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OC News

Caught On Camera

OCDA

Anaheim – A father caught on a hidden video camera was convicted yesterday of attempting to murder his two-month old son by swinging him by the neck with a noose-like blanket and repeatedly punching, strangling, and shaking the baby.

Joshua Allen Robey, 26, of Costa Mesa, was found guilty by a jury Aug. 19, 2013, of one felony count each of at-

see Camera Page 10

IE News

Annual Yard Sale

NEWS RELEASE

Inland Empire – The Inland Empire Nu-Voices Association (IENV), a head and neck cancer non-profit outreach organization, is holding their annual yard sale from sun-up to sundown on Saturday, August 31 and Sunday, September 1, 2013. The IENV is currently collecting donations with convenient drop-off points in Colton and Riverside. Funds raised support volunteers who speak to local students on the dangers

see Sale Page 9

New Changes, New Year In Local Schools

BY KELLI GILE

Walnut – Over 14,650 students began classes as the 2013-2014 school year began in the Walnut Valley Unified School District on Monday, August 19.

They came in carrying backpacks filled with pencils, erasers, notebooks and other tools to support their learning.

The first day of also marked the re-opening of the completely

remodeled Cyrus J. Morris Elementary School.

Before construction began, the entire school (students, staff, books, supplies and furniture) temporarily relocated to the former Ron Hockwalt Academies on Lemon Avenue in

see Schools Page 7



PHOTO COURTESY: KELLI GILE

Fourth graders Miriam Abdelnaby, Denise Abbasi, Julio Abcantara, Jeremy Tsu and Alex Castillo with their teacher Cynthia Riggio at Cyrus J. Morris Elementary School.

Diamond Bar/Walnut Unemployment Down

STAFF REPORTS

Walnut – The Employment Development Department (EDD) reported that unemployment in Diamond Bar and Walnut has decreased from June to July. Diamond Bar is down from 7.9 to 7.7 percent. Walnut is down from 5.9 to 5.3 percent, giving it one of the lowest unemployment rates in L.A. County.

In an EDD Press Release on Friday, August 16, 2013, the state's unemployment rate was listed at 8.5 percent, a 1.1 per-

cent decrease since January. The unemployment rate for Los Angeles County was shown at 10.8 percent. Since last year at this time, non-farm-related jobs have increased by 61,800 in the county, which is encouraging.

The Bureau of Labor Statistics shows California ranking 45 out of 51 in the U.S. at 8.7 percent for July. North Dakota ranks first, with 3.0 percent. Rates are estimates based upon an equal percentage of the labor force, and these estimates provide key indicators of local economic

conditions.

According to the EDD, unemployment rates are based upon place of residence - where people actually live, regardless of where they work. Individuals working more than one job are only counted once.

The California economy is continuing to improve, a change we slowly started seeing back in 2010. Increases in the stock market and home prices, as well as growth motivated by technology, foreign trade and tourism have brought about improvements.

\$750 Million Energy Crisis Settlement

BY KIMBERLEY SANDER

California – Back in 2000 and 2001, California experienced an energy crisis due to a shortage of electricity. You might remember the large-scale rolling blackouts, the bankruptcy of Pacific Gas



PHOTO COURTESY: GOOGLE IMAGES

and Electric, the threat to Southern California Edison, and other economic calamities caused by inflated electricity prices, market manipulations and illegal pipeline

see Energy Page 6

Last Weekend For 60 Freeway Closure

STAFF REPORTS

Rowland Heights – This will be the last weekend that the 60 freeway will be closed due to the "Summer Slam" that has been going on for the last two months.

The Pomona freeway (SR-60) has been closed periodically between Fullerton Rd. and Nogales St for the \$121.5 million pavement rehabilitation project. The end of the "55 Hour Weekend Lane Closure" will be this weekend, August 23, where

three lanes will be closed for maintenance.

The roads have been under construction due to the heavy weight of cars and trucks over

see Freeway Page 8

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. Check out their coupons on page 12.

BUSINESS FEATURE

Walnut Hills Optometry: "Because You Know WHO Will Care For Your Eyes."

STAFF REPORTS

Walnut – Do you know WHO will care for your eyes? Dr. Carmela Larino, OD and her staff would like to remind their community that Walnut Hills Optometry (WHO) will care for your eyes. For over 15 years, Dr. Larino and her staff have aimed to provide vision care with personalized, professional

see Optometry Page 5



Dr. Carmela Larino

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PUBLISHER

Armijo News

EDITORIAL

Editor: Sarah Armijo
Assistant Editor: Michael Armijo

Staff Writers, Photographers,

Editorial Team:

Andrew Hoover

Michael Armijo

Ariel Carmona Jr.

Sean Moore

Gus Ugalde Jr.

George Ogden

Kelli Gile

Emily Lundberg

Kimberley Sander

Jennifer Madrigal

ADVERTISING SALES

909.464.1200

Account Executives:

Diane Armijo, Rita Rivas,
Jorge Razo
Jeanette Macedo

PRODUCTION

Design Editor: Mathew Sanchez
Michael Armijo

Advertising Director:

Diane Armijo

In-House Sales Manager:

Sales:

Joe A. Merica



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The Eye Of The Beholder

By MICHAEL ARMJO

It was a warm yet windy day filled with strong sorrow. The air reflected a deep sense of respect as people gathered to say goodbye to a friend whose spirit had left the earth. As everyone gathered, the vibrant wooden casket lay atop the ground as the family gathered closely around. The youngest boy, a young man, gazed at the casket while tears of sorrow flowed from his swollen eyes. He walked up and laid his cheek on top of the hard, shiny, wooden box, as his white-gloved hands gently caressed the top of the last home his father's body would ever have. He laid gentle kisses on the top of the casket, as his unconditional love reflected in front of all those who watched. A gentle whisper is heard a row back; "Did you see that? how sad."

When I heard those words; "how sad," I felt something deep inside that disagreed. Something that didn't see the message of sadness when the boy showed his respect to his loved one. Instead, I saw an act of love. A love so strong, it displayed the true meaning of unconditional love. Something deep inside that

didn't care if the world looked on or what people felt. A feeling of purity, of joy, of strength.

I believe the old saying; "Beauty is in the eye of the beholder." I believe we all see life in a certain light, and sometimes, in a certain darkness.

I also believe that when we express the darkness that surrounds our lives, it spreads like a contagious and cancerous disease. It attaches by simple contact, clings like a dependent child, and deteriorates in a short amount of time.

I've learned that opinions are only perceptions of a person's immediate thinking, and reflections of someone's inner self. What we see is usually what we feel, what we feel deep inside. Without realizing it, we express past experiences, deep histories, our insecurities of our future; we reflect the perception of our own lives.

I also believe that when we see life in its darkest hour, we do have the opportunity to see life through the brightest light. For some, it's a short path traveled to a place inside that holds our mind hostage from our heart. For others, it's a level of confidence that sits deep within that has

been damaged by a careless act from an irresponsible adult.

I believe that the true meaning of life can only be understood through the light of beauty and the inner joy that sets deep in our hearts. I believe the vision of what will come can only be seen through the eyes of a believer. I feel the truest form of emotion can only be felt when a person can feel the presence of a higher power, a stronger entity, something or someone greater than ourselves.

I understand that life is not

always what it intends itself to be, it changes moods like a spoiled child. But I also understand that life can be what we want it to be; all we have to do is apply our hearts in front of our minds. Following what we truly feel and not what we think we see, is the only way to put aside our petty angry thoughts and our insignificant bitterness. Because just as the boy who helped bury his only father, the tears that flow from our swollen eyes are tears of love that can only be seen when beauty is in the eye of the beholder.

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The Whole Enchilada

Walnut Resident Is Titled California State Champion

By SARAH ARMIJO

Walnut - Local nine-year old baton twirler, Paris Jayne Webb, recently won the All West Regionals for her division and is now a California State Champion. She competed against 14 other girls from all over the Western United States at the baton twirling event held in Long Beach, CA.

For a baton twirler, winning this title is one of the most prestigious competitions to win, but Paris worked very hard to earn this title. Paris was given a baton when she was two years old and has been a part of the "Elite Twirlers" since she was three.

Paris has been a competitive baton twirler for the last two years and has held the title for X Strut and Flag Twirling for Cali-

fornia. She works hard several hours a day as her dedication and commitment to herself, which has now paid off.

The Westoff Elementary 4th grader has marched down Main Street at Disneyland and has performed during the half time show at Clippers games.

Paris' mother, Nora Webb, said that Paris' inspiration has been her coach, World Cham-

pion Yolanda Higman. Higman's coaching has helped tremendously because Paris has won various competitions and continues to work hard. Paris hopes to compete next summer in London. Paris' next goal is to take 1st place in State and Regional competitions for 2013/2014.

Catch Paris twirling at the Walnut Family Festival Parade on October 12.

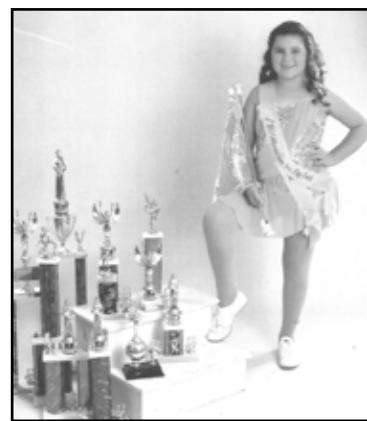


PHOTO COURTESY: NORA WEBB

Meals on Wheels Volunteers

STAFF REPORTS

San Gabriel Valley – The "Meals on Wheels" non-profit organization is looking for volunteers to help them deliver well-balanced meals to those who are unable to prepare or obtain meals for themselves.

Their program operates five days a week, 52 weeks a year including holidays. They serve 105 customers each month across eight communities in the San Gabriel Valley. They currently have 38 volunteers who deliver to those in need. "I have been impressed by the spirit of volunteerism and dedication of our drivers and my fellow team members," said Vice President Joe Gardner in an email.

Like many non-profit organizations, they rely on the goodwill of people like you to help keep

this program going, according to Gardner. They continually need volunteer drivers to serve the expanding demands of their service areas throughout the Valley.

They also rely on the generous contributions from supporters. With rising gas prices and the tough economy, the Meals on Wheels team value the sacrifices their volunteers make to serve the community. "We are grateful to those who financially support us," said Gardner.

If you are interested in volun-

teering as a driver for Meals on Wheels, please contact their office at (626) 333-4570 or email them at mealsonwheels411@live.com

If you wish to be a supporter, you can also write a tax-deductible check to "Meals On Wheels." Their mailing address is: P.O. Box 3293 City of Industry, CA 91744

Meals on Wheels serves the communities of Bassett, Diamond Bar, Hacienda Heights, Industry, La Puente, Rowland Heights, Valinda, Walnut and West Covina.



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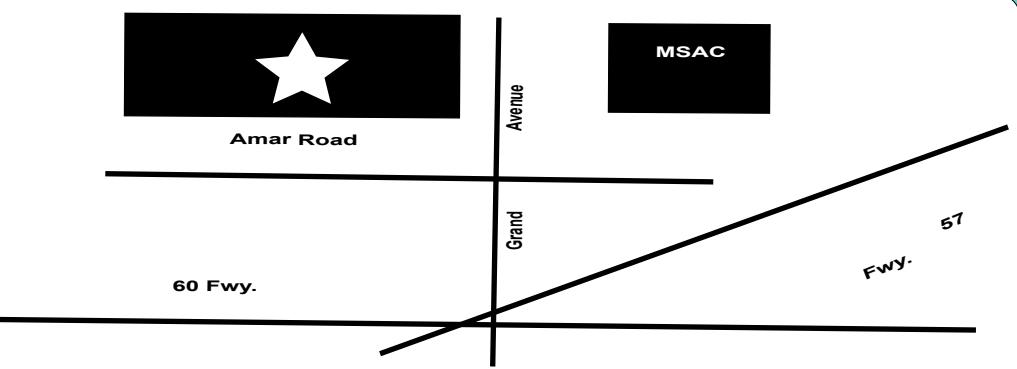


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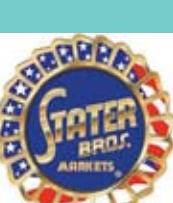
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Crime Recap

STAFF REPORTS

This week in crime includes a truck dumping 100 gallons of human waste onto the road, a police chase, the sentencing of a woman involved in a hit and run, a fatal stabbing, and two accidents on the I-10, one of which was fatal.

On August 14, a truck carrying human waste from portable toilets tipped over on the 20600 block of Via Verde Street. The accident caused 100 gallons of human waste to spill out onto the street and into a storm drain. The spillage required multiple government agencies to step in and help contain the hazardous material. The truck driver was trapped inside the cab and suffered minor injuries in the crash.

On August 14, a police chase led officers from the City of Industry to West Covina. The chase began when officers tried to pull over a black Dodge Charger after suspecting him of being drunk. When the driver refused, a chase ensued. Shortly after, CHP officers joined the chase. The suspect surrendered and was promptly arrested. The suspect's identity has not yet been released.

On August 15, 22-year old Walnut resident, Ashley Lopez, was sentenced to 360 days in jail and five years of probation for her deadly hit and run back in November 2012. Lopez was arrested after she struck pedestrian, Cu Lee Nguyen, 80, with her car and fled the scene. Nguyen was crossing the street in Baldwin Park when he was

hit and killed. Authorities stated that after Lopez hit Nguyen, she fled the scene and did not try to give aid to Nguyen, who died at the scene. After an eyewitness identified the vehicle, local media assisted by passing the information throughout the city. With multiple leads, police were eventually able to find and arrest Lopez on November 5.

On August 17, police were investigating the stabbing death of a 29-year old male Hispanic, which occurred in the 1400 block of Gloriosa Avenue in Rowland Heights, on Saturday, August 17, 2013, at 1:26 a.m. The victim has been identified as Benjamin Cervantes, a resident of Rowland Heights. He was stabbed by his sister's boyfriend, Albert Camacho, a male Hispanic in his 30s, and a resident of Ontario. Detectives are not releasing the suspect's booking photo at this time. Detectives encourage anyone with information about this incident to contact the Los Angeles County Sheriff's Department's Homicide Bureau at (323) 890-5500. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), text the letters TIPLA plus your tip to CRIMES (274637), or visit the website at

http://lacrimestoppers.org. Finally, on August 20, two accidents occurred on the I-10 freeway within minutes of each other, causing one fatality, multiple injuries, and the closure of the I-10 freeway for a few hours. The first accident was a multi-vehicle crash involving four vehicles and a big-rig, causing injuries. At least one vehicle ended up under the rig, rupturing the fuel tanks and causing a large fuel leak on the freeway.

The second accident happened within minutes of the first and involved four more vehicles. This crash caused one person to die and three others to become injured. Both accidents contained victims who needed to be airlifted and caused a total of five minor injuries, four critical injuries, and one fatality.

Walnut Hills Optometry: "because you know WHO will care for your eyes."

OPTOMETRY from page 1

service. Their goal has been to offer Nordstrom-like care and products, in an eyecare setting.

Through the years, Walnut Hills Optometry has been able to provide quality eyecare to many people; however, there are still many more who do not realize the importance of yearly eye exams. Dr. Larino aims to educate patients on the importance of annual vision tests, even amongst children.

"Too often I examine someone who has no complaints with their vision, but find that glasses are needed. This is why parents should not wait for their child to complain about their eyes, nor should they depend on school screenings alone. A child may see fine, but it might take extra effort to read books or look at a computer screen," Dr. Larino said in a previous interview. "In an adult, I often find that a so-called migraine is actually a headache due to poor eye alignment." A thorough eye examination by Dr. Carmela Larino, OD, will help to make sure a person's eyes are not only functioning properly, but also looking healthy.

Dr. Larino also noted that many people have vision coverage as part of their employer's insurance package and don't take advantage of it or don't even realize they have annual vision coverage.

"In this economy, it's important to take advantage of insurance coverage," she said. "Many people don't get eye exams that have already been paid for through their payroll deductions. A standard co-pay, if any, is all that would be left to pay, at the time of visit."

Dr. Larino has been with Walnut Hills Optometry for over 15 years and has lived in the community for more than 30 years. "That makes me unique," she said. "Unlike other businesses, I actually serve in the community in which I was raised. My patients may actually find me shopping in a local store or dining at a local restaurant. It's always a pleasure greeting patients outside of my practice knowing

I have a connection with them through their vision care."

Dr. Larino enjoys her profession even more because she is able to build life-long relationships with clients.

"Having practiced over 15 years, it's been neat seeing people go through the stages of life," she said. "I've watched my young patients grow up to finish college, experience work life and married life, and even have their own children, who have then become my new young patients."

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\$750 million energy crisis settlement

ENERGY from page 1

closures. With decreased supply and an 800% increase in wholesale pricing for the better part of 2000 in company with drought, economic fall-out was a given. Millions of businesses and consumers were affected.

One of the utility companies accused of overcharging during the crisis, British Columbia's Powerex, Inc. (a subsidiary of British Columbia Hydro & Power Authority), will pay \$750 million to settle market manipulation allegations in 2000 and 2001. The deregulation of the California electricity market, created by 1996 legislation, was taken advantage of by Powerex (and other companies), who purchased and exported enormous quantities of electricity to Canada, only to sell it back to California at excessive prices.

According to a Press Release issued by the California Department of Water Resources (DWR) on Friday, August 16, 2013, money from the settlement will be used to offset the future electricity bills of Pacific Gas & Electric, Southern California Edison, and San Diego Gas & Electric

ratepayers. DWR helped to end California's energy crisis in 2001 and 2002 by purchasing whole-

sale electricity under long-term contracts on behalf of the three California utilities.

Once approved by the Federal Energy Regulatory Commission, the settlement will help to offset the monthly bills of millions of Californians. This is such a positive outcome, and one that has

been a long time in negotiation. The DWR Press Release also states that over 50 settlements have been reached with various sellers that will result in nearly \$4 billion in refunds to ratepayers.



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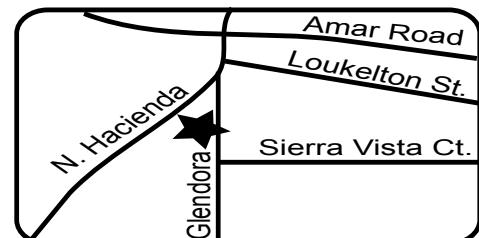
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New changes, new year in local schools

SCHOOLS from page 1

Walnut during the 2012-2013 school year.

Staff and students were thrilled to be back home in the new state-of-the art campus to begin the new school year.

Brand new modernized classrooms feature state-of-the art equipment, facilities, utilities and lighting, along with wonderful storage cabinets and teacher stations. The beautiful newly modernized multipurpose room was formerly an outdoor atrium.

"I love it!" said 5th grader Sarah Mitchell about the remodeled school.

"This new classroom is the best," exclaimed classmate Damien Rama.

"One of the things I'm really excited about is that we have new beautiful storage. And the ceiling mounted projectors allow us to teach close to the board without blocking the information on the screen," said fourth grade teacher Tara Noelte.

Teacher Lisa Peterson has a grouping of neon-colored chairs that students use during reading centers in her third grade classroom. Peterson said she loves the process of helping guide her students to become inquirers at the prestigious IB School.

"They even sit with their iPads and create movies in these cozy chairs," said Principal Donna

Hunter.

An official Grand Re-Opening and Ribbon Cutting Ceremony at Cyrus J. Morris Elementary was held on Thursday, August 22.

Diamond Bar High School students entered doors for their math classes in a brand new two-story math building. The 20-classroom modular also includes a grade level coordinator office, teacher workroom and restrooms.

"Our 600 Building features the latest technology including wireless connectivity, digital projection, document cameras and surround sound," said Instructor Dean David Hong. Buildings around the Brahma campus are numbered clockwise beginning with the 100 Administration Building.

Construction and modernization projects of school facilities, made possible through voter

support of Bond Measures S & Y, are laying out the framework for 21st century learning.

A Monsters University-themed pep rally was presented on the first day of school by the United Student Body (USB) and was held in the DBHS gym.

Chaparral Middle School's new 14-classroom science building features the "best classes I've ever seen," said Principal Ron Thibodeaux. Staff will now be able to easily incorporate labs and design challenges into day-to-day instruction. The new building also facilitates higher level thinking in accordance with the hands-on learning objectives that are prevalent in Design-Based Learning (DBL) and Science classrooms, and are in accordance with STEM philosophies. A ribbon cutting ceremony is being planned for the school's Family Science/DBL Night in October.



PHOTO COURTESY: KELLI GILE

Fifth grade teacher Jennifer Veneracion welcomed her class on their first day. "Today marks your journey as a leader here at C.J. Morris. You are the oldest students at this school," she said.



PHOTO COURTESY: KELLI GILE

Kindergarten teacher Elisabeth Jones played the ukulele during a morning welcome song at Cyrus J. Morris Elementary.



PHOTO COURTESY: KELLI GILE

Classes began today in Diamond Bar High's new math building. Shown: Teacher Kent Neil with Algebra II students.



PHOTO COURTESY: KELLI GILE

A Monsters University-themed pep rally was presented by the USB was held in the Diamond Bar High gymnasium.

Household Hazardous Waste Collection

CITY OF CHINO HILLS

Chino Hills - Chino Hills residents may dispose of Household Hazardous Waste from 8:00 a.m. to 1:00 p.m. on the second and fourth Saturday of the month at the City of Chino Public Works Center, 5050 Schaefer Avenue in Chino.

Residents are encouraged to

visit www.chinohills.org/HouseholdHazardousWaste to learn more about which common household items are considered hazardous waste and may not be disposed of in the trash, recycle, or green waste bins. Many Californians might be surprised to learn that kids' light-up shoes and musical greeting cards are on the list.

Improve your "Green IQ" and start taking steps to keep these items out of the landfills.

Empty or full aerosol cans, antifreeze, cleaners, cooking oil, polishes, waxes, and car batteries are considered hazardous waste. E-waste is a popular term for electronic products nearing the end of their useful life. Computers, televisions, VCRs,

stereos, copiers, alarm clocks, cell phones, and fax machines are common electronic products. Electronics are one of the fastest growing segments in the waste stream. These devices require special handling and can no longer be disposed of in landfills. Universal Waste includes items such as fluorescent tubes and mercury thermometers. Many more items are listed online at www.chinohills.org/HouseholdHazardousWaste.

Chino Hills Disposal offers a home pick-up service for customers who wish to conveniently dispose of their electronic devices such as cell phones, old televisions and computers by simply calling, toll free, (866) 238-2444 to schedule a special pick-up. A similar program is available for used motor oil. Residents may call City Hall at (909) 364-2616 to arrange to pick up a special used motor oil container, or call Chino Hills Disposal and they will deliver one to your home. Once the container is full, residents may call Chino Hills Disposal to arrange for a pick-up. Other Household Hazardous Waste must be taken to a collection center. For more information regarding Household Hazardous Waste, please call (909) 382-5401.

Walnut Regular Meetings

STAFF REPORTS

City Council Meeting

When: 2nd and 4th Wednesday of each month 7 p.m.

Where: Walnut Council Chambers in the new City Hall: 21201 La Puente Road, Walnut CA 91789

Planning Commission Meeting

When: 1st Wednesday of each month at 7 p.m.

Where: Walnut Council Chambers in the new City Hall: 21201 La Puente Road, Walnut CA 91789

Parks & Recreation Commission

When: 3rd Tuesday of each month at 7 p.m.

Where: Walnut Council Chambers in the new City Hall: 21201 La Puente Road, Walnut CA 91789

Senior Commission Meeting

When: 1st Wednesday of each month at 10 a.m.

Where: Walnut Council Chambers in the new City

month at 5 p.m.

Where: Walnut Council Chambers in the new City Hall: 21201 La Puente Road, Walnut CA 91789.

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Straight Talk With Danice

DEAR DANICE,

My mom is becoming very embarrassing. She is 82. She just blurts out whatever is on her mind. She says she is old now, and finds no reason to waste time on censoring her comments. She



told her doctor that he was the biggest disgrace she'd seen all year, because he didn't do anything for her except push more pills at her. She said his mother would be disappointed in him if she knew how lazy he was. It was very uncomfortable. Then she told the girl at the market that she used no logic when she bagged the groceries. My mom often has valid opinions, but she seems so impatient now, even mean and rude. Do you have

any ideas for me?

Barb

Dear Barb,

It seems your mom is not willing to waste time on soft conversations. This is not all that uncommon as people get older. Plus, some medications can make people grouchy. I wanted to say 'speak with her doctor,' but that seems to be off the table at the moment since she is agitated with her doctor. If I were in your shoes, I would provide my mom with some personal pampering to see if that will take the edge off. Try

manicures, pedicures, massages, and the like. Take her for an ice cream or a movie. Maybe a drive to the old neighborhood where she was happiest would be nice. Visit her friends. If you balance the daily grind with some pleasant activities, maybe she will relax and lighten up. Human touch, laughter, hugs, and visits down (good) memory lane, can work wonders for improving a person's mood.

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.

Making Cookies In A Foreign Country

By MARK HOPPER

I shared in my last article that it can be difficult finding familiar snacks and cookies when traveling in foreign countries. Foreign lands in the east and west offer many tasty sweets and snacks, but they are usually not the same as what we are used to in our country.



One day in our recent travels, I was longing for a good old fashioned chocolate chip cookie. Instead of trying to find one at the local market, I decided to make some with my grandkids.

It wasn't as easy as it sounds. I had difficulty finding the right kind of flour and sugar. There were several options so I asked a clerk who spoke limited English. I hoped we got the right ones.

Brown sugar was even a greater challenge. I did find some packages of brown sugar, but it was

different than what we have back home. It was more coarse and granulated. I hoped it would work, too.

Labels were also a problem with the baking soda. The first time I tried to make a batch I used baking powder by mistake, because the contents looked the same and I couldn't read the label!

I also could not find any chocolate chips for sale in any of the local grocery stores in our town. So, it was time to improvise. My daughter suggested we buy some

chocolate candy bars, chop them up and add them to the cookie dough.

It was quite an adventure trying to make chocolate chip cookies in a foreign country. But, with the help of my grandchildren, we did a pretty good job.

They were not quite the same as the ones we make back home, but everyone seemed to enjoy them.

There are probably many lessons to be learned from this adventure. Eat like the locals and enjoy their culture and local

cuisine. Learn a foreign language so you can read the labels in the grocery store. Bring your own bag of Nestles chocolate chips when traveling to foreign lands!

Or, maybe the lesson is "There is no place like home and no taste like home-made chocolate chip cookies made with your grand children!"

Pastor Mark Hopper
Evangelical Free Church of Diamond Bar 3255 South Diamond Bar Blvd (909) 594-7604 Sunday Services: 9:00 & 10:45 AM.

Balanced Parenting

By NANCY STOOPS

Our children are one of the few things in our lives that don't come with a manual and definitely can't be returned. Parenting is the most important job you will have in this world. I work with many parents trying to teach their children how to be balanced and more effective. Balance is hard because parents don't want to be too laid back, yet don't want to police their children either.



In my child development classes in college, I learned

that children actually crave fair and consistent rules and boundaries within a loving and nurturing environment. This sure sounds simple enough, but takes an incredible amount of hard work. An environment too strict or not strict enough can produce a child, teen, or young adult with many issues. There must be room for compromise when you are parenting fair and effectively.

Consequences for behaviors that are not permissible or rude or defiant must be put in place every time those behaviors are shown. On the other hand, rewards should be used consistently for behaviors that are positive. Consistent conse-

quences will help to extinguish negative behaviors, while consistent rewards will help to increase positive behaviors. Also remember to team together as parents and to not negate each other's parenting, as this tends to cause the young person to learn manipulation as a means to get what they want.

Many people that are trying to be good parents and working to build strong families need to work on how to listen. We need to teach and model this skill to everybody in our family. Don't get caught up in the same conversation over and over and expect different

results. Take the time to teach everybody in your family effective communication skills. Also insist that mutual respect must be shown to everybody in the family. Once you allow your children or anybody to disrespect you, you are telling them that this is an okay way to behave. Remember you only get one chance to be great parents!

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

Nancy is a licensed Marriage and Family Therapist. Nancy runs free family support groups, a group on loss for seniors, and groups for teens. For more information about any of these services feel free to page her at (626) 935-3818. You may email Nancy at stoopsshecter@earthlink.net. You may purchase Nancy's new book *Live Heal and Grow* at www.RoseDogBook-store.com or at Amazon.com.

Last weekend for 60 fwy closure

FREEWAY from page 1

time, requiring a pavement and concrete base replacement of over two feet. Caltrans say the new surface will provide a smooth, safer drive for motorists, reduce time required for maintenance and minimize the need for further lane closures. The project is funded by the State Highway and Operations Protection Program (SHOPP) and is expected to be complete in late 2014.

Starting Friday, Caltrans will replace the No. 3 and No. 4 eastbound SR-60 lanes between Fullerton Rd. and Nogales St. The lane closures in detail are as follows:

From Fri., Aug. 23 at 10 p.m. to Mon., Aug. 26 at 5 a.m., two lanes of the eastbound 60 will be closed as well as these on-ramps: Hacienda Boulevard, Azusa Ave., Fullerton Rd., and south Nogales St. These off-ramps will also be closed: Fullerton Rd. and Nogales St. However, the SR-57 and

SR-60 connector will remain open.

Full freeway closures in the eastbound direction between Nogales St. and Fullerton Rd. will be in effect on Sat., Aug. 24 from 1 a.m. to 5 a.m. and on Mon., Aug. 26 from 1 a.m. to 5 a.m. for concrete barrier removal.

Caltrans recommends avoiding the area if possible, using a public transit, or planning a different route using their map app at quickmap.dot.ca.gov/. If you know you will be traveling on the 60 freeway during the construction, Caltrans encourage you to bring water, snacks, medications, and entertainment for children

because the delay is expected to be long. As a reminder, a reduced speed limit of 45 mph is always in effect within construction work zones. If traveling through the construction, remember to slow down, pay attention, and watch for signs advising of traffic shifts and other important information.

If you have any further questions, please contact Public Affairs at (213) 897-3656.



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Gil Rivera



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Annual yard sale

SALE from page 1

of tobacco use, which often results in cancer. The volunteers have spoken to more than one million students in elementary and high schools about the dangers of tobacco use over the past several years.

All donated merchandise should be in usable condition for the next owner. Items might include furniture, bikes, radios, clothing, kitchen appliances, stereos, televisions, DVD players, VCRs, CD players, computers and software, toys, games, tableware and dishes, power and hand tools, table and floor lamps, jewelry, wall décor/pictures and storage cabinets or dressers.

I ENV is made up of survivors who have lost their voice box (larynx), tongue or esophagus to cancer, illness or wounds. IENV members work closely with the Inland Empire and Desert Palms Offices of the American Cancer Society, American Heart & Lung Associations, and with the International and California Associations of Laryngectomees.

The Yard Sale will take place

on Sept. 1 and 2 at 4152 Locust St. in Riverside. For details or drop off points, please call Don

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an electronic voice due to his laryngectomy cancer surgery.

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Caught on camera

CAMERA from page 1

tempted murder with premeditation and deliberation, torture, and child abuse, with a sentencing enhancement for causing great bodily injury to a child under five years old. He faces a maximum

term of 13 years to life in state prison at his sentencing, Sept. 27, 2013, in the North Justice Center, Fullerton. The time is to be determined.

In October 2011, Robey had a two-month old son, Baby Doe, with his girlfriend of two years. He lived on and off with his girlfriend

and her mother in Anaheim until three weeks prior to the attempted murder, at which time he began living in a motel in Costa Mesa.

On Oct. 18, 2011, Robey was at the home of his girlfriend and her mother and had agreed to babysit Baby Doe. Without the defendant's knowledge, his girlfriend set up a hidden camera in the home because she believed

him to be cheating.

While alone with Baby Doe and solely responsible for his care, Robey violently abused and attempted to murder the infant. He wrapped a blanket around the baby's neck, picked him up by lifting the ends of the blanket like a noose, and swung the victim around for over a minute.

Robey laid Baby Doe back down and punched him several times in the chest with closed fists. On multiple occasions he strangled, slapped and punched the baby and grabbed the victim by the throat with both hands, lifted him in the air, and violently shook him.

At one point while Baby Doe was crying, Robey covered the victim's mouth with his hand, grabbed him by the neck, and shook him in the air. He attempted

to suffocate Baby Doe by covering the victim's face with a blanket and covering the baby's mouth with his hand for several seconds. He also covered the victim's nose and mouth with tape to suffocate the baby.

The baby's mother discovered the abuse upon watching the video from the hidden camera. The girlfriend's mother learned of the video the following day and took the baby to the hospital. Hospital staff contacted the Anaheim Police Department (APD), who investigated this case.

Robey was arrested at a motel in Santa Ana by APD officers that night. Baby Doe suffered fractured ribs, bleeds to the brain, and liver injuries.

Deputy District Attorney Barrie Pink of the Family Protection Unit is prosecuting this case.

Diamond Bar Meetings And Events

DIAMOND BAR MEETING: City Council Meeting

When: 1st and 3rd Tuesday of every month at 6:30 p.m.

Where: Temporary relocation in the City Hall Windmill Community Room: 21810 Copley Drive, Diamond Bar CA 91765.

Details: Meetings are open to the public, and residents are encouraged to address the Council on matters of importance. For more information, contact the City Clerk's office by phone (909) 839-7010. For information regarding broadcast, contact the Public Information Division by phone (909) 839-7055.

Planning Commission Meeting

When: 2nd and 4th Tuesdays of every month at 7 p.m.

Where: Diamond Bar City Hall, Windmill Community Room: 21810 Copley Drive, Diamond Bar CA 91765

Details: Meetings are open to the public. Residents are encouraged to address the Commission on land issues related to planning. For more information, contact the City's Planning Division by phone (909) 839-7030.

Diamond Bar Lions Club Breakfast Meeting

When: 1st and 3rd Monday of every month from 7 a.m. to 8 a.m.

Where: Diamond Bar Golf Course: 22751 E. Golden Springs Drive, Diamond Bar CA 91765.

Details: This community service club is a component of Lions Clubs International and consists of volunteer members. Its goals include finding long-term solutions to preventable and reversible blindness, and supporting youth programs. For more information, call (909) 861-0142.

Toastmaster Club Meeting

When: Every Monday from 12 p.m. to 12:45 p.m.

Where: Caltrans – Office of Bridge Design South 2, Conference Room: 21073 Pathfinder Road Suite 200, Diamond Bar CA 91765

Details: Whether you're a professional, student, stay-at-home parent, or retiree, Toastmasters is the best way to improve your communication skills. How Toastmasters Works: Members learn by speaking to groups and working with others in

a supportive environment. Each meeting gives everyone an opportunity to practice conducting meetings, giving impromptu speeches, presenting prepared speeches, and offering constructive evaluation.

For more information, call (714) 421-3701 or visit <https://sites.google.com/site/btstm-club>.

DIAMOND BAR EVENTS: Jack Newe's Farmers Market, sponsored by the SGV Regional Chamber of Commerce.

When: Every Saturday from 8 a.m. to 2 p.m.

Where: Mt. San Antonio College Campus, Pkg Lot B: 1100 Grand Ave. Walnut CA 91789

Features: Seasonal organic produce, breads and cakes, olive oils, cheese and spreads, a variety of nursery plants, hand-crafted items and jewelry, and fresh-popped kettle corn and grilled food plates. Free parking and shaded food court seating available. For more info, call (909) 869-0701.

DB Day at the Fair

When: September 5, 10 a.m. to 6:30 p.m.

Where: Fairplex: 1101 W.

McKinley Ave. Pomona, CA 91768

Cost: \$5 Online Purchase (code: diamondbar).

Details: In addition to all that the L.A. County Fair has to offer, Diamond Bar Day at the Fair will feature a festive Community Days parade and prestigious high school marching band competition, a Community Hero Presentation and a host of other special events. For more information or to download a coupon code for \$5 Fair admission, good on Diamond Bar Day only, go to <http://www.diamondbarca.gov>.

Congratulations to our 2013 L.A. County Fair Community Heroes - Tony Yi Torg, Bea McMillian and Atharshna Signarajah!

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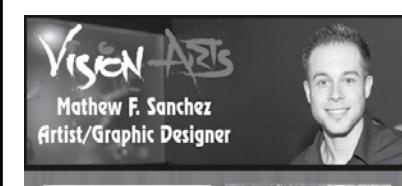
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You're family at The Whole Enchilada

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 and 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 and 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, and special events for churches, sports, schools, clubs, and more.

Birthday parties are always fun at The Whole Enchilada as well. No matter how old you are, 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. They also have gift cards, and full catering is available for your up coming events!

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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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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