



OC News

Elderly Woman Murdered

OCDA

Anaheim – A man was convicted this week of murdering an 84-year old woman after breaking into her home and raping, torturing, and stabbing her before stealing her car.

Anthony Darnell Wade, 28, Los Angeles, was found guilty by a jury of one felony count

see Woman Page 10

IE News

Will Ontario Airport Survive?

By K.P. SANDER

Ontario – Despite being proclaimed as one of the best alternative metropolitan airports in the nation, as stated by Forbes magazine in a past article, the LA/Ontario International Airport lost nearly 40% of its annual passengers from 2007 to 2012. Previously hosting nearly seven million travelers each year, authorities anticipate a further decline in 2013

see Airport Page 8

Small- Business Longevity: 3 Secrets

STAFF REPORTS

Walnut/Diamond Bar - With the economy struggling over the last few years, many small businesses have struggled to stay afloat. According to local businesses, secret to business

longevity seems to be in following three key business aspects:

Re-Examine your Operational Services: Is there a less expensive and/or better way to provide your services? Are there cheaper options on the market, like using a different calling

plan, Skype, a different provider or even switching to a different pay-roll provider or bringing some outside services in-house. "Businesses have to be willing

see Business Page 12

Weekly News Recognized For 16 Years of Service

STAFF REPORTS



PHOTO COURTESY: CITY OF WALNUT
The Walnut City Council recognized Sarah Armijo and Diane Armijo for The Weekly News' 16th anniversary.

Walnut – The Weekly News was recognized and awarded by the Walnut City Council on Aug. 28 for their 16 years of service to Walnut and the surrounding communities.

Each member of the City

Council said wonderful things about the Weekly News and their appreciation for the newspaper.

Mayor Tony Cartagena started the recognition by saying how much the City Council appreci-

see Service Page 5

Diamond Ranch Among World's Most Amazing High Schools

By K.P. SANDER

Diamond Bar – How does the environment affect the learner? There are studies upon studies available that show the effects of light, temperature, noise and visual settings. Comfortable surroundings and beautiful environments can stimulate learning. The world's most amazing

high school campuses seem to have the common thread of providing stunning, motivational learning spaces toward higher learning.

BestEducationDegrees.com, dedicated

see Schools Page 7



PHOTO COURTESY OF GOOGLE IMAGES
Diamond Ranch High School

City Council Honors Retiring Finance Director

By RAYMOND MENDOZA



PHOTO COURTESY RAYMOND MENDOZA
(L-R) Council member Mary Su, Mayor Pro Tem Nancy Tragarz, Teri Nelson, Christine Londo, Mayor Tony Cartagena, Council member Bob Pacheco, and Council member Eric Ching.

Walnut - While Walnut's Sept. 11 City Council meeting was opened with a grim reminder of the terrorist attacks that took place in 2001, council members still pushed forward by approving three items on the agenda and awarding a commendation for retiring Finance Director, Christine Londo.

As Londo was commended for over 24 years of working

for the City of Walnut, she was lauded by City Council members for her abilities and service to the city as not only the finance director, but also as a former interim city manager, assistant city manager and treasurer.

"One of the things that you can measure success by is how many City Councils you've gone through, and (Londo) is still in

see Retiring Page 9

Walnut/DB Chino Hills Weather

Sat Sept 14

Sunny
High 100°
Low 64°



Sun Sept 15

Sunny
High 101°
Low 64°



Mon Sept 16

Sunny
High 100°
Low 60°



Tue Sept 17

Sunny
High 96°
Low 59°



Wed Sept 18

Sunny
High 93°
Low 60°



Thu Sept 19

Sunny
High 93°
Low 58°



Fri Sept 20

Sunny
High 90°
Low 57°



Sat Sept 21

Sunny
High 88°
Low 57°



BUSINESS FEATURE

Achieve A Balanced Life With Darshana Doshi

STAFF REPORTS

Diamond Bar - Darshana Doshi MACP /MFTI, (IMS#72434) is a psychotherapist with a vision to combine her knowledge of psychotherapy and holistic living to assist her clients in achieving a balanced life. She uses Mindfulness-Based Cognitive Therapy (MBCT) to help individuals, couples

see Doshi Page 10



Darshana Doshi's office is located at 582 N. Diamond Bar Blvd. in Diamond Bar. You can reach her at (909) 860-8110.

BUSINESS FEATURE

Strategic Alliance - Network For Free!

By SHANNON HIGGINS

Walnut – If you're looking for an effective way to network with local businesses and market your own at the same time, Strategic Alliance is the perfect

see Strategic Page 9



Anyone interested in joining the Strategic Alliance Networking Group can call Dr. Shane at (909) 468-4947 or visit www.strategicnetworking.org for more information.

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Prince Charming

By MICHAEL ARMIJO

It seemed like a pretty cool action movie, but I was taken by surprise while watching "Pearl Harbor."

At one point, you couldn't help but notice the glow on the leading lady's face as she arrived at the train station. She smiled, convincingly, and carried herself as though her life was like a child's dream. She was most definitely in love.

He stood there, handsomely, in his compelling uniform, flowers in hand, hat in place, with love beaming like a proud 10-year-old home-run hitter. He was in love, unconditionally. He stood there and confessed his love for her, and she believed him because he meant it. He meant every syllable, every vowel that came out of his mouth.

When I saw her gleam with the power of emotion, it came to me: she felt the way she did because he loved her completely. He stood there in his fairytale stance and he proved he was, uncontrollably, her Prince Charming.

It was then that I knew he was responsible for her love, and it was then that I knew that as men, we're responsible for our partners' love. It's our responsibility

to provide a loving arena for the one we love, that they have no choice but to feel life like a Hollywood actress with a story-book ending. I realized that it's been years since I've seen that kind of emotion in my wife's smile. I then realized something else that was equally shocking: I'm no Prince Charming.

I wondered what it would be like to be someone who was capable of giving their heart to someone else, unconditionally, uncontrollably. I wondered what it would take to love someone and to feel free from fear, to give it all up, opening up to possible pain.

I wanted to be like that actor; I wanted to be someone who was capable of all that emotion. I wanted to be free from all of life's pains, egos, anger, frustration and unhappiness, so that I could be responsible for my wife's undying love. I wanted her to have this because I know she deserves it. She deserves to feel the way the young woman did at the train station. She deserves every minute of that joy.

Yes, it was just a movie, but to me it's now reality. Because of a simple, believable moment manufactured by Hollywood, I'm doing all I can to give all the love

my wife deserves. I'm letting go of agony that bad love once provided. I'm leaving all the insecurities and the egos in the past. I'm giving her my heart. I'm holding her hand. I'm opening her doors. I'm becoming more patient. I'm learning how to apologize more often. I am working so hard to earn her trust, to prove to her that I'm capable of loving. I'm learning how to love again.

I know that a day will come when she'll smile feverishly.

She'll stand there and her eyes will glisten with happiness. Her hand will clasp my own. Her hug will be trusting and convincing. She'll whisper in my ear that she loves me and then she'll smile uncontrollably. Then I'll know that I've finally provided her with her fairytale ending, her movie-like love. And when that day comes I will be able to feel her heart from a million miles away, that I've finally become her Prince Charming.

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Happy First Birthday Diamond Bar Library

NEWS RELEASE

Diamond Bar - Exciting things are happening at the new Diamond Bar Library at 21800 Copley Drive, Diamond Bar, California 91765. Community Library Manager Pui-Ching Ho along with city officials, Friends of the Diamond Bar Library and approximately 300 adults and children were on hand on August

17 to celebrate the first birthday of the new Diamond Bar Library. It was a very festive morning with birthday cakes, face painting, balloons and other surprises for the children. The library offers many informative and enjoyable activities throughout each month.

Every Wednesday from Sept. 4 to Sept. 25 from 4 p.m. to 6 p.m., the library will host Teen Litera-

ture Circles. All middle school and high school students are encouraged to join local teachers to read and discuss Killer Angels by Michael Shaara or Tangerine by Edward Bloor. On Saturday, Sept. 28 from 2 p.m. to 3 p.m., the library will present "Gourmet Soap." Adults are invited to learn how to make soap the old-fashioned way, just like grandma would make it. The demonstration will

be followed by a hands-on workshop using modern techniques to create a truly unique gourmet soap experience.

These are just two examples of the exciting programs offered at the Diamond Bar Library. According to Mrs. Ho, the Diamond Bar Library is ranked #7 (out of 84 County of Los Angeles libraries) for "Highest Circulating Libraries" with 353,262 items checked out; and #5 for "Most

Holds Pickup Up" with 62,395 items being requested and filled at the Diamond Bar Library. The gate count for last fiscal years with 245,467 people. You can see there is lots going on at the Diamond Bar Library so come and join the fun. For more information on Diamond Bar Library programs, go to <http://www.colapublib.org/libs/diamondbar/>. For more information on Friends of Diamond Bar Library, go to www.dblibraryfriends.org/.

Buckboard Days Parade Deadlines

STAFF REPORTS

Rowland Heights - "Let's Make Some Music!" at the 41st Annual Rowland Heights Buckboard Days Parade on Oct. 19,

2013.

Time is running short. If you have not already submitted your applications, sponsorship, or advertising, please go <http://buckboarddaysparade.org> and

beat the deadlines below.

Due Dates:

Sept. 14, 2013: Booth application deadline

Sept. 16, 2013: Advertising payments and artwork dead-

line

Sept. 20, 2013: Parade Entry Applications due (Your entry will be listed in the parade program)

Oct. 10, 2013: Parade Entry

Applications due (Your entry will NOT be listed in the parade program)

Oct. 17, 2013 Sponsorships and Advertising applications due.

Community Events And Meetings

STAFF REPORTS

EVENTS: 23 Food Truck Festival and Kid Zone

When: Sept. 13, 2013 at 5 p.m. - 10 p.m.

Where: Ramirez Intermediate, 6905 Harrison Ave., Eastvale, CA 92880

Cost: \$3 entrance fee per person. Kids 5 & Under: Free

Free Acupuncture for veterans, active military, first responders

When: Sept. 17, 2013 at 5 p.m.

Where: 12598 Central Ave. Unit 113, Chino CA 91710.

Cost: Free

Contact: (909) 590-4183 or www.healingcirclecommunityacupuncture.com

Walnut High School Football Texas Hold'Em Night and Bunco Night

When: Sept. 21, 2013 at 9:30 p.m.

Where: Walnut Senior Center located at 21215 La Puente Road, Walnut CA 91789

Cost: Texas Hold'Em: \$25, for additional buy in Bunco: \$10

Details: DJ, Gift Baskets, Raffles, Alcoholic beverages available for purchase

To reserve a spot, email qp_club@walnuthighschoolfootball.com.

BINGO hosted by Rowland Raider Football

When: Sept. 21, 2013 from 6:30 p.m. to 8:30 p.m. Doors open at 5 p.m.

Where: Rowland High School Gym located at 2000 S. Otterbein, Rowland Heights, CA

91748

Walnut-Diamond Bar Sheriff Booster Club General and Membership Meeting

When: Oct. 2, 2013 at 12 noon

Where: Diamond Bar City Hall, 21810 Copley Dr. Diamond Bar CA 91765.

Their Annual Board Election will take place at 12 noon and is open to Booster Membership, but the Annual General Membership Meeting will take place afterwards and is open to the general public.

Contact: www.sheriffboosters.com

32nd Annual Walnut Family Festival

When: Oct. 12, 2013

Time: 1K/5L Run at 7 a.m., Diamond Bar Lions Club Pancake Breakfast at 8 a.m., Parade at 10 a.m., Kid's Kamp from 11 a.m. to 6 p.m. and Entertainment begins at 12 p.m.

Where: Suzanne Park located at 625 Suzanne Road, Walnut, CA 91789

Cost: Free

Contact: Visit ci.walnut.ca.us.

WALNUT MEETINGS:

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 Hall: 21201 La Puente Road, Walnut CA 91789

Youth Advisory Commission Meeting

When: 2nd Monday of each month at 5 p.m.

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

DIAMOND BAR MEETINGS:

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.

Contact info: City Clerk's office (909) 839-7010.

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

Contact info: City's Planning Division (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.

Contact info: (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

Contact info: (714) 421-3701 or visit <https://sites.google.com/site/btstmclub>.

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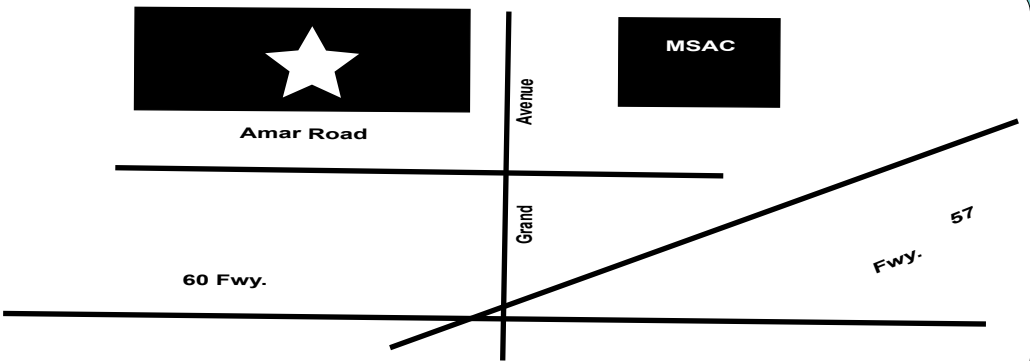
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Weekly News recognized for 16 years of service

SERVICE from page 1

ated The Weekly News' service to their community for the last 16 years. "We are really very proud to present this commendation to Sarah Armijo, the Editor in Chief of the Weekly News; an outstanding editor and former resident of Walnut who has made a big difference in our City and other communities."

Former Assemblyman and Councilmember Bob Pacheco said, "I'm very pleased to have you here in recognition for the wonderful work you have done in the City of Walnut and all the surrounding communities."

He recalled when Michael Armijo, owner of Armijo Newspapers and Public Relations, first started The Weekly News and congratulated the entire family on the hard work they have done. "I wish you the best for the future and continued success," he added.

Councilmember Mary Su talked about how important The Weekly News is to the community and to the City Council. "We rely on the Weekly News to inform Walnut residents about a lot of important news, a lot of good activities, and a lot of current events. They have done a tremendously good job."

"So on behalf of the City of Walnut, we want to show our sincere gratitude for the good job you have done and please continue to do a good work and bring the best to Walnut," said Councilmember Su.

Mayor Pro Tem Nancy Tragarz said she appreciates that The Weekly News is the only local printed newspaper in the area that they get at no charge. "The Weekly News is a free publication because they survive on the advertising of local businesses", said Sarah Armijo in a recent interview.

Tragarz also mentioned that she remembered The Weekly News' involvement in the community over the years. She recalled that many years ago, she took a Cub Scout group to The Weekly News' former office so the Scouts could receive a badge.

Over the years, The Weekly News has supported and donated time and money to non-profits, communities, schools, sports, and many more groups in the community.

The Weekly News has also recognized schools, businesses and members of the community in their weekly newspaper and on their social media. The Weekly News' Facebook page is www.facebook.com/TheWeeklyNews, and their Twitter is @anapr4.

Councilmember Eric Ching started off his congratulations by saying he didn't expect the Editor, Sarah Armijo, to look so young. After everyone chuckled at the very true statement, he expressed his appreciation and congratulated the Weekly News for their many years of service.

Mayor Cartagena mentioned that he met the Armijo family back when The Weekly News

first started and was beginning to grow. He said he remembers that The Weekly News started in the late 90s and that the family was very involved in different activities and different organizations.

Cartagena recalled that he remembers when Sarah was just a little girl (signaling how tall she was when he first met her). "I remember that you were studying in the Walnut Valley School District and very active in the student activities. And because of the participation, because of that involvement, and because you were diligent in studying your lessons, now you are the editor of a very popular newspaper, The Weekly News," he said to Sarah.

"They started here in Walnut and we are very proud of that," added Cartagena. The Weekly News is now delivered to homes in Walnut, Diamond Bar and Chino Hills. Armijo Newspapers also has other publications that reach 30 cities in the San Gabriel Valley and the Inland Empire.

Cartagena also mentioned that Armijo Newspapers does Public Relations in addition to owning newspapers, and is also

involved in the Walnut/Diamond Bar Sheriff Boosters Club. He said that the Sheriff Booster Club is a "Very important organization that really caters to the needs of the Sheriff's Department." The Sheriff Booster Club raises funds for items that are needed in the Sheriff's Department that are not in the budget, such as helping pay for items for Reserve Officers, Volunteers, and Explorers.

Mayor Cartagena presented two certificates at the end of the recognition. The first certificate was given to Diane Armijo, in honor of The Weekly News. "Congratulations on your 16th Anniversary. We extend our appreciation to Michael, Diane, and Sarah Armijo for their continued support of local city projects and activities including the recent fundraiser to assist the Walnut/Diamond Bar Sheriff Station. The City of Walnut applauds your impressive accomplishments on reporting and providing quality news in the San Gabriel Valley and Inland Empire."

The second certificate was given to Sarah Armijo after Cartagena said, "Congratula-

tions to Sarah Armijo in recognition to your exceptional accomplishments as Editor of the Weekly News. The City of Walnut extends best wishes for your continued growth and success."

Sarah Armijo expressed her gratitude in a recent interview. "On behalf of the Weekly News and my family, we want to thank the Walnut City Council for taking the time to recognize us and for their very kind words about our family and business."

"My parents started our company in Walnut when I was just a little girl. Now that I have been educated through the Walnut Valley District, I felt confident enough to take over the newspaper that started it all. Even through the tough economy, we strived to keep the Weekly News available, so the community could stay informed about what's going on in the area. We are very grateful to have the support of such a great and welcoming community. Walnut will always have a place in my family's heart."



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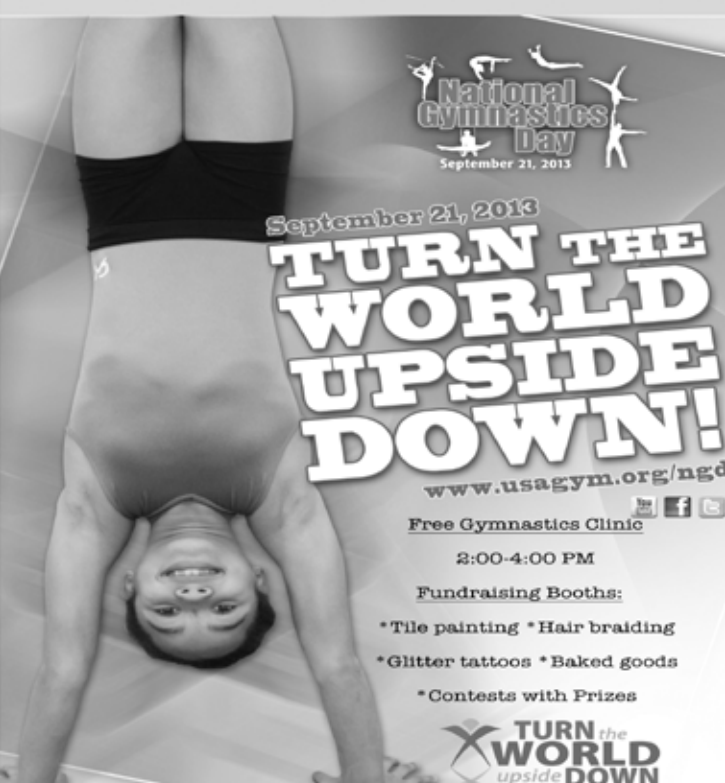
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32nd Annual Walnut Family Festival

STAFF REPORTS

Walnut – The City of Walnut will hold their 32nd Annual Family Festival on Saturday, October 12, 2013 at Suzanne Park. The Festival is a long-held tradition designed to improve the quality of living in Walnut by celebrating local businesses, organizations,

clubs, environmental services, arts and technology.

“Cruzin’ Around the World” will be themed throughout the Business Expo, Arts & Crafts Alley, Community Awareness Booths, and Food Court. The one-day event gets into action with a 1K/5K Run, beginning at 7:00 a.m., followed by a Pan-

cake Breakfast sponsored by the Lions’ Club at 8:00 a.m. You can show off your Walnut pride by participating in the Festival Parade beginning at 10:00 a.m. The Kid’s Kamp will have activities from 11:00 a.m. to 6:00 p.m., and the Entertainment begins at noon.

For more Festival information,

including events, applications for participation, and entertainment, visit the City of Walnut at ci.walnut.ca.us. Suzanne Park is located at 625 Suzanne Road, Walnut, CA 91789.

See you at the Walnut Family Festival!



PHOTO COURTESY CITY OF WALNUT

The Walnut Family Festival will be held at Suzanne Park on October 12, 2013.

Fall Fun in Oak Glen

BY K.P. SANDER

Oak Glen – It’s coming. I can feel it. Just the ever-so-slight change in the feel of the air. The whisper of forthcoming falling leaves, the splendor of autumn colors, apples, pumpkins, cool temperatures. I know it’s hard to imagine in this heat, but my favorite time of year is on the way.

One of the things I love to do each fall (and the rest of the year, too) is visit picturesque Oak Glen, mile high in the San Bernardino Mountains above Yucaipa. You get a wonderful glimpse of New England with the gorgeous trees, crisp air and all the accoutrements that the season offers. There is something simplistically beautiful in picking your own berries and apples, selecting the perfect pumpkin from the patch, pressing your own cider, and creating some family traditions akin to time gone by. They have pie, too.

One of the best things about Oak Glen is all the activities that abound. From the beauty of the orchards to the hiking trails at the Wildlands Conservancy, museums, hay wagon rides, country music and dancing, and dinner events are sure to entertain. There are also restaurants, shops, antiques, festivals, and an

animal park. You can camp, stay at a Bed & Breakfast, or just enjoy a “Day-cation”. Did I mention they have pies? Big pies!

Riley’s Apple Farm, Los Rios Rancho, and Snow-Line Orchard are just some of the ranches that offer seasonal fun. Its apple season now through November, and U-Pick berries and apples are in full swing, as well as a myriad of entertainment. Law’s Coffee Shop serves a great breakfast; Apple Annie’s knows their way around fried chicken; and everyone has pies. I’m a berry hand-pie girl, myself. You can work off those calories by picking some apples and taking a night walk at the conservancy.

And Snow-Line Orchard’s cinnamon/sugar apple-cider mini donuts, hot, right out of the vat, wrapped in a paper cone...man, you should not leave the mountain without experiencing this delight. Seriously.

Oak Glen is open year-round, so head on up the mountain for a great autumn experience. They are located on Oak Glen Road off the 10 Freeway, east toward San Bernardino, just an hour from Los Angeles. For specific directions, more information, and the full schedule of events, visit www.oakglen.net.

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Your Local School Updates

Mt. SAC Art Gallery Opens Season

MT. SAC

Walnut - The Mt. San Antonio College Art Gallery kicks off its 2013-14 season with the first of a two-part exhibit, featuring the works of noted art profession-

als, “Sense & Sensibility I.” This month-long exhibit will run Sept. 12 through Oct. 17 at the campus Art Gallery and is free and open to the public.

A long time in the making, “Sense & Sensibility I” will show-

case the work of curators, critics, dealers, consultants, exhibition designers, teachers, and others employed in the local art industry. Participating artists are Carl Berg, Kimberly Brooks, Scott Canty, Seth Curcio, Shana Nys Dam-

brot, Amir Fallah, Peter Frank, Julie Henson, Margaret Lazzari, David Michael Lee, Matthew May, Michael Miller, Christopher Pate, Kathryn Poindexter, Max Presneill, John Seed, and H.K. Zamani.

A special opening reception will be held Thursday, Sept. 12, 4 to 6 p.m., in the Art Gallery. Gal-

lery hours are Tuesdays through Thursdays, 11 a.m. to 2 p.m., and Tuesday nights, 5 to 7:30 p.m.

Sense & Sensibility II will open Nov. 7 and run through Dec. 12.

For more information, call the Art Gallery at (909) 274-4328 or visit the gallery’s website at www.mtsac.edu/artgallery.

Walnut Valley Schools Remember 9/11

STAFF REPORTS

Walnut/Diamond Bar – Walnut and Diamond Bar High Schools paid tribute to the victims of the 9/11 tragedy this last week.

At Diamond Bar High School, Art teacher Dave Hamel orga-

nized a display of several white sculptures in the school quad. The annual tribute includes: paper mache’ replicas of the Twin Towers, Pentagon and a 93 for the flight number.

Last year, he added a tribute to a bandana-wearing stock-broker Welles Crowther, who

helped many survivors down flights of stairs to safety after the attacks. The artwork was displayed Wed., Sept. 11.

At Walnut High School, in honor of Patriot’s Day, student volunteers placed nearly 3,000 flags in front of the campus after school on Sept. 10.

Students in the Young Republican’s Club, advised by Social Studies teacher Brett Landis, head up the Patriot’s Day remembrance. Landis also placed a flag with all of the victim’s names in the school office on Sept. 10.

When Walnut High students

came to school on Sept. 11, they saw the patriotic display of red, white, and blue that included a 911, USA, and star with a pentagon inside, in honor the 2,997 victims of the nation’s tragedy

Kelli Gile contributed to this story.

Diamond Ranch among world’s most amazing high schools

SCHOOLS from page 1

to helping you find the best school possible to further your education, has included Diamond Ranch High School among the world’s most amazing campuses. Serving students from Diamond Bar and

Phillips Ranch, Diamond Ranch High School is operated by the Pomona Unified School District. The California Department of Education named it a California Distinguished School in 2003 and 2007 and the school has won many other awards, including named as one of America’s Best High Schools. It is said to

be one of the most academically challenging schools in the United States.

Diamond Ranch was designed by architect Thom Mayne, in an expressionist modern design working with the environment’s steep hillside. The beautiful architecture and location have earned it credit

in movies such as Live Free or Die Hard, Serenity, and The Cell, and several television commercials. The school was also featured in the book Morphosis/Diamond Ranch High School.

The World’s Most Amazing High Schools features visually inspiring campuses including

several in Los Angeles, more throughout the United States, and on to England, Scotland, France, Portugal, Denmark and around the world. California is very proud to have eight schools listed in the top 30.

For more information visit pusc.org/diamondranch or besteducationdegrees.com

Straight Talk With Danice

DEAR DR AKIYOSHI,

I have terrible constipation. This has been my problem for eight years. When I



take a laxative, I still have something I would call sludge. My neighbor Rose is your friend, and she told me to write to you.

Denise B.
Hi Denise,

Please go to www.herbdoc.com and look at the herbal remedies relating to bowel detoxification. This is the very

best bowel cleanse I know about, and is my personal choice for all of my patients. If you have been constipated for eight years, you are doing a disservice to your overall health picture if you allow that condition to continue. These products are wonderful. I buy many products from herbdoc.com. They are the highest quality products available in my opinion, when it comes to

building good physical health and support for the immune system.

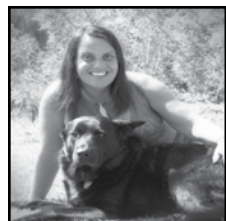
Danice Akiyoshi ND
Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She has a great passion for alternative healing and has over 20 years of experience in this field. She provides a form of energy psychology called The Emotion Code, where she

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.

Teach Your Children Well

BY NANCY STOOPS

We scream and yell at our kids, yet we ask them not to be angry. We are rude and disrespectful, yet we ask our children to respect others. How can we expect our children to be a certain way if we are modeling something entirely different for them? They are products of



what we teach them. So what is it that you are really trying to teach them? Is that what you are modeling for them?

Next time you wonder why your child seems to have so much anger in them, take a look at your home. Is it peaceful or is it full of anger and tension? Even babies pick up on what the feelings are within his or her environment. So what it comes down to is, we need to stop being hypocrites. We need to start behaving in the same way that we ask our children

to behave.

Take a moment and think about what you are modeling for your children. Is your behavior consistent with the behavior you are trying to instill in your children, or are you a hypocrite? Don't be too hard on yourself if you are. Remember it's never too late to change your behavior and in turn, the behavior of your children. So now it's time to think about what kind of human beings you are trying to raise. Remember they are watching our every move and we shape

and mold their behavior.

Are you feeling a need to change your child's behavior? Start by taking a look at what you are modeling for them. Set some goals and have some good conversations with them. Let your children know that you're going to change as well and that your goal is that you all become the best human beings possible.

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. Nancy is now accepting new clients.

She also works as a motivational speaker. Nancy runs free family support groups, a group on loss for seniors, and groups for teens and can handle many court mandated needs. For more information about any of these services, feel free to contact her at her at (626) 935-3818 or (909) 229-0727. You may e-mail Nancy at stoopsshecter@earthlink.net. You may purchase Nancy's new book Live Heal and Grow at www.RoseDogBookstore.com or at Amazon.com.

What's In A Name?

BY MARK HOPPER

I shared in a previous article that someone gave me a book with my name on it! Yes, the book title is "The Trouble with Mark Hopper", by Elissa Brent. It is a Dutton Children's book published three years ago.



It was strange to see my name on the cover of a book! Of all the names in the world, I wonder why the author decided to call the main character "Mark Hopper"?

Now, a friend gave me an action packed comic book with

the title, "Power Mark – The Mission". The main character is a super hero named, "Mark!"

I think I like this one a little more. After all, the main character is a super hero who defeats the evil villain. It's nice to see my name used for someone who fights against the forces of evil in the comic instead of being associated with an unruly 5th grader in the book.

I wonder what people think of when they hear your name? Do they think of a super hero or a slacker? Do they think of someone who is kind or someone who is cruel?

Every day we are adding to or detracting from our reputation. Your words, actions and reactions shape what people

think of you.

In Proverbs 22:1, the author says, "A good name is more desirable than great riches; to be esteemed is better than silver or gold".

Let me challenge you to think before you act or speak. Be kind and considerate of others. Help people without expecting anything in return. In doing so, you will make a good name for yourself! And, who knows, they may name a comic book after you, too!

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

Will Ontario airport survive?

AIRPORT from page 1

lowering expectations to fewer than four million, according to CBSLA.com.

Recession, budget cuts and airline changes contribute to the reduction or elimination of flights causing consumers to book elsewhere. Declining flights force the increase of airline pricing. Coupled with the fare competition that secondary airports like Ontario have from LAX and one can understand the decline in business.

Compared with the enormity of LAX, Ontario usually provides a pleasant and somewhat stress-free experience. From easy parking and terminal access to bright and comfortable waiting areas, LA/Ontario International Airport is a smart option for travelers in Riverside, San Bernardino, and even Los Angeles

Counties.

CBSLA.com also reported that LA/Ontario leaders previously attempted to obtain the airport from city-owned Los Angeles World Airports (LAWA), who also owns LAX, in order to provide better advertising and support, but there seems to be a lot of controversy surrounding the reasons for business decline. LAWA wants to set the record straight, and has provided "The Facts" on their website.

Although the Inland Empire is still one of the fastest-growing areas of California, affordable housing is the key attraction, not the job market. Airports need business



travel to sustain revenues. All this trending could mean trouble for this important Southern California airport hub. LAWA states that it is committed to helping LA/Ontario return to prosperity.

For more information on LA/Ontario International Airport, visit ontarioairport.org.

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City Council honors retiring Finance Director

RETIRING from page 1

here," said Council Member Bob Pacheco. "I do have to admire the work that you do...so congratulation to you and happy retirement."

After the commendation of Londo, the meeting then moved onto the unanimous approval of Resolution No. 13-47, which resolved the payment of \$481,831.44 for "Claims and Demands" by the City.

City Council members then unanimously approved Ordinance No. 13-06, regarding poorly maintained properties, after Community Development Director Tom Weiner spoke of the ordinance being a "cost effective" measure.

Weiner stated that the ordinance would allow the City of Walnut to clear trash, rubbish and overgrown weeds on a property after a property owner has failed to maintain the appearance of their property. The

property owner will then be billed after the site has been cleaned.

"This (ordinance) will be cost effective and it will just reduce the time and the process," said Weiner. "Really, it'll make it a much quicker process to get a property cleaned up compared to the procedures we have in place now."

Resolution No. 13-48 was also unanimously approved by the council members, which, as listed by the City Council agenda, is needed for approving the Recognized Obligation Payment Schedule pursuant to ABX1 26 and Health and Safety Code Section 34177 for the period of Jan. 1, 2014 through June 30, 2014.

After the final resolution was approved, various council members made announcements concerning Walnut residents and upcoming events.

Council Member Mary Su made three announcements, the most pressing issue being a

warning for citizens to be wary of mosquitoes possibly carrying West Nile Virus after news of

possible cases in Monterey Park and El Monte. In the event of a large swarm of mosquitoes, Su urged citizens to call vector control at 626-814-9466.

Council Member Eric Ching mentioned that there have been over 50 possible businesses inquiring about the empty lot on Nogales and Amar while Mayor Cartagena reminded citizens of the upcoming job fair, which will take place

Wednesday Oct. 2 at Mt. San Antonio College from 10:30 a.m. to 1:30 p.m.

The Walnut City Council meeting was officially adjourned

at 7: 45 p.m. with the next City Council meeting scheduled for Wednesday Sept. 25 at 7 p.m. at Walnut City Hall located at 21201 La Puente Road.

Strategic Alliance - network for free!

STRATEGIC from page 1

solution. And it's free!

"StrategicAlliance is dedicated to providing businesses an opportunity to align synergistically by creating an environment conducive to business development," Dr. Wolfgang Shane, group leader, said. "We are a nonprofit that is dedicated to providing a profit for all of our members."

StrategicAlliance was founded in 1997 for the purpose of bringing together like-minded business professionals to increase their business through better customer service. Members meet each week

members at every meeting," Shane said. "We generate hundreds of referrals every year and create tens of thousands of dollars worth of business."

The networking group covers Chino, Fullerton, Pomona, Montclair, Covina, Rancho Cucamonga, Brea, Claremont, Ontario, Upland, Walnut, Chino Hills, West Covina, Glendora, Diamond Bar, La Habra, San Dimas, La Puente, La Verne, City of Industry and Rowland Heights.

Anyone interested in joining can call Dr. Shane at (909) 468-4947 or visit www.strategicnetworking.org for more information.

"You won't regret it," he said.

to exchange information, ideas and referrals. Over time, these relationships, built on trust and mutual respect, generate business opportunities.

"Our alliance is unique in several respects. First, we are free. Most similar networking groups cost money," Shane said. "Second, we have been around for 13 years and have a proven track record. Third, our meetings are fun. Our members have been to too many boring meetings to ever want to attend another one."

The group meets every Thursday morning at 7 a.m. at the Holiday Inn, 21725 Gateway Center Drive in Diamond Bar off of Golden Springs. Membership for the group is free, but everyone must buy breakfast to reserve the room at the Holiday Inn every week. Guests are invited to enjoy a free breakfast during their first meeting to see if they are a good match for the group.

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Elderly woman murdered

WOMAN from page 1

of special circumstances murder during the commission of rape, robbery, burglary, and murder with torture, and one felony count each of elder abuse, first degree robbery, first degree residential burglary, torture, forcible rape, and the unlawful taking of a vehicle. The sentencing enhancements for the personal use of a deadly weapon and causing great bodily injury to an elder were found true.

As the District Attorney is seeking the death penalty in this case, the trial will now move to

the second phase, the penalty phase. In the penalty phase, the same jury who found the defendant guilty of the crime will consider the aggravating and mitigating circumstances of the evidence to determine the defendant's penalty, death or life without the possibility of parole. Opening statements in the penalty phase are scheduled to begin Monday, Sept. 16, 2013, at 9:00 a.m. at the Central Justice Center, Santa Ana.

At approximately 12 a.m. on Jan. 10, 2010, Wade walked through an Anaheim neighborhood on Paradise Road and looked through windows with the

intention of finding a vulnerable victim from whom he could steal a car. The defendant broke into the home of 84-year-old widow Bessie Whyman through a broken window.

Wade raped Whyman, tied her up by her hands and feet, and punched and kicked the victim. He tortured and murdered her by repeatedly stabbing her with a kitchen knife and a saw. Wade then took a blanket to cover the victim's body and left her body in the living room. He ransacked the victim's home and stole her purse and car before fleeing the scene and driving to San Bernardino.

Once in San

Bernardino, the defendant was found to be in possession of Whyman's stolen credit cards at a Food 4 Less store. Wade got into a physical altercation with an employee and was subsequently detained by staff, who called the police. Police officers in San Bernardino determined that Whyman was from Anaheim and contacted the Anaheim Police Department (APD) for a welfare check of Whyman. At approximately 8:30 a.m. on Sunday, Jan. 10, 2010, APD officers discovered the victim after entering Whyman's home through an

unlocked back door. Senior Deputy District Attorney Ebrahim Baytieh of the Homicide Unit is prosecuting this case.

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Achieve a balanced life with Darshana Doshi

DOSHI from page 1

and families overcome anxiety, depression, relationship and parenting issues.

Darshana has the ability to work with couples throughout various stages of their relationship using Emotion Focused Therapy and Gottman Principles. She specializes in anxiety/fears, depression and relationship issues, and assists clients in establishing healthy relationships. Darshana's goal is to provide therapy in a safe, non-judgmental environment where clients deal

with the physical, mental, emotional, and spiritual areas of well-being needed for their growth.

Issues like addiction, ADHD, coping skills, domestic abuse, eating disorders and many more are dealt with on an individual and family basis where she works as a collaborative team to help clients achieve their goals and dreams. As a family therapist, Darshana is able to provide evaluations and interventions of a broad range of mental health and emotional issues, trauma, anger management, crisis intervention and management, grief and loss counseling, parenting

issues, relationship difficulties, divorce, life transitions, stress management and stress reduction, mindfulness and meditation techniques to enhance lifestyle.

Darshana Doshi's office is located at 582 N. Diamond Bar Blvd. in Diamond Bar. You can reach her at (909) 860-8110.

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3 secrets to staying in business

BUSINESS from page 1

to change with the times and fix what's broken. Knowing your customers and their needs goes hand in hand with this because you are able to focus on what is actually working instead of wasting time on what's not," said Barbara, owner of Sophie's Wags to Whiskers in Walnut.

Customer Service is Key: Just because the economy wasn't doing well, the level of customer service should not decrease. Instead, small businesses should work even harder on making sure that their services are done to the absolute best of their ability. When consumer money is tight, the decision of where to spend it is ultimately made by who can give the best services for the best price.

Dr. Lowe of Lowe Chiropractic in Diamond Bar advises, "Stick with excellent customer service and your clients will keep coming back and refer you to their friends. When the economy was bad, we relied on word of mouth for the majority of our clients; those clients have stayed and brought in even more clients." Dr. Lowes Chiropractic Practice has been in business for over 16 years and has survived through the recession, allowing his busi-

ness to boom today.

Don't Skimp on Advertising: When money gets tight, the natural reaction is to cut all unnecessary expenses and usually advertising is the first

to go. However, this is when advertising needs to be the most aggressive and creative. A business has to catch and keep the attention of the consumer in order to gain their business.

Even if the advertising doesn't result in instant business, getting your product, name, business or idea out into the general public will help business grow.

Dan Gerstner, owner of Alamo Car Wash in Walnut, has been in business since 1990 and agrees that heavily advertising helps

businesses. In addition, he thinks that "offering incentives and promotions is key to gaining and retaining business when times get tough."

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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.



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