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OC News

Pimp Sentenced

OCDA

Santa Ana – A human trafficker was sentenced Friday, Aug. 9, 2013, to five years in state prison and mandatory lifetime sex offender registration for sex trafficking a 16-year-old girl after having unlawful sexual intercourse with the victim.

Berneal Holman, Jr., 29, Los Angeles, pleaded guilty to a court offer Aug. 1, 2013, to one felony count each of con-

see Sentenced Page 10

IE News

Growing Chamber

STAFF REPORTS

Eastvale – The Eastvale Chamber of Commerce, which started off as the Eastvale Business Networking Group, incorporated in 2010 with several members. The Eastvale Chamber now has over 200 members and continues to grow daily. The Chamber has goals of growing and is doing so. One of those goals was to host a Mega Mixer Business Expo in the City of Eastvale.

On July 17th, 2013 the

see Chamber Page 9

Six Candidates File For Three Seats

STAFF REPORTS

Diamond Bar – Three seats for the Diamond Bar City Council are open and six candidates have filed papers to run in the November election.

Mayor Pro Tem Ron Everett, Council member Steve Tye

and Council member Ling-Ling Chang are the three incumbents whose seats are up for election. However, they all plan to run for their seats in competition with three new candidates: Joseph Kim, Nancy Lyons and Martin Nakaishi.

Below is a brief description

about each candidate running:

Ron Everett has been a resident of Diamond Bar for 35 years, served as Mayor in 2009 and is currently the Mayor Pro

see Candidates Page 7

Candidates File For Local Seats

STAFF REPORTS

Walnut – Local and Municipal Consolidated Elections are coming up this November. If you are planning on voting, here is some information to help you get started.

Pomona School Board members serve staggered four-year terms, with elections taking place

in November. Three positions are elected one year, and two positions are elected two years later. Members are elected to administer and perform the district business, including compliance with state and federal laws and Board of Education policies. The candidates are:

- Adrienne Konigar-Macklin
- Dr. Roberta A. Perlman

- John Mendoza
- Andrew S. Wong
- Mt. San Antonio College Board of Trustees

Due to redistricting, the Mt. SAC Board will be expanding from five to seven elected members, covering areas 2, 3,

see Elections Page 6

Walnut Voted One Of The Best Small Towns

STAFF REPORTS

Walnut – For the third time since 2009, Walnut has been named one of the Best Small Towns in America. With over 90 acres of parks and 30 miles of equestrian and hiking trails, Walnut made the list coming in at #49.

CNN Money looked at over

3,200 towns throughout the nation with populations ranging from 5,000 to 50,000. They used public school performance records, housing costs, commute time, poverty, safety information, the number of households with children, education level of adults in the community, unemployment levels, median income and diversity in order to decide which cities would make the list.

“The collaborative efforts of our educational institutions, various organizations, Sheriff and Fire Departments, city staff and elected officials, not to mention

see Town Page 8

Win A New Bike In Facebook Giveaway

BY SARAH ARMIJO

SGV – Have your kids go back to school in style with our next Facebook Giveaway Prize. We will be giving away a brand new kid's WipeOut Bike, donated by ABC Public Relations!!

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see Bike Page 8



PHOTO BY: MICHEAL ARMIJO

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BUSINESS FEATURE

Budget Rooter Plumbing

BY SHANNON HIGGINS

Chino – It's hard to find a plumber who does good work, but Dave Holt has been in the business for 35 years and promises to fix it right

see Rooter Page 9



You can reach Holt at Budget Rooter Plumbing at (909) 592-5855 or (626) 334-3533. You can also visit www.abudgetrooter.com for more information.

BUSINESS FEATURE

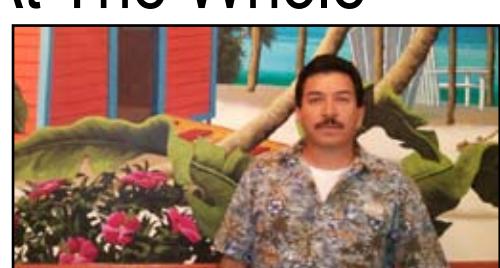
You're Family At The Whole Enchilada

BY SARAH ARMIJO

Diamond Bar – The Whole Enchilada in Diamond Bar treats their employees and customers as family.

“It's a family run business,”

see Enchilada Page 12



Working at The Whole Enchilada since 1990, Lupe Mercado is an employee that is treated like family at this restaurant. The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.) Diamond Bar, CA 91765 and can be reached at (909) 861-5340.

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The Mexican Fisherman

MICHAEL ARMJO

I'm convinced that deep inside our hearts we all possess the ability to be successful. I rely on a simple formula: "Confidence + Desire = Ability." I believe that when we have confidence, and then add our desire, we find the path to ability. And I believe that each and every one of us can accomplish whatever we want, just as long as we have desire. But it has to come deep from within.

What I've also learned is that not everyone shares the same definition of success that I do, and I've learned that what's important to me is not important to others.

As a motivator, I want the entire world to apply themselves and work hard to be on top. I want to encourage everyone to do their best and step up to their inner ability. But I've come to the realization that sometimes we have to really look clearly at the big picture, because sometimes our goals are the same. It all depends on how you look at it.

This brings me to a story I'd like to share, a story called:

The Mexican Fisherman

An American investment banker was at the pier of a small

coastal Mexican village when a small boat with just one fisherman docked.

Inside the small boat were several large yellow fin tuna. The American complimented the fisherman on the quality of his fish and asked how long it took to catch them. The fisherman replied, "Only a little while." The American then asked, "Why didn't you stay out longer and catch more fish?" The fisherman said, "With this I have more than enough to support my family's needs." The American then asked, "But what do you do with the rest of your time?" To which the fisherman replied; "I sleep late, fish a little, play with my children, take a siesta with my wife, stroll into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life."

The American scoffed; "I'm a Harvard MBA and I could help you. You should spend more time fishing; and with the proceeds, buy a bigger boat. With the proceeds from the bigger boat you could buy several boats. Eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman, you would sell directly to the pro-

sor; eventually opening your own cannery. You would control the product, processing, and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then Los Angeles, and eventually New York where you will run your ever-expanding enterprise."

"But what then?" asked the fisherman. The American laughed and said: "That's the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You would make millions."

"Millions?...Then what?" the fisherman asked.

The American said, "Then you would retire. Move to a small

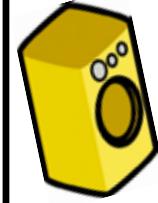
coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos."

What this story reminds me is when you're searching for success in life, you need to determine what success means. Just as the fisherman believed in his simple life, we need to look at the simplicity of what we really want. At times, we may find, we don't need to look too far for success because sometimes we're already successful. Some of us, deep inside, are simple, happy, already successful Mexican Fishermen.

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The Whole Enchilada

Be A Sponsor For A Great Cause

STAFF REPORTS

Walnut/Diamond Bar - The Rotary Club of Walnut Valley and the Diamond Bar Community Foundation are dedicated to enriching the lives of young people — and are asking for your support to join them in that cause.

On Friday, November 15, members and friends of their two organizations will gather for the Diamond Bar Gala at the Diamond Bar Center to mark the culmination of our fund-raising efforts for disabled children, at-risk teens and youth sports participants. The evening will include entertainment, dancing,

a great meal and the announcement of our raffle giveaway. Prizes will include two cars, big-screen televisions, electronics and gift cards, but the big winners will be the Foundation for Disabled Youths, the Sheriff's Department's Youth Activities League, and the thousands of children who use the athletic

fields in Diamond Bar. All net proceeds from our fund-raiser — and we have minimal overhead other than the cost of the prizes — will go directly to these three great causes.

Your tax-deductible contribution will help change the lives of many youth in our community: the autistic child who gains the confidence to express herself through her art; the teenager who finds the courage to leave a gang and focus on education; the soccer players who other-

wise would have been turned away because no sports fields were available. Every life we touch changes the world.

They are seeking sponsors to partner with them in making this goal a reality. Please consider becoming a Gold, Silver or Bronze sponsor, which includes admission to and recognition at the Gala.

For more information, please contact Diamond Bar Community Foundation board member Lew Herndon at (909) 437-6366

Latina Leaders Help Girls In Need Prepare For School

RUSD

La Puente — Latina leaders gave empowerment and shoes to young girls in need at the Aldabella Scarpa 5th Annual Shoe Giveback Event on Friday, August 16. The event provided 300 girls selected from Villacorta, Northam and Hurley Elementary Schools in La Puente with designer shoes, backpacks filled with school supplies, haircuts from Supercuts and craft workshops from Home Depot.

Guest speakers included Amelia Macchiavello, senior reporter and producer from Despierta America, Miss Los Angeles Latina 2013, Judy Echavez, Emmy Award-winning Journalist and Host/Actress, Josefa Salinas, successful author and Morning News Anchor from Hot 92.3 FM. and Monica Gonzales, co-owner

of Aldabella Scarpa and winner of the 2012 Verizon Wireless Entrepreneur of the Year. The Giveback Event took place at Hurley Elementary, located at 535 S. Dora Guzman Ave. in La Puente.

"I want these girls to dream big and not allow circumstances in their lives to create limits—the possibilities are endless!" said Gonzales. Latina sisters and co-owners, Gonzales and Ann Marie Smith opened Aldabella Scarpa for business five years ago and knew they wanted to give back to their community. "It's my hope that these Shoe Giveback events will be a positive experience for these girls and their families," said Smith. Aldabella Scarpa is known for donating a pair of shoes to a child in need for every pair of shoes purchased. Community members are encour-

aged to donate online at www.gofundme.com/shoegiveback to provide school supplies for other girls.

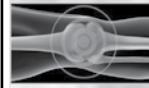
2013 Aldabella Scarpa Giveback Event sponsors included: Walmart in City of Industry, California Credit Union, Puente Hills Mall, Taco Nazo, Home Depot in City of Industry, Global Processing Systems, The Cake Mamas, Hot 92.3 FM, OMG Accessories, Tri-City Smiles of Hacienda Heights, Sam's Club, East Valley Health Center at Villacorta, Starbucks, CVS, Estrada Nursery, Krispy Kreme (off Azusa Blvd. in City of Industry), Stater Bros. (off Amar Rd. in West Covina) and SpeedZone.

Villacorta, Hurley and Northam Elementary Schools are part of the Rowland Unified School District. Visit www.RowlandSchools.org.

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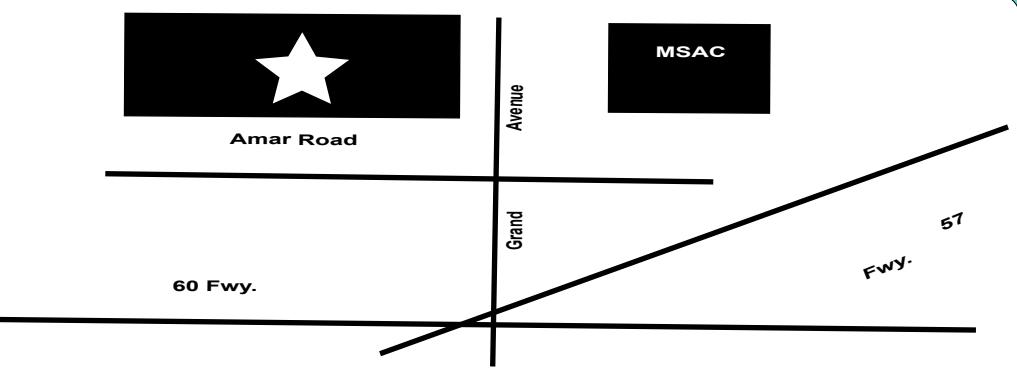
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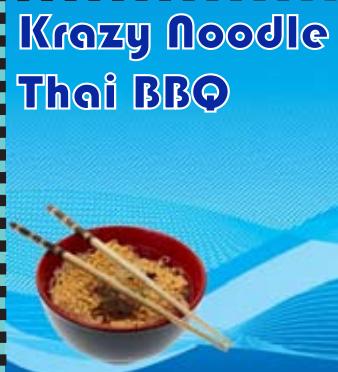


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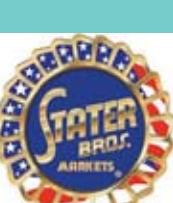
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Goodwill Donation Drive Benefits Police Volunteers

CITY OF CHINO HILLS

Chino Hills - The Chino Hills Police Department is hosting a Goodwill Donation Drive from

10 a.m. to 4 p.m. on Sat., Aug. 24.

The Goodwill collection point will be located at the Police Department parking lot, 14077

Peyton Drive. Proceeds from the fundraiser will benefit Police volunteers including Explorer Post 503, Citizens on Patrol, and Reserve Deputies.

Early donations are being accepted during regular business hours at the Police Station from 8 a.m. to 5 p.m. Monday through Friday.

For additional information, please call (909) 364-2029. Please visit www.chinohills.org/GoodwillDonationDrive to review a list of acceptable items.

Walnut Family Festival Booth Applications Available

CITY OF WALNUT

Walnut - Good news! The Walnut Family Festival booth applications are now available. Call the Walnut Community Services office at (909) 598-5605 to have one mailed to you or go to the City website at www.ci.walnut.ca.us and print one for your use.

Booth applications include Arts & Crafts booths, Business Expo, Community Awareness (non-profit groups such as churches, Boy Scouts, American Red Cross), Food Booths, and Game Booths. There is a fee associated with each application.

The Walnut Family Festival will be Saturday, October 12, 2013

at Suzanne Park. The theme this year is "Cruzin' Around the World".

The Festival is a great way to fundraise for your non-profit organizations like Women's Clubs, Lions Club, boy scouts, sports groups, or school clubs by operating a Food Booth or Game Booth. If Community Awareness

is your interest, you may choose to reserve a booth space to promote your non-profit organization by recruiting new members or passing out information about the organization and its mission.

There are many local businesses that utilize the Business Expo to promote and expand their customer base. The Festival is

a great way to achieve a lot of exposure and increase sales for a very inexpensive booth fee.

There is an Arts and Crafts area for those that create and produce their own items. This section is for those that make home decorative items, holiday items, paintings, gift baskets, soaps, candles, clothing, jewelry and lots more.

Food Truck Frenzy To Invade West Covina

CITY OF WEST COVINA

West Covina - Foodies will have a field day Aug. 17 when gourmet food trucks from throughout the region converge on West Covina for the city's first Food Truck Festival.

The free event, from 5 p.m. - 10 p.m. at the West Covina Civic Center, 1444 W. Garvey Ave., will feature some of Los Angeles County's top gourmet food trucks, featuring specialty menus and

international cuisines.

"Over the past few years, food trucks have emerged as the newest and hippest niche in the foodie world," said West Covina Mayor Shelley Sanderson. "We're delighted to host this event and begin a new tradition in our city."

The food truck frenzy began in Los Angeles and quickly became a phenomenon across the United States with social media and television shows highlighting the delicious cuisines.

Mayor Sanderson said the inaugural West Covina Food Truck Festival is part of the city's commitment to bring new family oriented events to the city.

"West Covina is a great place to live, and a great place to visit," she said. "This event is a great way to celebrate summer in our city, and join in on what's become a national craze."

The festival will feature Seoul Sausage (Korean BBQ), Piaggio (Argentine Tacos), Tropical Shave

Ice (Hawaiian Style), White Rabbit (Filipino Fusion), Fresh Fries (Fries with various condiments), Me So Hungry (burgers and sliders), My Delight Cupcakery (gourmet cupcakes), Tornado Potato (seasoned potatoes on a skewer) and the Buttermilk Truck

(breakfast comfort foods). The evening will include a concert under the stars by Cold Duck at 7 p.m.

For further information, please contact the City of West Covina Community Services Department at (626) 939-8430.

Diamond Bar High Science Teacher Receives National Recognition

BY KELLI GILE

Diamond Bar - Diamond Bar High School science teacher Angela Jensvold has been selected as a 2013 National Endowment for the Humanities Teacher Scholar.

Angela was chosen from a competitive pool of outstanding teachers from across the nation to attend The Power of Place: Land and Peoples in Appalachia, a three-week institute exploring the rich natural and cultural history of the Appalachian Mountains from July 8-28.

"It was an incredible experience to learn from such renowned experts in the field of Appalachian environmental history. I'm anxious to use the lesson plans I've created. I will be able to teach environmental issues in Appalachia with more passion now that I've been there and experienced the region first-hand," Jensvold said.

The award winning PBS series, APPALACHIA: A History of Mountains and People, set the stage for the three-week institute at the University of North Carolina at Asheville. Angela joined leading scholars in the field, as well as some of the region's most accomplished novelists, poets and filmmakers, for three weeks of intensive research into the intersection of natural history and human history in the Appalachian mountains.

Topics for the 24 NEH seminars and institutes offered for teachers this summer include African history, African-American literature, Diversity, unity in the Pueblo world, China and India, Mind, meaning, and morality, Turkish history and culture, Thomas Jefferson, John

Steinbeck, Native Americans of New England, Political and constitutional theory, Gilded Age and Progressive Era, Roots of the Arab Spring, and American history through song.

The approximately 528 NEH Summer Scholars who participate in these programs of study will teach almost 66,000 American students the following year.



PHOTO BY: KELLI GILE
Diamond Bar High science teacher
Angela Jensvold has been named
a 2013 National Endowment for
the Humanities Teacher Scholar.

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November local elections

ELECTIONS from page 1

4 and 6. To view the area map, visit www.mtsac.edu/initiatives/board. The Board of Trustees establishes policies relative to the strategic direction of the college operations, and is accountable to the community for the performance and welfare of the institution. Two incumbents are running up-apposed. The candidates for these areas are:

- Area #2: David K. Hall (unopposed)
- Area #3: Marlen Garcia, Laura L. Santos
- Area #4: Steve Herfert, Robert F. Hidalgo, William "Bill" Robinson
- Area #6: Judy Chen Haggerty, Esq. (unopposed)

The Walnut Valley Unified School District Board of Directors consists of five elected board members elected to overlapping four-year terms (in odd-numbered years). They are responsible for setting district policies and establishing long-term goals to ensure operational efficiency. There are three open spots:

- Helen Hall,
- S. Sean Monemi
- Cindy M. Ruiz,
- Y. Tony Torg

Rowland Unified has three spots open and five total board members. Up for election are two of the three incumbents and five challengers: W. Chang, Cary Chen, Lynne Ebenkamp, Phillip

Estrada, Gilbert Garcia, Anne Ma, Angelena Marie Pride.

Walnut Valley Water District has five Board of Director members elected to overlapping four-year terms (in odd-numbered years). They are responsible for setting district policies and establishing long-term goals to ensure operational efficiency and efficacy. The candidates for the

open seats are:

- Edwin M. Hilden
- Barbara A. Carrera

On Election Day, Tuesday, November 5, 2013, the polls will be open from 7:00 a.m. to 8:00 p.m. This is also the last day for Vote-By-Mail Ballots to be turned in by the voter at any polling place in the jurisdiction. To find your polling place and view the sample ballots, visit www.lavote.net.



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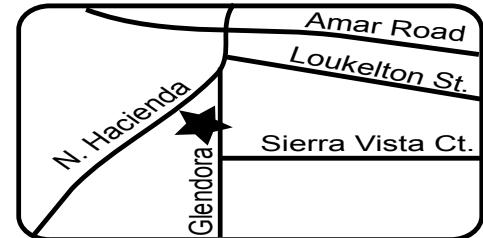
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Ling-ling Chang Begins Her Run For Assembly

By FLINT D. T.

Diamond Bar - Diamond Bar Councilwoman Ling-ling Chang officially announced to put in a bid for the 55th State Assembly recently.

"As City Council member and other experiences let me be full of confidence to run for State Assembly, I hope to serve at higher capacity for local residents and other voters," she said in a press conference.

Currently, Chang has endorsed by Rep. Ed Royce, R-Rowland

Heights, and State Sen. Bob Huff, R-Brea, as well as Los Angeles County Supervisors Don Knabe and Michael Antonovich.

Chang is the first Chinese-American Councilwoman in Diamond Bar history. Before joining City Council, Ling-ling Chang was Walnut Valley Water District Board member and Diamond Bar Parks Commissioner. She was also awarded as Woman of Year of 60th State Assembly District in 2006. Now, she is the CEO of California Youth Science Center in Hacienda Heights.

Chang plans to create more jobs by providing tax incentives to small businesses that hire new workers. She would also reform the tax code to cut the time employers spend on tax forms.

Chang was elected to the Diamond Bar City Council in 2009. During her term of 2011-2012 as Mayor, the city opened a new City Hall and library and she helped balance the city \$21 million city budget, while maintaining a \$17 million reserve.

Chang is a 36-year-old Taiwan native raised in Diamond Bar

with parents that immigrated from Taiwan. Also, her husband Andrew Huang is a Pomona Unified School District Board member. The couple belongs to the members of Republican Party and both of them are Los Angeles Lakers fans that also enjoy watching movies.



PHOTO BY: FLINT D. T.
Ling-ling Chang officially announced her run for 55th State Assembly, her husband Andrew Wong (left) is a Pomona Unified School District Board member.

Anne Ma Announces Bid For RUSD Board of Education



PHOTO COURTESY: ANNE MA

Anne Ma has announced her candidacy campaign for the 2013 election of the Rowland Unified School District Board of Education.

By FLINT D. T.

Rowland Heights - Anne Ma, Artistic Director of Dance Impressions Productions and Director of STC Center, has announced her candidacy campaign in the upcoming 2013 election for the Rowland Unified School District Board of Education.

Ma was once a performer for Disney and played the role of "Mulan", a heroine in Chinese History. As a result, Anne Ma

was often called "Mulan" in Education by the local Chinese community.

During Ma's career in Dancing Education, she always put emphasis on the core values of moral character, education, and innovation and made them the basis to change education. By educating and instilling the correct sense of moral character, a student's drive for education is piqued, leading to innovations which in turn brighten their

future.

Ma has resided in Rowland Heights since 2000. Her three children are currently educated in the schools within the Rowland Unified School District. Over the years, Anne Ma has learned of the many challenges facing the school system, and as a concerned parent, she is determined to donate her time and effort to help improve the current education system in order to foster an ideal learning

environment for all the students and teachers.

Ma understands the importance of collaboration and team work. She has successfully brought people together by hosting many community events to promote understandings of various cultures. In addition, she has also volunteered in local charity events, and taught students of all ages.

For more information, please contact (562) 695-1513 x117.

PIH Health Opens Urgent Care In Hacienda Heights

STAFF REPORT

Hacienda Heights - A brand new Urgent Care Center has opened in Hacienda Heights. The new PIH Health Urgent

Care can provide prompt medical service to patients with illness or injuries without an appointment.

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when your primary physician is unavailable, you want a quicker and more economical alternative to emergency rooms, or you do not have a primary care physician but need access to prompt

medical treatment.

Visit the new PIH Health Urgent Care Center located 1850 S. Azusa Avenue Suite 88 Hacienda Heights, CA 91745. They 225-4900.

are open Mon. - Fri. from 2 p.m. to 10 p.m., Sat., Sun. and holidays from 9 a.m. to 6 p.m.

Six candidates file for three seats

CANDIDATES from page 1

Tem. He has served on Walnut Valley's Personnel Commission for 20 years, served on the city's Public Safety Committee for three years and is the council liaison for the Walnut Valley Unified and Pomona Unified school districts. He says public safety and education are his top priorities if elected.

Ling-ling Chang served as Mayor in 2012 and was named "Woman of the Year" in state Senator Bob Huff's district. She said she should be re-elected because the council was able to balance every budget, built a new library, opened two new parks, and bank a \$17 million reserve all without raising taxes and despite the decline in the economy, according to online reports. Chang is also running for a seat in the state Assembly 55th District.

Joseph Kim is a businessman that grew up in Diamond Bar. Kim says he is running for City Council to do all that he can to continue to improve the community, including focusing on improving public safety, promoting stable economic development, harness new, cost-saving technologies that will promote long-term sustainability and growth, enhance the responsiveness of the city, and to be a responsible steward of city funds, according to online reports.

Nancy Lyons is the Vice President of the Walnut Valley

Unified Board of Trustees and a teacher. She has been on the school board for eight years, serves as a Parks & Recreation commissioner, been active in Diamond Bar Friends of the Library for 20 years, a volunteer in local schools for 22 years and taught Sunday school at her church. Her goals if elected include filling vacant store fronts, adding restaurants, increasing recreation facilities by working with the school district, working to develop Site D, and reducing morning traffic, according to online reports.

Martin Nakaishi is a businessman and entrepreneur that has lived in Diamond Bar for 13 years and has worked as a fed-

eral government consultant and contractor for 25 years. He volunteers as a coach for a youth basketball team in Diamond Bar and serves as a member of the PTA in the Walnut Unified School District. He says that he is a dedicated citizen that is striving to give voice to and for all residents of the City of Diamond Bar.

Steve Tye served as Mayor in 2007 and in 2011. He has been the chairman of the Planning Commission and the Parks & Recreation Commission, coaches soccer and Little League and teaches Sunday school at his church. He says he should be elected because he has demonstrated that he knows

how to make tough decisions to keep the City's finances in order, providing the City with a balanced budget every year in time, without raising taxes.

The election will take place on Nov. 5, 2013. For more information, call 909.839.7010.

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A Life without Regret

By NANCY STOOPS

Just for a moment, picture your last day here on earth. You're not in any pain and you're lying on your bed. As the day goes by your entire life is flashing by and you're really taking stock of your life. I



want you to ask yourself, will you be content with your life or will you be filled with regret?

So once again I find myself writing a very motivational article that is intended to wake those of you, which always are putting off living your life. I wonder what it is that you fear and why you don't understand this is the only chance that you will get. We seem to believe that we have many more tomorrows than we

actually do have. All we really can count on is today and the here and now. Today is the day to start making your dreams come true. Today is the day to start living a life with no regrets. Don't feel guilty because you have a dream and need to put energy into making it happen. I mean after all, dreams that come true are just our rewards for hard work. I've seen many of mine and other people's dreams come true. I believe anything is possible if you are willing to do the work.

To me, there is nothing worse than a life filled with regret. To me, a life filled with regret is a life wasted. Trust me when I tell you it's never too late to go after a dream. Don't tell me you're too young or too old, but instead modify that dream for the time being. I know part of a dream that comes true is better than none at all. Inner peace comes by living a life without regret and so does happiness!

This article was written by Nancy Stoops M.A., M.F.T. Nan-

cy 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 page her at (626) 935-3818. You may e-mail Nancy at stoopsshecter@earthlink.net.

Straight Talk With Danice

DEAR DR AKIYOSHI,

I live an hour away from my boyfriend, so we usually spend our weekends together. Last weekend, I was really tired and wanted to stay home and go to bed early. He was playing baseball with friends, so I left a message on his voice mail saying I would see him



the next day, and then I went to bed. He said when he got home he was disappointed to see that I wasn't there waiting for him, and he started calling me nonstop. I asked him not to call me that night in my message since I wanted to go to bed early. I am stubborn, so I did not take the calls. I even got up and turned off my ringer. When I checked the messages the next morning I had 11 calls. Now I am mad. I have not called him back all week. He is saying he is sorry in his messages now. I cannot understand why he was

inconsiderate when I said I was tired. Am I being too hard?

Rafaela

Dear Rafaela,
Your boyfriend was obviously disappointed, but he is also probably insecure. This is what made him call you so many times. You are teaching him how to treat you by maintaining your silence. You are clearly showing him that his poor behavior will not be tolerated. Since he hasn't come rushing into your space at work or at your home, I think there is a

chance he will learn from this and improve his manners. When you finally do return his calls, be very specific that you will not tolerate being disrespected or ignored when you make a direct request about your personal choices for self care. Relationships grow because of these types of opportunities. I hope this will be the case for the two of you.

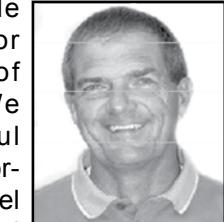
Danice Akiyoshi ND
Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She has a great passion for alternative

healing and has over 20 years of experience in this field. She provides a form of energy psychology called The Emotion Code, where she helps people literally get rid of their emotional baggage. She also offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

Cookies in a Foreign Country

By MARK HOPPER

Recently, my wife and I traveled outside the USA for a couple of weeks. We are thankful for the opportunity to travel and to see and experience new things.



Since I love snacks and sweets, I am always looking for something to buy at the local stores and markets.

However, it is not as simple as it may seem. The labels on most of the packages are in foreign languages. The pictures on the packages give some idea of what cookie they contain.

But, it is sort of like the movie "Forrest Gump". You never know

what you are going to get!

There are more and more products on the shelves with American brand names. It is tempting to select something familiar. But, it can also be fun to buy a cookie or snack made right in the country.

Even when you find a familiar brand, the taste may not be the same that we are used to back home in the states.

I must admit that sometimes, I do long for a good old fashioned Chocolate Chip cookie that tastes like home.

One of the lessons we have learned in our travels is to expect things to be different in other countries and cultures. Don't expect the familiar, expect something different.

If you are looking for something familiar, like chocolate chip cookies, you probably need to

make them yourself!

That is exactly what we did. I'll tell you how it went making cookies in a foreign country in my next article.

Pastor Mark Hopper
Evangelical Free Church of Diamond Bar 3255 South Diamond Bar Blvd (909) 594-7604 Sunday Services: 9:00 & 10:45 AM Family Movie Night - Friday, August 16th @ 6:30 PM mark@efreelb.org.

Win a new bike in Facebook giveaway

BIKE from page 1

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Walnut earns "best of" award

BEST from page 1

our beautiful and productive equestrian trails, recreational centers, parks and rural atmosphere have significantly contributed to such recognition," Mayor Antonio "Tony" Cartagena

said of this honor.
Council Member Bob Pacheco said "the City and city officials are honored to be selected and we feel extremely honored to be chosen from such a large amount of entries. Our education system, law enforcement and our citizens are all extraordinary and have helped the quality of life in Walnut. It is definitely a joint effort between the city and its citizens that makes our city one of the best small towns in the country"

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Budget Rooter Plumbing

ROOTER from page 1

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Holt said he enjoys his job

because of the gratification he gets out of helping people that appreciate him. He returns the favor by offering a personal warranty on his work.

"My personal warranty is if it ever needs repair, just give me a call," he said.

For Budget Rooter Plumbing's coupon on a Free In Home Estimate, check out page 11.

Growing chamber

CHAMBER from page 1

Eastvale Chamber of Commerce, successfully hosted their first Mega Mixer Business Expo. Held at the beautiful Eastvale Community Center, the 2013 Mega Mixer Business included over 30 exhibitors and over 200 attendees. It was sponsored by Lewis Group of Companies, KB Home, Corona Regional Medical Clinic, The Gas Company, Allegro Marketing Print and Mail, American Printing and Promotions, The Joint...the chiropractic place, and Koki's Bouncers & Party Supplies.

"The 2013 Mega Mixer was a goal when the Chamber was first founded. I am pleased to

see the goal of the Chamber come to life," stated co-founder and Chamber Chairman, Jorge Razo. Board Member and owner of Koki's Bouncers stated, "It was well organized, classy, fun, and productive. I appreciate it as a resident, as a board

member, and especially as a business."

The Chamber is looking forward to hosting future events for our chamber members and the business community. Look for the 2014 Mega Mixer Business Expo.

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Pimp sentenced

SENTENCED from page 1

spiracy to commit human trafficking of a minor, human trafficking of a minor, pimping a minor, and pandering with a minor over 16 years old by procuring, and a 2004 prior conviction for pandering and unlawful sexual intercourse with a minor. Holman's maximum sentence would have been 18 years to life in state prison if he could have been charged under Proposition 35, which went into effect eight days after his arrest.

Co-defendant Whitney Lattice Jones, 26, Los Angeles, is charged with one felony count each of conspiracy to commit human trafficking of a minor, human trafficking of a minor, pimping a minor, and pandering with a minor over 16 years old by procuring and a Strike prior for 2011 residential burglary. She faces a maximum sentence of 16 years in state prison if convicted and is scheduled for jury trial Oct. 22, 2013, at the Central Justice Center.

Holman was convicted of being a pimp/modern-day slave owner. Jones is accused of working for him as the highest-ranking of Holman's prostitutes and recruiting other women to prostitute for Holman.

In the pimp/prostitution subculture, pimps exploit women and/or children for financial gain often assign ranks to the women they exploit. They often establish rigid rules that their victims are expected to follow including requiring victims to address the pimp as "Sir" or "Daddy." The victims are required to turn over all payment they receive for sex acts from sex

purchasers to their pimp.

Between August 2012 and October 2012, Jones is accused of meeting 16-year-old Jane Doe and grooming the victim to become a prostitute. On multiple occasions, Jones is accused of physically abusing the victim by slapping Jane Doe across the face. During the grooming process, Jones is accused of taking Jane Doe to the Desert Inn Motel in Los Angeles and introducing the victim to Holman. At the motel, Holman had unlawful sexual intercourse with the victim and afterwards instructed her to call him "Daddy" and told her she now worked for him as a prostitute. Jones is accused of intimidating the victim by telling Jane Doe that Holman had previously beat Jones with a belt.

Over the course of approximately three months between August 2012 and October 2012, Holman drove Jane Doe to Anaheim to perform lewd sexual acts as a prostitute in exchange for money. Jones is accused of renting a room at the Lodge Motel on Beach Boulevard and instructing the victim on how to perform acts of prostitution. Jones is accused of collecting the money from the victim and turning it over to Holman.

This case was investigated by APD and Deputy District Attorney Daniel Varon of the HEAT Unit is prosecuting this case.

Proposition 35 and HEAT:

On Nov. 7, 2012, California's anti-human trafficking Proposition 35 (Prop 35) was enacted in California with 81 percent of the vote, and over 82 percent of the vote in Orange County, to increase the penalty for human trafficking, particularly in cases involving the trafficking of a minor by force. Since the co-defendants could not be charged under Prop 35, Holman's maximum exposure was 11 years in state prison instead of a maximum sentence of 18 years to life in state prison. Jones faces a maximum of 16 years in state prison instead of 30 years to life in state prison for the charges filed against her.

The Orange County District Attorney's Human Exploitation And Trafficking (HEAT) Unit targets perpetrators who sexually

exploit and traffic women and underage girls for financial gain, including pimps, panders, and human traffickers. The HEAT Unit uses a tactical plan called PERP: Prosecution, to bring justice for victims of human trafficking and hold perpetrators responsible using Prop 35; Education, to provide law enforcement training to properly handle human trafficking and pandering cases; Resources from public-private

partnerships to raise public awareness about human trafficking and provide assistance to the victims; and Publicity, to inform the public and send a message to human traffickers that this crime cannot be perpetrated without suffering severe consequences.

Under the law, human trafficking is described as depriving or violating the personal liberty of

another person with the intent to effect a violation of pimping or pandering. Pimping is described as knowingly deriving financial support in whole or in part from the proceeds of prostitution. Pandering is the act of persuading or procuring an individual to become a prostitute, or procuring and/or arranging for a person work in a house of prostitution.

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You're family at the Whole Enchilada

ENCHILADA from page 1

says Lil Palmer of The Whole Enchilada. "We've had employees with us for over 20 years."

One of their long time employees, Lupe Mercado, says he loves working at The Whole Enchilada. "The owner is nice, the employees are very good and they make really good Mexican food," says Mercado.

Mercado has been working at The Whole Enchilada since 1990 and he says everyone has been so good to him over the years. He started as a dishwasher for two years, a bus boy for seven years, and now is a server. He said that he's also happy that the customers always ask for his section too.

The Whole Enchilada believes that since they are a family run company, their customers should be considered family too, making their customer service some of the best in the area. Their family friendly servers are attentive, courteous, and knowledgeable; being able to answer any question you might have about their wonderful food.

Being in business for over 30 years, The Whole Enchilada prides itself on the authentic Mexican recipes their resident chef brought from their homeland. "All our food is made fresh daily," says Palmer.

The Whole Enchilada offers a

variety of Mexican food ranging from tacos and burritos to carne asada and fajitas. They also offer a full breakfast menu on Saturdays and Sundays beginning at 9 a.m. until 1 p.m. Their breakfast includes omelettes and huevos rancheros, but they also offer a full American breakfast menu featuring bacon, eggs or sausage.

The Whole Enchilada is much more than a place to eat. They're there to help you celebrate spe-

cial moments, raise money for your team or organization, and provide a wonderful experience for your children. They love working with the community to help with fundraisers, church events, sport events, school events, club events and more.

Birthday parties are always fun at The Whole Enchilada as well. No matter how old you are, you will have a great time at The Whole Enchilada! On your birthday, the staff will

sing to you, you will receive a special picture to take home, a free birthday hat, a free dessert, and best of all, five "Enchilada Bucks" to use the next time you come in.

"Kids Club" is where your child will receive four mailings per year that entitle them to a free meal when accompanied by an adult, as well as a birthday mailing for a free meal and birthday dessert.

The Whole Enchilada also offers a combo punch card. Just ask your server for one and

when you buy any of their nine combination dinners, you will receive the 10th combination dinner free. Don't forget to get a gift cards and book full catering for your event!

The Whole Enchilada guarantees that not only will you love your first visit at their restaurant, but you'll be bringing all your friends back again!

The Whole Enchilada is located at 1114 S. Diamond Bar Blvd, (at Grand Ave.) Diamond Bar, CA 91765. You can reach them at (909) 861-5340.



The Whole Enchilada



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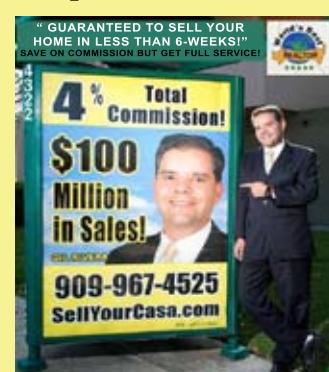
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Gilbert,
We want to thank you for the very efficient and professional manner in how you handled the listing and sale of our daughter's townhouse in Hampton Court in Diamond Bar, CA. Your knowledge of the local market and your advice to us on the listing and sale procedures resulted in a successful sale. You are easy to do business with and we really appreciate your promptness in returning our calls whenever we had a question. We were also impressed with your using all the latest communication systems from FAX, cell phone, Texting, and E-mail to get the job done in a timely manner. This is our 3rd business experience with you including the purchase of Cheryl's condo in Ontario, Debbie's reappraisal of her townhouse, and now the sale of the townhouse. Obviously, we are very satisfied customers. Continued good luck with your real estate business in a very competitive environment. Hope we have the opportunity to cross trails again some day.

Sincerely, Al & Dorene M.

I've been a CA Certified Appraiser for 19 years!



Gil Rivera, REALTOR

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