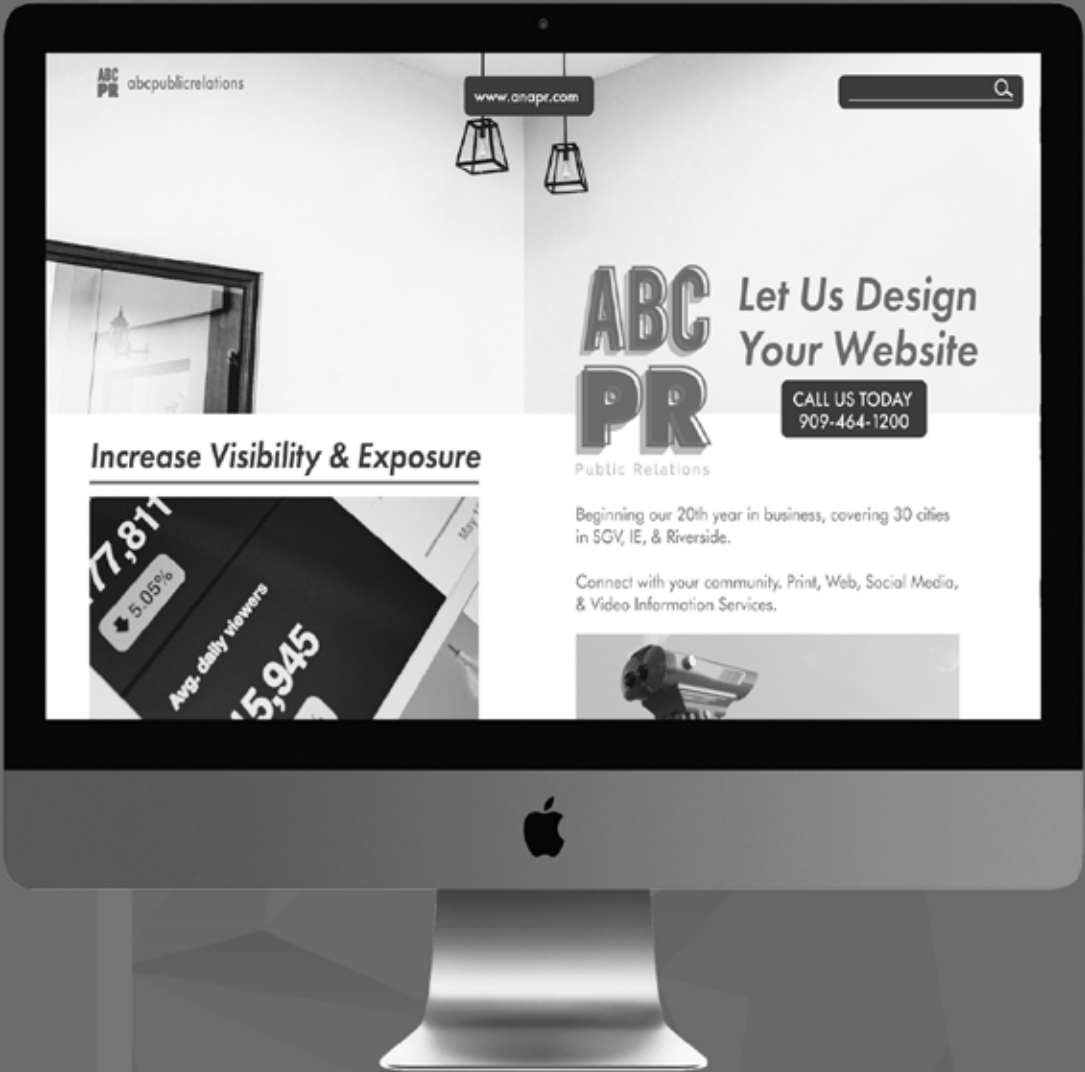
Visit <http://www.cityofchino.org/chinocares> to take the pledge and join the movement to unify. ■



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